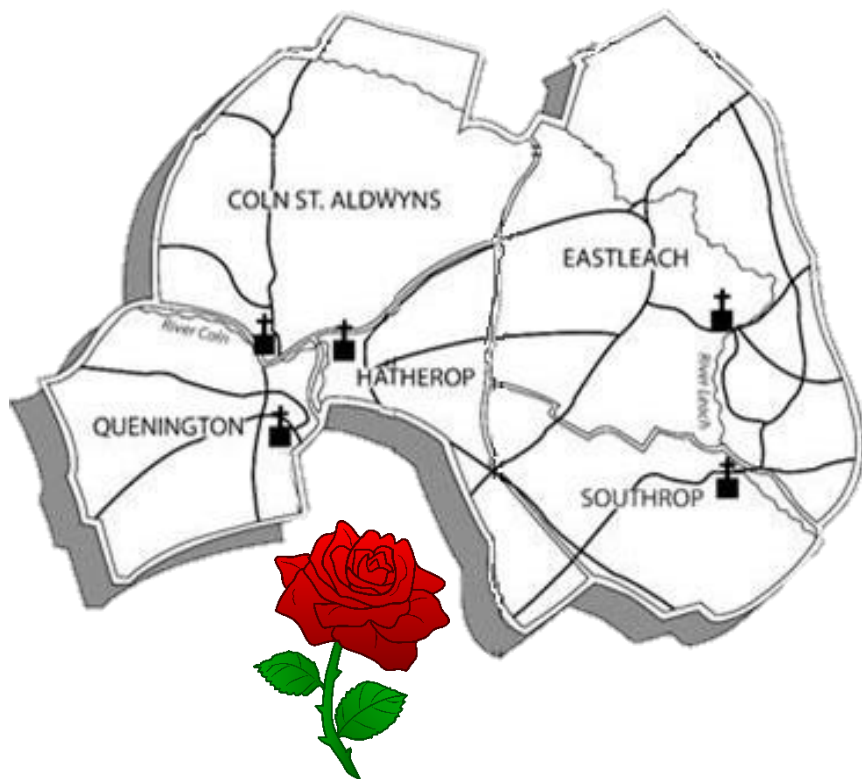


# CHEQS MAGAZINE



**June 2021**

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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](http://www.whichq.net/links.html)

## ADVERTISING

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To advertise in the magazine, contact [cheqsmagads@gmail.com](mailto: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 15<sup>th</sup> of the previous month** to the editor:

[cheqsmagazine@gmail.com](mailto:cheqsmagazine@gmail.com)

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

*Hello from...*  
*Charles Llewellyn*



My parents were both farmers in South Devon, not a life I wanted to follow, so in 1961 I joined the Royal Navy to see the world - the fleet was substantial back then, and it was possible to do so. My wife Kate's father was an economist working in developing countries, so she spent her childhood first in Sierra Leone and then Kenya. No surprise that we were both open to the chance to live overseas. So, our married life - as well as my career after I left the Navy - took us to Bahrain and Oman (both twice), Malaysia, New York, Portugal, and finally back to London in 1990. We have had 20 homes in total!

We have two daughters, and four grandchildren with ages between 20 and 2. Nowadays we both read a lot, travel (when we can), and Kate is working hard on her painting. I play regular golf, less successfully as the years go by.

I eventually retired in 2019, just in time for the pandemic, and so we have been lucky to spend most of our time in Southrop. It was so nice to have been invited to be a Worship Leader in our community. A Lay Worship Leader in the Church of England enables many smaller rural parishes to hold regular Sunday worship, as the established clergy, including retired and lay ministers, are less available to fully cover the demand. In Southrop, our congregation would like to hold a service every Sunday and so occasionally we need additional help. Following a course led by Rev. Andrew Cinnamon, our vicar in Lechlade, I was among six volunteers to be commissioned into this role at a special service last month, and I have already been involved over the past year in leading three services in our lovely and historic church.

My religious path to date may not be unusual. As a young man, my experience was somewhat institutionalised, with compulsory attendance at church both at school and during my military service. I do not think my faith was particularly strong, and later I went to church only for major festivals. However, when we moved to Southrop twelve years ago, I started to attend regular services again, this time by my own choice. After 40 years on the side-lines, this fresh opportunity to learn and reflect on what the Christian faith means has been a most rewarding experience. And it is good to be able to help, in a small way, to make St Peter's Church such a wonderful place, both for visitors and worshippers.

# QUENINGTON VILLAGE HALL 100 CLUB - MAY WINNERS

1<sup>st</sup> Prize (£15) no. 38 - Pam Green      2<sup>nd</sup> Prize (£10) no. 46 - Allen Lees

## CONTACT THE EDITOR



Correction: last month I got in a muddle with the name of the member of The Who, John Entwistle. I got his first name wrong, and mis-spelled his surname - I'm blaming 'lockdown brain fog' (see page 13)! Apologies to Alan Maynard, who had given me the correct information.

7<sup>th</sup> - 13<sup>th</sup> June has been designated Carers Week, so you will find poems written by carers throughout the magazine, to help us consider the challenges people face every day, and how we might be able to help anyone we know who is a carer. The words are thought-provoking, born of experience, and written from the heart.

### A Carer's Prayer (by Heather Smith)

Let me be kind  
when tiredness overwhelms my weary brain and turns my legs to lead;  
Let me brave  
when truths must be conveyed, confronting the past and all things left unsaid;  
Let me fight for you  
when various rules make nonsense of your rights and reinforce your fears;  
Grant me the stamina  
to speak and treat with fools, remaining calm when biting back the tears.  
Help me to know  
that somehow life goes on beyond this time of stress and sleepless nights;  
Help me to smile  
and love you in the midst of endless pointless and exhausting fights.  
And when the caring ends  
help me to be kind, in my guilt and weariness, to me.

## QUENINGTON CAR BOOT SALES - ADVANCE NOTICE

**Quenington Village Green, 9am - 12pm**

It is planned that the sales will resume next month, with any necessary Covid precautions.

- Sunday, 4<sup>th</sup> July
- Sunday, 1<sup>st</sup> August
- Sunday, 5<sup>th</sup> September
- Sunday, 3<sup>rd</sup> October



# CARERS WEEK: 7<sup>TH</sup> - 13<sup>TH</sup> JUNE



**Carers Week** is an annual campaign to highlight the challenges unpaid carers face, and to recognise the contribution they make to families and communities. The campaign is supported by thousands of individuals and organisations who provide help, advice and activities for carers. This year, people around the world are continuing to

face new challenges as a result of the coronavirus pandemic. Many are taking on more caring responsibilities for their relatives and friends who need support.

**Caring can be tough!** Whilst many people feel that being a carer is one of the most important things they do, its challenges should not be underestimated. Being a care-giver can have an impact on all aspects of life, from relationships and health to finances and work. It is often a very isolating experience. Even if you have friends or family who want to help, it is not easy to leave your loved-one in the care of somebody else,



even for a short while. Caring is often a long-term, open-ended task. Many years of exhausting physical and mental giving of oneself can take its toll. Carers may struggle to eat or sleep well, find the time to exercise, and to manage their stress levels.



**The oxygen mask principle** is a vital image for carers to keep in mind: in the safety talk on a plane, people are told to put on their *own* oxygen masks first, before trying to help others. If someone does not look after themselves, they will not be in a fit state to look after other people. It is important for carers to get some time out - either to be alone and relax, or to be with other people doing something fun and stimulating. It may help to meet up with other carers, to recognise that they are experiencing the same frustration, heartache, resentment, anger, guilt, sadness, exhaustion, fear... or whatever else is felt. It is also good to be able to talk about the happy times, or the satisfaction of being able to help a loved-one.



It is often hard for carers to ask for - or even accept - help. Websites such as [www.carersuk.org](http://www.carersuk.org) can signpost places where support may be found, but having kind friends and neighbours can make a huge difference. A chat over the garden fence or a phone call, a bunch of flowers, help with the garden or housework, or the offer of a home-made meal

can all be invaluable. And not just during Carers Week, but all year round!

These organisations have joined together to make Carers Week happen in 2021



## WILLIAMSTRIP CRICKET CLUB

*James White, the club secretary writes:* Our new cricket season began last month with a disappointing start due to weather. After a disrupted 2020 season we are still hopeful that we will be able to play more matches this year. With that optimism, we have entered a team into the local midweek Twenty20 competition, to go with our existing Saturday league team. The full list of matches is below (home matches in bold). We greatly appreciate any support, and welcome spectators to the ground in a Covid-secure manner. No access to the pavilion is allowed, I'm afraid, but we have plenty of viewing spots on the boundary and a limited number of benches.



We also warmly welcome anyone who might wish to play, especially as we now have to fill two team sheets a week! Hopefully the midweek evening Twenty20 matches might provide more of an opportunity to those who can't make the Saturday games. If anyone would like to play in either matches, or for any general enquiries, please email [jpwhite79@gmail.com](mailto:jpwhite79@gmail.com)

**Tues 1st June, 6pm: Williamstrip CC- Twenty20 v Siddington CC- Twenty20**

**Weds 2nd June, 6.15pm: Wlmstrip CC- Twenty20 v Fairford CC- T20 Blast XI**

**Sat 5<sup>th</sup> June, 1.30pm: Williamstrip CC- 1st XI v Langford CC, Oxon- 3rd XI**

Weds 9<sup>th</sup> June, 6.15pm: Langford CC, Oxon- 20/20 Lions v Wlmstrip CC- Twenty20

**Sat 12<sup>th</sup> June, 1.30pm: Williamstrip CC- 1st XI v Charlton CC, Wilts- 1st XI**

Weds 16<sup>th</sup> June, 6.15pm: Lechlade CC- Twenty20 v Williamstrip CC- Twenty20

**Weds 23<sup>rd</sup> June, 6.15pm: Wstrip CC- Twenty20 v Malmesbury CC-Midweek XI**

Sat 26<sup>th</sup> June, 1.30pm: Charlton CC, Wilts- 1st XI v Williamstrip CC- 1st XI

Weds 30<sup>th</sup> June at 6.15pm: Poulton CC- Midweek XI v Williamstrip CC- Twenty20

## NEW COUNTY COUNCILLOR

Last month, Dom Morris was elected as the new Gloucestershire County Councillor for Fairford and Lechlade. Dom lives on the family farm in Quenington, and replaces Ray Theodoulou, also of Quenington, who had been a GCC Councillor since 2001.



As the GCC Cabinet Member for Environment & Planning, Ray was involved in overseeing the construction of the Gloucestershire Energy from Waste Facility which has now been in action for over 18 months, producing energy and recyclable material from the county's waste.

## QUENINGTON VILLAGE HALL COFFEE MORNING

Saturday, 12<sup>th</sup> June from 10.30 to 11.45am



This month sees the re-start of the monthly coffee mornings. All are welcome - it is a great way to get to know other people in the area, and to enjoy home-made cakes and a drink, in a Covid-safe setting: sanitise hands on entry, table service (not at the hatch), no more than 6 people at a table, and plenty of fresh air.

### Joy and Sadness (by Ann)

I was one of the lucky ones - we had times of fun, and plenty of love.  
You were easy to be with, a pleasure to care for, always appreciative.  
Content with your lot, and happy to have my company.

It was my choice, and one made gladly - I had planned for it,  
And recognised the honour, the privilege, the joy.

But...

There were broken nights, and times of exhaustion, boredom, sadness.  
Days when I longed to go somewhere new, weeks which would have been lifted  
By a phone call from a friend.

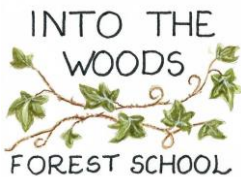
Towards the end, there were shadowy days,  
My body aching, with the physical effort of caring.

Although...

I gave you years of my life, I could do no other for the one who had given me life,  
And so much of your time, energy, love - the best example of how to live.

And yet...

I still look back with a measure of guilt that I did not do more,  
Or do it better.



## WOODLAND FUN AND LEARNING

**Into The Woods** is hosting a day or weekend getaway at the 13-acre Macaroni Wood site from 18<sup>th</sup> - 20<sup>th</sup> June. Day tickets are available (for 10am - 3pm) or weekend tickets with hostel-style family accommodation. Weekend arrival is Friday pm or Saturday am. Numbers are limited, so early booking is recommended.

Small group sessions for the whole family will be run in the morning and afternoon, with lunch provided. A team of experienced forest school leaders and expert ecologists will run the activities: botanical walks, pond dipping, crafts, cycling, mindfulness, drama... and in the evenings, bat walks, camp fires and freshly-made pizzas. On Saturday and Sunday breakfast is provided for the weekend guests. Contact Hannah Garbutt 07876 566767 or [h.garbutt@outlook.com](mailto:h.garbutt@outlook.com)

# NEWS FROM THE SCHOOLS

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



*One of the governors writes:* We had a fantastic start to the summer term, with all the children engaged in their learning once again. We are all very proud of how resilient and hard-working the children at Hatherop are.

Our Christian value this term is Humility and the children have thought about how they can be humble and serve others - as Jesus did when he washed his disciples' feet - as well as how sometimes we have to put our pride aside when asking for help.

The newly elected school council had their first meeting and are focusing on ways to improve their playtimes - their ideas will be developed over the summer term.

The children have been taking advantage of any good weather we've had, and having various PE and after school club sessions outdoors. Year 4 have been enjoying their swimming lessons in the newly refurbished swimming pool in Cricklade and there have been reports of how exciting the minibus journey is, as well as the lessons!

### **If You Were to Look into My Eyes (by Mary)**

You'd see a woman who is struggling to decide what to do with my life,  
And what I really WANT to do - and who am I?  
But my life is circumscribed by other people's needs.

You'd see a woman who wanted to be Mary, but spent her life being Martha.  
Who wants to be creative, but spends her life  
Dotting the i's and crossing the t's for other people's creativity.

Who has spent more time helping others to play the music I love,  
And not enough time myself  
Playing the music I love.

Who is a pessimist - seeing the glass half empty  
Rather than the glass half full!  
Who must remember to count her blessings,  
And take pride in her achievements - however small...

Who now has a specific task to do, not of her own choosing.  
Who is overwhelmed by a sense of duty  
Rather than freedom of choice.  
Constrained by being a perfectionist, by lack of confidence, and many regrets.



# VILLAGE CONTACTS

## PARISH COUNCILS

### Coln St Aldwyns

Chair: David Hicks Beach 01285 750482

Clerk: Clare Brignall 01285 752662

[colnsaparishclerk@gmail.com](mailto:colnsaparishclerk@gmail.com)

### Hatherop

Chair: Bob Iles 01285 750729

Clerk: Jane Skinner 01285 712662

[jane\\_skinner928@yahoo.co.uk](mailto:jane_skinner928@yahoo.co.uk)

### Eastleach

Chair: VACANT

Clerk: Ann Tyldesley 01367 860130

[www.eastleachparishcouncil.org](http://www.eastleachparishcouncil.org)

[eastleachpc@btinternet.com](mailto:eastleachpc@btinternet.com)

### Quenington

Chair: Mike Scott 01285 750433

Clerk: Penny Ibbotson 01285 750000

[www.queningtonvillage.uk](http://www.queningtonvillage.uk)

[queningtonpc@gmail.com](mailto:queningtonpc@gmail.com)

### Southrop

Chair: Tim Guest 01367 850189

Clerk: Vanessa Lawrence 07876 252398

[www.southrop.org.uk](http://www.southrop.org.uk)

[spcclerk2017@outlook.com](mailto:spcclerk2017@outlook.com)

## VILLAGE HALLS

**Eastleach** Flo Dixon 01367 850641

[eastleachvhall@gmail.com](mailto:eastleachvhall@gmail.com)

**Quenington** [www.queningtonvillage.uk](http://www.queningtonvillage.uk)

[queningtonvillagehall@gmail.com](mailto:queningtonvillagehall@gmail.com)

**Southrop** Caroline Simmons 01367 850171

[southropvillagehall@gmail.com](mailto:southropvillagehall@gmail.com)

**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 (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 pre-book

[margaret.stranks@gmail.com](mailto:margaret.stranks@gmail.com) 01285 750402 07729 129578

(WhatsApp preferred)

# COLN COMMUNITY STORES

Please check the website for the latest information  
[www.colnstores.co.uk](http://www.colnstores.co.uk) Or call 01285 750294



	Shop	Café	Post Office
Monday - Friday	8am - 4.30pm	8am - 3.30pm	9am - 12pm & 2pm - 4pm
Saturday	8am - 2pm	8am - 1pm	CLOSED or 9am - 12pm (alt. weeks)
Sunday	9am - 1pm	9am - 12pm	CLOSED

**Southrop  
Village Hall  
Shop  
&  
Post Office**

*There's more to our village hall than meets the eye:*

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**OPEN EVERY  
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**8.45am-  
11.45am**

**Covid rules:**

- wear a mask unless seated & eating or drinking
- maximum 6 people per table
- keep your distance when moving around the hall, shop and Post Office

THANK YOU 😊

## CHEQS DIARY

Sat 5 <sup>th</sup> June	10.30am	Coffee Morning in the church, Coln St Aldwyns	p.11
Wed 9 <sup>th</sup> June	10am	Coffee Morning in the church, Quenington	p.11
Sat 12 <sup>th</sup> June	10.30am	Quenington Village Hall Coffee Morning	p.5
Thur 24 <sup>th</sup> June		APCM - CHQ & Eastleach	p.11



## CHURCH SERVICES

Government guidelines and regulations may change. It is still 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 indoors). Please be aware that you may need to book a place to allow distancing.

### Coln, Hatherop & Quenington

Service details for readers etc. are on the CHQ churches website: [www.chqchurches.net/](http://www.chqchurches.net/) Please let Val Trafford know if you plan to attend, so seating can be socially distanced: [valerie.trafford@btinternet.com](mailto:valerie.trafford@btinternet.com)

Sun 6 <sup>th</sup> June	11am	Quenington	Holy Communion
Sun 13 <sup>th</sup> June	11am	Coln	Holy Communion
Sun 20 <sup>th</sup> June	11am	Hatherop	Service for Fathers' Day
Sun 27 <sup>th</sup> June	11am	Quenington	Holy Communion

### Eastleach

St Andrew's Church will continue to hold weekly services every Sunday at 11am: Matins on the 1st, 3rd, and 4th Sundays, and Holy Communion on the 2nd Sunday, (5<sup>th</sup> Sundays Morning Prayer at 11am).

Details of set readings and Psalms, and those reading the lessons, will be available on the church notice board in the porch.

### Southrop

It is hoped to hold the following services - but do check local information. Please email the church warden if you are planning to attend, to allow for social distancing.

Sun 6 <sup>th</sup> June	9.30am	Holy Communion
Sun 27 <sup>th</sup> June	6pm	Evensong

### 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.



FAITH · HOPE · LOVE

## 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](mailto:chqvicar@gmail.com)

### EASTLEACH & SOUTHPROP CLERGY

Rev Andrew Cinnamon The Vicarage, Sherborne Street, Lechlade GL7 3AH  
(day off Tuesday) 01367 253651 [vicar@stlawrencelechlade.org.uk](mailto:vicar@stlawrencelechlade.org.uk)  
Gordon Land 01367 252050 [walreader44@gmail.com](mailto: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](mailto:timglawson@me.com)  
Southrop Jerry Hibbert 07766 084051 [jerry@hibbertralph.com](mailto:jerry@hibbertralph.com)

### C of E SAFEGUARDING OFFICER

CHQ Edwina Hicks 07970 799270 [chqsafeguarding@gmail.com](mailto: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](mailto:saundersc2014@gmail.com)

### CATHOLIC PARISH PRIEST

Father Michael Robertson 01285 712586 [michael.robertson@cliftondiocese.com](mailto:michael.robertson@cliftondiocese.com)

### WILLIAMSTRIP CHAPEL CHAPLAIN

Rev J Felix Stephens OSB 01285 740374 [jfs.osb@ampleforth.org.uk](mailto:jfs.osb@ampleforth.org.uk)

### FAIRFORD UNITED CHURCH

Rev Wendy Tucker 01285 653655 Secretary: Rachel 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](mailto: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!

PLEASE LET THE EDITOR KNOW IF THE TIMETABLE NEEDS UPDATING (updated April 2021)

**Bus Service 76** Mon, Tue, Thu: Southrop 09:16, Eastleach 09:24, Hatherop 09:30, Quenington 09:37 to Fairford & Cirencester. Return leaves Cirencester at 12:40 and Fairford at 13:28. Sat: **S** 09:47, **E** 09:54, **H** 10:00, **Q** 10:07, **F** 10:15 Return leaves Ciren 14:20 Fairford 15:05

**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.

## COMING TO A CHURCHYARD NEAR YOU

**Churches Count on Nature** is a joint initiative promoted by Caring for God's Acre, A Rocha UK, the Church of England and the Church in Wales. It brings local people together to discover the wildlife in their local church yard. They record the species they find, and all results will be collated on the National Biodiversity Network (NBN), a nationwide database of wildlife in the UK.



The CHQ Churches will be hosting activities in connection with this:

### **Saturday, 5<sup>th</sup> June, 10.30am - 12.30pm**

Coffee Morning in the church of St John the Baptist, Coln St Aldwyns,

### **Wednesday 9<sup>th</sup> June, 10am - 12pm**

Coffee Morning at St Swithin's Church, Quenington - Roger Scoones and Anthea Palmer will be on hand to help with any questions you may have.

### **Thursday 10<sup>th</sup> June**

Children from Hatherop CoE Primary School and from Hatherop Castle will be taking part in organised activities at St Nicholas Church in Hatherop.

There will be identification sheets in all church porches throughout the week, should you be unable to make either of the coffee mornings. Donations for the refreshments will go to A Rocha UK - for more information about this charity, please see their website: <https://www.arocha.org/en/a-rocha-uk/>

## ANNUAL PAROCHIAL CHURCH MEETINGS

### **Thursday, 24<sup>th</sup> June**

CHQ and Eastleach churches will be holding their APCMs on the same date:

- **6pm Coln, Hatherop & Quenington** probably at St Swithin's but please check.
- **7pm Eastleach** in Eastleach Village Hall - everyone is welcome to attend.

Please be prepared to follow whatever Covid guidelines are in place at the time.

### **Forget It (by Jordan)**

I just want to forget  
And not write about it  
As it's just too hard

# FRIENDS OF FAIRFORD & LECHLADE COMMUNITIES



## Arranging Voluntary Patient Transport



To request a driver for transport to and from appointments contact Friends of Fairford & Lechlade Communities direct:

**Telephone: 07540 798226 on Monday-Friday between 10am and 1pm**

If the line is busy, you will be able to leave a message and you will be called back. Or you can email [voluntarycarservicelof@gmail.com](mailto:voluntarycarservicelof@gmail.com)



### Appointment of Vice-Chair

Shelley Welsh has been appointed as Vice-Chair of Community Friends and will take over as Chair when Graham Hewitt retires from the role in September. Shelley lives in Fairford and has been a Trustee for over two years. She owns and runs the Fairford Therapy Centre, and is an osteopath, massage and Pilates instructor.

### Goodbye, Celia... Hello, Graham: Clinical Nurse Manager

Celia Kennedy, Clinical Nurse Manager, has retired after more than 20 years. Celia established and developed the Home Nursing Team in 2020. The nursing care helps patients to remain at home when they are very ill. The new Clinical Nurse Manager is Graham Blackburn, an experienced Registered Nurse, who has worked at University Hospital, Southampton and the Oxford University Hospitals. Graham is a Staff Nurse at the National Star College, Ullenwood, a position he will retain.



## EASING FURTHER OUT OF LOCKDOWN

The government's **Roadmap out of Lockdown** continues, but with extra concerns in the light of the continuing new Covid variants which are emerging.

- Outdoors, there should be no social gatherings of more than 30 people. There is greater emphasis on personal responsibility, but people are still advised to exercise caution in meeting with others outside their household or bubble, especially if they are vulnerable.
- Indoors, 'the Rule of 6' or 'two households' applies. More may gather in a Covid-secure venue (within limits), but with ventilation, sanitising, and masks when required.

**Please check [gov.uk](https://www.gov.uk) for accurate and up-to-date information.**

## LOCKDOWN BRAIN FOG

Have you been worried about memory problems, slow thinking and inability to concentrate? Perhaps you have found yourself putting things away in the wrong drawers, or forgetting the names of your neighbours? If so, you are not alone!

This lack of ability to think or remember clearly is known as 'poor cognitive function' or, more simply, 'brain fog'. It has long been recognised as something experienced by people, often as a result of stress or an over-worked brain, and is sometimes associated with certain medical or health conditions, for example fibromyalgia, chronic fatigue syndrome, depression, Alzheimer's disease, vitamin B12 deficiency, and even simple dehydration.



However, in the past year or so, various scientists, psychologists and clinicians have begun to see more people experiencing brain fog symptoms - not due to any obvious medical condition, but because of the Covid pandemic, lockdown, and our changed pattern of living.

One theory is that for many of us, our lives have contracted so much, with one day being so similar to another, that our brains have lacked the stimulation they need to keep alert. We have not been able to meet new people or visit different places, so our brains become sluggish and unreactive. However, for other people, the opposite is true; they have had to make many adjustments to their lives, to juggle work, home-schooling, looking after relatives, working in different ways using new technology etc. that their brains have become over-loaded.

In addition, we have all experienced the stress and worry about Covid itself, about the various rules and regulations, fear for our family members or friends, concerns about those who might not stick to the rules, confusion about what the rules actually are, compounded for some by financial and work security worries.



Experts in the 'psychology of change' are not surprised that brain fog is being experienced more often, and urge us to acknowledge it, but also to work towards reducing or eliminating it over time. The advice given during the first lockdown for good mental and physical health still applies:

- eat a healthy, balanced diet
- exercise every day
- do activities which help you relax

- take steps to help get a good night's sleep
- stimulate your brain with a range of enjoyable activities

And some important added extras, now they are permitted:

- try to meet and talk with people
- visit new places, go for walks in a different area



If you find your brain fog continues, or becomes worse, it is always worth mentioning it to your GP, who can check for other causes. It may not be possible for all of us to get back to where we were before the pandemic, but we can still slow down the deterioration. There is still truth in the adage, “variety is the spice of life”.

### **The Truest Name (by Kate)**

Call me by my true name.

'Well-trained,' said Jane, the wife of my mother's friend,

As she watched me providing every comfort to her.

The moving and handling from wheelchair

To perfectly-placed armchair; I make it look so easy.

The cushions of comfort behind her back,

Table, arm positioned just nicely, as with the feet.

Coffee made exactly right, the whole room designed

With her preferences in mind.

Do I want to do it?

Actually, I don't know, I can't truly say.

I just feel I have to because I cannot face the alternative,

The casual, careless, unthinking thuggery of the care home.

They would not respect your art materials,

Or your need to use the loo instantly the moment you mention it.

It is your nightmare and mine also.

I would rather die than be confined in such a stifling space.

And so I stay with the familiar,

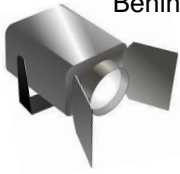
A form of disagreeable compassion,

Because I choose resentment over guilt.

Well-trained.



## HIDDEN BUSINESSES



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

### SPOTLIGHT ON...

Michael Lewis



After seven years as a design director, living in Paris and working for the luxury fashion house Louis Vuitton, I decided to return to London and continue my career heading up footwear design at Burberry. I would travel up to the Cotswolds every weekend where I rented a house in Burford. Eventually the commute got the better of me and I decided to move here full time. Initially I bought a house in Moreton-in-Marsh but then four years later I discovered Eastleach, the hidden bygone village lost in time! My partner and I were lucky enough to move to the village, the place we now call home.

I've been working as a footwear design consultant from Eastleach for the past three years, dealing with international clients and divas all over the globe. In the autumn of 2019 after a vacation in Greece, my partner (who, incidentally, is part of the Lynwood Cafe group) and I came up with the idea of **mosii-england**. The concept of mosii is about abandoning the mass-produced disposable spa & hotel slipper in favour of a product with long-lasting design and integrity.



In early 2020 the pandemic hit and all European and international travel stopped - for many of us the world seemed to grind to a halt. The travel business ceased to exist and our initial plan for **mosii-england** was put on hold. On reflection today, as the world begins to return to a new form of normal, we have had the opportunity to take time to really focus the business and to identify key areas of growth.

To date we are now talking with numerous luxury hotels and retail environments, and have built an e-commerce selling channel for our product. We are truly excited about the growth of the business and the idea that something has been born from a small outbuilding in our garden in Eastleach.



**mosii-england** is available online at [mosii-england.com](https://www.mosii-england.com) and also at our Burford Store 134b Burford High St 07740790161

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