



Credenhill Community News

**April 2021
Issue 137**

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

Editor: Liza Watkins credenhillcommunitynews@outlook.com

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All contributions should be emailed to the Editor in a Word format.
If you have no access to a computer then a hard copy can be put
through the door of Station Cottage, Credenhill.

**To receive a digital copy of the CCN, please email the Editor
to be added to the mailing list.**

**Electronic copies and other useful information can be found on the
Parish website www.credenhill-pc.org.uk**

CONTENTS

3	Advertising Rates	15	Brownies
5	Parish Council	16	The Cart Shed Courses
6-7	Vicar's Letter	17	Magna Drama
8	Churchwarden's Report	18-19	Community Hall
9	Scouting	20	Walking in England
10-11	St Mary's Primary	20-26	Business Directory
12-13	Container Gardening	27	Useful Contacts

All contributions maybe subject to the editorial discretion.

The editor does NOT accept any responsibility for articles printed in this newsletter.

All details are correct at time of going to press.

Words from the Editor...

Thank goodness spring is finally here! Hopefully we will start to regain a little normality this month.. Fingers crossed!

Please keep your articles, photos and everything else coming in, this is your newsletter so lets make it personal to you.

I am thinking about changing the layout of the magazine. Other Parishes mix the business directory in with the articles so there is no set section for them. Is this something you would welcome or do you like it the way it is? Please let me know.

Send to credenhillcommunitynews@outlook.com

Thanks, Liza.

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

Vivien Ball	June Jones	Sheens Bescoby
Amanda Lewis	Deanna Pennington	Kirsty Lewis & Family
Val & Roger Bailey	Sandra Stevens	Margaret Tyler

Thank you!

Advertising Rates

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

To advertise your business in the CCN, email the editor with a copy of the advert and your size preference.

Payments must be completed before the advert will be published.

Email for any further information.

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



HEREFORDSHIRE HEADWAY

Headway House, Trenchard Avenue,
Credenhill, Hereford HR4 7DX

Are you interested in Volunteering?

If you have any spare time and would like to get involved with helping others, then maybe we are what you are looking for!

We are in need of people to help in the wood workshop and garden or to just help out generally.

For more information, please contact us on:

Tel. 01432 761000 or email info@herefordshire-headway.co.uk



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 21st April 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 & Dog Exercise Area in Oak & Elm Road– In the February edition of the CCN we included the play areas in Oak & Elm Road and the Dog Exercise Area in the areas listed as open to the general public. Following clarification from Citizen Housing this park is for residents of Oak & Elm Road only as the maintenance is paid for solely by those residents.

Opportunity of £50k for the Roman Park Missed - We need your help! As we move forward out of the pandemic more funds will become available to help organisations become more active—The Parish Council as a public body can not apply for these funds, only charities can. We have just missed an opportunity to apply for £50k to improve the Roman Park; if we form a charitable organisation to raise funds for the Roman Park (and other open spaces in the village) then we can access these funds. We need Trustees to help move this forward, please contact Lee for further information, clerk@credenhill-pc.org.uk - Only you can make it happen!

The Vicar's Letter

Dear Friends

The Shape of the Cross



I think we can probably all relate to the idea that our relationship with God is a 'vertical' relationship and our relationship with others as being a 'horizontal' relationship. It is interesting how perfectly the Cross expresses that.

The upright of the cross represents our 'vertical' relationship with God, the strong structure from which all other relationships stem. Without that vertical relationship with God being strongly rooted, our other relationships will tend to be wobbly and to topple over when the winds and storms of anxieties and stresses come. When our relationship with God is rooted in love, repentance, acceptance and forgiveness, then our relationships with other people will be stable.

All our other relationships hang off the structure of the vertical relationship and without it there is really nothing to hang them on.

The horizontal arms of the Cross represent a reaching out to others, an enveloping and drawing near of other people. They provide a platform for others to rest on and under. From there we can lift others closer to having their own 'vertical' relationship with God, and also help to cover and protect them with our love and prayers. Having our arms wide open is a very vulnerable and defenceless position to be in, but it is what Jesus did for us. He welcomed us with open arms and died for us with his arms wide open. The deep love of God is a permanent 'vertical' structure in our lives. The stronger it is in us, the stronger and longer the arms with which we reach out to others can be.

As we continue living in a time of world pandemic, I know that many of us are feeling quite weary by the restrictions still in place. The vaccination program is flying apace and there is hope around the corner. I am taking bookings for baptisms and weddings - mostly for 2022, and it reminds me that we should be planning for the future when we can celebrate our happy family events together once again.

We are tentatively opening up for public worship in St Mary's once again. There will be a public Easter Sunday service in church at 10.00am, on Easter morning with social distancing in place, and you are welcome to join us if you wish.



With every Easter Blessing,

Rana

From our Registers - Funerals

5th March 2021 Hereford Crematorium - Bethan Morris 68yrs.

Church Services

Every Sunday at 10.00am - Sunday Worship.

Also livestreamed from The Magnis Group Facebook page:

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

Livestreamed daily at 7.00pm we have Evening Prayers including prayers for all that is going on in the world regarding the pandemic on the Magnis Group Facebook page.

Good Friday 2nd April 2.30pm, a Meditation at the Cross
livestreamed on our page.

On Holy Saturday 3rd April at 3.00pm we will be holding a public act of Thanksgiving and Remembrance, in St Mary's Church, for those who have lost loved ones over the last year or so. Please let Rana have names you would like to be included.



Churchwarden's Report

Thank you to everyone who supported our Souper Lent Lunches, Mothering Sunday Lunches and Afternoon teas.



Thanks to your generosity, we have raised over £1,000 for church funds! (Final amount will be known after the last lunch). It has also given me something to do each week and it has been a pleasure to have a lawful reason to visit everyone. We have averaged 18 each week.

Thank you to Donna and Amanda for helping to prepare the food for Mothering Sunday. We delivered 12 lunches and 40 teas.

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*

Afternoon Teas and Lunches for celebrations/picnics etc can still be provided throughout the summer. You will need to order in advance to give me time to bake/shop etc. As costs have increased I will have to charge £7.50 for teas and £8 for lunches. Please ring 01432761 or e-mail dorrie-coates@aol.com at least 2 days before delivery.

Thank you, stay Safe

Dorrie Coates
Churchwarden/Treasurer

Scouts



Scouting has continued throughout lockdown albeit online via zoom meetings.

Beavers during Spring term have been very busy on our Zoom meetings. Cooking has been a favourite thing to do with lots of variety from pancakes and Chow Mein to yummy Brownies. They have been creative making models for the Builder Badge and the Beavers shared their amazing collections for the Collectors Badge. We also spent one meeting focusing on our first aid skills and what to do in an emergency.

Cubs have been working hard over zoom to complete their Local Knowledge badge. Some have also joined others from the District to complete their Science and Emergency Aid stage 2 badges. We have also cooked pizza during an activity led by a Young Leader. At home, some have joined in with Shirehike, where you go for hikes and gain stars towards bronze, silver and gold badges.

Scouts have also been busy working over zoom looking at Environmental Issues, walks, cooking and quizzes. They are working on their environmental conservation badge and local knowledge badge.

As a group Beavers, Cubs, Scouts, Young leaders and Leaders have been asked to write a poem, draw a picture or write a few words about their experience in lockdown and scouting to be compiled together as a book the entire group can share and discuss.

If you have a child who is interested in scouting, please contact Karen on 07968 346935 or 8thherefordcredenhill@gmail.com



Follow us @SMCredenhill

Value of the Half Term

Thankfulness

"Be present in all things and thankful for all things."

Maya Angelou

We would like to take this opportunity to say well done to all our Parents & Carers for making it through Lockdown 3 and for being the most incredible teachers, sports coaches etc.

You have ensured that your children have been resilient, worked hard and persevered when times have been very tough.

Thank you from all of us at St. Mary's to you and your children, you've been amazing!

PUPIL ACHIEVEMENT



Before Christmas we reported that Amelia and Laci were raising funds for the 'Little Princess Trust' Charity by cutting their hair for sponsorship.

Thank you to everyone that sponsored the girls, they have raised a whopping **£573** for this amazing charity.

Well done to both of you, we are so proud of you!



YEAR 6 NEWS

The children in Year 6 painted some beautiful floral pictures for Mothering Sunday.

We hope you all enjoy looking at the children's artwork as much as we do.

To arrange a visit, please contact:
01432 760408

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

Dates for the Diary

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



Help raise FREE donations for us with your everyday online shopping. Find your retailer on easyfundraising, shop as usual and that's it! Sign up for free:

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

WORLD
**BOOK
DAY**
4 MARCH 2021

WORLD BOOK DAY 2021

Thank you to the PTFA for kindly funding the online "Jack & The Beanstalk" Panto that we all enjoyed on World Book Day.



We were so impressed with the children who dressed up as characters from their favourite books.

In KS1 the children created their own potato characters & stories in a jar.



YEAR 4 NEWS

In the first week back after lockdown the children in Year 4 produced some beautiful work. Here is a photo of the children's water cycle display.

Olivia in Year 4 has drawn a beautiful illustration of "Fantastic Mr Fox" which will be the inspiration for a whole class project very soon...well done Olivia.



St. MARY'S SCHOOL LOG BOOK – 1941

11th August – School reopened today after 6 weeks closure. An extra week was given in order that the older children could help with the fruit picking. The number on the register is now thirty eight.

20th August – Today I am taking the children to pick blackcurrants at Tillington as the fruit is spoiling.

4th September – This afternoon the children are going to pick blackberries. This is at the request of the Government.

Container Gardening

Planting in containers is a great way to create displays that you can move around to suit your mood

Planting in containers is a skill all gardeners should learn. You can create beautiful displays using many kinds of garden plants for seasonal interest. Containers come into their own when space is limited and you can move and arrange plants more easily than those in the ground. There are a few tricks and techniques to master, so you can create containers to impress.

Container types and their pro's and cons

Clay or terracotta

Looks very attractive, but tends to dry out more quickly than plastic. Clay or terracotta pots are also prone to cracking caused by frost. Look out for frost-proof pots, or stand pots on 'feet' over winter to prevent them becoming waterlogged, therefore reducing the risk of frost damage. May be more expensive.

Plastic

Pots are lighter than clay and don't dry out as much as clay or terracotta. There is now a wide range of plastic pots available - some even look like terracotta pots and may be cheaper but not as authentic in appearance.

Metal

This is a very popular material, with a modern look. Metal containers are frost-proof and won't dry out like clay. The problem is they heat up quickly in summer, and likewise, are very cold in winter. The other potential problem is corrosion.

Wood

Half barrels are popular for growing fruit trees. Wood is problematic in that it rots. You can extend the lifespan of a wooden container by lining it with plastic sheeting with holes in the bottom and painting the wood with a preserver.

Other materials

Empty compost bags are ideal for growing potatoes. Other household items such as old pots, baths, jars and tins also make quirky containers. Feel free to experiment; it's fun and resourceful.



How do I do it?

- Choose a robust container, as large as you can handle (or move) to allow plants to flourish.
- A pot with multiple holes in the base is ideal to allow excess water to drain out.
- If the pot has only one central hole, add crocks at the bottom of the pot; this will prevent soil from leaching out the hole.
- Add a peat-free multi-purpose compost to about three-quarters full. Now you can add plants.
- Consider a central focal plant: perhaps a tall plant with notable foliage or an annual climber climbing up a central support.
- Contrasting colours or contrasting textures make intriguing displays. Try trailing plants, *Helichrysum* or *Lysmachia* to spill over the container edge.
- Leave 5cm (2in) between the top of the soil and the top of the container. This will prevent compost from spilling over the edge when watering.
- When placing containers in their final position consider placing them on pot feet so that excess water drains freely away; they are also easier to move into another position when slightly raised.



How do I keep my pots healthy?

You will need to pay more attention to plants in containers than to those in the open ground. Containers restrict root growth and mean plants are unable to tap into moisture as easily as those in the ground.

- Maintain an even water supply and ensure good drainage to prevent waterlogging (use pot feet).
- A spell of rain may be insufficient for plants in containers, as the plant leaves act as an umbrella for vital rain. Check the moisture level of the soil after rain to see if you need to water the container manually.
- Install an automatic watering system (available at DIY/home stores) if you are often away from home.
- Apply a high-nitrogen liquid fertiliser if plants look yellow or tired and high-potassium liquid fertiliser for flowering and fruiting crops.

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

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



**Want to vote by post?
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The
Electoral
Commission

YOUR VOTE MATTERS

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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
donna.jones4249@gmail.com

Free Rural Skills Courses

Throughout May, The Cart Shed will be offering a range of free short courses in woodcraft, willow work and horticulture at our beautiful outdoor site in Norton Canon.

These courses run one day per week for four weeks and provide an opportunity for you to try something new, develop basic skills in rural crafts as well as learn simple techniques for improving your wellbeing.



The courses are for those over 19 years of age who meet one of the following criteria: unemployed; in receipt of benefits; those with any kind of physical or mental health condition or learning disability; those that are homeless or in danger of becoming homeless; care leavers; carers; or veterans. You will need to be able to commit to the 4 sessions, which run from 10am-3pm on the same day each week.



A nutritious lunch, cooked over an open fire, is provided for a recommended donation of £2.50, or you can bring your own.

Hot and cold drinks are available throughout the day.



Free transport is available on request from pick-up points in Hereford and Leominster. It is important that you let us know if you require this when completing your self-referral form.

If you are new to The Cart Shed, please visit the website at: <https://thecartshed.co.uk/contact-us/> to complete a self-referral form. Returning learners please book a place by emailing: info@thecartshed.co.uk



Closing date for The Cart Shed receiving completed referral forms or expressions of interest is 16th April 2021.

Further opportunities to participate in courses may be available if you find you enjoy your first one.

Registered Charity number: 1167802



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Magna Performing Arts

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HAPPY EASTER

After much consideration we have decided to cancel the Pantomime for this year. It's the first time this has ever happened. However, as resourceful as we always are, we have decided to put on a spectacular production in October to welcome you all back.

Magna and Young Magna are joining ranks for this production and we are welcoming new applicants for our groups now.

If you are interested in performing and up for a laugh...

Magna Wants You!

Whether you are new or a dab hand, everyone is welcome. We would love to hear from anyone who would like to join our amazing team. Please contact Betty 07954 081999 or email magnadrama79@yahoo.com

YOUNG MAGNA

SPACES AVAILABLE

Sun 2.30 til 5.00pm

occasional Fri evenings 7.30pm

Fees: Joining fee £10

Costume £10

Weekly £2

Facebook: @magnadramagroup

Twitter: @magnadrama

YouTube: magna presents

Instagram: @magnaperformingarts

Email: info@magnapresents.co.uk

Website: www.magnapresents.co.uk

Val 01432 760115

Betty 07954 081999

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.

Charity 2021

Collections for St Michael's Hospice take place after every performance.



Credenhill Community Hall

HAPPY EASTER ONE AND ALL

Credenhill Community Hall is hoping to re-open after April 12th

DINOPHONICS IS COMING TO CREDENHILL

This April we have a new group starting in the hall.
Dinophonics is a group for pre-school age children will be doing four sessions in the Hall on the following Thursday mornings,
April 22nd, 29th, May 13th and 20th.

For further information contact
Abby Malcolm via email - dinophonics@gmail.com

POLLING DAY 6TH MAY

Polling for the new police commissioner will be held on
Thursday May 6th in Credenhill Community Hall

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 2.30 - 5pm	Young Magna	Betty Morris	07954 081999

Betty Morris, Booking Secretary

07954 081999

magnadrama79@yahoo.com

www.credenhillcommunityhall.org.uk

Are you fed-up with doing the same old walks?

www.walkinginengland.co.uk/herford is the website for you!

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

Walking in Herefordshire is part of the Walking in England suite of websites, (www.walkinginengland.co.uk) there is one for each county in England. They have brought all the information together in one place, so whether you are walking at home, or away on holiday, you will be able to find a walk suitable for you.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

john@walkinginengland.co.uk

www.walkinginengland.co.uk



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janet.stones@btinternet.com



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FREE COLLECTION IN THE CREDENHILL AREA

Courtesy car price starts at £10 + vat per day.

Recovery from £40. Free collection does NOT include recovery.

Terms and conditions apply.



Contacts

Editor	Liza Watkins	credenhillcommunitynews@outlook.com
Parish Council Chairman	Terry Smissen	chairman@credenhill-pc.org.uk
Parish Council Clerk	Lee Harper-Smith	07956 447056 clerk@credenhill-pc.org.uk
County Council	Councillor R Matthews	01432 760498
West Mercia Constabulary		0300 3333000 herefordrn.snt@westmercia.pnn.police.uk
Crime Stoppers		0800 555111
Safer Neighbourhood Officers	PC Josh Kitchen PCSO Adam Westlake PCSO Georgie Boswell	07773053436 07773052580 07971395167
Dog Warden		01432 261761 (999 for dangerous dogs)
Street Light Problems		01432 261800
Power Cut	Western Power	105
Water Leak	Welsh Water	0800 052 0130
Gas Leak	National Grid	0800 111 999
St Mary's Primary School	Claire Ross	01432 760408
Nursery & Preschool	Shelly Gummery	07596 324552
Vicar of St Mary's Church	Revd. Rana Davies-James	01432 760443 Rana.james@virgin.net
Church Warden	Dorrie Coates	01432 761935
Credenhill Social Club	Steward	01432 760600
Credenhill Scout Group	Karen Whiting GSL	07968 346935 8thherefordcredenhill@gmail.com
Rainbows/Brownies	Donna Jones	01432 761056
Young Magna	Betty Morris	07954 081999 magnadrama79@yahoo.com
Magna	Val Lewis	01432 760115
Local Adult Football	Darren Coates	07917 595418
Friendship Club	Val Lewis	01432 760115
Credenhill Surgery Part of Hereford Medical Group		01432 272 175 Out of Hours 111
Headway		01432 761000 info@herefordshire-headway.co.uk
Mobile Post Office Thurs 10.30-11.45am	John	01885 482201
Credenhill Community Hall	Betty Morris	07954 081999 magnadrama79@yahoo.com



Are you living with cancer and shielding at home?

Yeleni Therapy & Support are still here for you
We can offer you and your carers...

- Free weekly befriending calls to help ease loneliness and isolation.
- Free, varied, online daily wellbeing sessions to support your mental, emotional and physical health whilst staying safe at home.
- Free talking therapies such as counselling, hypnotherapy, emotional freedom technique and self help manual lymphatic drainage.

Yoga for Fitness

Mondays 9.30am > 10am with Mike

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

**Can be done from a seated position*



Not used Zoom before?

Ask for our step-by-step guide

4 EASY WAYS TO BOOK...

- 1 Call Nicky 01432 342 342
- 2 Text Nicky on 07828 599 444
- 3 Email info@yelenisupport.co.uk
- 4 Facebook [YeleniTherapyAndSupportCharity](https://www.facebook.com/YeleniTherapyAndSupportCharity)