

CHEQS MAGAZINE



December 2020

VILLAGE CONTACTS

PARISH COUNCILS

| | | | |
|------------------------|---|------------------------------|---|
| Coln St Aldwyns | Chair: David Hicks Beach Clerk: Clare Brignall | 01285 750482 01285 752662 | colnsaparishclerk@gmail.com |
| Hatherop | Chair: Bob Iles Clerk: Jane Skinner | 01285 750729 01285 712662 | jane_skinner928@yahoo.co.uk |
| Eastleach | Chair: VACANT Clerk: Ann Tyldesley | | www.eastleachparishcouncil.org 01367 860130 eastleachpc@btinternet.com |
| Quenington | Chair: Mike Scott Clerk: Penny Ibbotson | 01285 750433 01285 750000 | www.queningtonpc.com queningtonpc@gmail.com |
| Southrop | Chair: Tim Guest Clerk: Vanessa Lawrence | 01367 850189 07876 252398 | www.southrop.org.uk spcclerk2017@outlook.com |

VILLAGE HALLS

| | | | |
|----------------------|--|------------------|--------------|
| Eastleach | eastleachvhall@gmail.com | Flo Dixon | 01367 850641 |
| Quenington | queningtonvillagehall@gmail.com | | |
| Southrop | southropvillagehall@gmail.com | Caroline Simmons | 01367 850171 |
| Jubilee Field | | Andy Howarth | 01367 850400 |

SCHOOLS

| | | |
|-----------------------------|--------------|--------------------------------------|
| Hatherop C/E Primary School | 01285 750318 | Head: Taryn Hancock |
| Southrop C/E Primary School | 01367 850246 | Heads: Megan Davies & Julia McLellan |
| Hatherop Castle School | 01285 750206 | Head: Nigel Reed |

OTHER GROUPS (in grey if not happening at the moment)

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

Southrop Ladies Beryl Whiteley 01367 850373

Quenington Baby & Toddler Group (CHEQS) pre-booking required due to COVID restrictions
margaret.stranks@gmail.com 01285 750402 or 07729 129578 (WhatsApp is preferred)

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CHEQS Magazine is a free monthly community publication, delivered by volunteers to about 800 homes in **Coln St Aldwyns, Hatherop, Eastleach, Quenington & Southrop**.

It is available online (along with back copies) at www.whichq.net/links.html

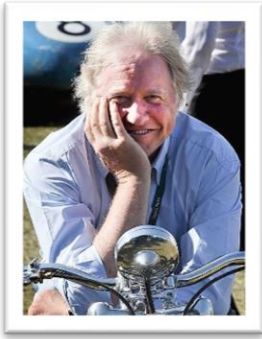
ADVERTISING: We are grateful to our advertisers for their support.

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 15th of the previous month to the editor: cheqsmagazine@gmail.com

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



*Hello from...
... Jerry Hibbert*

My wife, Caryn, and I moved from Kingston Hill to Southrop Manor in 2002 with our three children Charlie, Tom and Milly. I was still very much engaged in my career - directing animated TV commercials (remember Tony Tiger? The Famous Grouse? Coco Monkey? I specialised in animated characters) and so was spending the working week at my studio in Soho. Before the move, we had come to visit my cousin, Janie Phillips, at Macaroni Farm one Sunday, and had fallen in love with the area. We were looking to move to the country somewhere, and I knew the Cotswolds having been born in Oxford, but Caryn was less familiar. But following that visit, we decided it was the place for us. Southrop Manor happened to be on the market, and we looked no further.



Having moved and settled our children into their new local schools, we turned our attention to the disused and very



run-down medieval farm buildings next to the Manor. Caryn, with her father, acquired them in 2004 and they then set out on the long road of restoration. 'Thyme' is the result of their efforts, winning a CPRE award along the way. In 2005 we also acquired the Swan.

I retired in 2014, gave up London, and now work on the photography and artwork required by Thyme. I have served on the Parish Council, am a Trustee of Jubilee Close, and living next door to such a beautiful church meant that it seemed a natural step to become its churchwarden, once invited.

Charlie (now head chef at the Ox Barn restaurant), having spent several years in Soho at Quo Vadis, lives with his wife, Molly, in Coln St Aldwyns. Tom is a financial analyst still in London, and Milly is back in Southrop helping to manage Thyme.

Although life amongst beautiful old buildings is wonderful in itself, it is good friends and neighbours that really make for happiness. And we've found an abundance of those in the CHEQS area.

CORONAVIRUS & VOLUNTEER HELP

The updated three tier system applies from 2nd December, so any advertised events will be dependent on which tier we are in at the time. Check the news media, NHS COVID-19 app or government website gov.uk for the latest information, and about the specific rules over the Christmas period. If you need help with shopping, medicines etc. please contact the editor or your village volunteer co-ordinator.



The Quenington Bulldogs'
Christmas Raffle
(In place of the Fireworks)

**Prize draw on
Sunday 20th December**

£5 per ticket

Prizes include:

- Ten days in a three bedroom villa, two minutes from the sea in Vale de Lobo, Portugal (flights not included)
- Sunday lunch for four at the Keepers Arms
- Mix case of 12 quality bottles of wine
- 4 Ball round at Cirencester Golf Club
- £100 Xmas hamper from Coin Stores... and many more

 Find out more, visit Quenington Bulldogs

THE QUENINGTON BULLDOGS were not able to hold their usual amazing fireworks display this year. However, you can support their good work by joining in with the Christmas Raffle. Tickets are £5 each, with an array of prizes on offer. For more information, contact chris.ja.watson@btinternet.com or 07711 851835 or check out the Quenington Bulldogs Facebook page: www.facebook.com/QueningtonBulldogs

QUENINGTON VILLAGE HALL 100 CLUB - NOVEMBER WINNERS



1st Prize (£15) no. 16 - Anne Goddard
2nd Prize (£10) no. 35 - Graeme Holton

The 100 Club is open to anyone aged over 16 in Quenington and the surrounding area. Each ticket costs £12 and enables you to enter the monthly draw for the prizes as shown above. All profits go to support the work of Quenington Village Hall.

Antonia Faulkner will be collecting money this month for those who wish to continue to be part of the club. New members are always welcome - you can email queningtonvillagehall@gmail.com or call Antonia on 07581 294139. You can join at any time during the year, but starting in January is ideal - there are still plenty of numbers available. It is surprisingly exciting to receive the little windfall if you win!

The December draw will have three prizes: 1st prize £20, 2nd prize £15, 3rd prize £8.

QUENINGTON COFFEE MORNING - CANCELLED

Reluctantly, the village hall committee has decided that at the moment the risks of holding a coffee morning would outweigh the benefits, so this month's gathering is cancelled. However, you can still obtain copies of the Apple Day Recipe Book from Coln Community Stores.



SOME 'THANK YOU' MESSAGES

From Margaret Davey, Southrop: Many sincere thanks to all the people in the CHEQS villages who have sent messages and cards of sympathy, support and love to me and my family in our sad loss of Keith. People have shared their memories of him and this has been a source of great comfort.



From Clare Brignall: The Zoom quiz in the CHEQS area was a fun - if fairly brief - time, with a dozen or so participants. A wonderful £440 was given just from this one area, to help the work of Tearfund, a Christian relief and development charity which works in some of the world's most needy places. Thank you to all who joined in!

https://www.tearfund.org/about_us/

NEWS FROM THE SCHOOLS

Southrop Church of England Primary School *Together We Can Fly*



Julia McLellan: December is always the start of a very busy time at school and the nativity rehearsals are about to begin. Sadly, this year we will not be able to share this at Southrop Village Hall. Instead we are preparing a dance version of Lights, Camel, Action, which will be recorded in the classroom. We are attempting to keep our Christmas traditions as normal as possible through the use of COVID-mitigating measures. Last year we introduce the Posada into the school. This is a Mexican advent tradition where figures of Mary and Joseph travel around families within the community and arrive at church on Christmas Eve. This year's nativity set will be washable, with instruction on how to keep them as safe as possible. The school will be enjoying the usual Christmas jumper and craft day too. The end of term will be marked with a Christingle Service, a joyful celebration that will bring the school communities together to share the light of Jesus and spread a message of hope.

This term the Cygnets are learning about Space and started the term as astronauts with a cardboard box, zipping up the chimney to the moon. The Swans are learning about the Weather, writing their own weather explanation texts, looking at the art of JMW Turner and creating their own 3D piece of art "A Storm in a Teacup".

The members of the PTA would like to say a big 'thank you' to everyone who took part in the pumpkin hunt on October. They are hugely grateful for the support and donations, and were glad to provide something a little different for the children to enjoy! They will also be running a Christmas raffle, with prizes of five Christmas hampers. The school website <http://www.southrop.gloucs.sch.uk/index.html> has more information, or members can check the Southrop Facebook page.

If you have a child who is due to start school in September 2021, the deadline for applications is 15th January. At the moment we are unable to offer tours of school, but please take a look at our website and contact us to make an appointment to talk through what we offer: admin@southrop.gloucs.sch.uk 01367 850246.

Merry Christmas from all the community at Southrop C of E Primary School.

Hatherop Church of England Primary School *Caring, Believing, Achieving*



How appropriate that the school's Christian value for the first part of this term was 'Friendship', as the pupils came together again in the caring and supportive environment that is Hatherop Church of England Primary School, rekindling relationships that may have been on hold during the long lockdown, and forging new friendships. For our new Reception children, it really has been a time of new experience and new friends.

For the staff, this has been an extraordinarily busy time. They have worked tirelessly, against a background new to us all: planning, preparing and teaching, and developing resources and programmes to ensure that the children make continued progress while being immersed in an exciting and challenging curriculum. The underpinning values of 'Caring, Believing and Achieving' remain fundamental to the daily life of the school, and children have collected house points for, amongst other things: work well done, good behaviour, learning, reading, and good manners.

The Christian value we are exploring now is 'Thankfulness', encouraging an appreciative attitude, raising awareness of those things we often take for granted, and exploring practical ways that we can show gratitude. Our harvest donations were given to the local food bank, and as the festive season begins, we will explore how we can help others who are experiencing hardship, through joining in with 'Children in Need' and making Christmas contributions to the Salvation Army.

National restrictions have prevented us from welcoming our usual wealth of visitors and from enjoying educational visits and activities with other schools. Parents' evening took place via Zoom. Even so, we have had special events including an 'online safety' talk from the police, a commemoration of Remembrance Day, and an 'odd socks day' to introduce a number of activities during national anti-bullying week.

Looking ahead, the PTA have been getting the Christmas cards ready and we are having an 'Experience Christmas' day and a Christmas jumper day. Although we will not be able to attend the pantomime as we usually do, we have organised for a touring company to come into school on the 17th December for two performances of a socially-distanced pantomime: a good compromise which ensures the children enjoy a good range of school Christmas experiences this year, as we celebrate the end of term and look forward in hope to the new year ahead.

QUENINGTON ADVENT CALENDAR TREASURE HUNT



Get out and about around Quenington this December and see if you can spot the daily advent calendar symbol in somebody's window! A clue to the whereabouts of each symbol will be put up on the village web site daily www.queningtonvillage.uk you can also download an answer sheet to complete as you go along. Don't worry if you miss one - the clues and the pictures will remain in place until the 24th December, so you will be able to catch up!

No money or prizes involved – it's just a fun way for adults and children alike to get out and about safely in the run up to Christmas!

For more information contact Fran Huckle 01285 750788



Friends of Fairford and Lechlade Communities

Formerly The League of Friends of Fairford Hospital

ANNUAL GENERAL MEETING - via Zoom

A joint League of Friends and Friends of Fairford and Lechlade Communities AGM will be held via Zoom on Thursday 3rd December at 7pm. If you would like to attend please contact Christine Barker fairford.lof@hotmail.co.uk and she will send a link.

100 CLUB – 2021

We are especially keen this year to increase membership of our 100 Club as we have been unable to raise funding through other means due to COVID-19. If you are a member and pay annually by cheque please send your cheque for £12 to Jeff Dawson, Glen Lea, High Street, Meysey Hampton, GL7 5JW. If you would like to join the 100 Club, please see our website www.friendsoffairford.org.uk or contact Christine Barker 07767 408409 or Fairford.lof@hotmail.co.uk. Half of all the money raised each year is distributed in cash prizes, and half added to our charitable funds.

NEW OPENING TIMES FOR CHARITY SHOP

We are delighted to welcome Nicola Waite as the new shop manager of our Lechlade Charity Shop. We thank Debbie Ash, who has now retired, for her dedicated service and for maintaining the success of the shop for the benefit of the community over the last 5 years. The revised opening times are subject to Government coronavirus regulations but once we are allowed to open, the times will be:

Monday 10am - 1pm for donations by appointment only (ring Nicola on 01367 252189 to make an appointment)

Tuesday to Friday 10am - 4pm

Saturday 10am - 1pm



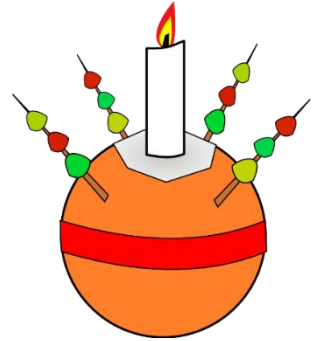
COVID-19 COMMUNITY FUNDING SUPPORT

The Community Friends' COVID-19 Support Fund established to provide financial support to local organisations, charities, volunteer groups, families and individuals who have been impacted by COVID-19 remains open for applications. To date from 54 applications grants of approximately £51,200 have been made providing financial support to 37 different charities, organisations, families and individuals within our area of benefit. Please refer to our website for details of how to apply and the criteria we use to assess applications (www.friendsoffairford.org.uk).

CHRISTINGLE

The season of Advent began at the end of November this year, during lockdown2, so no church services could be held. Advent is the church's time of preparation and looking forward to celebrating the time when Jesus came to the Earth in human form, over two thousand years ago.

Some people may like to make their own Christingle as part of their advent preparations for Christmas.



Christingle comes from a word of German origin, *Christkindl*, meaning 'Little Christ Child'. The history of the Christingle can be traced back to the Moravian bishop, Johannes de Watteville, who started the tradition in Germany in 1747. At that time it was simply a red ruff wrapped around a candle. Christingles have been a feature in Moravian churches across the UK since early in the 20th century. As members of Moravian churches moved away from their home congregations, they took the custom of Christingles with them and introduced it to other denominations. In the 1960's the Children's Society started to hold Christingle services to raise funds, and the services are often popular with children & families.

The different parts of a Christingle represent various things:

- an orange - the world
- a lit candle - Jesus as the Light of the World
- a red ribbon around the orange - the blood of Christ
- dried fruits and/or sweets - the fruits of the earth and/or the four seasons



CHRISTMAS SERVICES IN CHEQS - IMPORTANT INFORMATION

Christmas services are normally very popular and well-attended. However, this year, social distancing will need to be observed, and face coverings will need to be worn.

Numbers will have to be limited so **YOU WILL NEED TO** let the appropriate church warden know beforehand: the names, contact details and number of people planning to attend from your household or “bubble” - and tell them if this changes. It is unlikely that people will be able to be accommodated if they arrive at a service without having registered. Please be understanding of the restrictions, which are for everyone’s benefit. If you are unable to attend a service, ‘Worship at Home’ is available see p16.

COLN ST ALDWYNS, HATHEROP AND QUENINGTON

Christmas Eve at 11.15pm

Midnight Mass at St Nicholas Church, Hatherop

Christmas Day at 10am

Holy Communion at St John the Baptist, Coln

Holy Communion at St Swithin’s, Quenington



For any of these services, please pre-register your attendance beforehand with church warden - Val Trafford: valerie.trafford@btinternet.com or 01285 750504

ST ANDREW'S CHURCH, EASTLEACH

Sunday, 20th December at 3pm

Advent service with carols (hummed only) and readings

Christmas Day at 11am

Family Christmas morning service



For either of these services, please pre-register your attendance beforehand with church warden - Tim Lawson: timglawson@me.com 01367 850756

ST PETER'S CHURCH, SOUTHROP

Saturday 19th December at 4pm starting at the church

Carol singing in the village is planned.



Christmas Eve at 6pm

A Christmas Evensong

Please check local noticeboards and social media for more information, or with the church warden - Jerry Hibbert: jerry@hibbertralph.com 07766 084051

COLN COMMUNITY STORES

01285 750294

www.colnstores.co.uk



(painting by Roger Roberts)

| Normal Hours | Shop | Café (takeaway) | Post Office |
|-----------------|--------------|-----------------|-----------------------|
| Monday - Friday | 8am - 4.30pm | 8am - 3.30pm | 9am - 1pm & 2pm - 4pm |
| Saturday | 8am - 2pm | 8am - 1pm | 9am - 12pm |
| Sunday | 9am - 1pm | 9am - 12pm | CLOSED |

Christmas Eve - Thursday, 24th December

Shop 8am - 1pm, Café 8am - 12pm, Post Office CLOSED

Christmas Day - Friday, 25th & Boxing Day - Saturday, 26th December CLOSED

Sunday, 27th December

Shop 9am - 1pm, Café 9am - 12pm, Post Office CLOSED

Boxing Day Bank Holiday, Monday, 28th December

Shop 9am - 1pm, Café 9am - 12pm, Post Office CLOSED

New Year's Eve - Thursday, 31st December

Shop 8am - 1pm, Café 8am - 12pm, Post Office CLOSED

New Year's Day - Friday, 1st January 2021

ALL CLOSED



SOUTHROP SHOP, POST OFFICE & COFFEE

Shop and Post Office hours are Wednesdays, 9am to 11.30am, Southrop Village Hall.

The coffee mornings will hopefully be back from 9th December 8.30am - 12pm, with coronavirus precautions in place as before.

A TRIBUTE TO SYLVIA MORRIS, QUENINGTON

Sylvia Morris died at the end of October, shortly before her 100th birthday. She will be much missed by all who knew her. She lived the latter part of her life in Quenington, but her early life was varied and interesting, sounding much like the plot of a thriller! Sylvia had many wonderful stories and memories, some of which were shared in obituaries in the national newspapers.

Born Sylvia Heywood, on November 9th 1920 in Northumberland, she was the youngest of three children. She was proud of her Northumbrian heritage and loved its dialect. Her father, Marcus, was a charismatic man who spoke several languages. He had fought in France, Belgium and Italy during the First World War, and had been an aide-de-camp to Churchill at Ypres - he combined working for the intelligence services with a partnership in a firm of stockbrokers in Newcastle. The family moved in high society circles, and Sylvia recalled staying as a girl in a Scottish country house with King George V and Queen Mary. There was only one bathroom, so the King had the first bath, the Queen the second, and Sylvia, her brother and sister the third. The fact that there may have been 'royal scum' around the bath was a wonderful joke to the children!



Although she claimed to have been 'horrid' to her governesses, Sylvia loved her school - St Mary's, Wantage - so much that she wanted to be a nun. On leaving St Mary's, Sylvia was sent by her parents to Dresden to study the violin and singing, and to 'finish her education' - being taught to cook and make clothes. She fell in love with the city, which was generally peaceful and, as the girls in her hostel did not talk about Hitler or the Nazis, she managed to avoid politics - but she remembered how the Austrian Anschluss (the annexation of Austria into Nazi Germany) on 12th March 1938 was celebrated with extra servings of cream.

Sylvia always loved music - especially German music - and she attended the opera nearly every night. She went twice to Bayreuth, on one occasion as a member of a choir. That performance was seared into her memory. In old age she could still recall the sweaty smell of the crowds waiting outside the Festspielhaus for the Führer to arrive. Singing that night as part of the choir, like everyone else, she could not take her eyes off Hitler as he sat listening intently in the front row.

On her 18th birthday, Sylvia witnessed the ransacking of a Jewish department store on Kristallnacht, 9th November 1938. 'Dresden had been peaceful and not pro-Nazi, so this was a major event,' she recalled. 'We girls in the Töchterhaus made our terrified landlady go to the store to buy things. We opened all the windows and sang Mendelssohn songs as loudly as we could.'

In August 1939, Sylvia's father insisted that she leave Germany as soon as possible, and she returned to England. She was put up at Groom Place, Belgravia, owned by Osla Benning, a Canadian heiress. The house, which had two sweeping staircases and a fountain in the reception hall, was ideal for parties. Osla Benning was Prince Philip's girlfriend at the time, and the three of them would go dancing together at the Café Royal. An artist lived in the house opposite, and naked models would walk about in front of the window - much to Sylvia's, and no doubt Philip's, amusement. Although they were the same age and Sylvia was fond of him, she found the prince to be a little immature. He would arrive on leave from the navy late at night, she said, bearing pots of caviar and other treats impossible to find in wartime. He would then want to stay up gossiping, and sometimes pouring out his woes, saying that he suffered from the Battenburg blues. Eventually Sylvia left Groom Place and moved to Swiss Cottage. However, the flat there was bombed so she went to live in Hampstead with Eleanor Gerhardt, her singing coach.

On Sylvia's return from Dresden, her father was working for the security service MI5. The War Department had taken over Wormwood Scrubs prison - with the prisoners evacuated to other prisons - and Marcus Heywood's office was in a former cell. Sylvia was found a job: menial tasks at first, but then doing filing and German translation work, before graduating to assessing the trustworthiness of the information supplied by various enemy agents. Later, MI5 vacated Wormwood Scrubs and moved to more salubrious accommodation in St James's. While at MI5, Sylvia was introduced to someone who would later be discovered to be a double agent. She shared an office with Donald Maclean's sister, through whom she met Kim Philby, and thought him a 'rum type'. Maclean, Philby and Guy Burgess were British intelligence officers who were later discovered to be spying for the Soviet Union.



At the end of the war Sylvia resumed her fledgling singing career with a performance in front of Clydeside ship workers with both the comedy entertainer Reg Varney, who later appeared in the television sitcom *On the Buses*, and the young Morecambe and Wise - although they, still little known, were much lower down the bill. Sylvia was spared the legendary dreadful actors' digs, however:

she stayed with the Earl of Glasgow's daughter, a friend from Germany, at Kelburn Castle in Ayrshire.

In the 1950s, after an 'interesting' life in the theatre, playing everything from the Fairy Queen in pantomime to the lead in Hal Prince's *Brigadoon*, Sylvia retired from the stage. In 1952, she married an Australian actor, John Morris, whom she first met in

the theatre, and they had a daughter, Joneen Stephanie (Joey), but John's work meant that he was often away from home. Although living separately for most of their marriage, they never divorced, and he died in 2012.

After a bohemian life with her daughter, living in a caravan in Gloucestershire, Sylvia worked for the Officers' Association and the British Red Cross Transport Division. She then trained as a garden designer. By now living in Kent, she 'along with everyone else', learnt from the work of Vita Sackville-West, who lived at nearby Sissinghurst. Among the gardens Sylvia worked on were those at Wellington College, Miserden Park, and Chateau de la Barbée at Bazouges-sur-le-Loire.

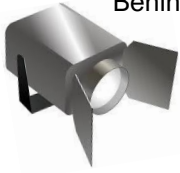
In her eighties, Sylvia returned to this area, eventually moving to Quenington about 15 years ago, when she and her daughter once again had the joy of living near each other. She got involved in village life - from being a regular worshipper at the Sunday services at St Swithin's, to helping with the flower rota,



attending coffee mornings, and being involved in the village fête. She designed the garden at Mawley House, and borders for the Old Rectory - also continuing to help a selection of faithful clients in Tetbury, Hungerford and Winston. She enjoyed visiting nurseries with her gardening associate, Lorna, and also large garden festivals such as Malvern. Sylvia remained remarkably agile for her age, and could be seen climbing over the rather high stone foot stile opposite Mawley Barn to go on walks around the circuit either with Joey or a carer, right up until a few months ago. She still kept up with the arts, being an avid reader of the monthly magazine 'Opera', and attending local cultural events such as the Oxford Lieder Festival up until last year.

Sylvia was interviewed for the book Travellers of The Third Reich by Julia Boyd, and also by the author Simon Fenwick (who wrote the newspaper obituaries) with the idea of a posthumous biography. Due to COVID-19, local friends and villagers were unable to attend Sylvia's funeral, so her daughter, Joey Casey, kindly gave permission to have some of her life story told here. Donations in memory of Sylvia may be made to the League of Friends, Fairford, cheques made out to Friends of Fairford c/o Ms Andrena Miles, AMM Bookkeeping and Accountancy, 2nd Floor, 11 High Street, Fairford, Gloucestershire GL7 4AD

HIDDEN BUSINESSES



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

This month we put the

SPOTLIGHT ON...

... Kate Holland



K8FIT in the Cotswolds

I've lived in Southrop for nearly five years with my husband, three children and dog. We moved here because my husband is a pilot in the RAF and was posted to Brize Norton. Our children were in secondary school, so we wanted to put down roots and find our forever village, and what a gorgeous village we found!

After having children, I spent 12 years gaining a variety of fitness qualifications including fitness instructor, personal training, GP exercise referral, pre/post-natal exercise, dance fitness and HIIT (high intensity), to name a few. Before COVID, I did local personal training sessions, was a fitness instructor at Faringdon Leisure Centre, and ran many weekly fitness classes in community village halls. And then COVID hit and it all had to stop.

I'd never done online fitness classes before, but teaching fitness is my passion and I wanted to find a way to keep going, so I put my classes online using live Zoom and was surprised to find it was an instant success! I'm currently doing eight different fitness classes a week on Zoom, from HIIT, to over 60's keep fit - my clients can keep fit but also enjoy the social aspect, seeing their friends on screen and getting advice and motivation from me, all whilst not leaving their homes. I have people in their 80's, couples, and even whole families joining in. I've had some lovely messages from people saying the classes have been a life saver during lockdown and some are fitter than ever! They also say they want to stay on Zoom even after lockdown as they can fit it into their lives easily, so I will be continuing after COVID!



Exercise isn't just about a healthy body - it is also fantastic for mental health. Lockdown has been extremely challenging for everyone in different ways but I think having a routine, something to focus on, a healthy body and mind, a bit of escapism, some 'me time' and a giggle can really help us get through these tough times.

If you would like to give it a go or want some more information about the classes, you can email me at k8fit@hotmail.com, have a look on Facebook at K8FIT, or just give me a call on 07484 769900.

PLEASE SUPPORT LOCAL BUSINESSES

TO ADVERTISE OR MAKE AMENDMENTS: cheqsmagads@gmail.com

| | |
|--|------------------------------|
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| Michael Rixon Building & Roofing Ltd building, roofing, Cotswold stone tiling etc. office@rixbuild.co.uk | 01285 750517 |
| Architect Rural Workshop Ltd, RIBA Chartered tim@ruralworkshop.net | 07413 715276 |
| Floor Sanding Floorboard Restoration Specialist office@justfloorboards.co.uk | 07557 304290 |
| SN Complete Groundworks drainage, driveways, fencing etc. 07738937697 | 01367 850717 |
| Keith Ford garden work - pruning & hedge cutting, sheds re-felted etc. | 01285 750406 |
| The Garden & Plant Company design & landscape info@gardenandplantco.com | 01285 712663 |
| Coin Valley Glazing Replacement of misted or broken glass units 0776 5780772 | 01285 750553 |
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| Will's Logs seasoned, sustainable hardwood (oak, ash) firewood FREE LOCAL DELIVERY | 07771 867767 |
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| Cotswold Oven Valeting Ltd professional cleaning of ovens (incl. AGAs) hobs etc | 01367 850522 |
| Window Cleaning commercial and domestic traditional window cleaning, also pressure washing and gutter cleaning. For more info: steve.rix@hotmail.co.uk | 01285 752703 07731 552250 |
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| Artist - Sallie Seymour original works, local scenes, cards, some prints available also individual or small group tuition can be arranged seymoursallie@gmail.com | 01367 850385 |
| Eimear Carvill - Stampin' Up! papercraft and cardmaking classes at QVH www.stampincolour.com | |
| Byeways Taxis and Private Hire local and long-distance bookings welcome, with vehicles to suit most occasions FREEPHONE 0800 999 2288 | 01451 844384 |
| Computer Solutions Iain Atkins, personal service for all your IT issues. | 01285 750277 |
| Moore Allen & Innocent property consultants and managers, land & estate agents, auctioneers & chartered surveyors www.mooreallen.co.uk | 01285 651831 01367 252541 |
| Dentist Oliver Guy BDS (GDC reg79562), Market Place Dental Practice, Cirencester: family dental care, cosmetic and laser-assisted dentistry, teeth whitening, implant restorations, clear braces etc. | 01285 652200 |
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CHURCH SERVICES

Church services are now permitted under the three-tier system for coronavirus precautions. As before lockdown2, **people at indoor church services must wear a face covering**, in addition to having coronavirus prevention measures in place (**social distancing, hand sanitising, no congregational singing**).

For the Christmas services, **you will need to book places** for you and any family members hoping to attend. Please contact your church warden (see list opposite).

ANGLICAN SERVICES

MP=Morning Prayer

HC=Holy Communion

EP=Evening Prayer

Coln, Hatherop & Quenington

Service details for readers etc. are on the CHQ churches website:

<https://www.chqchurches.net/>

| | | | | |
|------------------------------|------------|-------------------|------------------------------------|------------|
| Sunday, 6 th Dec | 11am HC | Coln St Aldwyns | 4pm EP | Quenington |
| Sunday, 13 th Dec | 11am HC | Quenington | no afternoon service | |
| Sunday, 20 th Dec | 11am HC | Coln St Aldwyns | no afternoon service | |
| Christmas Eve | 11.15pm HC | Hatherop Church | } please ensure you book | |
| Christmas Day | 10am HC | Coln & Quenington | } for these services see p8 | |

Southrop church:

Saturday 19th December at 4pm Carol singing in the village - meet at the church

Christmas Eve 6pm Christmas Evensong

Eastleach:

Sunday, 20th Dec 3pm Advent service with carols (hummed only) and readings

Christmas Day 11am Family Christmas morning service

WORSHIP AT HOME

For online services and devotional items: <https://worship-at-home.weebly.com/>

WILLIAMSTRIP CHAPEL

Mass is usually celebrated on Sundays at 9.30am, but was suspended during November - please check with the priest.

FAIRFORD CHURCHES

For details of services in Fairford, please check notices boards and websites, or phone the church contact person.

VILLAGE CONTACTS

CHURCH of ENGLAND CLERGY

Coln St Aldwyns, Hatherop & Quenington:

Rev Simon Brignall The Vicarage, Church Lane, Coln St Aldwyns GL7 5AG
(*Thu, Fri, Sat, Sun*) 01285 752662 chqvicar@gmail.com

Rev Roger Scoones 3 Warwick Close, Fairford GL7 4LR
(*honorary*) 01285 711864 roger.scoones@icloud.com

Eastleach & Southrop

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

Gordon Land (*Lead Minister for Eastleach*) 01367 252050 walreader44@gmail.com

C of E CHURCH WARDENS

Coln St Aldwyns Val Trafford 01285 750504

Hatherop Val Trafford 01285 750504

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

Quenington Val Trafford 01285 750504

Southrop Jerry Hibbert 07766 084051 jerry@hibbertralph.com

C of E SAFEGUARDING OFFICER

CHQ Edwina Hicks 07970 799270 chqsafeguarding@gmail.com

Eastleach Nicole Backhouse 07780 605717

Southrop Rhona Reid 01367 850295

C of E YOUTH WORKER

CHEQS & beyond Chris Saunders 07918 732040 saundersc2014@gmail.com

CATHOLIC PARISH PRIEST

Father Michael Robertson 01285 712586 michael.robertson@cliftondiocese.com

WILLIAMSTRIP CHAPEL CHAPLAIN

Rev J Felix Stephens OSB 01285 740374 jfs.osb@ampleforth.org.uk

FAIRFORD UNITED CHURCH

Rev Wendy Tucker 01285 653655 Secretary, Stuart Emmerson 01451 844532

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 outside Quenington Village Hall for use by anyone in emergency.
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.

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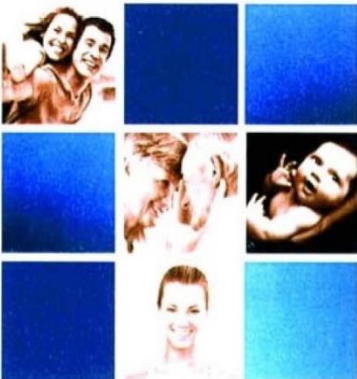
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