



Credenhill Community News

**March 2021
Issue 136**

**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.

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

Front cover photo credit: Sheena Bescoby, taken along the Tillington Road

Words from the Editor...

Thank you to everyone who has sent in content this month, please keep your stories, photos, hobbies etc coming in so I can share them, we all need something to keep our minds occupied.

It is fantastic to have a local photo on the front cover too, thank you to Sheena for sending it in! Hopefully this will be an ice breaker and I will receive more from now on! The CCN is a local magazine and it looks great with a local photos on the front cover. You don't have to be a professional photographer.

Send to credenhillcommunitynews@outlook.com

Thanks, Liza.



Advertising Rates

If you would like to advertise your business in the CCN, please email 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.

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



Telephone Support Network

for anyone anxious
at this time of uncertainty

Need someone to talk to?

Feeling isolated and alone?

**Want to know that someone is actually listening
and caring about you?**

We have a Telephone Support Network and with
one phone call you will be paired up with a
friendly person who will phone you back
with time to listen and support you.



To access this Network, phone

Rev'd Rana

01432 760443



Government
Counter Fraud
Function

GOV.UK/coronavirus

Beware of Scammers

Criminals are using the COVID-19 vaccine as a way to target vulnerable people by tricking them to hand over cash or financial details.

The NHS will never ask for this, vaccines are free.

Beware of: Fake text messages claiming to be from the NHS, asking for your bank details and social media messages offering to send you self-injection vaccines for a fee.

**Speak up about fraudsters abusing COVID schemes.
Stay 100% anonymous by contacting Crimestoppers online
[covidfraudhotline.org](https://www.covidfraudhotline.org) or phone 0800 587 5030.**



Next Meeting

The press and members of the public are invited to the Ordinary Parish Council Meeting to be held by LIVE Video Conference on 17th March 2021 from 19:30.

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

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

Two Parish Councillor Vacancies

We need your help more than ever!

Are you be interested in joining the Parish Council?

For more information please get in touch.

Matters Arising

Play Area in Ecroyd Park - Litter has been an ongoing problem in this area; it is not managed by the Parish Council and there is not a litter bin in place because Herefordshire Council are unwilling to add further bins to the village. The area is designated a play area for children and the sign clearly states no dogs; please adhere to this.

Credenhill Community Blooming Group - We are really please to report that a new voluntary group has been setup in the Parish. The aim of the group will be to plant bulbs/trees/hedges and shrubs, as well as weeding and doing other small projects to help tidy up Credenhill. The Parish Council will support this with funds and insurance cover and a donation of tools from Herefordshire Council is already in the process of being delivered. If you wish to get involved then email Emma emmasipad71@icloud.com.

The Vicar's Letter



Dear Friends,

At this time many of us are feeling quite jaded by the whole Covid- pandemic that is blighting our world and seems to be ruining lives. We may have been lifted briefly by the vaccination program - those who've had their vaccinations are certainly more hopeful.

We now need a time to lament - to grieve for those who have died, and also for the loss of our normality. The funerals of loved ones have taken place and we have been unable to attend or even to hug one another in comfort. It has been incredibly difficult.

In the Church, Lent is usually a time of self-denial - we often give up things such as alcohol and chocolate, but this year I think we should take up something, pamper ourselves more, be kind to ourselves as well as each other. I'm sure I don't need to suggest how you do that, but if you feel a bit low, think about what might cheer you up and go for it - as long as it's legal and harmless! And maybe do something special for a neighbour to show that you care.

On 23rd March we will have a National Day of Mourning and I expect you will hear more about this in the media. I have not organised anything at this stage but I may well make some suggestions on our Magnis Group Facebook page in case you want help organising something special and meaningful, so do take a look there:

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

Also, you will find here, our daily Evening Prayers and 10.00am Sunday Worship, which we have been livestreaming since the pandemic began - we pray everyday for those affected and for all involved in the frontline. Many people find this very reassuring at a time when we can do little else but to trust that our loving Father God will somehow see us safely through.

I continue to pray for you all every day.

With every Blessing,
Rana

Funerals

12th February Hereford Crematorium Audrey Green of Credenhill Court
17th February Hereford Crematorium Walter Michael Harry Lewis

Churchwarden's Report

Thank you to everyone who supported our Valentine's Day fundraising event. 26 teas and 6 ploughman's lunches were delivered around the village, £209 less expenses was raised for church funds.



Thank you to Donna and Amanda for helping to prepare the food. We will repeat this for Mothering Sunday, March 14th and who knows, we may be able to enjoy them with our families. We are operating delivery in the Credenhill area or collection from 5 Glebe Close. Further details elsewhere in the CCN.

Each year during Lent we meet together on a Wednesday for a soup lunch. This is a simple lunch of soup with toppings, chunky bread, rolls and crackers. As it is not possible to meet this year we are offering to deliver this to you to share, at a distance, a meal with friends.

Please order these from me via phone or email, by 4pm on the day before and they will be delivered between 12 and 1pm on the Wednesday. We ask for a donation towards the cost and this can be paid on delivery, sent by cheque or direct to the bank (details on the poster elsewhere in the CCN).

As you will all appreciate without holding our regular services and fund raising events our income has been very much reduced. If you give regularly to the church through our envelope scheme or occasionally on the collection plate you can still give via direct giving to the bank or cheque:

PCC Credenhill Lloyds Bank sort code:30-94-14 Account number 00359034

Or by cheque made out to PCC Credenhill and posted into the Vicarage, 8 Hillside View, Credenhill or D Coates, Japonica Bell, Tillington, Hereford HR4 8LH

Many of us are currently struggling because of illness, isolation through being clinically extremely vulnerable and lockdown. This time round we know the names of individuals who have Covid and it all seems so much closer. We are praying for an end to this and hope that with more vaccinations we will be able to be together again in the not too distant future.

Thank you and stay safe

Dorrie Coates Churchwarden/Treasurer



0800 677 1432

 keepherefordshirewarm.co.uk

TOP 10 TIPS

ENERGY SAVING IN THE HOME

1 Stop overpaying for your energy

If you haven't switched energy supplier in a while, the chances are you have been moved to an expensive tariff. Compare gas and electricity prices to make sure you're on the cheapest tariff for you. It only takes a few minutes, it's free and you could save hundreds of pounds a year.



2 Use low-energy light bulbs

Replacing your lightbulbs with low-energy equivalents can make a huge difference to your energy bill. For instance, LEDs can use 90% less energy than standard lightbulbs. Don't be put off by the higher prices, they last up to 12 times longer and the technology today means they are as bright as traditional bulbs and don't need to 'warm up.'



3 Programme your heating

Ensure you have a **programmable thermostat**, and are using it! By setting your heating to come on 15 to 30 minutes before you need it and switch off half an hour before you leave or go to bed, you will heat your home much more affordably.

4 Turn down your thermostat

Turning down your heating by **just one degree** could cut your heating bill by up to 10% and save you around **£85 per year**.



5 Keep the heat in and the cold out

You lose a third of your heating through the walls of your home, so insulating them is one of the best ways of saving energy without having to think about it! Installing cavity wall and loft insulation could reduce your bill by **£225 a year**. Our advice line can help you find out whether you would be eligible for a grant, or even free insulation.



6 Draught-proof your home

Block out as many draughts as you can. Start by checking door frames, letterboxes, windows, loft hatches and floorboards. Fully draught-proofing your home could save an average of **£55 a year**, not to mention how much cosier it'll be!

7 Shrink your bills, not your clothes

Ninety percent of a washing machine's energy is spent heating the water, so if you **wash your clothes at 30-40°C** instead, you're saving significant amounts of money.



8 Insulate your hot water tank

If your home has a hot water cylinder, an insulation jacket costs around £15 and can save **£45 a year** on your heating bill – so it **pays for itself in less than six months!**

9 Save in the kitchen

Boiling only as much water as you need and using a bowl to wash up instead of running dishes under the tap can save both energy and water. Regularly defrosting your fridge and freezer helps it run more efficiently too.



10 Speak to Keep Herefordshire Warm

There is often grant funding available to help you make your home more energy efficient, including installing boilers, insulation and central heating. Speak to an *Energy Advisor* on 0800 677 1432, or arrange a home visit to see how we can help.

**Polling stations will
be safe places to vote
in May, but there are
other ways to vote.**



**Want to vote by post?
Apply early**

Find out more at electoralcommission.org.uk/voter

The
Electoral
Commission

YOUR VOTE MATTERS

DON'T LOSE IT



Lent Lunches from St Mary's Church, Credenhill

Wednesdays

3rd March

10th

17th

24th

**Order a soup lunch to be delivered to your door between
12 noon and 1pm**



Soups include:
Leek and Potato*
Cream of Tomato*
Broccoli and Stilton
Mushroom*
Carrot, Coriander & Orange*



**All served with fresh chunky
bread or rolls.**



***low salt, gluten free and suitable for vegetarians and vegans.**

Orders by phone or e-mail by 4pm on Tuesdays

Dorrie Coates dorriecoates@aol.com or 01432761935

**Donations should be in cash or cheque made out to PCC
Credenhill and placed in an envelope for collection on delivery.**



The Cart Shed

Transforming Lives



Build your confidence, meet new people and learn new skills through woodland craft courses (either in the woods or online depending on restrictions), receive 1-to-1 support to aid wellbeing and progression towards your goals and join our online BBO community.

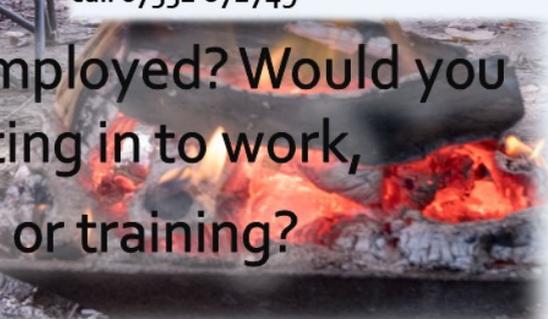
Courses are fully funded by BBO (Building Better Opportunities). Transport to the woods is available from Hereford and Leominster.

No laptop or internet connection? We may be able to help.

Please find the referral form on www.thecartshed.co.uk or

call 07552 872749

Are you unemployed? Would you like help getting in to work, volunteering or training?



BBO Herefordshire
where will your journey take you?



The project is funded by The National Lottery Community Fund and the European Social Fund.

**THE CART SHED IS A CHARITY. REGISTERED CHARITY NUMBER 1167802.
DEVEREUX WOOTTON, NORTON CANON. HEREFORDSHIRE, HR4 8QN**

colouring





Value of the Half Term **Humility**

*"Humility is not thinking less of yourself,
it's thinking of yourself less"*

C.S Lewis



As we all know fundraising is very difficult at the moment. The school is now registered with the easyfundraising website & we would be really grateful if you can help by raising FREE donations for us when you do your everyday online shopping.

All you have to do is find the retailer you want to shop with on the easyfundraising website or app, shop as usual and the retailer will donate to us when you make a purchase – at no extra cost to you!

Sign up for free:

https://www.easyfundraising.org.uk/causes/stmaryscofecredenhill/?utm_campaign=raise-more&utm_content=s-n3

Dates for the Diary

1st Apr	Spring Term Ends
19th Apr	Summer Term Starts
31st May-4th Jun	Half Term Holiday
21st Jul	Summer Term Ends



School Visitor!

Look who visited the school recently!

He seemed very interested in our pond area.



To arrange a visit, please contact:
01432 760408

School Business Manager: Claire Ross
Admin Assistant: Emma Milne
www.credenhill.hereford.sch.uk



Follow us
@SMCredenhill



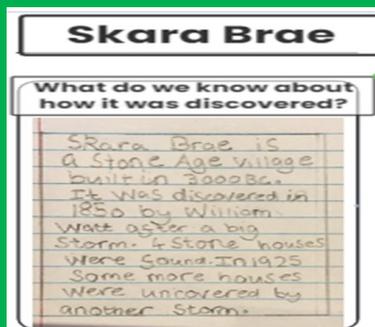
YEAR 2 NEWS

The children have been getting creative making woodland hedgehogs using clay and dried spaghetti.

YEAR 3 NEWS

The children have been busy learning about the Stone Age in school and at home.

Take a look at some of the wonderful work that Thea completed at home.



ENTRIES FROM ST. MARY'S SCHOOL

LOG BOOK - 1941

5th May - Today the morning session commenced at 10 o'clock and ended at 1 o'clock. The afternoon session commenced at 2 o'clock and ended at 4 o'clock. This change has been made through the change made to 2 hours summertime instead of 1 hour. A circular has been received in each school ordering the change in order that the children will get more rest in the mornings.

16th May - Two children are absent through measles.

Virtual Volunteering in 2021-Support local people by 'Virtual Volunteering'

A local charity, Onside has encouraged people to sign up as volunteers and support their project to visit people in residential care and uphold the person's rights acting in their best interests. A great start to a New Year making difference to local lives.

Onside, which works across Herefordshire and Worcestershire, is looking for people to take on the role of a Relevant Persons Representative (RPR). Volunteers as an RPR are safeguarding the rights of vulnerable people who don't have the mental capacity to consent to care or treatment.

This involves visiting people with dementia, learning disabilities, and individuals assessed to have a lack of capacity to consent to living in a residential care. As an RPR the volunteer would be visiting (*currently over video call -Virtual, full virtual training given*) a person just once every 4 weeks for no more than 1 hour. Volunteering would be local to where the volunteer lives later in the year as currently virtual.

Onside, which works across Herefordshire and Worcestershire, is looking for people to take on the role of a Relevant Persons Representative (RPR). Free RPR training would be given to carry out the role. Onside have the benefit of a specialist Mental Health Capacity Advocacy team to support volunteers along with a dedicated Volunteer Team.

Onside's Volunteer Manager, Claire Watkins, said "Our volunteers give their time, passion and enthusiasm. This is a great time to volunteer in a new and exciting role. This particular role is very worthwhile and extremely rewarding."



Volunteers are ordinary people of all ages and backgrounds, they just need to be good listeners and have some time to give.

We also have opportunities for all our advocacy projects along with mentoring projects too. Please take a look at our website.

If you can picture yourself in the role of an Onside volunteer please call Claire Watkins - Volunteer Manager on 07592 737303 or email claire.watkins@onside-advocacy.org.uk to find out more.

This type of volunteering can be very flexible to fit with your life and circumstances. Free training (throughout the year) is provided and all expenses paid.

Onside improves the lives of over 5000 vulnerable adults every year in Worcestershire and Herefordshire.

We provide free services to support adults facing disadvantage through mental and physical ill health, learning disability and old age
Eg. Depression, autism, learning difficulties.

Onside employs over 150 people and has 150 active volunteers.

Onside is a Worcestershire based charity established in 1993 stemming from a belief that everyone has the right to be a valued human being and to be treated in a just and fair manner.

Claire Watkins
01905 27525
volunteering@onside-advocacy.org.uk
Web: www.onside-advocacy.org.uk
Registered Charity no. 1102022



Tour de Hereford

Following last year's success, St Michael's Hospice will be embracing the thrill of the world's most famous cycle event by inviting you to explore your favourite routes on two wheels during the Tour de Hereford.

Get sponsored to go as far as you like as often as you want during the Tour de France, either on your own or with your loved ones (Covid guidelines permitting). Don't worry if you haven't got a bike; our friends at Beryl Bikes are offering eight Tour de Hereford fundraisers free hire throughout the Tour's three-week duration, in return for pledging to raise at least £100 in sponsorship. This is on a first-come first-served basis.

Tour de Hereford will take place between 26 June - 18 July.

For further information, including sign-up details, please visit st-michaels-hospice.org.uk



Welcome to Simon

St Michael's is set to benefit from the fundraising and commercial skills of a former Commercial Manager at Hereford Racecourse.

Simon Kershaw joins St Michael's Hospice as Events and Community Fundraising Officer, and says he can't wait to get going.

'I'm delighted things have come full circle and that I'm back in Herefordshire,' he said, 'It's a huge honour for me to join St Michael's, a charity which is respected across the county and further afield.'

Following his time at Hereford Racecourse, Simon worked as General Manager at Bath Racecourse, then Commercial Director at Newmarket Racecourses.



He joined Cardiff Bay-based sponsorship agency Fusion, helping establish a charity called 'The Level Playing Field' to generate funds for children from disadvantaged backgrounds using the power of football.

Simon later returned to horse racing with a post as Commercial Director at Sandown Park before becoming Head of Catering & Events at London's Natural History Museum, then Director of Events at The Honourable Artillery Company, also in the capital.



'These wide-ranging positions have given me an invaluable insight into the corporate world and the huge role businesses can play in helping support and raise the profile of charities and other good causes,' he added, 'I look forward to re-establishing relationships with companies and other community organisations in Herefordshire as well as working with the already successful fundraising team at St Michael's to help ensure the Hospice's prominent profile continues.'

**Simon can be contacted by phone 01432 852 603 or
email skershaw@smhospicehereford.org**



Stay home



**Protect
the NHS**



Save lives

ALL ABOUT ME



MY NAME



MY FRIENDS ARE

- _____
- _____
- _____



MY FAVORITE FOODS





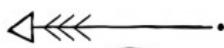
I LIKE TO WATCH

- _____
- _____
- _____

I'M FEELING...

MY SUPERPOWER IS

SELF PORTRAIT



3 WORDS THAT DESCRIBE ME



I'M REALLY GOOD AT



FAVORITE ACTIVITIES

- _____
- _____
- _____
- _____



Brownies*

LEADERS WANTED

Unfortunately, due to recent Covid events, I have had to take a step back from actively running Rainbows and Brownies in Credenhill.

Due to the extra pressures and work commitments the current leaders have had to make the difficult decision that they can no longer commit to the unit.

Therefore after 38 years as a leader of Credenhill Brownies and over the years Rainbows and Guides, I need to find someone with the enthusiasm and time to continue growing guiding in Credenhill.

Leah and Amanda have also had to re evaluate their commitment.

If you know of anyone or if indeed you are interested yourself please do get in touch. We are looking for at least 2 leaders to run Brownies and preferably 2 for Rainbows so they can run as separate units.

I will support anyone who is interested or comes forward as will other guiders in the area. No experience is needed and there is training available but if you or anyone you know has creativity, a sense of adventure, enthusiasm, leadership qualities or a wish to belong to a worldwide organisation and make new friends please get in touch with me.

Thank you

Donna Jones
07837 651687
01432 761056

donnajones4249@gmail.com

wildlife gardening pots & container habitats

Pots, baskets, window boxes and big planters all form spaces where wildlife can find a home. Sheltering under them, in them or being attracted to the plants they hold. There's even scope to make a mini-pond in a pot to add a valuable source of water!

Life in containers

Containers let you increase the number of ecological niches in a garden. Put pots into a hot courtyard or decked area and suddenly there are new cool spots within the compost and underneath the pots where springtails, earthworms and all manner of invertebrates can now survive. Meanwhile, nectar- and pollen-rich plants in the pots will start to draw in the bees, hoverflies and other pollinators. A fun thing about growing in containers is that you can be really creative in a small space. Here are some of the ways you can use pots and containers to make a great habitat for wildlife;

Basket heaven

Go for pollinator favourites such as fuchsias and nasturtium. Experiment with less usual British native hanging basket plants such as bird's foot trefoil, ivy-leaved toadflax and herb Robert. Baskets made from natural materials such as wicker and lined with moss from the lawn can end their lives on the compost heap, feeding many worms and other recyclers.

Window box retreat

Reward bees with a window box full of heathers, candytuft or lavender, depending on the season. On a sunny wall use thymes, osteospermum or zinnias. Even if you are high up in a high rise flat, your box or balcony planters will prove an oasis from the elements.



Sink or trough

Add stones or sections of broken terracotta pots to the surface of your sink for butterflies to bask on and plant with pollinator-friendly herbs, thrifts (*Armeria*), *Erigeron karvinskianus* and *Campanula carpatica*. Troughs also lend themselves to miniature crevice gardens made by standing pieces of slate on their ends with soil in between. Ferns and cool-loving invertebrates will enjoy the crevices.

Wooden crate

Use an old fruit box to hold seasonal pots of mini daffodils and tulips. Or line it out with polythene before filling with a peat-free compost and sowing nasturtiums or a wildflower mix of cornflowers, corn marigold and poppies. As the wood rots it will play host to woodlice and worms.

A tier of pots

These are great to get some height. Use a free-draining mix for house-leeks or sedums. In smaller stacks try grape hyacinths and crocus.

Large planters

If you can fit in larger planters which hold a decent amount of compost, there's scope to grow shrubs and small trees. If kept watered, even fruit trees with their insect-friendly blossom can be grown. Peaches and apricots blossom well on protected walls. Crab apples offer reliable fruits in the autumn for birds.

Pond in a pot

Container ponds are so great to make, especially if you have children to help. Even the smallest mini pond can have a frog make it a home and be used by birds to drink from. Follow the link here to our wildlife-friendly container pond step-by-step.

Experiment with grouping pots together to form islands of greenery on your balcony or patio. If you can have at least one undisturbed cluster of pots, ideally with a nice dense shrub in one of the pots, this will make an attractive spot for birds looking to nest. Just be sure to carry out any repotting in early spring, before the nesting season starts.

Quick facts

Places where wildlife will find a home;

- Among clusters of pots and containers
- In the damp spaces beneath pots
- Away from ground predators in a hanging basket
- In a container pond

For more information please visit www.rhs.org.uk

Order now for
Mother's Day 14th March



Afternoon Tea £6

Children £4

To include: Scone, jam, cream, summer fruits, 4 finger sandwiches, 4 cakes, sausage roll, butter.

Contents may vary



Ploughmans Picnic £7.50

Children £5

Ham, cheese, pate, a savoury, crackers, crusty roll, pickle, tomato, butter, fruit pie.

Order 24 hours in advance

Order by 10am Saturday for Sunday

Delivery in Credenhill or collect from 5 Glebe Close

Proceeds to St Mary's Church Credenhill

Donna 01432 761056

donnajones4249@gmail.com

Dorrie 01432 761935

dorriecoates@aol.com



Magna Performing Arts

Sponsored by  Holmer Park
A MOSAiC HEALTH CLUB & SPA

ALI BABA AND THE FORTY THIEVES

Well, not much to report at the time of writing this as we are all still in the dark about the next few months!

Zoom meetings happening each week. We have now started reading scripts as we have gone as far as we could for the time being with the panto rehearsals.

We are rediscovering past works and learning about various dialogue techniques .

"It'll all turn out alright in the end. You'll see"

- Mrs Potts

YOUNG MAGNA

****FULL****

****but we have a waiting list
so please still enquire****

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

**Fees: Joining fee £10
Costume £10
Weekly £2**

Magna Performing Arts are doing all we can to keep meetings Covid secure with guidance from Local Government and NODA.

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

If you would like to join the team, please contact
magnadrama79@yahoo.com

We can't wait to meet you...



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 2021

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



Credenhill Community Hall

**Credenhill Community Hall is closed due
to the current Lockdown**

Here we are well into 2021 and still unable to make definite plans for the future. We continue with our project to Repair, Renovate and Renew the Hall for your use. Currently, we are working to find a solution for our energy provision by moving to a greener scheme. As always it is a toss up between what we would like and what we can afford. Grants are being applied for to help towards this and the next innovation... a new kitchen area.

A Little Note To Say....

Congratulations to all those parents home schooling,
you are doing a great job!

The hall is for hire

When we re-open, we are looking for enthusiastic people to start new groups in our newly decorated Hall during weekdays. We have availability each weekday afternoon and mornings, except for Friday.

If you are an organiser of a keep fit or yoga group, children's group, mums and tots, art group, gardening group or any other community interest group we would love you to take a look at the Hall. It has a large parking space and is light and airy plus not too expensive to hire .

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 Phone: 07919 448312



Credenhill Community Hall

Day	Group	Leader	Contact Details
Monday 7.30 - 9pm	Young Explorers	Marcus Terry	07955 790580 marcusiant@aol.com
Tuesday 6 - 7.15pm	Beavers	Bethany Norwood	07971 683203 mrsbn@hotmail.co.uk
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	01432 760591 Kingslandcubscouts @googlemail.com
Thursday 7.30 - 9pm	Scouts	Marcus Terry	07955 790580 marcusiant@aol.com
Friday 10 - 12noon	Crafty 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	Young Magna	Betty Morris	07954 081999

Betty Morris, Booking Secretary

07954 081999

magnadrama79@yahoo.com

www.credenhillcommunityhall.org.uk



DAVE GRANLUND © www.davegranlund.com



Chinese year of the Ox 2021

What is the Ox personality?

People born in the Year of the Ox are strong, reliable, fair and conscientious, inspiring confidence in others.

They are also calm, **patient**, methodical and can be trusted.

Although they say little they can be very opinionated.

They believe strongly in themselves, but are also stubborn and hate to fail or be challenged.

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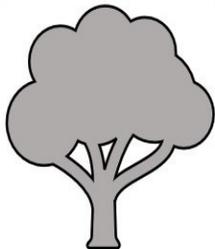
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Relaxation Meditation

Mondays 11am > 11.30am with Nicky

Easy Exercise *

Mondays 4pm > 4.30pm with Ruby

Mental Emotional Wellbeing

Mondays 7pm > 7.30pm with Sue

Seated Tai Chi Movements for Wellbeing

Tuesdays 11am > 11.40pm with Jan

Hooky Treasures Crochet Club

Tuesdays 1pm > 2.30pm & 6pm > 7pm with Jill

Gentle Yoga *

Wednesdays 12pm > 12.30pm with Mike

Coffee and Chat Club

Wednesdays 4pm > 4.30pm with Nicky

Easy Exercise *

Thursdays 11am > 11.30am with Ruby

Seated Ballet

Thursdays 12 > 12.30pm with Becks

Relaxation Meditation

Thursdays 4pm > 4.30pm with Nicky

Gentle Yoga

Fridays 9.30am > 10am with Mike

Mental Fitness for Men

Fridays 10.30am > 11am with Mike

Mental Emotional Wellbeing

Fridays 3pm > 3.30pm with Sue

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4 EASY WAYS TO BOOK...

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- 2 Text Nicky on 07828 599 444
- 3 Email info@yelenisupport.co.uk
- 4 Facebook [YeleniTherapyAndSupportCharity](https://www.facebook.com/YeleniTherapyAndSupportCharity)