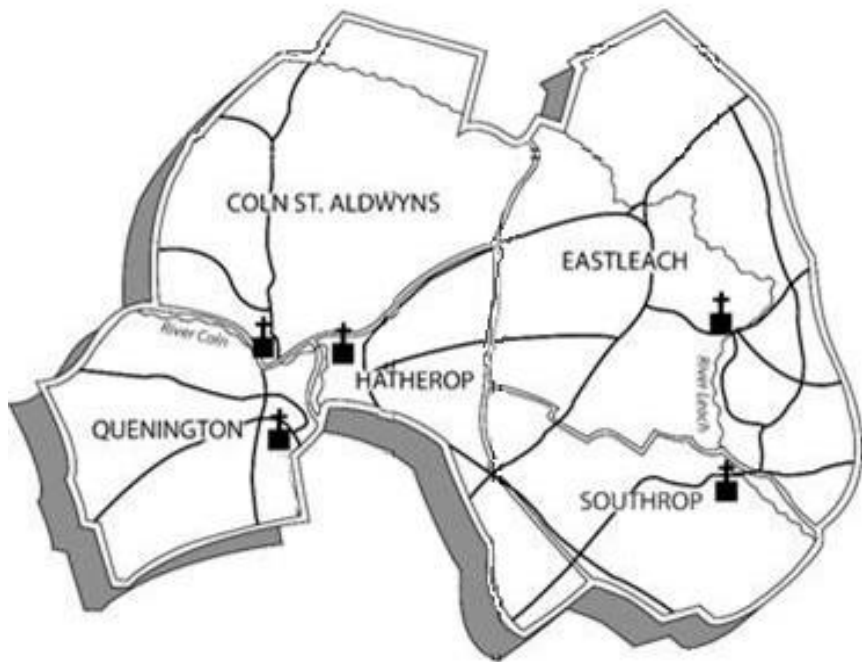


CHEQS MAGAZINE



July 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: VACANT		www.eastleachparishcouncil.org
	Clerk: Ann Tyldesley	01367 860130	eastleachpc@btinternet.com
Quenington	Chair: Mike Scott	01285 750433	www.queningtonpc.com
	Clerk: Penny Ibbotson	01285 750000	queningtonpc@gmail.com
Southrop	Chair: Tim Guest	01367 850189	www.southrop.org.uk
	Clerk: Vanessa Lawrence	07876 252398	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: Caroline Burton
Southrop C/E Primary School	01367 850246	Heads: Megan Davies & Julia McLellan
Hatherop Castle School	01285 750206	Head: Nigel Reed

OTHER GROUPS (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 margaret.stranks@gmail.com 01285 750402 or 07729 129578

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...
... Lizzie Skinner*



Having lived in Quenington for over 15 years, it's a privilege to say "Hello" in the legendary CHEQS Magazine! I hope this message lands at your door and finds you OK, and coping with this weird new reality that we all find ourselves in.

I'm a purveyor of light, love, happiness and wonder! I teach and inspire people to find courage and laughter, using all manner of techniques - art, craft, music, song, running... to name just a few. During lockdown I ran an online school, helping people hold on to hope, laughter and togetherness, and I hope to return to schools soon.

I also help people cultivate deep and loving relationships, with each other and with themselves. In our current climate, my work has never been more important - although, like you, I have days when I want to change the world, and days when I could quite easily just crawl back under the duvet!

As I have this beautiful opportunity, I want to share ways to keep sunny side up, to look after the colour of your souls. You may know all this, but you have to be intentional with the knowledge for it to make a difference to your world. Make joy and peace of mind a priority! It's totally human to feel sad, but don't get lost there.

- 🐛 Be your own best friend - that narrative in your head? Make it kind.
- 🐛 Move - prance, run or simply walk.
- 🐛 Remember who makes you laugh - call them or have a cuppa over the wall.
- 🐛 Meditate - sit quietly and breathe.
- 🐛 Go forth every day with a loving curiosity.
- 🐛 Be different, be bonkers, be brave - just be you.
- 🐛 Do nice things for others.
- 🐛 Sing - songs that make your heart smile.
- 🐛 Stop reading the news!

I hope that when we are all allowed to meet together again, you will come along to a group and learn a little more about what I do. If there's anything I can do in the meantime, please just reach out! Lizzie Bean 😊

lizzie@backtobean.co.uk

07786 072601

www.backtobean.co.uk

SOMETHING TO DO

Some pupils have returned to school for a while, but many are still at home, and this month sees the start of the summer holidays! If you are running out of ideas for keeping your family busy and happily occupied, I can thoroughly recommend the series of books by Dawn Isaac, 101 Things For Kids To Do... (...Outside, ...On A Rainy Day, ...Screen-Free, ...With Science). Each book in the series is beautifully illustrated, humorous, chock-a-block with ideas old and new, and suitable for a range of ages. The printed price is £14.99 each, but you will be able to buy them for less.

MAKE A NATURE WALK BRACELET



I found this (from 101 Things For Kids To Do Outside) was a fun thing to do with Bea, our 10-year old granddaughter, socially-distanced in her local park. Our daughter helped put the tape around Bea's wrist and we both had some paper towel (OK, posh toilet paper!) under the tape so it didn't stick to our arms and was less sweaty - I had taken it out for these photos.

The photos are of my bracelet, as social distancing meant I couldn't get close enough to Bea for a decent photo of hers. We both enjoyed it very much - and of course washed our hands well afterwards!

Dawn Isaac's instructions in the book say, "First, you'll need some tape. You can use duct tape, parcel tape or masking tape. Simply wrap it around your wrist until it overlaps to form a ring - you may need a grown-up to help you here. Oh, and make VERY sure you do this with the sticky side on the OUTSIDE, otherwise the only bit of nature stuck to your bracelet will be every single hair on your wrist. Ouch."



QUENINGTON VILLAGE HALL 100 CLUB - JUNE WINNERS

1st Prize (£15) no. 5 - Val Trafford

2nd Prize (£10) no. 8 - John Dooley



FRIENDS OF FAIRFORD & LECHLADE COMMUNITIES COVID-19 COMMUNITY FUNDING SUPPORT



This funding is still available through the Friends of F&L Communities, due to the generosity of the business and residents of The Lakes by Yoo development. Applications are welcomed for a range of needs.

Examples of short-term needs:

- Funding to assist families/individuals who have suffered a sudden loss of income creating financial hardship due to Covid-19.
- Expenses incurred in helping vulnerable people to obtain essential supplies.
- Expenses for volunteer groups, community organisations, local charities who are providing help to the community.

Examples of medium-term support:

- Support to local organisations and charities who have lost their income streams because of Covid-19 and need some funding to maintain or re-establish their services within the community.

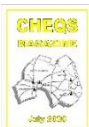
If you or your group are struggling financially at the moment, do please get in touch to see if help can be given. For further information on criteria and application forms see the website www.friendsoffairford.org or email chair@friendsoffairford.org

POPPY APPEAL 2020



Jo Edgell writes: This year I am standing down as Poppy Appeal Organiser for Coln, Hatherop and Quenington. If anyone is interested in continuing in this role, please contact me on 01285 750795. I will pass on all relevant information and will be available to help with this year's Poppy Appeal in the autumn. Thank you, and stay safe!

VOLUNTEERS NEEDED TO DELIVER CHEQS MAGAZINES



There is a need for someone to deliver about 20 magazines to the outlying areas of Hatherop (South Farm, Barrow Elm area etc). Please contact the editor if you would be willing to help on a monthly basis. By the way, can anyone spot the two new adverts in the magazine this month?

Temporary changes to Emergency Care in Gloucestershire in response to COVID-19

Gloucestershire Royal Hospital (GRH)

- ✓ Full 24 hour A&E
including 999 ambulances, GP referrals, Children's emergencies, Maternity
- ✓ Minor Injuries and Illness Unit (MIIU) 24/7

Cheltenham General Hospital and Cirencester Hospital both have Minor Injuries & Illness Units (**NOT** A&E, and **NOT** 24-hours)

If your condition is life-threatening call 999
If your condition is not life-threatening call 111

Your nearest Emergency Department/A&E is at
Gloucestershire Royal Hospital, GL1 3NN

➔ For more information, visit: www.gloshospitals.nhs.uk/emergencycare

SYMPTOMS OF CORONAVIRUS (COVID-19)

The main initial symptoms of coronavirus COVID-19 infection are:

- **a high temperature** - you feel hot to touch on your chest or back
- **a new, continuous cough** - coughing a lot for more than an hour
- **loss or change to your sense of smell or taste** - you cannot smell or taste anything, or things smell or taste different to normal

Health advice is on the NHS111 website: www.111.nhs.uk/covid-19

If you have COVID-19 symptoms, **do not** go to a GP surgery, pharmacy or hospital. **STAY AT HOME for at least 7 days** and get help from your volunteer coordinator. If *you* have symptoms, everyone *else* in the household must **STAY AT HOME for 14 days**, as they may be infected but not yet showing symptoms.

Please keep up-to-date with COVID-19 requirements, as they may change at short notice, especially after 4th July, the next phased review date.

WHAT WE MUST ALL DO, EVEN WITH RELAXED RESTRICTIONS



- **Wash hands** with soap and water before leaving the house, and on return, and either wash hands or use hand sanitiser when out and about, after touching surfaces, doors, trolleys, etc.
 - **Avoid touching** eyes, nose, and mouth with unwashed hands
 - **Disinfect** surfaces which have been touched by other people
- **Avoid contact** with people outside own household - keep at least 2 metres away
- **Wear face-covering** on public transport and, if required, in other public places

IF YOU NEED HELP, PLEASE CONTACT THE COORDINATORS:

COLN ST ALDWYNS David Hicks Beach

Phone: 01285 750482 mobile: 07901 676004 email: d.hicksbeach@btinternet.com

HATHEROP Bob Iles phone: 01285 750729

EASTLEACH Sue Souter phone: 01367 850449 email: suesouter@btinternet.com

QUENINGTON Margaret Stranks Phone: 01285 750402 mobile: 07729 129578
email: margaret.stranks@gmail.com

SOUTHROP southropPC@gmail.com

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

POSSIBLE ROAD CLOSURES

Gloucestershire Highways have permission to close some roads around Quenington in order to carry out 'carriageway patching'.

The roads may be closed and restricted on a rolling programme. Signage will indicate whether the closures and restrictions are in force, and dates/times should be displayed on site prior to them taking effect. Pedestrian access to premises and emergency access will be maintained. It is anticipated that all works will be completed by Wednesday, 30th September. For the latest information and to see which roads may be affected you could try this link:

<https://www.gloucestershire.gov.uk/highways/roads/county-resurfacing-works/>

or you could check Facebook group: Quenington & Surrounding Hamlets.



NEWS FROM THE SCHOOLS

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



<https://www.hatherop.gloucs.sch.uk/back-to-school-june-2020/>



Some pupils have returned to lessons in school, while others remain at home. Check the website to see some more great photos of how school is working at the moment. There will be more detail in the August magazine, once the school year has ended.

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



Julia McLellan writes: At the beginning of June our school reopened for Reception, Year 1 and Year 6 children. We were delighted that most chose to come back. School looks very different stripped of toys and soft furnishings, with desks spaced at 2 metres and a one-way system in place. Despite this, the children have settled in well, are working hard and have enjoyed seeing each other again. To make socially distanced playtimes more engaging we have purchased a lot of new outside equipment, with balance boards and diabolos being particularly popular.

Our value this term is Responsibility and the topic across the whole school is Saving the Planet - both seem particularly appropriate at the moment. We are really missing the children who are not in school, and hope that all who wish to come back will get an opportunity to do so before the end of term. All Southrop School pupils can study the same English, Maths and Topic subjects, regardless of whether they are in school or at home. We share our progress, activities and interesting discoveries through daily messages, a weekly newsletter and our Youtube channel. Our topic studies have included renewable and non-renewable energy, composting, rainforests and endangered animals, both in this country and around the world. Ollie inspired us with his trip to the Westmill Windfarm near Watchfield, and we have been busy making paper windmills and wind turbines using milk cartons.

We will be saying goodbye to our Year 6s at the beginning of July and carrying out socially distanced celebrations with them. We will miss them, but we know that they are ready to take on the new challenges and opportunities that await them at secondary school.



To reflect the new way of learning during the pandemic, Hatherop Castle School have adopted a beautiful new logo and motto. To see what fun the pupils have been having in their lessons at home, have a look at the school's website post - it includes making 'mocktails' and cheese scones! <https://www.hatheropcastle.co.uk/news/mocktail-fun/>

SOME CHURCH BUILDINGS - LIMITED OPENING (NO SERVICES)

Some churches are opening on a trial basis for **limited days** each week. You may enter the buildings for private prayer (as long as you are feeling well!), but hand sanitising on entry and exit, and 2-metre social distancing will be required. To reduce risks, please do not touch the hymnbooks, leaflets, artefacts, church furnishings etc.

Coln St Aldwyns	Sundays	daytime
Hatherop	Thursdays	daytime
Eastleach	Sundays	10am - 5pm
Quenington	Mondays and Fridays	daytime
Southrop	Sundays	10am - 4pm



SURVIVE AND THRIVE WITH A NEW FREE SHOPPING APP



A Fairford photographer has created a shopping app to help local small businesses which had to close due to COVID-19, but which are now getting ready to re-open. Peter Paredes has joined forces with other local businesses to raise their profile, encouraging users to 'shop local' and not just online.

Peter explains, "It has become clear during the COVID-19 crisis that the nation relies on small, local businesses. During lockdown, I saw on social media how loads of local small eateries started to change how their businesses worked. I created a Facebook page so there was just one place to have all this information to hand. This turned out to be really popular, and there

was clearly a desire for people to be able to 'Shop Local' so I started looking at other ways to promote small local businesses." The Shop Local app costs businesses nothing to join, and is also free for users. It is a great way for



consumers to find and support local businesses. You can download the app for free by using this link: <http://apps.paredesphotography.com/drvpx9akwpzx>

WATER - WHAT'S THE PROBLEM?



Local shortage: at the end of May, many CHEQS residents had water difficulties: either no supply at all, or reduced pressure.

The underlying causes according to Thames Water were a) a dry April and the driest May on record and b) many more people being at home due to COVID-19 lockdown measures. These factors meant that in addition to our normal water usage and the increased hand-washing due to the coronavirus pandemic, we were also using more water for showering, filling paddling pools, and watering the garden.

This led to the service reservoir at Bibury being drained to 17% of its capacity, when its usual low level would be 25%. Air got into the system, and air locks caused the problems we experienced. Thames Water engineers worked hard to try to sort out the issues, which were more complex than simply mending a broken pipe would have been. Bottled water was provided at stations in Eastleach, Lechlade and Quenington.

Thames Water's communication system for reporting problems and providing accurate and up-to-date information was not always very effective, but the use of Facebook and WhatsApp groups enable people to pass on information widely once they had managed to obtain it.



Water usage is not a local problem - it's a worldwide issue, as much of the water used in one country goes to make products which are imported by other countries.

WATER - WHAT'S THE SOLUTION?



In March, the Environment Agency published a National Framework for Water Resources, which explores the long-term needs of all sectors that depend on a secure supply of water. The main thrust of this for consumers is to encourage us to reduce our water consumption from the average of 145 litres per day per person, down to 110 litres per day. Your water bill may show how much you use - this chart shows 64 cubic metres, so you multiply by 1,000 and divide by 365 to get your household's usage in litres per day - just over 175 litres for this example. Then divide by the

number of people in the household to get your individual usage. Reducing water consumption does not have to be an uncomfortable burden - we just need to

be aware of the impact of our decisions and make some very simple changes. Looking at key areas of our homes where water is used can help us to use it sensibly. Mid-June gave some rain which helped to top up reservoirs and water the gardens and fields. We do not know what July will bring - but here are some tips anyway!



How do you compare?
 You use around 64m³ of water a year. Use the table to see how you compare with the average household. Using less could mean lower water and energy bills.
thameswater.co.uk/savewater

Bath/shower room

Some CHEQS residents may remember a time when they did not have a bathroom - at the time of the 1951 Census, 38% of homes did not have a fixed bath or shower. Times have changed for the better, and it is now easy for us to take water for granted.



- A bath holds about 80 litres, and showers use varying amounts of water (power shower 13 litres/min, mixer shower 8 litres/min, electric shower 5 litres/min) so we can save water by using them less frequently, and having less water in the bath or taking shorter showers. Eco-showerheads can also save water.
- Toilets use the second largest amount of water in our homes, being used by each person an average of 5 times a day (older toilets tend to have larger cisterns: 1940-1980 9 litres per flush, 1980-2001 7.5 litres/flush, post-2001 5 litres/flush).

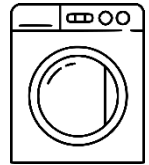


A cistern displacement device will save water in older toilets.

- When washing at the bathroom sink, and cleaning our teeth, we can save water by not leaving the tap running, but turning it on and off as needed.
- Get any dripping tap or leaking toilet fixed.

Kitchen/utility

Washing machines use about 50 litres of water per cycle, dishwashers (pre-2000) 25 litres/cycle, or (post-2000) 14 litres/cycle, but on Eco setting about 10 litres/cycle.



- Shorter clothes washing cycles will save water and energy
- Wash clothes in a full load, or use eco-setting for smaller loads
- Use dishwashers fully-loaded, or use a bowl and save the water for the garden
- If you wash up with running water, catch it in a bowl and use for the garden

Outside

- Hoses and sprinklers typically use about 1,000 litres of water an hour, so washing a car with a hose could use 250 litres water. Washing with a bucket uses a lot less - and you get more of a work-out!
- Harvesting rainwater in a butt gives a good supply of water for the garden
- Water plants in the evening, just around the base of the plant - use a watering can with no rose, or a hose with a trigger to direct it accurately and economically
- Use paddling pool water on the garden when it's finished with
- Place pot plants in the shade during very hot, dry spells
- Avoid using jet-washes when water is in short supply



The figures are taken from *At Home with Water*, by the Energy Saving Trust. For older children still being taught at home, it could be a fun project to work out how much water your household uses in a day, and where savings could be made. An illustrated chart would be great - send the editor a photo if you take up the challenge!

MORE ABOUT WATER

Clean water, decent toilets and good hygiene are basic essentials. They should be a normal part of daily life for everyone, everywhere – but they are not, and that is why the charity WaterAid exists. It was founded by members of the UK water industry, and formally established as a charity in the UK on 21st July 1981. Ten years later, HRH Prince Charles, the Prince of Wales, became WaterAid’s President. If you appreciate your clean tap water and sanitation, especially during the coronavirus pandemic, you may want to make a donation to WaterAid, and help people throughout the world to have the most basic requirements for health and hygiene. <https://www.wateraid.org/uk/>



COLN STORES (check website for up-to-date information)



	Shop	Café (takeaway)	Post Office
Monday - Friday	8am - 4pm	9am - 1pm	CLOSED
Saturday	8am - 2pm	9am - 1pm	CLOSED
Sunday	9am - 1pm	10am - 12pm	CLOSED

- only 3 customers at a time & observe social distancing
- only buy what you need
- please use the side door for takeaways (or wheelchair access)

SOUTHROP SHOP & POST OFFICE

The Post Office is **NOW OPEN** along with the shop:
Wednesdays, 9am to 12pm, Southrop Village Hall.



BIBURY POST OFFICE

Open Mon/Wed/Fri 10am to 5pm, Saturday 10 am to 11.30am

FAIRFORD POST OFFICE

Open Mon to Friday 9am to 12 midday (subject to staff availability)



OUR LOCAL CITIZENS ADVICE

Citizens Advice Cotswold District



Citizens Advice are still providing free, independent, impartial and confidential advice across the Cotswolds area, by phone and email. They enable people to use advice to solve their problems, whatever they may be. **CALL ON FREEPHONE 0808 800 0511** Monday to Thursday 10am - 4pm (calls are free from land lines and most mobiles).

The helpline provides support and expert advice on such things as:

- dealing with a relationship break-up
- tackling employment problems
- issues with landlords for tenants in rented properties
- difficulties with paying your bills
- checking your benefit entitlements
- financial issues connected with the coronavirus pandemic
- protecting yourself from financial scammers
- signposting and referring to foodbanks and other local charities.

The highly trained advisers are keeping up to date with all the changes in the law and guidance due to the coronavirus pandemic. They may not be able to meet you face-to-face at the moment, but they are on hand to pick up your emails and either telephone or email you. You can call the phone line (see above), or go online <https://www.citizensadvice-stroudandcotswold.org.uk/stroud-cab-email-advice.php> and complete a short online form giving a few sentences about your problem and how they can contact you. If you need *urgent* advice out of office hours, you can contact an adviser through the national phone service Adviceline: 03444 111 444.

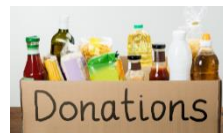
FOOD COLLECTIONS

CHEQS residents are supporting local foodbanks which provide emergency packages to those who do not have the funds to buy food. Sue Souter is a member of Eastleach church and collects local donations of food and household essentials. These used to be taken to Lechlade church, but are now gathered at Lynwoods, Lechlade, before going to the Swindon Food Collective for distribution. Anne Currie, in Quenington, is chair of Cirencester Foodbank.



Anne Currie says: Thank you from Cirencester Foodbank! The CHEQS area has been fantastically supportive during the pandemic, with many of you donating food items individually, through village collection points (thanks to Lizzie Skinner), and via the Royal Mail postal team which has been collecting

food items on Saturdays in many areas, including Quenington (thanks Dave!). You've also given generous financial support.



Cirencester Foodbank was established in 2012 and operates across the South Cotswolds area from Tetbury to Cirencester, Fairford and Lechlade. It's an independent charity, and also a member of the Trussell Trust national network of foodbanks. In 8 years, the foodbank has distributed over 182 tonnes of food to over 22,000 local people. Sadly, the number of clients requiring help has risen steadily each year. Before COVID-19, the Foodbank operated face-to-face sessions in Cirencester twice a week, and in Fairford and Tetbury once a week. Now a temporary home delivery service has been set up, kindly supported by British Gas volunteers who deliver the food parcels to clients at home. We hope to re-open the centres as soon as it is safe to do so.

Vouchers to access foodbank support are available from 90+ frontline agencies, including Citizens Advice, P3, Churn Project, schools, health professionals and churches. Food parcels are assembled at the warehouse in the basement of Cirencester Baptist Church, and comprise non-perishable, nutritionally balanced items, designed to provide sufficient food for a three-day period. Additional items such as toiletries, nappies, household cleaning items and pet food are offered when available. At the moment all parcels contain cleaning products and soap. The size of food parcel is dependent upon the number of people within a family, and our aim is to deliver the food parcel within 24 hours of the referral coming in.

The Foodbank has more than 150 volunteers who last year gave more than 5,000 hours of their time. As well as operating the distribution centres and warehouse, the volunteer team also offers clients signposting to additional help (such as benefits advice or employment advice from one of our partner organisations). For more information, please check our website www.cirencester.foodbank.org.uk or our social media pages. We have permanent food donation points in Tesco Extra in Cirencester, Waitrose in Cirencester and Tesco in Tetbury. If CHEQS residents have large food donations which they would like collected, please let me know:

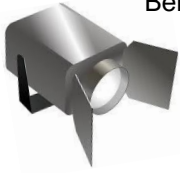


chair@cirencester.foodbank.org.uk



Sue Souter says: Eastleach's generosity is much appreciated, and the box for food donations will be inside the gate at 37 Eastleach for the foreseeable future. So far, 20 large bags of your donated items have been taken to the collecting point in Lynwoods, Lechlade, before being transported to the Swindon food collective depot. Non-perishable items are best - fresh food items won't survive the several days of being stored to reduce the risk of coronavirus contamination. Thank you everyone, and let's keep it going!

HIDDEN BUSINESSES



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

This month we put the

SPOTLIGHT ON...

...Henrietta Rowsell



I'm a self-employed music educator who moved to Coln from Surrey in 2019.



Freeing the Musician Within

'Freeing the Musician Within' was spawned in 2016 when, following a major trauma, I was asked to write/present a workshop programme for Year 2-13 music students. The business encompasses instrumental teaching (flute, recorder, piano) and workshops on Practice (everybody's favourite!), Performance (nerves/etiquette), Dalcroze Eurythmics, Kodály Musicianship, Accompanying, Conducting, Historical Dance, and several on Careers.

After moving, I worked as a seasonal relief lock- and weir-keeper on the Upper Thames, which my freelancing coexisted alongside beautifully. COVID-19 prevented my expected return lock-side this year (massively disappointing), and I lost ALL freelancing overnight too, so immediately started recruiting Skype/Zoom pupils.

Learning an instrument goes *far* beyond the mechanics; it enhances memory/language skills, protects the brain against cognitive impairment, boosts self-esteem, forces sensory multi-tasking AND improves motor memory (musicians are just small-muscle athletes!)

Living in Coln has changed my life; I **adore** it here. When restrictions relax (can't wait to hear Monday's bell ringing waft across the valley...!), I'll teach in person again and would love to start an adult recorder consort - the musical activity I miss most since relocating. I lead/teach, supply all music, and a jolly good time is had by all – with **much** laughter!

So, if you have a mouldy recorder lurking in your loft, a flute untouched since 1978 or just fancy doing something new, get in touch! I'll teach *anyone* of any age who simply has a desire to learn. Dust down your piano, get your flute out of mothballs or let me help you discover that the recorder is actually a *proper* instrument (not something one associates with little people en masse sounding like a flock of constipated seagulls!). I WILL help you free your inner musician; the one I know you have, even if you don't... yet!

info@freeingthemusicianwithin.co.uk

www.freeingthemusicianwithin.co.uk

www.thephoenixcollective.co.uk

**PLEASE SUPPORT LOCAL BUSINESSES WHEN THEY ARE AVAILABLE -
LOCKDOWN RESTRICTIONS ARE RELAXING, BUT PLEASE STAY SAFE**

TO ADVERTISE OR MAKE AMENDMENTS: cheqsmagads@gmail.com

HOUSE & GROUNDS	
Corinium Security Systems Your security is our priority. Intruder alarms, CCTV, gate automation. All works undertaken. James@coriniumsecuritysystems.com	07551 387487
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
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A Tiling decorating - interior and exterior	01285 810624
Will's Logs seasoned, sustainable hardwood (oak, ash) firewood FREE LOCAL DELIVERY	07771 867767
Plates a Plenty crockery, cutlery, glassware, linen hire: platesaplenty@gmail.com	01285 740679
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
Handy Man general property maintenance inc. carpentry & painting, inside & out	07791 345750
HEALTH & WELL-BEING	
Hayley Hurdle Fitness Quenington studio and trainer www.hayleyhurdlefitness.co.uk	
Bowen Technique & Reflexology Southrop www.karenbenbow.co.uk	07786 971041
Unique Private Exercise Classes with Heather - improve your flexibility, balance, core strength and energy using the disciplines of Iyengar Yoga, Qi Gong or Tai Chi	01285 750751
OTHER	
The Keepers Arms Quenington, Jon & Michelle www.thekeepersarms.co.uk	01285 750349
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

In line with government advice, church services in the area may still be suspended (this may change during the month). Some buildings may be open for private prayer, but others may not be. Please check online or phone the relevant church leader, church warden etc. If buildings are open, distancing and sanitising will apply.

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.

Do get in touch with the church leaders if you have pastoral or other concerns you would like to talk over, or have someone pray about.



CHURCH SERVICES ONLINE

The Church of England South Cotswolds Team Ministry is making weekly studio recordings of services available via the Internet at www.chqchurches.net They feature local clergy and lay leaders.

Other churches also have online services - if you want to share news of any of them, do let the editor know!

A screenshot of the CHQ Churches website. The page has a red sidebar on the left with navigation links such as 'Welcome!', 'WORSHIP AT HOME', 'Safeguarding & Data Protection', 'Resources for Clergy, Readers, Worship Leaders etc.', 'Service Dates and Times', 'Keep In Touch or Unsubscribe', 'Coming Up...', 'Looking Back...', 'How To Find Our Churches', 'Our People', 'Our Buildings', 'Life Events', 'From the Diocese...', 'Other Regular Activities', 'Parish Magazine', 'Contact Us', and 'Links'. The main content area features a header with the text 'Serving the communities of Coth St Aldwyns, Hatherop and Quarrington'. Below this is a photograph of three churches. A text box contains the following message: 'Due to the Covid-19/Coronavirus, with effect from 17 March 2020 all Public Acts of Worship in the Parish are **CANCELLED**. However, recorded 'Worship at Home' services will be available on each Sunday while this suspension of public worship remains in place.' Below the text are two buttons: 'Worship at Home' and 'Service Details'. A callout box with a black border and white background points to the 'Worship at Home' button, containing the text 'Worship at Home button'.

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@gmail.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 Patti Price pattiabcprice@gmail.com
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

C of E SAFEGUARDING OFFICER

CHQ Ruth Garner 01285 750832 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@cliftdiocese.com

WILLIAMSTRIP CHAPEL CHAPLAIN

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

FAIRFORD UNITED CHURCH

Rev James Taylor 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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