

July 2024 Issue 170

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

credenhillcommunitynews@outlook.com

Deadline: 15th of month prior to publication

Editor:

Liza Watkins

Published: 1st every month

Collection: One Stop, Credenhill

Delivered: To every household in Credenhill (circulation 860)

Website: www.credenhill-pc.org.uk

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

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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.

If you have any contributions to the magazine, please send them to: credenhillcommunitynews@outlook.com

Alternatively message the Facebook page @credenhill

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

Vivien Ball Reise Adair & Family

Sheena Bescoby

Amanda Lewis

Sue Dixon & Family Kirsty Lewis & Family

Leah Beechev Sandra Stevens **Margaret Tyler**

Thank You!

Advertising Rates

10 full colour editions per year are distributed to each house, for free, in the Parish of Credenhill.

Listings are also included on the Parish website and sharing of any adverts through the Facebook page is available.

Advert Size	Annual Price
1/4 page	£60
1/2 half	£105
Full A5	£185
Rear Page A5	£225

Price
2
3
;

Annual Price for 12 months in the Directory of Service. Edition price for placement anywhere in the magazine for one month only. 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. No CCN editions in January and August. Email for any further information.



We urgently need more Councillors

4 Vacancies We need your help more than ever!

Are you be interested in helping your parish?





For more information please contact the Parish Clerk or come along to the next meeting.

On your bike...

We are pleased to confirm that a trial Beryl bay will be installed outside the shops, look out for the new sign. If it's a success then there will be a permanent bay installed.



Next Meeting

The press and members of the public are invited to the Ordinary Parish Council meeting at Credenhill Community Hall on 17th July 2024 from **19:30**

There is a 10 minute slot at the beginning and end of the meeting for public question time where members of the press and public can comment on agenda items, and raise any concerns about Local matters.

NOTE: No CCN in August and no Parish Council meeting.

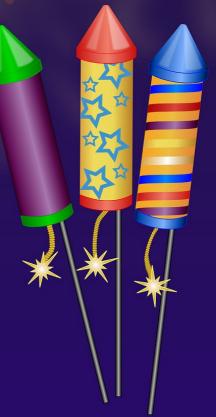


ADVANCED NOTICE FIREWORKS EVENT 6th July 2024

Display Between

22:30 &

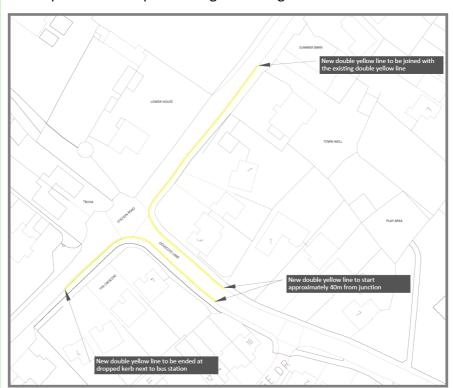
23:00





<u>Traffic Regulation Order (TRO) - Credenhill</u> *Dovecote Lane/Station Road Junction*

The following specification for the proposed TRO at the junction of Station Road/Dovecote Lane was approved by the Parish Council on 19th June. This will now go out for public consultation prior to the formal process for implementing the changes.



Letters will be sent to houses in the vicinity of the changes as well as on the Website and Facebook Page. Please provide your feedback as directed on the official paperwork.

We hope that this will improve road safety in the area.



clerk@credenhill-pc.org.uk 07956 447056

www.credenhill-pc.org.uk

Now THE LIFE

& SOUL KITCHEN

Monday - Friday 9am - 3pm

"The Life and Soul Kitchen supporting adults with disabilities to reach their own unique full potential, through empowering choice, independence and self-sufficiency in a fun and safe working environment."

The Life & Soul Kitchen

Station Road Credenhill Hereford HR4 7EY (01432) 381946





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

Coffee Morning



Thursday 1 August 2024



Coffee and Raffle from 10:30-11:30
All welcome
Please come for a catch up and support us



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We are Farming Minds registered charity has been set up by farmers for farmers to tackle mental health in the farming community within Herefordshire

How can we help?

24 Hour Helpline:

We run a FREE 24 hour helpline 7 days a week for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonumouslu.

Counselling:

We provide fully funded counselling to anyone in the Herefordshire farming community who may be in emotional distress.

Training:

We offer FREE mental health awareness training to anyone living or working in or with the farming community in Herefordshire.

Social Events:

We run a series of FREE social events throughout the year to break the isolation often felt by the farming community in Herefordshire.

Call our helpline:

0808 802 0070

Or text:

07786 203 130

General enquiries: wearefarmingminds@gmail.com

www.wearefarmingminds.co.uk



'Taking the buil by the horns' to tackle Mental Health in the farming community

The Vicar's Letter

Dear Friends,

My mum used to say of my dad, that he was 'so heavenly minded he was no earthly use!' He was a country clergyman and very theologically minded. He seemed to consider



everything in a theological or a spiritual way, which often frustrated and infuriated us all. But he was a lovely and godly man who had a real pastoral heart and would give away the food off our table to feed someone who was hungry.

When God asks us to consider spiritual matters, he points us to Jesus. In his earthly ministry, Jesus served the needs of those he came across. He guided them, listened to them, fed them, healed them, and even stooped to wash their feet! Jesus never degraded or ignored the troubles, sorrows, and needs of others, and Jesus remains just as caring and compassionate today through those who follow him.

We, as God's children, should set our hearts on the things of heaven, and also set our hands on his continuing work here on earth. In this way, we will nurture an 'others attitude' just as Jesus did. I know that many of you give regularly to the Food Bank and other deserving charities; some of you keep a caring eye on those who are elderly or living alone. We are the representatives of Jesus on earth. We endeavour to serve others as he did, and in his name. There is a familiar prayer written by St Teresa of Ávila, a Carmelite nun born in 1515, that nudges us to take the action that Jesus wants us to:

Christ has no body but yours, no hands, no feet on earth but yours,
Yours are the eyes with which he looks compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet, yours are the eyes, you are his body.
Christ has no body now but yours, no hands, no feet on earth but yours,
yours are the eyes with which he looks compassion on this world.
Christ has no body now on earth but yours.

May God inspire you to take the action needed to ensure his work continues here on earth. And may he bless you as you do.

With every blessing,

Rana

Schoolreaders



improving literacy • increasing life chances







Volunteers needed to listen to children read in Herefordshire!

Schoolreaders is a national child literacy charity that recruits volunteers to go into local primary schools to listen to children read. We are calling out for more volunteers across Herefordshire. If you can spare just an hour a week, you could change a child's life story.

One in four children leave primary school unable to read to the expected standard. This means they are unable to fully access their secondary education which will have a

life-long impact on their opportunities.

To find out more, visit <u>www.schoolreaders.org</u> or call 01234 924111

July Services

Sun 7th	11.00am	St Mary's Church	Holy Communion
Sat 13th	3-5.00pm	Headway	Messy Church
Sun 14th	11.00am	St Mary's Church	Holy Communion
Sun 21st	11.00am	Headway	Café Church
Sun 28th	11.00am	St Mary's Church	Holy Communion

From the Church Registers

Funeral

7th June 2024 Graveside funeral & burial of Rosemary Weekes age 76



Churchwarden's Report July 24

Many thanks to Caroline Martin and Debbie for hosting a coffee morning for church funds. Despite the rain they managed to raise £152.50.

Café Church in June was about the parable of the mustard seed and a celebration of Fathers. Donna told us how Jesus used this story to show us that even if something starts off very small, with nurturing and faith it can grow into something huge and useful. We chatted about what we can do to show that we care for others and made positive reflection jars to help us when we need support. We enjoyed lemon drizzle cake and chocolate brownies. The next Café Church is on July 21st.

The next Messy Church will be on July 13th in Headway from 3-5pm. It will be a continuation of activities based on the story of Moses with sausages and chips and strawberries and ice-cream for tea. Everyone is welcome. Children must be accompanied. If you just wish to join us for tea please arrive at 4.15pm.

Our next Community Event is a Mad Hatters' Tea Party on July 20th at 3pm at Town Well, HR4 7DW, the home of Simon and Justine Peberdy. Everyone is welcome, entry is free. There will be games and stalls based on Alice in Wonderland. Cream Teas, cakes and drinks including Pimms will be available for a donation . If anyone would like to donate plants, bottles, raffle prizes, cakes etc we would be pleased to receive them. Also this is a chance for you to be involved in village activities. If you would like to help please let us know. There will be an opportunity to dress up in Fancy Dress based on characters from Alice or to design and wear a hat. Prizes for the best hat. (Adult/child).

There is a new flower rota in church If anyone would like to donate for flowers for a special event please contact dorriecoates@aol.com. Jayne Scott will arrange flowers for you or you are welcome to do this yourself.

Donna Jones.





Credenhill Social & Sports Club



Up and Coming Events

Date	Event	Other information
TBC July 24	Pool Competition	
Saturday 24 August 2024	50th Club Anniversary Celebrations	ANNIVERSARY
Saturday 28 September 2024	10th Anniversary! Credenhill Canter 2024	
TBC October 2024	Ladies Darts Competition	
Saturday 2 November 2024	Halloween Party	

Please check out notice boards and posters for further information and events.



@credenhillsocialandsportsclub



Perseverance

"It does not matter how slowly you go so long as you do not stop"

~ Confucius ~



Year 3 Pizza Making

The children in Year 3 have learnt how to make pizza dough, shape & flatten the dough and then choose toppings which fit with their healthy eating designs.

Year 5 PSHE Lesson

Year 5 have been working on teamwork in their PHSE lesson.

They worked in groups to build the tallest free standing structure they could out of 20 pieces of A4 scrap paper and tape!



25 (1)

Year 4 Trip To Hereford Waterworks Museum

Year 4 thoroughly enjoyed their time at the Water works Museum at Broomy Hill on Tuesday.

The children found the living history of water fascinating and we look forward to visiting again soon.









Follow us @SMCredenhill



FIT 4 ALL Olympic Workshop

In June we had a visitor from Fit 4 All, who ran an assembly and Olympics themed workshops for all the children.

The workshops are designed to introduce students to the history, values, and spirit of the Olympic Games, through interactive

presentations, activities, and athletic challenges inspired by Olympic sports. The aims of the workshops are to inspire teamwork, cultural appreciation, and a love for sports, all while looking forward to the "Greenest Games" in history.

CREDENHILL FRIENDSHIP CLUB

What a fascinating ad interesting talk we had at our June meeting. Joanna Jones talked to us about Hearing Dogs for the Deaf, thank you Joanna we really learnt a lot.

July will be another interesting talk by the Rev Penny Littlewood. She will be telling us all about living with her parents in a Castle where they worked.

Usual time 7.30pm but if you can get your drinks in before that it would be great. September Meeting will be fish and chips and a quiz.

Take care

Trevor Collins, 0788355523

ST MARYS C OF E PRIMARY SCHOOL CREDENHILL PTFA

RAFFLE PRIZES NEEDED! CAN YOU HELP?

Do you have any unwanted gifts, wine, chocolates?

Do you know a business that would kindly donate a product or service?

IF YOU CAN HELP WITH RAFFLE DONATIONS

PLEASE EMAIL THE PTFA AT - stmaryscredptfa@gmail.com

or drop items off at school reception

ALL PROCEEDS FROM THE RAFFLE WILL GO TO THE PTFA
BUSINESS DONATIONS WILL GET A SHOUT OUT IN THE
NEWSLETTER AND THE PTFA FACEBOOK PAGE

To stay up to date on events, please follow us on Facebook – Credenhill Primary School PTFA





THE LIFE & SOUL KITCHEN

HOT DRINKS

Americano £2.40
Cappuccino £3.00
Latte £3.00
Flat White £2.40
Espresso £2.40
Double Espresso £3.00
Mocha £3.00
White Choc Mocha £3.00
Millionaire Mocha £4.50

Babycino served with mini marshmallows £1.00 Extra Shot £0.80 Flavoured Syrup £0.80 Tea £1.40 De-caff Tea £1.40 Specialty Tea £1.40

Deluxe Hot Chocolate £4.50

Served with real milk chocolate, whipped cream, marshmallows and choclate drizzle

COLD DRINKS

Frappe £4.00
Caramel Latte £4.00
Vanilla Latte £4.00
Caramel Cream £4.00
Vanilla Cream £4.00
Soul Shakes £4.50

Cans £1.18 - Sugar Free £1.10 Bottled Water £1.00

Indulgent milkshakes made with real ice cream, whipped cream, drizzle and your choice of yummy topping:

- Biscoff
- Oreo
- Kinder
- Stawberry

Mocktails £4.00

Made with ice, fruit juice, real fruit fruit and

- Passopnfruit Slush
- rassopili uk stusi
- Tropical Fresca



BREAKFAST - Served Until 11:30am

Big Soul Breakfast £7.95

2x Sausage, 2x Bacon, 2x Fried Egg, 2x Hash browns, Beans, Mushrooms, Grilled Tomato, Black Pudding & Chunky Toast

Traditional Breakfast £5.95

Sausage, Bacon, Egg, Hash Brown, Beans, Mushroom, Grilled Tomato & Chucky Toast

Eggs Benedict £6.25

2x Poached eggs on a toasted muffin with thick cut ham and homemade hollandaise sauce

Eggs Royal £6.95

2x Poached eggs on a toasted muffin with smoked salmon and homemade hollandaise sauce

Smashed Avocado £6.25

Smashed avocado on chunky toast & poached egg

Gluten Free Breakfast £5.95

Vegan Breakfast £5.95

Big Soul Bap £5.00

2x Bacon, 2x Sausage, Fried Egg, Hash Brown & Mushrooms



Bacon Bap £3.50

Sausage Bap £3.50

American Pancakes £4.25

⊕ Add Crispy Bacon £1.50

Pancake Stack £5.95

Triple pancakes layered with Nutella & topped with maple syrup, white chocolate sauce, Kinder chunks & milk chocolate shavings

Chunky Toast £3.00

① Extra Items £1.50

- Sausage
- Bacon
- Egg
- Black Pudding
- Grilled Tomato
- Hash Brown
- Mushrooms
- Baked Beans
- Fried Bread - Cheese
- Vegan Sausage



SOULS MENU

THE LIFE & SOUL KITCHEN

Breakfast

Served until 11:30am Little Souls Breakfast Sausage or Bacon, Fried egg, Hash brown, Beans & Toast

Mains

Sausage*
Chicken Nuggets*
Fishcake*
Vegan Sausage*
Vegan Nuggets*
*Served with a choice of

Lunchbox Includes a Choice of sandwich, Fruit, Yoghurt & Crips Mac 'n, Cheese, with Garlic Bread

> £4.00 Each

Tiny Souls Finger Foods

Toast Fingers Cheese Sticks Veggie Sticks Yoghurt Fruit

£1.00 Each



Drinks

Fruit Shoot £1.00 Babycino served with marshmallows £1.00 Glass of milk £1.00

Hot Chocolate £ 2.50

Made with real milk chocolate & served with marshmallows

Mocktail £1.50

Made with ice, fruit juice & MONIN syrup

- Passionfruit Slush
- Raspberry Cooler

00

- Tropical Fresca







Headway at 11am

Sunday 21 July Sunday 18 August Sunday 15 September

Sunday 20 October is Harvest Festival.

On the third Sunday of every month there is no service in Credenhill Church instead we meet at Headway at 11am for Café Church.

Café Church is church in the community. Headway is situated in Trenchard Avenue HR4 7DX. We have a more relaxed form of worship led by a member of the Ministry Team (usually Donna Jones), sitting around tables with unlimited tea/coffee available.

There are activities which might include discussions or craft. The service lasts around 45 minutes after which we have cake and chat.

Rev Rana offers a shortened form of Holy Communion for those who want it.

We would love to see you, Children are welcome.

Credenhill Community Noticeboard

Credenhill Community Noticeboard is a Facebook group set up for residents to share information, events, pictures and items of interest to our community.

Join the group if you want to know what's happening or to get information out quickly to its followers. This is the link:

https://www.facebook.com/groups/499485818200829/?ref=share

OR search Credenhill Community Noticeboard on Facebook

Magna 45 Continues

We are so excited as there will soon be a projector and Screen added to our tech in the Hall. This will be shared with Credenhill Community Hall users for a small hire charge. We are hopeful that this will enhance some performances visually and provide our members with the chance to video scenes etc.

Our Young Magna group have worked hard for several weeks to bring to the stage their very own showcase 'THE GAMES' due next Sunday as this goes to press. Hope we will have seen many of you supporting this young talent. Big shout out to them for their hard work.

Watch out for an announcement for our next production in October and the annual pantomime for 2025

JOIN US!

Magna (adults) & Young Magna (8-16yrs) are looking for like minded people to join our friendly family. If you like being on stage, behind the scenes or front of house you would be welcome.

Join us in up to 4 productions a year, from panto to parody, classics to comedy, realism to the ridiculous, we aim to entertain.

No experience necessary.

Magna meet Tuesdays 7.30pm *Occasional* Fri & Sun Young Magna meet Sundays 2.30-5pm *Occasional* Tues & Fri

Contact Betty 07954 081999 | magnadrama79@yahoo.com



Credenhill Community Hall

JULY 2024

Improvements are still being made to the hall. We are excited announce that, in conjunction with Magna Perfoming Arts, there will soon be a projector and screen. This will enable any group the facility for training or showing short films for a small hire charge.

Add to that new blinds and curtain tracks to be installed before the Autumn /Winter period .

A new fitness group is starting up in the hall. More details to follow.

Volunteers

The hall is run by volunteers. The Trustees to the Charity are mainly representatives from various groups who use the hall and others are members of the community. If you are interested in becoming a Trustee please drop us a message and we will give you the details.

It only entails a few hours of your time and will keep a much loved and well used community space open for the use of many people.

Hire The Hall For Events & Parties!

Newly refurbished, large airy hall with outside area.

Perfect for any event.

Plenty of parking.

For more information contact Betty Morris on 07954 081999 or email magnadrama79@yahoo.com

www.credenhillcommunityhall.org.uk | Also on Facebook



🖳 Credenhill Community Hall

Day	Group	Leader	Contact Details
Tuesday 8.30 - 1pm	Baby Sensory 1 - 13 Months	Annabelle Palethorpe	07341956056 hereford@ babysensory.co.uk
Tuesday 7.30 - 10pm	Magna Performing Arts	Betty Morris	07954 081999
Wednesday 10 - 11am 12 - 12.45pm	Pop Cats Music & Movement 0 - 5yrs	Cherie Appelt	07760356172 Popcatshereford @gmail.com
3rd Wednesday of Month 6 - 10pm	Parish Council Meeting	Lee Harper-Smith	07956 447056
Friday 10 - 12noon	Credenhill Nutty Crafters	Corrie Smissen	07789 401151
Friday 6.30 - 9pm	Magna/ Young Magna	Betty Morris	07954 081999
Sunday 2.30 - 5pm	Young Magna	Betty Morris	07954 081999

Want To Hire The Hall For Your Group?

Do you run some kind of group or maybe you are thinking of starting one?

We can help you to set up Credenhill Community Hall as your base.

The Village is particularly interested in any keep fit classes and have some evening and afternoon slots available.

Contact Betty: 07954 081999 or magnadrama79@yahoo.com



The next Messy Church will be on

Saturday, July 13th at 3pm in Headway

Messy Moses

Everyone is welcome (Children must be accompanied)

If you are just coming for tea join us at 4.15pm
Sausage bulrushes and chips, choc bulrushes and ice cream

Donations always welcomed





Contact Caroline for more information
ageukhw.org.uk & 0800 008 6077

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Any scheme we undertake has a starting point. If you are looking for paint or wallpaper ideas, it usually has to tie in with an existing plan. If you wish to keep your existing soft furnishings, we can work with you to refresh your rooms with either our extensive wallpaper collection or our expertise in selecting a paint colour to bring your room to life.

We can re-build sentimental pieces, transform a previous owners house into your 'dream home' and work with you to bring the most awkward spaces into your desired aspirations. Helping you transform your home into the new living space you wish for.



Most importantly though, above all the experience we can bring, we pride ourselves on listening to your thoughts on your project and working with you to achieve this.

We are a dedicated team, who pull together here at Coach House Interiors, to work with you from your initial contact with us whether by e-mail, phone call or visit, and take any idea you present to us; from your initial contact right through to completion.

We look forward to seeing you in person and working with you in either your home or business to achieve your exacting requirements.

Opening Times

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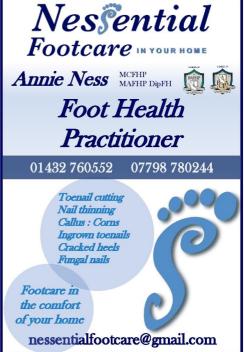
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Property Maintenance



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