

THE DIARY

ISSUE 89: AUTUMN 2019

Forthcoming Village Events

(In the Village Hall unless shown otherwise)

Monday morning	Pilates 10 am & 11am
Wednesday evening	Pilates 7pm & 8pm
Every Wednesday	THE PLOUGH QUIZ — at the Plough Inn
1st & 3rd Thursday	Over 60's Club 2.30pm All welcome
3rd Tuesday /month	WI at 7.30pm Much Birch Community Hall.
3rd Tues of month	Whist Drive —7.30pm Everyone Welcome
Thursday Morning	Yoga 10:30-12 noon (wyevalleyyoga.com)
Thursday 7-8pm	Circuit Training Village Hall / Green All ages

EVENTS:

Wednesday 16th Oct	PCC meeting at Barbara Westhorpe House
Friday 18th Oct	Flicks in the Sticks: Will You Ever Forgive Me?(15)
Sunday 20th Oct	Village Walk 10:15am at Village Hall
Saturday 2nd Nov	Firework Evening—Village Hall
Friday 15th November	Flicks in the sticks: Green Book (PG)
Friday 13th December	Flicks in the sticks: A Star is Born (15)
Saturday 14 th December	Mulled Wine morning with a special visitor
Thursday 26th Dec	Village Walk 11am at Village Hall



A Very warm Welcome to everyone who has moved into the village in the past few months - if you have not yet received a Welcome Pack giving you more information about the village please contact us.

A Warm Welcome to

- Chris, Jen, Ella and Alfie – who have recently moved into Bolstone

Diary Editors:

Brenda Poynton	01432 840228
Tom Straker	01432 840955
Barbara Westhorp	01432 840757
Ali Sherlock	01432 840428 (accounts)
Gareth Roberts	Front cover graphics
Diary email:	LittleDDiary@gmail.com
Advertising::	Full page £20 per quarterly edition
	1/2 page £10 per quarterly edition
	1/4 page £5 per quarterly edition
	Colour advertising per edition: Price on application
Village Hall Enquiries/booking	01432 840845
St David's Church Team Office:	01432 353717

The Parish Council Website can be viewed at:

<http://www.littledewchurch.org.uk>

Facebook page:	Little Dewchurch Village Group
Facebook Selling page	Little Dewchurch Village freebie /Selling group



Parish Council Report—Autumn 2019

Phil Williams, Chair, Little Dewchurch Parish Council.

Well, five of us are back for more after the recent elections in May but we have lost two of our number.

James Murphy who was a member of the PC for quite a while and was Chair until I took over in 2018 and Dean Cholmondley, a member since 2010. A big thank you to them both for their service.

We now have a full complement of councillors after Florin Tatoi and Jo Hawthorne agreed to join us a couple of months ago. A warm welcome to them both and I'm sure we will all benefit from their enthusiasm, expertise and the new ideas that they will bring.

There is a plan in the pipeline to reduce the incidents of speeding through the village which people see as a priority. We had £15,000.00 of 106 monies to spend on road improvements and to cut a long story short the Parish Council have been in consultation with Balfour Beattie and they have come up with a design including speed cushions to be placed at strategic points, 30mph roundels to be painted on the road surface and a narrowing of the road at the crossroads in the centre of the village. The narrowing would be achieved by installing a bollard in the road next to The Forge hedge. This would allow the white Give Way lines to be moved forward giving improved vision for vehicles approaching the junction from the St David's Rise direction as they turn onto the Hereford to Ross road. The plan is for all the works to be carried out in the October half term assuming everything goes according to plan. However best laid plans and all that.

We have now completed the installation of the outdoor gym and it is now up and running. With kind permission of the Social Committee, we had the official opening at the Bring and Share Picnic/Football Match which was a great success. Fortunately, the weather was good, lovely food, football expertly marshalled by Pete Jenkins and our local MP, Jesse Norman trying every piece of kit, including the pull up bars. He was a touch overdressed for it, but he mingled for over an hour and a good time was had by all. I am glad it is being used so much and we will be adding mats next to the table tennis table to reduce wear.



Close to the outdoor gym is the dog walking area and we have installed another poo bin, as the one available before did get full rather quickly. Nice to see people using the area so regularly.

We are now in possession of a child/teen single seat swing which we bought with a grant from The Rowlands Trust and the plan is to put it next to the toddler swing in the very near future so older children will have an opportunity to use it soon.

There are ideas about enhancing the Village Green and information on this is laid out in another section of The Diary. However, Bob Simpkins is now mowing it full time and is doing a great job keeping it in good condition. We have had to delay the planting of the hedge until later in the year along with any tree planting but that is all still in hand.

Sue Daynes organised a village litter pick earlier in the year, which was very successful. There were quite a number of people that turned up to both morning and afternoon sessions to collect items from the side of the road. A large quantity of material was collected, both recyclable and other items which had to go to landfill that were collected by Herefordshire Council. Big thank you to everyone involved for keeping our environment as beautiful as it should be.

We have taken delivery of several sets of litter picking equipment which are being kept in the storage cupboard in the Village Hall. If anyone would like to borrow them for their own use, then you can pick them up from the storage cupboard (you must bring them back of course).

The Social Committee organised a very well attended Fun Day which was again highly successful. A big thank you to everyone involved, both in terms of organising it and those who helped during the day.

We will continue to listen to the concerns of all local residents and act on them if we can.

Contact details are on the back page The Diary.

Phil Williams, Chair, Little Dewchurch Parish Council.

The Peggy and Derek Howells Memorial Pool and Darts Tournament



We are replacing the Les Lane Pool and Darts Tournament with a new event to commemorate the lives and contribution of Peggy and Derek to The Plough Inn and Little Dewchurch in general. The darts will take place on **Saturday 16th November** and the pool, two weeks later, on **Saturday 30th November**.

For both events we need participants to be there by 7pm so the draw can be made and there will also be a collection throughout both evenings to raise money for a permanent memorial to Peggy and Derek to be placed at a suitable location in the village. In addition, the entry fees and money made from a prize draw will be donated to charities that link to Peggy and Derek. There are 2 brand spanking new cups which have been generously donated by Dean and Steph and we hope to see as many people there as possible for this inaugural event which will be run using the same format as the Les Lane.

THINK BEFORE YOU PARK - DON'T ENDANGER A LIFE.



Whilst parking at the school is never easy with only a small car park vs the large number of pupils now attending the school, please can parents respect the "No parking or stopping" yellow road markings adjacent to the school. Dean Cholmondeley has kindly said parents may park in the Plough car park for drop off and collection purposes.

Could we ask that at the time of any obstruction around the village please ring 101 and report this at the time and hopefully an officer will be able to attend and deal with it there and then..

PCSO Christina HOWARD 6480—Southwye Police Station

LDSC Diary Entry Autumn 2019

Autumn may be just around the corner but still time to look back to August and remember the fantastic Fun Day that we had on the Village Green on the 3rd of August. Preparations started early with flags and bunting, tables from the hall, bales of straw, sheep hurdles for the donkeys and those all important gazebos. After a flurry of activity we were ready and it all started at 1 o'clock. Stroll round and buy a raffle ticket or have a go at the tombola, maybe buy some plants, jam or a punnet of strawberries from the produce stall.



The children are bored with all this, so take them to Messy Church or the Hook a Duck stall, decoration needed then some Face Painting required before they pet the donkeys. After that you must need some refreshments, so arrange for the children to explore the fire engine, or be locked up in the Police van, whilst you enjoy a quiet cuppa and a piece of cake or that all important hamburger or hotdog and watch the dancing group from Ross. More activity is

needed - so get ready for the Medieval weapons display, (not for the faint

hearted!) or join in with the Maypole dancing. The children still not tired out? let them play games – everyone enjoyed watching the teams of children racing up and down culminating in the tug of war. Not before the raffle numbers were drawn.... (sorry that DID go on too long – we'll change that next year) and everyone can go home clutching their purchases and prizes after



another memorable village Fun Day that raised at least £650.

By now you will hopefully already have enjoyed the Curry and Quiz night in September – more about that in the winter edition of the Diary.

But make sure you reserve **Saturday the 2nd November for our annual Firework spectacular**. It will be held in the Village Hall (as last year) with hotdogs, cakes, toffee apples and refreshments available, so look out for those all important posters and posts on the village Facebook page.

Cont'd



One thing I do want to talk about is the regeneration project for the Village Green. Just to let you know that we are working very closely with the Parish Council and there are various plans for improvements to both the Green and the entrances to the village. The LDSC have offered a considerable sum to help with this project and I know Phil Williams (Chair of the PC) will be keeping you up to date with what has been decided.

As usual I welcome your comments, input and ideas for future events.
Meg Bailey Chair LDSC



VILLAGE WHIST DRIVE

Whist Drives are held in the Village Hall on the 3rd Tuesday of the month at 7:30pm

Everyone is welcome

(contact Pat Seaborne on 840651)



Book Swap kiosk

—housed in what was the public telephone box, near the village centre (to replace the loss of the mobile library service) kindly

manned by our Voluntary parish librarians

Meg Bailey (01432 840538) and

Jan Jefferies (01432 840608)

Simply choose books & return them when finished, or leave your unwanted books for others to enjoy!

St David's Church



No service now on the 1st Sunday or the 5th Sunday of the month until a new Priest has taken the position.



Messy Church
Wednesday 9th October
3:30pm
St David's church

ST DAVIDS HARVEST FESTIVAL
13th October
11am

Followed by a cold buffet lunch in Dinedor Village Hall.
Bring your own drinks
£8 pp
Under 11 years £4

Tel: Tom 01432 870645
Bill: 01432 870582



**“AUTUMN IS A
SECOND SPRING
WHEN EVERY
LEAF IS A
FLOWER.”**

A Farmers Point of View

On reading the article on climate emergency in the last edition of the Diary, I have to agree wholeheartedly with most of what was written. However, as a livestock farmer, I feel I have to reply in defence of the much maligned livestock farming industry to the statement “Reduce or cut out meat and dairy especially beef and lamb.”

Some facts:

- 80% of greenhouse gas emissions come from fossil fuels.
- 4% come from animal agriculture.
- 65% of UK land is suitable only to grass production(it cannot grow anything else) and therefore grazing animals are the only means of turning this into food suitable for the human population. Recent research has shown that grass fed cattle and sheep can mitigate not exacerbate the problem of climate change. This research, of course, is ignored by the high profile lobby groups when campaigning for veganism etc. Eg. 50 suckler cows plus their progeny of 80 younger cattle produce 80 tonnes of CO₂ equivalent per annum.
- Tractors, equipment and processing produce another 32 tonnes of CO₂ equivalent. Total 112 tonnes.
- 150 acres of grassland required to keep these animals sequesters 500 tonnes per annum. Therefore the net balance is the removal of 388 tonnes of CO₂ from the atmosphere. Granted that intensive cereal fed cattle have a negative impact but in the UK the vast majority of cattle graze in the summer and are fed conserved grass in the form of silage or hay in the winter. When campaigners quote their figures for ruminant production of greenhouse gases they fail to include the positive side of the carbon cycle whereby the grassland that supports the animals is taking CO₂ from the atmosphere via photosynthesis and returning it to the soil.
- There is three times more carbon in the soil than in the atmosphere and that is where we want to keep it!
- Lamb production in the UK is predominantly from upland farms. These farms are permanent pasture so never ploughed to release the carbon and ,with as much as 5 acres per ewe ,the amount of CO₂ absorbed far outweighs the methane produced.

- Grass on lowland farms is usually grown in a rotation as a fertility building phase adding organic matter. This allows following crops to be grown with less artificial fertiliser (which uses huge amounts of energy in it's production) and fewer sprays because they will be healthier due to the grass break.

Alternatives to beef, lamb and dairy;

- Pigs and poultry. These meats require feed that would be suitable for human consumption.
- Soya and other plant alternatives are leading to deforestation which releases huge amounts of carbon from the soil and also removes trees which were absorbing CO₂, hence exacerbating the problem.
- Dairying in the UK is far more efficient than in other countries as we have an ideal climate and use all the latest technology and industry best practice. This results in large reductions of greenhouse gas emissions per kg. of milk solids produced compared with developing countries. Greenhouse gas emissions from dairying in the UK have fallen by 24% since 1990 and continue to fall.

British dairy farmers also partake in environmental schemes that involve tree planting, less frequent hedge cutting, protecting field and watercourse margins and better manure management to protect soils. All this goes to offset methane emissions. Also 43% of dairy farmers are producing renewable energy with solar, wind and anaerobic digesters. Continued development includes the use of feed supplements to reduce methane production, the use of composted manures instead of raw, slurry separation, improved methods of slurry spreading and covering of slurry stores.

In conclusion, it could be argued that in the UK livestock farming feeds the population from an area of land which would be incapable of producing food of any other kind, whilst at the same time going some way to removing CO₂ from the atmosphere via photosynthesis in the grassland. Taking one less transatlantic flight saves double the carbon as becoming vegan for a year.

BUY BRITISH and save on all the transport costs, plus you will know that it is probably grass fed! Buy local



★ ★ ★ ★ ★
THE PLOUGH
AT LITTLE DEWCHURCH

Tel: 01432 8400542

ENSUITE ROOMS AVAILABLE

*Good atmosphere, Good Food, Beer Garden
& a warm welcome. Dogs also welcome*

**New range of Wines by Tanners, Hereford,
Single serving bottles available**

Congratulations to our Little Dewchurch Brewery
Currently 2 pubs in Hereford sell it and was promoted at both the
Shrewsbury and Dorset Beer Festivals. The Brewing company now
employs a part time person along with Dean.

Halloween Party—SAT 26th OCT
Organised by Jess Eames, FANCY DRESS PRIZES

Children's Halloween Party -
Keep a look out on FB page for further details

Come and see us and support your local pub.

JOHN A PRITCHARD & SON
FAMILY BUTCHER
Fownhope

Free home delivery service in your area on Friday

Tel: 860236 to place orders

Emily's Cleaning and Ironing Service

Local, Professional, Family run business

- Holiday lets
- End of Tenancy cleans
- Once a month deep cleans
- Commercial residential
- Ironing—Free Collection & Delivery

Brockhampton, Herefordshire

TEL: 07794816131



PILATES

with Alison Allan

Beginners and intermediate classes in Hereford and the surrounding area.

- Improved core strength
- Relief from stress and back pain
- Longer, leaner muscles

For more information
and to book call
01432 840491 / 07947 011707
alisonpilates2016@gmail.com

Village Walks 2019

There have been a couple of very successful walks in recent months. Bob Mason and myself organise walks from the village hall with around 30 people attending on each occasion. The remaining walks for 2019 are detailed below and they will also be advertised on the Village Facebook page and with signs placed around the village, in good time to remind people. Hopefully we will see everyone again and welcome new walkers in the next walks.

Sunday 20th Oct 11am Village Hall Carpark.
Free bowl of soup at The Plough after.

Thursday 26th Dec 11am Village Hall carpark,
Free bowl of soup at the Plough after.

Much Birch Doctors Surgery

Reception Tel: 01982 540310

Dispensary Repeat Line: Tel: 01981 541167: 11am—1pm

If you require urgent medical attention or advice outside normal surgery hours please call NHS111 This is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

For a doctor's appointment outside normal surgery hours patients can contact Taurus Healthcare direct on 0800 121 7221.

In a genuine emergency you should call 999.

OVEN & RANGE CLEANING

TEL: 01989 750121

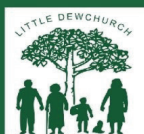
Email: info@ovenandrangecleaning.co.uk

Oven & Range Cleaning can restore your oven, aga/range, and appliances to a sparkling polished finish, giving them pride of place in your kitchen – the heart of any home.

**THE SYSTEM
100% BIODEGRADABLE
AND NON-CAUSTIC PRODUCTS**

We are proud to be your local independent and Professional kitchen appliance and oven cleaning company.

Check out our Website: www.ovenandrangecleaning.co.uk



LITTLE DEWCHURCH VILLAGE HALL CAR PARK

This is a private car park for users of the village hall and events approved by the management committee.

The users of this car park do so at their own risk. The management will not accept liability for any accident, loss or damage incurred

SRS SERVICES 07526728616

From replacing a tap washer to fixing a fence any job that needs to be done just give me a ring!.

Grind 'N' Shine

- o Alloy wheel refurbishing / customizing
- o Local body and bumper paint repairs
- o Cylinder head porting and polishing
- o Custom painting
- o Parts restoration

☎ 01432 266 549
☎ 07815 783 844
www.grindnshine.co.uk



WI programme .

NEW MEMBERS WELCOME

3rd Tuesday every month at 7.30 pm at
Little Birch Village Hall

theWI
INSPIRING WOMEN



CRESCENDUM

EASY, FRIENDLY,
IT TRAINING

www.crescendum.co.uk



Ali Sherlock
ali@crescendum.co.uk

07836 50 47 49



Emily's Cakes and Bakes
Sponge cakes for all occasions

Emily Mason

Merrivale Farm
Little Birch, Hereford

07966 458961
emilyfranklin1@aol.com



RJP Stove Services

Stove Fitting and services. HETAS registered

Richard Price

Tel: 01432 840995
mobile: 07846113954
Email: richieprice@yahoo.co.uk



1st Much Birch Brownies
Your local Brownie Pack
NEEDS YOU!!

We would like to invite you to join our happy gang.
First taster session FREE! Monday nights 5:30-7pm
(term time only) at Little Birch Hall
For more info please ring Katie Hodges 07794769931

MERRIVALE ORGANIC BEEF

We have quality beef available direct from our farm in Little Birch to your doorstep. It is organic grass fed Wagyu Cross beef which has been born and raised at Merrivale Farm.



The Wagyu breed is known for its beautiful marbling which gives a delicious flavour and texture to the meat.

The beef is available in mixed boxes which start at £65. Individual cuts and packs are also available. Contact Lucy for more information on

07974 053804 or email: lucymason@hotmail.com

Over 60's Club

The Club meets at 2.30pm in the Village Hall on the 1st and 3rd Thursday of the month .

There is a varied programme which includes speakers, films and quizzes followed by afternoon tea .

We also go out for the occasional pub lunch .

New members are always welcome

Please contact **Pat Seaborne : 01432 840 651**

THE COTTAGE OF CONTENT

Lunch Bar Snacks & Specials Board

Evening: A la carte

All our food is locally sourced and freshly prepared

To book, please call 01432 840242

Pest Off!

Pest Control Services



Pest Off! is a small family business run by Anita Ripley-Salmon, a fully qualified and insured female member of the Royal Society of Health.

Based in Hoarwithy near Ross-on-Wye, we have over 15 years experience and can offer a discreet, efficient and friendly service, which is fast and reliable. Domestic, Commercial and Agricultural.

We can provide a range of services to eradicate and control all pests including:

Rats, Mice, Moles, Rabbits, Squirrels, Mink, Magpies, Crows, Pigeons, Wasps, Hornets, Harlequin Ladybirds, Ants, Moths, Fleas, Bedbugs, Cluster Flies, Carpet Beetles and Case Bearing Moths.



'IF YOU'VE GOT A PEST, CALL THE BEST'

Tel: 01432 840 855 Mob: 07788 418 998
 Email: info@pestoffservices.co.uk
www.pestoffservices.co.uk

Anita Ripley-Salmon, "Wildwood"
 Ballingham Road, Hoarwithy
 Hereford, HR2 6QG

Ofsted Registered Nursery
 Quality childcare for children
 aged from 2 years.



Term time:
 Monday – Friday, 8.30am-4pm
 We make learning fun for children in a friendly, safe, caring family environment. Come along to meet us in Web Tree Avenue, Hereford
 Tel: Claire 07779608424
 Email: cutandpastechildcare@yahoo.co.uk



HEREFORD GOLD

MANUFACTURERS, WHOLESALERS & RETAILERS
 OF GOLD & SILVER JEWELLERY

Hereford's Largest Stockist of Gold,
 Platinum, Palladium,
 Silver Jewellery. Over 3,000 Rings
 to choose from. Over 2,000 pairs of
 earrings. Visit Hereford Gold
 opposite the Bus Station on
 Commercial Road.: 01432 359514

C R AUTO SERVICES

**Unit 1 The Laurels Farm
Kingstone
HR2 9NF
TEL: 07980669121**

**Servicing, mot's, recovery, air conditioning
services, cambelt replacements,
competitive tyre pricing**

**All makes and models full
diagnostics available.
Free collection and delivery available
from all areas.**

**Please call for special offers available
on all types of servicing and
maintenance for your car.**



**Follow us on Facebook -
C R AUTO SERVICES**



Flowers – more than just pretty



NAKED LADIES AUTUMN CROCUS

The autumn crocus *Colchicum autumnale* is not related botanically to the more common crocuses which are a welcome sign early in the year that Spring is arriving. What adds to the confusion is that the autumn crocus is sometimes known as meadow saffron, whereas the spice saffron comes from flowers related to the spring crocus! Both have similar-looking flowers, which appear before

the leaves. The flowers of the autumn crocus are bigger than the those of the spring crocus, and are a beautiful pinkish purple, thus earning the nickname ‘naked ladies’.

The autumn crocus is fairly common as a garden plant but not so easy to find wild. I have discovered two small colonies fairly locally, on Garway Hill and on the Skirrid and I’m told there are some near Hay-on-Wye.

All parts of the autumn crocus are poisonous, the underground part, the corm, has sometimes been mistaken for wild garlic and there are a few reported cases of poisoning of cattle eating the plants and of people who have got the two plants confused whilst wild foraging.

The major poisonous chemical present is called colchicine. The Romans used the plant to treat gout and tablets of colchicine are still prescribed today to alleviate that painful condition because it reduces the inflammation which causes gout. It is also sometimes used to treat a rare inflammatory disease called Familial Mediterranean Fever.

Colchicine interferes with the process of how cells divide, called mitosis. This interference happens after the chromosomes split but before the new cell wall grows across, so the result is still one cell but with double the number of chromosomes. In plants this often affects the appearance of the flowers, making them ‘double’ and it has been used extensively by horticulturalists in producing new varieties. It can also be used to increase the yield of some chemicals in plants.

In large doses colchicine kills cells which are dividing. Many cancers are due to cells multiplying too rapidly, and many anti-cancer drugs kill such cells. Colchicine was one of the first drugs thought to be of use in treating cancer, but little came of the idea because other safer and more effective drugs have been introduced. A chemically-modified form of colchicine is being investigated at present by researchers at Bradford University for treatment of some cancers.

Little Dewchurch Flicks Autumn Season 2019



Doors open at 7pm
Licensed Bar Films start at 7.30pm

Tickets: Adult - £4.50
Accompanied Child - £3.00
Enquiries to: 01432 840333

Can You Ever Forgive Me? (15*) Friday 18th October

The film tells the story of writer, Lee Israel, who made her living in the 1970s and '80s profiling the likes of Katharine Hepburn, Estee Lauder and journalist Dorothy Kilgallen.

When she is no longer able to get published because she has fallen out of step with current tastes, Lee Israel turns her art form to deception, abetted by her loyal friend Jack. A mesmerising film featuring fantastic performances by the two main actors Cast: Melissa McCarthy, Richard E Grant Director: Marielle Heller * Strong language

Green Book (PG) Friday 15th November

Based on a true story, this film tells the tale of Tony "Lip" Vallelonga who finds himself out of work after the nightclub in which he is employed is closed for renovations.

He takes a job as driver for African-American classical pianist Don Shirley. Travelling together in the Deep South in the 1960s, the pair find a deep respect for each other's talents that changes their opinions and lives forever.

Totally engrossing with some great music to boot

Cast: Viggo Mortensen, Mahershala Ali Director: Peter Farrelly

A Star is Born (15*) Friday 13th December

This 2018 remake of the classic rags to riches story is brilliantly performed by Lady Gaga and Bradley Cooper.

The story of superstar artist discovering unknown singer and her subsequent rise to fame follows traditional lines. However, the music is fantastic and the acting totally convincing. Bring your tissues! * Strong language

Cast: Lady Gaga, Bradley Cooper Director: Bradley Cooper

www.artsalive.co.uk

Choir Plea:

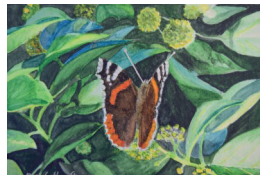
Calling all pianists.

The St Michael's Hospice Community Choir is looking for a talented volunteer pianist. The successful person will be available for rehearsals at the Hospice between 5-6pm on Tuesday's leading up to performances. The role could suit a retired teacher or a promising student. The Choir has performed at several Hospice events this year including the Flower Festival at Lyde Arundel, and Midsummer Lights. If you're interested, or for more information, call Denise Bishop on 01432 852 656.



Postcards From Life:

This Autumn, 200 miniature masterpieces created by some of the finest artists in our region will go under the hammer. Postcards from Life returns from a year's break with the widest range of art St Michael's Hospice has ever had. Thanks to our friends at Brightwell's you will be able to browse and bid for each item online for a fortnight from Monday 28th October. Then, for the final three days of the auction from 8th November, everyone's invited to the Bishop's Palace in the centre of Hereford to view the art in person. All the artists are producing the work for Postcards from Life free of charge, with many submitting multiple items.



News from your local Fire Crews

Got a chimney or woodburner? Sweep it and clean it, before you light it
With the nights drawing in for autumn and winter, Hereford & Worcester Fire and Rescue Service is asking homeowners to get their chimneys swept by an approved sweep. During the last 10 years, HWFRS has dealt with 1,831 chimney fires, an average of 183 fires per year and 15 per month. How often should I clean my chimney? We recommend the following simple maintenance routines:

- Solid fuel fires – Once a year for smokeless fuel; twice a year for coal
- Wood burning fires – four times a year when in use
- Gas fires – Once a year if designed for sweeping • Oil fires – Once a year

The Fire Service also advises that you:

- Place a fireguard in front of the fire at all times
- Extinguish all fires before going to bed or leaving the property unattended
- Do not burn paper or rubbish on fires in the grate
- Check for smoke from cracks in the chimney breast
- Install a working smoke alarm in the roof space. Consider fitting a carbon monoxide detector.



Sally Walker – Meditation & Wellbeing Practitioner

I am a meditation & wellbeing practitioner and am starting classes at Little Dewchurch and Much Birch in October. I love meditation and the calmness and benefits that it brings to my life and would love to bring this to people to help them. Here is a short article about some of the benefits that meditation brings. Meditation is the practice of sitting still and breathing in a controlled manner for extended periods of time. While the practice has been around for millennia, meditation has recently emerged as a popular approach to regulating both physical and mental wellbeing. Meditation is proving to have wide appeal due to its calming nature. And now the science is weighing in. What ancient practitioners probably intuitively knew all along, modern science is now beginning to demonstrate. Meditation has a real impact on your health.

Stress Reduction: Perhaps the biggest impact that meditation has on our health has to do with counteracting the debilitating and wide-ranging effects of stress. A medical consensus has emerged over the past decade that chronic stress causes all sorts of problems including higher blood pressure, decreased immunity, and impaired cognitive functions. When you feel stressed, your body releases the “stress hormone,” cortisol. Elevated levels of cortisol in your system is a problem on various levels and finding a way to reduce that level could help prevent several health issues from developing down the road. This is where meditation comes into play.

Lower Blood Pressure: Once stress is reduced, then you can begin to analyse more specific effects of meditation. The first area to look at is blood pressure. Meditation can help normalize blood pressure because of what’s called the “relaxation response,” which helps produce more of the compound nitric oxide. Nitric oxide helps blood vessels open which then helps reduce blood pressure.

Increased Immunity : A vigorous immune system is obviously crucial to living a healthy life, which is why we do all kinds of things to boost it, like taking vitamin C and drinking Echinacea tea. Several recent studies have shown that meditation can also play an integral role in maintaining and even strengthening your immune system. According to researchers at the Infanta Cristina Hospital in Spain, meditation, specifically Transcendental Meditation (one of the various schools of meditation), was shown to increase the level of cells in our blood that fight off viruses and bacteria. These cells, specifically subsets of leukocytes and lymphocytes, were found in higher levels of those who practiced meditation versus those who did not.

Brain Development: Perhaps one of the most exciting areas of meditation research is the brain. A range of studies have come out linking meditation with an increase in cortical thickness, an increase in grey matter in both the hippocampus and frontal areas, and an overall increase in brain volume. With medical imaging technology, researchers can watch what meditation does to the brain in real time and over an extended period.

Irritable Bowel Syndrome: Meditation is also linked to what goes on in your gut. This is especially important for the 10 to 15 percent of the population that suffers from Irritable Bowel Syndrome, a disorder that effects women in disproportionate numbers compared to men. Specifically, utilizing mindfulness meditation can help women reduce the severity of IBS symptoms, which include chronic abdominal pain along with regular bowel habits. There are so many other benefits about incorporating meditation into your life, and I could go on and on! Why not try it for yourself?

WYE BATHROOMS

Local family run company
Design & installation of
Bathrooms & shower rooms
Floor and wall tiles

We are also Registered
with NIC-EIC for all your
electrical work

Call Paul for free quotation

07894 - 563897



ALLANGAS & OIL



- ◆ Oil Installation and Servicing
- ◆ Boiler Specialist
- ◆ Landlord Inspections
- ◆ Heating Installations
- ◆ All aspects of domestic gas
- ◆ LPG and plumbing
- ◆ Ex British Gas engineer
- ◆ Over 21 years experience

Steven Allan
Oftec Reg No: C12495
Gas Safe Reg No: 188939

T: 01432 840491
M: 07761646635





Flutterbys

Hair & Beauty at Home



In the comfort of your own home

Deanne

Tel: 07445 251 293



**Mrs A M Wright
Clerk to the Parish council**

Longfield house, Gooses Foot, Kingstone
Herefordshire HR29NE

TEL: 019810250860

EMAIL: parish.clerk@littledewchurch.org.uk

**LITTLE DEWCHURCH PARISH COUNCIL
CONTACT DETAILS**

Cllr Phil Williams

(Chair, Footpath Officer, Press Officer)
Tel: 01432 840716 Mobile: 07813 722696
Email: philip.williams43@btopenworld.com

Cllr Jane Lisle

(Vice Chair, Highways, Website Editor &
Lengths man Co-ordinator, Facebook Link)
Tel: 01432 840585

Cllr Bob Mason

E mail: janelisle@hotmail.com
(Playing Field & Local farming)
Tel: 01432 840845 Mobile: 07771 574490

Cllr Tom Straker

Email: trebor141@hotmail.com
(Tree Warden & Link to Primary School)
Tel: 01432 840955 Mob: 07803723592

Cllr Sue Daynes

Email: tom.straker@myphone.coop
(Over 60's Link)
Tel: 07496799436

Cllr Florin Tatoiu

Email: sue.daynes@yahoo.co.uk
Email florin_tatoiu@yahoo.co.uk

Cllr Jo Hawthorne

Tel. 01432840800 Mob: 07761612204
Email hawthornejjpr@btinternet.com

Parish Council Website is: <http://www.littledewchurch.org.uk>

Parish Clerk and Responsible Financial Officer:

Mrs Alison Wright, CiLCA, can be contacted at the address details at the head of this notice.

Crime reporting

If you have any information regarding
any crime you can contact
police on 101,
in an emergency please dial 999.

You can also contact Crime stoppers on
0800 555 111 to report any crime or
criminal activity anonymously.

