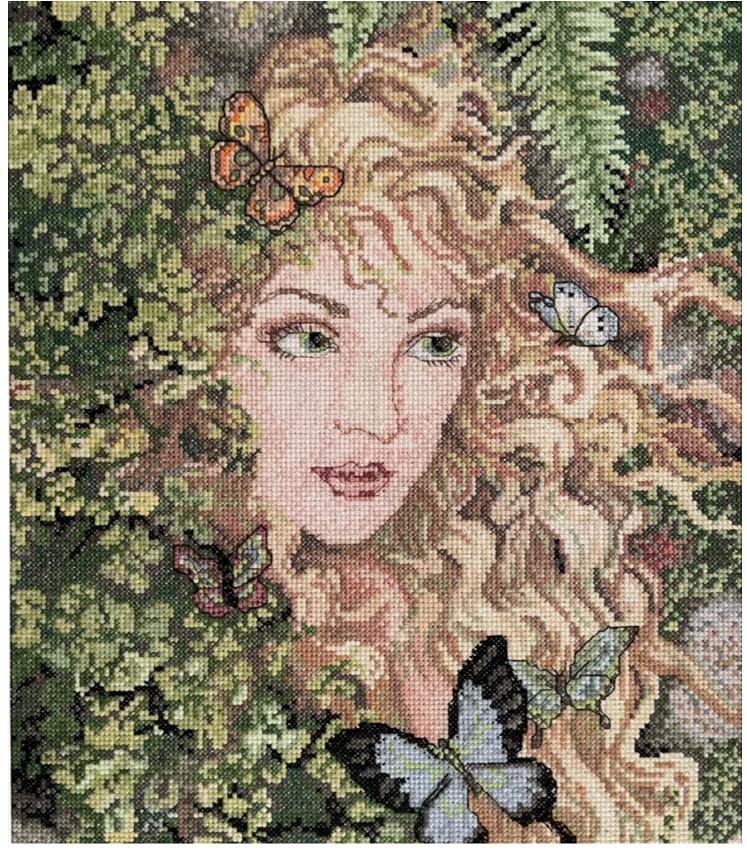
ECN Eastington Community News

A free, locally produced publication celebrating community in Eastington.

COVER BY: Ann Murphy **ISSUE 206** Oct - Nov 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



Large, modern village hall with a capacity of 200 people.

Excellent, up-to-date facilities, stage and bar.

The perfect setting for your wedding, birthday or celebration.

> Call Pam Culver on 01453 821 153

ksvhbookings@gmail.com

www.kingsstanleyvillagehall.org.uk

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

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.

Editor's Note

Welcome to issue 206.

As I write this the rain pelts against the windows and lightning strikes the sky... autumn is here to stay, folks. And with it comes the autumnal activities; take a look at our village diary on the last page for a summary of these upcoming events.

Once again I am astounded at how enthusiastic and busy our little village appears to be. I would like to thank each and every one of you for your contributions we wouldn't be the community we are today without vou.

Happy reading, The ECN Team **x**

p.s. Some useful info:

- The deadline for the next issue is: 11/11, to be delivered around: 01/12.
- 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.

COVER BY: **ANN MURPHY**

Ann is an Eastington resident. She really enjoys stitching needlepoint pictures and owns several pieces, as well as having produced several as gifts. This particular piece consists of approximately 45,000 cross stitches. Nowadays she sews, knits and creates wool tapestry designs. Thank you Ann for sharing this beauty 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.





articles@eastington.website ecn.eastington.website Eastington Community News

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

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Get Batty 111111

> with Eastington Church Roof Appeal

> > Saturday 26th October 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



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Parties!

We are thinking of hosting two parties in Eastington this festive season:

a traditional children's Christmas party at the Village Hall on Saturday 21st December

and a

FAMILY NEW YEAR'S EVE PARTY at the Community Centre.

Everyone living in Eastington is invited! Both would be free to attend, all you'd need is to bring your own drinks for the New Year's Eve party – everything else will be taken care of.

But these parties will only happen if we get a decent amount of interest. If you would like to come, please email: evh@eastington.website to let us know if you want to attend either or both of the parties, and how many people you'd like to bring. If there is enough take-up we will go ahead and commence planning.

We'd love to hear from anyone who can help run these parties. If you have any ideas to help make these parties unforgettable, please do share them.

Let's pull together to make this happen!







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Community Centre







Can you or a local group knit? Sew? Paint? Make jewellery? Crochet? Model Clay? We're looking for hand crafted items to sell this Christmas.

Could you make 15 things to celebrate our 15th anniversary?



Need ideas? Scan the QR code to visit our Pinterest page. Donations needed before 15th November. Contact Julie at julie.sarahs@allsortsglos.org.uk



Registered Charity No.11534



We have been very pleased to welcome back our returning families and to welcome so many new ones.

The children have all been amazing at settling back into playgroup routines and it has been lovely to see rekindled friendships and new ones being formed. We have been enjoying the wider environment, walking around playgroup to pick blackberries and bringing them back to crush in the pestle and mortar. These crushed blackberries have then been used to paint with, using them to paint Violet Beauregarde from Charlie and The Chocolate Factory as we looked at some of the work by Roald Dahl to celebrate 'Roald Dahl Day'. We also made chocolates, introducing language such as hot, melt, solid, runny etc, and we had to hunt for golden tickets in the cocoa powder.

We made crocodile pictures using various shapes to make arrangements like the *Enormous Crocodile*. Finally, we danced to the music of *Matilda: The Musical*, and moved around in different ways like the *BFG*. We have also enjoyed time at the allotment, tidying up the area and picking our homegrown vegetables.

Sessions for September 2025 are filling up so please contact us on 07977342742, or email us at eastingtonplaygroup@hotmail.com to arrange a visit if you require a space for your child.

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.

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Eastington Playgroup Newsletter

γουτη

BY JENNY WINFIELD





HTTP://WWW.EASTINGTONPLAYGROUP.CO.UK EASTINGTONPLAYGROUP@HOTMAIL.COM MOBILE: 07977 342742

Children's Clubs

New and ongoing clubs in (and around) Eastington, all in one place.

MONDAYS

Preschool Dance Class with Amy Addle 9:15am @ Eastington Village Hall

Boxing Class with Shorts Boxing Academy From 5:00pm @ Douglas Morley Hall

TUESDAYS

Children's Dance Class with Fusion Dance 3:45pm @ Eastington Village Hall

Frampton-On-Severn Toddler Time with Frampton Toddler Group 9:30am @ Cadbury Hall

Football Club

with Stonehouse Town Youth Football Club 6:30pm @ Wycliffe College

WEDNESDAYS

Nature Tots with Wildlife Trust Monthly, 10:00am @ Coaley Peak

Street Dancing Class with Defined Dance From 4:30pm @The Community Centre, OHMG

Baby Bounce and Rhyme with Gloucestershire County Council 10:30am at Stonehouse Library

THURSDAYS

Youth Theatre Club with TwoCan 5:00pm @ Old Methodist Church Hall

Cubs

with Frampton-On-Severn Cubs 7:15pm @ Frampton Scout Hut

TWOCAN YOUTH THEATRE New group Open to all 8-14 year olds Starting 19th September. Thursdays 5pm-6.15pm Old Methodist Church Hall Eastington GL10 3AA For more information: 07941218520 www.twocantheatre.org.uk Email: louise@twocantheatre.org.uk

FRIDAYS

Scout Club with Stanley's Scouts 7:15pm @ Leonard Stanley Scout Hut

Youth Club with Church of Christ the King 7:00pm @ Eastington Methodist Church

SATURDAYS

Preschool Dance Class with Amy Addle 9:00am @ Eastington Village Hall

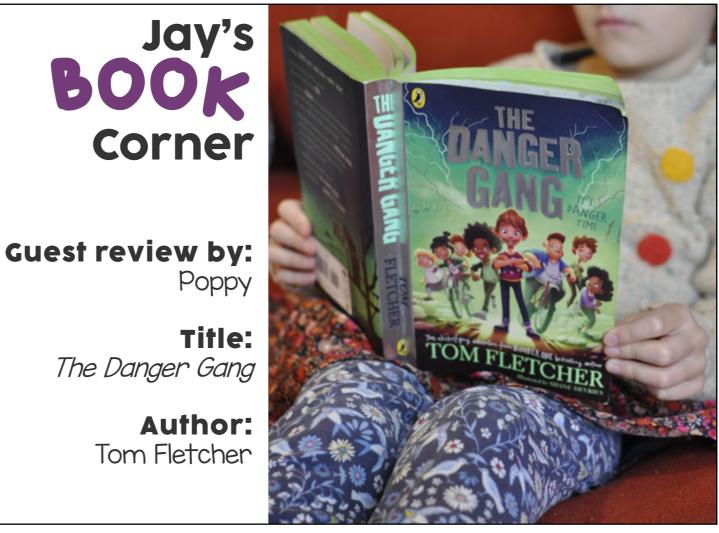
Gymnastics Class with Flip and Twist Gymnastics @ Park Junior School

SUNDAYS

Running Club with Junior Parkrun 9:00am @ Oldends Lane Playing Fields

..... For further details about these clubs, see online or email us.

Jay's BOOK Corner



What is it about?

"It's about danger! There's a green thunderstorm and all the lightning is green. And since that thunderstorm all the danger gang children now are having weird powers after the green thunderstorm. When Eric is in water he turns into a shark! Suzy turns into a pumpkin! Since Ronnie Nutbog turns into a baby, he has this power that he can understand babies! And there's a weather zapper and there's this company called Shadow Tech and they try to steal the weather zapper so the danger gang is trying to take it back."

What is your favourite part and why?

"Oh! My favourite part was when they shrunk in a water park called Freaky Falls. That was my best favourite part because I am excited to go to a water park myself. They go on lots of different rides called Tidal Force, Aguasplash and Surf-Storm. One of my second favourite things is when Franky says 'It's danger time!' when danger is coming soon and the kids in the danger gang is going to get powers!"

Who would you recommend this book to and why? "Six year olds who like crazy adventures because it's epic."

..... **The Danger Gang** is written for children aged six and above. Published in June 2021: https://tinyurl.com/462mkwpk

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.

Eastington Parish Council Update

BY CLLR MURIEL BULLOCK

I have just been for a walk and it was so nice to see people smiling, I think because the sun is shining.

Although the Parish Council didn't have a meeting in August, Councillors have been busy trying to obtain quotes etc. for outstanding projects we are working on.

After a meeting with a police advisor we have permission for siting of the non APNR camera on Bath Road. It is only one camera at the moment as we haven't been able to find and agree with residents a suitable site for the second one. At the moment we have four volunteers to help monitor the camera - if anyone else would like to volunteer please contact the Clerk.

The owner of The Lazy Goose has very generously offered to plant and maintain the area around the roundabout in the centre of the village at no cost to the Parish Council. The Council are very grateful as this area has been a problem for a long time.

Parish Council are now inviting companies to quote to upgrade the Snakey Lane Playpark. Two new larger bins have been purchased for the Playpark and Skate Park area, it would be very helpful to the volunteers who have the unenviable task of emptying these bins if users would take their rubbish home with them, especially soiled nappies.

At the September meeting it was agreed to accept the quote for the work on the burial ground paths. Also agreed was the new gate posts and fencing. We still must obtain more quotes for the Bath Road improvements.

Can Parish Council please ask all residents who have hedges that encroach the paths and pavements used by other residents to cut them back as we are looking to improve the paths and pavements around the Village, the Bath Road area is a particular concern.

If you have any comments on this article or suggestion of things you would like the Parish Council to consider, please contact us.

We are still experiencing dog fouling around the Village so please be aware.



..... Please get in touch with the Parish Council if you have any questions or suggestions for the Village going forward.

Contact the parish council at: clerk@eastington-pc.gov.uk Contact Cllr Muriel Bullock at: muriel.bullock@eastington-pc.gov.uk.



Stroud District Council

Life has been pretty hectic since May when I became a District Councillor for Severn ward for the first time!

In June there was the general election when Dr Simon Opher was elected as our new MP. I have attended numerous Councillor sessions at Ebley Mill aimed at honing our skills as new Councillors as well as attending Council meetings as a member of the audit and standards and the environmental committees. I am particularly keen on environmental issues as our future depends on change. I am also concerned that any future housing developments contain suitable conditions to make them sustainable and with the necessary infrastructure incorporated. A tour of our Ward with my fellow Councillor (Rob Brown) and the chief executive of SDC made it clear that in order to improve environmental and standards and for SDC to move forward the draft Local Plan needs to be approved by the Inspectors. Let us hope this long running discussion with the Inspector's will be concluded successfully shortly.

Our tour of the Ward also took in the proposed Stadium development by Ecotricity. I have always been concerned about the effect this development would have on the access to the M5. The plans make it clear that the section of the A419 adjoining the site will need to be changed into a dual carriageway at the developer's expense before the building of any stadium will be allowed.

Moving onto more mundane matters, at the full Council meeting on 18 July 2024, the Council resolved to:

1. include a 5-year capital repair budget for Stratford Park Leisure Centre and Lido of £2.748 million in the capital programme and additional revenue costs of 3244k per year in the medium term financial plan and to instruct Leisure Services to commence a wider investment appraisal.

2. accept the Annual report of the Audit & Standards Committee that SDC has adequate governance, management and internal frameworks in place, including internal/external audit services.

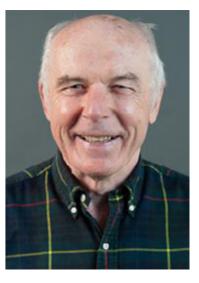
3. approve the treasury Management Activity Annual Report 2023/2024. 4. agree to support in principle the Pride of Gloucestershire bid for Europride in 2027. 5. agree a member champion for Litter and Clean Environment and approved Jill Thomas in that role.

. Please get in touch with the District Council if you have any questions.

Contact the district council at: customer.services@stroud.gov.uk Contact Cllr Richard Maisey at: cllr.richard.maisey@stroud.gov.uk.

Update

BY CLLR RICHARD MAISEY





Eastington Church Roof Appeal

BY GILL GLOVER

When you embark on fundraising for a project that requires a large amount of money (relatively speaking) then unless you are very lucky, you will need to apply for grants. Those responsible for managing grant giving are under an obligation to give out the money but they also only want to back a 'winner' because they are answerable to their charity board and the money they manage must only be used for best purpose. Grant makers all have certain criteria and always have lots of questions!

The where, what and why are pretty straight forward but there will be lots of 'who' questions; who is it for, who will benefit, who will do the work, who is managing the finances and so on. There will also be lots of 'how' questions; how do you know it is needed, how will the project improve lives (of who), how are your finances managed, how much money do you have already, how much have you raised so far and how do you plan to raise the rest of the money. The 'how much money do you have already' is quite a loaded question. If you don't have any money then potentially it's an unsupported project which is unlikely to attract further money. If you have too much money then why do you need a grant? And there is also the question that some ask, why doesn't the Church of England fund repairs to Churches?

In order to answer a lot of these questions I needed to find out more about the organisational structure and have found it very interesting.

The Church of England has 42 dioceses: The Diocese of Gloucester provides ministry for 400 churches, 90% of which are listed. St Michaels is one of 15 churches that make up the Stroudwater Team of churches. The Stroudwater Team of churches cover an area

from Stonehouse in the east to Arlingham in the west. All of these churches are historic and all are listed. Five of the 15 churches in the Stroudwater group of Churches are on the "at risk register". The cost of essential repairs to save these five churches could easily be in excess of £1 Million.

For further reading on the Stroudwater Team of churches follow this link: https:// www.gloucester.anglican.org/wp-content/ uploads/2018/11/Stroudwater-Team-Profile-12.10.18-opt.pdf.

St Michaels makes a statutory charge in respect of weddings and funerals, however the majority of this is paid to the Diocese for ministers - meaning that the church is guite reliant on donations. The churches total income for the year ending 2023 was around £21,900 with outgoings amounting to £21,500. The Diocese, as already mentioned, provides ministry for its churches. It also provides small grants for maintenance and repair and provides support and advise to it's Parishes, but the overall responsibility for Parish churches lies with the Parish, as historically it always has.

The Church of England and the Gloucester Diocese are wealthy in respect of capital, however their income is drawn down from investments and would be insufficient to pay for repairs to all the churches that require it. If spent in this way it's estimated that the money would run out in six months.

So there we are, the buck appears to stop with us. With all this talk of churches don't forget that St Michaels is not just as a place of worship but also a place of historic significance and an asset to the whole 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 Angels 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: <i>gillglover22@gmail.com</i>	~
I wish to donate: £	Gift aid: Yes / No
Full name:	
Email:	Phone:
Tile named for:	
Address:	
	Postcode:
Signature:	

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The Green Bit

Lynda Newman, The Swan Lady, offers an update on our local swans.



Historical records show that swans, Florence and Hope of Eastington, to be the son of Splendid of the Ocean, back in 2017, though most were assumed taken by pike.

They had moved to the canal, crossing the busy Eastington road back in 2022. Hope had been unhappy - he likely recalled the territory of the Ocean where he had hatched to Beatrix and Splendid and spent his cygnet days. He planned to move, starting with Bond's Mill where passers-by watched in horror at the ferocious territorial swan fights, each trying to drown his father/son! Hope's dutiful mate Florence supported him, and together they challenged and fought many territorial battles against Splendid of the Ocean and his new mate Sybil. Hope's mother Beatrix, Splendid's first mate, had



died recently in an accident on the Ocean swing bridge.

Splendid's three cygnets would watch the fights at Bond's Mill learning the swan way of life, and death. After one particular fight where Florence had attacked the cygnets on the battleground, I'd been called to check on them; luckily no injuries were evident. Splendid & Sybil had retreated to the Ocean. Bonds Mill was now Hope & Florence territory! Meanwhile whilst Florence had been supporting her mate on the battle waters, her cygnets had been taken by predators, save one that had been rescued and relocated to Shepperton Swan Sanctuary by myself.

Florence and Hope slowly moved forward and challenged and won the Ocean, Stonehouse territory. Splendid and Sybil retreated. Splendid marked his new territory as Nutshell Bridge. Hope and Florence's territory became from Eastington to St Cyr's Church. Each family hatched cygnets that May, the same day in fact, in 2023. Florence laid eight, Sybil laid seven, though



both lost one. Neither crossed their agreed boundaries with their families though challenging continued. Unfortunately Hope died from a dog attack on Stonehouse Court Hotel Green this year. His mate Florence was relocated after being chased off, then rescued. Amongst the many new houses in Great Oldbury are several attenuation ponds. Where there is water there will be waterfowl, and for five years there has been a beautiful pair of swans, but no cygnets. These were named by the Great Oldbury Academy at the request of the new Great Oldbury Swan Support Group as Barry and Sheila. The swans had been abused by children, but kind attention, and feeding helped them recover.



The Support group observed and fed. They nested and hatched four beautiful cygnets on 29th May 2024 for the first time. From the cygnets' first weeks their adventurous parents have taken them touring their vast territory, fields, roads and ponds. The railway authorities have been informed, and safety action was discussed. The cygnets do suffer from exhaustion and are seen, often relaxed, resting in the roads, much to the horror of passers-by! This delightful wandering swan family have been photographed in several questionably unsafe locations, crossing a roundabout, following a supermarket delivery van, visiting a farm shop and dairy factory to



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name a few! Slowly signs are appearing to try and protect the new delightful feathered Great Oldbury residents, to make road users aware of their presence.



There are more issues of concern regarding the swans' habitats, but these are being dealt with. Very shortly the cygnets will be practicing flying, and their ponds awaiting reed maintenance. Soon the cygnets will be chased off to become independent as they are almost teenagers. Next spring look out for wandering Barry and Sheila and their second family where the cycle of life will continue!



Images from left to right:

Florence and Hope, Florence and Hope with their cygnets, Barry and Sheila exploring Great Oldbury with their cygnets this year, residents putting up signs for their protection and Florence and Hope with their teenage cygnets last year.

LYNDA NEWMAN SUPPORTS AND RESCUES LOCAL SWANS. FOLLOW HER ON FACEBOOK AT 'SWANS OF STROUD'. IF YOU SEE A SWAN IN NEED OF ASSISTANCE, PLEASE MESSAGE HER VIA HER FACEBOOK PAGE, OR ALTERNATIVELY, YOU CAN EMAIL HER AT: LYNDAJUFFSNEWMAN@GMAIL.COM.

Stonehouse Walking Festival visits Eastington

BY GILL SERMON



2nd week of September saw the The 5th Stonehouse Walking Festival, which offers free, guided walks for people of all ages and abilities. As usual quite a few walks involved Eastington, a mere 2 miles pleasant walk from Stonehouse town centre.

When the festival was being planned, walk leaders were asked to come up with some ideas. and several chose similar Eastington walks. We had to think of places for them to visit to make the walks different. Apart from two canal walks, which showcased the works of the missing mile project through and beyond the town, other walks stopped in the area. One walk took us to the Eastington Farm Shop, where we received a friendly welcome and enjoyed tea and cake with several walkers sampling the delicious ice cream. Others viewed the local produce on sale, though unfortunately we couldn't carry very much. I'm sure some of us will be back!

On another walk we arrived via fields, went past the school and church, up Spring and to a farm before disappearing Hill into the ginnel beside the Lazy Goose!

And finally we did "2 Churches and an Orchard" - our walk lead us from St Cry's in Stonehouse, to the 14th Century Grade II listed St Michael & All Angels, where we were very well looked after by Mike Naylor and Gill Glover who served refreshments from a hot steaming urn.

Whilst chatting away with our well-earned cuppas we find ourselves in conversation with one of our walkers who remarked that being in the church reminded him of his old friend, the late Frederick Rowbotham. Fred was a very good organist and choirmaster but his main interest was the River Severn. In fact he wrote "the" book on the Severn Bore. He lived in Eastington, where his father was the headmaster of the village school in 1906 for 30+ years. After he retired, his father was ordained (Rev. John Rowbotham).



We were impressed by the beautiful interior of the Church, and Mike Naylor was happy to show us the damage to the church roof, which needs replacing at a cost of £300k. Donations were made very easily online in the church. Our last stop was to Coneygree orchard where we sampled an apple or two before returning once again via the canal.



We hope that the walking festival will happen again next year and the committee will be looking for venues to visit in Eastington. We do have some ideas, but if you have a business or community project you would like to showcase, or if you'd like to give us a tour, or even lead a walk please contact the walking festival: stonehousewalks@gmail.com

For more information find us on Facebook or visit our website: stonehousewalks.co.uk

Thank you, Eastington, for your hospitality!



where community, nourishment and sustainable living come together

Congratulations on your trophies in the recent autumn show. Which categories did vou win in? "I won trophies for Most Points in Show By a Male, Best Allotment and Best Runner Beans".



How long have you been growing fruit, vegetables and flowers for? Do you have any favourites? "I first started growing with my father and where possible most of my life since, so a long time. I've always liked growing dahlias, the tubers of two of them are probably as old as I am. The more modern varieties tend to have a much shorter life."

I grow anything as long as I like eating it, carrots are a favourite because to me the difference between growing your own and shop bought is more pronounced than anything else."

What do you like about growing your own produce? "The sense of achievement when I have a successful crop, I try and grow everything from seed, my wife Gwen helps a lot by starting many for me. But mostly I find it relaxing, even looking at young squash starting it's life in my conservatory."

AN INTERVIEW WITH ROGER HUGHES

How long have you been growing produce at our Eastington allotments? "I was not an original member, but I think it was 2011. I'm the secretary [for the Eastington Allotment Society], so I try and keep up to date with the admin, supported by a very helpful committee."

Do you have any advice for dealing with Eastington's notorious clay soil? "It's challenging, gardening in Eastington is hard work, you have to be prepared to apply some hard graft, finding the right moment between it being a sticky bog and a rock hard surface is key. The upside is that it retains water well in the summer."



And lastly, how have you found this year's harvest? "The prolonged wet cold spring set back most of my planting, and yields seem to be down on normal."

Thank you Roger! For all allotment queries, please email the parish clerk at: clerk@eastington-pc.gov.uk.

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





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 October 26th from midday. All helpers take home some juice!

Apples coming early?

You can bring your apples and/or pears to Hazel Cottage, Millend, by arrangement (*ring 823425 and ask for Tom*). ECO volunteers will process them on the next available Saturday and bring you a reward!

Eastington Wombles

We've had several successful litter picks since the last issue. We would love to see some more faces! Our community litter picks occur every last Sunday of the month. If you would like to join us, please bring a high-vis jacket and your own litter picker. Email articles@eastington.website for more details. See you there! Our next dates:

Sunday 27th October and Sunday 24th November



ECN's First Edition Part 4

BY GILL GLOVER

Last time we had a look at how the children and youths of Eastington were being kept busy. We are now at the end of the newsletter which gives us a brief update on village sports and the church news.

Alkerton Rangers Football Club's season was two thirds over and enjoying mixed success. The first team was in the top seven - sadly the reserves were struggling "but signs are that improvement is just around the corner".

Eastington Cricket Club were going strong with one team in the second division of the Stroud League and a playing force of around thirty. The home ground was at Stratford Court where members had built their own pavilion at a cost of about £3,000. The club planned a mini tour of Devon in May. The hope was that with the prospect of the new Owen Harris Playing field they would be playing in the village in 1992/93. New members are welcome - as they are today!

Parish Church News and Comments... "MOST EASTINGTON PEOPLE ARE RELIGIOUS". The then Village Appraisal produced some interesting information in respect of religion. "Of every 100 people in Eastington who returned their forms, 80 believe in God. Of those who believe in God, ninety five in every 100 declare themselves to be Christians". The maths is a bit complicated for me but it looks as though most are Church of England; a few of these are Methodists and then other Christian Churches. 3% were another religion, apparently the writer knew one person who was of Sikh faith.

"A CELEBRATION OF MARRIAGE" - The

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- Church Council planned a special weekend of celebration of marriage with a flower festival on the theme of weddings.
- **"FOR YOUR DIARY" Mother Sunday** the day on which people used to gather at their 'Mother Church', Gloucester Cathedral. Nowadays the delightful custom of honouring our own Mothers, which originated in America, is also marked at St Michaels. A true fact that not many are aware of.
- Finally, to return to the introductory page where the Editor states that the County Structure Plan will shape the future of the Parish until the year 2000. "...the District Council is looking for sites suitable for Housing Development. We could certainly do with some Starter Homes in the parish to enable our young people to make their homes here instead of having to move to other areas".
- "We are very lucky in Eastington to still have the Church and Chapel, also our School, Shops, Village Hall, Post Office, Garages, Public Houses etc because many villages in this County have lost all of these things."
- So let's look at what we have today. We do have some affordable housing for those with links to Eastington with more planned. We still have all of the above amenities plus some new ones; Eastington Community Centre and public/sports field, a fantastic play park, skate park and the allotments. There are many clubs to join at the Village Hall and ECC. And we are still rural with access to green fields via many footpaths, so thanks to our farmers but also to our very active Footpaths Officer, Bill Edwards. He has tirelessly kept footpaths open for all to enjoy, thanks Bill!
- Eastington: Vibrant Village of the Year in 2010, still looks pretty vibrant doesn't it! Great work folks!

Eastington Pals

WRITTEN BY SIMON CHAPMAN

I leave our little brick cottage in Middle Street, turning right onto the Bath Road. Kicking my heavy boots in the dust. It's been a long summer. Talking, planning, dreaming. Waiting.

I step out of the way for Old Boggs, the coalman. It would be funny in a way if his old nag knocked me down this morning.

He smiles down from his cart. "Godspeed, Arthur!"

Halfway to Alkerton, Thomas sits on the wall outside the farm. His ma has packed a fruit cake. And apples from the orchard. She doesn't come out.

"We've said our goodbyes," says Thomas, "Dad says you're to bring me back for the next harvest."

"I'll do my best, our kid," I say. I'll do my best.

On to the crossroads and we find Albert. He's lying down. Flat on his back. Knapsack under his head for a pillow.

"Been in the King's Head, babber?" says Thomas.

"For a couple. Or three. We were serving until late. My ma says she wants me back in time for the Christmas season. She says she can't run the place on her own." Albert replies.

Gilbert, the foreman at the mill, had grumbled. "Why do you need to go now, Arthur? There'll be conscription soon enough. Bound to be. Why don't you wait? I could do with you. Keep the lads in line."

He even took me for a drink. Over the way at The Castle. My mind is made up though. There's a world outside Eastington. This is my chance to see it.

"Lord," says Albert, "we might get to see Paris."

"Paris!" says Thomas, "Imagine that! My Freda wouldn't be happy if I said I'd been to Paris. Freda says Stroud is too far. I'd have to bring her back a souvenir."

"Jenny says she'll be happy enough with a cap badge," I say. "She'll wear the Glosters as a brooch above her heart, and it will bring her luck. And bring me back."

Now here comes Artemus. At a jog down Alkerton Road. Always Late Artemus, we call him. "Well, I've run all the way from Nupend!" He says.

"We could have met you there!" Laughs Thomas.

"Oh!" Artemus covers his face in his hands. We cuff him around the head and box his ears and Albert hugs him to the ground.

Now the four of us are complete.

And soon enough comes Davey, the drayman with his team. All decked out with ribbons in their manes and brass shining in the hot sun. His wagon running with Union Jacks and flowers.

Today, instead of barrels of ale, he's taking us four to the train station in Stonehouse. One to Stroud, two to Gloucester, and one to Bristol. "Oh, Davey!" cries Albert, "haven't you brought a barrel or two for us?"

We sing loudly and badly, as the big old wagon rumbles down Alkerton Road, off down Springhill. Out to the world.

"Singing Glorious! Glorious! One keg of beer for the four of us! Singing glory be to God that there ain't more of us, For one of us could drink it all alone!"

All jolly boys of Eastington. All off to the war.

Written in Memory Of:

Arthur Davis, millhand, of Millend, killed in action, France, 1916, aged 20, no known grave.

Thomas Shill, of Alkerton Farm, killed in action, Belgium, 1915, aged 21, no known grave.

Albert Howell, of The King's Head, Alkerton, killed in action, Belgium, 1917, aged 19.

Artemus Silvey, of Nupend, killed in action, Belgium, 1917, aged 19, no known grave.

Gilbert Young, mill foreman, of Churchend, killed in action, 1916, aged 34.

And all the men of Eastington killed in action between 1914-1918 and 1939-1945.

THANK YOU TO LOCAL WRITER, SIMON CHAPMAN, FOR SUBMITTING THIS SHORT PIECE OF FICTION FOR ARMISTICE DAY, 2024.



ISSUE 206 ISSUE 206



Eastington's Village Hall

BY STEPHEN MILLS

There are certain buildings that help define a village – the church, manor house, local shop, the pub, and of course, the village hall.

Many things come and go, but no selfrespecting village would be without its village hall, and in this respect, Eastington's has long been at the centre of village life, hosting everything from local and national elections, parties, club meetings, flower shows, and so on. The list seems endless, and the hall has acted as a focal point for community life and been at the centre of a multitude of village activities for nearly a century. So, what is the story behind our much-loved hall?

It appears that the country's first 'dedicated' village halls were created as a response to Queen Victoria's Diamond Jubilee in 1897, although their numbers really began to grow during the 1900s. For example, some were built to celebrate the accession of George V to the throne in 1910, although many others came into being after the First World War, often as memorials for those lost in battle. Village halls guickly became the hub for many uses and organisations, usually managed and maintained by the community they served. Many were built specifically as communal buildings with funds raised locally for this sole purpose. Remarkably, there are an estimated 10,000 village halls in use today, many built between 1919 and 1929 - it goes to show how widely appreciated these cherished useful facilities are.

The development of Eastington's village hall

was supported by the wealthy de Lisle Bush family who lived in what is now Eastington Park. In 1927, George de Lisle Bush and his wife laid the foundation stones for the new hall, a cause they had supported financially. This was followed by the grand opening on 26 March 1928 by the Countess Ducie accompanied by the great and the good of the village. George was the Chairman



of the village hall organising committee, along with his wife and son, Claude d'Arcy Stratton de Lisle Bush. Other committee members included Captain and Mrs J H Turner, J Lapage Norris, V S Barnes, A R Blick, plus the trustees. Externally, the hall hasn't changed much since 1928, although it has lost its cupola. Above are some of the guests at the opening. Countess Ducie is at the front, third from the left.

The opening ceremony was followed by a chorus of *God Save the King*, then a musical programme and tea, although it cost a shilling for this privilege! The hall came to



be referred to as a "small but handsome Village Hall" and was soon put to use for multiple purposes, a role it continues to serve to this day. Here's to the next century of use as a focal point for village occasions – who knows what these may be!

At nearly a century in age, it's no surprise that a bit of maintenance is sometimes needed! Above shows work that was underway a few weeks ago.

Images from left to right:

Opening of the village hall in 1928, Eastington's Village Hall today in 2024 and Countess Ducie dressed for a more formal occasion.

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*.

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COMMUNITY

Frampton Village Society

Heart of the Village

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

Visit to Rodmarton Manor

The Village Society's summer visit this year was to Rodmarton Manor, where we were to be given a guided tour of part of the house followed by free access to the 8-acre garden. We were met by John Biddulph,



currently resident at the Manor with his wife and family, the 4th and 5th generations of the Biddulph family to live there, and John introduced us to our guide for the tour of the house. Rodmarton Manor was built between 1909 and 1929 for Claud and Margaret Biddulph to a design by Ernest Barnsley, a leading figure in the Cotswold Arts and Crafts movement, and Ernest's brother Sidney was the principal furniture maker at Rodmarton. The aim of the Arts and Crafts Movement was to recapture the taste and quality of craftsmanship which it felt had been lost because of mass production methods following the Industrial Revolution.



We then enjoyed, in beautiful weather, the large garden, which retains Ernest Barnsley's original design as a series of "outdoor rooms", with rockeries, herbaceous borders, a walled garden and much topiary.

2024 Bill Wood Memorial Shield

Once again, we are pleased to be hosting the Bill Wood Award presentation and celebration which will follow our A.G.M. on the 25th of October. This year's deserving recipient is Shirley Hunter, one of our own members, who has quietly supported so many activities in the village over many years.

Remaining Village Society talks:

- 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 Conder

- 7th December: Christmas dinner & event to be confirmed.

24 July: TEDDY BEARS PICNIC

Thankfully the day was dry and bright and our great team of helpers were ready to help at 1:00pm to assemble the mountain of sandwiches, sausage rolls, crisps and cakes all kindly donated and made by Eastington residents. It was lovely to see people turning up with their teddy bears from their youth or family members and it was delightful to see our guests getting into the spirit of it all.



The table decorations had been generously made and assembled by some of the kind Eastington Craft & Chat group - THANK YOU. Again we welcomed quite a few new faces, so the word is getting out how marvellous these afternoons are with the great cakes and wonderful company. For those that haven't come yet, YOU DON'T KNOW WHAT YOU'RE MISSING!

At 3:00pm the raffle was drawn and a few lucky guests went home with some lovely prizes. All in all, a jolly good pop-in.

21 August: TRADITIONAL CAKE & A CUPPA

Once again we had a full house of guests to tuck into the lovely cakes and things that volunteers had made. We are so lucky to have such kind residents to give up their time and donate these gorgeous cakes.

BY SUE WITHERS



We would like to welcome Heather, our new helper. She has just moved into the village and wanted to get involved with village life, and boy, she is brilliant. She turned up in her pinnie and notebook and got stuck in with dishing out cakes and drinks and all with a lovely smile.

What is wonderful is that we are spreading the word of what is going on in and around Eastington and now we have our guests taking part in different groups and events, which is wonderful. It's opening up new opportunities.

The next pop-in will be on **23rd October,** with the theme of pumpkins! And the following month's pop-in will be on **13th November**. 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

The Rotary Club of Severn Vale

BY KEITH ROG

Despite the changeable weather and annual holidays, as we approach half way through the Rotary year we have maintained our regular breakfasts and ongoing community activities and social events.

Sadly, our last newsletter was missed due to an extended broad band outage. So, will try to include Spring and Summer activities here as Autumn arrives.

Our first breakfast speaker in May was from Barbara Pond, Head of Operations at Gloucestershire Rural Community Council. Formed over 100 years ago they work under ACRE - Action with Communities in Rural England - and work with a broad range of stakeholders to influence positive change in the countryside, giving advice and encouragement to community groups looking to retain or improve services in their villages. A seemingly endless list of topics and issues include community shops, pubs, post offices, pharmacies, bus services, social/affordable housing and supporting vulnerable people. Despite which this is an organisation so many people have never heard of. An interesting and well received presentation.

The next breakfast we welcomed James Marshal and Daniel Chapman from CCP – Caring for Communities and People. Daniel explained the basic ethos of CCP, what they do and who they help. Post Covid volunteer figures have reduced by 50% nationally. He mentioned that this was National Volunteers Week and talked about an area that might be of interest to us, becoming an 'Appropriate Adult'. They have 25 to 30 volunteers already who operate on a rota basis to be present at the Custody Suite at Waterwells Police Station when under 18s or vulnerable adults have been arrested and need support through the process of interview etc. Usually of course this would be a parent or close relative, but sadly sometimes these are unavailable. There was a good degree of willingness to find out more among Rotary members.

Our next breakfast speaker was Barbara Williams from "Read for Good", a national charity based in Nailsworth. 'Bringing the Magic of Reading and Stories to Children across Gloucestershire', they work with 30 major hospitals throughout the country, focusing mainly on primary school age children inspiring the adoption of a habit which could last a lifetime. It was sad to hear that one in five 5 to 8 year olds have no reading books in their homes. A well received presentation prompting much conversation.

The following breakfast meeting heard a presentation from Mark Newcombe and Brian Heatley of Gloucester Men's Shed, which is based on the Waterwells Estate in Quedgeley. The organisation started in the UK about 12 years ago and there are now 1100 in the UK with 900 in England alone, benefitting about 33,000 men of all ages. Although primarily for those who have retired - often from industry - it also welcomes the unemployed, the bereaved and younger men still seeking their way in life. Quedgeley offers 3 sessions per week to their 30+ members, where they work on their own or collaborative projects making mostly wooden objects - benches, plaques, bird feeders etc which are generally given to deserving local causes. They offer fellowship and a place to talk things over in a non judgemental atmosphere whilst doing something worthwhile with their hands.

The group has benefitted in the past from Lottery funding, but that has now finished. The portakabins in which they operate have no mains electricity supply and the cost of supplying this to their present site would be prohibitive, so they have to resort to using generators. There is a proposal to provide power to one shed by solar panels and this is one of our Club President's chosen charities of the year.

At the next breakfast meeting at The Thatch Quedgeley we welcomed the speaker, Annie Lapington, a volunteer from Gloucestershire Young Carers. This year they are celebrating their 30th Anniversary. It has grown from the germ of an idea of one social worker into an organisation working throughout the county supporting in excess of 1000 children. Children who through no fault of their own have taken on adult responsibilities on a daily basis: cooking, cleaning, laundry, shopping, looking after siblings, collecting medication etc. A short video of a 9 year old carer from Cinderford demonstrated the commitment some youngsters had to have at such a young age.

GYC supports them to be able to enjoy childhood and make a positive transition into adulthood. They recognise that there are far more carers in the county that they are yet to reach - estimated to be 7,500. At present running costs are c£lm pa just to stand still. Small grants are available from local authorities, with intermittent funds from National Lottery and Children in Need and fundraising making up the rest. An enlightening and well received presentation after which whilst packing up, Annie said "Yours is one of the nicest Rotary clubs I have ever been to".

The final meeting of the Summer saw speaker and President of Cotswold Tyndale Rotary Club Gillian Hayward, guests Sir John Southby and Mark Smyth-Roberts. Gillian gave a presentation on the soon to be launched 'Big Space Appeal'. This is a countywide initiative aiming to gain support from as many Rotary Clubs as possible which is essential to qualify for substantial National and International grants. This long term project is to improve the patient facilities for the Oncology Centre at Cheltenham Hospital building out into the car park creating a larger reception, waiting areas and consulting rooms. Presently they treat 5,000 new patients every year, and they are bursting at the seams. The hope is to raise sufficient funds to be specifically used to provide an enlarged Focus Centre.

Our Community Service and Fundraising has continued together with some social skittle and boules events. The major fundraising event for the year has been the very successful 'Route Seventy Seven Charity Car Run'. This involved over 50 interesting vehicles enjoying 77 miles of Gloucestershire & Worcestershire countryside incorporating breakfast, coffee and lunch. This year we started at the Jet Age Museum and armed with route, cars left the museum at short intervals after breakfast and a viewing of the aircraft. Having enjoyed a coffee break half way they drove to the Sailing Club at Frampton on Severn for lunch. The increased number of entrants this year led to £1500 being raised for Gloucester's Men in Sheds. Forthcoming activities include providing a day out for Gloucester Young Carers, supporting Sheep Racing and Frampton Country Fare and an Autumn Quiz 'n' Curry Night in support of the Spring Centre -Friday 8th November at Frampton on Severn village hall.

If you are interested in attending one of our events or would like to volunteer with us for one of our chosen charities, please visit **www.severnvalerotary.org.uk** or contact keith.rog@hotmail.com.

With best wishes for a happy and healthy end of Summer from members of Severn Vale Rotary.





Church of Christ the King

BY BARBARA LANG

Hi Everyone,

We have had a varied and fun few weeks at The Church of Christ the King, Eastington.

There have been Worship Meetings with colourful crafts on the first Sunday of each month in our ALIVE services. We looked at Joseph and his multicoloured coat and also Noah and God's Promise of the Rainbow in the sky.

Then there was the unforgettable Country & Western Style Worship that we held on Sunday 8th September. With Cowboy Hats and Cowboy Boots, some very interesting Line Dancing coupled with country versions of favourite – and new Songs of Worship.

The Sunday get together was enjoyed so much that repeat events will be scheduled. Watch this space!



A new member of our Church is Edna the scatter-brained Ewe. Edna knows that she is part of the Church of Christ the King flock but just sometimes she wanders off and we cannot find her. If she gets lost again we will be asking for help to find her on local Eastington Facebook Sites. Please do keep your eyes open in the village for Edna our scatter-brained Ewe!

Here at the Church of Christ the King in Eastington we always welcome questions and love to help people find the answers 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.

Feel free to come and meet us on a Sunday at 11am. Our Service is held in the old Eastington Methodist Church Hall opposite the Butchers in Eastington postcode GL10 3AA. We look forward to meeting you always friendly faces and always a good time. We are praying for you.

Looking forward to meeting you soon!

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.



News from St Michael and All Angels

Church Services

Our "Light Touch Service" on 8th September took the form of a pet's service which attracted a full church with a new congregation not only in the form of pets but also included some new faces. In all there were ten dogs of various shapes and sizes and what was originally thought to be a Womble turned out to be a large stuffed hedgehog! Revd Alice Wood interviewed her Siberian Husky who gave us a dog's perspective on life in Gloucestershire in the form of a series of tuneful howls.

Coming Up

Revd Dave is conducting a celebration of Harvest at the Eucharistic service on the first Sunday in October. We ask that any food donations are non-perishable so they can be passed on to the Food Bank. The "Light Touch service on the second Sunday will have a theme of Autumn. Our normal Holy Communion service will take place on the 4th Sunday. We are also planning an All-Souls Service, details of which will be available soon.

In November Remembrance Sunday is on the 10th when the service will be at the earlier time of 10:45am. The Last Post will be sounded at 11am and the names of the fallen read. A short wreath laying ceremony at the War Memorial in the Churchyard will take place after the service.

In December we will have a Festival of Nine

St. Michael and All Angels Church

BY MIKE NAYLOR

Lessons and Carols, the Christingle Service and Midnight Mass on Christmas Eve.

Stroud Food Bank Collection Point

Donations are especially welcome as the winter months approach so please continue to give what you can.

Ukraine Appeal

We also maintain a collection point for aid to Ukraine. The ever more disastrous war in Ukraine continues to take its toll. You can help by donating specific items which will provide some comfort and relief to those whose daily lives are led in fear. The list is on display at the back of the Church.

Information

For further information on forthcoming events taking place in Eastington and across the Stroudwater Team you can ask to receive the weekly pew sheet by emailing: officestroudwater@gmail.com.

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



We would like to thank everyone who attended Ed's tractor run this year!

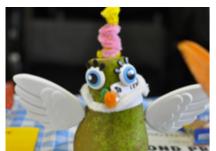
We raised a grand total of £21,839.58 which will be split between our three chosen charities. We would like to thank all our sponsors who made the event possible for us. A big thank you to Boddington Estates for allow us to hold the event on their land. Hawkstone for sponsoring the alcohol for the event which played a big contribution to the final total. Freefall and DJ moonshine for the music throughout the whole evening. Portway Farm Shop for the donation of the all beef burgers. Smiths catering and Frocester Fayre Farm shop for the cooking of the food on the day. Tyndale Vets Ltd for feeding all the hungry farmers in the morning! Fred Sealey for the amazing video. As well as all other sponsors which helped out in numerous ways!



Finally, a huge thank you to all our wonderful friends and family who aided the set up, flow of the day and the clean up.

Please remember it's okay to talk and there are many different support systems out there including the charities we have supported!

EASTINGT











entrants for making this show a success.

Congratulations to all the trophy winners.

This show was the oiggest in years and let's hope it gets bigger.





MIDDLEHALL FARM

What a fantastic way to see out the summer with lots of old and new customers joining us to raise money for "Breast Cancer Now"; the weather played ball and we were able to raise more than £850 for the charity. Look out for the opportunity to help us with more charitable events in the future. As the season changes to Autumn, we are all looking forward to some crisp mornings and warm fires. We have new windows in the Coffee Bar frame for magnificent views of Coaley Peak and Stinchcombe Hill, whilst a new entrance porch will keep out the wind and rain.

Pumpkin picking season returns in October and new flavours have arrived, such as Non Solo Pasta panettone for a taste of Christmas and North Nibley granola and muesli to show us how a healthy breakfast can be full of taste and texture. We are lucky to have so many specialist producers in our local area such as Cotswold Orchard Fire Cider who visited us in September - even the sceptical were blown away by both the flavour and many uses for this fantastic product. For the creative amongst us there are several workshops coming up in November and December to fill your homes full of Christmas cheer, more information and booking details are available online. Christmas food and goodie hampers are available in the shop and for you to order online for your Christmas lists! Take time to browse the selection of products in store and look out for further details on the website and in our regular emails.

The end of Summer and start of Autumn sees the return of English apples which will be celebrated at Apple Day on Saturday 26th October with Eastington Community Orchard – all welcome, come rain or shine, to press apples into wonderful juice! Other seasonal produce returning to the shelves includes cavolo nero, swede, parsnips and squashes of all varieties - we love to hear about how you are creating new and old favourite dishes with all our fresh produce.

We are very aware of climate change and the knock-on effect this continues to have on our gardens and the farming community. At Eastington Farmshop, we want customers to enjoy food the way it should be with as much produce as possible being sourced locally and sustainably. We have been further developing our regenerative farming plans here and on the local Frampton Estate where Ed and the team also farm. It is important to us and we are delighted to hear that the Wildfarmed group will be part of this with Ed at Frampton.

See you soon,

WWW.EASTINGTONFARMSHOP.CO.UK 01453 823655



Normal Opening Hours:



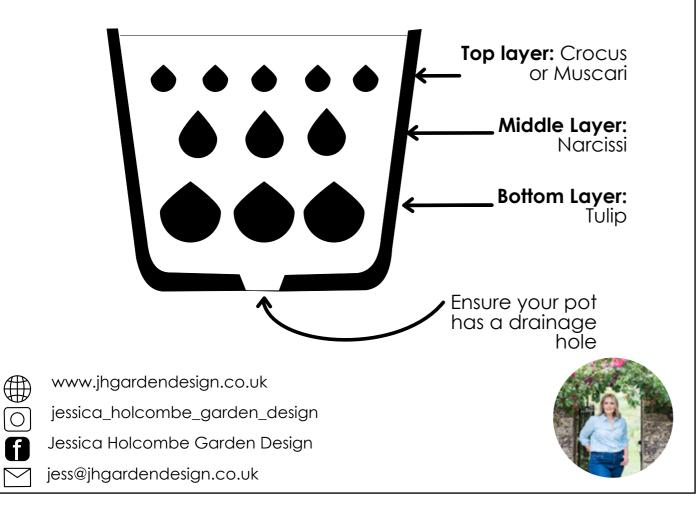
Create a bulb lasagne for spring flowers

This is the perfect time of year to plan ahead to spring, and plant your bulbs. Bulbs are so versatile, you can plant in your borders, the lawn, or in pots.

A bulb lasagne is a great way to make maximum impact, which will last all spring.

Here are my top tips to create your own:

- 1. Use fresh compost and add in grit to help with drainage.
- 2. Leave 1-2 inches between layers and don't plant bulbs touching.
- 3. Ensure each layer of bulbs is fully covered by 2inches of compost before adding your next layer.
- 4. Add winter bedding plants like viola or cyclamen to the top of your pots for instant impact.
- 5. Water pots initially, and during winter if they become dry.



Insights at SPINAVITA



We walk every day without a second thought however, walking is a commonly underestimated activity. The Spinavita team recommend walking because it's a cardiovascular and aerobic activity, meaning it increases your heart rate and oxygen flow. The benefits include: lowered blood pressure, reduced risk of cardiovascular disease, prevents type 2 diabetes, improves stress and depression, helps bone health, aids sleep quality, and improves muscular endurance and energy.

We often hear we should aim for 10,000 steps a day; while there is no science to support this number it does show the more steps the better. Even a brisk 10-minute has benefits; keeping moving helps reduce back pain. This also counts towards the recommended 150 minutes of weekly exercise.

- Brisk walking is considered moderate-intensity and low-impact, which does not put excess strain on our joints. A brisk walk is about 3mph; you should be able to talk, but not sing.
- If you need some motivation to walk, make it part of your routine. Perhaps join a walking group, listen to music, challenge yourself to use stairs rather a lift or stop using the car for short journeys.
- You can also download the Active 10 app which can track your walking, provide goals and reward your achievements.

If you are in pain or want to get back to being active to reap the benefits of walking, contact us today to find out how we can help you on 01452 883232.





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The Home Remedy

PLEASE DONATE, FREE COLLECTIONS!

Contact us at **stroud@thehomeremedy.org.uk** to arrange a free collection

The Home Remedy Stroud, formally known as Stroud District Furniture Bank is a community interest company who collect unwanted furniture and recycle it back into the community through our shop and community referral program. We aim to build a truly circular economy by showing that no one need buy new furniture again. We are based in a renovated mill building in Brimscombe

Our referral program allows families to be referred to us to receive heavily subsidised furniture delivered to their door.

We offer employment through paid placements and flexible employment opportunities.

Since January 2024...

Recycled 88.14 tonnes of furniture

Delivered 257 items of free or subsidised referral furniture into 205 families

Come visit us at Brimscombe Mill, Brimscombe, GL5 2QN



Luxury Care Home Community

The Hollies Nursing Care Home · Holly Oak Dementia Care Home

The Hollies, renowned for its excellence in nursing, dementia and residential care provides the ultimate in state-of-the-art accommodation. Spacious, beautifully designed rooms, suites and living areas along with pretty gardens provide residents with a high quality of living. Exceptional dining caters for the most discerning preferences and needs.

At the Hollies, care is not just something we offer, it's at the core of who we are. We treat every resident as an individual and work hard to tailor our person-centred services and activities to support their every need.

Community living connecting families and friends in a welcoming environment



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gatherings



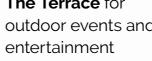




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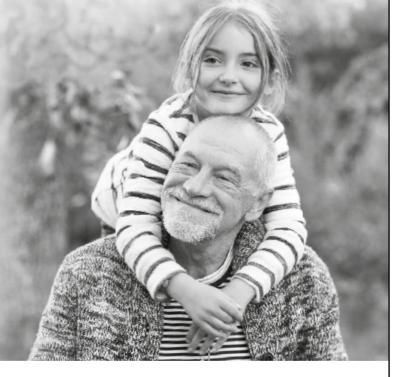




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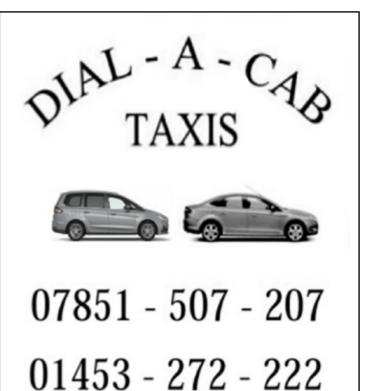
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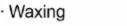
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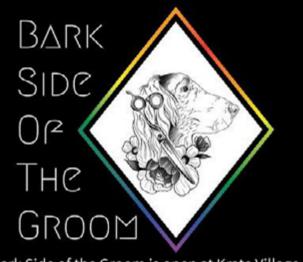


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Village Diary

OCTOBER

3rd October, 10:00am Every Thursday **Coffee, Bingo & Chat** @ Eastington Village Hall

4th October, 9:30am Every Friday **Craft & Chat** @ Eastington Village Hall

5th October Every Saturday, 10:00am **Stonehouse Saturday Stalls** @ High Street

5th October, 8:30pm *Live Music: 80's Night* @ The Badger

6th October, 11:15am **Harvest Festival** @ St Michaels and All Angels Church

6th October, 10:00am **Toddler Tabletop Sale** @ Cadbury Hall

6th October, 4:00pm *Grandparents Day* @ The Badger

10th October, 7:00pm **Parish Council Meeting** @ Eastington Village Hall

10th August, 7:30pm **Bingo Night** @ The Badger

18th October, 7:30pm *Eastington PA Quiz Night* @ Eastington Primary School

19th October, 8:30pm *Live Music: Free Fall* @ The Badger

23rd October, 2:00pm *Heart of the Village Pop-In* @ The Village Hall

24th October, 7:30pm **Quiz Night** @ The Badger

25th October *Inset Day* @ Eastington Primary School

26th October **Half Term** @ Eastington Primary School

26th October, 10:00am **Craft Fair** @ Eastington Village Hall

26th October, 10:00am **Get Batty with ECRA** @ St Michael and All Angels Church

26th October, 12:00pm **Parish Apple Day** @ Eastington Farm Shop

27th October Daylight Saving Time Ends

27th October, 10:00am **Wombles Litter Pick** @ Village

27th October, 4:00pm *Sunday Session: Albino Tarantino* @ The Badger

28th October, 10:00am *Ladies Walking Group* @ Coaley Village Hall

31st October, 5:00pm *Halloween!* Zombie Walk, Magic Show & BBQ @ The Badger

NOVEMBER

2nd November, 8:30pm *Live Music: Monkey Mafia* @ The Badger 5th November **Guy Fawkes Night**

10th November, 10:45am **Remembrance Sunday** @ St Michael and All Angels Church

11th November Armistice Day

13th November, 2:00pm *Heart of the Village Pop-In* @ Eastington Village Hall

14th November, 7:00pm **Parish Council Meeting** @ Eastington Village Hall

14th November, 7:30pm **Bingo Night** @ The Badger

15th November **Children in Need**

Kids Eat Free @ The Badger

23rd November, 8:30pm **Drag Night with Miss Birdy** @ The Badger

24th November, 10:00am **Wombles Litter Pick** @ Village

28th November, 7:30pm **Quiz Night** @ The Badger

29th November, 4:00pm **Christmas Lights Switch-on** @ Dursley

30th November, 8:30pm *Live Music: Elvis Tribute* @ 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**.