

The Black Mountains Group Benefice

NEWSLETTER

November 2020



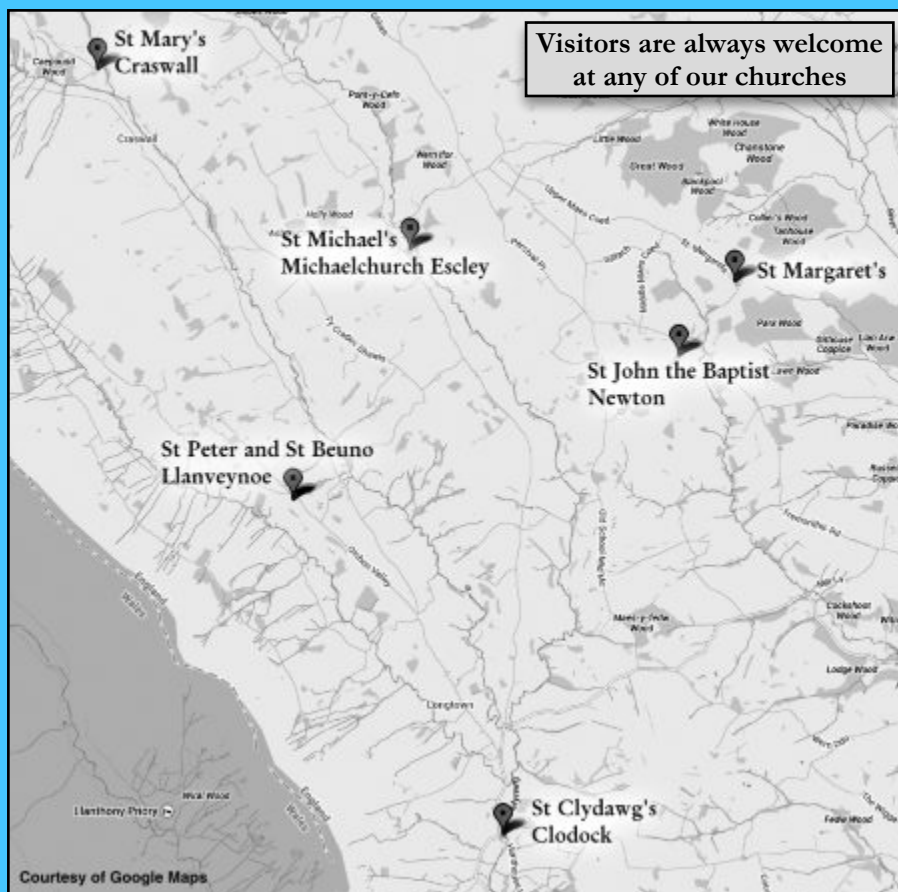
The Parishes of Clodock & Longtown with Craswall, Llanveynoe,
St Margaret's, Michaelchurch Escley & Newton

Vicar and Rural Dean:

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Min
50p
donation

www.bmgparishes.org.uk



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(Vacant)

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From the Vicar

US AND THEM

In last month's Newsletter, I wrote about the book *Morality* by Rabbi Jonathan Sacks and his central contention that we have slipped from thinking about morality as something to do with 'we' to be something to do with 'I'. And I feel his analysis is absolutely correct.

Thinking more about it, however, I can see that the word 'we' can be a slippery one: it can refer to 'we' in an inclusive sense 'We are all in it together' or in an exclusive one, as when we talk about 'We Anglicans', 'We British', 'We English', 'We Welsh', 'We Brexiteers', 'We Remainers', 'We Tottenham supporters', 'We Arsenal supporters': the list is pretty endless. But this is all too often what we really mean when we use the word 'we'. It does not embrace everyone: rather it defines the boundaries within which the select group can be allowed. And all too often, the people beyond the boundaries are foreigners, refugees, asylum seekers, beggars, prisoners, people who are not like – for want of a better way of putting it – us.

That is not the way Jesus saw it. His ministry, especially his acts of healing, extended to everyone: Jews, gentiles, foreigners, lepers, members of the occupying force, tax collectors, all those despised or loathed by 'his' people. And that, of course, is all part of the heart of the gospel, which is a gospel of love. You don't draw people to yourself by loathing them, or judging them or excluding them: you do so by offering them love. And that is exactly what Jesus did. And that is a lesson which we have never fully taken on board.

The Church of England would describe itself as an inclusive church. I think it would be at best charitable to describe that as work in progress, a point made all too clear in the recent report on abuse within the Church of England, where it is shamefully obvious that the attitude of the church was to protect its own people – 'people like us' – rather than the victims.

I have used before the story about how the disciples felt that Jesus was looking a bit peaky, so they took him along to a football match between the Protestant Pioneers and the Catholic Crusaders. Early on in the match, the Pioneers scored a goal, and Jesus cheered wildly and threw his hat in the air. Five minutes later, the Crusaders scored a goal, and Jesus cheered wildly and threw his hat in the air. This confused members of the crowd, one of whom tapped one of the disciples on the shoulder and asked. 'Here, which side is your mate supporting?' Jesus heard this and said 'I am not supporting either side: I am just enjoying the game.'

Boundaries, whether physical, mental or any other sort, are scars. They divide people from people. If we have our own boundaries, then we are dividing ourselves from others. If we do that, we are cutting ourselves off from the greatest part of God's creation – our fellow human beings. For people are the richest part of creation, with their endless variety of gifts, talents, personalities, weaknesses, strengths etc., all of which, if working together, would make the whole world a richer, better and happier place. Boundaries can form all too easily without our realising it and they can be ingrained in the soil: just ask the people of Northern Ireland about that.

Boundaries cut us off from other people and prevent us from enjoying the huge richness of God's creation. We would all lead happier lives if we used the word 'we' inclusively rather than exclusively. We would not be setting ourselves apart from – or above – others. And we would, of course, have a much better chance of enjoying the game. *Nicholas*

NOVEMBER READINGS

Sunday November 1st

9.30 Service	New Testament	1 John 3: 1 - 3
	Gospel	Matthew 5: 1 - 12
11.00 Service	New Testament	Romans 5: 5 - 11
	Gospel	John 6: 37 - 40

Sunday November 8th

9.30 Service	New Testament	1 Thessalonians 4: 13 - end
	Gospel	Matthew 25: 1 - 13
10.55 Service	Old Testament	Micah 4: 1 - 5
	New Testament	Romans 8: 31 - end

Sunday November 15th

New Testament	1 Thessalonians 5: 1 - 11
Gospel	Matthew 25: 14 - 30

Sunday November 22nd

New Testament	Ephesians 1: 15 - end
Gospel	Matthew 25: 31 - end

Sunday November 29th

Old Testament	Isaiah 64: 1 - 9
Gospel	Mark 13: 24 - end

For services of Morning Worship, could the reader please read the Gospel reading? If there is by any chance more than one reader, then the second reader could do the other reading.

For services of Holy Communion, could the reader please do the New Testament reading (Old Testament on November 29th)?

And thank you for agreeing to read.

Nicholas

ALL SOULS DAY

This year, All Souls Day – November 2nd – falls on a Monday. We always mark this day as an opportunity to commend by name those who have died. It seems especially appropriate that we mark this occasion properly this year when we have had a number of funerals where very few people have been able to attend. I propose therefore this year to be a bit creative with the church calendar. Sunday November 1st is All Saints Day, and we will mark that at the 9.30am service that day at Craswall: but for the 11.00am service, we will celebrate All Souls Day with a communion service at Clodock. I will at that service read out all the names included last year plus the names of those whose funerals I have taken this year. If there are any other names you would like to have read out, do please let me know. *Nicholas*

THE BISHOP OF HEREFORD VISITS CLODOCK

So much did the Bishop of Hereford clearly enjoy his visit to Llanveynoe Church at the end of August (and it was really lovely to see so many people there) that he would like to come again. He will be with us at Clodock Church on Sunday November 15th for the 11.00am service. This will be a service of Holy Communion at which the Bishop will preside and preach. *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

2. Log onto Abbeydore Deanery YouTube channel and watch the video of The Gathering held on 22nd September 2020. This will give you a chance to hear more about why the plan has been created and how it will work.
3. Join us online on 12th November between 7.30pm and 8.30pm and bring your comments and questions.
4. Talk to your local PCC members about the plan and tell them what you think. If you don't know them that doesn't matter; get in touch directly and we'll be very happy to take your comments.

We're looking forward to finding out what you think – please get in touch.

We hope by now you're either watching our online services (Abbeydore Deanery YouTube Channel); have joined our Facebook Group (Abbeydore Deanery) or are receiving our weekly Deanery Update (email us or use this link to subscribe, <http://eepurl.com/dMklCw>. We send the update on Fridays, so do just check it hasn't been diverted into spam which happens sometimes!)

You might already be doing all 3 and more, do tell your friends – they're all great ways of finding out what's happening locally and virtually within Abbeydore Deanery.

*Anne Lloyd, Deanery Mission Coordinator
07432 873422 / abbeydoredmc@gmail.com*

DEANERY UPDATE ADDITION

Every second Tuesday of each month from 4.15pm to 4.45pm beginning on the 13th of October we will be holding an Agape meal in St Mary's Church, Tyberton, situated approximately 9 miles South West of Hereford on the B4352 that eventually leads to Hay on Wye.

What is an Agape meal?

The Greek word 'agape' as used in the New Testament, describes the love of God for humans, as well as the human reciprocal love for God. In scripture agape love is described as the highest form of love. In John 3:16, a verse that is often described as a summary of the Gospel message, agape is the word used for the love that moved God to send his only son for the world's healing and redemption. The term extends to the love of one's fellow humans, as the reciprocal love between God and humans is expressed in one's unselfish love of all of creation. The early church used 'agape' to describe a meal of fellowship, using bread and wine, to which all were invited.

All are welcome and please bring your own bread and wine.

Thanks



ST JOHN'S CHURCH, NEWTON
St John's PCC would like to thank all those near and far afield who so kindly donated to the church for Parish Giving Day.

To date the amazing sum of £845.00 has been raised. We are very grateful and it will certainly help towards the upkeep of this church and its contribution towards the ministry within the Diocese.

Deanery Events

HAVE YOU HEARD ABOUT OUR DEANERY PASTORAL PLAN?

Here's a brief update about what it's all about.

- It's a detailed plan written to cover the whole of Abbeydore Deanery so if you're living in a village from Cusop to Clehonger, Craswall to Kilpeck, Walterstone to Wormbridge, Michaelchurch to Eaton Bishop, it involves you!
- It's about how "church" will work in this area over the coming years. When we say "church" we mean much more than the building, we mean the community around & beyond each of the 35 churches in the Deanery – again, that means you, whether you come to church or not.
- We're currently consulting about the plan and looking for people's opinions about what it already contains, what it should contain, how you think it will work, how you think it could work better etc. We want as much feedback as possible – and so, once again, that means from you!
- Please get involved, here are a few ways you can do so:
 1. Have a look at the overview of the plan, or the full plan if you'd like to, copies are available from the email address below.

You can still donate if you would like to. This can be done via the **Parish Giving Scheme** tel: 0333 002171 and quote St John's unique no. 180618030 or for other methods do contact St John's treasurer tel: 01981 510666.

Wanted: Imaginative Ideas! How might St John's Church Room be used during these times of social distancing? This space with its little kitchen and toilet is sadly going to waste. Contact Jane as above or speak to Mary Powell.

Local Newsround

LONGTOWN AND DISTRICT WI – AND THE WIDER WORLD

In spite of losing our regular meetings this year, WI has discussed and voted on campaigns of national and international concern to members up and down the country. This coming year we have two new campaigns: one to lend our support to those working to root out Modern Slavery and the other to spread the word about the increasing and serious need for Stem Cell Donation.

"Stop Modern Slavery" is a current WI campaign seeking to raise awareness of this issue in the UK. The campaign also calls for better support for the survivors, and more effective action to eradicate the problem.

This crime comes in various forms, including human trafficking and forced or compulsory labour.

WI members across the UK are being encouraged to get involved by looking out for the signs and key indicators of modern slavery, reporting suspected cases to the relevant authority or organisation, and sharing their experiences anonymously with the WI for use in future campaigning work.

Anyone concerned about individuals, premises or locations possibly affected can call the Modern Slavery Helpline on **0800 171 700**, or use the online form available on <https://www.modernslaveryhelpline.org/report>

Stem Cell Donation - be a stem cell donor.

Stem cell donation is usually as simple a matter as giving blood. If you are under 55 and in good general health, you are probably eligible to help one of the 250,000 people in the UK alone living with a blood cancer. There are 40,000 new cases diagnosed in the UK every year. Some of them might live here; could be your neighbours. Yet most donations for UK patients currently come from elsewhere in the world. You can find out more about how you might save a life through the website anthonyolan.org

Not everyone realises how much campaigning the WI does. Every year we adopt one or more campaigns and work with government and/or other relevant organisations to influence and introduce new policies, or simply to bring the subject under discussion. As part of our national body of more than 1/4 million women, your voice can be heard. If you would like to know more or join please call:

Lydia Bradley on 01873 860847, Kate Hudson on 01873 860355 or Jill Cook on 01873 860408.

LIFE CLIMATE CHANGE GROUP

Hello!! We are LIFE (Longtown Ideas for the Environment) and we wonder, have you heard of us? Well, if you haven't, we'd like to introduce ourselves because we're hoping you'll hear a lot more from us in the future.

Earlier this year, the Parish Council declared a climate emergency and made a commitment to take practical action on climate change. A public meeting was set up to explore how our community could rise to the challenge.

Back in February, 50+ people swarmed the village hall and shared lots of fantastic ideas for things we can do on a very local level to tackle climate change and the continuing loss of biodiversity. A small group of volunteers came together and lo, LIFE was born! We are working on issues relating to:

- Transport
- Biodiversity
- Energy
- Recycling

Although lockdown put a slight dampener on the actions we were able to take over the summer, we have been doing what we can and will be bringing practical projects and lots of information your way. We have been given a regular slot in the monthly parish newsletter – so keep an eye out. In the meantime, feel free to look us up on Facebook or get regular updates, by emailing lifeclimatchange@gmail.com to be added to our mailing list.

We would welcome anyone who wishes to join us either as an active volunteer or an interested bystander. We are all local people, none of us are experts, and this is all about finding ways to adapt to this rapidly changing world of ours. We may be a small rural group of parishes, but it doesn't mean we can't make a big difference. Where there is a will, there is a way!

Seasonal Wildlife Gardening Activities

At this time of year, it is tempting to tidy away all the dead wood plants from our gardens but instead, you could create a dead wood pile!

What is dead wood? Think tree stumps, fallen branches and dead shrubs. Many living trees are also partly dead wood and a general rule of thumb is that the older the tree, the rarer the species that depend upon it. In the UK we have 2000 invertebrates that are dependent on dead wood habitats for all or part of their life cycle. Beetles, hoverflies, moths, wasps and fungi love dead wood. In turn, hedgehogs, slow worms, bats and more benefit when there is plenty of dead wood around.

A dead wood pile doesn't have to take up much space and will provide shelter to so many animals and insects. If you add the dead woody stems of spent herbaceous perennials and shrubby plant prunings, you will be protecting the butterfly pupae that may be overwintering on them. To make a good pile, choose a corner of your garden in light shade. Lay some logs or branches on the ground in contact with the earth; if you can bury them a few inches, even better. Keep them low to the ground. Add some smaller plants and leaf litter in the gaps to attract hedgehog and toads to eat your slugs. And there you have it. You have created a brand new habitat and it won't be long before new residents move in.

Dead wood is important for the environment as a store of carbon. It releases nutrients to the soil slowly feeding the plants around it and it can stabilise the soil. A healthy soil is one of the best carbon stores, making dead wood an important part of our efforts to mitigate climate change.

If you would like advice on creating your own dead wood area in the garden, please contact the LIFE group.

Hedgehogs

One mid-November evening last year, we found a baby hedgehog on the Llanveynoe Ridge road. He was perfectly healthy but weighing just 9oz and being about the size of a grapefruit, he would have been too small to survive the winter.

It often happens in the autumn, when temperatures drop, because hedgehog mothers go into hibernation and leave their last hoglet litters vulnerable. Hedgehogs are nocturnal and hibernate for about half the year.

We nurtured Horace in our hallway, until his release this spring. He weighed almost a kilo, at 2 lbs 2 oz. We see him passing by our front door occasionally. He is sizing up a hogbox in our barn for his first hibernation.

Hedgehogs are in decline and the worst decline is in rural areas. We have lost a third of the population since the millennium. There are fewer than a million left nationwide and some regions have lost them entirely.

Hedgehogs have been on Earth for 15 million years and have lived alongside more diverse creatures than ourselves, including sabre-toothed tigers.

How to help hedgehogs:

- Maintain (or don't) unkempt areas in your garden. Log piles and dry leaves are favourites.
- Create ways out for hedgehogs in ponds and drains. Make 5" x 5" holes at the base of your walls and fences to allow hedgehogs to pass through on their regular 1-2 km walks.
- Stop using pesticides and netting in your garden.
- Pick up litter including rubber bands, plastic string and polystyrene cups.
- Rescue Autumn hedgehogs weighing less than 1lb/450g.
- Create a hogbox and feeding station – cat food and dry hedgehog food is best – never milk or bread.
- Drive carefully this autumn.
- Build your bonfire on the day you are going to light it; avoid lighting the pile where you have collected it.

I would be glad to help you help hedgehogs: practically or with expert resource links. Just give me a ring.

Katy Stones – 01873 860886

MICHAELCHURCH ESCLEY PRIMARY SCHOOL

This month we thought we'd hand our newsletter entry over to one of our pupils so they could express their view on life back at school post Covid lockdown.

I'm really happy to be back at Michaelchurch Primary. I missed it so much during lockdown so it is lovely being back with my friends again. Although we do have to be sensible with our Covid precautions, such as hand cleaning whenever we can, this doesn't stop school being as enjoyable as ever. We also have to keep separate from other classes at breaktimes but we are getting used to that, even though it's a shame we can't mix.

Our topic (Oak Class) this term is Rivers and the whole class and I are really enjoying it, especially when we were following the river Monnow on the OS map and we found what seemed to be an oxbow lake, so in Forest Schools we went to investigate and we actually found it, in real life! It was amazing!

In addition, Squirrel Class have a lovely new outside play area which they are always enjoying playing in as well as going for lots and lots of walks and doing Forest School on Tuesday ALL DAY!

Sapling and Acorn Classes are also really enjoying their topics. Sapling even got to make stone axes and stone age arrows; I imagine that was really exciting. They have also been having fun in Forest School and last week went for an epic walk to look at the Black Mountains.

By Lara, a pupil at Michaelchurch Escley Primary School

LONGTOWN OUTDOOR LEARNING TRUST

The crisis continues

The plight of residential outdoor education centres across the United Kingdom has finally been acknowledged and I write this in a week that has seen some prime time news coverage across all media. A number of centres have either closed or risk closure (either temporary or permanent) whilst other centres are having to mothball or scale back operations. PGL (a large commercial sector provider of school residential experiences) whose administrative HQ is based in Ross-on-Wye has recently announced the loss of 670 jobs.

This centre is operated by Longtown Outdoor Learning Trust a small independent charity that receives no government funding and is totally reliant on the fees from its education, leisure and training courses and accommodation bookings. The Trust's charitable objectives are:

1. To advance the education of the public by the provision of educational courses, and to promote learning and development through participation in educational, recreational or leisure activities.
2. To relieve the poverty of young people by the provision of affordable opportunities to enable them to participate in healthy recreational activities.
3. To provide facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.
4. To help young people, especially but not exclusively through recreational and leisure time activities, so as to develop their capabilities that they may grow to full maturity as individuals and members of society.

Unfortunately, the centre remains closed to the residential school groups who represent the majority of our customer base. The latest Department for Education announcement has indicated that the restrictions will continue to apply until at least January 2021. Staff and trustees believe that the centre offers an unrivalled resource to residential and non-residential groups, especially those from our local communities. Staff are working tirelessly to try to generate new business opportunities whilst adhering to Covid-19 restrictions and also make sufficient savings to keep Longtown Outdoor Learning Centre afloat until residential groups are permitted to return and a viable income can be generated. You may have noticed family groups staying in our Bell tents, and children coming to our Summer Activity Clubs over the

summer months or our expanded programme of After School Clubs this term. Whilst all these activities continue to meet our charitable objectives and help to off-set some of the centre's lost residential income, it does not cover the operating costs of the centre and it has been necessary to make significant savings to centre staffing. It is with great regret that the centre is losing 4 staff through voluntary redundancy and a further 2 staff leaving at natural break-points. The combined service of staff equates to 100 years of service so this reduction from 12 to 6 staff is a very significant moment for the centre and I would want to put on record our huge gratitude for the massive contribution those staff have made to the lives of young people, visiting staff, their colleagues and the local community.

I know the centre is valued by many people in our local community who may wonder what they can do (or continue to do) to help ensure the centre's survival.

Firstly, thank you to all those of you who have written to Rt. Hon. Jesse Norman M.P. to raise the centre's plight and make the case for a change to Government Guidance and also for targeted financial support for the School Travel Sector. So far, we have had a disappointing response to our local lobbying efforts so I would encourage you to 'lend your voice' to the effort, particularly in supporting Early Day Motion 986.

Secondly, you can contribute financially in one (or more) of 5 different ways:

1. Booking places on our training courses for children, families and adults see www.facebook.com/longtownoutdoorlearning or contact rebecca@longtownoutdoorlearning.co.uk
2. Booking family accommodation at the centre (for up to 6 people from no more than 2 households) – if you have guests visiting why not think of the centre as a welcoming accommodation base for them?
3. Sponsoring Alistair Morris – Alistair is a volunteer instructor who works with our Adventure Clubs and 'Grow Strong' programmes and has decided to do a 50 km fundraising run across the Black Mountains to raise money so the centre can 'continue to provide truly amazing opportunities to young people': www.justgiving.com/fundraising/alistair-morris
4. Direct donations via just giving www.justgiving.com/longtownoutdoorlearning
5. Shopping on-line through Smile Amazon - If you buy on Amazon please use the Amazon Smile programme to support us. 0.5% of eligible purchases will come to this charity, smile.amazon.co.uk

For those of you who may have had your eye on the proposed charity walking event on Saturday 10th October I am afraid this event was not permitted to take place due to restrictions but we have pencilled in a new date in the spring – 7th March 2021 tbc.

Rae Hardy and myself from the centre staff are also volunteer members of Longtown Mountain Rescue Team and regularly help people in difficulty across the Black Mountains and large areas of Herefordshire and the South

Wales borderlands. One of the recent rescues was right on our doorstep when we assisted a lady who had taken a fall in the Olchon Valley. Initial information gave her location to be near or on the Cats Back Ridge leading up to Crib Y Garth. As the team were setting up, further information came through that she was much further along towards Hay Bluff. Due to the difficult weather and concerns of the impact of hypothermia the team set off in multiple parties from the south end of the ridge as it would have taken too long to get around to the other side of the Black Mountains and set off from there. Taking a couple of different routes (the ridge line and up the through the valley) the team got to the injured lady and working with West Midlands Paramedics were able to stabilise her leg injury and warm her up. Though due to the worsening conditions and risk of a protracted evacuation by stretcher a helicopter was requested. Thankfully the Maritime and Coastguard Agency Rescue 187 from St Athans was able to get out to us. We stretchered her down off the hill and below the cloud line, where she was transferred over to the helicopter and taken to hospital for treatment and onward recovery.

You may see Longtown Mountain Rescue Team vehicles and private cars at the centre over the weekend of 7th/8th November. This is a training weekend that will be run in line with the latest Government guidance – no team members from lockdown areas will be attending, social distancing measures and infection control procedures will be adhered to throughout training and no team members will be staying overnight at the centre. Please be assured that the safety of the local community and the operational effectiveness of the team will be balanced very carefully. *Mike Fawcett, Director*
mike@longtownoutdoorlearning.co.uk / 01873 860225

VOWCHURCH GROUP PARISH COUNCIL

The Police have asked the Parish Council to remind you that they are aware of attempts to defraud Herefordshire residents via a Courier Fraud scam. Please tell your elderly and vulnerable friends and relatives the police will never ask for money, bank details or tell them to withdraw money from their bank. If you get a call from anyone asking you to transfer money or pay with vouchers **stop, hang up and verify**.

Please remember when walking our lovely footpaths to follow the Countryside Code, leave gates and property as you find them, protect plants and animals, and take your litter home, keep dogs under close control and consider other people.

COVID 19 – Whilst Herefordshire continues to have lower cases than other areas please remember the latest Government guidelines to help prevent the spread of Covid-19.

It is critical that everybody observes the following key behaviours:

- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

When seeing friends and family you do not live with you should:

- meet in groups of 6 or less
- follow social distancing rules
- limit how many different people you see socially over a short period of time
- meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

The police will have the powers to enforce these legal limits, including to issue fines (fixed penalty notices) of £100, doubling for further breaches up to a maximum of £3,200.

*Linda Cowles, Parish Clerk
01544 321906 / vowchurchparishclerk@hotmail.com*

Round and About

PETERCHURCH VILLAGE HALL

We will be remaining closed until further notice due to Coronavirus restrictions. For more details please ring Sarah Murrin 07774457887.

GOLDEN VALLEY DAY CENTRE

I am going to start with some good news. Our draw was held at the end of September and lucky winners were Mrs Zoe Skyrme and Mrs Hazel Price. Congratulations to them both. Now some bad news - sorry. Unfortunately we have been informed of the passing of Pamela Edmiston from Dorstone. Many of you may know her as the lady that helped Sylvia Corrick with the sales table and also in the kitchen. Our condolences to her family.

Kath Gaze has been in hospital but is hopefully now on the mend.

Once again 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

Face Masks

Brighten up the current pandemic and wear pretty, bright and comfortable face masks.

Made from cotton, washable and can be made to suit personal needs, eg hearing aids.

Family packs available £7 for 20 or £3 each.

Please Contact **Caroline Gwillim**

01873 860 202 / 07929 545 804

Llanwonog Farm, Longtown Hereford, HR2 0LP

SAMARITANS

Every six seconds somebody in the UK contacts Samaritans for help. Whether it's by phone, email or letter, Samaritan volunteers are available to support anyone struggling to cope, 24 hours a day, 365 days a year.

Most people go through difficult times, and contacting someone who won't judge about what's troubling you, no matter how large or small the issue feels, can really help.

Suicide is not inevitable, it is preventable. and we know that suicidal thoughts are often temporary and can be interrupted, so finding our contact details could make all the difference.

Samaritans Herefordshire Branch want to raise awareness of the 24/7 emotional support available, to as many people as possible in our local area during this especially difficult time.

Phone free on 116 123; or email jo@samaritans.org

Write to: Freepost RSRB-KKBY-CYJK

Chris, PO Box 9090, Stirling FK8 2SA

In May 2020 Samaritans also launched a free Self-Help app to encourage people to be kind to themselves and look after their emotional wellbeing. The app aims to provide a means of accessing support for people who may struggle to use Samaritans' listening service, or find it difficult to express how they are feeling when talking to someone. Visit **selfhelp.samaritans.org** to try out or download the new web-based app and find out more.

If you might be able to lend a hand in Herefordshire by displaying posters or contact cards please get in touch with

Herefordshire Samaritans Outreach

44a Berrington Street, Hereford, HR4 0BJ

Email: **outreach.director@herefordshire-samaritans.org**

For more information about Samaritans, including other ways to help, please go to **www.Samaritans.org**

SUPPORT LOCAL PEOPLE BY 'VIRTUAL VOLUNTEERING'

A local charity Onside has encouraged people to sign up as volunteers and support their project to visit people in residential care and uphold the person's rights acting in their best interests. A great start to a New Year making difference to local lives.

Onside, which works across Herefordshire and Worcestershire, is looking for people to take on the role of a Relevant Persons Representative (RPR). Volunteers as an RPR are safeguarding the rights of vulnerable people who don't have the mental capacity to consent to care or treatment.

This involves visiting people with dementia, learning disabilities, and individuals assessed to have a lack of capacity to consent to living in a residential care. As an RPR the volunteer would be visiting (*currently over video call- Virtual, full training given*) a person just once every 4 weeks for no more than 1 hour. Volunteering would be local to where the volunteer lives.

Onside, which works across Herefordshire and Worcestershire, is looking for people to take on the role of a Relevant Persons Representative (RPR). Free RPR training would be given to carry out the role. Onside have the benefit of a specialist Mental Health Capacity Advocacy team to support volunteers along with a dedicated Volunteer Team.

Onside's Volunteer Manager, Claire Watkins, said "Our volunteers give their time, their passion and enthusiasm, this is a great time to volunteer in this new and exciting role." "This particular role is very worthwhile and extremely rewarding."

Volunteers are ordinary people of all ages and backgrounds they just need to be good listeners and have some time to give.

We also have opportunities for all our advocacy projects along with mentoring too.

Please take a look at our website.

If you can picture yourself in the role of an Onside volunteer please call Claire Watkins - Volunteer Manager on 07592 737303 or email claire.watkins@onside-advocacy.org.uk to find out more. This type of volunteering can be very flexible to fit with your life and circumstances. Free training (throughout the year) is provided and all expenses paid.



COMMUNITY RADIO
TRAINING / PARTICIPANTS

Having been approached by a group of residents, we are excited to help up to 10 participants learn to broadcast their own shows on a community (online) radio. We'll help you work out what show you want to do, e.g. pure radio DJ'ing, epic playlists, talk shows, oral histories...Whatever you dream up, we'll help you make it happen and can suggest ideas too.

Anticipated time commitment is max 2-3 hours a week, including any prep and broadcasting. The project will run until March. No pressure to be up and doing live shows imminently, some may prefer pre-recorded, others live, it's totally up to you. It will be a team effort to build a cool range of programmes that will be run when you are ready.

If you are interested, we need to hear from you by 6th November on unitethebeat@gmail.com or 07881977377.

We would truly love a good cross section of the community so do get in touch to talk through any ideas, worries or thoughts you may have. Participants of all ages are welcome. Children under 13 must participate alongside an adult.

To check out our previous work: www.unitethebeat.co.uk



HM Government



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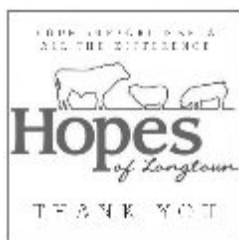
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Saturday:	7.30 am - 4.00 pm
Sunday (Nov - April):	10.00 am - 12 noon
(May - Oct):	10.00 am - 2.00 pm
Bank Holiday Mondays	10.00 am - 2.00 pm

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As we all adapt to a changing situation, our little bit is as simple as **THREE, TWO, ONE**

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

Please sanitise your hands on entry, face mask on, go shopping and sanitise your hands again on exit.

****** We have popped a gazebo up to keep you dry. If we do have a super busy spell please stay in your car nice and warm.

Ooh have you seen our box of Christmas Day joy in collaboration with Chester Wine Merchants? Check out our noticeboard or email us and we will send you your own detailed copy.

Private shopper hour, book in advance Mon/Tues/Weds 5.45pm to 6.45pm or Sunday 12.30 to 1.30pm and 1.45pm to 2.45pm enjoy the shop all to yourself. Take time to look at what we have to offer and support the talented local producers we have. On display we will have an increased selection of Christmas cards, posting options and if you want, enjoy a Toffee Apple liqueur from Black Mountain Botanicals and we can pop Michael Buble on so you can sing along.

Our refill shed is open **Thursday between 3pm and 6.30pm** you can refill as little as 100ml up to 5 litres and in some cases 10 litres!

Prefills can be purchased anytime in the shop. If you want to switch but want to try the products first to find the right one, we are happy to supply you with a **FREE** sample.

Again thank you marvellous bunch, so far this year you have reused the equivalent of **1745** 500ml bottles. Can we beat the 2019 total of 1912 with two months to go?

Christmas Order forms are go, please pick up a copy or email us at info@hopesoflongtown.co.uk return to us by 5.30pm Friday 4th December.

(Just want a turkey, order it with us now for collection 21st, 22nd, 23rd, 24th December)

Personal shopper service will be superseded by the Christmas Order forms from Monday 21st December to Sunday 27th December

How to get supplies from us – The Details

When self isolating/quarantine or just want to shop with PJs on, 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.
(We can also make suggestions for autumnal treats)
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

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Monday 21st December

Continued...

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Friday 18th December
Tuesday 22nd December

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Wednesday 16th December	Austria Denmark Germany Iceland Netherlands Norway Portugal Slovakia Spain Switzerland
Friday 18th December	Belgium France Ireland Luxembourg

Pay your bills at our Post Office If an invoice has a barcode on it, it is likely it can be paid at the Post Office when you want, using cash, card or cheque (Except Welsh Water). Keep track and you can **pay your council tax, BT, Water, nPower**, at the Post Office on a day you choose.

Christmas stamps available from November

Top up your mobile phone at Longtown Post Office, so you can call and text whenever you want to

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- Using your bank card you can pay cash into most personal and business bank accounts
- Using a personalised paying in slip you can pay cash into your personal and business bank accounts
- Using a personalised paying in slip and an envelope you can pay cheques into personal and business accounts. We have the paying in envelopes, please ask us for spare ones if you are self isolating and wish to prepare in advance.

Royal Mail have put the prices up for some overseas countries, a leaflet is available at the post office

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Tag us in your passion for food and community via Twitter / Instagram / Pinterest / Facebook

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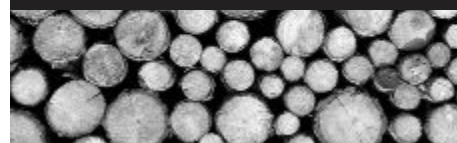
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OVER 10 YEARS EXPERIENCE
NPTC QUALIFIED
FULLY INSURED

WWW.AVALONTREESURGERY.CO.UK

01981 541307

07794 569284

ALL ASPECTS OF TREE WORK UNDERTAKEN

Kevin Williamson

Mob: 07810 288115

Evenings: 01432 378163

kwilliamson027@hotmail.co.uk

K&D building and landscaping

All aspects of building new and old undertake

Drainage specialist/septic tanks

Fencing specialists

All aspects of landscaping/
patios/decking /ponds/retainers
and stone walls

All internal work carried out

Over 20 years experience between
us and a large portfolio

TUGWELL TREE SERVICES

For a professional service in all aspects of tree care, including Pruning, Felling, Planting Supplying Trees & Shrubs and Hedge Maintenance

Specialists in:

Tree Reports & Surveys,
Stump Removal with a
High Power Narrow
Access Stump Grinder
for all those inaccessible
stumps



DAVID TUGWELL Tech Cert. Arbor A

Bridge End, Newton St Margarets. HR2 0QP

Tel: 01981 510104 / 07968 093898

NOVEMBER SERVICES

Sunday November 1st, All Saints Day

9.30am	St Margaret's	Morning Worship
11.00am	Clodock	Holy Communion for All Souls

Sunday November 8th, 3rd Sunday before Advent (Remembrance Day)

9.30am	Craswall	Holy Communion
10.55am	Michaelchurch	Service of Remembrance

Wednesday November 11th Armistice Day

10.55am	Clodock	Service of Remembrance
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Sunday November 15th, 2nd Sunday before Advent

9.30am	Newton	Morning Worship
11.00am	Clodock	Holy Communion with the Bishop of Hereford

Sunday November 22nd, Christ the King

9.30am	Llanveynoe	Morning Worship
11.00am	St Margaret's	Holy Communion

Sunday November 29th, Advent Sunday

9.30am	Michaelchurch	Morning Worship
11.00am	Craswall	Holy Communion.

LONGTOWN COMMUNITY SUPPORT NETWORK

We have been delighted with both items and monetary donations for our food bank. Good use has been made of these and essentials have been distributed to those in need. However, we are now ceasing the collection of food and household items for the time being. As we approach winter and the economic uncertainty for people and the currently rising Covid infection rates, we may reconsider this decision.

Leading up to Christmas we will be distributing Food Boxes to members of our community whom you feel would deserve or appreciate receiving one. Please look out for details of how the scheme works and nominations forms, or visit <https://longtownvillagehall.org.uk/cv19/>

**If you require help of any sort, or know someone who does,
please contact**

01873 280028

Helpline open 6.00am to 10.00pm, answerphone at other times

www.longtownvillagehall.org.uk/cv19

ewyas.lacey@gmail.com

Golden Valley Safer Neighbourhood Team

Peterchurch Police & Fire Hub, Hereford HR2 0RU. 01981 550253

PC 3687 Jeff Rouse 07870 150972

PCSO 6173 Fiona Witcher 07773 054 582

fiona.witcher@westmercia.pnn.police.uk

PCSO 6378 Pete Knight 07773 053 919

peter.knight@westmercia.pnn.police.uk

Contact: 101 ext 4820 – Email: goldenvalley.snt@westmercia.pnn.police.uk

