



### TRADITIONAL DRY STONE WALLING



- new walls, wall repairs and rebuilds
- retaining walls & mortared walls
- garden features & patios
- wall maintenance & ivy removal
   no iob too small

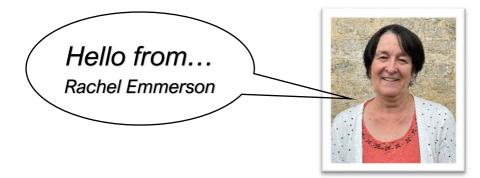
### contact Joe: 07799877122 email: info@cotswolddrystone.com

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

Contributions (and corrections) are welcomed by the 15<sup>th</sup> 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



Stuart and I moved to this area 26 years ago, when he came to Swyre Farm with his brother, Anthony. The land has since been divided into two separate farms, with Anthony farming Swyre Barton & Stuart at Merryfield Farm.

We previously lived in South Nottinghamshire and thought we were settled in that area. However, we needed to expand the farm because of our growing families, so along with our three sons and Stuart's mother we moved to the Cotswolds.

It was hard to leave friends, but we soon made many new ones through village life and particularly through the churches, both in the local villages and at Fairford United Church where we are actively involved each week. I play the organ on occasion at

most of the CHEQS churches, as well as the piano at Fairford, and it has been good to get involved in village events such as carol services and harvest festivals.

Music has always been a big part of my life and when we moved here, I soon found piano pupils - both at home and working at Hatherop Castle and Farmors schools. I enjoy accompanying other musicians, so I play the piano for Coln Choir and also The Hill and Valley Singers, based at Chedworth.



My leisure activities get rather mixed up with my work as most of my hobbies are music based. I'm learning the cello, but not practising as much as I should (don't tell my piano pupils!). I also enjoy crosswords and quizzes. I took Classics at university, and although I never pursued a career in this, the knowledge of the make-up of words deriving from Latin and Greek is most useful in solving cryptic crossword clues.

During the lockdowns I felt very privileged to live in a rural area and to be able to walk in such beautiful surroundings. Life on the farm went on nearly as before, and with the benefits of modern technology I was even able to still give piano lessons. Now the situation is hopefully improving it has been a joy to be able to meet with friends for a coffee at our lovely Coln Stores and to join in the activities that are starting up again.

### EASTLEACH & SOUTHROP FRIENDSHIP CIRCLE Thursday, 2<sup>nd</sup> September at 3pm, Southrop Village Hall



If you or an elderly neighbour would like to join, please contact Jane Jenkinson 01367 850393. The Friendship Circle meets on the first Thursday of the month, alternating between Eastleach and Southrop village halls. Members are welcomed from all the surrounding villages. Membership is £5 annually, plus £2 at each meeting, which includes a cup of tea and usually includes delicious home-made sandwiches & cakes.

# SATURDAY, 11<sup>™</sup> SEPTEMBER

Historic churches need your support! Once again, it is time for the annual

sponsored event to raise funds for the historic churches in our area and throughout the country. You can take part as an individual or with a team. You can cycle, ride a horse, walk or drive between churches for sponsorship - or do a churchyard tidy-up, for example (see below)! To find out more, including which churches are open, or to download sponsorship forms, go to <a href="https://ghct.org.uk/ride-and-stride">https://ghct.org.uk/ride-and-stride</a> or ask your local organiser:

Coln St Aldwyns: <u>d.hicksbeach@btinternet.com</u> Hatherop: <u>briansay@gmail.com</u> Quenington: <u>anthea.palmer@gmail.com</u> Eastleach: church will be open Southrop: <u>lcllewellyn@gmail.com</u>

There will be a Just Giving web page for donations to avoid handling cash, but if you prefer cheques or cash,

these will be happily accepted too. The money raised will be shared equally between the Gloucestershire Historic Churches Trust and the church of your choice.

Please note that some churches may not provide refreshments, so take what you need with you, and if churches are open, please follow their Covid safety advice.

# SPONSORED CHURCHYARD TIDY-UP IN QUENINGTON



Saturday, 11<sup>th</sup> September between 10.30am and 1pm - you are invited to help tidy up the churchyard and raise money for Ride+Stride. Or you may prefer to clean the church! All equipment will be provided, including disinfectant for tools and hand sanitiser. Refreshments will be available. Do join in and collect sponsors if possible!



Churches

# **FLY FISHING**



Alan Maynard writes: Fly fishing - so what does that conjure up? A fly at the river with a rod and line? It's perhaps more correctly called 'fishing with a fly'. But even that sounds like you're taking a fly as a fellow angler!

So, what's it really all about? Fishing with a fly is considered by many as the most difficult method by which to catch a fish, with a hook dressed in feathers and fur. I only fish the 'dry fly' method, where the fly sits on the surface of the water.

First you need to find fish that are surface feeding. Next, you determine what they are feeding on, and look through your

fly box to find a good match. Flies come in all shapes and sizes, and are made in a

multitude of colours. Most of these flies will never leave the box. There is a saying that more *anglers* are caught by flies than *fish*! Anglers end up with hundreds of flies they like the look of, or are enticed by their colours or names, but will probably never use! Anyway, once you've chosen a good match to what the fish are feeding on (or in my case, a favourite 'lucky' fly!), you can actually start fishing.



The equipment required for fly fishing is minimal. A light rod, a fly reel loaded with a fly line - which is quite weighty and aids in the casting - ending with a fine leader line, onto which you tie your fly. The art of dry fly fishing is to be able to present a hook tied with feathers and fur etc. in such a way as to fool the fish into thinking it's food and taking it. Not easy. The fish aren't daft, and even when they *are* fooled, they will spit the fly out immediately. So, the skill is, in that microsecond between the fish taking the fly and spitting it out, you have to have lightning reactions and set the hook.

On the odd occasions when I can afford to fish, if I do hook one it's with a barbless hook, and I always return my catch to fight another day.



I also collect antique fishing-related articles: reels, lures, flies, tins, gadgets, old books and catalogues on fishing, and so on. I enjoy reading the old fishing books to see how they fished in the past and how the tackle used has developed. I'm always on the lookout to add to my collection, so if you are getting rid of any old equipment, do get in touch!

# **FISHING LOCALLY**

If you are fishing for salmon, trout, freshwater fish, smelt or eel with a rod and line, you must have a rod fishing licence. You may get a fine of up to £2,500 if you are fishing and cannot show a valid rod fishing licence when asked. However, children under 13 do not need a licence. Children aged between 13 and 16 do need a licence, but they



are free: https://www.gov.uk/fishing-licences/buy-a-fishing-licence

Licence type	Trout and coarse up to 2-rod	Trout and coarse 3-rod	Salmon and sea trout
1-day	£6	Not available	£12
8-day	£12	Not available	£27
12-month	£30	£45	£82
12-month - over 65 or disabled	£20	£30	£54
12-month - junior (13 to 16)	Free	Free	Free

You also need permission from the landowner to fish on private land. There may be syndicates for anglers, but day tickets may be available. For a day ticket on the River Coln flowing through land owned by the Williamstrip Estate, you can call 01285 750071 (the estate's property office) to see if a day ticket (£100) is available. You also need to check if there is a close season, when you cannot fish.

### **QUENINGTON CAR BOOT SALE**

#### Sunday, 5th September, Quenington Village Green, 9am - 12pm

No need to book - just turn up to sell at 8.45am (not earlier) - it is just £5 per car for sellers. Weather-dependent, so please check the **Quenington Car Boot** Facebook page on the morning.



Final date for the diary: Sunday, 3rd October

# QUENINGTON VILLAGE HALL COFFEE MORNING Saturday, 11<sup>th</sup> September from 10.30 to 11.45am



Do come along for home-made cakes and a hot drink, plus good

company. Although close contact will still not be encouraged, plenty of chat and conversation will be! As usual, the Quenington archives are available to look through, in the office above the hall.



### HIKE FOR HOME START COTSWOLDS Wednesday, 15th September, Stone Barn, near Aldsworth, Upper Windrush GL54 3RF

Home-Start is a national family support charity that helps parents to build better lives for their children. Each year trained

volunteers provide support and friendship to more than 27,000 families and 56,000 children across the United Kingdom.

Home-Start Cotswolds is one of more than 200 local Home-Start schemes which are run as small independent charities under the Home-Start UK umbrella. The scheme supports families with children under the age of 5 throughout the Cotswolds from our office in Cirencester. Volunteers work alongside parents in their own homes to improve parenting skills, boost confidence and well-being, help with family management, and establish social networks.

Hike for Home-Start Cotswolds is a fund-raising walk, which had to be cancelled last year due to Covid. This year it will take place on Wednesday, 15th September, starting and ending at Stone Barn, near Aldsworth, Upper Windrush GL54 3RF (generously offered for the occasion by Felicity and Mark Henriques of Cripps and Co.). It will be a circular walk above the beautiful Windrush Valley.

Tickets are £15 per person, including refreshments. There is free parking at the venue and dogs on leads are welcome. To book your place, visit the website: <u>https://home-start-cotswolds.org.uk/hike-for-home-start-cotswolds-tickets-on-sale/</u> where you can select the number of tickets required and pay via Paypal. No actual tickets are sent out, but your place(s) will be secured for the walk and refreshments afterwards and they will email you more information nearer the time.

### QUENINGTON VILLAGE HALL 100 CLUB - AUGUST WINNERS

1<sup>st</sup> Prize (£15) no. 22 - Christine Mace

2<sup>nd</sup> Prize (£10) no. 65 - Sue Thomas

# **NEWS FROM THE SCHOOLS**

#### Southrop Church of England Primary School

Together we can fly



The summer has flown by and we have been busy in school over the summer, organising the redecoration and refurbishments of the classrooms and office area. We are very lucky to have one of our parents, Mrs Goldstone, who is an interior designer and able to give us advice. Though it is sad to see the end of the holidays, it is always great to be back together in school, looking forward to an exciting and busy year, hopefully free from the disruptions of the past 18 months. This year we have had five new reception children, who will be settling in with our new EYFS teacher Mrs Blackburn.

We will soon be getting back to Cricklade pool for swimming, Macaroni Woods for Forest School, and up to the field for our PE lessons and after school sports clubs. This year we have introduced a breakfast club - pupils can arrive at school from 8am, for a piece of toast, a play with friends in the playground or some quiet indoor activities if the weather is bad.

The Cygnets will be exploring the topic 'Brave', learning about the Celts, and are off to Macaroni Woods for a Celtic day. Meanwhile the Swans will be looking at the extraordinarily advanced civilisation of Ancient Egypt, and hoping to go to the Ashmolean Museum for an Egyptian Detectives workshop.

We will be holding our Harvest Celebration in St Peter's Church on Monday, 27<sup>th</sup> September at 9am, and invite any members of the community who can to join us.



If you have a child who will be starting in Reception in September 2022, please come along to one of our open morning sessions to find out more about our nurturing, small school. It is from 9.30 to 10.30am on the following dates:

15<sup>th</sup> & 29<sup>th</sup> September, 13<sup>th</sup> & 27<sup>th</sup> October, 10<sup>th</sup> & 24<sup>th</sup> November, 8<sup>th</sup> December

Contact us to reserve an appointment slot: <a href="mailto:admin@southrop.gloucs.sch.uk">admin@southrop.gloucs.sch.uk</a> or 01367 850246. You can also find lots of additional information and slideshows about the school on our website <a href="http://www.southrop.gloucs.sch.uk/">http://www.southrop.gloucs.sch.uk</a> and our Facebook page.

# VILLAGE CONTACTS

### PARISH COUNCILS

#### **Coln St Aldwyns**

oom ot Aldwyns		
Chair: David Hicks Beach	01285 750482	
Clerk: Clare Brignall	01285 752662	<u>colnsapa</u>
Hatherop		
Chair: Bob Iles	01285 750729	
Clerk: Jane Skinner	01285 712662	jane_skir
Eastleach		
Chair: VACANT		www.eas
Clerk: Ann Tyldesley	01367 860130	eastleach
Clerk. Ann Tyldesley	01307 000130	eastieact
Quenington		
Chair: Mike Scott	01285 750433	www.que
	01285 750000	
Clerk: Penny Ibbotson	01203730000	queningt
Southron		

Southrop

Chair: Tim Guest	01367 850189
Clerk: Vanessa Lawrence	07876 252398

### 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 VILLAGE COMMUNITY GROUPS S & E Friendship Circle

Jane Jenkinson 01367 850393 & Sally Parris 01367 850321

Quenington Baby & Toddler Group (CHEQS+) Term time only please pre-book <u>margaret.stranks@gmail.com</u> 01285 750402 07729 129578 (WhatsApp preferred)

colnsaparishclerk@gmail.com

jane\_skinner928@yahoo.co.uk

www.eastleachparishcouncil.org eastleachpc@btinternet.com

www.queningtonvillage.uk queningtonpc@gmail.com

www.southrop.org.uk spcclerk2017@outlook.com

# **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

# 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.
Thu 2 <sup>nd</sup> Sep	3pm	E & S Friendship Circle - Southrop Village Hall	p2
Sun 5 <sup>th</sup> Sep	9am - 12pm	Quenington Car Boot Sale, the Green	p4
Sat 11 <sup>th</sup> Sep	10.30 - 11.45am	Quenington Coffee Morning	p5
Sat 11 <sup>th</sup> Sep	all day	Ride + Stride	p2
Sat 11 <sup>th</sup> Sep	10.30am - 1pm	Churchyard tidy-up, St Swithin's, Quenington	p2
Wed 15 <sup>th</sup> Sep		Hike for Home Start	p5
Sat 25 <sup>th</sup> Sep	8am - 5pm	FFF&B Ploughing Match & Country Show	p14
Sun 3 <sup>rd</sup> Oct	9am - 12pm	Quenington Car Boot Sale, the Green	p4
Thu 28 <sup>th</sup> Oct	7 for 7.30pm	Coln Cinema - The Father	p12

# **CHURCH SERVICES**

### Coln, Hatherop & Quenington

Sun 5<sup>th</sup> Sep Sun 12<sup>th</sup> Sep Sun 19<sup>th</sup> Sep Sun 26th Sep 10.30am 4pm 10.30am 10.30am 10.30am 6pm



Holy Communion Messy Church Picnic Holy Communion Holy Communion Family Service Evensong

St Swithin's, Quenington Hatherop playground St John the Baptist, Coln St Swithin's, Quenington St Nicholas, Hatherop St John the Baptist, Coln

#### Eastleach

St Andrew's Church will continue to hold Sunday services at 11am:

Matins on the 1st, 3rd, and 4th Sundays, and Holy Communion on the 2nd Sunday, (5<sup>th</sup> Sundays - also 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

Sun 5 <sup>th</sup> Sep	9.30am	Holy Communion
Sun 12 <sup>th</sup> Sep	Please see	Southrop Facebook page for info on the proposed
	'Back to Scl	nool' Service
Sun 26 <sup>th</sup> Sep	9.30am	Harvest Festival



#### Williamstrip Chapel

Mass is usually celebrated on Sundays at 9.30am

#### **Fairford Churches**

FAITH · HOPE · LOVE

Please check notice boards and websites, or phone the church contact person.

# **CHURCH CONTACTS**

#### **COLN ST ALDWYNS, HATHEROP & QUENINGTON CLERGY**

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

#### EASTLEACH & SOUTHROP CLERGY

Rev Andrew Cinnamond<br/>(day off Tuesday)The Vicarage, Sherborne Street, Lechlade GL7 3AH<br/>01367 253651Gordon Land01367 252050vicar@stlawrencelechlade.org.uk<br/>walreader44@gmail.com(Lead Minister for Eastleach)01367 252050vicar@stlawrencelechlade.org.uk<br/>walreader44@gmail.com

#### C of E CHURCH WARDENS

CHQVal Trafford01285 750504EastleachTim Lawson01367 850756 or 07855 264360 timglawson@me.comSouthropJerry Hibbert07766 084051jerry@hibbertralph.com

#### C of E SAFEGUARDING OFFICER

CHQEdwina Hicks 07970 799270 <br/>chqsafeguarding@gmail.comEastleachNicole Backhouse07780 605717SouthropRhona Reid01367 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 doorto-door service on Thursdays to Cirencester; free with a bus pass or £8 each way. CHQ Messy Church Hatherop Playground Sunday, 5th September 4 - 5.30pm

# Join us for a fun-filled Family Service and Village Picnic

SEPT

With neighbours and friends, we celebrate the end of the summer holidays, enjoying games and stories that will help us build our energy for the start of the school year ahead.

Bring your own picnic and blanket. Well-behaved dogs welcome - on a lead!

> Crafts, Games, Songs, Cakes and

> > more!



The Friends are very grateful to both Lucy and David Abel Smith, and Gavin and Caroline MacEchern for hosting fundraising events in the past few months: the Friends made £565 by providing tea and cakes at an open garden event at The Old Rectory in Quenington, and over £700 was raised at an open garden afternoon in aid of the charity, in the beautiful garden at Langford Downs Farm.

**Date for your diary** - A Charity Craft Fair will be held on Saturday, 13<sup>th</sup> November 2-5pm, at Lechlade Memorial Hall. If you would like a stall, contact Val Harvey on 07540 798226 or <u>voluntarycarservicelof@gmail.com</u>.

# COLN CINEMA IS COMING BACK NEXT MONTH!

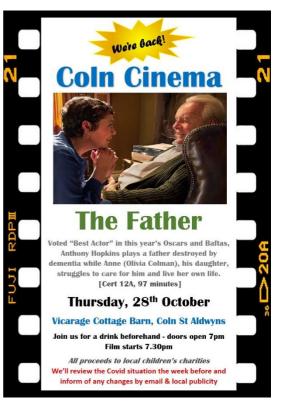
One of the organisers, Nick Brett says: Now that it's a bit safer to come out, Coln Cinema will launch its 20<sup>th</sup> season next month, with the brilliantly acclaimed 'The

Father', on Thursday, 28th October.

Thanks to Nigel Hugh-Smith and Angie Bray for providing the venue, Vicarage Cottage Barn. Doors open at 7pm, so why not join us for a drink before the film starts at 7.30pm. We'll ask for a £4 donation at the door, with all proceeds going to local children's charities. We'll review the Covid situation the week before and update you by email (if you're on the list!) if we have to restrict numbers or postpone the showing.

There won't be a movie night in December, but the other dates for the diary are:

Friday, 26<sup>th</sup> November Friday, 21<sup>st</sup> January Friday, 25<sup>th</sup> February Friday, 25<sup>th</sup> March Friday, 29<sup>th</sup> April



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

ARRANGING VOLUNTARY PATIENT TRANSPORT

### 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 <u>voluntarycarservicelof@gmail.com</u>

# 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 host a Talking Café in Fairford, in the community centre, every Wednesday morning from 10.30am until midday. People can 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.

# Calling all singers !

Come and join our fun and friendly 4-part choir!

# The Hill and Valley Singers

(formerly the Chedworth Singers)

There are no auditions and it's not essential to read music. Just bring your enthusiasm, commitment and enjoyment of singing. You can be sure of a warm welcome!

We meet on Thursdays 7.30-9.00 pm, at St Andrew's School, Chedworth GL54 4AJ

Rehearsals start on September 23rd 2021.

Musical Director - Shirley Jee Accompanist - Rachel Emmerson For more information contact our Chairman, Neil Irving, 01285 720403

### FFF&B PLOUGHING MATCH & COUNTRY SHOW Saturday, 25<sup>th</sup> September at Manor Farm, Hatfield, near Faringdon SN7 8JH



Ploughing Matches have been part of the rural scene since



time immemorial and in the early days a champion ploughman could expect a better wage than his fellows.

Today, Plough Match judges look critically for furrows

that are perfectly straight, evenly matched, and completely level. The judges will mark each plot up to a possible 200 points, divided into five sections with a maximum of 40 points each.





The Fairford, Faringdon, Filkins and Burford Ploughing Society was formed in 1947 when four local Farming Clubs merged their respective ploughing matches into an annual event held at various venues roughly within a 10-mile radius of Lechlade. Farming Clubs were set up during the Second World War by the Ministry of Agriculture in order to avoid a food shortage. The

clubs were encouraged to adopt more efficient methods of producing crops, milk, meat, and eggs, and competition ploughing fitted into that programme.

This year's Ploughing Match & Country Show is to be held at Manor Farm, Hatford, near Faringdon. It is hoped to hold a near normal match & show, but one of the main differences



will be that the main marquee will be replaced by a series of smaller open sided marquees. There will be trade stands. outside craft stalls, food vendors, main ring displays, heavv



horses, ploughmen, the working area and an outside bar. The show is run entirely by volunteers (including some of our CHEQS farming families), and many local charities benefit from the profit made by the show.

Please note that the event will be **TICKET ONLY** so please visit the FFF&B website to purchase tickets via the online link. <u>https://ploughingmatch.ticketsrv.co.uk/tickets/</u>



### QUENINGTON VILLAGE HALL APPLE DAY - SEED SWAP



Apple Day at QVH will be held on Saturday, 23<sup>rd</sup> October, from 10am - 1pm (last pressing 12.30pm).

The Seed Swap table is a free service, enabling people to bring or take away seeds saved from garden plants, or packets of seeds which are no longer required. *Seed Swap organiser, Anthea Palmer says:* 

Please remember to collect your seeds for the Seed Swap - packets need to be clearly marked with the name of the plant and the collection date. You could also add any other useful growing tips. Unused seed packets can also be exchanged.

Some easy vegetables include beans, peas, tomatoes and spinach. Remember: no hybrids; dry seeds completely on the plants for most seeds; reduce cross-pollination by only growing one variety of each species and isolate by distance; only save seeds from the healthiest 'true-to-type' plants.

# PLEASE SUPPORT LOCAL BUSINESSES

### TO ADVERTISE OR MAKE AMENDMENTS: cheqsmagads@gmail.com

HOUSE & GROUNDS	
<b>Corinium Security Systems</b> Your security is our priority. Intruder alarms, CCTV, gate automation. All works undertaken. <u>James@coriniumsecuritysystems.com</u>	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-felted 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 FREE LOCAL DELIVERY	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	01451 509049
pressure washing and gutter cleaning. For more info: <a href="mailto:steve.rix@hotmail.co.uk">steve.rix@hotmail.co.uk</a>	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
<b>Unique Private Exercise Classes</b> with Heather - improve your flexibility, balance, core strength and energy using the disciplines of lyengar Yoga, Qi Gong or Tai Chi	01285 750751
<b>Sports Massage &amp; Injury Clinic, Bibury:</b> injuries, or sitting at a desk all day giving you sore shoulders, neck, back? Highly qualified sports therapist: <u>sportstherapy.me</u>	07870 604172
Online and Telephone Counselling amanda@denovocounselling.co.uk	07498 226577
OTHER The Key of the Annual	04005 750040
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