



Eastington Community News

A free, locally produced
publication celebrating
community in
Eastington.

COVER BY:
Jasper Brocklehurst

ISSUE 209
Apr - May 25



News | Jobs | Youth | Community | History
Environment | Business

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 209. A big thank you to those who took the time to fill in our survey - so many responses and some really useful requests that will be implemented over the next few issues.

On another but related note: we are still looking for extra help! Are you a photographer? Do you know someone who loves to write? Please email over any interest, and help to continue the construction of this historic newsletter.

Happy reading,
The ECN Team x

p.s. Some useful info:

1. The deadline for the next issue is: **19/5/25**, to be delivered around: **1/6/25**.
2. Space is limited - we may omit, edit or shorten articles.
3. The views expressed in ECN are not necessarily those of the ECN team.
4. If you would like to see this magazine in colour, visit the Eastington Hub at <https://eastington.website>.
5. For advertising enquiries, email: advertising@eastington.website.

- 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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King's Stanley Village Hall

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



Great Oldbury Community Centre

Bookings can be made through our online
HallMaster Booking System:
<https://www.greatoldbury-pc.gov.uk/community-and-sports-facilities>

For further information, email:
booking@greatoldbury-pc.gov.uk

Community Centre
Daniels Way, Great Oldbury
GL10 3XR

COVER BY:

Jasper Brocklehurst

A blackthorn hedge, underrated for its dense and thorny appearance, becomes smothered with white blossom at this time of year. Those flowers will eventually turn into dark, sloes-bearing fruits; a great food source for birds, small mammals, insects (and gin-loving mammals). And a valuable shelter too, for those blackbirds, thrushes, warblers and our lower-to-the-ground spikey friends. This hedge adorns Alkerton Road.

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





Eastington Community Orchard Group (ECO)

Family Fun @ Coneygree Orchard in Eastington!

Eastington Community Orchard (ECO) and Raffles Forest School Ltd are running an Easter Family Fun event on Saturday 19th April from 10am-12pm.

Come along to our village’s beautiful orchard near St Michael’s and All Angels Church to take part in an Easter Treasure Hunt, admire the beautiful apple blossom and try a bit of pond dipping.

The Easter Treasure Hunt is a clue-based activity where families will explore the orchard, becoming nature detectives to find clues to help you find the hidden treasure. You will learn some interesting facts about our orchard and the trees that grow there.

You will also get an opportunity to try pond dipping to see what creatures live in and around our pond. The pond was made by the children of Eastington during their Forest School Club session over 6 years ago with the help of Raffles Forest School and ECO.

Both activities are suitable for children of all ages with adult supervision.

Volunteers from the Eastington Community Orchard Group will also be there to explain a bit more about the work we do in the village and how the orchards at Coneygree (alongside Springhill) and Brownings (behind the Lazy Goose) are community spaces for all. Please do come along if you are interested in learning more and how you can become a volunteer!

Great fun for all the family.

Coneygree Orchard is just north of the Burial Ground opposite St. Michael’s Church, alongside Springhill.

Bring a rug, some refreshments, friends and family on Saturday 19th April.
The fun begins at 10am.

Hope to see you there!



Raffles Forest School Ltd



Eastington Community Land Trust Ltd. (ECLT)

Providing the Affordable Homes that Eastington Needs

BY TOM LONG



Homeground development for 31 affordable homes is well underway.

After five years of negotiating Planning Permission and land purchase, ECLT is delighted to see work underway at Homeground. Heavy diggers moved in at the end of January and have shifted mountains of earth in the weeks since.

Their purpose is to produce level surfaces upon which to build the 31 homes, which they have now achieved.

The topsoil is dumped to one side, to make decent gardens and road verges later. The heavy clay then contributes to the acoustic bound next to the motorway. You can see this from the back entrance to the OHMG Community Centre.

A word of caution: please don’t try to enter the building site to see anything else - it is a very dangerous place and has sophisticated

laser security systems after hours that would not be out of place in Mission Impossible.

We appreciate this is of considerable interest in the parish but, to be honest, most of the photos taken of the excavations of foundations do not look interesting in black-and-white for this magazine. However, you can see colour versions with the ability to enlarge for interest on the ECLT website below. When building is more advanced, we hope to have drone over-flights so everyone can see the progress, month by month.

.....
EASTINGTON CLT WAS SET UP BY CONCERNED RESIDENTS OF EASTINGTON IN RESPONSE TO THE LACK OF AFFORDABLE LOCAL HOUSING, BOTH FOR THE YOUNGER GENERATIONS AND FOR EXTENDED FAMILY SUPPORT FOR THE OLDER GENERATIONS. ECLT’S PRIMARY AIM IS TO SERVE LOCAL HOUSING NEEDS WHILST HELPING TO LIMIT FURTHER DEVELOPMENT IN THE VILLAGE.

**[HTTPS://ECLT.EASTINGTON.WEBSITE](https://ECLT.EASTINGTON.WEBSITE)
tom@eastingtonclt.uk
Tel: 07974 369680**



Eastington Parish Council Newsletter

Parish Matters

BY CLLR MURIEL BULLOCK



How good to see signs of Spring all around us; a real boost after the long dark days of Winter.

The upgrade of Snakey Lane playpark is going well and weather permitting should be ready for the Easter holidays.

There is a delay on the Bath Road pavement as BT/Openreach need to lower a box which is too high to tarmac over, we are chasing them on this.

The speed camera on Bath Road is now active and volunteers are being trained to monitor it.

If you are concerned about something in the Parish please contact us but be aware the Clerk only works Monday and Thursday. Any decisions can only be made by Councillors including the budget.

.....
[HTTPS://EASTINGTON-PC/GOV.UK](https://eastington-pc.gov.uk)

Eastington Parish Council clerk: **clerk@eastington-pc.gov.uk**
Eastington Parish Council chair: **muriel.bullock@eastington-pc.gov.uk**
Tel: **07747 634217**

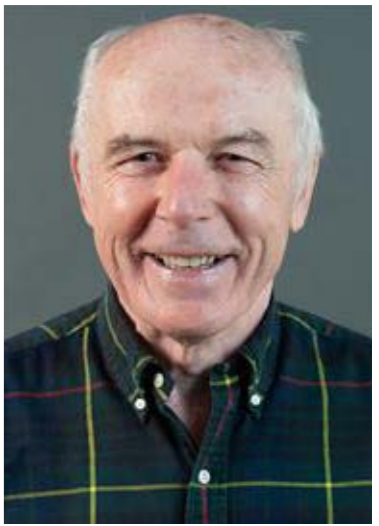
UPCOMING MEETINGS

10th April 2025 at 7:00pm.....**Parish Council Meeting** at The Village Hall
8th May 2025 at 7:00pm.....**Parish Council Meeting** at The Village Hall
12th June 2025 at 7:00pm.....**Parish Council Meeting** at The Village Hall

Stroud District Council Newsletter

Pollination, Planning and the Tilted Balance

BY CLLR RICHARD MAISEY



Another month and hopefully Spring is on the way, although nowadays the weather is so unpredictable you never know what to expect!

As a member of the Environment Committee, I am trying to promote the planting of wildflowers to form a pollination corridor across the District, starting with a discussion with local Parish Councils. I am gradually trying to change the content of my own garden, so I appreciate this corridor might take some time, but clearly, we need more insects and pollinators.

Back to a more mundane subject, I have recently changed one of my Council seats to the Planning committee. As most of my discussions with constituents relate to planning matters, it seemed logical to me that I would serve my constituents best by making this change. Little did I realise, that the Government new rules on planning would be introduced at the same time! I received a briefing on planning and the new "tilted balance" last week. Planning in general is undertaken in accordance with the Local Plan which has been in force since 2015. This designates certain areas as more suitable for development to sustain communities than others. The first tier includes Cam, Dursley, Stonehouse and Stroud, and the second includes Berkeley, Frampton, Minchinhampton, Nailsworth and Wotton. As you will have noticed there are major developments near Stonehouse (Great Oldbury) and in Cam. Many of the other places mentioned are within the AONB (National Landscapes) and because of this, are protected from development. Some other areas are within the flood plain and are protected on that basis.

The new tilted balance means that the planning rules are more tilted towards development. As these new rules apply now, more planning applications are going to be approved. National Landscapes and flood zone areas are still protected from development, which means this increase in development will affect this Ward (and other wards outside National Landscapes and flood zones) disproportionately. Planners in this new era, will have to show significant and demonstrable reasons for not granting consent, until SDC demonstrates it has a five-year supply of developable housing land (in accordance with the Government's new housing targets for this District). The Government justification for relaxation of the planning rules is to encourage more rapid house building.

I hope this explanation has been of assistance, and if anyone has any questions, please feel free to contact me.

.....
Stroud District Council: **customer.services@stroud.gov.uk**
Cllr Richard Maisey: **cllr.richard.maisey@stroud.gov.uk**

Gloucestershire County Council Update

May 2025 Elections

The Electoral Commission

Find out more at electoralcommission.org.uk/voterID

No ID? You can apply for free voter ID

REMEMBER TO
 1- Register to vote
 2- Check my photo ID
 3- Vote at a polling station!

Have you got photo ID to be able to vote?

The Gloucestershire County Council Elections will take place on Thursday 1st May, 2025. All voters are required to show an accepted form of photographic identification (photo ID) to be able to vote at a polling station. This will affect all voters who vote at a polling station. This change will not affect postal voters.

Your ID can be expired however your photo must still resemble a likeness to you to be able to present it in the polling station and be issued a ballot paper. If your name on your ID does not match what is listed on the electoral register, you may need to provide additional documentation (such as a marriage certificate) to confirm your identity. If you do not know if you have updated the electoral register you can re-register online on the link below or contact the office on the number below.

If you or someone you know doesn't have photo ID, then you can apply for a free Voter Authority Certificate to use instead. Details of how to do this can be found on the link below. You can apply online for a postal or proxy vote at <https://www.gov.uk/apply-postal-vote> and register to vote online at www.gov.uk/register-to-vote.

Key dates for Thursday 1st May, 2025 elections:

Registration Deadline	Midnight, Friday 11th April 2025
Deadline to apply to vote by Post	5pm, Monday 14th April 2025
Deadline to apply to vote by Proxy	5pm, Wednesday 23rd April 2025
Deadline to apply for a Voter Authority Certificate	5pm, Wednesday 23rd April 2025
Polling Day	Thursday 1 May 2025 7am – 10pm

Eastington Job Board

Local Job Opportunities

Playworker

Mother Goose - Before and After School Club, Eastington and Great Oldbury, GL10 3SB

Playworker required. Permanent, term time only, 15 hours a week. 8:00am – 8:45am and 3:15pm - 5:30pm.



Mother Goose is a relaxed, friendly play setting for children before and after school located at Eastington Primary School and Great Oldbury Academy. We are looking for an enthusiastic person to join our growing business. The right candidates will ideally have Playworker Level 2 and First Aid, but not essential if they are willing to take on the training that is required.

For more information on this position, please email: beccypeg@hotmail.com

Barista

Middlehall Farm, Bath Rd, Eastington, Stonehouse GL10 3AY



Barista required. Part time hours available. Between 15-30 hours per week. Some weekend work required (hours can be flexible to suit both parties).

We take our coffee very seriously here at EFS and regularly hear that our coffee is the best in the area. With a new and improved inside seating area we are looking for a top notch Barista to join our team.

Please send your CV and cover letter to our email address: jobatefs@gmail.com

Bar Staff

Wickwar Wessex Pub Company, Alkerton Road, GL10 3AT



Full-time/part-time bar staff required. Pay: £11.44 - £12.00 per hour. Expected hours: 15 – 40 per week.

We are seeking enthusiastic and dedicated Bar Staff to join our vibrant team. As a key member of our hospitality environment, you will be responsible for providing exceptional service to our guests while ensuring a welcoming atmosphere. Your role will involve preparing and serving beverages, maintaining cleanliness, and contributing to a positive dining experience.

For more information on this position, please contact us: thebadger@wickwarpubco.co.uk 01453 822892

Team Member

Middlehall Farm, Bath Rd, Eastington, Stonehouse GL10 3AY

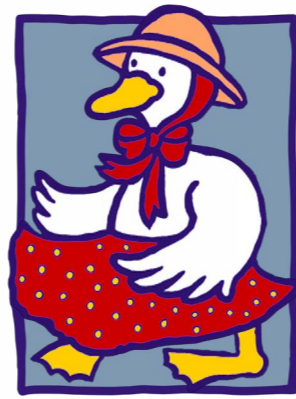


EFS team member required. Part time roles available. Between 15-30 hours per week. Some weekend availability ideal (hours can be flexible to suit both parties).

Requirements: great attitude, be willing to get stuck in, genuine interest in local produce, farming and farm-to-fork ethos, retail experience essential, food safety certificate desirable (training will be provided).

Please send your CV and cover letter to our email address: jobatefs@gmail.com

Mother Goose Childcare Newsletter



BY BECCY CURTIS

My name is Beccy and I am the owner of Mother Goose.

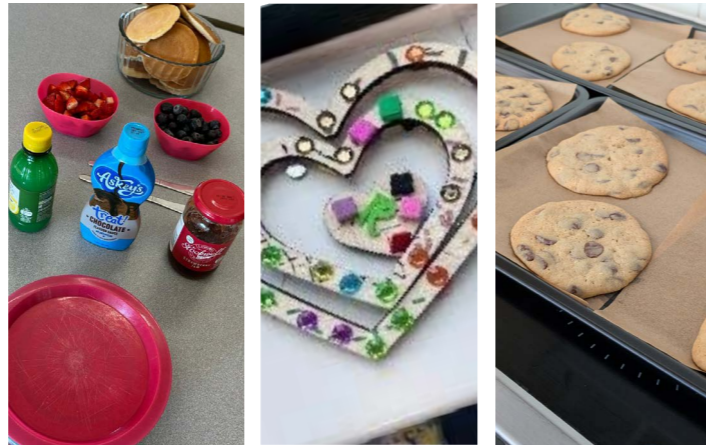
I grew up in Eastington and went to Eastington Primary School as a child. I took Mother Goose on just over eleven years ago and three years ago we opened our second site down the road at Great Oldbury Primary Academy. We have been inspected by Ofsted at both settings within the last six months and have met every area with great reports. I have a brilliant team who interact with each child individually; they care, they listen, they play and they are an absolute asset to Mother Goose.

Mother Goose is a privately-owned, friendly relaxed wraparound childcare setting based within Eastington Primary School and Great Oldbury Academy. We offer a professional no-hassle care facility for children who attend each school. Children can be dropped off before school for breakfast and picked up any time before 5.30 pm (Eastington 5.15pm). We have a team of eight members of staff based across the two settings: Tia, Ren, Lucinda, Beccy, Debbie, Kerry, Jorja and Kathy. At present, we have over 120 children! We have a variety of activities, crafts and games to keep all children entertained; Mother Goose emphasises play! It is a lovely space for the children to relax and play with friends after a busy day at school. We are really excited to be able to share with the village what we have been getting up to!

At Eastington Primary School:

We've been having lots of fun at EPS! We started off February with a new puzzle board for our collection of resources - the children have been working together to complete each set. February also involved celebrating

Shrove Tuesday with pancakes for our snack and pancake races. In March we took part in Red Nose Day by baking cookies and walking a mile around the playground, each taking it in turn to lead the group with a 'silly' walk - this was both entertaining for the children and staff! Now we are gearing up for Mother's Day and Easter with plenty of crafts and card making.



At Great Oldbury:

We have had a busy few months crafting and playing, starting with making and painting our windmills for the garden, sticking and glueing cardboard stained-glass lanterns and making fridge magnets. For Valentine's Day, we made special cards and created a bookmark to include in the card to give to someone special. We've painted lovely spring pictures, made window decorations for Ramadan and we're busy planning for Mother's Day and Easter. We've played lots of group games, we have played with lots of toys, made lots of Lego models and we have even managed to get outside in the beautiful sunshine. We've had a great few months of fun!

beccypeg@hotmail.com
Tel: 07854 165418



Eastington Primary School Newsletter

World Book Day 2025

BY LYNNE BIRCH

On Thursday 6th March it was World Book Day.

We spent the day celebrating books. We had a really fun day – here are some of the things we got up to!

We came into school dressed as characters from our favourite books - even the teachers dressed up!

"I was Pippi Longstocking" Georgia.
"I was Hermione from Harry Potter" Millie.

Throughout the day, we had great fun. We shared our favourite books with each other. We paired up with older children and read our books to each other – we loved this!

A few of us even read our books to the whole school during assembly – it was exciting to share with 150 faces looking.

In class we designed our own books and created the front and back covers. We brought in our favourite teddy from home to use as a character. We used our imagination to write our books – it was really fun.

It was a really great day celebrating all things 'books'. We already can't wait for next year's fun!

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

WWW.EASTINGTONPRIMARY.CO.UK
Tel: 01453 822922



Eastington Playgroup Newsletter



BY JENNY WINFIELD

This half term has been as busy as ever.

We have been talking to the children about the importance of good oral health and have been role playing going to the dentist and have used messy play to practice cleaning our teeth.

We spent a week looking at birds and what they eat and where they live etc. We made bird feeders for you to hang in your gardens, and made tally charts of the birds we have seen at home or out and about.

We celebrated Lunar New Year, trying rice, prawn crackers and noodles and having the treat of a fortune cookie. We read the story of how the zodiac signs were chosen and recreated the race with animal masks. We have also enjoyed lots of cooking, baking bread after we read the story of *The Little Red Hen* and discussed how we must help sometimes to do jobs we don't want to do so that we can enjoy lovely things too.

We also made some yummy stained glass window heart cookies for Valentine's Day intended for the children to share with who they love; however, we do not think these ever made it past little hands and little mouths!



.....
 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.

eastingtonplaygroup@hotmail.com
WWW.EASTINGTONPLAYGROUP.CO.UK
Tel: 07977 342742



William Morris School Newsletter

*Batty about Building:
 WMS Pupils Create Homes for Wildlife*

BY ANNA ROWLAND

William Morris School pupils have been getting hands-on in DT designing and building homes for birds, bats and insects.



The practical woodworking project gave the youngsters the chance to build a bird box, bat box, owl box or bug hotel. This allowed them to develop their skills in measuring, cutting, drilling and assembling materials while also considering the needs of the wildlife that would use their finished work.

Teacher Dan Tivenan, who led the DT sessions, said one of the most popular tasks was using the pillar drill, with many pupils enjoying the hands-on experience of working with power tools.

"Some loved discussing how to make their designs as suitable as possible for birds, bats,



or insects," he added. "Others enjoyed the final stage of applying varnish as they found it relaxing and calming."

At the end of the project, students could choose whether to take their finished work home or leave it to be used at school.

"Nearly everyone decided to take their creations home as they were so proud of what they had made," said Dan. "It was fantastic to see so much enthusiasm and understanding of the workshop. It's made me excited to see what else everyone can achieve."

.....
 WILLIAM MORRIS SCHOOL IS AN INDEPENDENT SPECIAL SCHOOL BASED IN EASTINGTON. THE SCHOOL SUPPORTS CHILDREN AND YOUNG PEOPLE WITH COMPLEX LEARNING NEEDS AND ASSOCIATED SOCIAL, EMOTIONAL AND BEHAVIOURAL DIFFICULTIES.

info@william-morris.org.uk
WWW.NOVALIS-TRUST.ORG.UK

TwoCan Theatre Newsletter

BY LOUISE PARTRIDGE



TWOCAN TIDDLERS EVERY MONDAY 11:00 am - 12:00 pm

As part of TwoCan's commitment to being able to offer relevant and real opportunities for everyone, TwoCan is starting another new venture this term. 'TwoCan Tiddlers' will be opening their doors on Mondays from 11am - 12pm for a unique playgroup session. It will be a new opportunity for pre-school aged children and their parents/guardians to join our community. They will be able to play and sing alongside some of our young people from Journey to independence, a Makaton Tutor and a HCPC Therapist and of course chat over refreshments. The sessions will cost £5 for one child and adult, and £2 for any additional child.

LEVEL 1 MAKATON WORKSHOP FRIDAY 4TH APRIL 9:30 am - 4:30 pm

If you fancy learning more about Makaton, join TwoCan's very own Sophie for a day, you can explore the foundations of this form of communication. There will be lots of practical activities covering approximately 125 concepts in signs and symbols. It will cost £70 for the day and includes a manual, tea, coffee & biscuits, you'll just need a pen, some lunch and some energy!

All welcome. To book on, please email: sophie@makatontutorsophie.co.uk

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

louise@twocantheatre.org.uk

TWOCAN TIDDLERS
A supportive, inclusive space:
A session for **everyone** where all needs are catered for!

Mondays 11am-12 noon (Term Time)
Come and experience our amazing playgroup session at TwoCan.

What you can expect:
Free Play
Singing
Drinks and snacks
Makaton Tutor & HCPC Dramatherapist led

**£5 a session
1 adult and child -
an additional £2 per
child thereafter**

TwoCan is a charity that offers creative opportunities for everyone to achieve their goals. It is a homely environment that allows participants to develop communication, confidence and make new friends in a happy space.

TWOCAN, ALKERTON, EASTINGTON, STONEHOUSE, GLOS, GL10 3AA
TwoCan Inclusive Theatre Company 1171196
Email: louise@twocantheatre.org.uk
www.twocantheatre.org.uk



MONDAYS

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

TwoCan Playgroup Session
with TwoCan Inclusive
11:00am @ TwoCan, Alkerton

TUESDAYS

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

Drama Class
with Drama Kids
From 4:00pm @The Community Centre, OHMG

WEDNESDAYS

Baby Bounce and Rhyme
with Gloucestershire Libraries
10:30am @ Stonehouse Library

Little Explorers
with Little Learners
2:00pm @ Great Oldbury Primary Academy

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

BE IN A SHOW!

11-13TH JULY COTSWOLD PLAYHOUSE

DRAMA KIDS

Children's Clubs

THURSDAYS

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

Youth Theatre Club
with TwoCan
From 5:00pm @ TwoCan, Alkerton

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

Youth Rangers
with Wildlife Trust
Monthly, 12:30pm @ Robinswood Hill

Preschool Dance Class
with Amy Addle
9:00am @ Great Oldbury Community Centre

Lego Club
with Gloucestershire Libraries
10:00am @ Dursley Library

Library Littles
with Gloucestershire Libraries
11:00am @ Stonehouse Library

SUNDAYS

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

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



"I've recently found myself living alone after a breakup. My council tax bill is due soon, and I'm worried I won't be able to afford to pay it on my own. I'm already struggling to cover the cost of my other bills. What can I do?"

You're not alone in worrying about struggling to pay your bills. It's a difficult time for people who are battling rising costs for food and essentials - as well as seeing their bills creep up.

Firstly, because you're the only adult living in your home, your council tax bill can be reduced by a quarter. For example, if your bill is £1,000 for the year, you'll only have to pay £750 now that you live on your own. You'll need to tell your council someone has moved out of your home and the date that they left. You're entitled to the discount from when they moved out - even if it was a while ago.

When the council works out how many people live in a property, there are certain people that don't count - they're called 'disregarded people'. This includes under-18s, full-time students, long-term hospital patients, people with severe mental impairments, and many more. You can check our website (www.citizensadvice.org.uk) for more information on disregarded people.

In some situations, everyone living in a home

is disregarded. If this is the case, the council tax bill will be reduced by half. If everyone in a home is a student or severely mentally impaired, there'll be no council tax to pay.

If you live with an adult who isn't disregarded, but who is on a low income or receives certain benefits, you might be able to get a discount called a 'second adult rebate'. You can find out more about getting a second adult rebate on our website.

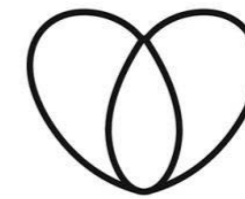
If you or someone you live with is disabled, this can also affect your council tax banding. If your home has been adapted, you can ask to be placed down one band. For example, if you're living in a band C property that has been adapted for a disabled resident, you should only be charged council tax for a band B property.

There's also something called Council Tax Reduction, which is designed for people on low incomes. Your council will ask for details about your income and circumstances, to check if you're eligible. If you are, they'll reduce the amount of council tax you have to pay. When it comes to Council Tax Reductions, different rules apply depending on whether you've reached State Pension age.

And lastly, if you're struggling to pay for essentials, your council can reduce your bill further, or cancel it altogether, under what's known as a 'discretionary reduction'. This usually only happens if you can provide evidence that you're suffering severe hardship and can't afford to pay council tax. If you're in this situation, ask your council for help.

If you're not given a discretionary reduction, you might be able to appeal to a valuation tribunal. If the tribunal agrees with you, they can order your council to reduce or even cancel your council tax bill.

Whatever circumstances you're in, if you're struggling with your council tax payments, it's important to let your council know. Citizens Advice is also here to help you find a way forward, should you need our support.



LONGFIELD Community Hospice Care

You may have seen our shops but how much do you know about your local Hospice?

Longfield Community Hospice, based in Minchinhampton, provides community hospice care for much of Gloucestershire, from diagnosis onwards.

As well as providing Hospice at Home end of life care, Longfield also offers help and support to patients, families and carers through a range of Wellbeing, Counselling and Bereavement Support services at the hospice in Minchinhampton, all free of charge.

To help fund these services, we have many ways to donate money, as well as a continuous programme of fundraising events which you can get involved with through our website.

A few things that we have coming up are:

- Bridal Gown Sale popping up 24th - 27th April in the Five Valleys Shopping Centre. A chance to pop in, browse, try on, and buy from a large selection of new designer dresses at 75% off RRP.
• A chance to sign up to run the 2026 London Marathon in aid of Longfield Hospice. We have a handful of runners running for us this year and you can read Lizzie's story on our website.



• Spring Raffle: Look out for our Spring Raffle tickets for a chance to win a cash prize whilst helping raise funds.

We are keen to be part of the community we serve and are happy to do talks to community groups or invite relevant groups in to see what we do.

If you are intrigued, do check out our website and help us to spread the word about the services we offer to anyone who may need them.

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Heart of the Village Report

BY SUE WITHERS

Wednesday, January 22nd

The day started dry and cold, but it was quite a sunny day. We assembled the hall in record time and were soon ready to receive our guests. The team were pleased to offer yet more wonderful cakes made by our incredible helpers.

At 3:00pm the raffle was drawn, and four lucky guests went home with either chocolates, wine, toiletries or biscuits. Thanks once again to the kind people that donated them. We missed some regular faces because they were poorly and hope that by the time they read this they are improving and we look forward to seeing them return. It was also nice to welcome old Eastington residents coming back to meet up with neighbours and friends, which was delightful.



Wednesday, February 19th "Our First Birthday Celebrations"

Where has that year gone? Even though it was a cold and damp day the hall was full in no time. Visitors were greeted by a beautifully decorated hall, as our team members had been making birthday bunting to festoon the hall and it looked great.



We must say a huge thank you to Jo Pegler for the most amazing birthday cake, multi colours, beautifully decorated and tasted delicious, not forgetting a big thanks to our other team members for making and donating other tasty treats - all this would not be possible without you all.

Once again it was nice to meet with new faces, as regulars had brought along neighbours, friends and family, hoping they would enjoy the experience and return again. The raffle was drawn and then it was time to cut the cake which was done by our Chairwomen, Ruth Pope. The hall then burst into the song of *Happy Birthday*, which was bloomin' marvellous. Thanks as always to Caroline, Stuart and Rita for the poster design and printing.

Dates For the Diary:

April 16th from 2:00pm - 4:00pm
May 21st from 2:00pm - 4:00pm

.....
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.

SUE: 07949 548539



Eastington Church Roof Appeal

BY GILL GLOVER

ECRA has put on many fundraising events over the past year, not just to raise money for the new roof but also to encourage local people to use the space.



It is such an amazing building. Grade II* listed with lots of fabulous historic artifacts inside. If you don't follow a religion, it's fine, just go in and have a look around. No one is going to jump on you and try to thrust a bible into your hand. I don't follow a religion; I joined the Committee because I actually quite like the challenge of fundraising (weirdly).

In the last article I explained how hard it is to raise the £300,000 for the Church roof replacement. Unfortunately, that has now got even harder. Previously the Listed Places of Worship Grant Scheme (LPWGS) enabled VAT recovery on repairs and alterations to such buildings. The Government has now capped that amount to £25k in 2026 and it's very likely that following this it will be

scrapped altogether.

So, if the roof repairs were to cost £300k then the VAT bill would amount to £60k (20%). As the roof works are unlikely to be finished in 2026 (fingers crossed it will be started) then there will be no VAT relief at all for the works meaning that the fundraising task has now got 20% harder!

Fortunately, we have a Parish Council who recognises the value of this historic building and who have awarded a grant of £50,000 towards the project. Thank you to all the Councillors for supporting this important project. This generous grant really has given us the kick start we desperately needed.

Thanks also go to Eastington's Craft and Chat group who have donated a very generous £100 and to the staff at the Badger who held a fundraising quiz for the roof appeal. The winning team also donated their winnings, thanks guys.

Next events: We are hoping that the Eastington Yard sale will be on again soon and Folk music fans can look forward to another Strawberry's and Prosecco afternoon in June. Do follow our ECRA Facebook page for more details.

If you are interested in getting involved in any way, would like to join the Committee or donate please do get in touch.

Follow ECRA on facebook:
Eastington Church Roof Appeal – ECRA
Project Leader, Mike Naylor: **01453 828682**
Fundraiser, Gill Glover: **01453 828782**



Church of Christ the King

BY BARBARA LANG

As you read this article we will be part way through the season of Lent, and we will be counting down to our Easter celebrations.

As small groups we have been working on a Jigsaw puzzle for Lent. It shows scenes from the life of the Messiah and when complete will also spell out Jesus in large letters. Perhaps you would like to call in on a Sunday to help us.

Easter reminds us of the new Promise, the new revelation of eternal life – a gift to each of us from our loving heavenly Father. This Easter the Church of Christ the King is also beginning a New Era, a New Start and an opening of new doors.

Many of you living in and around the village will know of Pike Lock House, situated near Pike Lock on the canal. The Church of Christ the King @ Pike Lock House will provide a warm homely atmosphere for people from Eastington and Great Oldbury to relax, meet each other and chat about life. We hope to be providing lots of opportunities to parents of babies, young children and adults to meet, share and relax. This is an exciting step for the Church, and we are looking forward to meeting with you @ Pike Lock House.

This Easter we are also inviting families to come and do some Easter Crafts in the School Holidays at Great Oldbury Community Centre at our *Messy Easter* event on Wednesday 16th April 10am until



12pm. Do drop in and have some Easter fun.

Please watch this space for more events or contact Beck on 01453 827414 or 07511197265 Email rebecca.burgin@pikelock.com or Barbara on 07570401365 Email minister@coctke.org.uk for further details or to be kept up to date on events.

In addition to our current Youth group which meets at the Old Methodist Hall, Eastington we are hoping to start a new youth group as well as a parent and baby group in the coming weeks. Dates to follow.

We continue to meet each Sunday at 11am at the Old Methodist Hall Eastington and we look forward to meeting you perhaps over the season of Lent. Don't forget your Jigsaw glasses!

May you be blessed this Easter.



St. Michael and All Angels Church

BY MIKE NAYLOR

Church Services and News

Now the long winter months are behind us and spring is finally here we can look forward to the prospect of some better weather and Easter.

Our pattern of services is slightly altered in April as we will be having an Easter Day service on the third Sunday (when there is usually no service). The first, second and forth Sunday services remain unchanged, including the "Sunday Light" service on the 13th April which also happens to be Palm Sunday. All will be at the usual time at 11.15am.

May sees us back to normal with 1st, 2nd and 4th Sunday services, again all at 11:15am. The Lent Course, which began on 11th March will continue until Holy Week.

Stroud Food Bank Collection Point

We are grateful for your contributions to our collection point in the Church. This enables us to make regular trips to the Food Bank with donations which are of course vital to enable this valuable work to continue.

Ukraine Appeal

Please don't forget the desperate plight of Ukrainians who are affected by the war and will continue to be even if there is an end to hostilities. A list of requisites at the back of the Church will be regularly updated.

Library

The library as always is very popular and we

have recently added a bookcase dedicated to Children's books.



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

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.

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

Our February talk was given by Ged Cassel about dragonflies, butterflies and moths of Gloucestershire. He is a keen photographer and presented a large and fascinating slide show of many different varieties.

The original dragonflies were around 300 million years ago and due to the richer oxygen levels then, they grew to 1 metre in length - scary! Our dragonflies can be up to 3 ins. long, are strong and noisy fliers and totally carnivorous – eating other insects mainly. The males tend to have blue bodies, females more green but there are also red versions locally. Dragonflies need clean water into which they lay their eggs on underwater vegetation, so are to be found flying over ponds, lake edges and canals; the larvae live underwater for up to 3 years before surfacing as adults. Dig a pond (can be small) if you want to see dragonflies, but do not stock with fish, which will eat the larvae!

Damselflies look like smaller versions of dragonflies, but you can tell as their eyes are separated either side of their heads; dragonfly eyes join at the top of their heads.

The most common locally are two varieties both of which are pale blue with translucent wings but there are also some with black wings, called demoiselles.

Moths feed on nectar-rich plants at night, being attracted to e.g. honeysuckle and night-scented stocks. Ged has a small garden in Cheltenham but he has a moth trap (a light source over a box which acts as a trap) and has caught over 200 separate species which he records and releases the following night. So if you wish to see some stunning moths, get yourself a moth trap!

Remaining Talks for 2025

28th March: Musical Satire of the 20th Century with Peter Gill - *Exploring the evolution of the comedy songs in the 20th Century*

25th April: The Work of a Master Stonemason with Stephen L'Normand - *The fascinating world of stone-masonry*

16th May: Land Girls with Fiona Warin - *An entertaining talk on the Women's Land Army of WWII*

27th June: A Different View of Our World with Andy Bluett - *An interesting view of Planet Earth based on aerial and satellite photography*

1st August: Visit Frocester Court

26th September: A Safari Trip to Southern Africa with Sir John Southby - *Exploring the inviting sights of a South African Tour*

24th October: AGM & Bill Wood Event
28th November: Super-Bomb with Gareth Williams - *How British Scientists created the Manhattan Project*

13th December: Christmas Supper

Rotary in the Severn Vale

BY KEITH ROG

Despite the changeable weather and annual holidays we have maintained our regular breakfasts and ongoing community activities and social events.

Taking this opportunity, being our first Newsletter of 2025, we confirm our invitation for you to join us for an informal breakfast and advise of a change in venue for our informal get togethers. These are now being held at The Woolpack Inn, Stonehouse. There is ample parking and yet more in the nearby roadside.

At our last breakfast of February the guest was Mark Hurrell, High Sheriff of Gloucestershire. Mark has lived in the county for over 35 years, and before retiring worked for BBC TV Points West and Radio Gloucestershire. Historically the Shire Reeve (as it was once) was the representative of the King in a town, city or shire. He was originally responsible for law and order, taxes and raising armies. Nowadays there are 55 High Sheriffs in England & Wales and the role is mostly ceremonial. Mark prefers to wear a suit and tie at functions rather than the traditional Court Dress and has chosen to spend a lot of his year celebrating the achievements of some of the 100,000+ volunteers in the county, from those 200-odd tending the gardens at Sue Ryder Hospice in Leckhampton to others making sandwiches for 800 children at their Kids Out Day. And from those helping the 5000 scouts in the county and others manning the phone lines for the Samaritans.

Our first breakfast of March welcomed Col John Field, who first spoke to the club some 20 years ago about his experiences on deployment in Bosnia. This time he majored on the last four years of his 37 years of service as a Military Attache based in Zimbabwe.



This would normally be considered a 'cushy' posting almost as a reward for so long a military career. However, this was a time of Robert Mugabe at the height of his power. He spoke of the repossession of the farms - often owned by white families for several generations - and how they were redistributed, without any compensation, to politicians, army officers and assorted cronies most of whom had no clue about running a farm, let alone large ones. So a once very profitable agricultural industry was more or less laid to waste. Corruption was rife, and John was of the opinion that as much as 80% of the overseas aid received ended up in personal Swiss bank accounts.

John spoke too about his relationships with other 'Attaches', especially those from Russia and China. The Chinese he didn't trust, the Russian equivalent he liked as a man he could do business with, and who provided him with lots of snippets of useful information. So much so that they both tried to recruit each other for the 'other side'. Neither succeeded, leaving the Russian to an uncertain fate. A fascinating and well received talk.

The remaining couple of months sees interesting speakers including Life in RAF and Men in Sheds together with visits planned to Diglis Fish Pass, Worcester and the construction site of the new A417.

If you'd like to come along to one of our breakfast meetings on first and third Tuesday of the month at The Woolpack Inn, Stonehouse, 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.

Down Memory Lane...

Thank you to Kate Corbett for these photographs.



Crowning the May Queen! 1958

Pamela Jones



May Day 1958



Angela, Janet, Brian, Barbara

Eastington's World War II Pillboxes

BY STEPHEN MILLS

An ECN reader recently asked about the background of the World War II pillbox, largely hidden in the undergrowth by the river at the foot of Spring Hill.

Many people may not even be aware of its existence or the role it played during those dark days when for several years, a German invasion seemed a real possibility.

The Germans had been preparing invasion plans since 1939, with forces being built up across the Channel, and it was thought that this threatened attack was likely to happen soon. In June 1940, emergency plans were drawn up to build static defences to interrupt and delay progress of any invading army. An important aspect

was the creation of 'defence lines' made up of pillboxes, roadblocks, trenches, etc. intended to slow the Germans' progress if they managed to break through Britain's coastal defences, hopefully providing enough time for a counterattack. However, this plan was radically changed within a year or so, with some projects being cancelled or abandoned, although many of the structures and defences already constructed were retained and adapted to become part of a new strategy.

This involved the creation of various 'stop-lines' across the country, and the pillboxes in and around Eastington, along the Stroudwater Canal, and River Frome were part of what was known as "stop-line Green", sometimes referred to as "The Bristol Outer Defence Line". This encircled Bristol and was supposed to protect the industry of Bristol and the port of Avonmouth from any inland attack from the east. The protected

area included the Severn railway tunnel and the Severn railway bridge. The 90-mile stop-line ran from the Severn, south of Bristol, to again meet the Severn near Upper Framilode. The Stroudwater Canal and River Frome formed the final section, linking up with Stroud. There were a surprising number of pillboxes built in our locality, spread out along the canal and the river.

Gloucestershire had a number of features that would have been

very useful to the enemy that included a navigable route up the River Severn, plus access to the Gloucester and Sharpness Canal and several major railway routes. Even the Stroudwater Canal had potential as an inland route.

When and how were the local pillboxes built?

Isolated pillboxes were built throughout many parts of the country, often located in what now seems to be isolated pointless locations, but they once formed part of a complex series of defences. There are two local survivors – one at the bottom of Spring Hill, and a second now in the Cotswold Canal's compound next to Pike Bridge over the Stroudwater Canal. Both were built in the Summer of 1940. Like many others, they were built adjacent to a road, railway, river, or canal. Pillboxes were often sited to take the best advantage of terrain and any local features such as a watercourse that might help strengthen their position.

Developments proceeded quickly in 1939-40, with many pillboxes built to standardised War Office designs within just a few months. The local ones were mainly intended to house infantry equipped with light machine guns. Given the circumstances, manpower and materials were in short supply, and the majority of works were carried out by civilian building contractors. Each pillbox needed around 5 tons of cement and a similar weight of steel reinforcing bar, plus bricks etc. The Royal Engineers chose most locations, especially



(Above: The Meadow Bridge pillbox a few years ago. It's now almost entirely hidden by vegetation)

where they could be at least partially hidden by hedgerows and trees. Remarkably, there were around 28,000 pillboxes of different types built during the war, of which, around a thousand remain in reasonably good condition. Many others have been destroyed in the years since the 1940s.

It's debatable how effective the local defences such as the pillboxes would have been in holding back the German army, but fortunately, we never had to find out. However, many now remain as a crumbling reminder of the desperate efforts made in 1940 when invasion seemed inevitable, and Britain's future could have been very different.

STEPHEN MILLS HAS LIVED IN EASTINGTON FOR THE PAST 54 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.



The Green Bit

Should Allotments be Mandatory for New Housing Developments?



In recent decades, modern lifestyles have increasingly distanced humans from the natural world, exacerbating the challenges of food security, mental health and community cohesion. One innovative solution gaining traction is the integration of allotments into housing planning. Allotments - small plots of land designated for personal cultivation - hold the potential to address a variety of issues. However, their inclusion in housing developments warrants careful consideration of both benefits and challenges.

One of the primary advantages of allotments is their potential to mitigate food insecurity as access to affordable, nutritious food remains limited - despite our country's resources. In times of economic hardship, having a personal plot to grow vegetables and fruits can significantly ease the strain on household budgets and long-term health, especially for families facing food insecurity.

Allotments also promote sustainability. In areas where green space is limited, allotments can serve as crucial green

infrastructure, improving air quality, promoting biodiversity and mitigating the heat island effect common in densely built environments.

However, the integration of allotments into housing developments is not without its challenges. One significant hurdle is the availability of space. As planning permissions relax, developers may be reluctant to allocate land for allotments because of the low financial gain and the further investment required by local authorities.

Another concern is the potential for social inequality. Allotments may cater primarily to middle-class homeowners who have the time and resources to tend to the land. In contrast, renters and lower-income individuals may not benefit from such provisions, leading to issues of exclusivity.

Have an opinion? Share it with us:
articles@eastington.website.

Alternatively, *The National Allotment Society* is conducting a relevant survey:

<https://forms.gle/R8HaH78fuYMhBBSC6>

A Poo Poem

BY SIMON CHAPMAN



**The dog poo fairy's gone away,
She needed a well-earned holiday.
She left a note stuck to the bin,
On Middle Street - where to begin?**

**'I'm off for a break,' the message read,
'Pick up your poo, use this instead!'
But Eastington ignored her plea,
And now there's mess for all to see.**

**The piles are growing every day,
On Victoria Drive and Millend way.
It's causing quite a nasty sight,
And stepping in it's no delight.**

**So, if your pup must take a squat,
Pick it up - like it or not!
Let's keep Eastington clean and neat,
And free from mess beneath our feet.**

THANK YOU TO LOCAL WRITER (AND POSTIE), SIMON CHAPMAN,
FOR SUBMITTING THIS POEM.



Parish Grant for Community Orchards

BY TOM LONG

ECO would like to thank the Parish Council for agreeing to an investment of £2,830 from the Charlie Bullock Fund.

As one Councillor said, "He was a man of the land, so it's the kind of work Charlie would have been pleased to see".

Some of the money will go towards more information boards at both orchards, like the one on the left. They will explain the traditional skills of grafting, planting and pruning. We have had many compliments for the boards already provided last year.

Another major project is to complete the path around the pond at Brownings Orchard, which is both decorative and a safety feature. With that in place, we will be able to run more events like the Easter Treasure Hunt announced by Emma elsewhere in this edition.

To help maintain the orchards, contact <https://eco.eastington.website> or ring me, Tom Low, on (01453) 823425.

.....
Eastington Community Orchards (ECO) and Raffles Forest School Ltd are running an Easter Family Fun event on Saturday 19th April from 10am-12pm.



EASTINGTON COMMUNITY ORCHARD GROUP IS AN ACTIVE COMMUNITY OF MEMBERS WITH THE AIM TO CREATE AND MAINTAIN ORCHARDS IN AND AROUND EASTINGTON. CURRENTLY THERE ARE TWO ORCHARDS: CONEYGREE, WHICH IS LOCATED OPPOSITE ST MICHAEL AND ALL ANGELS CHURCH, AND BROWNINGS, WHICH IS LOCATED BEHIND LAZY GOOSE.



We would like to thank you for a fab Christmas. We enjoyed a lovely break at the start of the year and January and February proved to be busy months in the shop and coffee bar. Thanks to all our customers for your continued support and a special thanks from Alice and baby Ada for all your kindness.

In February we launched the 'Just One Bottle' campaign to encourage and help the reduction of single use plastic in the home. It was great to receive the support of Stroud News, which helped to achieve some amazing statistics including 391 500ml plastic bottles saved from landfill in February. Don't forget that reusable coffee cups are not only a great way to avoid waste but will also give you a reduction on the cost of your drink of 25p for all takeaways.

Keeping the environmental theme going we have new bike stands, kindly provided by Stroud District Council Life Cycle walking and cycling fund, which we are looking forward to you using in the Spring.

In the shop, as the seasons change we have welcomed in spring with the first asparagus of the year alongside the much anticipated Yorkshire rhubarb and that produced by our local Wye Valley growers. During April and May we will be bringing you new season potatoes, English strawberries and lots more great fresh produce. If you're looking for inspiration, why not try one of our fruit and veg boxes, details can be found on our website or ask in the shop.

Lamb has returned courtesy of the Nutshell Flock, grazed by the canal at Stonehouse, as well as our own Middlehall Farm beef, nurtured right here on the farm by Ed and the team. If you haven't tried this yet, do look out for it as nothing beats the flavour of well cared for beef.

As Easter approaches, we look forward to seeing more of you outside enjoying the spring sunshine. We will be stocking some Easter treats and planning our new season of 'Meet the Maker' taster sessions. Keep an eye out on our website, email and social media for details of these and our Easter holiday activities for younger customers.



Opening Hours:
CLOSED MONDAYS
Tues-Sat: 9am-5pm
Sun 10am-1pm



www.eastingtonfarmshop.co.uk
01453823655

They key to succession planting

Spring gardens are full of colour, but what happens when the tulips fade and the daffodils die back? Without careful planning, borders can look a little tired. That's where succession planting comes in—choosing plants that will take over as others finish flowering.



How to Keep the Colour Going: Underplant Spring Bulbs with Perennials

- Once tulips and daffodils fade, perennials like hostas, hardy geraniums, and ferns will fill the gaps with fresh foliage.
- Try brunnera or astrantia under deciduous trees—they thrive in shade and flower into summer.

Choose Perennials That Kick In After Spring

- Alliums are perfect for bridging the gap between spring and summer. You can buy them in pots in Spring, or make a note now to order them as bulbs this coming autumn.
- Nepeta, salvias, and penstemons provide colour and attract pollinators.

Don't Forget Foliage!

- Plants like heuchera, ferns, and ornamental grasses add texture and interest even when flowers are sparse.
- Evergreens like euphorbia keep borders looking lush year-round.

Plan for Late Summer Interest

- Sow cosmos, rudbeckia, or echinacea now for blooms well into autumn.
- Plant dahlias and crocosmia in May for a fiery summer display.

 www.jhgardendesign.co.uk

 jess@jhgardendesign.co.uk

 [jessica_holcombe_garden_design](https://www.instagram.com/jessica_holcombe_garden_design)

 Jessica Holcombe Garden Design



Insights at



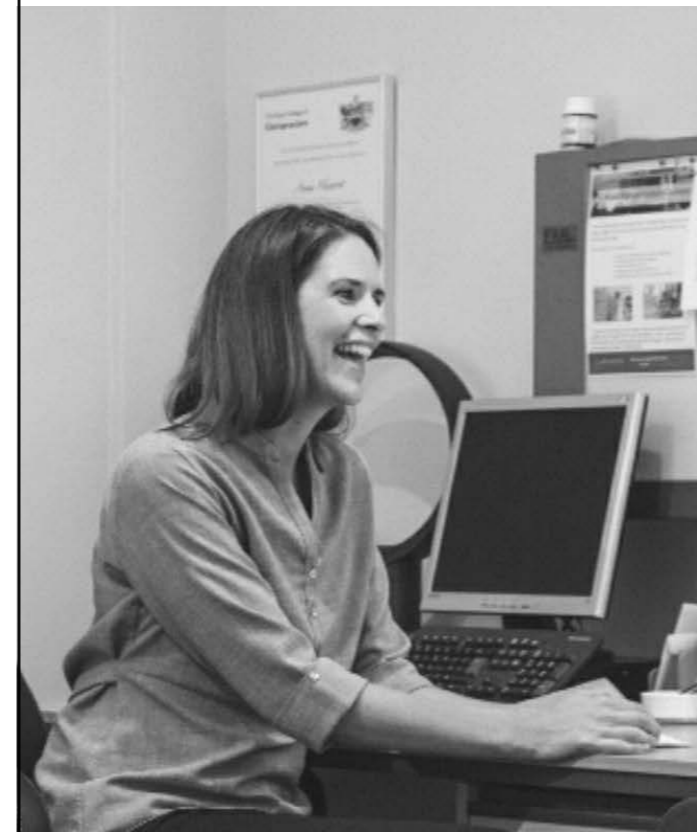
Our hands work hard every day, whether they're gripping a mug, turning a key, or using our phones. For those with arthritis, even the simplest movements can become painful. Stiff, swollen joints can make daily tasks challenging, but with the right care, you can keep your hands more comfortable and mobile.

Regular movement is essential to maintain flexibility and ease stiffness. Simple exercises like finger stretches—slowly opening and closing your hand into a fist—or thumb touches, where you tap each fingertip to your thumb in turn, can help maintain dexterity. Wrist circles and squeezing a soft ball can also improve grip strength. Practising these daily exercises can make everyday tasks feel easier.

Taking care of your joints goes beyond exercise. Maintaining a balanced diet rich in anti-inflammatory foods like oily fish, nuts, and berries can support joint health. Staying hydrated also helps keep the tissues around your joints lubricated. If you regularly use your hands for repetitive tasks, such as gardening or crafting, taking short breaks and gently stretching your fingers can prevent strain.

At Spinavita, we offer laser therapy to help reduce inflammation and relieve pain in arthritic joints. This non-invasive treatment promotes healing, reduces pain and inflammation and can improve hand mobility over time.

If joint pain makes everyday activities more difficult, the Spinavita team can help. To book an appointment at Spinavita and see how we can help, call us at 01452 883232.



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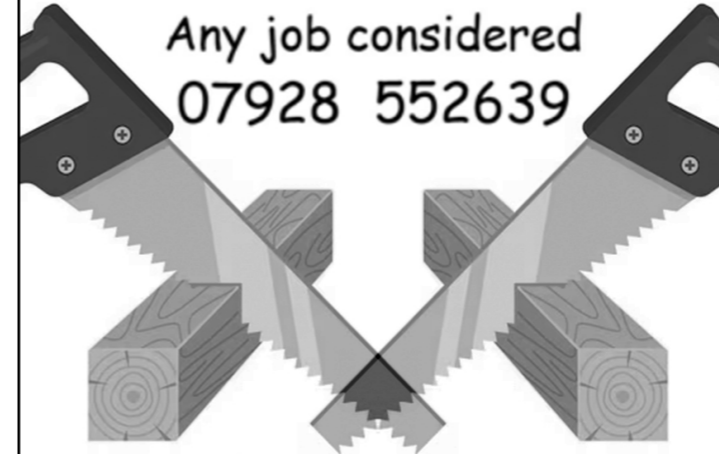
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APRIL

1st April

April Fools' Day

3rd April, 10:00am

Every Thursday

Coffee, Bingo & Chat

@ Eastington Village Hall

6th April, 12:00pm

Easter Eggstravaganza

@ Saul Memorial

7th April, 7:30pm

Every Monday

Board Games Night

@ The Badger

8th April, 2:30pm

Every Tuesday

Coffee & Conversation

@ The Badger

10th April, 7:00pm

Parish Council Meeting

@ Eastington Village Hall

10th April, 7:30pm

Bingo Night

@ The Badger

14th April

Easter Holidays

@ Eastington Primary School

16th April, 2:00pm

Heart of the Village Pop-in

@ Eastington Village Hall

16th April, 10:00am

Messy Easter Crafts

@ CoCtKE, Great Oldbury
Community Centre

17th April, 7:00pm

ECLT Board Meeting

@ Eastington Village Hall

18th April

Good Friday

19th April, 10:00am

Easter Family Fun Day with

ECO & Raffles Forest School

@ Coneygree Orchard

20th April

Easter Sunday

20th April, 4:00pm

Easter Sunday

Live Music: Risky Galore

@ The Badger

21st April, 12:00pm

Easter Monday Family Day:

Raamatazz Magic Show,

bouncy castle and games

@ The Badger

24th April, 7:30pm

Quiz Night

@ The Badger

27th April, 10:00am

Wombles Litter Pick

@ TBD

27th April, 10:00am

Every Last Sunday

Saxon Barn Market

@ Saxon Barn, Priory Farm

28th April

School Returns

@ Eastington Primary School

MAY

1st May

May Day

1st May, 7:00am - 10:00pm

Polling Day

@ Eastington Village Hall

5th May

Bank Holiday

5th - 11th May

Cider Festival

@ The Badger

8th May

Victory in Europe Day

80th Anniversary

8th May, 7:00pm

Parish Council Meeting

@ Eastington Village Hall

11th May, 4:00pm

Live Music: Fabba Mania

@ The Badger

18th May, 4:00pm

Live Music: It Takes Two

@ The Badger

19th May, 11.59pm

ECN Issue 210 Deadline

21st May, 2:00pm

Heart of the Village Pop-in

@ Eastington Village Hall

22nd May, 7:30pm

Quiz Night

@ The Badger

23rd May

Inset Day

@ Eastington Primary School

25th May, 10:00am

Wombles Litter Pick

@ TBD

25th May, 4:00pm

Live Music: Like Freddie

@ The Badger

26th May

Half Term

@ Eastington Primary School

26th May, 8:00am

Cotswold Rangers Youth

Football Club Car Boot Sale

@ Victory Park, Cainscross

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.