

This is the Parish Council sponsored Newsletter for July 2018, giving details of past and forthcoming events and other items we think will be of interest.

1. Parish Council Notes:

- a. A date for your diaries: **A Fireworks evening** is being planned for Saturday 3rd November by Alan & Anabel McKinnon at their home (Alcocks farm) in Church Lane. The previous fireworks event held there was a huge success and, no doubt, will be again this year. So make a note of the date and watch out for further details.
- b. On 20th July a **charity golf day** with a raffle, auction of promises and dinner in aid of Cancer Research UK is being held in memory of Stephanie Cusack & Penny Pullin (Nee Guilding) both of whom lived at the Mitre farm (sisters of Helen Thomas). The match will be held at Worcestershire Golf Club and full details can be found in the attached flier.
- c. **The Staunton & Corse GP surgery** have published their Summer newsletter which is attached for your information.
- d. We have been notified by the **Neighbourhood Watch** team that an unoccupied house in Deerhurst Walton, near the A38, was entered between 2pm and 3.45pm on 16th June. When the occupant returned home the front door was found wide open, the house had been searched and a small amount of jewellery had been stolen. If you have any information regarding these crimes or saw anything suspicious please report the matter to the police by ringing 101 or by email to: 101@gloucestershire.police.uk
- e. With **local elections coming up in May 2019**, Tewkesbury Borough Council is looking for potential candidates to represent their communities and to help make decisions that will have a real impact on the areas in which they live. As part of the borough council's STAND campaign, an open event will be held at the Public Services Centre, Tewkesbury GL20 5TT, on **Wednesday, 18 July between 7pm and 9pm** for anyone who wants to learn more about what it's like to be a councillor. It is a great opportunity for anyone who is really passionate about where they live to ask questions of officers, meet current councillors and find out how local democracy works for communities.
- f. During the weekend of 14-15 July Tewkesbury will be hosting their annual Battle re-enactment. **The Battle Of Tewkesbury** is now fought every year with cannons firing, swords clashing and soldiers marching. Thousands of re-enactors and medieval enthusiasts from all around the world visit Tewkesbury as part of the Tewkesbury Medieval Festival. The battleground is filled with knights in armour, warriors and townsfolk in medieval dress. Many sleep in traditional tents and cook over open fires eating typical medieval food. The Tewkesbury Medieval Festival is the largest free medieval re-enactment and fayre in Europe. Traditional medieval entertainment is provided by jugglers, musicians, dancers and jesters. The Medieval Market is full of stall holders selling everything from musical instruments to medieval style pots and pans. It is a great family day out and an insight into living history. Entry is free with a small charge for car parking. And, for the first time in many years, the Bishop's House will be open to the public for tours.
- g. And, don't forget that a **Pig Roast** will be held in Chaceley Village Hall on Saturday 21st July from 6:30 pm onwards. There will be live music, great food and fun for all.

2. Church Notices:

- a. **Services at St Mary's, Forthampton** for the coming weeks are:

- i. Sunday 15th July at 11 a.m. (Sung Eucharist)
- ii. Sunday 22nd July at 9:30 a.m. (Holy Communion)
- iii. Sunday 5th August at 6 p.m. (Evensong)
- iv. Sunday 12th August at 9:30 am (Morning Worship)

- b. **Do you have a folding wheelchair that you are prepared to donate to the church?** It would be good to have one available in the Benefice to help our elderly friends get into and out of church. Please contact Canon Barbara Messham on 01452 780880 if you can help.
- c. Thanks to the success of recent fundraising events such as the Cantores concert, NGS at the Court, and a variety of generous donations the total raised so far for the **Tower Appeal** is over £13,450
- d. On Friday July 13th a '**Heritage Evening**' will be held in the church. Forthampton church has a rich heritage and this event will describe the various items in all their glory. Admission is free and there will be a retiring collection in aid of the Tower Fund.

3. **Village Hall Notices:**

- 4. a. The next planned events are **The Annual Harvest Supper on Sunday 7th October** which will also feature a quiz. The event will start at 7pm and tickets are just Tickets £7.50. Please contact Peter Remmer 01684 297903 or Pauline Coleman 01684 297276.
- b. The **Festive Feast on Sunday 25th November**. Is already sold out. Owing to popular demand tickets have already sold out. For those that have already booked tickets, ticket prices will be finalised over the next few months.
- c. On Sunday 9th December the annual **Children's Christmas Party** will be held. Full details will be published nearer the time.
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- e. The dates for the next **Pilates classes** are, 17th, 24th & 31st July. New members welcome. 6-6.45pm. The cost is £6.50 per session. Please contact alexandraunderwood@live.co.uk for more details.

5. **Forthampton Club Notices:**

- a. The **Forthampton Club** is a social meeting place offering reasonably priced drinks and snacks in a friendly atmosphere. It is run by volunteers and welcomes members and non-members. Summer opening times are Tuesdays, Thursdays and Saturdays from 8pm.
- b. A **Summer BBQ** is planned for Saturday 14th July with lots of good food and live music: So something for everyone. The bar will open at 6:30 pm; the BBQ starts at 7pm and there will be live music from 8pm

- 6. At our July meeting members **of Forthampton WI** were treated to a fascinating and informative talk, entitled *Kitchen Pharmacy*, by medical herbalist, Kamaldeep Sidhu. Her background included shadowing hospital doctors for a year, during which time she was horrified by the lack of nutritional value in food served to patients. Having undertaken 800 hours of clinical training, she set up her own practice in Nailsworth. Her approach is a holistic one and initially she investigates the nutrition, exercise patterns, stress levels and sleep cycles of her patients. Herbs are only recommended if appropriate. We can all grow our own herbs and they are nature's way of building up our immune systems, treating

numerous ailments and applying First Aid. Kamaldeep listed the various systems of the body (cardiovascular, nervous, muscular, respiratory), relating the most appropriate plants for treatment. She also detailed the preparation and application of infusions, tinctures and decoctions. Her advice was that anyone wishing to use herbal medicines should check with their medical practitioner as to whether there would be any conflict with prescription items, and to beware of any toxic parts of plants (e.g. elderflower where only the flowers should be used).

Our next meeting takes place on Tuesday, 11th September, when our speaker will be Peter Preece on the subject *Every Picture Tells a Story*. New members are always welcome and our meetings are held at 2:15pm on the second Tuesday of each month. For further information please contact Veronica Silber on 01684 591513.

7. Following an excellent walk along the river at Upton-Upon-Severn in glorious sunshine in June, the next outing of the **Sevenside Walking Group** will be on Monday 16th July when the group will be setting out from the Fleet at Twynning for a walk along the river bank and surrounding countryside. The walk in August is scheduled for Monday 20th. So, if you enjoy walking and meeting friends, simply contact Alan Brown on 01684 291220 or e-mail: skepcott1@gmail.com for full details.