



# Credenhill Community News

**November 2020  
Issue 133**

**A Parish Council publication about Credenhill, by and  
for the people of Credenhill.**

Editor: Liza Watkins credenhillcommunitynews@outlook.com

As editor, I am always happy to receive articles for the CCN but would appreciate them sent by email in a word format attachment. If you do not have access to a computer then please drop off any hard copy to me at Station Cottage, Credenhill in plenty of time.

<b>Deadline:</b>	<b>15th of month prior to publication</b>
<b>Published:</b>	<b>1st every month</b>
<b>Collect from:</b>	<b>One Stop—Credenhill Store</b>
<b>Delivered:</b>	<b>To every household in Credenhill (circulation 860)</b>

All articles, letters and any other items maybe subject to the editorial discretion. The editor does NOT accept any responsibility for articles printed in this newsletter. All details correct at time of going to press. For more information regarding Credenhill, visit [www.credenhill-pc.org.uk](http://www.credenhill-pc.org.uk).

### CONTENTS

5-7	Parish Council	16	St Michael's Hospice
8-9	The Vicar's Letter	19	Magna Performing Arts
10-11	St Mary's Primary	20-21	Credenhill Community Hall
12	Ruci & Isla's Run	22	Social & Sports Club
13	Scouts	25-32	Directory
14-15	Winning Health Recipes	31	Useful Contacts

### ACKNOWLEDGEMENTS

*The CCN is kindly delivered to you by the following volunteers:*

*Vivien Ball, Jean & Wally Hawkings-Bowles, June Jones, Sheena Bescoby, Amanda Lewis, Deanna Pennington, Kirsty Lewis & family, Val & Roger Bailey, Sandra Stevens and Margaret Tyler.*

***Thank you to Emma Baxter & family who have delivered the CCN for some time and have now had to give it up due to other commitments. Your help has been much appreciated.***

*If you would like you receive the CCN electronically, please email the Editor who will add you to the mailing list. Thank you.*

## Words from the Editor...

I really want this newsletter to be a hub of the village. For such a long time it has just been a directory and I feel people have become distant from it. I want the people of the village to be excited when it comes through the door, to see what great things have been going on that month.

This is where you, the reader comes in! I want you to send in fun, interesting and exciting things that you want to share with the village. Maybe you have a hobby or have seen something on a walk or you have done something others would be interested in. Any groups you are part of or a piece of artwork you have completed. Nothing is too big or small.

Help me spread positivity, we really need it right now. Please email anything you have to [credenhillcommunitynews@outlook.com](mailto:credenhillcommunitynews@outlook.com) and if you include any photos, please make sure you have permission for anyone who is in them. Lets make the CCN a happy place!

Thanks, Liza.

## Advertising Rates

If you would like to advertise your business in the CCN, please email [credenhillcommunitynews@outlook.com](mailto:credenhillcommunitynews@outlook.com) with a copy of the advert and your size preference. Payment will need to be completed before the advert will be included. All adverts can be in colour or black & white and are paid annually. Please email for any further information.

<b>Advert Size</b>	<b>Annual Price</b>
<b>1/4 page</b>	<b>£48</b>
<b>1/2 half</b>	<b>£85</b>
<b>Full page</b>	<b>£150</b>



## For the Fallen

With proud thanksgiving, a mother for her children,  
England mourns for her dead across the sea.  
Flesh of her flesh they were, spirit of her spirit,  
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal  
Sings sorrow up into immortal spheres.  
There is music in the midst of desolation  
And a glory that shines upon our tears.

They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.

They mingle not with their laughing comrades again;  
They sit no more at familiar tables of home;  
They have no lot in our labour of the day-time;  
They sleep beyond England's foam.

But where our desires are and our hopes profound,  
Felt as a well-spring that is hidden from sight,  
To the innermost heart of their own land they are known  
As the stars are known to the Night;

As the stars that shall be bright when we are dust,  
Moving in marches upon the heavenly plain,  
As the stars that are starry in the time of our darkness,  
To the end, to the end, they remain.

*Poem by Robert Laurence Binyon (1869-1943), published in The Times newspaper on  
21 September 1914.*

### **Next Meeting**

We will assume that it is online for the purpose of the CCN. Please check on our website or notice board nearer the time as this may change at short notice.

The press and members of the public are invited to the Ordinary Parish Council Meeting to be held by LIVE Video Conference on 18<sup>th</sup> November 2020 from 19:00.  
You will be able to attend the meeting as follows:

Facebook Page

<https://www.facebook.com/Credenhill/>

YouTube channel

[https://www.youtube.com/channel/UC4JGYUbwTzS\\_Ills27KVFqg](https://www.youtube.com/channel/UC4JGYUbwTzS_Ills27KVFqg)

Any comments/questions made on the live stream during the meeting will be answered in public question time.

### **Community Speed Watch**

Community Speed Watch schemes are coordinated by the Safer Roads team but are managed and run by volunteers in the community.

The scheme enables local people to take an active role in road safety and make their community safer.

If you are concerned about speeding in Credenhill then be part of the solution and sign up, email or call the clerk for more information.



### **Two Councillor Vacancies**

**We need your help more than ever!**

Could you be interested in joining the Parish Council?

Would you like to help make decisions to support your local community?

For more information please contact the Parish Clerk.



## **Remembrance 8<sup>th</sup> November 2020 – No parade but we will remember**

Sadly, we are limited by space at the war memorial and parades are being advised against during the pandemic to reduce transmission.

There will be a small service where invited members who represent groups and organisations will lay wreaths at the memorial this year, however, all those in attendance will need to complete a track and trace form in advance, available from the Parish Clerk or Rvd. Rana Davies-James.

If you would like to take part in the service then please email [clerk@credenhill-pc.org.uk](mailto:clerk@credenhill-pc.org.uk) or [rana.james@virgin.net](mailto:rana.james@virgin.net)

**The service will be streamed LIVE on Facebook so that you can be part of the event, so give our page a like and follow the event live on the day.**

Please consider downloading a virtual poppy and display this in your window, these are available from the British Legion who have not been able to do fund raising in their usual way.

<https://www.britishlegion.org.uk/get-involved/ways-to-give/donate>

## **What would you like us to do in 2021-22?**

The Parish Council will be continuing with the requirement to put money aside to repair the Culverts under the Community Centre Carpark. We have also started to look at the maintenance and improvement plans for our land and building to ensure that we continue to make progress on updating these essential amenities for the village. Our 10 year plan spreads this cost out ensuring that there is not too much of a burden in one go on the community. In addition, we will put money aside for local charitable/not for profit organisations that benefit the local community.

Do you have an idea that you would like to put forward as part of this planning process? Do you object to these plans and want to see money invested in other ways or would prefer the precept to be reduced?

Let us know and we will debate it and present a Draft Budget at the November meeting and finalise it at the December meeting.



## Planning Update – P193794/0 Land South of A480 – Up to 100 Houses

There have been many objections, and a few in support of the application. The main planning related issue that remains unresolved is the access between the proposed development site and Centurion Way.

Please see below latest update from the applicant:

- *the legal advice (in the form of a QC's Opinion, known as Counsel's Opinion) provided to Herefordshire Council confirms that the applicants do have a legal right of way in the root of title with Persimmon Homes, the developers of Centurion Way. I understand that this is reflected in the deeds of 38 and 39 Centurion Way. It is unfortunate that this may not be reflected in the current deeds of 37 Centurion Way, but this does not affect the legality of the applicants right of way.*
- *the original design for the development of Centurion Way was to provide a vehicular access to adoption standards through Centurion Way and into this site.*
- *the applicants are now proposing only a pedestrian and cycle access into Centurion Way and this has been demonstrated, by the latest set of drawings the subject of this re-consultation, to be deliverable.*
- *the applicants are advised by their consultant team that all remaining matters have been resolved to the satisfaction of the various statutory consultees, the details of which will be dealt with at the Reserved Matters application in the usual way.*

*I trust that this sets out the position of the applicants and I very much hope that the Parish Council will now be able to support this deliverable proposal for much needed family homes and affordable houses.*

The Parish Council have submitted the following:

*The Parish Council have reviewed the outline application and have no objections to the outline planning application on the basis that the applicant has met all planning requirements except for those matters that are now reserved, namely the proposed pedestrian and cycle access between the proposed site and Centurion Way. The Parish Council will be closely monitoring the progress of the application going forward to ensure that the concerns raised by the Parish Council, Residents and the MoD are resolved at the reserved matters stage.*

**Herefordshire Council will make a final decision on 6<sup>th</sup> November 2020.**

## The Vicar's Letter



Dear Friends,

Life this year has changed in many ways. Our freedom to go about our normal business has been affected by the coronavirus and various new rules and laws seem to be implemented almost daily.

I have found this year very difficult as I know many of you have. Seven months have gone by now with little change in sight - we had hoped that things would be getting back to normal by now but how wishful was that? I don't know about you, but I often feel overwhelmed and helpless but my faith in God has certainly sustained me throughout the year.

We continue to pray every evening at 7.00pm for the world, our nation, for those affected by coronavirus, for jobs, businesses, those in the caring professions, teachers, the sick, the bereaved and so on. These prayers are said live on our Magnis Group Facebook page - do join us if you can,

<https://www.facebook.com/groups/710895009243384/?ref=bookmarks>

As you know, November is very much a season of remembrance, and you will have heard that parades will not be happening on Remembrance Sunday as they normally do - many will not be happening at all. It will be very different this year - as, it seems, so will Christmas. But we do plan to remember those who gave so much for our nation. So, St Mary's church, together with the parish council, has come up with a way we can remember our war dead.

This year, by invitation only, we will have a restricted few who will meet at the War Memorial at the school gates. Unfortunately, there will not be a parade.

There will be a short Act of Remembrance and worship at the Memorial. Unfortunately, because of various restrictions we will have to be very careful to avoid too many people attending, so if you haven't been asked, please don't attend in person. The whole thing will be live streamed for you to watch at home, you will find details about where to watch on the Parish Council pages in the CCN so please have a look.

*The Vicar's Letter continued...*

I hope to leave a box of poppies or wooden crosses at the War Memorial so that when you are passing by, you can place one nearby as your own act of remembrance.

With every blessing

Rana

No entries in the Church Registers this month

**Services** - Every Sunday 10.00am except 8<sup>th</sup> November at Church - also livestreamed on the Magnis Group Facebook page

<https://www.facebook.com/groups/710895009243384/?ref=bookmarks>

Sunday 8<sup>th</sup> November Remembrance Sunday Act of Remembrance from 10.40am.





## Reception Admissions 2021-2022

Do you have a child born between  
1st September 2016 and 31st August 2017?

If so, you will need to apply for a school place by  
15 January 2021 (to commence September 2021)

Applications can be completed from  
14 September 2020 online at:

[www.herefordshire.gov.uk/reception-class-admission](http://www.herefordshire.gov.uk/reception-class-admission)



### Dates for the Diary

2 Nov 20	Back to School
18 Dec 20	End of Term
4 Jan 21	Inset Day
5 Jan 21	Start of Spring Term
15-19 Feb 21	Half Term

### Value of the Half Term

## Hope

*"All children need is a  
little help, a little hope and  
somebody who believes in them"*

*Magic Johnson*

### St. MARY'S SCHOOL LOG BOOK 1934

29<sup>th</sup> November – School is closed today for the wedding of the Duke of Kent and Princess Marina of Greece. This is a national holiday granted by the King.

7<sup>th</sup> December – We are busy preparing for a school concert in aid of school funds.

19<sup>th</sup> December – The school concert resulted in a sum of £3.15s.0d. Everyone seemed to enjoy it & the children did their best.

To arrange a visit, please contact:

**01432 760408**

**School Business Manager: Claire Ross**  
**Admin Assistant: Emma Milne**



## Reception Class News

The children in our Reception Class have thoroughly enjoyed their forest school sessions. Here they are exploring the outdoors and being 'nature detectives'.



## Year 1 Class News

The children in Year 1 have written book reviews of the story "The Day the Crayons Quit" by Oliver Jeffers.

 HM Government

**WASH**



**HANDS**

**COVER**



**FACE**

**MAKE**



**SPACE**

**NHS**

# Ruci & Isla's Run for Breast Cancer Research

Two young girls from St Mary's Primary school set themselves a challenge, whilst also raising money for Breast Cancer research.

Ruci and Isla's class teacher, Mrs Dean was recently diagnosed with breast cancer and is currently awaiting surgery and treatment. Mrs Dean set her own challenge to run 100k before her surgery date (which she has already completed!) to raise money for Breast Cancer Research.



The girls decided they wanted to help, so they ran 50 laps of the Ecroyd Park oval, totalling a distance of 11.5 miles!

They did it with such determination and completed the run on the 18th October.

Friends, family, neighbours and residents were out to show their support for this fantastic cause and we are all immensely proud of the girls.

Figures are yet to be finalised whilst writing this article but it is looking to be about £500!

A huge thank you to everyone who has donated and supported the girls with their challenge.

## Well Done Ruci & Isla!

# Scouts

## 8th Hereford (Credenhill) Scout Group

Scouts are do-ers and give-it-a-go-ers. Yes, we go camping, hiking, swimming, abseiling, cycling and canoeing. But we also get to hang out with our friends every week – having fun, playing games, working in a team and taking on new challenges.

Every week we give almost half a million 6-25 year olds the skills they need for school, college, university, the job interview, the important speech, the tricky challenge and the big dreams: the skills they need for life.

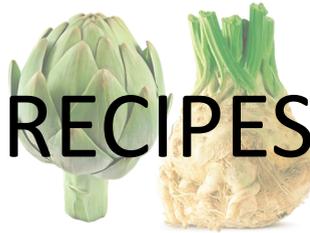
Everyone's welcome here. All genders, races and backgrounds. Regardless of your child's physical ability – there's a Scout adventure out there waiting for them. And we'll help them find it. Sign up to help your child discover their 'thing': from abseiling to coding to performance art and everything in between.

# BEAVERS

# cubs

# SCOUTS





November already, what a year! Hope you are all well, safe and keeping warm. One of the best ways to nourish, comfort and warm us, is through soup. There really is nothing better to support the digestion and I advocate we all have soup 3-4 times a week to boost the immune system during this pandemic. We are using more seasonal vegetables this month so let's start with Jerusalem artichokes, that strange knobby vegetable that will have you wondering what can I do with this?

Jerusalem artichokes are very rich in inulin, a carbohydrate linked with good intestinal health due to its prebiotic (bacteria promoting) properties. However, these health benefits can come at a price; the food can have a potent wind-producing effect! But I feel well worth the possible side effect. Jerusalem artichokes also contain vitamin C, phosphorus and potassium and are a very good source of iron.

### ***Jerusalem artichoke and mushroom soup***

#### ***Ingredients:***

400g Jerusalem artichokes	200g chestnut mushrooms
1 onion finely chopped	Handful of thyme, leaves only
1 carrot chopped into small pieces	2tbsp olive oil
2 garlic cloves crushed	Sea salt
1 vegetable stock cube	Freshly ground pepper
	750ml boiling water

#### ***Method:***

1. Rinse and peel the Jerusalem artichokes (don't worry about the odd bit of skin if they are a bit too knobby to peel evenly). Chop into small chunks.
2. Heat 1 tbsp of the oil in a pan add the onion, garlic and carrot along with a pinch of salt and pepper. Cook for 3-4 mins, stirring occasionally, till they start to soften and brown.
3. Add the artichokes to the pan and crumble in the stock cube. Pour in 750ml boiling water. Bring to the boil, then reduce to a simmer. Cover the pan with a lid and cook for 15-20 mins, till the Jerusalem artichokes are tender.
4. While the soup is cooking, thinly slice the mushrooms and pick the thyme leaves off their woody stalks.
5. Use a stick blender to whizz the soup till smooth and keep warm on a low heat.
6. Heat the remaining oil in a frying pan lightly fry the mushrooms, thyme and a pinch of salt and pepper until golden, turning once or twice.
7. Ladle the soup into bowls and top with the fried mushrooms. Season with a little pepper and serve.

*Recipes continued...*

### **Celeriac and Barley soup**

Two of my favourite ingredients, I love Celeriac its rich in Vitamin C, Potassium and Phosphorus. It is so versatile you can add to stews, chip it, mash it, roast it but in a soup the flavours of celery, parsley with a slight nuttiness really pings! Add to that Pearl Barley and fresh herbs and we are making something delicious, nutritious and medicinal as well.

Please note: I don't normally advocate the consumption of processed meats, but you can buy now nitrate and other nasties free bacon easily in the shops, look out for Finnebrogue Naked Bacon and Sausages, that's what I buy, to satisfy my husband's hankering or you can leave it out of the recipe all together if you prefer, but sometimes a little of what you fancy feels good. Everything in moderation.

#### **Ingredients:**

6 rashers nitrate free smoked steaky bacon, fined sliced	
600g celeriac, peeled and chopped into 1cm chunks	
1.75l good quality vegetable stock	1tbsp butter
2 onions, finely chopped	125g pearl barley
6 fresh rosemary sprigs	Whole nutmeg, grated

#### **Method:**

1.Heat the butter in a large pan over a medium heat, then fry the bacon and the leaves from 1 rosemary sprig for 8-10 minutes until crisp. Set aside some of the bacon and rosemary to garnish, then add the chopped veg and reduce the heat. Cook gently for 15 minutes until softened. Finely chop the rest of the rosemary leaves and add to the pan for the last 2 minutes.

2.Stir in the pearl barley and stock, then bring to the boil. Season, then simmer for 40 minutes or until the barley is soft and the soup is thick. Taste and season.

3.Ladle into bowls, grate nutmeg over and finish with the reserved bacon and rosemary.

If you would like tailored personal nutritional help or advice  
then please get in touch.

As always, your health, wellbeing and safety is still my first priority, there are new procedures in place to ensure we can now safely operate and provide treatments, please contact me for further details or to book your online consultation.

Thanks Marie

[marie@winning-health.co.uk](mailto:marie@winning-health.co.uk)

**07545 615738**

[www.winning-health.co.uk](http://www.winning-health.co.uk)



St Michael's Hospice

**Reindeer  
RUN**



## **Reindeer Run**

If your little ones can't wait for Christmas, the St Michael's Hospice Reindeer Run will be right up their street. We're inviting your Dancer, Prancer or Blitzen to get sponsored and dash around their school field or playground.

It's open to primary schools and nurseries and you can decide the date, distance and location. We'll even supply the antlers and nose.

The creativity of our community's little ones has already been in evidence during our competition to design our Reindeer Run logo, with nine-year-old Mia Edwards' entry judged the winner.

Your support for Reindeer Run will help St Michael's continue caring to make a difference this Christmas. So if your school or nursery fancies ho-ho-hosting a Reindeer Run anytime between now and the big day, just sign-up for free at [www.st-michaels-hospice.org.uk](http://www.st-michaels-hospice.org.uk) or for more details call Gaynor 01432 851 000.

## **Amazon Smile**

Anyone shopping online with Amazon can raise money for St Michael's Hospice at the same time.

By simply using AmazonSmile, 0.5% of the net purchase price (excluding VAT, returns and shipping fees) will be donated to a charitable organisation of your choice.

To support St Michael's, select St Michael's Hospice (incorporating the Freda Pearce Foundation).

To get started, visit [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Autumn Word Scramble



1. ANIRY \_\_\_\_\_
2. GANREO \_\_\_\_\_
3. SEEBMTRPE \_\_\_\_\_
4. OCREBOT \_\_\_\_\_
5. RLLCOUOF \_\_\_\_\_
6. RCAON \_\_\_\_\_
7. UTNMAU \_\_\_\_\_
8. KYAACSH \_\_\_\_\_
9. OEBREVM \_\_\_\_\_
10. AEFL \_\_\_\_\_
11. STHAERV \_\_\_\_\_
12. PERAS \_\_\_\_\_
13. SOSEAN \_\_\_\_\_
14. EAKDR \_\_\_\_\_
15. SLQEIURR \_\_\_\_\_
16. AHNNICGG \_\_\_\_\_
17. QSUASH \_\_\_\_\_
18. OWLELY \_\_\_\_\_
19. CRNO \_\_\_\_\_
20. PAELP \_\_\_\_\_
21. ELALHONEW \_\_\_\_\_
22. UNPIPMK \_\_\_\_\_
23. INGINHVSATKG \_\_\_\_\_
24. UCENSHTST \_\_\_\_\_

# November

## Winter is on its way

### Gardening Tips

Leaves are falling rapidly, and wind and rain are on the increase. Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots. Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

### 10 jobs for this month

1. Clear up fallen leaves - especially from lawns, ponds and beds.
2. Raise containers onto pot feet to prevent water logging.
3. Plant tulip bulbs for a spring display next year.
4. Prune roses to prevent wind rock.
5. Plant out winter bedding.
6. Cover brassicas with netting if pigeons are a problem.
7. Insulate outdoor containers from frost - bubble wrap works well.
8. Stop winter moth damage to fruit trees using grease bands around the trunks.
9. Put out bird food to encourage winter birds into the garden.
10. use a seasonal bonfire - where this is allowed - to dispose of debris unfit for composting.

Information taken from [rhs.org.uk](http://rhs.org.uk)



# Magna Performing Arts

Sponsored by  **Holmer Park**  
A MOSAiC HEALTH CLUB & SPA

After discussing and deliberating we have decided it would be wise if we postponed the annual pantomime from February 2021 to Easter 2021. The dates haven't yet been finalised, but it will be during the School Easter holidays, We also wanted to give something back to the place we are usually based, so we will be performing at CREDENHILL COMMUNITY HALL.

We are very excited to be doing this and will have extra performances to give an opportunity for everyone to catch the show. Hopefully, some of you might join us for the first time.

Further information to follow...

## YOUNG MAGNA

**\*\*SPACES AVAILABLE\*\***

Meet: Sundays 2.30 - 5.00pm  
(occasional Friday evenings  
from 7.30pm)

Fees: Joining fee £10, costume  
£10 and £2 a week

Magna is always looking for actors, backstage crew and sound & light technicians to join our group.

If you would like to join the team, please contact  
**magnadrama@btinternet.com**

We can't wait to meet you...

# "Even miracles take a little time"

- Fairy Godmother -



Val 01432 760115

Betty 07954 081999

Facebook: @magnadramagroup  
Twitter: @magnadrama  
YouTube: magna presents  
Instagram: magnaperformingarts  
Email: info@magnapresents.co.uk  
Website: www.magnapresents.co.uk

## **Charity 2020**

A bucket collection for St Michael's Hospice takes place after every performance.



Dark evenings are coming and colder weather too, but you will receive a warm welcome at Credenhill Community Hall!

Even warmer soon if our plans to install a new heating system are carried out as soon as we have completed the initial planning.

## **BEAVERS, CUBS AND SCOUTS**

Welcome back this month to Beavers, Cubs and Scouts. If you are interested in joining, please see the hall timetable for contact details and more information.

## **ALI BABA AND HIS FORTY THIEVES AT CREDENHILL COMMUNITY HALL 2021**

Watch out for further details here and on the main Facebook page.

We now have spaces available to book each weekday so if you would like to start a group or know of some body who does then please contact us.

## **Easyfundraising.co.uk**

By logging into this site each time you shop online, we can receive a donation, alternatively, please contact the Hall Treasurer, David McKirdy to make a donation and he will give you have the details.

Email: [davidmckirdy@aol.com](mailto:davidmckirdy@aol.com) Phone: 07919 448312

*Log onto our webpage to  
book or see what is going  
on in your local Hall*

**Betty Morris, Booking Secretary**  
**07954 081999**  
[magnadrama@btinternet.com](mailto:magnadrama@btinternet.com)

# Credenhill Community Hall

[www.credenhillcommunityhall.org.uk](http://www.credenhillcommunityhall.org.uk)



<b>Day</b>	<b>Group</b>	<b>Leader</b>	<b>Contact Details</b>
Monday 7.30 - 9pm	Explorers	Marcus Terry	07592 449852
Tuesday 6 - 7.15pm	Beavers	Bethany Norwood	07971 683203
Tuesday 7.30 - 10pm	Magna Performing Arts	Val Lewis	07826 256541
Wednesday 5.30 - 8.30pm	Slimming World	Miakala Davis	07471 890009
Thursday 6 - 7.30pm	Cubs	Karen Jones	07837 254674
Thursday 7.30 - 9pm	Scouts	David Buckle	07903 390654
Friday 10 - 12noon	Crefty Knitters	Corrie Smissen	07789 401151
Friday 5.15 - 7.15pm	Rainbows Brownies	Donna Jones	07837 651687
Friday 7.30 - 9pm	Magna/Young Magna	Betty Morris	07954 081999
Sunday 2.30 - 5pm	Young Magna	Betty Morris	07954 081999



## Credenhill Social & Sports Club



Club remains open to members and we are adhering to Covid regulations.

Masks to be worn on entry and when moving around the Club.

Once seated masks can be removed.

It is strictly table service only.

Club opening times are 7pm to 10pm with last orders being called at 9.30pm and bar closed at 9.40pm giving you 20 minutes drinking up time.

We thank you for your custom and ask you to be patient with us during this difficult and unprecedented times.

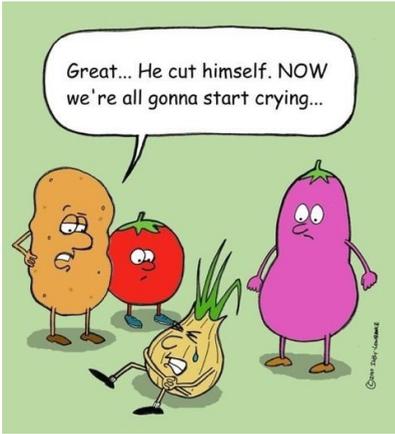
Please stay safe and we look forward to seeing you.

Thanks

Please see the clubs notice boards for any changes and any possible events.

PLEASE LIKE US ON FACEBOOK

Secretary: Sarah Miles 07581031457



## Say the Colour of each Word!

(Don't read the word)

How Fast can you say it?

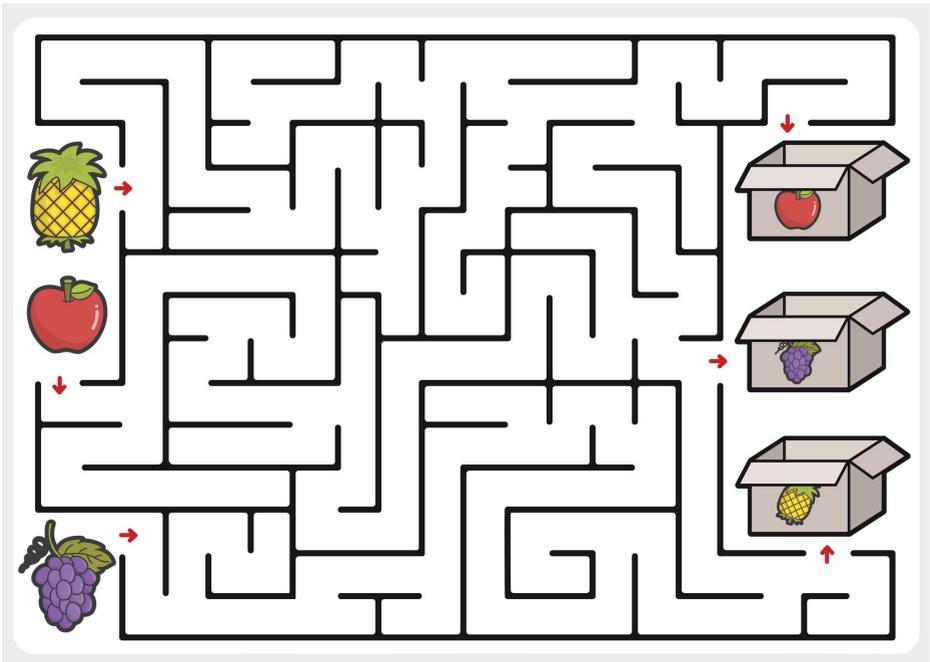
black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green



Can you find the  
 the **mistake**?



1 2 3 4 5 6 7 8 9



# Colour Me





Flexible  
Appointments

Gift Vouchers  
Available

Home Based  
Salon in  
Credenhill

## Treatments Available

- ★ Manicure/Pedicure
- ★ Gel Polish
- ★ Lash Lift
- ★ Tinting
- ★ Waxing
- ★ Facials
- ★ Massage
- ★ St Tropez Tanning
- ★ Make Up
- ★ Electrolysis

Tash  
07921 298262  
beau.visage@yahoo.co.uk  
 BeauVisage



## Winning Health

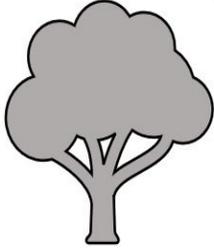
The Wellbeing Practice

It has been great getting back to work this last month, below is a summary of what we have used Acupuncture to help our clients with...

Psoriatic Arthritis, Pustular Psoriasis, Lymphocytic Colitis, TMJ, Temporomandibular Joint Pain and Jaw restriction, Bruxism, Teeth Grinding, Anxiety, Stress, Tension Headaches, Shoulder and Neck tension and tightness, Acid Reflux, Panic Attacks, Menopausal Hot Flashes, Insomnia, Overthinking, Low Energy Levels, Nocturnal Urination, Mid Back Pain and Muscle Spasms, Hormonal Headaches, PMT, Hayfever and Allergies, Hip and Knee Pain, Digestive Issues, General Health and Wellbeing, Heavy Periods, Lower Back issues, Pain on the Spine.

Get in touch and lets see how I can help you next month

# Gareth Higgs Tree Services



Qualified and Insured tree surgeon

All aspects of tree work undertaken

Site clearance & digger/tree shearing

ATV spraying & log processing

Tel: 01568 709477 / 07968 849562

Email: [gareth\\_higgs@hotmail.co.uk](mailto:gareth_higgs@hotmail.co.uk)

[www.garethhiggstreesurgeon.co.uk](http://www.garethhiggstreesurgeon.co.uk)

# Lloyd Instant PLUMBING

Reliable and Local

Free Estimates

Showers/Bathrooms/

Leaks/Drains/Radiators/

Taps/Overflows

& more



07813 313252

## TV problems...? Poor picture...?

Call

# AARDVARK INSTALLATIONS



- New TV aerials • Freesat & Sky installation • Extra TV points fitted
- Set-up and installation of equipment • Catch-up TV problems
- Broadband, Wi-Fi & networking • CCTV installations

# 01432 483101

email:[aardvark@alpens.co.uk](mailto:aardvark@alpens.co.uk)

[www.aardvarkinstallations.co.uk](http://www.aardvarkinstallations.co.uk)



TRUSTMARK  
Government Endorsed Quality



# M D R ELECTRICAL

Mark D Ridge (Proprietor)

All aspects of electrical work undertaken.

Showers, Fuseboard upgrades, Extra sockets, Lights,  
Security lights supplied & fitted. Power supplies to garages and outbuildings.

Full/Part Rewires. New builds & Conversions.

Condition reports/Landlord certificates, PAT Testing

NICEIC Registered

Public liability & Professional indemnity Insurance cover.

**Call Mark: 07760 433479 or 01544 327161**

Or email: [mdrelectrical330@gmail.com](mailto:mdrelectrical330@gmail.com)



## Colin Cheasley

**CARPENTRY**

**JOINERY**

**REPAIRS**

**KITCHEN FITTING**

**Experienced & Local**

**07967 814 875**

**01432 760 087**

## Foot Health



accredited register

## Practitioner

Treatments for:

- Painful corns & calluses
- Ingrown toenails
- Verrucae
- Diabetics
- Nails Trimmed
- Plus more



**Home Visits Only**

**Member of the Accredited Register of**

**Foothealth Professionals**

**Brian Jenkinson DIP CFHP MPS Pract.**

**01544 230 501**

**07977 214 756**

# Maids Domestic Services

*We specialise in regular weekly or fortnightly cleaning,  
catering for all your domestic cleaning needs.*



## Services offered

- Dusting
- Vacuuming
- Bathrooms
- Kitchens
- Mopping
- Ironing
- Changing beds

We are a small, reliable, high quality service, with 26 years' experience. We pride ourselves in providing skilled, trustworthy staff, who receive extensive training and are fully insured.

We offer weekly, fortnightly and monthly cleaning.

Contact Janet on 01432 350033 or 07702174036

[janet.stones@btinternet.com](mailto:janet.stones@btinternet.com)



ALL ASPECTS OF CARPENTRY

KITCHENS / BATHROOMS /  
DESIGN

RENOVATIONS / PLASTERING

WIDE RANGE OF PROPERTY  
SERVICES

Friendly, Reliable service

Please call Tom : **01432 761603**



The Centre in Hereford for  
complementary therapies

18 different therapies provided by  
highly trained and experienced  
staff

The Very Best Help for Your Health  
Eastholme Avenue, Belmont HR2  
7XT

**Telephone 01432 279653**

[www.herefordcentrefornaturalhealth.com](http://www.herefordcentrefornaturalhealth.com)

# BARN DRIED FIREWOOD

(FREE DELIVERY)



Standard & long lengths available

Sold by the pick-up load

(ALL HARDWOOD)

Nets of logs & kindling also available

For a friendly, reliable service

**Tel. 01981 500402**

Friendly, no nonsense IT  
Support for individuals  
and small businesses in  
Herefordshire.



*Sales advice, set-up, diagnostics, health  
checks, repairs, Wi-Fi and networking.*

Call **07787508372** or email

**james@jtitg.co.uk**

**www.jtitg.co.uk**

## HAIR BY CAROLINE

07849 841626 OR 01597 822393

CHILDRENS TRIM	FROM £ 7.50
GENT TRIM	FROM £11.50
LADIES TRIM	FROM £14.50
SHAMPOO & SET/BLOW DRY	FROM £15.50
CUT & SET OR BLOW DRY	FROM £27.50
PERMS (L'OREAL/WELLA)	£44.00
COLOURS	FROM £42.00
MANICURE	£12.00
PEDICURE	£22.00

KIND FRIENDLY SERVICE  
SAFE IN THE COMFORT OF  
YOUR OWN HOME

# PILATES

Mondays	Wellington	9:30am
Tuesdays	Withington	9:30am
Tuesdays	Bodenham	6:00pm
Wednesdays	Stretton Sugwas	10:00am
Wednesdays	Marden Village Hall	7:15 pm
Thursdays	Burghill	10:30am
Thursdays	Marden Village Hall	6:30pm
Fridays	Bodenham	10:30am

## Total tone - Cardio, Tone & Core Class

Mondays	Bodenham	6:30pm
---------	----------	--------



**Pre book, Emma Caldwell**

**[ejcaldwell1977@icloud.com](mailto:ejcaldwell1977@icloud.com)**

**07971009691/01568 797107**

**Hair@Home**  
Mobile  
Hairdressing

- ✂ Fully qualified
- ✂ 20 years experience
- ✂ Ladies, gents & children
- ✂ Senior citizens

**Telephone: 01432 268 884**

**XT Driver Training**

**Roy Betambeau**

**Driving Instructor**

**Mobile: 07775 461923**

**E mail: [Roy@xtdriving.com](mailto:Roy@xtdriving.com)**

**Driving Test Centers Covered:**

**Hereford, Brecon, Llandrindod Wells**



**[www.xtdriving.com](http://www.xtdriving.com)**





# Contacts

<b>Editor</b>	Liza Watkins	credenhillcommunitynews@outlook.com
<b>Parish Council Chairman</b>	Terry Smissen	
<b>Parish Council Clerk</b>	Lee Harper-Smith	07956 447056 clerk@credenhill-pc.org.uk
<b>County Council</b>	Councillor R Matthews	01432 760498
<b>West Mercia Constabulary</b>		0300 3333000 Herefordm.snt@westmercia.pnn.police.uk
<b>Crime Stoppers</b>		0800 555111
<b>Safer Neighbourhood Officers</b>	PC Bart McDonagh	101
<b>Dog Warden</b>		01432 261761
<b>Street Light Problems</b>		01432 261800
<b>Power Cut</b>		105
<b>St Mary's Primary School</b>	Claire Ross	01432 760408
<b>Nursery &amp; Preschool</b>	Shelly Gummery	07596 324552
<b>Fieldhouse Kindergarten</b>	Rachael Cappozoli	01432 761250
<b>Vicar</b>	Revd. Rana Davies-James	01432 760443 Rana.james@virgin.net
<b>Church Warden</b>	Dorrie Coates	01432 761935
<b>Church Warden</b>	Jean Hawkings-Bowles	01432 769413
<b>Credenhill Social Club</b>	Steward	01432 760600
<b>Credenhill Scout Group</b>	Malcolm Cox GSL	07854 299715
<b>Rainbows/Brownies</b>	Donna Jones	01432 761056
<b>Young Magna</b>	Betty Morris	07954 081999
<b>Magna</b>	Val Lewis	01432 760115
<b>Credenhill Rangers FC</b>	Darren Coates	07917 595418
<b>Friendship Club</b>	Val Lewis	01432 760115
<b>Credenhill Surgery</b> Part of Hereford Medical Group		01432 352600
<b>Headway</b>		01432 761000
<b>Post Office Van</b> Mon/Tues/Thurs 10.30-11.45am	John	01885 482201
<b>Credenhill Community Hall</b>	Betty Morris	07954 081999
<b>Credenhill Social Club</b>	Steward	01432 760600



# FISHWICK

## AUTO SERVICES

**01432 354336**

Unit 2, 7 Canal Road, Hereford, HR1 2EA  
fishwickautoservices@yahoo.com

MOT's from £35

Diagnostics

Brakes

Services

Clutches

Cam Belts

Plus much more...

Air Conditioning re-gassing on **both** types of gas with  
mobile service also available!

FREE COLLECTION IN THE CREDENHILL AREA



Find us on  
Facebook - Fishwick Auto Services