

CHEQS

MAGAZINE



August 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 also available online** (along with back copies) at www.whichq.net/links.html

Contributions (and corrections) are welcomed **by the 15th of the previous month**. They may be edited, and will be included at the editor's discretion. Please send to the editor:

cheqsmagazine@gmail.com

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

*Hello from...
David Farnhill*



My wife and I moved to Coln nearly two years in September 2019.

We had always had an appetite to move back to the countryside having lived in a small village when growing up, and having family based here in the Cotswolds. We couldn't have found a more ideal village to live in than Coln, which gives both of us what we wanted in terms of pursuing a more active lifestyle and enjoying the best of the great British outdoors.

The timing was excellent: when COVID hit in early 2020, we'd only been in the village a few months, so we've had time to get familiar with the area, the fantastic people, and importantly the community that feels so strong across the whole CHEQS area.



I'm a keen runner in my spare time and, as you may have seen in the July edition of CHEQS, I'm fundraising on the 27th August for the Coln Village Fete which was sadly cancelled for the second year running.

My challenge is to run 3 back-to-back marathons (78.6 miles) in under 24 hours, completing just over 17 laps of Coln and Hatherop village. I'll be starting at 10pm on Friday night from Coln stores.

I've been overwhelmed by the generosity of the village residents in support of this fantastic cause so far and, if you're able to in these difficult times, I'd really appreciate any sponsorship you can offer which goes to the Coln St Aldwyns Children's Group, supporting four local children's charities: Noah's Ark, James Hopkins Trust, Paternoster School, and Scrubditch Farm. You can donate on my Just Giving page: <https://www.justgiving.com/fundraising/coln3m>

If you do see me out and about, please do say hello - and I look forward to meeting some of you for what should be a fantastic bank holiday weekend of fundraising and fun at The Breakout Party at Coln Stores on the evening of the 28th!



Friends of Fairford and Lechlade Communities

Formerly The League of Friends of Fairford Hospital

Lechlade Charity Shop

Unfortunately, we have seen a loss of some of our previous volunteers following the pandemic. We are looking to increase our volunteers to ensure we can maintain the friendly customer service and much sought-after facility we provide through our charity shop in Lechlade. If you, or anyone you know, could help please visit the shop, call 01367 252189 or email fairford.lof@hotmail.com

Edna Dawes Lunch Club

We intend to reopen this vital Lunch Club, but at the moment, we are not sure exactly when that will be. There is much to do to ensure that the lunch club operates within safe and secure parameters and according to any Government regulations at the time. We ask for your patience in the months ahead while we plan for the re-opening.

Cycle Challenge



David Nash, from Fairford, continues cycling around as many surrounding villages to the Fairford and Lechlade area through August, to raise fund for Friends of Fairford & Lechlade Communities (Community Friends). Both David and his wife, Alison, have been regular volunteers for the House-to-House event, but as this has not been able to take place for a

second year, David has chosen to support Community Friends through his cycle ride. He has set himself the target of visiting over 50 local villages and hamlets. If you would like to donate, please do so via <https://uk.virginmoneygiving.com/DavidNash32>

Volunteer Drivers Needed Urgently

Our team of volunteer drivers provide a lifeline to many in our community who need to get to their medical appointments at the GPs and hospitals. With appointments opening again we urgently need more drivers to help with this vital community service. We ask our volunteers to complete a DBS check as this service provides much needed support and assistance to many vulnerable people in the community. Car running costs are paid for.

If you think you can help, please contact Val Harvey: 07540 798226 or valharvey56@gmail.com

CHARITY SHOP IN LECHLADE - NEW HOURS

MONDAY:	CLOSED
TUESDAY:	9.30am - 3.45pm
WEDNESDAY:	9.30am - 3.45pm
THURSDAY:	9.30am - 3.45pm
FRIDAY:	9.30am - 3.45pm
SATURDAY:	9.30am - 1.15pm
SUNDAY:	CLOSED



Donations of goods are now welcome at time when the shop is open. They do not take electrical items, bedding, underwear or broken items. If you are unsure if your donation is suitable, please call on 01367 252189.

New volunteers are needed to staff the shop, so if you have three hours spare and would like to join the team, please pop in and speak to a member of staff in the shop.

PET SERVICE AT SOUTHROP LAST MONTH

A fairly chaotic but fun time was had by all who attended the pet service at St Peter's Church last month. The weather was very hot and sunny, and a variety of dogs attended - along with their humans - and a beautiful pony called Totti. There may have been smaller creatures present, but they are not visible in the photo (kindly provided by Jerry Hibbert)!



Eastleach Church will be holding a similar service this month (see page 11).

NEWS FROM THE SCHOOLS



Southrop Church of England Primary School

Together we can fly

By the time you read this we will have come to the end of another rather extraordinary school year. We were delighted that we could uphold almost all of our Southrop traditions, each in a slightly modified form.



Copying the poses at the Cotswold Sculpture Park

Instead of our customary residential, all of the Swans experienced a dawn-to-dusk day at Hill End Activity Centre. We were lucky enough to spend time in Wytham Woods, an ancient semi-natural woodland, designated Site of Special Scientific Interest and one of the most researched pieces of woodland in the world, exceptionally rich in flora and fauna. On our survival course we learnt how to: build dens; light fires with a steel; trap bears (!); tell which plants were toxic and which edible; purify water with cotton wool, grass and charcoal. Later we undertook team building challenges, for example to guide a blind-folded partner through tyres, under scramble nets and around the trees. As everyone else left the centre for the day we enjoyed some free-time and then finally barbecued our evening meal round the campfire, toasted marshmallows and enjoyed a cup of hot chocolate - the perfect end to a perfect day!

The Swans performed their annual play in the playground rather than the village hall. In *The Keymaster*, a rather dull looking supply teacher, took us on a tour to show how gruesome and fascinating history really is!

Sports day was split to take place in separate sessions for our two bubbles, as was the biennial sculpture show in our wildlife garden, which was inspired by trips to the fabulous Cotswold Sculpture Park in the Water Park.



Creating their own art works

In the last week we were able to return to Church for our leavers' service, and the traditional lunch worked very well in the playground. We are very sad to be losing our amazing Year 6s, but we know that each one is ready for the challenges and opportunities that lie ahead at their next school. Staff and governors gathered at The Victoria Inn in Eastleach to say farewell and huge thank you to Jean Holder. Jean's children attended the school and she has supported the school in so many

different ways since then. For many years she was Chair of Governors, but she also used her experience as a maths teacher, volunteering to help with 1:1 maths tuition.

Term ended with our final worship time of the year and Miss Davies' traditional retelling of Michael Rosen's hilarious poem, *The Register*, adapted to include each of our Swans. What could be better?!

Do take a look at our website <http://www.southrop.gloucs.sch.uk/> and Facebook <https://www.facebook.com/Southrop-C-of-E-Primary-School-102756552016864/> to find out more, and to see slideshows of our recent activities.

Art work on display for family members to enjoy



QUENINGTON CAR BOOT SALE

Sunday, 1st August, Quenington Village Green, 9am - 12pm

Please note the new start time - **no set up before 8.45am**. You do not need to book a space - it is just £5 per car for sellers.



Future dates for the diary:

- Sunday, 5th September
- Sunday, 3rd October

WILLIAMSTRIP CRICKET CLUB

For any general enquiries, please email club secretary James White:
jpwhite79@gmail.com

Sat 7th August, 1.30pm: Williamstrip CC 1st XI v Fairford CC 2nd XI

Sat 14th August, 1.30pm: Lechlade CC 1st XI v Williamstrip CC 1st XI

Sat 21st August, 1.30pm: Central Hall CC 1st XI v Williamstrip CC 1st XI

Sat 28th August: Williamstrip CC 1st XI v Cirencester CC 3rd XI

All are welcome to watch - please be Covid-cautious - home matches in bold.

QUENINGTON VILLAGE HALL COFFEE MORNING

Saturday, 14th August from 10.30 to 11.45am

There is not usually a QVH Coffee Morning in August, but this year is different - there is another opportunity to catch up with people you haven't seen for a while, and enjoy home-made cakes and a drink!



Although most Covid restrictions have been relaxed, the village hall trustees are aware that the virus is still present in our communities. Please do not come if you feel unwell, and use the hand sanitisers provided. We will be outside if the weather permits. We want everyone to feel comfortable and safe, so close contact will not be encouraged - but plenty of chat and conversation will be!

CELEBRATION OF A LIFE - SOUTHROP

Phillida Jermain writes: There will be a service to celebrate the life of my mother, former Southrop resident Lady Penelope Robson, who died during the first Covid lockdown, at the age of 94. Please come and join us in Southrop Church on Saturday, 21st August at 2pm, and afterwards in the village hall. It would help with catering if you could kindly contact me - phillidajermain@hotmail.com or 01752 847546 - if you would like to be there. Please **don't** wear black!

VILLAGE CONTACTS

PARISH COUNCILS

Coln St Aldwyns

Chair: David Hicks Beach 01285 750482

Clerk: Clare Brignall 01285 752662

colnsaparishclerk@gmail.com

Hatherop

Chair: Bob Iles 01285 750729

Clerk: Jane Skinner 01285 712662

jane_skinner928@yahoo.co.uk

Eastleach

Chair: VACANT

Clerk: Ann Tyldesley 01367 860130

www.eastleachparishcouncil.org

eastleachpc@btinternet.com

Quenington

Chair: Mike Scott 01285 750433

Clerk: Penny Ibbotson 01285 750000

www.queningtonvillage.uk

queningtonpc@gmail.com

Southrop

Chair: Tim Guest 01367 850189

Clerk: Vanessa Lawrence 07876 252398

www.southrop.org.uk

spcclerk2017@outlook.com

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 Close 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

S & E Friendship Circle

Jane Jenkinson 01367 850393 & Sally Parris 01367 850321

Southrop Ladies Beryl Whiteley 01367 850373

Quenington Baby & Toddler Group (CHEQS+) Term time only -

please pre-book margaret.stranks@gmail.com 01285 750402

07729 129578 (WhatsApp preferred)

COLN COMMUNITY STORES



Please check the website for up-to-date information: www.colnstores.co.uk

	Shop	Café	Post Office
Monday - Friday	8am - 4.30pm	8am - 3.30pm	9am - 12.30pm & 1.30pm - 4pm
Saturday	8am - 2pm	8am - 1pm	9am - 12pm
Sunday	9am - 1pm	9am - 12pm	CLOSED

Monday, 30th August (August Bank Holiday) times: the same as Sunday.

SOUTHROP SHOP & POST OFFICE - SOUTHROP VILLAGE HALL



The Coffee Morning, shop & Post Office: Wednesdays 8.45am to 11.45am

- tinned and dried provisions, household supplies, fresh fruit and veg
- order fresh sourdough bread: call Helen 01367 850047 by 12 midday on Sunday

CHEQS DIARY

Date	time	event	info.
Sun 1 st Aug	9am-12	Quenington Car Boot Sale	p.6
Thu 5 th Aug	3pm	E & S Friendship Circle - Garden Party	p.11
Sat 14 th Aug	10.30 - 11.45am	Quenington Coffee Morning	p.6
Sat 28 th Aug	6.30pm	The Breakout Party - Coln Stores' garden	p.13

CHURCH SERVICES

Coln, Hatherop & Quenington

Sun 1 st August	11am Family service with baptism	Coln Vicarage garden
Sun 8 th Aug	11am Holy Communion	Quenington Churchyard
Sun 15 th Aug	11am Holy Communion with baptism	Coln Vicarage garden
Sun 22 nd Aug	11am Holy Communion	Quenington Churchyard
Sun 29 th Aug	11am Holy Communion	Coln Vicarage Garden

Eastleach

St Andrew's Church services this month will be as follows:

Matins on the 1st, 3rd, and 5th Sundays, and Holy Communion on the 2nd Sunday.
Sunday, 22nd August at 11am - Pet Service (see page 11)

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

Southrop

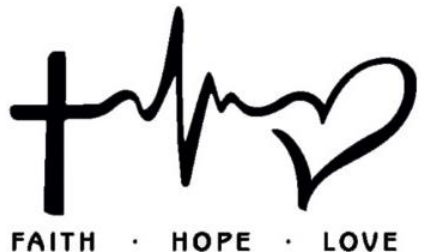
Sun 1 st August	9.30am	Holy Communion
Sun 22 nd August	6pm	Evensong

Williamstrip Chapel

Mass is usually celebrated on Sundays at 9.30am

Fairford Churches

Please check notice 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 & SOUTHPROP CLERGY

Rev Andrew Cinnamon 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: 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

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.

EASTLEACH CHURCH EVENTS

Baptism

St Andrew's Eastleach welcomed through baptism, Zöe, second child of Annabelle and Freddie Million, who were married at St Andrew's Church several years ago.

Wedding

Tom Jenkinson and Marigena Brasha were married in St Andrew's on 10th July.

Pet Service

On Sunday 22nd August at 11 am, we will have an informal service of praise and thanksgiving for our pets: dogs, cats, birds, mice, horses etc. Bring them along - all are welcome, but please have dogs on leads and other animals in suitable containers!



EASTLEACH & SOUTHPROP FRIENDSHIP CIRCLE

Thursday, 5th August at 3pm, Troutbeck House, Eastleach

The new season starts with a garden party at the home of David & Jane Jenkinson.



If you or an elderly neighbour would like to join in, please contact Jane Jenkinson 01367 850393. The Friendship Circle meets on the **first Thursday of the month**, usually alternating between Eastleach and Southrop village halls. Members are welcomed from all the surrounding villages. Membership is £5 annually, plus £2 at each meeting, and transport is organised for the less mobile members.



EASING FURTHER OUT OF LOCKDOWN

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

The government has announced that most Covid restrictions have been lifted, BUT:

“While cases are high and rising, everybody needs to continue to act carefully and remain cautious. This is why we are keeping in place key protections at step 4:

- testing when you have symptoms, and targeted asymptomatic testing in education, high risk workplaces, and to help people manage their personal risk
- isolating when positive or when contacted by NHS Test and Trace
- border quarantine: for all arriving from red list countries and for those people not fully vaccinated arriving from amber list countries
- cautious guidance for individuals, businesses and the vulnerable whilst prevalence is high including:
 - whilst Government is no longer instructing people to work from home if they can, Government would expect and recommend a gradual return over the summer
 - Government expects and recommends that people wear face coverings in crowded areas such as public transport
 - being outside or letting fresh air in
 - minimising the number, proximity and duration of social contacts
 - encouraging and supporting businesses and large events to use the NHS Covid Pass in high-risk settings. The Government will work with organisations where people are likely to be in close proximity to others outside their household to encourage the use of this. If sufficient measures are not taken to limit infection, the Government will consider mandating certification in certain venues at a later date.”

Covid rates have been increasing, even in the CHEQS area, and we all have a responsibility to not only look after ourselves, but also to be considerate of the needs of others. Please use the NHS Covid app if you can, and continue to follow any Covid precautions which organisations or businesses have in place.



ARRANGING VOLUNTARY PATIENT TRANSPORT

To request a driver for transport to and from appointments contact the 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 voluntarycarserviceof@gmail.com

THE BREAKOUT PARTY

Saturday, 28th August from 6.30pm in the garden of Coln Community Stores

The Coln Fete team will be hosting **The Breakout Party** for the five villages in the gardens of Coln Community Stores. It should be a fun family event with food, a bar, and dancing to the music of all-time Fete favourites, The Ukey Dukes.



It is a free event - but you will be expected to buy some raffle tickets! Together with the profits from the food and drink stalls, it should mean a lot of money being raised for local children's good causes.

At some point during the party, it is hoped that Coln resident David Farnhill will complete his running of three marathons, one after the other, in 24 hours or less - do come along and cheer him home!

QUENINGTON VILLAGE HALL 100 CLUB - JULY WINNERS

1st Prize (£15) no. 8 - John Dooley 2nd Prize (£10) no. 57 - Chris Pemsel

If anyone else would like to join the 100 Club, there are plenty of numbers left, and you can join at any time. Just contact Antonia Faulkner on 07581 294139 or antonia.faulkner@outlook.com

WORKING FOR WELLBING

Working for Wellbeing (WFW) is a charity created to assist everyone in Fairford, Lechlade and surrounding areas improve their physical, mental and emotional wellbeing. The aims of the charity are to provide guidance and support to a wide range of people who do not know where to turn in times of difficulty.



They are hosting a new Talking Café in Fairford, in the community centre, every Wednesday morning from 10.30am until midday. People will be able to meet with volunteers who will listen to their concerns over a cup of tea and cake. The volunteers then aim to connect people with organisations which might be able to provide further help and support. Do go along if you would like help with something.

CHEQS CHARACTERS - LAVENDER & PAT FELTHAM

Lavender was born in 1929 in Westwell and soon moved to Bimbury Lodge, between Westwell & Eastleach, where she was brought up by her grandmother, as her mother died of pneumonia when Lavender was only three months old.

She met Dennis, the man who was to become her husband, when she was cycling down from Bimbury Lodge to buy cigarettes for her dad from the shop in Eastleach - now sadly gone. Dennis was sitting on the wall outside, with a group of boys from the village. He had been evacuated from London to 12 Eastleach during the war. Dennis and Lavender married in 1947, and started their married life at 3 The Bourne,



subsequently moving to 10 Eastleach - where Pat and his brother Ian (who now lives in Stratton, Swindon) were brought up, and where Pat and his mother still live today.

Lavender worked in service all her life and was highly regarded by all her employers. One of these was the Bazley family at Ravenshill, (now Eastleach House) and Pat remembers that while his mother worked, he went to kindergarten there before starting at Eastleach School. The school closed in 1974.

Eastleach did not have running water installed until 1967, so all water had to be brought from the pump near the river, next to 32 Eastleach. Pat has lots of memories of Mother hauling buckets of water for their family, and for those she was in service to.

Recently, Lavender has been in Moreton Hospital recovering from an infection. She has always been an enthusiastic member of Eastleach and Southrop Friendship Circle which, in pre-Covid times, met monthly for tea, talks and visits throughout the year, and where everyone looked forward to hearing her lively stories of past times in the village. We all hope Lavender will return to Eastleach soon and to the Friendship Circle which is due to start again this month.



Pat is also well-known to many people in Eastleach and beyond, as he has been delivering papers in the village for a very long time - he is now in his 42nd year! He took on delivering newspapers as a temporary fill-in, whilst in between jobs, and is

still at it. He went into the retail trade in both Fairford & Cirencester, and used to organise the paper deliveries from Londis in Fairford for many years.

At weekends, he would arrive at 4am, to sort out all the big, heavy, bulky weekend papers with all their inserts, putting them into rounds for the delivery youngsters. In the winter, when it was still pitch black, he would be very cautious: whilst in the back room, if he heard an unusual sound, or saw some movement, he would nip into the shop and get the lights on! It was always a relief when the delivery boys turned up - sometimes a little late - to enable him to finish by 7.30am, and get off back to Eastleach, to deliver his own round.

Londis no longer deliver newspapers, so Pat does the job in Eastleach for Pickwick News in Cirencester. His round is dropped off to him, and most people pay online these days, so he does not have to collect and carry much cash around. In the old days, he would collect people's money and put it into the till in Londis, also collecting for the Littlewoods Football Pools - sometimes £50 a week - but the National Lottery did away with that!

Pat has had to cope with the vagaries of the English weather, sometimes getting a local farmer to take him through the snow into Fairford in his 4-wheel drive vehicle. There have also been occasions when the vagaries of the human character have caused problems. Years ago, he used to know almost everyone in the village, but occasionally he came across people who built up a large debt, and then did a flit to somewhere else, never to be seen again!

Over the years, Pat has delivered papers to CHEQS villages and beyond - but his Eastleach round is dearest to his heart.

Many thanks to Pat for sharing his and his mum's stories, and to Sue Souter for helping collate them.



PLEASE SUPPORT LOCAL BUSINESSES

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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
SN Complete Groundworks drainage, driveways, fencing etc. 07738937697	01367 850717
Keith Ford garden work - pruning & hedge cutting, sheds re-felting etc.	01285 750406
Ben Reynolds tree surgery, landscaping, fencing info@bsrarb.co.uk	01285 750769
The Garden & Plant Co. design & landscaping info@gardenandplantco.com	01285 712663
Coln Valley Glazing (under new ownership) windows, doors & conservatories	07765 780772
A Tilling decorating - interior and exterior	01285 810624
Will's Logs seasoned, sustainable hardwood (oak, ash) firewood <small>FREE LOCAL DELIVERY</small>	07771 867767
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	01451 509049 07731 552250
Handy Man general property maintenance inc. carpentry & painting, inside & out	07791 345750
Local mole control Jay Lazenby jslgoneferreting@gmail.com	01367 850515
HEALTH & WELL-BEING	
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
Sports Massage & Injury Clinic, Bibury: injuries, or sitting at a desk all day giving you sore shoulders, neck, back? Highly qualified sports therapist: sportstherapy.me	07870 604172
Online and Telephone Counselling amanda@denovocounselling.co.uk	07498 226577
OTHER	
The Keepers Arms Quenington, Jon & Michelle www.thekeepersarms.co.uk	01285 750349
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 reg 79562), Market Place Dental Practice, Cirencester: family dental care, cosmetic, whitening, implant restorations, clear braces etc.	01285 652200
Pasture-fed beef & organic pork - free CHEQS delivery www.sandyhillmob.co.uk	07890 853506
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£120 for approx. 6x6cms B & W block in magazine pages	
Back & inside cover colour blocks (from 2022) £150 for approx. 6x6cms, £300 for approx. 12x6cms	
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Walking on Air

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Call Yvonne, Foot Health Practitioner, DipCFHP
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