CHEQS MAGAZINE



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trish.haynes@btconnect.com

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.whichg.net/links.html

ADVERTISING

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

EDITOR

Contributions (and corrections) are welcomed: they may be edited, and will be included at the editor's discretion. All items should include the name and contact details of the sender. Please send 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... ... Sallie Seymour



Welcome to a whistle-stop tour of my life so far! I was born in Cirencester, studied at Cheltenham School of Art, married in 1963, and we then lived at Eaton Hastings (between Lechlade and Faringdon), where I founded the Lechlade Cub Pack.

However, in 1975 I needed a home for myself and my two children, and early the following year we arrived at Fyfield. It was a working dairy farm with 300 head of cattle, small hedge-bound fields, an abundance of wildlife, and lots of mud! Most dwellings in the villages were family-occupied with people working locally, mainly on the land. Eastleach and Southrop still supported a permanent village shop & post office in those days. My children attended Southrop School, and went on to Farmors, where Simon was made head boy and Jo was always in trouble for having pink hair!

Life was busy, with two children, numerous animals, and running the cub pack - besides helping with the PTA, and Southrop Children's Fund (annually providing a sports day and Christmas party) amongst other things. I seemed to have plenty of energy in those days! Frank Howarth and I founded and ran a Southrop Youth Group,

and I became a founder member of the Fairford Art Society when I began painting again. There were barn dances and harvest suppers in the tythe barn, village fetes... and one of the highlights of the year - the Leach Valley Players' annual play, run by the amazing Jean Steel, with rehearsals all through the winter, and a show in March before the lambing season began.



My paintings were now selling in local galleries, as well as The Victoria Inn and The Swan. I took part in exhibitions, and regularly had a stall at Cirencester Craft Market. The children had now flown the nest. A City & Guilds qualification in Flower Arranging, creating celebration and wedding flower arrangements, together with teaching in three counties and a stint on Eastleach Parish Council filled the void.

Fyfield has been kind to me, providing me with inspiration and materials to follow a creative path through most of my working life. A slower rhythm of life now prevails, but I'm still painting the local landscapes and walking the footpaths. I like to think I've given something back to a community that welcomed, encouraged and supported me throughout that first difficult time some 45 years ago - when I thought it would just be a temporary stay!



I OCKDOWN RULES ABOUT LEAVING THE HOME: A SUMMARY

Check the government website for the latest information - be aware that the guidance may change at short notice. www.gov.uk/guidance/national-lockdown-stay-at-home

During lockdown, you may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary charitable services, if cannot do so from home
- exercise with your household (or support bubble) or one other person this should be limited to once per day - you should not travel outside your local area
- meet your support bubble or childcare bubble where necessary
- · seek medical assistance or avoid injury, illness or risk of harm
- attend a place of worship do not mingle or have close social interaction
- attend education or childcare for those eligible

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work.

The new variant of the virus is very transmissible, so keep at least 2 metres apart from anyone not in your household, wear a mask and sanitise hands.

VOLUNTEER HELP



Many people now have well-established networks of people who will help in an emergency, or with regular shopping and fetching medicines etc. However, those who normally assist may not always be available. If you need help with essential tasks, contact your village volunteer coordinator. If you are not sure who that is, please contact the editor on 01285 750402 or 07729 129578.

Southrop Parish Council have sent the following: We wish to remind Southrop residents that your parish councillors are happy to hear any concerns you may have about lockdown and are able to coordinate further support should anybody need it. We are just a phone call away! Tim Guest 01367 850189, Peter and Cathy Brickley 01367 850504, Rod Jones 01367 850185, Russ Giles 01367 850270. If you prefer to email please use southropPC@gmail.com

GLOUCESTERSHIRE TREE GROUP & FWAG SW

Newly created in 2020, Gloucestershire Tree Group (GTG) is an informal alliance of people from across Gloucestershire. It is for people with an interest in any aspect of trees - from planting seeds through to celebrating ancient trees. In due course, they plan to run day courses, organise walks at interesting venues, and provide advice on various aspects of tree care. Their website is: https://www.glostreegroup.org/

Dan Geerah is the Farm Conservation Advisor with the South West branch of the Farming and Wildlife Advisory Group (FWAG SW), and also a member of the GTG. Last month, he sent requests via social media for people to help with tree planting. FWAG SW has been awarded over 60,000 trees/hedge plants to be planted by March 2021. Over 25 farms, stretching from Guiting Power, Cold Aston, and Bagendon to Cirencester, Fairford, Bibury and Coleshill, are getting involved.

The group is looking for volunteers to help with this mammoth task. All sessions will be led by a volunteer co-ordinator and will be fully insured. They will, of course, be following all COVID guidelines. It is a huge amount of work, so even a little help for a couple of hours will go a long way.

If you would like to find out more, Dan can be contacted at Dan.geerah@fwagsw.org.uk, or volunteers can sign up using this quick Google Form: https://forms.gle/jsuDnnE9uSSgy5QS8 which will log email addresses by location and help him arrange dates with interested parties.

Alternatively, Southrop Parish Council still has some trees to plant locally - get in touch with them if you would like to help. They will be able to let you know when COVID-safe planting is being organised.



Reflections of trees in the flood water of the River Coln, near Netherton, Quenington

LOCKDOWN LESSONS

If you have a story about your Covid lockdowns, do get in touch. It could be about something you learned, achieved or created - or about what you found difficult and what, if anything, helped you to get through it.

Judy & Mick Francis, of Hatherop, unexpectedly found themselves achieving more than they ever imagined. Judy starts her story with a couple of quotes:

In all things of nature there is something of the marvellous Aristotle

If you truly love nature you will find beauty everywhere Laura Ingalls Wilder

Judy continues: These sentiments have always been a driving force behind our acute appreciation of nature, and never more so than during the initial lockdown of weeks that became months. We immersed ourselves in our garden and allotment, walked the lanes and footpaths, as did so many others, and started cycling in the afternoons.

We were blessed by the sun as spring sprung, and spent many hours a day on our bikes, enjoying the changing colours of the seasons, accompanied by kites and buzzards wheeling above our beautiful country lanes. These daily outings gradually metamorphosed from a simple desire for exercise - they gave a structure to our days, and led to a challenge to complete more and more miles each week.



We discovered that just by meandering through the local lanes. we. had covered the distance of the classic route from Land's End to John O'Groats (980) miles). Then, by the end of the first lockdown, we had cycled the distance of the scenic route (1189 miles). On our 'release' from lockdown, the addictive

nature of such a beautiful form of exercise meant that we carried on getting our daily fix of endorphins, and it became a bid for 2020 miles by the end of that memorable year. We ended up completing 2137.7 miles (yes, we did get obsessed by the tenths in our records!!!) by December 31st - which would have got us from Hatherop to Istanbul. We planned all our routes from the local map and explored every lane within a 10-mile radius. Often our rides were punctuated with a picnic, and they included many stand-and-gaze moments.

I not only wanted to keep my body active, but also my mind, so a parallel activity, for me, was to memorise poems. This particular poem, 'The Darkling Thrush', is in two parts: the first half aptly captures - and seemed a metaphor for - the direness of the global and national crisis. The second half gives such a beautiful message of hope derived from creation itself, and in particular, birdsong, and reflects the uplifting and simple joy that so many people have found in nature.

The Darkling Thrush by Thomas Hardy

I leant upon a coppice gate when Frost was spectre-grey, And Winter's dregs made desolate the weakening eye of day. The tangled bine-stems scored the sky like strings of broken lyres, And all mankind that haunted nigh had sought their household fires.

The land's sharp features seemed to be the Century's corpse outleant, His crypt the cloudy canopy, the wind his death-lament. The ancient pulse of germ and birth was shrunken hard and dry, And every spirit upon earth seemed fervourless as I.



At once a voice arose among the bleak twigs overhead In a full-hearted evensong of joy illimited; An aged thrush, frail, gaunt, and small, in blast-beruffled plume, Had chosen thus to fling his soul upon the growing gloom.

So little cause for carolings of such ecstatic sound Was written on terrestrial things afar or nigh around, That I could think there trembled through his happy good-night air Some blessed Hope, whereof he knew and I was unaware.

Even now, during the greyest months and a third lockdown, if you have the time and inclination, it's possible to tune into grades and textures of colour and enjoy those bare branches that are hung with diamond droplets or glisten with frost sculptures.

Or perhaps, like Thomas Hardy, we can stand and listen out for the hopeful and joyous sound of birdsong in the trees.



GRATITUDE TO COLN COMMUNITY STORES STAFF



Recently, Coln St Aldwyns Parish Council organised a public collection for donations, to say a huge 'thank you' from the community to the staff of Coln Stores. The staff (along with invaluable volunteers) have kept the shop open and carried on with business - albeit

not quite 'as usual'! They have adapted to the many changes in government advice and regulations, and have coped admirably with all that has been required. Keeping the store open and safe for everyone has been a remarkable achievement. For some people it is now even more of a lifeline than previously, especially those who are vulnerable or unable to travel far.

Many people were pleased to be able to express their gratitude in a tangible way there was an excellent response to the collection, and a generous sum was distributed to the staff - who were delighted, surprised, and very grateful! We are all very fortunate to have such a wonderful facility in our area, and have been made all the more aware of the fact during the coronavirus pandemic.

A MESSAGE FROM SOUTHROP VILLAGE HALL COMMITTEE

We are pleased to announce that the play park is open again. If you could bring your own wipes to clean equipment after use, this would be most helpful and appreciated by all users and villagers. The following restrictions are in place to ensure safe use of the facility in compliance with government guidance - please read the rules and ensure that any use of the play park complies with them:



- Do not use the play park if anyone in your bubble is showing Covid symptoms
- Only 1 family bubble to be in the play park at a time
- Other users must wait outside at a safe distance
- Please limit your use of the play park to once a day
- Please wipe down equipment after use

We hope the re-opening of the play park is welcomed by villagers - if there are any questions or concerns, please contact 07739 574785. Stay safe and have fun!

COUNTRYSIDE CODE

Southrop Parish Council would like to give a seasonal reminder for everyone: Please remember to keep dogs under control while walking the fields - the lambing season approaches, and ewes will be carrying lambs.

VILLAGE CONTACTS

PARISH COUNCILS

Coln St Aldwyns

Chair: David Hicks Beach 01285 750482
Clerk: Clare Brignall 01285 752662 colnsaparishclerk@gmail.com

Hatherop

Chair: Bob lles 01285 750729 Clerk: Jane Skinner 01285 712662 jane skinner928@yahoo.co.uk

Eastleach

Chair: VACANT www.eastleachparishcouncil.org
Clerk: Ann Tyldesley 01367 860130 eastleachpac@btinternet.com

Quenington

Chair: Mike Scott 01285 750433 <u>www.queningtonvillage.uk</u> 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 <u>spcclerk2017@outlook.com</u>

VILLAGE HALLS

Eastleach Flo Dixon 01367 850641

eastleachvhall@gmail.com

Quenington www.queningtonvillage.uk queningtonvillagehall@gmail.com

Southrop Caroline Simmons 01367 850171 southropvillagehall@gmail.com

Jubilee Field Andy Howarth 01367 850400





SCHOOLS

Hatherop C/E Primary School

Head, Taryn Hancock

Southrop C/E Primary School

Heads, Megan Davies & Julia McLellan

Hatherop Castle School

Head, Nigel Reed

01285 750318

01367 850246

01285 750206

OTHER GROUPS (grey if not happening at the moment)

S & E Friendship Circle

Jane Jenkinson 01367 850393 & Sally Parris 01367 850321 **Southrop Ladies** Beryl Whiteley 01367 850373

Quenington Baby & Toddler Group (CHEQS+) please check if open, & pre-book margaret.stranks@gmail.com 01285 750402 07729 129578 (WhatsApp preferred)

COLN COMMUNITY STORES



Please check the website for any late changes: www.colnstores.co.uk				
	Shop	Café (takeaway)	Post Office	
Monday - Friday	8am - 4.30pm	8am - 3.30pm	9am - 12pm & 2pm - 4pm	
Saturday	8am - 2pm	8am - 1pm	9am - 12pm	
Sunday	9am - 1pm	9am - 12pm	CLOSED	

- only 3 customers at a time social distancing while waiting to be served
- please keep your visit as brief as possible
- use the side door for takeaways (or wheelchair access)

SOUTHROP SHOP & POST OFFICE





The shop & Post Office:

Wednesdays 9am to 11.30am

Southrop Village Hall.

- In addition to the well-stocked shelves of tinned and dried provisions, and household supplies, there is plentiful fresh fruit and veg.
- Fresh sourdough bread is available to order please call Helen on 01367 850047
 by 12 midday on Sunday at the latest.
- See local publicity for any news of the Coffee Morning (closed during lockdown).



CHURCH SERVICES

Government guidelines and regulations may change. It is currently a government requirement that 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).

Whilst services may be permitted, they may not always be held, or may take place less frequently than previously. Please check local publicity - and be aware that you may need to register before attending, to ensure the safety of everyone.

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/

Southrop & Eastleach

Please check local publicity about any services which may be taking place.

Worship at Home

Services and the shorter 'devotionals' can still be found at: https://worship-at-home.weebly.com/

Williamstrip Chapel

Mass is usually celebrated on Sundays at 9.30am

Fairford Churches

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



CHURCH CONTACTS

COLN ST ALDWYNS, HATHEROP & QUENINGTON CLERGY

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

EASTLEACH & SOUTHROP CLERGY

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

Gordon Land 01367 252050 walreader44@gmail.com

(Lead Minister for Eastleach)

C of E CHURCH WARDENS

CHQ Val Trafford 01285 750504

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

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

OTHER 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 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.

SHROVE TUESDAY

Tuesday, 16th February

If you like them, do not forget to make pancakes on Shrove Tuesday. Of course, half the fun is in the tossing of them too!

The following day, Ash Wednesday, marks the start of Lent, a period during which some Christians think about, and



prepare themselves for, Holy Week and Easter. With the thought of Jesus allowing himself to be killed on the cross, Lent is often associated with the idea of sacrifice - not only giving up things we like for a short time, but perhaps helping others in some extra way. This might be challenging during a period of Covid restrictions, but it may also bring opportunities, such as:

- making a phone call to people we have not seen or spoken to for a while, to see how they are doing - or pop a card through their door or in the post
- put an encouraging image or message in our windows (similar to the rainbows of last year)
- donate extra money to one of the many charities which are doing so much to help those in need locally

MARKET GARDEN DELIVERIES OF FRUIT & VEG



Many businesses have adapted to cope with the various Covid restrictions. The Market Garden in Cirencester sells fruit & veg (and more besides!), and during the first lockdown they started a weekly delivery to Quenington, amongst other places.

Business owners Ian Crees (pictured) and Paul Coyle live in opposite directions, almost an hour from Cirencester. Ian gets to his local wholesale market at about 4.30am to collect some of the fresh goods for the shop, and the rest is delivered. They also try to source local produce where possible.

The Quenington drop off/collection point is near the village hall on a Thursday lunchtime. Most customers email their order in by 5pm on Tuesdays, for the Thursday delivery. BACS payment is easiest, but other methods may be available.

If you would like to place a weekly order, get in touch with Paul pacoyle@sky.com to find out more.





GOING, GOING, GONE!



Cirencester Rotary's BIG CHARITY AUCTION

Cirencester Rotarians are planning to make a big difference locally by organising an online mega-auction in aid of local charities:

 The Big Yellow Bus Project supporting local homeless people www.bigyellowbusproject.co.uk/the-project/

 Cotswold Counselling helping people cope with challenges in life www.cotswold-counselling.org.uk

Other local good causes

Taking place online on **Friday**, **12**th **March** thanks to the generous support and sponsorship of local auctioneers Moore, Allen & Innocent, this exciting event will be hosted on the auction website www.the-saleroom.com with well-known local auctioneer, Philip Allwood. Planning is well under way and already some fabulous 'money can't buy' experiences have been secured.

President of Cirencester Rotary Club, Mark Wilton, said: "This is one of the most challenging times of our lives and I urge us all to get together and make a difference locally by supporting this auction and helping these charities."



Philip Allwood at Hatherop Primary School's Auction of Promises in 2018

Cirencester Rotary are appealing to local residents and businesses to give their support by offering additional, unique lots for the auction. It could be anything from a grandfather clock, a picture, a bottle of something strong ... to a week in a holiday cottage, a wing-walking experience, or the design of a house extension. All ideas are welcome, but please note that the **absolute deadline for lots is 14**th **February**.

To find out more, or to offer an auction lot, please email Christine, a Rotary member who lives in Quenington: csheldon1000@gmail.com

More information about how to see and bid for all the exciting lots in the auction will follow in the March edition of the CHEQS Magazine.

A VERY BIG THANK YOU for your support from CIRENCESTER ROTARY!

THE BIG YELLOW BUS PROJECT

Every night, thousands of men and women face the prospect of sleeping rough on the streets throughout the UK. BBC research published in February 2020 reported that 28,000 people were sleeping rough in the UK.

The Big Yellow Bus Project aims to take rough sleepers off the streets and provide them with a safe, warm space and an opportunity to get their lives back on track.

The driving force behind the project is Gerry Watkins, a lorry driver and local music/band promoter living in Fairford. He is a man with considerable energy and focus. After two decades of fundraising for homeless veterans, he turned his attention to helping rough sleepers in the Cirencester area.



Gerry started fundraising purchase the bus after reading about a rough sleeper whose tent was set alight behind Cirencester Parish Church in a mindless act in February 2017. In under two years, after staging two music festivals and other events, he had raised enough money to buy the bus. After countless hours refurbishing the vehicle with the help of local tradesmen. transformation costing £29,000 was complete, and Gerry opened the doors to the Yellow Bus on Christmas Eve 2018, giving Cirencester's rough sleepers a choice every night since.

The project has gained the support of many highly committed volunteers who help with the practical needs of the charity. In addition, a dedicated group of trustees are establishing the governance requirements of a formally registered charity. The

hard work goes on, and the project is looking to introduce buses to other towns in the region where it might be needed. www.bigyellowbusproject.co.uk/donations/

QUENINGTON BULLDOGS

The Quenington Bulldogs would like to thank everyone who supported their inaugural Christmas Raffle. The raffle, held in place of the annual Quenington Fireworks, raised over £4,000. Nineteen prizes were drawn, and the winners include:

- 10-day Villa Holiday in Portugal Algarve L Pugh
- One week's cottage holiday for 4 in Mousehole, Cornwall C Denness
- Dinner for four at the Keepers Arms R Bennett
- Tour of Lords Cricket Ground for two A Paton
- Day's shoot at Coneygar Farm J Casey

Congratulations to all the winners and many thanks to those who donated prizes.

Quenington Bulldogs was established in 1987 to raise money for local good causes. Earlier in the 1980s, a group of men meeting at the Brixton Conservative Club in London called themselves the Bulldogs, and raised money for local charities. Some of them visited our area for long weekends, staying in Lechlade and Macaroni Woods. The Keepers Arms was a favourite venue, and landlord at the time, Colin Sewell, was persuaded to set up a similar group - and so Quenington Bulldogs was formed, with 19 founder members, many of whom are still active in fundraising today.

Over the years, the Bulldogs have raised money through member subscriptions - and fines! - running the BBQ & Beer tent at the village fete, and of course, the Quenington Fireworks. Some of the local causes supported have included:

- families with severely ill or disabled children including funding several 'Dream Flights' for parents to take terminally ill children for a holiday of a lifetime, and donations towards the costs of home improvements to accommodate disabilities
- local schools (including Coln House and Hatherop Primary) which have required equipment outside of their normal budgets
- families suffering temporary but severe financial hardship.



Last year, new goal posts in Quenington playground were paid for, to go with the Astroturf which the Bulldogs provided the year before.

Whilst the Brixton Bulldogs ceased to exist many years ago, the Quenington Bulldogs are still going strong with a vibrant local

membership - they meet regularly at the Keepers Arms (Covid permitting!) and are active in supporting the community.

If you have any questions about the Bulldogs, or have a cause which you would like them to consider, please contact list@queningtonbulldogs.uk

QUENINGTON VILLAGE HALL 100 CLUB - JANUARY WINNERS

1st Prize (£15) no. 42 - Heather Paterson

2nd Prize (£10) no. 33 - Graeme Holton

NEWS FROM THE SCHOOLS

Southrop Church of England Primary School Together we can fly



Julia McLellan writes: Our value this term is Creativity - it is something we really enjoy at Southrop School, and we anticipate we will need a substantial amount of it this term! We were all getting our costumes together to start the term dressed as either animals or explorers, when we heard the news that we were going into lockdown again. However, this news didn't dampen our enthusiasm or plans, and our day exploring Amazing Africa and the Rainforests to support our new topics continued, in school for vulnerable and critical workers' children, and at home for everyone else.



Although we have the majority of children working from home and almost half of our teaching staff, we are able to bring everyone together each morning for online English and Maths lessons. We have also been joining together for some PE and Science lessons and daily story time. This contact each day keeps everyone connected and motivated. We are

very proud of the attitude of our young people, who put in every effort to continue their learning in far from ideal circumstances and are becoming Microsoft Teams pros! And, of course, none of this would be possible without the staff who continue to adapt to overcome each new challenge.



CLINICAL NURSE MANAGER

We have an exciting opportunity for an experienced Registered Nurse to join our team at Friends in the Community Nursing. The post is a key leadership role within the charity and arises due to the retirement of our existing Clinical Nurse Manager. Please refer to our website www.friendsoffairford.org.uk for full details of this post including Job Description and Job Person Specification.

PLEASE SUPPORT LOCAL BUSINESSES

HOUSE & GROUNDS		
Corinium Security Systems Your security is our priority. Intruder alarms, CCTV, gate automation. All works undertaken. <u>James@coriniumsecuritysystems.com</u>		
Michael Rixon Building & Roofing Ltd building, roofing, Cotswold stone tiling etc.		
office@rixbuild.co.uk SN Complete Groundworks drainage, driveways, fencing etc. 07738937697		
Keith Ford garden work - pruning & hedge cutting, sheds re-felted etc.		
Ben Reynolds tree surgery, landscaping, fencing bsrarboriculture@outlook.com		
The Garden & Plant Co. design & landscaping info@gardenandplantco.com		
Coln Valley Glazing Replacement of misted or broken glass units 0776 5780772		
A Tilling decorating - interior and exterior		
Will's Logs seasoned, sustainable hardwood (oak, ash) firewood FREE LOCAL DELIVERY		
Cotswold Oven Valeting Ltd professional cleaning of ovens (incl. AGAs) hobs etc		
Window Cleaning commercial and domestic traditional window cleaning, also		
pressure washing and gutter cleaning. For more info: steve.rix@hotmail.co.uk		
Handy Man general property maintenance inc. carpentry & painting, inside & out		
Local mole control Jay Lazenby jslgoneferreting@gmail.com		
HEALTH & WELL-BEING		
Bowen Technique & Reflexology Southrop www.karenbenbow.co.uk		
Unique Private Exercise Classes with Heather - improve your flexibility, balance,		
core strength and energy using the disciplines of lyengar Yoga, Qi Gong or Tai Chi		
OTHER		
The Keepers Arms Quenington, Jon & Michelle www.thekeepersarms.co.uk		
Computer Solutions lain Atkins, personal service for all your IT issues.		
Moore Allen & Innocent property consultants and managers, land & estate agents,		
auctioneers & chartered surveyors www.mooreallen.co.uk		
Dentist Oliver Guy BDS (GDC reg 79562), Market Place Dental Practice, Cirencester: family dental care, cosmetic, whitening, implant restorations, clear braces etc.		
Pasture-fed beef & organic pork - free CHEQS delivery www.sandyhillmob.co.uk	07890 85350	
ANNUAL ADVERTISING RATES ARE:	1	
£36 for SINGLE LINE (basic info only, about 70 characters), £60 for 2 LINES, £9		
£120 for approx. 6x6cms COLOUR BLOCK or £240 for approx. 12x6cms COLO		
Back page colour blocks (from 2022) will be £150 for approx. 6x6cms, £300 for approx.		
ONE-OFF MONTH OR SHORT-TERM ADS AVAILABLE: please ask cheqsmaga	de@amail.com	

FOUND THEIR DETAILS IN CHEQS MAGAZINE!

Walking on Air

"Foot Care from the Comfort of your Home"

Foot Treatments include:

- Toe-nail Trimming
- Callus and Corns
- · Ingrowing Toe-nails
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