



Eastington Community News

A free, locally produced
publication celebrating
community in
Eastington.

PAINTING BY:
RUPERT AKER

ISSUE 205
Aug - Sep 24



Business | Community | Environment | Events | History
News | Youth

Eastington Village Hall



For your function or group meeting

Central village location
£8 per hour
Kitchen, tables & chairs
Stage, toilets etc

Check availability and
book on-line:

evh.eastington.website

Eastington Community Centre

Owen Harris Memorial Ground



email: enquiries@ohmg.org.uk
web: www.ohmg.org.uk

The main hall can host 80 people seated
or 150 standing.
Small meeting room available.
Fully equipped kitchen and bar available.

Eastington Community Centre,
OHMG Building, Snakey Lane,
Eastington, GL103AQ

Editor's Note

Welcome to issue 205.

It has been a real treat to be on the receiving end of such engaged residents, and challenging too, to include every contribution for this issue - a welcome surprise considering that some of us are currently away on holiday - but ultimately very rewarding to witness community in action! And what a busy few months we have coming... we hope you enjoy the rest of the summer.

Until next time,
The ECN Team x

p.s. Some useful info:

- Following an online questionnaire, readers said they would prefer wider columns so we gave it a go. Let us know what you think.
- The deadline for the next issue is: **16/09**, to be delivered around: **01/10**.
- Space is limited - we may omit, edit or shorten articles.
- The views expressed in ECN are not necessarily those of the ECN team.
- If you would like to see this magazine in colour, visit the Eastington Hub at <https://eastington.website>.

- ✉ articles@eastington.website
- 🌐 ecn.eastington.website
- 📘 Eastington Community News

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Open for applications. Please email for further details.

PRINTER:



DELIVERERS:

Eight hundred magazines later... thank you to the twenty-seven lovely people who have delivered this issue.

ECN Submissions

For articles, stories, photos, artwork, events and front cover submissions, email:

ARTICLES@EASTINGTON.WEBSITE

To update or submit a new advert, email:

ADVERTISING@EASTINGTON.WEBSITE

(Discounts available)

(Advert design and photography services available)

Thank you to all those who already make this publication possible, **please support them.**

PAINTING BY: RUPERT AKER

An oil painting of the canal within Eastington. Rupert is a professional landscape artist based in a small studio gallery in Painswick - the old public toilets, in fact. Rupert paints with oils and a palette knife, sketching on his walks. You can find his work at: rupertaker.art and on Instagram: [@rupertaker](https://www.instagram.com/rupertaker). Thank you for sharing your work with us.



.....
TO SUBMIT YOUR OWN WORK FOR THE FRONT COVER OF THE NEXT ISSUE, PLEASE EMAIL: ARTICLES@EASTINGTON.WEBSITE. ALL AGES AND MEDIUMS WELCOME.



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Large, modern village hall with a capacity of 200 people.
Excellent, up-to-date facilities, stage and bar.

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www.kingsstanleyvillagehall.org.uk

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FRAMPTON COUNTRY FAIR

Sunday 8th September 2024

Gates open 9.00am



 Great Western
Air Ambulance Charity
£0.25p will be donated to GWAAC
for every Advance ticket sold



All waste management and recycling by Smiths (Gloucester) Ltd

The best of Britain's countryside on show in two display rings and across 30 acres of beautiful parkland at Frampton Court. Quality trade stands, craft marquee and much more.

Frampton on Severn, Gloucestershire J13 off M5

www.framptoncountryfair.co.uk

Proceeds from the Fair go to charities and good causes relating to the countryside and local area.

Pet Service



St Michael and All Angel's Church
Eastington

Sunday 8th September at 11:15am

Pets of all shapes and sizes welcome.
The service will include a blessing of your pets.



Come and meet
Willow, the
Husky, and find
out what she
thinks of life in
Gloucestershire.



Get Batty

with
Eastington Church Roof Appeal

**THURSDAY
29th August
10:00am to 1:00pm**

Join us for a bat-tastic event
at St Michael and All Angels Church!

Meet a bat expert...

Learn about bats...

Build a bat box...

Make batty crafts...

Get your face painted...

Earn your ECRA Bat Achievement Badge...

And enjoy some refreshments.

Bat costumes preferred!

Tickets: £10 per family
For more details, contact: gillglover22@gmail.com
Sponsored by the Coop Community



Would you like to be a part of local history by sponsoring a roof tile?

You may know that the roof of *St Michael and All Angel's Church* in Eastington is in desperate need of replacing. Each new Cotswold stone tile is predicted to last for at least another 100 years.

For a minimum of £25 (£30 with gift aid) you can have a tile designated to a special person, pet or special event for posterity. The details of your tile will appear on a register that will be kept inside the church building for future generations to view. So, sign up today and be a part of local history:

DONATIONS CAN BE MADE ONLINE:

<http://easydonate.org/2853-2>

OR BY SCANNING THE QR CODE OPPOSITE:

OR BY BANK TRANSFER:

30-98-29 01445099 Eastington PCC

For queries, contact Gill: gillglover22@gmail.com



Eastington Playgroup Newsletter

BY JENNY WINFIELD



And just like that, we have completed another academic year.

We have just said goodbye to our pre-schoolers and we wish them the best of luck on their next adventure, and in September we look forward to welcoming more families to start their playgroup journey with us.

This last term we have continued to enjoy all aspects of playgroup. We were lucky enough to have one of our families bring in caterpillars; we discussed the life cycle of a butterfly and weeks later saw how the caterpillars had evolved into butterflies.

We spent time at the allotment and made a scarecrow, who the children named 'Dolly'. Our vegetables are growing nicely and we have been trying some of our home grown produce at snacktime.

We were also so fortunate to have had Robot Reg visit us every week to teach us phonics. One week she held a very special session teaching the children about Eid. She told the children it was to do with the moon and how they celebrate Eid with food and presents. She also brought in her prayer mat to show us.

Such a fantastic and exciting term, we look forward to what the next academic year brings.

EASTINGTON PLAYGROUP HAS BEEN PROVIDING CARE AND EDUCATION FOR LOCAL FAMILIES SINCE 1998. THE PLAYGROUP IS OPEN ON MONDAYS TO THURSDAYS FOR CHILDREN AGED TWO AND A HALF TO FOUR YEARS.



[HTTP://WWW.EASTINGTONPLAYGROUP.CO.UK](http://www.eastingtonplaygroup.co.uk)
[EASTINGTONPLAYGROUP@HOTMAIL.COM](mailto:EastingtonPlaygroup@hotmail.com)
 MOBILE: 07977 342742



Eastington Primary School Newsletter

BY LYNNE BIRCH

The Year One and Reception children have both enjoyed venturing out of school on separate trips this term.

The Year One children visited The John Moore Museum in Tewkesbury and had a brilliant day experiencing what life was like in a Tudor house and having a go at making their own wattle and daub. It really helped to bring to life some of the aspects they had studied during our history unit on The Great Fire of London.

The Reception children loved visiting the Cotswold Farm Park at the beginning of July as part of our science studies. One of the highlights was clearly experiencing the journey on a coach! They had some super hands-on experiences, including stroking new chicks, rabbits and bottle-feeding lambs and goats.

Our thanks go to all the adults that gave their time and helped on these trips. We



asked the children what they have enjoyed about their respective outings. Here are their thoughts:

- Charlie**....."Playing with the old games".
- Carter**....."I liked going into the old houses".
- Olivia**....."I liked playing with the old toys".
- Beau**....."I liked going there by coach".
- Albert**....."Playing the old games".
- Safiya**....."I liked the weaving".
- Jacob**....."I liked going back to school!"
- Harley**....."I liked playing the games".
- Dexter**....."Feeding the lambs milk".
- Marci**....."Seeing the animals".
- Jacob**....."Going on the coach".
- Joshua**....."Seeing the famous bull".
- Archie**....."Feeding the lambs milk".
- Zach**....."Feeding the goats".
- Heidi**....."Going in the forest".
- Elliot**....."Stroking the chicks".

EASTINGTON PRIMARY IS A COMMUNITY SCHOOL LOCATED ON MILLEND LANE IN CHURCHEND.

[HTTP://WWW.EASTINGTONPRIMARY.CO.UK](http://www.eastingtonprimary.co.uk)
 TELEPHONE: 01453 822922



TwoCan Theatre Newsletter

BY LOUISE PARTRIDGE



TwoCan has just finished its first year delivering all its creative activities from Eastington after moving into the village last year.

All the participants and families have appreciated the warm welcome they have had and the support for some of the activities that they have put on.

Although not much has changed to the building yet, TwoCan has had their planning application approved, and they will be soon putting up an outside garden room at the back of the building which will house a sensory/quiet room, office, and storage space. This should take place at the beginning of September after all their summer holiday activities have finished. Then after that they will hopefully be tackling the damp that is in the building before installing a new adaptable kitchen that will allow all users to be able to access independently.

This summer TwoCan will be offering the chance to do a treasure hunt and BBQ around the village on August 6th 11:00am to 3:00pm. TwoCan is also doing a mixed outdoor arts day on August 9th 10:30am to 3:30pm.

Then during the whole week from 27th to 31st August young people will be working with a theatre professional to create their own piece of live performance exploring the idea of 'Ripples', how one idea can impact another.



TWOCAN IS AN INCLUSIVE THEATRE COMPANY BASED IN EASTINGTON. YOU CAN FOLLOW THEM FOR MORE UPDATES ON FACEBOOK: [@TWO CAN INCLUSIVE](#) OR ON THEIR WEBSITE: WWW.TWOCANTHEATRE.ORG.UK.

LOUISE PARTRIDGE IS EXECUTIVE PRODUCER AT TWO CAN. IF ANYONE WOULD LIKE MORE DETAILS OF ANY OF THE ACTIVITIES THAT TWO CAN PROVIDES, PLEASE FEEL FREE TO EMAIL LOUISE AT: LOUISE@TWO CAN THEATRE.ORG.UK.

Jay's BOOK Corner

Review by:
Jay

Title:
Starfell: Willow Moss and the Lost Day

Author:
Dominique Valente



What is it about?

“Once upon a time in Starfell... Willow (a magical witch) realises last Tuesday has gone missing so she goes looking for it... Willow insists Oswin (the monster from under her bed) must come. After some coaxing, eventually he comes. Together, Willow, Oswin and Moreg Vain (the most feared witch in Starfell) go on an adventure and meet loads of new friends, including... let's see... Feathering (a cloud dragon), Nolin Sometimes (a forgotten teller), Calamity (a troll), Essential Jones (a friendly witch) and The Brothers of Wol (the evil ones!).”

What is your favourite part and why?

“Ummmm, this is a good one. Oswin is a green cat and when he gets angry he turns orange and starts to steam. And if he's insulted enough... he EXPLODES! So my favourite part is when Willow insults

him on purpose so he explodes and the Brothers of Wol go flying backwards into the walls of the fortress of Wolkana, 'cos it's funny (everyone is fine afterwards).”

Who would you recommend this book to and why?

“Uh all fantasy readers because it's full of magic stuff! (I LOVED THIS BOOK). By the way, there are four more Starfell books to read after!”

Starfell: Willow Moss and the Lost Day is written for 6+ year olds. Published in May 2019: <https://tinyurl.com/34f6d876>

GUEST REVIEWS ARE WELCOME. IF YOU ARE UNDER SIXTEEN AND WOULD LIKE TO SUBMIT YOUR OWN BOOK REVIEW, PLEASE EMAIL: ARTICLES@EASTINGTON.WEBSITE WITH YOUR ANSWERS TO THE QUESTIONS ABOVE AND A PHOTOGRAPH OF YOUR CHOICE.



"The Robin is a **new** local, bookable bus service with the aim to create more connections between rural areas which often have infrequent or no fixed routes available, increasing access to services and the wider transport network of our county, expanding access to employment, education, healthcare and shopping."

To book online: <https://www.gloucestershire.gov.uk/transport/the-robin/>
 To book via the phone app, search: "The Robin"
 To book via The Robin call centre: **0345 263 8139**
 (The call centre is open 8:00am to 4:00pm, Mon to Fri).
 Tickets can be paid in advance or to the driver on the day.



"The Kitchen Companions is a new meals-on-wheels service in Gloucestershire. It's simple: we bring great food to you and serve it in your home. We want to make a real difference to the lived experience of many who eat alone and create meaningful human connection through food."

"Our companions are local to you. They come to your home and make you a hot meal while spending time with you and checking you are safe. They will also connect you to other services if you are in need."

Email: hello@thekitchencompanions.org.uk
 Website: <https://www.thekitchencompanions.org.uk/>
 Phone: **01285 424 025**

the kitchen companions
 food & friendship



Did you know that local medical charity Cobalt is celebrating sixty years of providing support and innovation to the people of Gloucestershire, Herefordshire and Worcestershire?

The charity, established by Dr Fred Hanna in 1964, was originally set up to enable people to receive their radiotherapy for cancer locally. Since then Cobalt has continued to grow and is now at the heart of delivering cutting edge imaging technology to people across the region and the UK. Recent projects include a partnership with the NHS supporting the new diagnostic centre at Gloucester Quays by providing a bespoke imaging centre, in addition to funding nurses for breast cancer research and support to teenagers and young people with cancer.

You may have seen our Cobalt cards in your local GP or shop. Our cards have been made by volunteers for over forty years and last year raised over £32,000 for the charity. This is only possible because our supporters donate cards for us to upcycle. If you would like to get involved with our upcycle card project then please contact us on **01242 535 922**.

Visit our website to find out more at www.cobalthhealth.co.uk/support-us/.

Celebrating
 — 25 YEARS —
HOME START
 Stroud and Gloucester

Home-Start Stroud and Gloucester is a local charity supporting families within the community who need a little extra help and support through a challenging time in their lives.

Our volunteers are there to offer others their parenting experience, practical and at times, emotional support. To find out more details and to express an interest please visit our website www.homestartsd.org, call the office on **01453 297 470** or email: enquiries@homestartsd.org.

Volunteering for us is a chance to help make a real difference to families with young children when they need it the most.

Shelley James, Office Manager

Eastington Parish Council Update

BY MARIANNE SIMPSON



The parish council is aware that there have been some complaints and concerns by parishioners over the last month or so, regarding the level of the parish council precept.

The precept was kept the same as last year, however due to the splitting of the two Parishes of Eastington and Great Oldbury, this meant the parish council element of your council tax bill increased significantly. Although the parish council element is a small part of your overall council tax bill, the intention was never for this to increase, and we apologise for that. It was due to having a Locum Clerk in place at the time and being unsure how the splitting of the parish on 1st April would impact council tax bills. We contacted Stroud District Council's Financial department to ask if it could be reduced and after a long discussion, we realised it would be very expensive and difficult for SDC to do this. Therefore, it was agreed at the May Parish Council meeting that the precept should be adjusted down in the next financial year. The parish council recognises these are difficult times and there is help for anyone who is finding it difficult to pay their bills.

The Parish Council has several on-going projects this year. One is to repair the Snakey Park Play area, as some of the equipment and surfacing is showing signs of wear and tear. The council is consulting on an upgrade for Snakey Lane Playpark and would appreciate comments and suggestions from Eastington residents. Please send your comments to either of the email addresses given at the bottom of this page.

The Parish Council had a meeting with the Gloucestershire County Council Community Speedwatch Liaison Officer on 16th July to progress the possibility of a non-ANPR speed detecting camera along Bath Road. Further

meetings with the Police and other interested parties are being arranged. The camera and solar booster combination will gather evidence of speeding (above a set threshold or "trigger speed") continuously and for as long as the solar charged unit has power. The camera will take a photograph of the rear of a speeding vehicle. Prolific Persistent Offenders will be sent an advisory letter from the Police. The scheme includes installation of speed camera signs which should act as a deterrent to speeding drivers. The scheme is dependent on volunteers to check the number plate images. If anyone is interested in joining the Community Speedwatch group, please let us know. Volunteers are much needed if this is to be a success.

The council is also looking to widen the pavement along certain stretches of the Bath Road to make it safer for pedestrians. The Parish Council is applying for match funding and will be obtaining more details from GCC Highways on the work they will be carrying out.

Four Councillors attended a presentation for a proposed Crematorium in Eastington Parish. We have asked Westerleigh Group to come to our Parish Council meeting on Thursday 12th September to talk through their plans so that residents can get further information on this development as the plans are for it to be located along the A38 within Eastington. All residents are welcome to attend and there will be time allotted for questions.

.....
Please get in touch with the Parish Council if you have any questions or suggestions for the Village going forward.
Contact the Clerk at: clerk@eastington-pc.gov.uk
Contact Cllr Muriel Bullock at:
muriel.bullock@eastington-pc.gov.uk.



Noticed an overflowing litter bin? Uncollected dog mess? A dead wild animal?

Report it to Stroud District council here:
<https://www.stroud.gov.uk/report-it/>

Other things that can be reported to SDC: abandoned vehicles, antisocial behaviour, benefit fraud, blocked drains on public roads, blocked and burst pipes, breaches of planning rules, dangerous builds or structures, dirty streets, dog bin overflow, fly-tipping/dumped litter, graffiti, missed bin collections, noise nuisances, pollution nuisances, damaged/missing street nameplates.

Noticed an overgrown verge? A pothole in the road? Damage to, or obstruction on, a pavement?

Report to Gloucestershire County Council Highways here:
<https://fixmystreet.gloucestershire.gov.uk/>



Report it with Fix My Street

Other things that can be reported to GCC:
Tree issues,
Street cleaning,
Street lighting,
Spillages on the road,
Road signs,
Road markings,
Flooding,
Car parking issues,
Bus stop issues,
and more.



A big thank you from Great Oldbury Primary Academy

"Our site manager Barry 'found' a time capsule from a boy named Wilf who used to live in an old cottage in the field that is now our forest school area. Inside, was a letter from Wilf explaining that he walked to Eastington

Primary school everyday and had explained that his head master had given them the task to write to the children of the future to explain what schools were like 100 years ago. Wilf wrote down a typical timetable of his day which was very different to ours in 2024. Wilf also included some photographs of his Dad, who used to work down at Pike lock, his school friends, his classroom and some old maps of the great Oldbury site, all very useful when finding out about our history.

Mrs Hancock decided to write to the local history group in Stonehouse to see if they could help us discover more about Great Oldbury and sure enough a speedy reply came back from Vicki Walker who provided more excellent articles and photographs. She also put us in touch with Steve Mills, a local historian from Eastington. Steve told us about our estate and street names and that they were named after local veterans and people that were special to the Stonehouse and Eastington community.

Not only did Steve provide us with local knowledge but he offered to talk to us about how the canals worked and about Pike and Blunder lock (where Wilf's Dad worked!) so what better way to learn about the locks than to go and visit them! Steve kindly met us at the were made, what they were used for and how they worked. We learnt lots about the boats transporting coal to the nearby Stroud factories where they then made woollen cloth.

Great Oldbury Primary Academy would just like to take this opportunity to say a big thank you to Stonehouse History group, Vicki and Steve for bringing our local history to life!"

Hayley Hancock, GOPA Teacher



Eastington Cricket Club News

At the start of the season, the club were faced with some serious challenges. Over the years, playing members have steadily been in decline and this isn't unique to Eastington, as a number of clubs from the local area sadly no longer exist. Following a plea on social media, we were contacted by a local journalist who knew all too well the difficulties we were facing. Within a couple of weeks, we had an article and photo in several local newspapers, and club captain, Paul Hancock, appeared on radio Gloucestershire to talk about the issues small cricket clubs face. As a result of the local publicity, we now have a few new players from the area helping us to stay afloat this season.

It's been a mixed season so far, with us starting our first couple of games struggling to get a team together. Sadly this resulted with losses in our first three outings, however, thanks to a couple of new players and being able to field a full team, we have since won four from the last six games, including a good win over our close neighbours, Frocester.

There is still plenty of work to do to revive the club anywhere close to its former glory and make us sustainable for many years to come. If anyone local wants to get involved with the club, in any capacity, we'd love to hear from you. You don't have to be a playing member to get involved, there are plenty of other things that we need help with, such as jobs on the ground that need doing on a weekly basis. Please get in touch with club captain, Paul Hancock, on **07793 145 254** or **paul@hancockonline.co.uk**.



Craft and Chat Update

The ladies at Craft and Chat have been really busy over the last twelve months. We have made a donation for newborn babies in Ukraine consisting of clothing and essentials, also practical items for the new mothers (as everything is very scarce). We have also sent donations of toys and games for the children living in the orphanages in Ukraine.

Nearer to home, we have made premature baby cardigans and also a large collection of baby hats and blankets which have been donated to the Gloucester Baby Care Unit.

In July I arranged for a lady to come and show us how to make willow dragonflies. And of course on October 26th we will be holding our annual craft fair in the village hall. There will be lots of beautiful gifts and items on sale, and of course tea/coffee and cakes for sale.

Linda Seeley

ECLT News



"Everyone is entitled to fifteen minutes of fame" said Andy Warhol in the 1960's. Lucy Brocklehurst and Tom Low recently had their five minutes of fame on Radio 4's *Farming Today*, relating the virtues of Eastington Community Land Trust's affordable housing development at Fullers Close. Lucy lives in the 23-home development and Tom is the Treasurer of ECLT.

The theme of the week on *Farming Today* was how some folks are overcoming the issues facing Rural Communities today. Out of 350 Land Trusts, Eastington CLT was chosen as a good example of how to make the Planning System work in favour of local people.

You can listen to the broadcast on: <https://www.bbc.co.uk/sounds/play/m002131c>

<https://eclt.eastington.website/>

Yard Trail

Thank you to all who participated. We raised £136 for Eastington Church Roof Appeal (ECRA).

If anyone would like to be involved with the next yard sale please email:

eastingtonyardsale@gmail.com

Many thanks, Kim



Heart of the Village

BY SUE WITHERS

our guests homemade fruit, cheese and plain scones accompanied with lashings of cream and homemade strawberry jam - not forgetting the wonderful fruit cakes and sponges. We were immensely grateful for the strawberry table decorations and bunting made by one of the ladies from the Eastington Craft & Chat Group and for giving up her time and making such a brilliant job. For those kind people that donated in some way we handed out "Complimentary Vouchers" so they could have a free cuppa and cake by way of a thank you.

Also, we handed out slips which we had printed off to notify our guests when the next event was taking place - this way they won't miss an event and will be able to spread the word to their friends and neighbours in the village.

The raffle was drawn once again at 3:00pm and this time we were able to hand out a handmade cushion and a voucher from Eastington Farm Shop for £10.

Our latest pop-in was on 24th July and the theme was "Teddy Bear's Picnic"! Through the support of people attending our meetings, we have been able to buy our own hot water urn, much to the delight of our kitchen ladies.

The next pop-in will be on **21st August**, followed by **18th September**. As always, admission is £2. All this could not be made possible without our great team of helpers, cake and raffle donations. THANK YOU!

.....
HEART OF THE VILLAGE IS A COMMUNITY-DRIVEN POP-IN EVENT THAT OCCURS ONCE A MONTH AT THE VILLAGE HALL. LOOK OUT FOR THE TEAPOT CHALKBOARD SIGN ERECTED ON THE RAILINGS OUTSIDE ON THE DAY.

YOU CAN CONTACT SUE WITHERS ON: **07949 548 539**



Since our last article in the June/July issue our Heart of the Village pop-in has held some more events.

22nd May, theme: Spring Blossom

Even though the weather was appalling with really heavy rain, it didn't deter our team of twelve helpers assembling at the hall at 1:00pm to get the hall ready for our guests. Our volunteer cake makers brought along a whole array of delights.... bread pudding, chocolate muffins, rocky roads and sponges, to name just a few. Our tables were beautifully decorated with the table decorations made by the local children of "Mother Goose After School Care Group" which was so lovely that they could be involved with this community venture.

Eastington Farm Shop very kindly donated fresh milk from their cows which I am sure made the cuppas extra special. Again we had new faces who came along to join in and it was delightful to see a few ladies from our village hall Sit Fit class. Our 3:00pm raffle was drawn and a few lucky guests went home with a £10 voucher donated by John Stayte Services and a beautiful Jewellery dish and much more...

19th June, theme: Cream Teas

We were delighted to be able to offer



Below Eastington, the Frome reinvents itself when its three branches rejoin to form a real river, albeit a small one. Its pace is less frenetic, it starts to meander. On a lovely summer's day, a variety of dragonflies zip back and forth over the expanses of beautiful but invasive Himalayan Balsam, but other insects seem to be conspicuously absent. No fish are rising in the river, in fact none are visible at all.

A little way below Pike Bridge the canal peters out, but a lot of work has been going on there. After passing through the newly rebuilt Westfield lock and under Westfield bridge, it's planned for the reborn canal to take a sharp left turn, skirting fields that are earmarked to become sports training pitches, and join the river, in order to share the tunnel under the M5. I'm sure most Eastington folk will have formed an opinion about this vast development in our back yard.

The pedestrian tunnel under the motorway is passable if one wears wellies, and the A38 is crossable if one is alert and nimble. The fish ladder just above Fromebridge Mill is a wonderful piece of engineering, and the adjacent weir pool most picturesque, but below the pub the footpath is closed, so to continue downstream one has to follow the old canal course downstream from the A38 roundabout. When one eventually rejoins the river, it's a typical, serene, lowland watercourse. The kind Constable would've delighted in.

All that changes as it approaches Frampton.

Walks and Waterways

BY PAUL HALAS



The river hurls itself over a weir, and most of its water disappears into the canal as it approaches Saul Junction's Marina. Depleted, the Frome passes under the Sharpness - Gloucester Canal, before limping past more fields, through Upper Framilode, and finally into the mighty Severn.

Most of the river is walkable, and nearly all the canal. They pass through some truly beautiful and varied countryside. The flora and fauna on display are wonderful, especially for those who take their time and keep their eyes open. But a constant refrain in these short articles has been the lack of fish in the river. The canal is hale and hearty, it teems with fish, but the Frome is not happy.

Sewage problems have been in the news a lot recently, but the Frome's problems aren't confined to Severn Trent's unwelcome contribution. Surveys have shown a serious lack of fish in both numbers and diversity for almost all of the river's length - but here's where we do a David Attenborough: it's not all bad news. Several agencies have banded together to restore the whole Frome catchment area to ecological health. Fish ladders are being built to eradicate barriers to migratory fish, action is to be taken to dramatically improve both water flow and quality, and salmon are to be reintroduced. Such ambition. Perhaps water quality should've been addressed first, and stocks of more mundane fish species replenished before crowd-pleasers such as salmon, but, quibbles aside, let's all hope this scheme comes to fruition.

The Green Bit

for this issue we have chosen three surveys to share with readers



"If you have access to a garden, have an interest in garden birds and can recognise a Blackbird by sight, then this survey could be for you!" This survey is taking place from May to October during 2024 and 2025 to help understand how Blackbirds use gardens, and the potential effects of the Usutu virus on their population in the UK.

Take part here: <https://www.bto.org/our-science/projects/blackbirds-gardens>



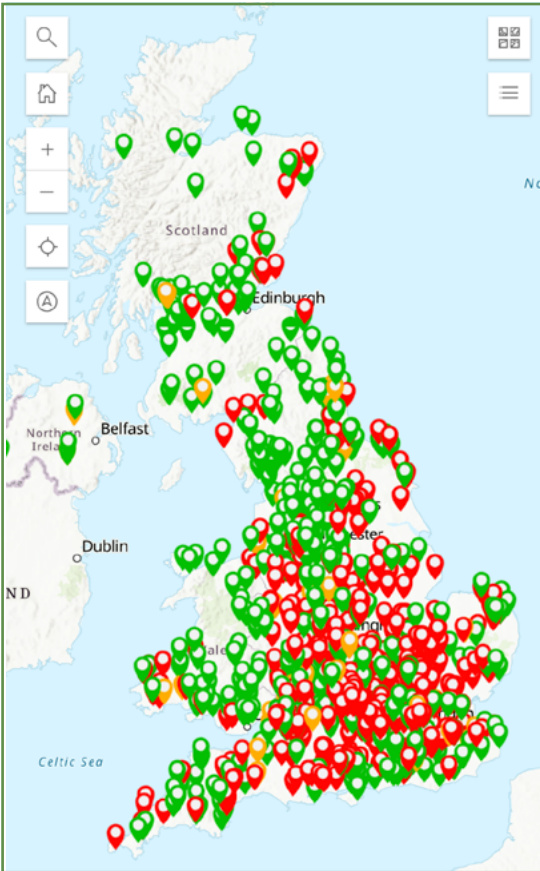
Have your say



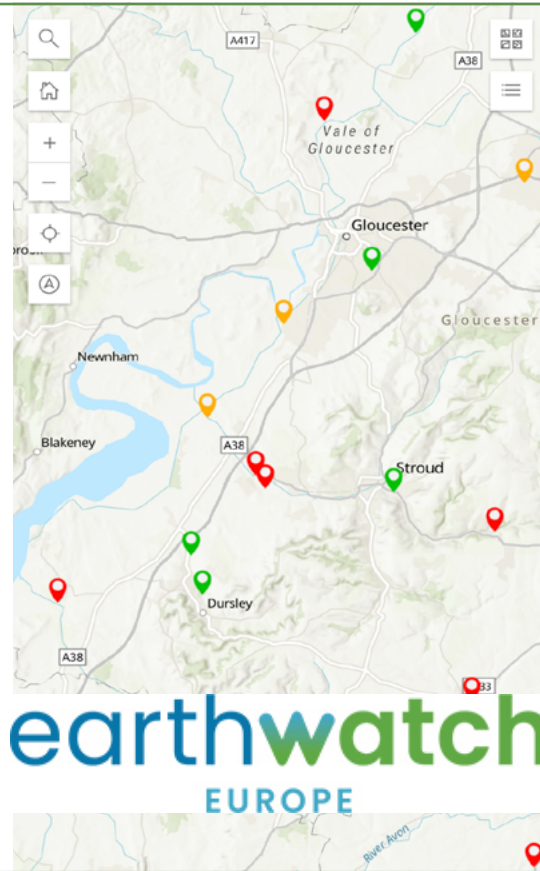
Defra is asking every county in England to develop a Local Nature Recovery Strategy. GCC has been asking land owners and the public to have say in:

- Biodiversity priorities
- Potential measures to achieve these
- Areas that are, or could become, of particular ecological importance – this will create a Local Habitat Map

Have your say here:
<https://tinyurl.com/4byxmb69>



Over the weekend of 7th - 10th June, Eastington and over 2,600 other places across the UK took part in the Great UK Waterblitz. The River Frome's water quality was measured and added to the report to help inform future action to restore our rivers and freshwater systems. The survey will be repeated again in September if you would like to join in! Take a look at the link below to see the final report:
<https://earthwatch.org.uk/greatukwaterblitz/>



earthwatch
EUROPE

EASTINGTON AUTUMN FLOWER SHOW

Open to all residents and members of organisations in the parish of Eastington.

Eastington Village Hall

Saturday 7th September 2024

2:00pm - 3:30pm

Admission 20p

Schedules and application forms available from the Post Office, The Badger, Broomhalls and via tevfs@outlook.com.

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The Eastington Allotment Society (TEAS)



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Down the allotment

where community, nourishment and sustainable living come together

BY KIRSTY-ANN CUTLER



The board above is the new "Welcome" sign at Coneygree, set in a bed of seasonal flowers.

Information Boards for Community Orchards

From the profits of selling apple juice in 2023, we have designed and installed professionally printed information boards for both Coneygree and Brownings Community Orchards. With (hopefully) more funds from the 2024 crop, more boards explaining the skills of grafting, planting and pruning will be provided.



All the work was done by human power, as demonstrated by Alex.....



ECO work parties are an excellent way to keep fit in the fresh air without paying for a gym membership. To help maintain the orchards, contact: <https://eco.eastington.website> or ring me, Tom Low, on: **01453 823425**.

Apple Days ahead!

Have you an apple tree or two in your garden and does it look like a good year? You can bring any spare fruit to Parish Apple Day and join in the fun of pressing the fruit to make some juice. All ages welcome! This year we will be at Eastington Farm Shop on **Saturday 26th October** from mid-day. All helpers take home some juice!

[HTTPS://ECO.EASTINGTON.WEBSITE/](https://eco.eastington.website/)

My name is Kirsty-Ann and I live in Bradestones Way.

I have lived in the village for eight years and had my small allotment plot for the first full season in 2019. My father had an allotment when I was small and he would take me there with him to 'help'; I loved it and have some great memories of my adventures on his plot.

This year I fear everything is a bit late. Poor planning on my part meant I did not start seeds early enough but when I did we then had rain and cool weather. However as you can see from the photos the plot now looks quite productive! But no cucumber this year as none germinated. Neither did the sweetcorn.

Currently I have peas, beetroot, turnips and some chard. Just about ready are the courgettes. Then I have 4 varieties of beans. I have a few cabbages, some tomatoes, leeks and squash. I might have some kale to put in too. So actually quite a lot of produce. I usually always have something to enter into the Eastington allotment society Autumn show. It's good fun and quite competitive!

I have recently started to plant some flowers and herbs and let some plants go to seed. This helps to encourage insects and other wildlife.

I can usually be found on the allotment in my bare feet watering and weeding. I really love my time on the allotment and it helps my mental wellbeing immensely. You are being creative while also being productive and this is really satisfying. People often ask "whats your happy place?" and I will always say, "my allotment".



EAAA are currently measuring the demand for allotment plots. Answer the quick survey here:



ECN's First Edition

Part 3

BY GILL GLOVER

This section is all about the children and youths of Eastington. We've already heard about the Royal British Legion Junior marching band but there was so much more....

Parent and Toddler Group...

Welcomed Parents and under 3's to come along and have a fun filled morning of games, singing and stories. The group met every Tuesday morning in the Village Hall from 10am until 11.30am where you could share a problem over a cup of coffee (not the toddlers obviously).

Eastington County Primary School...

Had 117 children attending the school, grouped into four classes (now called year groups for obvious reasons, imagine!). "The children contribute a great deal to the life of the village and we believe that our school has an important part to play within the community". The school was looking for adults from the community, not necessarily a parent, who could spend some time to help the youngsters with craft work, reading or by sharing some other skill or interest. Carol Lamb, Headteacher.

Eastington School P.T.A's...

Aim was to raise money for the school to purchase essential equipment which was outside the Capitation Allowance (it does say that). Funds were for Sports Equipment, Computers, T.V. sets and Books, and also the Adventure Playground, which was under construction. The next event was to be a 60's Disco at the Royal Gloucester Hussars, 8pm to 1am. The Easter Egg Draw was planned, with raffle tickets available from the school. There are some very familiar names to contact, most of whom are still very active within the village, well done you!

Eastington Playschool...

Were in the Methodist Church on Mondays, Tuesdays and Thursdays between 9.30am and 11.45. Children from 3 years to school age were

supervised in activities such as painting, sand play, story time, table top games and craft work, the aim of which was to learn some social and co-ordination skills through play before entering school.

St Swithun's Scout Group...

Had three sections, Beavers, Cubs and Scouts (boys) and met in Leonard Stanley. The Scouts also needed funds to operate. The next fund raising event was, can you guess, that old favourite, a 60's Disco. Tickets were £3.00 which included a supper. Another planned event was actually in the village as, "Mrs James has kindly lent us her river" - no further details but I'm thinking fishing and camp fires.

Watch...

Was the junior branch of the Gloucester Trust for Nature Conservation who enjoyed investigating natural life in and around Eastington. They learnt to tell how old a hedge was, discovering that local hedges dated back five or six hundred years. They got wet in the ponds and rivers having a microscopic look at water creatures and became footprint detectives following animal trails. They had a bat party, a visit to a pig farm and an afternoon at the Wildfowl Trust. And as if that wasn't enough... "to round off the year we arranged an activity afternoon at Standish Village hall where we were entertained by Sir David Attenborough. He was wonderful with the children, amusing them with many anecdotes in reply to their questions, and presenting them with prizes." WOW!

Was that it for the village youth? Well not quite. There was an Alkerton under 14's football team and if interested in Cricket "Any schoolboy included in the team does not have to pay any subscription, match fee or pay for his tea." Clearly 1989 was a great time to grow up in Eastington, and not too bad for the adults as well, provided you liked a good old 60's disco....

Down Memory Lane...

THANK YOU TO MEGAN TIMBRELL FOR THE SCANS



EASTINGTON SCHOOL



EASTINGTON SCHOOL 1958



WESLEYAN SUNDAY SCHOOL 1927



Alkerton Grange Gazebo

BY STEPHEN MILLS

The subject of this fascinating little building recently came up on the 'Love Eastington' group, so it seemed a good time to explore what little is known about its history.

It's tucked away at the end of the garden of Alkerton Grange, and it's a fair bet that many newer villagers do not even know it exists.

The summer house (or gazebo) is a bit of a mystery but is thought to date to the earlier part of the 18th century. It is quite likely that it was brought from elsewhere and reassembled here – it is made of bricks that are not of local origin, and it seems too grandiose for what was originally a modest country house. At one time, the Grange was extended - the south wing was added at right angles in the latter part of the 18th century, so the gazebo may have been part of this process. The ornamental pond was presumably added later as it does not feature on the 1840's tithe map.



In 1955, the gazebo was first categorised as a listed building (Grade II*) and for those with an interest in architecture was described as: "A small baroque summerhouse of the early 18th century; the front, of red brick with stone dressings, is divided into three bays by Ionic pilasters and has a swept gable surmounted by carved urns and a broken pediment."

The Grange originally formed part of the estate of the King family, later passing to the Revd. Thomas Pettat, followed by successive family members. By 1840, it had been sold to Edward Ricketts, although was apparently occupied by local mill-owner Charles Hooper. In 1899, it was sold to Thompson Strickland who promptly re-sold it to Samuel Jefferies, and further changes of ownership continued over the course of the next century.

Local legend suggests the gazebo may have come from the Stephens' manor house

(demolished around 1778) that once stood next to the church, but there is no evidence for this.

This really is a special little building, and I haven't been able to find another example like it. Although not so ornate, the closest 'local' example seems to be the summer house at Westbury Court Gardens, a Dutch water garden in Westbury-on-Severn. Like the Alkerton gazebo, it is Grade II* listed, made of red brick with ashlar stone details, and of a similar size. It was built between 1715 and 1725, a similar presumed date for the Alkerton building. Both have been built using a brick laying style known as 'Flemish bond', an arrangement of bricks where each course consists of alternate bricks having their short sides (headers) and long sides (stretchers) facing outwards, with alternate courses being offset. There are also several garden structures at Highnam Court just outside Gloucester that have some similar architectural elements.



Gazebos have been around for a long time, as far back as 5000 years ago in Egypt. Later, affluent Romans also built them along the Mediterranean coast, and they also became popular in French, Persian, Japanese, and Chinese gardens. They also became



popular in England in the 15th century, often forming part of Elizabethan gardens. But they became particularly fashionable in the 1700's. It became common for gazebos to sometimes mirror the architecture of the main house, which raises some interesting ideas about the Alkerton one.

So, what else do we know about it? Not much, I'm afraid apart from the fact that it's supposedly haunted and that underneath is a blocked tunnel that once stretched to the River Severn!

Images from left to right:
The 1840's title map – the Gazebo is circled at the top, The Gazebo in the 1980's, The Westbury gazebo (courtesy Elliott Brown and Highnam Court, Gloucester).

STEPHEN MILLS HAS LIVED IN EASTINGTON FOR THE PAST 53 YEARS, AND ALMOST SINCE ARRIVING, HE'S BEEN RESEARCHING AND RECORDING THE VILLAGE'S LONG AND INTERESTING HISTORY. STEPHEN'S REAL INTEREST IS IN THE AREA'S RICH INDUSTRIAL PAST; HIS PHD FOCUSED ON THE WOOLLEN CLOTH MILLS OF THE STROUD VALLEYS. HE WORKS FOR PART OF THE INTERNATIONAL ENERGY AGENCY AND HE'S ALSO THE CHAIRMAN OF THE GLOUCESTERSHIRE SOCIETY FOR INDUSTRIAL ARCHEOLOGY.

Frampton Village Society

BY JOHN NEWTON

A warm welcome is extended to everyone to come to our series of illustrated talks held in Frampton on Severn which we hope will be of interest to a variety of people.

The talks cover both local topics of interest, more general subjects and sometimes a musical or other theme-based show.

The talks are normally on Friday evenings starting at 7.30pm in our Village Hall and are organised by Frampton on Severn Village Society, which raises funds for various village projects – please refer to the full programme and dates at the end of this article.

You do not need to be a member of the Society to attend talks. The cost is £4.00 per person, but entrance is cheaper for members and tea/coffee plus biscuits are provided for all! Should you be interested in becoming a member, please contact Kelvin Broad on 01452 740775 or kelvinsbroad@outlook.com.

On May 25th the talk was by David Eldred entitled 'Lost Railway Journeys in Gloucestershire'. David was an avid local trainspotter in his youth, cycling to stations to experience the last few years of steam locomotives in the late 1950's and 1960's. He showed a map of the Gloucestershire rail network in 1961 and again in 1964, by when all the local branch lines had been closed under the infamous 'Beeching Act' cuts, leaving only the current main line routes and stations operable.

David presented a wealth of memorabilia

including local timetables and tickets together with a wonderful and important historical collection of photographs of steam locomotives, carriages and stations long since abandoned or destroyed. The many slides included his numerous local rail journeys around Gloucestershire, all taken on his Brownie box camera which all rang a bell with the majority of the audience!

Most branch lines were underused and mainly comprised a steam locomotive with only 1 carriage, some a 'push-pull' design where the loco remained at one end, but when going backwards, the driver could control the steam and brakes from the front of the carriage, leaving only the fireman on the loco.

To save costs, British Rail introduced Rail buses on some branch lines to replace steam locos – literally a road coach adapted with rail wheels. However these again proved unviable compared to the increasing use of buses and coaches using the local roads, which was the main reason the branch lines were closed.

Nature Along the Stroudwater Canal was the talk given by Peter Savage from Gloucestershire Wildlife Trust (GWT) The programme of restoration of our local canal over the past 15 years has resulted in a myriad of new flora and fauna within and alongside the newly watered sections where before there was either a muddy ditch or no canal whatsoever, several lengths having been totally filled in since it was formally abandoned in 1954.

Notable among the new inhabitants are water voles, a critically endangered and legally protected species in the UK who live in burrows within the canal

banks; this means particular care has to ensure that these mammals are not disturbed during the ongoing restoration, to include visits and guidance from both GWT (one of the canal restoration Partners) and a UK water vole expert prior to and during works.

In some cases, a relocation programme has taken place where critical canal works need undertaking and new water areas in adjacent areas are being created to receive the voles. Otters are now also regularly seen in the canal around Stroud and a pair have bred successfully recently. Herons and kingfishers are now quite common together with other waterfowl.

In total 52 acres of new biodiversity land is being created West of the A38 roundabout to encourage migrating birds and amphibians.

John Newton updated the audience on the canal work: Planning has finally been given to create a canal between the A38 and Eastington – the so-called 'Missing Mile' where the canal was completely filled in during the construction of the M5. The new route will need to pass under the M5 (within the existing River Frome underpass, but divided from it by a new wall).

An original lock towards Eastington has been recovered (it was totally filled in and became part of a grass field) and two new locks will be constructed, largely by volunteers. It is hoped to commence these works later this year.

Towpaths are being upgraded and the heritage locks restored by volunteers. The other major cost is *Walk Bridge* on Whitminster Lane

where the design is being reviewed.

It is hoped reconnection of our canal to Saul Junction will be completed by 2028, the programme having been severely disrupted by Covid and inflation.

Remaining Talks for 2024

9th AUGUST

Visit to Rodmarton Manor (with a meal afterwards)

27th SEPTEMBER

Golden age of British comics, 1950-1975 with John Reid

25th OCTOBER

AGM & Bill Wood Memorial Presentation

22nd NOVEMBER

Gloucestershire's Maritime History in the Edwardian Years with Tony Condor

DECEMBER

Christmas Dinner & Event to be confirmed.



Church of Christ the King

BY BARBARA LANG

Are you all on a Summer Holiday?

My favourite holiday is to be in a tent amongst the weather – whatever it brings, and I guess I prefer high winds and rain to super hot sun under canvas. Many of you will be dreaming of or preparing for a break by the sea at a warm beach, I really hope you get all the rest, relaxation and renewal that you need over the summer months. When I think about high winds and waves I am reminded of the day that the disciples were out in a boat with Jesus. There was a storm. The disciples were worried and panicking whereas Jesus was asleep. When the disciples finally woke Jesus up to tell him how worried they were, crying ‘Master, Master we are going to drown’, Jesus simply stood at the bow of the boat, raised his arm and

the wind dropped and the waves lessened. Luke 8:24 tells it this way - the storm subsided, and all was calm. The disciples learned something very important that day on the Sea of Galilee. They learned that even the storms, the weather and the wind obey the Lord. And were they to trust in Him they would be safe.

It may feel strange to think about relying on God who we can't see with us rather than relying on our own strength, our families, friends and work colleagues to support us but the truth is, sometimes no one except the Lord can help us. Storms like terminal life sentences, family breakups, unloved children – they are too much to bear. For those who have put their trust in Jesus, they know they are never alone and do not have to face the storms of life in their own strength.

I hope and pray today that your life is going smoothly, but for those who need help today why not turn to Jesus the Master of the waves and the one who can calm the storms of life.

Here at the Church of Christ the King in Eastington we welcome questions and love to help people find the answer they are searching for.

Why not give either Beck a call on 07511197265 or Barbara on 07570401365. We are both happy to meet up with you or take you for a coffee and have a chat about life and the big questions that arise. Or feel free to come and meet

us on Sundays at 11am. For High School students we have Youth Club at 7pm on Fridays. Both events are held in the old Eastington Methodist Church Hall opposite the Butchers in Eastington postcode GL10 3AA.

We look forward to meeting you any Sunday at 11 am. Always friendly faces and always a good time. We are praying for you.

.....

Baby & Toddler Group
The Baby and Toddler Group meetings remains suspended at this time.

.....

Youth Club
Youth Club continues to meet on Friday evenings at 7pm we are currently planning the programme for events and trips for this year and we are accepting new members.

.....

Prayer Meetings & Bible Study
Prayer meetings are held twice a week on Zoom. Bible Study is a time of thinking about our day-to-day life and learning a bit about what the Bible can help us with. Meetings start with a light lunch and are usually held on Tuesdays.

.....

Please contact Beck on 01453 827414 or 075111 97265, by email rebecca.burgin@pikelock.com or minister@coctke.org.uk for more information about events or general information about the Church.

Looking forward to meeting you soon!

BARBARA LANG IS THE MINISTER FOR THE CHURCH OF CHRIST THE KING.



St. Michael and All Angels Church

BY MIKE NAYLOR

Church Services

Our new pattern of services came into effect in June and just a reminder we now have three services a month with a communion service on the first and fourth Sunday of each month and a “light touch” family service aimed at youngsters and families on the second Sunday. All three services will be at the usual time 11.15 am. There will be a special “Pet Service” on 8th September! All pets are welcome – see more details in the Poster which appears elsewhere in this edition of the ECN.

Looking further ahead there will be a harvest festival in October, and in addition to our normal services, we are planning to hold an All-Souls Service and our usual Remembrance Day service in November. In December we are planning a Festival of Nine Lessons and Carols, the Christingle Service and Midnight Mass on Christmas Eve

Roof Appeal
ECRA (Eastington Church

Roof Appeal) committee has been busy over the summer and raised over £800 at the recent Yard Sale and at our stall in Gill Glover's Garden where we sold plants, books and refreshments including breakfast rolls with bacon and sausages kindly donated by Broomhall's butchers. Many thanks also to Kim for organising this event so well.

A further £500 or so was raised at the Strawberry and Prosecco Extravaganza in the Churchyard which turned out to be a relaxing afternoon in the sun accompanied by live music. Thanks must go to those who made generous donations and others who worked tirelessly to make this a success, especially Tricia and Duncan.

We have been extremely pleased and encouraged with level of support for the roof project from the community but we can always use more help, so if you want to get involved or have any fund raising ideas get in touch with a committee member.

Keep a look out on Facebook and for posters publishing other up and coming ECRA events such as “Get Batty” on 29th August and Choir Concert on 21st September. The Coop are also offering coffee tea and cakes outside their store on Monday 5th August and another outdoor yard sale type event is planned later this year. There will also be another history day at the Church hopefully in October. Looking a bit further ahead the fabulous Swing from Paris are putting on a Parisian jazz and vintage swing concert in March 2025. More information and booking details will follow soon. Don't miss out!

Other fund-raising initiatives include “Sponsor a Tile” whereby you can dedicate a tile

for the new roof to remember a loved one or mark a special occasion such as a wedding/ baptism or anniversary. Sponsorship forms are at the back of the Church or email Gill Glover: gillglover22@gmail.com

We have also launched our lottery through Stroud District Lucky Severn Community Lottery. Tickets are £1 a week and you could win up to £25,000 plus other prizes. For details go to: luckysevernlottery.co.uk/support/find-a-good-cause. Search for ECRA and you will find the sign-up page.

Stroud Food Bank (Trussell Trust) Collection Point

A huge thank you to everyone continuing to give so generously by whatever means. For further information on the work of our local foodbank, and guidance on how to access the voucher referral scheme, visit <https://strouddistrict.foodbank.co.uk>

Borrowing Library

With limited space, the library keeps to novels and biographies, preferably paperback.

Please remember to return borrowed books to the ‘returned books’ basket, not directly onto the shelves, as this helps to gauge the movement of books.

IF YOU WOULD LIKE MORE INFORMATION OR SIMPLY TO BE IN TOUCH, PLEASE CONTACT ONE OF THE TEAM CLERGY:

Rev Liz Palin:
tv1stroudwater@gmail.com
Rev Dave Bishop:
tv2stroudwater@gmail.com
Churchwarden Mike Naylor:
mike@mikenaylorsurveyors.co.uk



Letters to the Editor

“Why Parish Councils Should Consult Residents Before Spending Public Money”

BY ALEX WILLS

Introduction

Parish councils play a crucial role in local governance, managing public funds and making decisions that directly impact their communities. To ensure transparency, accountability, and effective resource allocation, it's essential for parish councils to actively involve residents in the decision-making process. Here are several reasons why consulting residents before spending public money is beneficial:

1. Democratic Representation

Parish councils are elected bodies entrusted with managing local affairs. By seeking input from residents, they uphold democratic principles and ensure that decisions align with community needs and preferences.

2. Local Knowledge and Insights

Residents possess valuable insights into their neighborhoods. Engaging them allows councils to tap into this local knowledge, identifying priorities, challenges, and opportunities that might otherwise be overlooked.

3. Tailored Solutions

Every community has unique requirements. By consulting residents, councils can tailor their spending to address specific needs; whether it's improving parks, enhancing public transport or supporting local events.

4. Building Trust

Transparency fosters trust. When residents participate in budget discussions and funding allocations, they feel more connected to the decision-making process. This trust strengthens the council's legitimacy.

5. Avoiding Wasteful Spending

Consulting residents helps councils avoid misdirected or wasteful spending. Residents can provide feedback on proposed projects, ensuring that resources are allocated efficiently.

6. Community Buy-In

When residents have a say in spending decisions, they're more likely to support and take ownership of local initiatives. This community buy-in enhances project success.

Conclusion

Parish councils should actively engage with residents, seeking their input before allocating public funds. By doing so, councils promote transparency, responsiveness, and effective governance, ultimately benefiting the entire community. Remember: residents are the heart of any locality and their voices matter. Let's build stronger communities together!

References

- [The Good Councillor's Guide to Finance and Transparency](<https://www.biburyparishcouncil.gov.uk/uploads/the-good-councillors-guide-on-finance-and-transparency-dclg-version-digital-12.pdf>)
- [Discretionary expenditure powers](https://clerksandcouncilsdirect.co.uk/editorial_detail.asp?id=5368)
- [Frequently Asked Questions about the Parish Council](<https://northumberlandparishes.uk/sites/default/files/parish-councils/documents/2017/August/Frequently%20Asked%20Questions%20about%20the%20Parish%20Council%20%28web%29.pdf>)
- [Local authority accounts: A guide to your rights – National Audit Office](<https://www.nao.org.uk/code-audit-practice/wp-content/uploads/sites/29/2015/03/Council-accounts-a-guide-to-your-rights.pdf>)



It's been a busy summer here at Eastington Farm Shop! Burger Night was the best way to celebrate our 5th birthday, with our delicious burgers and ice cream going down a treat. We're so thankful for all the love and support - it keeps us going! A massive thank you as well to Chef Adrian Heeley for all his hard work on the night, and the musically blessed Panache Steel Pan Band and George Montague for providing the tunes.

We're all about our seasonal shopping, and what better way to see summer off than with delicious peaches, plums, berries and nectarines? Not to mention Wick Court pork at the end of July - delicious and in aid of a good cause, too, with their inspiring initiative Farms for City Children.

But we're also looking ahead to the spookiest season... We have plenty in store this autumn to keep everyone entertained! Booking will soon be open for pumpkin picking in our very own patch - keep an eye out for more information soon.

Speaking of squashes, Karen Green is back with another seasonal watercolour workshop on Monday 28th October. The subject? Squashes and gourds, of course! All abilities welcome - book now on our website.

Finally, we're saying goodbye to staff members Kitty and Tia, who are off on new journeys. Both Kitty and Tia will miss you all tons - but we're sure they'll be back to see

www.eastingtonfarmshop.co.uk
01453823655

us soon!

See you soon!

NORMAL OPENING HOURS:
CLOSED MONDAYS
TUES-SAT: 9AM-5PM
SUN 10AM-1PM

My top 5 tips for a lush looking lawn

A lush green lawn can often be the centrepiece of a garden, but dead patches can be frustrating. Here are my 5 top tips to maintain a healthy lawn and fix those unsightly brown spots.

- **Watering**

Avoid frequent watering unless necessary. Established lawns can go brown in hot weather but usually recover with rain. However, keep newly laid lawns and sown patches moist to ensure root establishment.

- **Aerate**

Aerate your lawn to relieve compacted soil and improve air and water circulation. Use a garden fork to puncture the soil surface in spring or autumn when the ground is softer and the grass is under less stress.

- **Scarifying**

Scarify your lawn if it's at least three years old to manage dead patches and moss buildup. Do this in spring to remove old grass and allow new growth. Avoid scarifying when the ground is very wet or dry.

- **Mowing**

Mow your lawn less frequently during wet winters and hot summers to prevent stress. Reduce mowing to 2-3 times a week in hot weather to enhance grass resilience and reduce browning.

- **Pets**

Dog urine can scorch grass. Water down urine spots immediately to minimize damage, or train your dog to use less visible areas. Consider hard-wearing turf for new lawns, though no grass can withstand repeated exposure.

- **Repair**

Reseed dead patches in spring or autumn. Remove damaged grass, loosen the soil, and sow the seed lightly. Cover with topsoil and water gently. Protect with horticultural fleece if needed and avoid walking on the area until established.



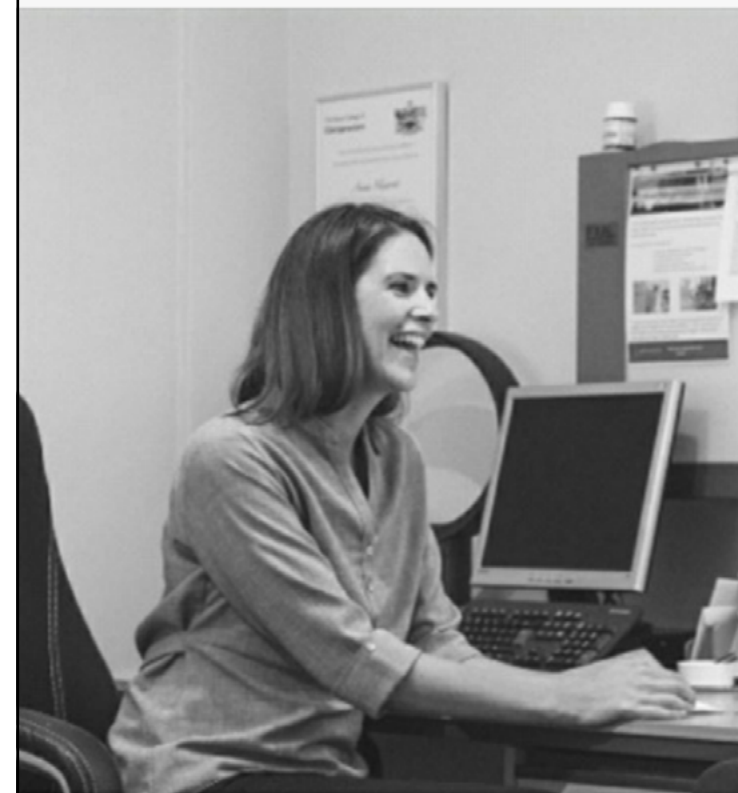
Summer holidays are a highlight of the year, and with our essential tips, you can avoid back discomfort for a comfortable holiday.

Bring only the essentials. Lighten the load and leave behind that seventh pair of shoes you won't wear! The recommended maximum weight of a backpack is 10-15% of your body weight, so keep it simple and avoid overpacking.

You'll likely spend time sitting on the way to your destination. If sitting is uncomfortable, try placing a small rolled-up pillow, blanket, or towel between your lower back and the seat for extra support. Also, bring a travel neck pillow for better support when sleeping in a seated position. Sleeping in a different bed, on an air mattress, or on a camp bed can cause back discomfort. Try to adopt a good sleeping position to get a better night's sleep. While you naturally change positions during sleep, starting on your side is best.

If you're lucky enough to enjoy some sunshine on your holiday, lying on a sun lounger or the beach may be tempting all day. However, inactivity is a common back pain trigger, so make sure you move around regularly. Break up those Vitamin D top-up sessions with a dip in the water or a walk on the beach.

.....
Following these tips can ensure a more comfortable and enjoyable summer holiday free from back pain. If you need any support when you return, the Spinavita team are here to help. Give us a call on **01452 883232**.



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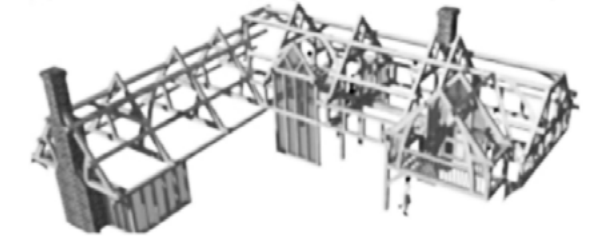
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AUGUST

1st August, 10:00am
Every Thursday
Coffee, Bingo & Chat
@ The Village Hall

2nd August, 9:30am
Every Friday
Craft & Chat
@ The Village Hall

3rd August
Every Saturday, 10:00am
Stonehouse Saturday Stalls
@ High Street

4th August, 4:00pm
Live Music: Fabba Mania
@ The Badger

5th August, 3:30pm
Every Monday (Summer Hols)
The Door Youth Club
@ The Vibe

6th August, afternoons
Every Tuesday (Summer Hols)
Children's Cartoon Club
@ The Badger

6th August
TwoCan Treasure Hunt & BBQ
@ Eastington Village

8th August, 7:00pm
Parish Council Meeting
@ The Village Hall

8th August, 7:30pm
Bingo
@ The Badger

9th August
TwoCan Outdoor Arts Day
@ Eastington Village

11th August, 4:00pm
Live Music: Fi Channon
@ The Badger

18th August, 4:00pm

Live Music: The Publicans
@ The Badger

21st August, 2:00pm
Heart of the Village
@ The Village Hall

22nd August, 7:30pm
Quiz Night
@ The Badger

25th August, 4:00pm
Live Music: The Apple Tree Theory
@ The Badger

26th August, 12:00pm
Braai, Beats and Bounce
BBQ, Bouncy Castle, Live Music
@ The Badger

29th August, 10:00am
Get Batty with ECRA
@ St Michael and All Angels Church

SEPTEMBER

1st September, 10:00am
Ed's Tractor Run
@ Alkerton Green Farm

1st September, 4:00pm
Live Music: Tommy Lewis
@ The Badger

1st September, 11:00am
Stonehouse Canal Festival
@ St Cyr's Church, Stonehouse

2nd September
Inset Day
@ Eastington Primary School

3rd September
School Term Starts
@ Eastington Primary School

3rd September, 9:30am
Every Tuesday (Term Time)
Frampton Toddler Time
@ Cadbury Hall

4th September, 9:30am
Every Wednesday (Term Time)
Tiny Tigers Stay'n'Play
@ Whitminster Village Hall

6th - 15th September
Stonehouse Walking Festival
@ Multiple Locations

7th September, 2:00pm
Eastington Autumn Flower Show
@ The Village Hall

8th September, 9:00am
Frampton Country Fair
@ Frampton Court Estate

8th September, 4:00pm
Live Music: Rick Chase
@ The Badger

8th September, 11:15am
Pet Service with ECRA
@ St Michael and All Angels Church

12th September, 7:30pm
Parish Council Meeting
@ The Village Hall

12th September, 7:30pm
Bingo
@ The Badger

15th September, 4:00pm
Live Music: Two Beatles
@ The Badger

18th September, 2:00pm
Heart of the Village
@ The Village Hall

22nd September, 4:00pm
Live Music: Frampton Shanty Men
@ The Badger

For further details about these events, see online or email us. If you would like to add an event in the next issue, please email: articles@eastington.website.