

LITTLE DEWCHURCH

THE DIARY

ISSUE 91: SPRING 2019/20

Forthcoming Village Events

(In the Village Hall unless shown otherwise)

Monday morning

Pilates 10 am & 11am

Wednesday evening

Pilates 7pm & 8pm

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)

Friday Morning

Meditation 10-11:30am

EVENTS:

Friday 20th March 2020

Flicks in the Sticks 7pm..... Downton Abbey

Saturday 28th March

VILLAGE SPRING CLEAN

10am-12pm & 2-4pm. Meet at Village Hall

4th April 2020

Pop Up Café 10am-12pm

Sat 18 April 2020

Village Walk: 10.15 Village Hall Car Park

Loop and Soup in aid of the Church

Fri 24th April 2020

Flicks in the Sticks 7pm Ad Astra

Fri 1st May 2020

LDSC.....**Maypole Dancing** on the Green 6pm

Sat 2nd May 2020

Pop Up Café 10am-12pm

Sat 6th June 2020

Pop Up Café 10am-12pm

Fri 13th June 2020

Bring and Share lunch + Football matches
on playing fields

Sat 8th August 2020

Village Fun Day

COVID-19 VIRUS

With the uncertainty ahead over the next few weeks, if any Villager is in need of assistance, especially the Elderly, please use Village face book page or you can ring Joe 01432 840800 or Brenda 01432 840228 and as a village we can all pull together to help.

If we can all keep a check on immediate neighbours wellbeing.

If you are to be unwell follow Government procedure, isolate at home or if symptoms don't improve contact your GP or NHS 111.



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.

Little Dewchurch Village Hall

Little Dewchurch village hall is a village asset opened in 1996. It is run as a registered charity, on a non profit basis, for the benefit of the parish of Little Dewchurch and is the focus of many activities both during the day and in the evening. At the moment, the hall is the host for many groups for a range of diverse activities such as:-



School for both meetings, sports activities and functions.
Indoor Bowling Pilates Meditation
Yoga Over 60's Club Whist drive
Flicks in the Sticks Parish Council meetings Walking group
Birthday parties Private functions /events.
Wedding receptions Messy church
LDSC social activities such as Firework night, Bol and Bingo night
Curry and quiz night,

The hall provides an ideal location for not only the above but for many other activities and is priced at a very competitive hourly rate. The hall has full central heating and can offer the following:

- Main function hall with an audio visual system
- Smaller room ideal for meetings and small group events.
- Private outside area to the rear.
- Kitchen for private food preparation
- Car parking facilities

If you would like to hire the hall please contact the Booking Secretary on 01432 840845
Andrew Mann - Secretary LDVH

VILLAGE SPRING CLEAN

All WELCOME

Saturday 28th March

10am-12pm & 2-4pm

Meet at Village Hall



Parish Council Report, Spring 2020



The Parish Council is up and running after the Christmas break and while some things are moving forward, others are in a period of 'dither and delay'. Where have I heard that before?

The traffic improvements at the junction in the centre of the Village have been pushed back yet again, the latest news being that it will be done in this financial year which is presumably by March 31st. We'll see.

On a more positive note it did stop raining long enough for Sherwood Keogh to plant a hedge around the Village Green and for a small group of trees to be planted within it. So far, the planting of fruit trees on public areas around the Village have now been completed so parishioners can pick and enjoy the fruit for years to come.

The swing due to be installed in the play area will be done when ground conditions improve, as will a new concern which has emerged. The wet weather has exacerbated a problem in the dog zone where the path between the two entrance gates, running in front of the bench has become extremely muddy and a permanent hardcore path needs to be constructed. We have quotes for this work and hopefully it will be done in the near future. The dog zone is well used, with the path not only providing a safe route for dog owners but will make a link to the outdoor fitness equipment.

The Parish Council were shown some proposals for the development of the land at the back of Field Fare at our February meeting and we fed back to the agent and the landowner. They noted our comments and will now consult on the items discussed. This is an ongoing item and we will take into account the needs of the parishioners and try to create a development which is sympathetic to its surroundings.

An item which has moved forward a little is idea of creating parking in front of the St David's Rise bungalows opposite Court Close by constructing a vehicular access off Church Lane so residents cars can park close to the bungalows, which would also alleviate problems in other areas. This would also need a change in the grassed area in front of the bungalows. We had a meeting with David Summers, our Ward Councillor, local residents, along with Paul Davies and Bruce Evans from Herefordshire Council to explore possibilities. This is a long-term project and with budgetary constraints at the fore all the time, I would imagine this will be on the agenda for the foreseeable future.

The Parish Council have purchased a large quantity of Smart Water kits. There is one for every household within the parish of Little Dewchurch and they are going to be distributed FREE OF CHARGE. It is a powerful crime deterrent and prevention method, using forensic coding technology to assign valuable items a unique forensic coding for full traceability. It is extremely easy to use and offers a robust deterrence against crime, dramatically reducing your chances of experiencing burglary. Smart Water is known and feared by criminals so please read the advert in The Diary and come along to one of the events and claim your FREE kit to protect yourself and the community. Our local Police Community Support Officer, Carol Marsh will be at the next Pop-up Café and hopefully at other events as well, to advise you on its use and to register the kit with police.

Phil Williams, Chair, Little Dewchurch Parish Council.

VILLAGE AND PARISH ECOLOGICAL AND VISUAL IMPROVEMENTS

The Parish Council, along with money provided by the Diary the LDSC and individual donations have over the last few months been facilitating visual and ecological improvements to the village by planting trees, bulbs and a new hedge for the village green. A new seat has also been installed on the green.



So far Fruit trees have been planted on the old green by the church, in the children's play area and the dog walking area.

On the village green several trees have been planted which include a tree which it is intended, in time as it grows, to be a permanent live "Christmas tree" for hanging Christmas lights on.



The improvements will continue as and when resources are available and are to include further seating as well as a Village / Parish information board on the green.

As many of you know there is a

village face book (FB) on which updates are posted.



POP-UP CAFE
2020 DATES
4TH APRIL
2ND MAY
6TH JUNE
AT LITTLE DEVCHURCH VILLAGE HALL
10-12PM

Dietary requirements catered for

Emily's cakes and sweets
 Storage suitable for all occasions
 Emily MASON
 Millerside Farm
 Little Dev Church
 CV10 6 420961
 emily@emilyscakes.co.uk

Life is not about how fast you run or how high you climb but how well you bounce.

—Vivian Komori

LITTLE DEWCHURCH - PAST AND PRESENT

Before the advent of TV and the Internet Little Dewchurch had several village based sports and community clubs. Two of these "Clubs" were the local Tennis Club, based at Cwm Craig farm and the local Cricket club. The cricket ground, we understand was where Court Close now stands. Do you know or can you name these keen sports people ?



Little Dewchurch Cricket Team 1951
Little Dewchurch Tennis Club



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THE PLOUGH
AT LITTLE DEWCHURCH

Tel: 01432 8400542

Ensuite Rooms Available, Good atmosphere, Good Food,
Beer Garden & a warm welcome. Dogs welcome

Saturday 4th April From 1:30pm

Grand National Fancy Dress,

Prize for the best turned out.

Starts from 1.30pm onwards

Monday 6th April Beer Tasting evening,

Little Dewchurch Brewing Company,

6.00pm start. We had a recent visit from Campaign

for Real Ales, 50 beer experts tried out our beers and

had a buffet lunch, the feedback was really

positive. Come and try it for yourselves.

Come and see us and support your local pub.

Much Birch Doctors' Surgery

Reception Tel: 01981 540310

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

Coronavirus (COVID-19)

The NHS and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff. NHS 111 has an [online coronavirus service](#) that can tell you if you need medical help and advise you what to do. Use this service if: you think you might have coronavirus - or in the last 14 days you've been to a country or area with a high risk of coronavirus – see coronavirus advice for travellers and a list of high risk countries on [nhs.uk](#) Or you've been in close contact with someone with coronavirus. **Do not go to a GP surgery**, pharmacy or hospital. Stay indoors and avoid close contact with other people. Call [111](#) if you need to speak to someone. Further information and details of how to self-isolate are available on [nhs.uk](#).

LD Social Committee

I'd like to think that by the time you're all reading this that the sun will be shining and the birds will be chirping in the blossoming hedgerows, but after Storm Dennis the other weekend and now even more rain I'm beginning to wonder if the weather will ever change.?

On a more positive note, the days are getting longer and signs that Spring really is round the corner are beginning to show. Not least the efforts of Bob Mason, Andy Mann, Phil Williams and Tom and Steph Canham who all made a superb job of planting over 30 kilos of daffodil bulbs - that the LDSC had purchased - on the roadsides of the Village. They're coming up beautifully and will really enhance the look of the village.

After the success of the Quiz and Curry night last September, we decided to run another free village event with a "Bol and Bingo" evening on the 29th of February. Doors opened at 5.30 and people flocked in to enjoy a plate of pasta Bolognese (vegan version was also available), accompanied by lovely garlic bread and a good sprinkling of cheese. YUM!!. Drinks were bought at the bar, and raffle tickets sold, then it was "eyes down for a full house".

Looking ahead now, we're going to gather on the Village Green for some Maypole dancing on **Friday 1st May** - this will be at 6 o'clock, and the idea is to maybe bring a drink and a snack and have a bit of traditional country jiggling about. But keep an eye out for posters and on Facebook for further information nearer the time.

After that, we'll have the regular Bring and Share lunch combined with the village football matches up on the playing fields on the **13th of June**, so get those football boots cleaned and start limbering up for an afternoon of scampering about (for some) and sitting down on a deck chair with a glass of something (for others).

The Village Fun Day we've scheduled for **Saturday the 8th August** with all the usual entertainments, BBQ, teas and cakes, ice creams, tombola, raffle (shorter this year!!) hook a duck (possibly?) face painting (maybe?) donkeys (I hope?!), and of course the EVER popular sports/games for all the family. Sadly no medievalists this year as they are away fighting the good fight in far off foreign fields. Anyway, lots of entertainment for all ages, and as you can see from the rather sketchy programme above, lots for us to organise.

More events planned for the autumn.....so watch this space.

Meg Bailey (Chair LDSC)

Healthy and Well-being 2020.

Thank goodness, the first sign of spring after what seems like a long winter. If like me, you can see things popping through the earth, it's a warming relief. Although if you have snowdrops and daffodils in or near your home they are probably doing back stroke in all this depressing wind and rain.

It seems a long time since New Year when I, like many others, came up with some pretty amazing resolutions to sort out my well-being..... sadly it all seems to have disappeared into thin air. I promised myself that 2020 was the year I lost weight, did more exercise and developed a healthy eating plan. But the long dark nights, awful weather and cold seem to have given me lots of excuses to ditch the changes. Even my 11 month old puppy has decided that he is fed up with walking in the rain and prefers to be a couch potato in front of the fire (just like me!).

Unfortunately many of us think that having good health and well-being is about running a marathon, sticking to the latest fad diet and embarking on climbing the nearest mountain. Some of which I really wish I could achieve, apart from the fad diet! In fact our mental wellbeing is really important, which I for one often forget.

I am sure you have seen all the recent media coverage on the effects of mental ill health on our physical well-being. For instance, there are some shocking facts on being isolated and lonely. Being isolated and lonely can have the same negative impact on our well-being as smoking 15 cigarettes a day. Statistics also show that people are more likely to drink more alcohol, increase smoking, eat an unhealthy diet and use drugs to try and alleviate isolation and loneliness. All of which can massively effect our physical and mental health, which could then lead to major long term illnesses.

Sadly being alone or feeling lonely does not just affect people who are older, but can affect all ages, children, teenagers and young adults. Perhaps you have or are experiencing being anxious and feeling down, not able to enjoy the things that perhaps you once did. Maybe someone you were close to is no longer here, or you are worrying about your future. Perhaps you have recently moved to the village and you don't know anyone or you feel there is nothing here for you.

Maybe you are thinking "yes, I know all that, but so what?" Well having regular contact with someone, being involved with an activity or just having a telephone conversation can have a huge positive affect on mental health and reduces the feeling of loneliness. I originally come from the North of England and when I was younger, I used to hear folk say "a trouble shared is a troubled halved". To be honest, I didn't have a clue what it meant, however as I grew older I realised it was so true. I am sure that you at times have felt down and just by sharing what was bothering you with someone, you felt like a weight had been lifted off your shoulders. The other positive outcome is that the person you shared your thoughts with also feels good because they have been able to be there for you.

.....cont'd

Cont'd.....

I have experienced what a positive difference that talking to someone has. When I was working, I was aware that one of my colleagues seemed particularly down, so I suggested we had a meeting over a coffee. He agreed and off we went to the local coffee shop. Coffee in hand I asked him how things were going. He shared that his partner had been diagnosed with a life changing illness, he was at his wits end and felt he just couldn't cope. He told me that he had not been able to talk about the situation to anyone before and he was relieved that he now could. In his words he said "I thought I was going mad". Of course he wasn't, but he just needed someone to listen. I saw such a difference in him and he knew I was there for him if needed.

When my Husband and I moved to Little Dewchurch nearly five ago, I was taken with how kind and friendly people were. Having lived in Berkshire for 25 years I really had not experienced such warmth and generosity. Even though I had my family around me and was working full time I often felt left out, worthless and down which affected my mental well-being. Being here and now retired, I feel part of village life, included and I also have made lovely friends. But I have had to really work hard at being involved, I knew if I didn't I would not be looking after my mental well-being. Believe me at times it was easier said than done!

We are very lucky that Little Dewchurch has lots going on such as Pilates, Yoga classes and Indoor Bowls. Also, there is the supportive and enjoyable Over 60's Club, plus the events that the Social Committee put on. I am so pleased and grateful too, that Emily Mason has opened the Pop-Up Cafe in the Village Hall. It's a great new initiative giving an opportunity to meet each other for a good old natter, not to mention delicious coffee and cake. I really believe that having somewhere we can come together informally goes a long way to reducing feeling isolated and lonely. We are a close knit community with loads to offer each other, but I also know that loneliness is here and perhaps together we can help each other to improve each other's mental well-being.

So my new "Resolution" is to look out for each other and to encourage healthy mental well-being. Of course, I am still developing my fitness plan and trying eat a healthy diet. Good Mental health equals improved Wellbeing. It would great to hear from you whether you have some great ideas on how to keep well and healthy or if you just fancy a natter and a cuppa.

Let us all have a Healthy and Well-being 2020.

Jo Hawthorne 01432 840800

Little Dewchurch Flicks

Doors open at 7pm
Licensed Bar
Films start at 7.30pm
Tickets: Adult - £4.50
Accompanied Child - £3.00
Enquiries to: 01432 840333



20th March 2020 7pm..... Downton Abbey

Fri 24th April 2020 7pm Ad Astra

Astronaut Roy McBride (Brad Pitt) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of the planet. His journey will uncover secrets that challenge the nature of existence

Book Swap kiosk

in the public telephone box, run by Meg Bailey (840538) and Jan (840608) Simply choose books & return them when finished, or leave your unwanted books for others to enjoy!



Wye Valley Yoga

Cori Norton from Wye Valley Yoga teaches Iyengar Yoga at Little Dewchurch Village Hall on Thursday mornings from 10.30am – 12 noon. The class is suitable for beginners and new students are welcome.

Regular practice of yoga can increase flexibility, balance, strength, stamina and improve posture and concentration. It has also been shown to reduce symptoms of stress and anxiety and improve overall well-being as well as helping with specific conditions such as bad backs.

Iyengar yoga is mindful movement, where students work towards different postures and pay attention to the alignment of the body. It is progressive and props are used, such as blocks and belts, to make it accessible and inclusive and ensure that everyone can work safely, within their own limitations.

Each class is different and sequencing is carefully considered, with different groups of poses taught over the duration of a term. There is always a period of relaxation and often some work with the breath which, combined with the postures, can have a positive impact on heart and lung function. The focus on the body and the breath takes us away from the 'thinking mind' and into a calm but alert state, what we might call being 'more in the present moment'. This in turn can improve the quality of our sleep.

Iyengar yoga is a challenge, working on a physical and emotional level, but the classes are also sociable and enjoyable. "Just the right amount of fun and hard work". Check out www.wyevalleyyoga.com for more details, or find us on Facebook at wyevalleyyoga, or contact Cori Norton on **07967 318404** if you'd like to come along.



FREE SMARTWATER KIT

The Parish Council have purchased a Smart Water kit for each and every household in the Parish. We are starting the roll out at the **Pop-up Café** on: **Saturday 4th April** at Little Dewchurch Village Hall 10.00am-12-00pm.

More opportunities to receive your kit are on:

Thursday 9th April at The Plough Inn, Little Dewchurch 8.00pm-10.00pm or **Saturday 18th April** at Loop and Soup Walk, Little Dewchurch Village Hall 12.00pm-2.00pm

Our local Police Community Support Officer, Carol Marsh will be at the **Pop-up Café** and hopefully on other occasions as well to register your kit and advise on its use. Please take advantage of this opportunity. It is your chance to help keep yourselves and our community safe. If we can get a high uptake of these kits, then we will be eligible to receive free signage to be placed at entry points to the village to further enhance your security.

What is Smart Water?

It is a traceable liquid and forensic asset marking system that is applied to items of value. The liquid leaves a long lasting and unique identifier whose presence is invisible except under ultraviolet black light. If items are stolen and later recovered by police, the owner can be determined after laboratory testing of a sample.

Why use Smart Water?

Protects commonly stolen items like jewellery, laptops and tablets, games consoles, power tools, mobile phones and bicycles.

Deters theft, with research suggesting 74% of criminals would be deterred from burglary and in Nottingham where 56,000 homes were property marked there was a 40% reduction in burglary. In addition, with free signage to be placed at entry points to the village, it stops crime from happening in the first place.

Conviction of criminals, as the company says, it has secured hundreds of convictions with a 100% conviction rate.

Return of property, as stolen items can be identified using the unique forensic marker that has been registered with the police.

Healthwatch Herefordshire

As part of a national scheme, every local council in England has their own Healthwatch. Run by local people, **Healthwatch Herefordshire** is **your** independent, non-profit making consumer champion for health and social care. Healthwatch's success depends on local people sharing their views with us which we present to those who run and plan services. We collect views in several ways including via:

- our online Feedback Centre
- surveys (online and paper)
- our Feedback Kiosks
- focus groups

Our online Feedback Centre can be accessed through our website. Here you can anonymously review any Herefordshire service with just a few clicks. If you have more time, you can take one of our surveys which currently focus on men's health, adult mental health, reasonable adjustments and falls prevention. We also need your future input with regards to what topics matter to you as this helps shape the topics we focus on next.

Why not join us on Facebook, Twitter or Instagram for ongoing information?

Additionally, you can sign up to our e:bulletin or newsletter by emailing us at info@healthwatchherefordshire.co.uk. Healthwatch can also help point you in the right direction to the local services you need and provide advice on how to access them.

Volunteers

We are always looking for volunteers to champion us in their villages. This may involve distributing and helping people complete surveys, putting up posters, encouraging friends and family to use the Feedback Centre or manning a Feedback Kiosk at a local surgery. As well as helping us, you will ensure that your village has a leading voice in Herefordshire.

We're all guilty of criticising or complimenting a service to a friend – we'd love to help you do that in a more constructive way! www.healthwatchherefordshire.co.uk.

Tel 01432 277044

Could you or someone you know benefit from support:-

Farming Community Network 03000 111 999 website: <http://www.fcn.org.uk/>

Royal Agricultural Benevolent Institution (RABI) 0808 2819490 website: <http://www.rabi.org.uk/>

Borderlands Rural Chaplaincy 07966 927404 website: www.borderchaplain.org

You Are Not Alone (YANA) 0300 323 0400 website: www.yanahelp.org/
Farming Help 0845 367 9990 website: www.farminghelp.org.uk/

Addington Fund 01926 620 135 website: www.addingtonfund.org.uk/
Herefordshire Samaritans website: www.samaritans.org/branches/herefordshire-samaritans

Carerstrust 4 All – Hereford 01432 663057 www.carerstrust4all.org.uk

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Fri 1st May 2020
Maypole
Dancing
on the Green
6pm

Come along for some fun—All ages welcome



YOUR MIND IS A GARDEN. YOUR
THOUGHTS ARE THE SEEDS.
YOU CAN GROW FLOWERS OR YOU
CAN GROW WEEDS.



Would you like to:-

- * Make a working oil lamp?
- * Drop an egg and stop it breaking?
- * Make a 'Thankyou' candle?
 - * Learn some First Aid?
 - * Make some bread?
- * Enjoy a 'keep asleep' competition?
 - * Sing, listen to stories?
 - * Enjoy a free meal?

- and a lot more!
then come along to



Little Dewchurch

Wednesday 11th March

(and every second Wednesday of the month)

3:30 to 6pm in the Village Hall

Children MUST be accompanied by adults

EVERYONE WELCOME

Free to all - but donations welcome

For giving to refugees, please bring along

socks, plasters, toiletries, toothbrush/paste etc in a sealable bag.

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**

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)



Addressing Climate Anxiety

“As we see news of a breakdown in our global climate and its increasing impacts on nature and humanity worldwide, it is painful. Opinion surveys report on how many of us now experience climate anxiety. People fortunate enough to have avoided direct harm from climate-related disasters, now fear there will be a breakdown in their own societies, affecting their own families. After the shock and grief, many people remain bewildered about how to respond to that realisation. What to do in our professional lives? What to do in personal lives? In this bewilderment we risk paralysis and reverting to denial. We risk going back to the same narratives and tactics for incremental change, with the festering worry that we are lying to ourselves about the nature of the crisis.” *Prof Jem Bendell, author of research paper ‘Deep Adaptation: A Map for Navigating Climate Tragedy’.*

“We cannot continue to avoid the vast effort necessary in attempting to adapt our communities to cope with our changed and changing world. Not least because the time-lags built into the climate system mean that - even in the extraordinarily unlikely event that we manage to stop massively damaging our climate further - it is bound to deteriorate further for a long time to come. The only way that our civilisation might *appear* to persist is if we manage to transform it beyond recognition. But that transformed civilisation would then in no meaningful sense be the same civilisation as ours.” *Rupert Read teaches philosophy at the University of East Anglia and chairs the Green House thinktank*

Three members of the Little Dewchurch community were recently lucky enough to see a premier of a film, **‘THE SEQUEL: What Will Follow Our Troubled Civilization?’.**

“It shines a light on the work and legacy of an amazing man: David Fleming. David was a historian, economist, and ecologist who dared to re-imagine a thriving civilization after the collapse of our current mainstream economies and inspired the Transition Towns movement. Around the world, people develop the skills, will and resources necessary to re-imagine civilization, often in the ruins of collapsed mainstream economies. We encounter extraordinary projects and people from four continents, from the likes of renegade economist Kate Raworth, conservative philosopher Roger Scruton and Gaian ecologist Stephan Harding to localization revolutionary Helena Norberg-Hodge, eco-pioneer Jonathon Porritt and philanthropist composer Peter Buffett, among many others.

They are cultivating a resilience not reliant on the impossible promise of eternal economic growth; developing diverse, satisfying, convivial contexts for lives well lived.”

This film could be brought to Little Dewchurch village hall if there was interest.

“Localisation isn’t about returning to the past. Instead, it asks us to recognise what older cultures often did well; they relied on local resources and local knowledge to meet people’s materials needs, and as a result, did so with a minimum of environmental impact. Closer community ties also mean there’s more chance of fulfilling mental health needs such as a feeling of connection and security”. *Helena Norberg-Hodge, ‘Local is our Future’*

Vey and Tom Straker are hoping to host a workshop called ‘Radical Resilience’, developed by St Ethelburga’s, in May, for members of the local community on Saturday 16th May **“Radical Resilience is St Ethelburga’s model for growing courage and purpose in an age of climate emergency. We offer a values-led model of resilience, since we find that engaging with our deepest sense of purpose unlocks a regenerative power within us that can bring joy, freedom and hope – even when facing dark times.**

Inspired by deep adaptation, this training starts from the premise that ecological and social collapse are already underway. There is an urgent need for us to respond to this both as individuals and in our communities. How can we find strength in our values and take practical steps to regenerate our world? How can we prepare to step up when things get tough – giving hope when others feel desperate and inspiring trust when communities fracture? And how can we embed adaptive solutions that prepare us well for what the future may bring, while at the same time reaching out to those already on the frontline of climate breakdown?”

If you are interested in viewing the film or participating in the workshop, please contact Vey on vey.straker@gmail.com



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Emily Mason

Merrivale Farm
Little Birch, Hereford

07966 458961
emilyfranklin1@aol.com



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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

THE COTTAGE OF CONTENT

Lunch Bar Snacks & Specials Board
Evening: A la carte

All our food is locally sourced and freshly prepared
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Complete works from concept to completion

Wet Room Installations

En-suites designed and built

Professional Tiling service

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Harewood End 01989 730423

Mobile - 07967 239 188



@warnerbathrooms

mwarnerplumbing@yahoo.co.uk

www.warnerbathrooms.co.uk

Saturday 13th June 2020

Bring and Share lunch + Football matches

At the playing fields for an afternoon of scampering about (for some) and sitting down on a deck chair with a glass of something (for others).





HERBAL MEDICINES and ORDINARY MEDICINES



NOTE! Many people think that herbal medicines are the same as homeopathic medicines. THEY ARE NOT! – although homeopathic medicines are often plant extracts, the doses are incredibly small because, in contrast, even conflict, with accepted scientific theory, homeopathic doctors believe that the more dilute an extract is, the greater will be the beneficial medical effect. I'm not saying that homeopathic treatment never works. I have met too many people where it has helped where conventional medicine has not, to say that, but in the light of current knowledge, I cannot explain homeopathy scientifically.

What are herbal medicines?

Herbal medicines are plants, parts of plants or, more usually, extracts made from plants which are used to treat disease. For many centuries, most cultures in the world have used plants and their extracts for medicinal purposes and many are still in use today, even in 'Western' medicine practised in the UK. All herbal medicines contain a mixture of many different chemicals.

What are 'ordinary' medicines?

In contrast to herbal medicines, 'ordinary' medicines have only one chemical compound, known as a Single Chemical Entity (SCE), which has the desired effect on the body or something like a bacteria, fungus or virus which might be the cause of a disease. The medicine is a SCE contained in a tablet, a capsule, an injection or a cream.

Note: many SCEs are chemicals obtained from plants e.g. digoxin from foxgloves, galantamine from daffodils, or have been synthesized (made) from other chemicals found in plants e.g. aspirin (based on a chemical found in willow and in meadowsweet).

In general nearly all medicines prescribed in the UK, and many sold in pharmacies, comprise SCEs. In many other parts of the world herbal medicines are more commonly used, either because they are cheaper, easier to obtain or because of cultural traditions. Some of these have become quite common in the UK but are not available on the NHS e.g. Chinese Traditional Herbal Medicine. Over the last 40 years in the UK many more herbal products have become available, being sold in pharmacies, supermarkets and on the Internet. Some medicines thought to be 'ordinary', are in fact herbal e.g. senna tablets (e.g. Senokot®) are powdered senna pods compressed to make tablets.

Are herbal medicines safe?

Broadly speaking herbal medicines are **safer** than ordinary ones - **BUT** they are **not completely safe!!!**

Ordinary medicines are subject to extensive testing for side effects before they are permitted to be sold but many herbal medicines have not been tested so rigorously. They are often presumed to be 'safe' because they have been used for a long time, but this cannot be assumed to be true. By **Peter Houghton**

What should I do if I want to use a herbal medicine?

Consult a herbal practitioner



Make sure that you speak with a professional e.g. a member of the National Institute of Medical Herbalists– unlike ordinary doctors, anyone can practise herbal medicine! This will cost you money, and there are not many in the Hereford area!

Look up <https://nimh.org.uk/find-a-herbalist/> if you want to find one.

MOST PEOPLE:- Buy and use products from a pharmacy or other shop.

If at all possible, discuss what you want to do, and any product you want to use, with your GP or pharmacist. They will give advice about interactions with other medication you might be taking and about other precautions you should take.

Make sure that any product that you buy has a THR license. Look for the THR logo on the packaging!

Immediately report to your pharmacist or GP any reactions you get when you start taking the herbal product and stop taking it until you get further advice.

Herbal medicines can produce unwanted, even toxic effects, due to the following:

- Too much is taken, causing an overdose (as with any medicine).
- The plant material contains much higher amounts of the active compounds than usual, effectively causing an overdose.
- The herbal medicine has no effect because it contains no or much smaller amounts of the herb than it is supposed to. Numerous scams of this sort have been detected!!!
- The correct herbal product has been substituted or mixed with one that has no effect or is toxic.
- The herbal medicine interacts with an ordinary medicine which is also taken by the patient e.g. ginkgo has a similar effect to ‘blood-thinning’ medicines used to reduce the risk of heart attacks or strokes, so unwanted bleeding might occur.
- The herbal medicine stops (or speeds up) the breakdown of an SCE of an ordinary medicine in the body, leading to toxic levels of the SCE, or a too-rapid drop in its effective levels e.g. St John’s Wort speeds up the breakdown of the SCE in contraceptive tablets, thereby lowering the levels needed for it to work and increasing the risk of unwanted pregnancies.

Peter Houghton

WI programme .

NEW MEMBERS WELCOME

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

theWI
INSPIRING WOMEN



One of the first flowers to appear in or near gardens in the Spring is the Periwinkle *Vinca major*. Unlike its close relative *V. minor*, which has smaller, often white flowers, it is thought not to be native to the UK, but has been cultivated as a garden flower for several hundred years.

Periwinkle has a reputation in herbal medicine as useful for ‘drying up’ watery discharges like diarrhoea and bleeding. It was also used for relieving

cramp, and an ointment was made from the leaves for inflammatory skin conditions and for piles. A more bizarre tradition holds that a powder of it mixed with dried earthworms acts as an aphrodisiac if mixed with food eaten by the couple concerned (**don’t try this at home!**). A chemical called vincamine is extracted from the leaves and is available on prescription in some European countries (but not the UK). It improves blood flow through small blood vessels and is mainly used to treat vascular dementia.

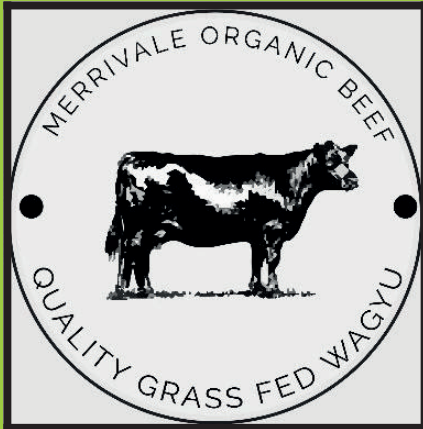


However, the most, and very important, periwinkle for modern medicine comes from a closely-related tropical plant called the Madagascar Periwinkle *Catharanthus roseus*.

This is an extremely pretty small plant up to 1 metre tall and has been extensively grown in gardens in tropical countries for a long time, often escaping to be a nuisance weed, as in northern Australia.

In Jamaica, a tea made from the leaves had a reputation as a treatment for diabetes. When scientists in North America investigated this in the late 1950s, they found that the mice they were injecting with the extract unexpectedly died, and it was found that their white blood cell count had dropped dramatically. Since leukaemia is a blood cancer where there are far too many white blood cells, it was thought that a chemical in the plant might be useful in treating the disease. After arduous investigations two compounds with a very complicated structure were isolated from over 40 similar ones in the plant, with a total content being only a few parts per million. Extensive research and development in the early 1960s resulted in these compounds being introduced clinically to treat leukaemia. The result was a huge improvement in the survival rate in patients, many of whom were children. The two compounds concerned, vincristine and vinblastine, are still in use, often now being used as one of the ingredients in ‘cocktails’ of medicines used to treat several types of cancer, as well as leukaemia.

This dramatic development in treating leukaemia illustrates two interesting facts about discovering new medicines from plants. The first is that sometimes the modern medicinal use of a plant chemical may be different from the traditional medicinal use of the plant it comes from, and can be discovered by keen scientific observation ‘when things go wrong’. The second is that most medicinal plants contain a mixture of similar chemical compounds, in small amounts, and separating them as pure compounds and working out their chemical structure is a huge task.



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Village Walks 2020

Hopefully, the weather will be kinder to us than it has been so far this year, but we have arranged the following:

Saturday 18th April



10.15 Village Hall Car Park.
Loop and Soup in aid of the Church.

Sunday 28th June



10.15 Village Hall Car Park.
Free bowl of soup and crusty bread at The Plough afterwards.

Saturday 19th Sept.



10.15 Village Hall Car Park.
Loop and Soup in aid of the Church.

Sunday 25th October



10.15 Village Hall Car Park
Free bowl of soup and crusty bread at The Plough afterwards.

Boxing Day



10.15am Village Hall Car Park.

Free bowl of soup and crusty bread at The Plough afterwards.



The Cart Shed
Transforming Lives

Poor mental health will affect all of us, at some time in our lives. It does not respect age, gender, creed or colour.

Based in a woodland setting in North Herefordshire, The Cart Shed helps those with an imbalance in their lives - to heal, learn new skills, find friendship and a future: - how to manage their own mental and physical health and well-being in a sustainable way. We work with adults and young people, members of the Armed Forces, Veterans, ex-police officers, paramedics, teachers, medical staff, factory workers, carers, the unemployed and school children. Our youngest is 11, the oldest 88.



Not just those experiencing long term physical and mental health issues, we also welcome people facing their first emotional upset, those with bi-polar, schizophrenia, eating disorders, anxiety, depression, substance misuse, bereavement, stress and those for whom a sudden unexpected event has knocked them off balance.

Signatories to the Armed Forces Covenant, we hold the Queens Award for Voluntary Service, Herefordshire Council's Community Champions Award for volunteering and Herefordshire Business Awards Charity of The Year 2019.

We are a service without walls. We share food, stories, experiences and life's challenges. Being in a safe place where it's safe to laugh and safe to cry - enables participants to find a sense of inner peace. We are a community, a family which welcomes new faces each week and supports those who have been with us for a while to find a future; we walk alongside the vulnerable and the outcast and bring them back into the heart of our communities.

Would you like to support us and make us your charity of the year 2020?

Katie Eastaugh, CEO katie@thecartshed.co.uk



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Favourite Herefordshire and Wye Valley Recipes.

Wye Baked Salmon

This pie was traditionally served on Good Friday when meat was forbidden. Originally the recipe also contained eels and oysters. Wye salmon of course may not be available today but salmon is readily available in fishmongers and supermarkets.

Ingredients

4 thick salmon steaks, wipe and trimmed.
1 lb (454 gm) prepared short-crust pastry.
1 small onion, peeled and finely chopped.
3 oz (85 gm) butter.
2 oz (55 gm) mushrooms, wiped and chopped.
2 oz (55 gm) fresh white breadcrumbs.
Salt and black pepper to season.
1/4 teaspoon ground cloves.
1/4 teaspoon ground nutmeg.
1 egg beaten.
Milk.
2 tablespoons red wine.
Juice of a lemon.
Milk or beaten egg to glaze.

Method

Place salmon steaks in boiling water for 5 minutes, then remove the skin.
Set oven to 350 deg F (175 deg C) or gas mark 4.
Roll out pastry on a lightly floured surface using two-thirds to line a 2 pint (1 litre) pie dish, trimming the edges.
Fry onions in half the butter until soft, stir in mushrooms and breadcrumbs and fry for 3 minutes. Remove from heat and add salt, pepper and spices.
Stir in egg and enough milk to bind.
Arrange salmon in pie dish and spread on mushroom mixture.
Melt rest of butter in pan, add red wine and lemon juice and bring to the boil.
Pour over the salmon. Roll out remaining pastry for a lid, sealing edges and trimming. Make a steam hole and decorate top with trimmings.
Brush with milk or beaten egg to glaze.
Bake for 45 minutes or until pastry is golden brown. Serve with boiled potatoes and a green vegetable. Serves 4.



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- The more alarms you have, the safer you will be.
- As a minimum, you should have one on each floor of your home.
- You should always have one where you will hear it when you're asleep.
- The ideal position is on the ceiling, in the middle of a room, or in the hallway and landing, so you can hear the alarm throughout your home.
- Don't put alarms in or near kitchens or bathrooms where smoke or steam can set them off by accident
- Test your smoke alarms every week. Push the button, not your luck!
- Change your smoke alarm every 10 years. Like most electrical goods they can stop working – it is better to change them before this happens
- If you wear a hearing aid, can you hear the alarms when you are not wearing the hearing aid, e.g. at night?

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