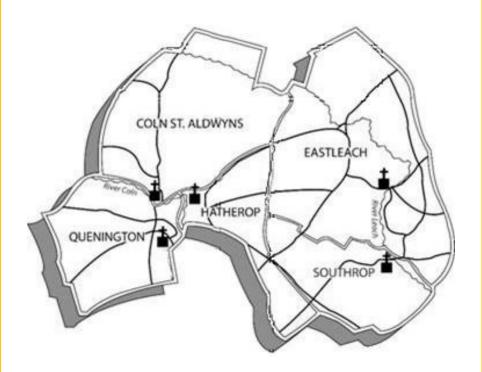
CHEQS MAGAZINE



APRIL 2020

VILLAGE CONTACTS

PARISH COUNCILS

Coln St Aldwyns Chair: David Hicks Beach 01285 750482

Clerk: Chris Jackson 01285 750851 colnsaparishclerk@gmail.com

Hatherop Chair: Bob Iles 01285 750729

Clerk: Jane Skinner 01285 712662 jane-skinner928@yahoo.co.uk

Eastleach Chair: Pete McHugh 01367 850041 www.eastleachparishcouncil.org

Clerk: Ann Tyldesley 01367 860130 <u>eastleachpc@btinternet.com</u>

Quenington Chair: Mike Scott 01285 750433 www.queningtonpc.com

Clerk: Penny Ibbotson 01285 750000 <u>queningtonpc@gmail.com</u>

Southrop Chair: Tim Guest 01367 850189 www.southrop.org.uk

Clerk: Vanessa Lawrence 07876 252398 spcclerk2017@outlook.com

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 Southrop
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southropvillagehall@gmail.com Caroline Simmons 01367 850171 Andy Howarth 01367 850400

SCHOOLS

Jubilee Field

Hatherop C/E Primary School 01285 750318 Head: Caroline Burton

Southrop C/E Primary School 01367 850246 Heads: Megan Davies & Julia McLellan

Hatherop Castle School 01285 750206 Head: Nigel Reed

OTHER GROUPS

S & E Friendship Circle Jane Jenkinson 01367 850393 and Sally Parris 01367 850321

Southrop Ladies Beryl Whiteley 01367 850373

Quenington Baby & Toddler Group margaret.stranks@gmail.com 01285 750402 or 07729 129578

CHEQS Magazine is a free monthly community publication, delivered by volunteers to almost 850 homes in **Co**ln St Aldwyns, **H**atherop, **E**astleach, **Q**uenington & **S**outhrop.

ADVERTISING: We are grateful to our advertisers for their support. To advertise in the magazine, contact cheqsmagads@gmail.com

EDITOR: Contributions to the magazine are welcomed, but may be edited, and will be included at the editor's discretion. All items submitted for inclusion should include the name and contact details of the sender. Please send contributions or corrections by the 12th of the previous month to the editor: cheqsmagazine@gmail.com

Margaret Stranks, 3 Old Orchard Court, Coneygar Road, Quenington 01285 750402 or 07729 129578





I've been living in Coln St. Aldwyns since 1993, and I grew up in Winson, which is 5 miles upstream. The river that runs under our house is the same river at the foot of my father's garden, so I haven't really got very far in life!

I lead the Coln Choir (which is also, in part, the church choir), and I work for the charity Mindsong - singing with people who have dementia. I'm a big fan of singing, and the joy and friendship of community music.

About a year and a half ago I started swimming at Bowmoor Lake with a group of friends. It's the most sublime experience: the beauty of the place, the bird life, and the invigoration of submerging yourself in cold, cold water - I recommend it! I never expected to gain a new passion, but I have. I also never expected to have gained so many close friends here in Coln as I have over the years, through the choir, the wider community, and the schools.

What has surprised me, in my fifties, is what a laugh you can have when you're singing or swimming or just wandering around the many walks and paths that circle our villages here - although, for now, we might now have to keep our distance!



We might be a tiny dot on the map of Britain but we're full of potential for new friends, new passions and new experiences. Coronavirus is making us re-think how we can enjoy and support our family & friends in safe, responsible ways. I'm sure our combined creativity, along with technology, will help us do so.

CHEQS DIARY 2020

Due to the coronavirus COVID-19 pandemic, all public events have been cancelled. In this dangerous, and rapidly-changing situation it is very important to keep our distance from each other! The CHEQS Diary will be suspended for now.

PLEASE KEEP THIS INFORMATION TO HAND IN CASE OF NEED!

Life has changed dramatically for us all since last month! We now have to protect ourselves, our families and our communities from the fast-spreading coronavirus COVID-19. It is a rapidly-changing situation, so try to be aware of up-to-date news on TV and radio. Use https://www.nhs.uk/conditions/coronavirus-covid-19/ or https://www.gov.uk/coronavirus to get reliable information - do not rely on social media! We all have to do our part in preventing the spread of the virus, by staying home, using good hygiene and by staying apart from each other when we HAVE to go out (essential shopping or health reasons).

HANDWASHING AND RESPIRATORY HYGIENE ADVICE



- Wash your hands more often with soap and water for at least 20 seconds (or use a hand sanitiser if no soap available) before you leave the house, when you return, when you get into work, when you blow your nose, sneeze or cough, eat or handle food
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid close contact with people only go out if you need to (if still permitted)
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands immediately
- Clean and disinfect frequently touched objects and surfaces in the home

GUIDANCE ON SOCIAL DISTANCING FOR EVERYONE IN THE UK

This guidance is for **everyone**. It advises on social distancing measures we should all be taking to reduce the transmission of coronavirus (COVID-19).

Staying at home and away from others (social distancing)

Social distancing means reducing the social interaction between people:

- Avoid all contact with someone who is displaying symptoms of coronavirus these symptoms include high temperature and/or new and continuous cough
- Work from home if you can your employer should be supporting you to do this
- DO NOT MEET friends and family (unless providing essential care) keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services



KEEP AT LEAST 2 METRES FROM OTHER PEOPLE

CHECK LATEST ADVICE OR RESTRICTIONS



STAY HOME - KEEP YOURSELF AND YOUR COMMUNITY SAFE

Since 23rd March we have been all instructed to stay at home with a few exceptions:

- To go outside for food, health reasons or work (if you cannot work from home)
- To take exercise once a day stay 2 metres (6ft) away from other people Always wash your hands as soon as you get home - you can spread the virus even if you don't have symptoms.

HOW YOU CAN STAY CONNECTED WITH FAMILY AND FRIENDS



Get support from friends, family and other networks during this time stay in touch over the phone, text, WhatsApp, Zoom meetings, by post, or online. Internet services are bound to be stretched at this time, so try not to use them all the time. Let people know how you would like to stay in touch and build that into your routine. Share your concerns with others you trust -

you may be able to provide care for them too. [See the information about local support on the following pages.]

HOW TO LOOK AFTER YOUR PHYSICAL AND MENTAL HEALTH

You may find that social distancing and isolation can be boring or frustrating, and that your mood and feelings are affected. You may feel low, worried or have problems sleeping, and you might miss being with other people. There are some things that may help you to stay mentally and physically active during this time such as:

- Exercise walk up and down stairs, look for ideas online, gardening
- Spend time doing things you enjoy at home catch up on your hobbies
- Try to eat healthy, well-balanced meals and drink enough water
- Open your windows to let in fresh air, and get some natural sunlight if you can

IF YOU DEVELOP SYMPTOMS OF CORONAVIRUS (COVID-19)

Follow the latest health advice https://111.nhs.uk/covid-19

The main initial symptoms of coronavirus infection are:

- a high temperature this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital. Stay at home for 7 days and ask for help from our CHEQS volunteer coordinators (see next page).

WAYS YOU CAN GET (OR GIVE) HELP

People have been very busy in our communities since the Social Distancing advice was given by the Government last month. We are very fortunate in CHEQS, to live in caring and supportive villages. Our parish councillors and others have set up ways to help those who are self-isolating. Please keep an eye on your neighbours, especially the elderly and vulnerable - help is available. Contact the coordinators.

Many volunteers - helpful, willing, members of our communities - have offered to:

- do shopping
- collect prescription medicines
- give a friendly phone call to check you are ok

CONTACT THE COORDINATORS BY PHONE, TEXT OR EMAIL:

Coln St Aldwynsd.hicksbeach@btinternet.comDavid Hicks Beach01285 75048207901 676004

Hatherop Bob lles 01285 750729

Eastleach <u>suesouter@btinternet.com</u>

Sue Souter 01367 850449

Queningtonmargaret.stranks@gmail.comMargaret Stranks01285 75040207729 129578

Southrop <u>southropPC@gmail.com</u>

Tim Guest 01367 850189
Rod Jones 01367 850185
Cathy & Peter Brickley 01367 850504
Russ Giles 01367 850270

Facebook Group "Quenington & Surrounding Hamlets: CHEQS COVID-19 Support" https://www.facebook.com/groups/158971151827345/

All volunteers should be aware that coronavirus spreads very easily - an advice sheet is available for coordinators and volunteers - we want to keep everybody as safe as possible! Contact coordinators or margaret.stranks@gmail.com if you need a copy.

Only deal with people you know, or have been given the name of - beware offers of help from unknown callers! Contact a local coordinator if you are worried.

CHEQS REPAIR CAFE

The first CHEQS Repair Café was due to be held this month. It is 'on hold' for now - but hopefully will launch when normal life returns.



KEEP IN TOUCH WITH CHEQS MAGAZINE

CHEQS Magazine will be an online-only edition for the time being. <u>Do get in touch</u> with contributions suitable to the restrictions - useful websites, local stories & ideas.

HATHEROP PLAYGROUND REBUILD



Hatherop Parish Council and the village community are urgently fundraising to rebuild the playground equipment which failed its last safety inspection. The playground is very important to Hatherop, situated next to a football pitch in idyllic scenery, and well away from the road. However, at the moment, of course, people should not gather there!

At the recent fundraising Quiz Night in Quenington, a fabulous £785 was raised, so many thanks if you came, or donated a raffle prize, and also to the Keepers Arms for hosting the event. You can follow the fund progress and make a donation on www.gofundme.com/f/hatherop-playground-rebuild - all help is appreciated!

QUENINGTON VILLAGE HALL 100 CLUB - MARCH WINNERS

1st Prize (£15) no. 33 - G Holton

2nd Prize (£10) no. 56 - F Mann

IRISH DANCING FOR YOUR ENTERTAINMENT

Two of our younger residents are offering their services to entertain (from outside) anyone stuck at home at the moment. The girls are both Irish dancers and have competed locally and abroad. To break up your day, they would be willing to perform a jig or two at a safe distance in your garden, as part of their daily exercise. Schools are closed, so they are available at any time, weather & current restrictions permitting. Do get in touch if you would like them to pay you a visit. eimear.carvill@btinternet.com



CHANGES AT EASTLEACH CHURCH

Gordon Land explains the background to his involvement in Eastleach church:

In recent years, the Eastleach and Southrop parishes have come under the care of the vicar of Lechlade, Andrew Cinnamond. This change was necessary due to a serious lack of clergy, and because some 'retired' priests are actually wanting to retire! With the encouragement of the South Cotswold Team Rector, Andrew has proposed a radical way of serving the people of Eastleach parish. The idea is that a licenced lay person (known as a Reader) takes responsibility for the day to day running of services and other organisational duties, in co-operation with the Parochial Church Council (PCC) and under the overall guidance of the vicar. I've been invited by the PCC, the vicar, and the Team Rector to become the lead minister for the parish of Eastleach. This is an invitation I've accepted with real joy and a feeling of being called to serve. My role began on January 1st and so an introduction is due:



I was born in Lechlade - longer ago than I care to remember - and attended Lechlade Primary School and Cirencester Grammar School. I grew up with close ties to St Lawrence's Church, attending Sunday School, singing in the choir and ringing the bells.

After leaving school, I took an apprenticeship with the Post Office Engineering Department, becoming the local maintenance man for half-a-dozen telephone exchanges, including Southrop / Eastleach, in 1962 - 65.

I then moved to Bristol, only returning to Lechlade with my family in 1992 - at first moving into the house I'd lived in at the age of 6 months! I'm married to Kathryn and we have four children and eight grand-children -

and our little dog, Effie, a toy Schnoodle!

In 1995, I was accepted for training as a Reader, and was licenced two years later. Since then, I've been leading worship in Lechlade and other local churches - as well as working in one of the caring professions until three years ago.

I see my calling to Eastleach as being pastorally available to everybody in the area, and to work with the church members to build up the worshipping community at St Andrew's. Each generation in the church faces the challenge of being relevant and credible to those who don't yet come to church. In our current situation, with services being suspended, it is more challenging than ever - but also gives us an opportunity to show the love of God to those around us in very practical ways.

LICENSING OF THE REVEREND SIMON BRIGNALL



There will be a service to license Simon as the House for Duty Team Vicar of the Coln St Aldwyns, Hatherop Quenington churches. In view of social distancing advice, it will be a private service, so please ignore previous invitations. There will be a public celebration at some point, once the Coronavirus restrictions have been lifted

PUZZLER MAGAZINE

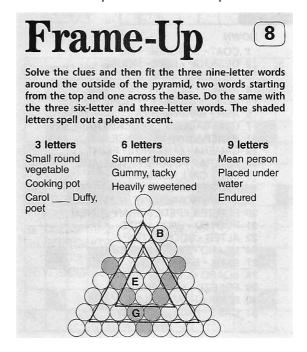




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SOMETHING TO DO



Many of our Easter symbols developed from earlier connections - either pagan springtime celebrations or from Jewish history. Imagery such as spring flowers and eggs represents new birth after the 'death' of winter - and is used by the Christian church to symbolise the resurrection of Jesus.

Decorating eggs can be a fun activity - boiled eggs can then be eaten. If you use raw, blown eggs they can be used to decorate a cut branch (indoors) or a tree in the garden.

To blow eggs, you need to make a small hole in each end of the egg shell with a needle, skewer or nail - very carefully, or it will become a BIG



hole! Then push the skewer in, to break up the yolk. Finally, blow into one hole, and the contents will come out of the other (into a bowl, and use for cooking or baking). You can decorate the egg shell with paint, nail varnish, flowers or tissue paper, and can use PVA glue to varnish it, once you've hung it up. To hang your egg, tape thread to a thin knitting needle, with a button or bead at the end of the thread. Pass the needle through the two holes and pull the thread through before pulling the needle out. The thread should be held in place by the button or bead.

The name of the Old Germanic goddess *Eostre* (also known as *Ostara*) was given to the month of April - Eostre-month in old High German. This is where the name Easter comes from, as the festival often falls in April. It comes in spring (in the Northern Hemisphere) because that is when the festival of Passover happens. Jesus and his disciples were celebrating Passover just a day or so before he was killed on the cross, so the two festivals are linked in time, but not always so closely, as the dates are both determined in different ways. Passover has been celebrated by Jews since ancient times, remembering when the Israelites were enslaved in Egypt and were led out of captivity by Moses & Aaron. On the night of their escape, the first-born of the Egyptians were killed. God gave the Israelites strict instructions, which included eating roast lamb, bitter herbs, and unleavened bread. The blood of the lambs was to be daubed on the doorframes of their houses. Wherever the Israelites followed God's instructions, the Angel of Death passed over them, and they were unharmed - hence the name Passover. The Hebrew word for Passover is *Pesach* which gives some languages their name for Easter - such as *Pâques* in French.

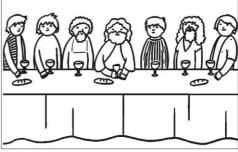
SOMETHING TO DO

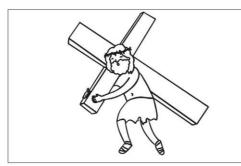
The Easter Story



On Palm Sunday, the church is reminded about Jesus riding into Jerusalem on a donkey. He was welcomed by many people as God's chosen one - the Jews were hoping to be rescued from the rule of the Romans. They waved palm branches - as we might wave flags for royalty.

Jesus asked his disciples to prepare the Passover meal for them to share together. He gave them some important last words of wisdom, as he knew he would soon be put to death by the authorities. He also showed an example of humility as he washed his disciples' feet, and told them to love one another.





Jesus had to carry the heavy wooden cross through the streets of Jerusalem, to the pace where he was crucified. But even in his pain and suffering, the Bible shows him caring for other people giving his mother, Mary, into the care of his disciple John, and asking God to forgive those who put him on the cross.

Early on the Sunday morning, some disciples went to the tomb where Jesus had been buried, and were astonished to find the body gone! An angel told them that Jesus had been raised from death! Later, lots more people saw Jesus alive, and believed the great news - that Jesus had showed there was life beyond death.



NEWS FROM THE SCHOOLS (ALSO SEE LATER)

75

Southrop Church of England Primary School Together we can fly

This term started with the whole school community getting together to enjoy our annual pancake races. During the period of Lent we are thinking about the value of Forgiveness. This year we introduced a system called Restorative Practice, to help children see any disagreements from others' perspectives and to understand the effect of their actions. The children are learning that although it is hard to forgive someone who has hurt you, it is only once you have committed yourself to forgiveness that the relationship can be restored. This is how we can mend broken friendships and maintain the atmosphere of cooperation that marks our school life.

Our English Coordinator organised another very successful World Book Day. This year, children's author Andy Seed spent the day with us doing workshops and we are very grateful to our PTA for funding this. Andy's book The Silly Book of Side-Splitting Stuff, which won a Blue Peter Book Award in 2015, has been an ongoing favourite in our KS2 class. He also introduced us to his latest book, The Clue is in the Poo, which has lots of fascinating facts about disgusting animals!

In the same week, we celebrated Science Week, looking at habitats and food chains in the school grounds and welcoming Dr Richard Rolfe from The University of Gloucestershire, to talk about bats. By the end of term we will have installed five bat boxes and completed a bug hotel in the wildlife garden.

CHEQS CHARACTERS - PHIL NORTHAM, MILKMAN



Delivering milk - and much more - for delivery company Milk & More, is the six-day-a-week job for Phillip Northam, who lives near Poulton. He started work as a milkman back in 1975, when he realised that a milk round would pay him more than his job of delivering bread for a Cirencester bakery. He fondly remembers Audrey Cowley in Fairford (who died recently), one of his first milk round colleagues,

who was still delivering milk by horse and cart!

Phil has always worked locally, delivering to the

CHEQS villages, as well as Lechlade, Poulton, Meysey Hampton etc. He has about 500 customers, but whereas they all used to be within a small area,



they are now much more spread out, and take longer to get to. He works a long day - or rather, night - and certainly does not get eight hours of sleep, going to bed at about 6.30pm, and getting up for work at 11pm. The aim is to get the milk delivered by breakfast time for as many people as possible.

Milk and More is owned by the German dairy company, Müller, who expanded into the British milk delivery business when they bought out Dairy Crest in 2015. This is just one in a chain of take-overs by different dairies Phil has worked for over the years, including Elm Farm Dairy, Clifford's Dairy, and Unigate. The milk delivery business suffered due to the growth of milk sales by supermarkets, but there has been a slight resurgence recently - the old-fashioned re-usable milk bottle is once more being valued and appreciated.

Phil has seen other changes over the years, most recently with the reduction in the cash carried on the float - payments will soon be only by cheque or bank transfer, and much of the business side of deliveries is now being done online. This will be a challenge for some of Phil's original customers - and there are a few from the early days - some of whom do not have a bank account, never mind a computer!



Apart from lack of sleep, snow and ice are the most difficult parts of the job to contend with, but even so there are very few days when the valiant milkman does not get through! It is very physical work, with lots of walking (about 10 miles a day) and lifting - although Phil no longer has 10-gallon churns to deliver, as he used to when taking milk to Hatherop Castle School in days gone by.

So, what are the benefits of being a milkman? Phil and his wife, Linda, remember various customers with fondness: one used to bake delicious cakes for the family - lardy cakes, as well as birthday and Christmas cakes. "Mind you," said Phil, "you sometimes had to pick out the cat hairs!" Well, it does not seem to have done him much harm, as he has not had a day off sick since he had mumps over 40 years ago, and he has no plans to stop working just yet. As Linda commented, "If I'm still going to work, so can he!" And all his customers will be very pleased to hear it.





COLN STORES (ALL MAY BE SUBJECT TO CHANGE!)

NB The seating areas of the café are closed - take-aways only

	SHOP	CAFÉ	POST OFFICE*
Monday-Friday	8am - 3pm	9am - 1pm	9am - 1pm
Saturday	8am - 1pm	9am - 12pm	CLOSED
Sunday	9am - 12pm	CLOSED	CLOSED
			*last post 11.30am

- only 3 customers at a time
- observe social distancing
- only buy what you need

Coln Stores will remain open for business as long as possible, but they cannot do so without healthy staff and volunteers, so customer cooperation is key to protecting everybody. As changes are likely to be made at short notice, please check the website for up-to-date information www.colnstores.co.uk

	EASTER OPENING TIMES			
Good Friday, 10 th April	SHOP 9am - 12pm	CAFÉ CLOSED	POST OFFICE CLOSED	
Easter Saturday, 11th	9am - 12pm	CLOSED	CLOSED	
Easter Sunday, 12th	CLOSED	CLOSED	CLOSED	
Easter Monday, 13th	9am - 12pm	CLOSED	CLOSED	

HIDDEN BUSINESSES

Behind the walls of some of our CHEQS residences, people are busy running small businesses.

This month we put the

SPOTLIGHT ON...

...Piers Belmont

As the digital age created lower price points for photographers, and faster broadband became available, my second (and final) career path opened up. I've been based in Coln St Aldwyns for five years, starting out as an



aspiring, self-taught photographer but moving on to establish a photographic business. Commissions to date have allowed me to focus on interiors, industrial sites. product, gardens, food, horses, dogs and an exotic range of family pets! I'm not a natural wedding photographer but I accept commissions for christenings, as well as child and adult portraiture. Photography has given me immense satisfaction, but to get there I have relied extensively on the goodwill of numerous volunteers, whom I have been able to coerce into modelling for me! Early on, Lynwood kindly allowed me to hang some of my work in their coffee establishments, along with a range of my portfolio books. Instagram Besides a website, I participate in an account www.instagram.com/piersbelmont/ to promote my work but remain a novice on the importance and power of hashtags! Two years ago, I started a series of full sized, hand painted canvas backdrops for portraiture. The studio facility at Barnsley I use to create the canvas backdrops will also, from this month, offer enough space to photograph big cumbersome works for artisans under studio conditions - so who knows what I might be photographing next?

.....

EASTLEACH VILLAGE HALL



Building work is due to start on Eastleach Village Hall from Monday, 6^{th} April for 6 - 8 weeks, so the hall will be out of action.

SCHOOL NEWS

In general, all schools are now closed due to the coronavirus pandemic. Some are still open for certain groups of pupils. Distance learning is being set up for many. The editor would love to hear from you about how you are managing!

MANY BUSINESSES ARE STRUGGLING - SUPPORT THEM IF & WHEN YOU CAN!

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CHURCH SERVICES

In line with the Government's advice to put social distancing in place through the UK, all church services in the area have been suspended.



When we think of 'church', we often think of the building, but the true 'church' is actually the **people** who love and follow God. So, although 'church' may not be meeting as usual, it will still be there in the community - in the form of God's people - worshipping God in their homes, serving others, praying, and connecting with people via technology.

Sadly, but understandably, all church buildings are now closed until the coronavirus restrictions are lifted.

CHURCH SERVICES ONLINE

The Church of England South Cotswolds Team Ministry is making studio recordings of services available via the Internet at www.chqchurches.net. These will be accompanied by online 'orders of service' so that you will be able to join in at home, as well as listen, if you want to. They will feature local clergy and lay leaders. It is planned to have these available weekly. A pre-recorded Reflection for Good Friday will also be made available.



Other churches will also have online services - if you know of some good ones, let the editor know!

Worship at Home button

VILLAGE CONTACTS

CHURCH of ENGLAND CLERGY

Coln St Aldwyns, Hatherop & Quenington: at present the CHQ churches are overseen by

Rev Tim Hastie-Smith The Vicarage, Bibury GL7 5NT

Rev Margaret Bettis 58 Aldsworth Close, Fairford GL7 4LB (honorary) 01285 238992 canmjb42@talktalk.net

Rev Roger Scoones 3 Warwick Close, Fairford GL7 4LR

(honorary) 01285 711864 <u>roger.scoones@gmail.com</u>

Eastleach & Southrop:

Rev Andrew Cinnamond The Vicarage, Sherborne Street, Lechlade GL7 3AH (day off Tuesday) 01367 253651 vicar@stlawrencelechlade.org.uk

CHURCH WARDENS

Coln St Aldwyns Patti Price <u>pattiabcprice@gmail.com</u>

Hatherop John Berry 01285 750692

Eastleach Tim Lawson 01367 850756 07855 264360 timglawson@me.com

Quenington Val Trafford 01285 750504

Southrop Margaret Davey 01367 850347 Gavin MacEchern 01367 860815

SAFEGUARDING OFFICER

CHQ Ruth Garner 01285 750832 chqsafeguarding@gmail.com

Eastleach Nicole Backhouse 07780 605717 Southrop Rhona Reid 01367 850295

YOUTH WORKER

CHEQS & beyond Chris Saunders 07918 732040 <u>saundersc2014@gmail.com</u>

CATHOLIC PARISH PRIEST

Father Michael Robertson 01285 712586 <u>michael.robertson@cliftondiocese.com</u>

USEFUL INFORMATION

HOSPITALS Fairford: out-patients only 0300 421 6470 Cirencester 0300 421 6200 SURGERIES Hilary Cottage, Fairford 01285 712377 Lechlade Medical Centre 01367 252264 GCC COMMUNITY WELL-BEING SERVICE 01452 528491

PHARMACIES Boots, Fairford 01285 712350, Lechlade Pharmacy 01367 252285 **POLICE** non-emergency: phone 101 or email 101@gloucestershire.police.uk

Quenington Defibrillator & Emergency Telephone System Anyone can use the defibrillator in emergency - located outside to right of main door of Quenington Village Hall. Also, trained volunteers available on 01285 610210 but ALWAYS RING 999 FIRST!

Bus Service 76 Mon, Tue, Thu, Sat: Southrop 09:42, Eastleach 09:50, Hatherop 09:56, Coln 09:59, Quenington 10:02, to Fairford & Cirencester. The return service leaves Cirencester at 13:50 and Fairford at 14:33.

Community Connexions Community Bus book in advance on 03456 805029 for the door-to-door service on Thursdays to Cirencester; free with a bus pass or £8 each way.

Southrop Post Office, Shop & Coffee: Wednesdays 9am - 12pm in Southrop Village Hall







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