

The Black Mountains Group Benefice

NEWSLETTER

August 2020



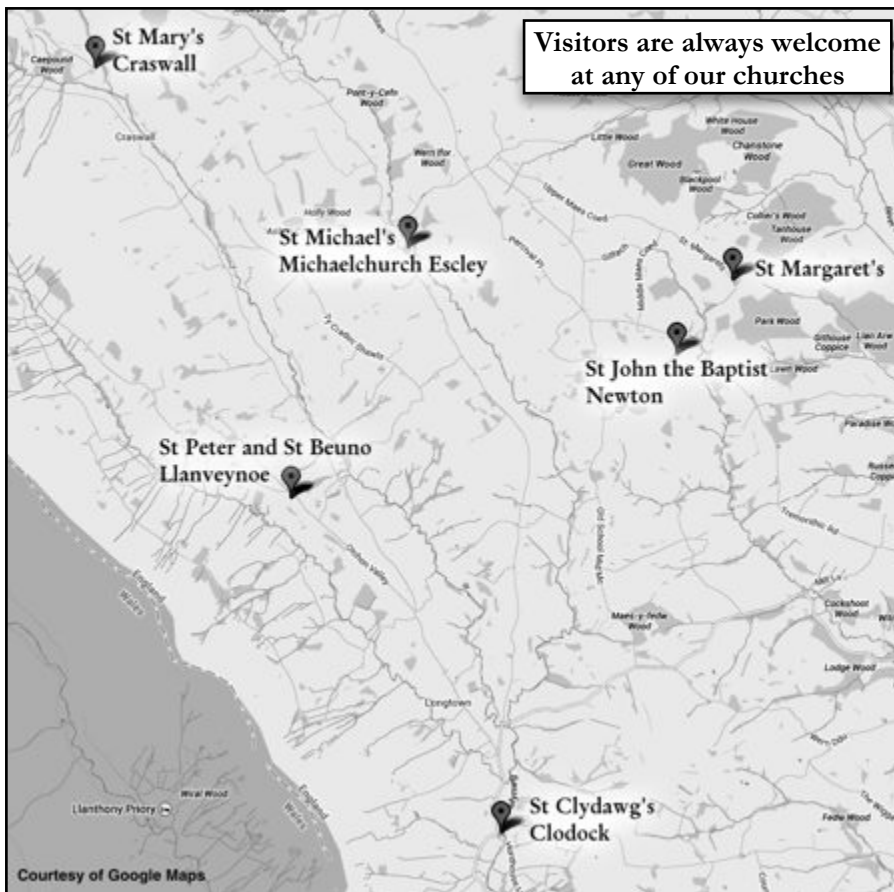
The Parishes of Clodock & Longtown with Craswall, Llanveynoe,
St Margaret's, Michaelchurch Escley & Newton

Vicar and Rural Dean:

The Revd. Prebendary Nicholas Lowton
Forest Mill, Craswall, Herefordshire HR2 0PW
01981 510675 lowton.nicholas@virgin.net

Min
50p
donation

www.bmgparishes.org.uk



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Clodock & Longtown

Mr Nick Vaughan 01873 860201

Craswall

Mr Graham Watkins 01981 510226

Mr Ken Watkins 01981 510213

Llanveynoe

Mr Donald Phillips 01873 860298

Commodore Peter Tribe 01873 860260

St Margaret's

Mr John Pritchard 01981 510628

Mrs Jane Baxter 01981 510388

Michaelchurch Esley

Mrs Olive Howells 01981 510228

Newton

(Vacant)

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From the Vicar

WHAT'S YOUR DOCTRINE?

I have just read a book by Timothy Radcliffe. As always with him, I was deeply moved by his insightful thoughts and by his complete inability to think up a good title. This one is called *Alive in God*. In it, he makes the arresting statement that everyone lives by a doctrine: the only difference between people is that between those who recognise that they live by a doctrine and those who don't.

I have thought about this a lot, and the more I think about it, the more obvious it is. People sometimes complain about religious people making comments on political or social issues because they let their faith rule them. But in fact everyone has certain 'principles' which govern the way they think, and, if they don't think all that much, the danger is that their guiding principle is just 'me' – 'myself', 'my family', 'my country' or something else equally insular. And if we don't give thought to what we feel are the important principles in life, we tend to regard our way of thinking as being merely common sense.

To give an example, I was a while back confronted by someone who informed me that teaching children that there is a God is indoctrination: when I pointed out that teaching children that there isn't a God must equally be indoctrination, this was met with bafflement.

There are occasions when we are brought uncomfortably face to face with what our doctrines must be. I was told recently by someone that pulling down statues like that of Edward Colston is wrong because 'it is wiping out part of our history'. OK, apply that as a general principle. It was wrong of the people of Russia to tear down statues of Stalin: it was wrong for the people of Baghdad – aided and abetted by the Americans – to tear down statues of Saddam Hussein. But if you think that tearing down those statues was all right, and tearing down a statue of Colston was all wrong, then your problem is not with statues but with what they represent, and – let's tread a bit carefully here – you are, by and large, against murderous tyrants but perfectly happy with slave traders.

It sometimes takes a nasty jolt for us to recognise what our doctrine actually is – the principles guiding us to what we think is right and what we think is wrong. And finding our doctrines uncomfortably exposed can be – and should be – a challenging experience.

Jesus came into a world of division, oppression and injustice preaching a doctrine of peace, justice, love and reconciliation. What was not to like? Quite a lot actually, now as well as then. For each of those four ingredients involve giving of oneself, not taking for oneself: they involve making oneself vulnerable and putting others first. And that goes against the principles of our time – the same principles that have brought about warfare, division, suspicion, insularity and indeed slavery.

I am one of those sad naive people who believe that the world could be a better place. But it will only be a better place if we think about our values, about our doctrine, and are prepared to be sacrificial enough to apply them. As someone who tries to be a follower of Christ, I try to practice peace, justice, love and reconciliation. I don't always – often? – get it right, but I still keep trying. All I would suggest to you is that you give

some hard thought about the doctrine by which you live, the principles that govern your thoughts and attitudes, and ask yourself if they are directed towards making the world a better place or directed towards your own self-interest. It might make for some uncomfortable thoughts, but it might at the very least be a pathway towards honesty. *Nicholas*

THE BISHOP BEATS THE BOUNDS

There is going to be a Diocesan Gift Day on September 20th. Further details will follow in due course.

In preparation for this, the Bishop is, in the four preceding Saturdays, beating the bounds of his diocese. His route will bring him to Llanveynoe Church on Saturday August 2nd at 10.00am, where he will hold a short service of prayer, outside if there are lots of people, inside if there are fewer – or if it is raining! *Nicholas*

FUNDING

This is about money – but do please read it if you value the ministry of your churches.

There are some good news items about fundraising in this issue: there is the piece about the Parish Giving Scheme and about the possibility of an online Michaelchurch Duck Race.

This raises in my mind a couple of matters related to each other, and they are centred on the twin laments that we are not able to raise money by church collections or by having fundraising events. And that is perfectly true, but I fear that any parish that simply feels that we put everything on hold until 'normality' returns is doomed to a death from which there will be little hope of resurrection.

The Parish Giving Scheme I have spoken of before and I know of several parishes in the diocese which have been really ambitious in the way they have publicised it and have managed to generate a regular income higher than that which they used to have from normal giving. I am certainly giving out publicity about it at all services and hope that parishes will back this up.

While normal fundraising is in abeyance, other fund-raising is available. 'Virtual' fundraising events are being used in various places and they are proving to be highly productive – with far less work having to go in! I will be happy to talk to people about this.

I doubt that we will ever go back to the old normality. Fund-raising for churches will be different, and it is so important that we all adapt to that now. *Nicholas*

YET ANOTHER PERSONAL NOTE!

Two things. All clergy are being encouraged – actually that is rather a tame word – to take a break in the near future. I am going to do so from the end of August and will be out of action from August 31st to September 13th. I was actually due to be away on holiday in Kenya for a fortnight in August, but that cannot happen. I probably won't be going away as such during my break, but during that time, please ignore me.

The service where I will be installed as Prebendary in the Cathedral will be Evensong at 5.30pm on Friday October 2nd. This will be an open service, and social distancing in the Cathedral is less challenging than in a parish church, so if you are desperate for anything remotely wacky by that stage, do please come along. *Nicholas*

SERVICES

At the time of writing, we have had two Sundays in which actual services have been allowed. One was spent in Craswall Churchyard where everyone brought their own seating and the only thing the church (or more accurately the churchwarden) had to do was to compile a list of all those present (for Track and Trace). Over 40 people were present.

The second was in Clodock Church. The only thing the church (or more accurately the churchwarden) had to do was to cleanse the church before and after, mark the church out with tape everywhere so that social distancing could be observed, direct people to those pews reserved for individuals and those reserved for 'bubbles', take a list of all those present (for Track and Trace), and then reorder the church afterwards for private prayer. And I am sure there was probably more. There were 22 people present, which was about the maximum the church could safely hold.

A number of people afterwards told me that they would have liked to have come, but were nervous about going into a church. One person in fact turned up for the service but remained outside throughout.

I am in a huge quandary about how to proceed with services and would – genuinely – appreciate your views. I intend for the moment to continue with outdoor worship and will advertise it week by week by the usual means of communication. If you are not in any of those links, do please let me know and I will make sure you are. But I do want to know how you want us to go forward: outdoor services in November are of limited appeal!

Of course, with outdoor worship, if there is by any chance poor weather, simply nipping inside the church is not, under current circumstances, an option.

Our deanery online worship on the Abbeydore Deanery YouTube channel will, of course continue. *Nicholas*

KEEPING IN TOUCH

I know I keep on repeating this section, but I still get people in the benefice unaware of what is going on. If you don't know what is going on, let me know: if you know someone else blissfully unaware, again, let me know. Please!

There are many ways in which we are trying to keep everyone in touch at the moment, but, as with everything I am sure we could be doing more.

On a deanery level, Anne Lloyd, our Deanery Mission Coordinator, is sending out regular emails about things in the deanery: if you are not on her receiving list, do drop her an email at abbeydoredmc@gmail.com. As not everyone is on email, she is also posting hard copies out: if you would like to be on that receiving list, do give her a ring on 07432 873422.

The Abbeydore Deanery Facebook page is a veritable treasure chest of resources, At the time of writing, there are 220 members of the group, some of whom have joined Facebook simply to be members. It is the easiest thing in the world to join them!

I am emailing out weekly letters to people in the benefice with news and views for them. If you are not on the receiving end and would like to be, drop me a line at lowton.nicholas@virgin.net. If you are not on email and

would like copies, do please phone Anne Lloyd – number above – and she will make sure that happens.

I am trying to phone as many people as possible each week, but finding slots has been problematic. If you would like to be added to my list, give me a ring on 01981 510675. We have within the benefice trained Pastoral Visitors: if you would like regular contact with one of them, please let me know.

A group of us is meeting on line every Wednesday evening for the wonderful and peaceful service of Compline: if you would like to join us, do please drop me an email.

And we keep together quietly. I have suggested that we set aside 8.00pm on a Tuesday for quiet prayer, and it is immensely powerful, believe me, to know that people are praying together, even when you can't see them. If there is ever anyone or anything that you would like prayed for at that time, do please let me know. *Nicholas*

Deanery Events

DEANERY UPDATE

By now I am sure you will know that some of our churches are open, either for individual private prayer or for services, or both. Government guidelines still apply of course, but we know that many people are so pleased that there is once again the opportunity to spend time in our churches.

As things continue to change frequently, to find out the details of opening times and services, please do get in touch via email abbeydoredmc@gmail.com or phone 07432 873422. We hope you can join us soon.

We will also be continuing our weekly YouTube services on the Abbeydore Deanery YouTube channel. Do have a look if you haven't already. Lots of people have found this way of worshipping to be a good thing.

Don't forget that many of our churches are drop-off points for Hereford Food Bank. Tinned meat and toiletries have been greatly appreciated recently, but all donations of non-perishable foods are welcome. Also, we have a team of great pastoral visitors working across the Deanery able to reach out and chat to people. If you'd like a telephone call, or know someone who would, do contact your local vicar or me on the number above, and we can get in touch. I think we've all learnt and seen over the past few months how much a chat with a caring person can help us. *Anne Lloyd*

A FISHY TALE...

During 'lockdown' and 'shielding' perhaps some of you (like me) have taken up a new hobby or interest or perhaps you've gone back to something that you previously enjoyed, but until these extraordinary times had not had the time to pick back up?

I've been immersing myself again into genealogy and family history, unravelling mysteries and making connections as I work my way back through the years – generation by generation. Around the year 1790 my sixth Great Grandfather (on my maternal side) was a coracle fisherman on the River Towy at Carmarthen. This community were amongst the poorest people within the town; life was hard; the work was dangerous.

Some years later the town council decided to impose a significant increase for the cost of a fishing license, which they simply couldn't afford. They approached the Vicar of St Peter's who helped them pay their licence fees, allowing them to continue to fish and to earn a living. Ever since and to this day, each and every year the coracle people have gifted a fish to the vicar of St. Peter's as an expression of their gratitude – a gift of one of the first Sewin of the season! Generosity changes lives; generous acts and generous giving change lives. Some two-hundred years later the generous giving of the Vicar of Carmarthen is still celebrated each year; it was a gift which was much more about people than it was about fish; his giving made a difference to the lives of others. Here in Abbeydore Deanery many have been inspired by what God has been doing in these recent times; the church has grown in new ways; faith has been found and deepened; love has been shared; giving has made a huge difference to the lives of others; and lives have been changed. Thanks be to God!

We'd like to ask you to take just a few moments to see more of this uplifting story in a short video. Please respond in each and every way that you can; with your prayers, with your messages of support, by sharing your amazing gift and skills to add to what God is doing here, and to give generously with a regular financial gift. Together, our generous giving to support ministry and mission in the parishes of the Abbeydore Deanery makes a difference. Giving makes a difference to making a different world.

Thank you and God Bless. Enjoy this short, inspiring and uplifting little video...*Your Story; Our Story; God's Story - Making a Difference in Abbeydore Deanery*
<https://youtu.be/QUiDrNaTdWA>.

Richard Jones, Parish Giving Advisor

Thanks

IN MEMORY OF DAWN PRITCHARD

A huge thank you to all the kind friends and neighbours who supported our family as we escorted Mum to her final resting place. Thank you.
Kevin

Forthcoming Events

Please keep watching this space! Do let us know if you are planning any events for later in the year.

Local Newsround

LONGTOWN COMMUNITY LIBRARY

We know that we could now open the Library again but, having seen all the regulations regarding using the Hall, we have decided that it is just not feasible for the time being. We hope you are finding plenty to read, and staying safe at home. We will let you know when the situation changes.
Diana Robinson

LONGTOWN OUTDOOR LEARNING TRUST

AT A CRISIS POINT

Many of you will have noticed how quiet the centre has been this summer. Unfortunately, the centre has been closed to residential visitors since 23rd March. Whilst I am pleased to say that the staff team and their families remain safe and well, the financial impact of Covid-19 on Longtown Outdoor Learning Trust has been extremely challenging. We are a small charity offering residential outdoor learning programmes for children and young people. Seventy per cent of our annual income comes from residential bookings and most of that income normally arises from summer term bookings, which has all been lost.

The closure of the centre adhered to the Department of Education (DfE) guidance on Educational visits. We have been eagerly awaiting news of when we can re-open for residential groups expecting that we would be able to operate our facilities in a limited way providing social distancing, infection control and test and trace procedures are in place. Our staff are used to managing dynamic risks on a daily basis and are well equipped to keep groups of staff and children safe in accordance with all the latest protocols. These principles are embedded in the Government's own guidance on the easing of restrictions in hospitality settings, outdoor parks and sporting venues. However, in July the DfE issued revised guidance which has explicitly advised schools against overnight residential visits in the Autumn. This is devastating news and is a position that is being challenged across the whole School Travel Sector which contributes £700m annually to the economy and well in excess of 15,000 jobs across the UK. Twelve people are employed at the centre here in Longtown.

We are working hard to ensure the centre's continued survival – lobbying for a change to the advice that is 'crippling' us, availing ourselves of all available Government support, writing funding applications, developing new partnerships, avoiding all but essential expenditure and sustaining our relationships with schools to encourage them to re-book at the earliest opportunity. In a glimmer of hope DfE has permitted Educational day visits to re-commence in

PARISH GIVING SCHEME

Make a difference by giving generously to the work of your local church

Especially during these difficult times the work of your church continues. A financial commitment by giving through the **Parish Giving Scheme** allows us to continue to care for and support all in our communities, especially those in greatest need. Thank you for your generous support.

Simply call 0333 002 1271

to set up a regular financial gift to your church quoting the reference number

Clodock - 180618011	Craswall - 180618012
Llanveynoe - 180618025	Michaelchurch Esley - 180618028
Newton - 180618030	St Margarets - 180618036

To find out more please speak to your Church Treasurer or Churchwardens

September and we aim to tempt many schools across Herefordshire and adjacent counties to join us for exciting and adventurous day visits in the Autumn.

We would welcome your support to help ensure the continuation of the centre:

- You can write to our local MP (Rt Hon Jesse Norman MP) and urge him to seek a change to DfE Guidance on Educational visits to allow residential visits to recommence in the Autumn, highlighting the impact on the local economy and community, especially the opportunities the centre provides for local children.
- You can donate to our charity to support the work we do with young people and help keep the centre alive. A JustGiving page is being set up at the time of writing. Details will be published on social media and in the next Parish News, alternatively donations can be made in person or by post.
- You can take part in a charity walking event on Saturday 10th October t.b.c. This new event nicknamed 'The Cat and the Hat' will take walkers on a superb scenic circuit of 25 km length taking in the Olchon Valley, Cat's Back and Hatterrall Ridge. This is planned as a joint event with St. Michael's Hospice, all proceeds to be evenly split between the two charities. Put the date in your diary now – more information to follow.
- You can book one of our summer programmes (see below).

We have launched an exciting Summer Activity Club at the centre for 'bubbles' of 6 children who will stay in consistent groups for the week that they are with us. To find out more about the activities on offer and session availability please visit our facebook page:

www.facebook.com/longtownoutdoorlearning/

Finally, if you are planning a 'staycation' why not book in for a Family Adventure with us? We are also offering self-catering camping experiences in our 'Base Camp'. Each Bell Tent has space for 5 family members with stunning views and access to the woodland and grounds. Activities can be booked separately. Please mention us to your friends and family who may be visiting:

www.facebook.com/longtownoutdoorlearning/

*Mike Fawcett, Director
mike@longtownoutdoorlearning.co.uk / 01873 860225*

MICHAELCHURCH ESCLEY PRIMARY SCHOOL AND PRE-SCHOOL

Without question, this has been the most challenging and extraordinary year I've ever had in my teaching career. Back in September 2019, we started the academic year with excitement and also trepidation as it was likely to be the 'OFSTED' year for the school. Little did we know what actually would transpire would be much, much more challenging than OFSTED!

I am now writing this in the last week of the Summer term and there is a very different mood around school. Typically the last week of the summer term is jam packed with leaving assemblies, outdoor performances and an array of other 'last

week of term' preparations. This year however is ending in a very peculiar way. Still with children in 'bubbles' and based outside for a significant amount of the day, it doesn't feel 'normal' in school. However, it does feel happy and positive and it feels right that the children are back in school and we're thrilled so many children have been able to return in the last few weeks.

We've not had a sports day this year. We've had no residential, no open air production and no SATS! We've all missed out on so many events which would normally fill our Summer Term; however we have filled our days with Forest School sessions, long walks, the discovery of a new pond filled with tiny frogs and newts and there have been many, very happy, smiley children. After such a turbulent few months, we couldn't ask for more. Every day we appreciate our amazing setting and feel privileged with the opportunities it provides.

Thankfully, we've also managed to celebrate with our 11 amazing Year 6 children – the biggest Year 6 cohort we've had at Michaelchurch since I've been here. They've really enjoyed their last few weeks and they've had a fair few treats to make it special. We'll all be really sad to say goodbye as they prepare for the next chapter in their lives.

As an end of term treat for the whole school we've also arranged for an ice cream van to surprise the children and we're thrilled that we are able to create an extra, final 'bubble' which will mean nearly every single child will have been back in school before the end of the year.

Through the lockdown we've also welcomed a number of new families to various year groups, so despite a large Year 6 group leaving, our numbers for September are looking very healthy. We're now full in most year groups, which is super. Numbers for preschool are also very good and they will be able to enjoy our new, re-vamped outdoor area in September.

We're all very optimistic about the Autumn Term when, despite the special Covid adaptations such as Zoom assemblies, class bubbles and staggered break times, a degree of normality can return.

Seeing the incredibly positive way our children, families and staff have confronted the difficulties of the past 4 months and prepared to face the challenges ahead, I am reminded once again that it is the amazing people in our school community, as well as our stunning setting, which make Michaelchurch Escley Primary School and Pre-School such a special place to work. I hope everyone has a very happy, safe and relaxing summer. *Louise Crocker, Headteacher*

CRASWALL VILLAGE HALL NEWS

Craswall Village Hall is now OPEN! (At least at the time of writing: everything depends on the Covid19 guidance which could change at any time.) We will of course be following all the advice for Village Halls which includes hand sanitizing and careful attention to hall cleaning and track and trace measures. (Hirers will be asked to simply clean the areas they will use before and after they use the Hall and to keep a record of people attending in case of a need to track and trace, all measures that we are learning to live with in order to keep our community safe.) If you've any questions about our Covid19 arrangements please ring either Neville Powell 01981

510344 or Christine Cleaton 01981 510674 or for booking inquiries please contact Janet Watkins 01981 510226.

We have our weekly Wednesday Ladies' Keep Fit class, socially distanced of course, restarting on the 29th of July. Please get in touch with Joyce Richards 01981 510276 for details. Craswall Young Farmers are hoping to be back meeting at the Hall very soon. For details please contact Emily Pritchard on 01873 860335.

Finally, the Hall Committee would like to say a big thank you to everyone who has helped get the Hall cleaned and tidied, inside and out, after the months we've been closed during lockdown. Without the help and support of everyone in Craswall and the wider community the Hall wouldn't be here today. Thank you.
Christine Cleaton

Round and About

VOWCHURCH & DISTRICT GROUP PARISH COUNCIL

Due to Covid 19 the Parish Council met for the first time since February at their July meeting via Zoom. The Parish has been relatively quiet since March and Councillors have been receiving any correspondence via email. The Parish Council website continues to offer information regarding help available in the area along with contact details for Councillors and the Clerk.

Back in the summer last year the Parish Council agreed to support Verging on Wild's suggestion on managing verges as per Plantlife's guidelines and the Clerk confirmed this in writing to Balfour Beatty. Unfortunately, it appears that they had misplaced the Parish Council's request which has meant that verges have been cut earlier than the Parish Council would have liked and against their request. Balfour Beatty have assured the Clerk that they will be liaising again with parishes in the forthcoming year so that this does not happen again.

The Parish Council are aware that dog fouling has been an issue in the parish recently. This can be unpleasant for users of footpaths and potentially harmful to animals. Dog owners are reminded that it is their responsibility to clean up after their pets.

The accounts for 2019/20 have been certified and are now available for inspection between 21st July 2020 and 2nd September 2020. If you would like to view the accounts please contact the Clerk to arrange a mutually convenient time, allowing for social distancing.

Linda Cowles, Parish Clerk
01544 321906 / parishclerk@vowchurch-gpc.org.uk

VOWCHURCH HALL

Vowchurch Hall is currently available only for meetings and classes with limited numbers.

For updates contacts are below.

Exercise & Pilates classes

Tuesdays from 6pm. hannahmthomas@hotmail.com

TaiChi and Qigong

Continue outdoors janefleet88@gmail.com

General information:

janeheatley@gmail.com 01981 550791

VaT50 Savings Club Winners of the July draw were Angela Aylett (£50) and Caroline Scotcher (£20)

GOLDEN VALLEY DAY CENTRE

Again it has been another quiet month for the Day Centre. We as a committee have decided that a good way to keep connected would be to have a draw at least once a month so everyone by now should have been issued with their own unique number. I wish everyone good luck and I hope to be able to let you know who our first winners are.

I am sorry that our news isn't much at the moment but if any of our members wants to let me know how it's been for them during this time please get in touch. In the meantime keep staying safe and well.
Sarah Murrin

Notices and Advertisements

ST JOHN'S CHURCH, NEWTON

A plea from the
grave yard tenders



Please could people avoid using jam jars for flowers because, as well as the fragments of glass to clear up, they can cause serious injury if accidentally trimmed.

MICHAELCHURCH ESCLEY PRIMARY SCHOOL

needs a new

MINIBUS DRIVER

Start Date: Sept 2020.

The hours are 16.25 per week which works out at £6,608 per annum.

Main duties:

- Safely driving the school minibus (16 seater) to and from school on the agreed bus route between Hay, Peterchurch, Vowchurch and Michaelchurch before and after school, daily.
- Morning run (starting at 7:15am from school).
Afternoon run (starting at 2:35pm from school).
- Checking the bus is in good working order every day.
- Refuelling the bus when necessary.
- Responsibility for cleaning the bus.
- Additional Covid-19 cleaning duties.
- You will also be required to have an enhanced DBS and a first aid certificate which can be arranged through the school.

A D1 driving licence (on your licence if you passed your test before 1st Jan 1997) **will** be required.

You will NOT need a PCV licence.

If you, or you know anyone who is interested, please email head@michaelchurch-escley.hereford.sch.uk



01873 860 444

Mon, Tues, Wed, Fri:	7.30 am - 5.30 pm
Late night Thurs:	7.30 am - 7.00 pm
Saturday:	7.30 am - 4.00 pm
Sunday (May - Oct):	10.00 am - 2.00 pm
(Nov - April):	10.00 am - 12 noon
Bank Holiday Mondays	10.00 am - 2.00 pm

Employment Opportunities

Sales Assistant & Cleaner/Maintenance part time roles, for more information please check our details on our website or shop noticeboard. Application deadline 12 noon 31st July

Keeping EVERYONE safe

As I write this it is before the 24th July and we are waiting for Government guidelines to be confirmed about face masks. Please do, after the 24th July, wear a face covering when entering the shop this is to protect you and us. It is essential we do not go into lockdown again, this loss of income to many local businesses is devastating. By wearing a face covering you and we can keep restrictions being lifted so our fellow countryman can remain healthy, alive and able to earn a living.

Shop rules for the foreseeable future, simple as THREE, TWO, ONE

- **THREE** shoppers at any one time in the shop
- **TWO** meters apart
- **ONE** from each household

Please sanitise your hands on entry and exit to the shop

Get your **Truffle card** ready for from another tip top #ShopLocal30 supplier W M Watkins & Son grow and make single variety apple juice in their own orchards. 750ml Apple juice is yours **FREE** when you spend £20 show your card (Offer excludes tobacco & Stamps)

Our **book of the month** in August is a Nature sticker book, *Hedgehogs, Hares and Other British Animals*, looking at mammals in 11 different natural environments.

How to get supplies from us - The Details

When self isolating, call us **01873 860444** for our same day personal shopper service

1. We will call you back on a different number to keep our telephone line clear
2. We collate your items when you are on the phone, offering alternatives where needed.
3. Scanning it through our mobile till at the same time, then we take payment over the phone by card.
4. If you can drive we will put it in the boot of your car or we will arrange to have it delivered.

If you can't pay by card we are happy to accept cash or cheque this is not a problem

Woo hoo you really are an amazing bunch, via our refill service you have stopped 3185 500ml going into landfill. Our refill shed is open **Thursday between 3pm and 6.30pm** you can refill as little as 100ml at any one time and all products can be sampled prior to purchase. Prefills can be purchased anytime in the shop.

We have an **eclectic variety** of stock, compost to couscous, dill to dry cleaning, via pork sausages and paddling pools! Please just ask us.

LONGTOWN POST OFFICE

Saturday 9am ~ 11am & Monday to Friday 10.30am ~ 3.30pm

When visiting the Post Office plus use the hand sanitiser at the counter, to keep you and us safe.

Taking charge of your finances and stopping Direct Debits? If an invoice has a barcode on it, it is likely it can be paid at the Post Office when you want. Plus you can leave cash or a cheque to pay it with our unique out of hours service.

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Continued...

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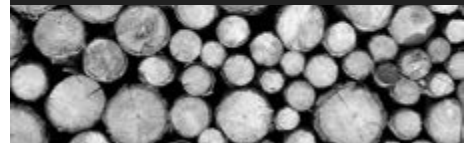
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I give regular updates in my weekly letters and Friday follow-ups: if you are not receiving these, please let me know

For August, the current plans are:

August 2nd The grounds of Craswall Priory
(not the same as Craswall Church: let me know if you need directions)

August 9th Michaelchurch Churchyard

August 16th Clodock Churchyard

August 23rd Craswall Churchyard

August 30th Llanveynoe Churchyard

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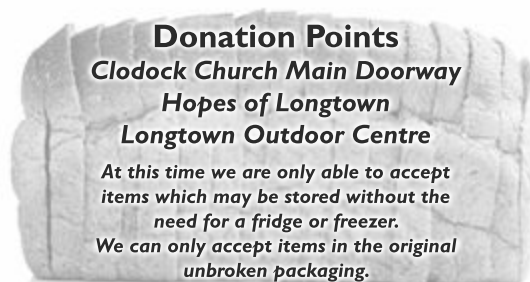
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Please do not make a special journey to donate to the food bank.
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