

# Bodenham Newsletter



## March 2013

4th	Parish Council Meeting	20th	Travels with a Camera
5th	Travels with a Camera	21st	BWg Anniversary Supper
5th	Gardening Club	25th	Leisure Group
7th	Mothers' Union	27th	Parish Hall Management Meeting
8th	Flicks in the Sticks	28th	Knit-In
9th	Produce Sale at Parish Hall	29th	Flicks in the Sticks
9th	Bodenham Players Dress Rehearsal		
11th	Leisure Club		
17th	Wags and Wellies Walk		
18th	Carers Support Group Meeting		

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*St Michael & All Angels' Church Bodenham*

Dear Friends,

Lent is well under way, and we have a few weeks yet to continue with our Lenten disciplines. We look forward to Easter and the joy of meeting Jesus after the great sadness and pain of Holy Week. We try, during these days of Lent to follow Jesus as he walks towards Jerusalem, but it is a hard road, and we are constantly drawn away from the Way of the Cross, by the business and demands of life.

Perhaps these words will help us as we journey on through Lent and holy Week:

Jesus, as we start once again to follow you,  
on the Way of the Cross,  
we are apprehensive, for we are not sure of ourselves.  
On our journey, we have often been afraid,  
often sought the safe options,  
often fudged the sharp solution.  
On our journey, we have often tried to hide  
our real selves from others, and from you.  
We, who dare to say we are following you,  
know how faltering are our footsteps,  
how delicate our discipleships,  
how feeble our faith.  
Yet, you still call us by name  
and invite us into your company and onto your road.  
So give us the courage and commitment we need:  
help us to look out for one another on our journey;  
show us how we may share the duty and the joy of discipleship,  
knowing that in the end,  
it is you who have lit our path,  
you who accompany us all the way,  
you who will meet us on the road,  
and call our name.  
Amen.

John Harvey (Iona Community)

May God bless your Lenten journey as he leads us to the Cross and the Resurrection.

Yours in Christ,

*Heather*

SUNDAY SERVICES FOR MARCH 2013

Mar 3rd	8.00am Holy Communion 6.00pm Evensong	(The Revd Heather Short)
Mar 10th	MOTHERING SUNDAY 9.30am Family Communion 6.00pm Evensong	(The Revd Heather Short)
Mar 17th	9.30am Family Communion 6.00pm Evensong	(The Revd Heather Short)
Mar 24th	PALM SUNDAY 9.30am Sung Eucharist 6.00pm Evensong	(Preb David Roberts)
Mar 31st	EASTER DAY 9.30am Sung Eucharist 6.00pm Evensong	(The Revd Heather Short)

NB: Evensong will normally include hymns and be led by one of the Churchwardens

**There will be a celebration of Holy Communion at the Seward James Centre on Friday, March 22nd at 11.00am. All are welcome to attend. Please note this is not our usual Friday, as the last Friday in March is Good Friday and there will be other services on that day.**

## PARISH COUNCIL NEWS

### PARISH COUNCIL NEWS

#### DID YOU KNOW (1) .....

that, although the Parish Clerk reports potholes and other defects to Herefordshire Council, it may be quicker and easier, if you did it yourself. After all, you know more about the problem than the Clerk does and, if you report it yourself, there is no risk of information being lost or misunderstood by the Clerk. You can report road defects, including potholes, by phoning 01432 261800 or by emailing [streets@herefordshire.gov.uk](mailto:streets@herefordshire.gov.uk) or by going to [www.fixmystreet.com](http://www.fixmystreet.com), which is a website which will report any problem to Herefordshire Council on your behalf.

#### FOOTPATHS OFFICER

Following the resignation of Mrs Sue Hack Bodenham Parish Council is seeking to appoint a Footpaths Officer. The post, which is unpaid, would suit a retired person with an interest in walking. The main duties are to monitor the footpaths in Bodenham on a regular basis, to report any defects and to report to the Parish Council at least once a year. Herefordshire Council offers a short training course and will supply some basic equipment. If you are interested, please contact the Parish Clerk on [bodenhampcclerk@gmail.com](mailto:bodenhampcclerk@gmail.com) or 01568 797132.

#### PARISH MEETINGS

The next meetings of the Parish Council will take place at 7.30pm on Monday 4th March at the Siward James Centre. Copies of the agenda and draft minutes of the previous meeting are placed in advance on parish notice boards and on the parish website ([www.bodenhamparish.org.uk](http://www.bodenhamparish.org.uk)). Everyone is most welcome to attend and raise any matters of concern during the slot reserved for this purpose. If you prefer, you can raise matters in advance by contacting Chris Smith, Parish Clerk, on 01568-797132 or by email at [bodenhampcclerk@gmail.com](mailto:bodenhampcclerk@gmail.com). A list of meetings for the next 3 months is also on the website.

#### DID YOU KNOW (2) .....

..... that the parish website is continually updated. The Home page now shows a list of future events in chronological order, as well as the latest notices, addresses to go to find out about Bodenham past, present and future, local news and crime prevention alerts.

[www.bodenhamparish.org.uk](http://www.bodenhamparish.org.uk)  
is the website address.

#### THE PARISH CLERK.....

.....has a new email address for Parish Council matters. It is [bodenhampcclerk@gmail.com](mailto:bodenhampcclerk@gmail.com). The old address - [fork.lightning@gmail.com](mailto:fork.lightning@gmail.com) remains in use.

*Bridgette Kempson*  
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*Mobile 07798 765744*

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*Tel 01432 370550*



#### Pilates Classes

Mondays 10am - 11am

At Wellington Village Hall.

~~~~~

Wednesdays 8pm - 9pm

At Marden Village Hall.

~~~~~

Thursdays Marden Village Hall, 7pm - 8pm.

~~~~~

Fridays 10am - 11am

At Sutton St Nicholas Village Hall.

~~~~~

Pre Book Essential. Emma Caldwell 07971009691  
or 01568 797107.



#### Total Tone Exercise Classes

*The Ultimate workout - Tone Legs, Bums Tums & Pilates !*

Mondays - 6.30pm - 7.30pm.

At Bodenham Village Hall.

~~~~~

Mondays 8pm - 9pm.

At Sutton St Nicholas Village Hall.

Pre book, Emma Caldwell 07971009691 or 01568 797107

### BODENHAM FLOOD PROTECTION GROUP

Chairman: Cllr Tony Mitcheson  
Treasurer: Mr Tony Clark  
Operations Manager: Mr Mike Stephens  
Deputy Operations Manager: Mr Robin George  
Secretary: Mrs Babs Mitcheson 797170

The Moor:

The Moor Road: Mr Tony Clark: 797943  
Orchard Close: Mr Graham Price : 797621  
Chapel Lane: Mr Robert Pritchard: 797428  
Brockington Road (2 -31& 35): Mr Simon Dowler: 797363  
Brockington Road (1, 32-34, 36 – 42A): Mrs Rebecca Burnill 797823  
Brockington Road (43- 54): Mrs Gwen Bowden: 797868  
Siward James: Mrs Iris Evans 797412  
Ash Grove Close: Mrs Jean Fryer: 797338  
Ash Grove View: Mr David Harris: 797575  
Millcroft Road: Mrs Barbara Gibson : 797643

Bodenham Village:

Bridge to War Memorial:  
The Forge: Mr Simon Nickols: 797144  
Church and Bodenham Village:  
Mr David Ayshford Sanford: 797549  
Mr Mike Mullenger: 797199

Secretary Mrs Babs Mitcheson 797170

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**BODENHAM CHRISTIAN FELLOWSHIP**

(Chapel Lane, Bodenham)

Programme for March 2013

| Date | Time    | Service & Leader                     |
|------|---------|--------------------------------------|
| 3rd  | 9.00am  | Praise and Prayer                    |
| 3rd  | 10.30am | Worship Service -<br>Les Crosthwaite |
| 10th | 10.30am | Fellowship Service & Communion       |
| 17th | 10.30am | Worship Service - John Cartledge     |
| 24th | 10.30am | Worship Service - Peter Massey       |
| 29th | 3.30pm  | Good Friday Service                  |
| 31st | 10.30am | Easter Praise - Arthur Etheridge     |

**Praise and Prayer on Sunday 3rd March** will be followed by a simple breakfast. Coffee will be served after all services.

**Cafe @ Chapel** meets every **Thursday** morning. Why not call in for a coffee and a chat at any time between 10.30am and 12 noon.

**Midweek Study & Discussion Group** meets on **Thursdays at 7.30 for 7.45pm** in members' homes. Visitors are welcome to meet with us as we study the *Book of Isaiah*.

Contact Peter Lefroy-Owen for more information.

**Ladies Bible Study** at the Chapel at 10am on **Tuesdays 5th and 19th March** to study the gospel of Matthew 'The King has Come'.

Please contact Margaret Seccombe for further details.

Contact Peter Lefroy-Owen (760580)

Secretary: Pat Horrigan (797044)

**BODENHAM ROMANIA SUPPORT GROUP**

**Thursday 28th March** Knit-In at **7 Ashgrove View** from 2 - 4pm. Visitors are always welcome. We don't charge anything and will provide you with wool if needed. We are always grateful for any spare rug or knitting wool. Chairman: Pat Horrigan (797044)

**BODENHAM MOTHERS' UNION**

**Thursday 7th March** at 10.30am at 14 Brockington Road. Visitors will be welcome to hear Revd. Val Turner speak about 'Apples of silver' Retreat in Hereford. Further details available from Pat Horrigan. Branch leader: Pat Horrigan (797044) email: mu@themothersunion.org

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# Table-top Sale

# Produce Market



10am to 11.30am



**9<sup>th</sup> March 2013**

**13<sup>th</sup> April 2013**

**Bodenham Parish Hall**

**ENTRY FREE, Tea/Coffee, BARGAINS**

Queries, phone Gwen Bowden 01568 797868 or Mary Nickols 01568 797144

**PLEASE COME ALONG TO SUPPORT THIS EVENT**

# Coffee Morning & Plant Sale

**Tuesday 9th of April**

at

**Church Walk**

**Plants and shrubs for Sale**

(Donations of potted plants or shrubs  
will be appreciated)

**Cake Stall and Draw**

10a.m - 12 noon

in aid of

**St. Michaels's Parish Church**

Tel Liz Davies 01568 797628  
for further information.

## 9th March at Bodenham Village Hall



### Mouse Racing

7.30 for 8pm

Come and have a fun packed family evening with the supporters of the North Herefordshire Hunt whilst raising money for the new kitchen fund in the village hall and helping the hounds.

You can be an owner for the night, have a flutter on your favourite mouse as they race through the sealed course.

Bar and Burgers are available

Free Event for all villagers and friends of the NHH



## BODENHAM LEISURE CLUB

On **Monday March 11th** we meet in the Parish Hall at 1pm for lunch. There will be the Sales Table and a Raffle.

For catering purposes please let Mrs. Pugh, telephone number 01568 797268, know if you are attending before Thursday 7th March, please.

The Club will meet at 2.30pm on **Monday 25th March**, in the Parish Hall, for a "Musical Interlude" with William Anderson. I am sure this will be quite entertaining.

Light Refreshments will be served, we shall have the Bring & Buy Table and a Raffle.

At this meeting Mrs. Pugh will be taking names for the trip on **Monday 8th April** to see the Daffodils. The coach will leave Bodenham at 11.00am and there will be a stop with enough time for everyone to purchase a lunch.

Secretary/Programme Secretary  
Gwenllian Bowden

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## BODENHAM RAMBLERS WALKS MARCH – APRIL 2013

All walks start at 10am unless otherwise stated.  
Any queries about walks please contact the leaders.

| Date                                                           | Description                                                                   | Mile<br>s | Start                                    | Grid Ref       | Leaders                        |
|----------------------------------------------------------------|-------------------------------------------------------------------------------|-----------|------------------------------------------|----------------|--------------------------------|
| Sun 3 <sup>rd</sup> Mar                                        | Burghill, Tillington Common Orchards and quiet lanes. Easy                    | 5.5       | Burghill Valley Golf Club Carvery Lunch. | Exp 202 474445 | Don & Margaret 01432 760036    |
| Wed 13 <sup>th</sup> Mar                                       | Little Birch and surrounding woodland. Moderate.                              | 6         | Castle Inn at Little Birch               | Exp 189 508320 | Mary Watkins 01432 273432      |
| Sun 24 <sup>th</sup> Mar                                       | Broadfield Court Estate and around Bodenham. Moderate                         | 6         | Bodenham Parish Hall. No organised Lunch | Exp 202 544514 | Tony & Kay 01568 797943        |
| Summer Programme – Bring Packed Lunch unless stated otherwise. |                                                                               |           |                                          |                |                                |
| Wed 3 <sup>rd</sup> April                                      | Logaston Common, Eardisley. Views, 25 stiles, 2 miles on minor road. Moderate | 7         | Almeley Village Hall                     | Exp 201 336516 | Dave & Wendy Curd 01568 797659 |
| Sun 14 <sup>th</sup> April                                     | Weobley and Dilwyn. Meadowland, some styles and lanes. No hills. Easy         | 6         | Car Park in Weobley near Church          | Exp 202 402519 | Doreen Charman 01432 271065    |
| 26 <sup>th</sup> to 29 <sup>th</sup> April                     | Holiday at Exmouth                                                            |           |                                          |                |                                |

For details of the Bodenham Ramblers please contact the Chairman, Eddie Phillips on 01432 266994.

# BWg

Bodenham Womens' Group  
For women from Bodenham and the surrounding areas

## MARCH

Anniversary supper at Brockington Golf club.  
Thurs March 21st  
7 for 7.30pm

Filled jackets(choice), salad, homemade desserts  
£11.50

Numbers are limited so buy tickets  
asap from organisers:  
Nan Murdoch 01568797595 or  
Kath Tremain 01568797751



## APRIL

Indian meal at Deli Lounge in Hereford  
Thurs 25th April  
7 for 7.30pm

Contact Pat Austin 01568797994  
to book a place

Other plans for the year so far include an outdoor  
strawberry tea, archery, visits to h.Art, garden visits,  
possibly croquet again, talks from members, a ghost  
walk and Christmas decoration workshops.



For membership details phone our Treasurer,  
Anita Griffiths 01568797929 or any below.  
Subscriptions are now 50pence per annum.

- |                     |              |
|---------------------|--------------|
| Sally Doody-Henshaw | 01568 797066 |
| Carol Kirkpatrick   | 01568 797022 |
| Debbie Mould        | 01568 797910 |
| Roz Reader          | 01568 797426 |
| Kath Tremain        | 01568 797751 |
| Mary Nickols        | 01568 797144 |

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**Preliminary notice**

**AN OPPORTUNITY FOR LOCAL ARTISTES/ASPIRING  
ARTISTES TO INTRODUCE THEIR MUSIC TO A  
FRIENDLY RECEPTIVE AUDIENCE.**

**Friday 3rd May 2013.** as part of  
**Bodenham Spring Festival.**

Anyone interested in taking part (any age) please  
contact Pete Hollingsworth, preferably by early April.  
01568 797623; email 'petehollingsworth@hotmail.com',

**Parish Hall Management Committee meetings**

These are held at least quarterly, usually in the Parish Hall and members of the public are always invited to attend. The next one will be on March 27<sup>th</sup> at 7.30pm. You can just turn up or give one of us a ring to chat through what's involved if you are interested in helping in any way. You will be made very welcome.

**Treasurer:** Bodenham Parish Hall is looking for a Treasurer to start as soon as possible.

You would become a full member of the Hall Management Committee and would be required to attend 5-6 meetings a year and manage the Hall's finances. A basic knowledge of book keeping would be an advantage.

For more information contact the Chairman, Robin Knott, telephone number 01568 797835.

**Mouse Racing at Bodenham Parish Hall 9th March 7.30 for 8pm**



Come and have a fun packed family evening with the supporters of the North Herefordshire Hunt whilst raising money for the new kitchen fund in the village hall and helping the hounds.

You can be an owner for the night, have a flutter on your favourite mouse as they race through the sealed course. Bar and Burgers available. Free event for all villagers and friends of the NHH.

**Flicks Forthcoming films for the new season are as follows:**

**Why not put the date in your diary now?**

**March 8<sup>th</sup> Moonrise Kingdom** (Borderlines film)

starring Jared Gilman, Kara Hayward, Tilda Swinton and Bruce Willis

Set on an island off the coast of New England in the 1960s, a young boy and girl fall in love and run away together. Various factions of the town mobilize to search for them and the town is turned upside down - a romantic comedy

**March 29<sup>th</sup> Anna Karenina** starring Keira Knightley and Jude Law

**April 12<sup>th</sup> Skyfall** Starring Daniel Craig

Look forward to **Quartet** with Maggie Smith, Michael Gambon, Tom Courtenay & Pauline Collins later in the season.

**Produce Market and Table Sale from 10am to 11.30am**

These are starting again this month. The dates fixed for the future are **Saturday March 9<sup>th</sup> and Saturday April 13<sup>th</sup>**. In March, we hope to have Rebecca Semple, who is the Sustainable Community Development Officer coming to see what we do. She will bring Ecohere's leaflets and information related to saving money and energy in local community life (covering areas such as local food, transport, waste, bulk buying oil, energy production and many other areas) and so if you would like know about any of these issues come along. They will have a small table of information and will chat to anyone interested. Please, please come along and see what's on offer and have a chat to friends. We have tea/coffee and biscuits available for just 50p.

**100 CLUB** Winners of the draw, which took place in February, will be in the April Newsletter. Sorry for the delay.

The March and April draws will be at the Gardening Club on 2<sup>nd</sup> April. There are currently 116 members. If you feel like you're missing out then contact me, Mary Nickols on 01568797144, The Forge, (by Bodenham bridge) or email me on [sgnickols@yahoo.co.uk](mailto:sgnickols@yahoo.co.uk) and you can have a ticket for next year. There's nothing to stop us having more than 100 members. Exactly half the income will be paid out in prizes regardless of how many people take part. **We will be giving a letter to all existing members in March/April to explain how to renew for the next year, starting 1<sup>st</sup> May. Annual renewal will be available at both March and April's Gardening Club.**

**The Kitchen**

The grant application form has been sent in. We await their verdict.

**Bodenham Parish Hall Regular Activities Schedule**

**Clubs & Societies**

| Club                 | Meets                                                                     | Contact                                   |
|----------------------|---------------------------------------------------------------------------|-------------------------------------------|
| Leisure Club         | Monthly on the 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays, 2.30 - 4 pm . | Secretary - Gwenllian Bowden 01568 797868 |
| Gardening Club       | Monthly on the 1 <sup>st</sup> Tuesday, 7.30 pm .                         | David Griffiths - 01568 797427            |
| Sequence Dance       | Monthly on the last Saturday, 8 pm .                                      | Mrs Potter - 01432 880373                 |
| Flicks in the Sticks | Sep-Apr: One Friday each month, 7.30 pm .                                 | Chris James - 01568 797451                |

**The Week's Regulars**

| Day       | Activity                                                                    | Contact                                                                                                 |
|-----------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Monday    | Tai Chi 10.00-11.30am (TT)<br>Keep Fit, Body Tone, Aerobics & 6.30-7.30pm . | Julian Kemp 01568 614468<br>Emma Caldwell 01568 797210, 07971009691                                     |
| Tuesday   | Pilates 6-7 pm .<br>Airgun Club 8 pm .                                      | Jennifer Grumbley 01568 797395<br>Ian Linton 01568 797375                                               |
| Wednesday | Tai Chi 9.30-11.00am (TT),<br>Yoga 6.00-7.30pm(TT)<br>Badminton 8 pm .      | Julian Kemp 01568 614468<br>Fiona Hawkins 01432 860270<br>Rob Parker 01568 797091                       |
| Thursday  | Bellydancing 7 - 8.00 pm<br>and 8 - 9.30 pm                                 | Abbie Mason 07962161081<br>Email alanya@alanyabellydance.com<br>Website: www.alanyabellydancer.webs.com |
| Friday    | Pilates 10-11am .                                                           | Jennifer Grumbley 01568 797395                                                                          |

(TT): term time only

Please contact any of the people below if you are interested in helping Mary Nickols

**Committee**

|                            |              |                          |              |
|----------------------------|--------------|--------------------------|--------------|
| Robin Knott (Chair)        | 01568 797835 | Gwenllian Bowden (Sec'y) | 01568 797868 |
| Dennis Jackson (Treas)     | 01568 797404 | Ian Linton (Vice chair)  | 01568 797375 |
| Laura Marsh (Minute Sec'y) | 01568 797529 | Mary Nickols             | 01568 797144 |
| Rob Parker                 | 01568 797091 | Margaret Hughes          | 01568 797285 |
| Chris James (Flicks)       | 01568 797451 | Roz Reader               | 01568 797426 |

**Hourly Rates**

- Main Hall £9.50 (Minimum Charge £12.00)
- Committee Room £5.00 (Minimum Charge £6.00)
- Stage Only £5.00 (Minimum Charge £5.50)
- Store/Back Room £8.00 (per evening)

Party/Dance/Disco

Concerts/Musical Evenings

Quiz Nights

Bingo

Children's Party (Under 14 years' old)

Jumble Sale

Weddings Afternoon Only (Clear by 6.00 p.m.) £150.00, All Day £200.00, Previous day at hourly rate

**LASTLY IF YOU WANT TO BOOK THE HALL RING IDA 01568 797333**



**Wednesday Evenings**

**Smith Memorial Hall**

**Withington**

**Come along and listen to the New**

**Member Talk**

**at 7:30pm with no obligation to join!**

**For more info call**

**Linda 01432 761821**

**Mob 07837 186659**

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**BODENHAM PLAYERS**

The Bodenham Players are entering the Hereford Drama Festival again this year and will be performing "Thorns" written by local resident, Frank Ryding.

The Festival runs from Thursday 14th to Saturday 16th at 7.30pm in The Courtyard Theatre, Hereford.

Bodenham Players performance is on Friday 15th March.

On Saturday 16th Hereford Players perform "Roman Fever" and this includes two of the Bodenham Players.

I look forward to seeing you at our Dress Rehearsal on the 9th or at the Courtyard.

**BODENHAM PLAYERS**

**PRESENT**

**"THORNS"**

**Written By**

**Frank Ryding**

**In**

**BODENHAM PARISH HALL**

**On**

**SATURDAY 9<sup>TH</sup> MARCH**

**At**

**2.30pm**

**No Entry Charge  
Donations gratefully received**

**Raffle  
Tea & Biscuits**

**Your support would be much appreciated**

**Contact:  
Gwenllian Bowden  
Tel. 01568 797868**

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## Moreton Wood



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Mobile: 07896 170 307

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**GARDENING CLUB**

**March 5th** - Pruning the what, when and how Duncan Coombs

**April 2nd** - Success with sweet peas Jim Ludlow plus daffodil show. Schedules from usual places.

**May 7th** - Club plant sale. Open meeting as part of the Bodenham Festival.

**June 4th** - Gardeners' Questions with Reg Moule and Mike George details to follow

**Travels with a Camera**  
7.30pm -9.15pm Bodenham Chapel  
(Tel: Dave or Jenny Hill 01568-797531)  
Admission £2.50 in aid of Hope Carriers Trust (unless stated)

**Tuesday 5th March – “Barcelona – The City of Gaudi”** presented by Brian Skinner  
**Wednesday 20th March - “Monastic life in monasteries of the Eastern Orthodox Church (incl Paros & Mount Athos)”** – presented by Tony Smith  
**“Travels but no camera”**

**Tuesday 23rd April - “Venetian Masquerade”** a presentation by Diane Pritchard about the carnival in Venice



**Abelia Care Services Limited**  
**6b, High Street, Leominster, Herefordshire, HR6 8LZ**

***Highest Standard of Care Support Services in the local Community***

A Local Home Care Agency registered with the Care Quality Commission and Herefordshire Council to provide the highest standards of Care in the local community. Our Care Staff are trained to Diploma qualification status in Health & Social Care, to support elderly and vulnerable people with daily living tasks. Care is delivered with dignity and care, allowing you to continue living an independent and fulfilled life in your own home. A trained Carer can take the pressure off family members, who need respite cover. Come and talk to us about our Care Support services. We are based near the Leominster Library. Below are some of the Care Support Services we are able to offer:-

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Personal Hygiene Care for the elderly – undertaken with dignity at all times, including bathing support.</li> <li>• Domestic duties, including laundry and ironing</li> <li>• Hospital Discharge support to get you back on your feet.</li> <li>• Assistance with fresh Meal Preparation</li> <li>• Morning getting up assistance and Bedtime support.</li> <li>• Care Visits reduce the loneliness for the Elderly</li> </ul> | <ul style="list-style-type: none"> <li>• Sleeping &amp; Waking Nights Service</li> <li>• Palliative Care/End of Life Support for Terminally ill and reassuring support for their family</li> <li>• Shopping and Prescription Collection Service</li> <li>• Respite Cover to support Main Carer</li> <li>• Walk the dog and feed the pets if necessary.</li> <li>• Trained friendly staff to offer reassuring support.</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Please come and talk to us, if you do not see the care service you require listed above.

*Call Tara or Helen on 01568-620129 at Abelia Care Services Ltd for further information on any of our Care Services - or come and visit us at the offices near the Leominster Library Monday to Friday*

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Unit 4, Upper Bushwood, Hope under Dinmore, Leominster HR6 0PN

See Website: [www.wynnes.co.uk](http://www.wynnes.co.uk)

Tel/Fax: 01568 797314 Email: [info@wynnes.co.uk](mailto:info@wynnes.co.uk)  
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# Desert Island Discs

Back by popular request!



Date: Friday 19<sup>th</sup> April 2013

Place: Pacifico: (aka Bodenham Parish Hall)

Your host: Roy Plomley (aka Les Herbert)

Invited local castaways talk about themselves, choose a piece of music, select their favourite book and a luxury item to keep them company on their desert island.

With the Queen Elizabeth Bromyard Steel Band

Tickets £7 including a glass of wine and light refreshments - available from Jim Crane Tel: 797095



## Walkies with your best friend!

Wags and Wellies is a 5km sponsored dog walk in aid of St Michael's Hospice. Starting and finishing at Wyevale Garden Centre, Hereford, you are invited to walk around the parish of Breinton; a midpoint refreshment stop is offered at Breinton Village Hall. When you have completed the walk you will receive a doggy treat and a St Michael's Hospice dog tag.

Plenty of entertainment is planned at Wyevale making this a fun day for all the family (with two legs or four!). Entry prices do apply, please check the website for full details: [www.st-michaels-hospice.org.uk](http://www.st-michaels-hospice.org.uk). Wags and Wellies takes place on Sunday 17<sup>th</sup> March with registration from 10am, the walk starts at 11am. For further information contact the Events Team on 01432 851000.

## Community Wheels Needs More Volunteers

Community Wheels, run by the charity HVOSS, helps anyone in North and Central Herefordshire who struggles with accessing transport. Our friendly team of volunteer drivers offer a vital lifeline, taking passengers to destinations all around the County – and sometimes beyond! We provide door-to-door journeys to hospitals, doctors, clinics, supermarkets, social groups, day care centres and a host of other places. Last year we undertook 16,000 trips, clocking up 242,000 miles – that's equivalent to 9 times around the Equator!

Due to an ever increasing demand for our service we desperately need to find more people (aged 21yrs plus) with their own cars to drive for us. As a volunteer driver, you can give as much or as little time as you wish. We are able to help towards your driving costs by reimbursing mileage at a set rate per mile. If you are interested in finding out more, please telephone Wendy Schuster on 07974 641638.

If you would like to use Community Wheels for a trip please telephone our Booking Line on 01568 615785 between 9.30am and 12.30pm Monday to Friday. Iola or Mike will be happy to help.



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**Come and share your downtime** – meet people, stay active and try a walk to suit you: Nordic Walking, Buggy Walking, Geocaching, Led Walks or try our independent Chalk-chasers...

**Our Walking Roadshow is coming to a market town, near you!**

- March 4:** Ross-on-Wye (Marketplace)
- March 5:** Leominster (Corn Square)
- March 7:** Ledbury (St Katherine's Car Park)
- March 8:** Kington (Mill Street Car Park)

Times: **10am–3pm** Please wear sensible shoes and dress for the weather

Contact: [award@herefordshire.gov.uk](mailto:award@herefordshire.gov.uk)  
or call Anna on **01432 261864** for more details



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**RURAL WATCH**

West Mercia are warning home owners to be alert after a significant increase in House Burglaries. Leominster, Ledbury and Hereford have all seen numerous burglaries occur over the last month with the total figure standing at 17 so far across Herefordshire. Please ensure you lock everything up when you leave your premises and if you see any suspicious people/ vehicles in your areas, report it to us on 101.

**INCIDENTS**

A vehicle parked up on Bowley lane in Bodenham was the target for thieves. The vehicle had the clasp on the back door broken off and thieves made off with approx £14000.00 worth of tools that were inside, including items such as a drill head, 2 reemers, starter bars and spotlights. Nothing was seen or heard.

**SUSPICIOUS INCIDENTS**

A vehicle was seen in the Risbury area driving across fields with spotlights on. The person reporting believes they were lamping without permission. Officers were dispatched but could find no trace of the vehicle. Please be vigilant in this area.

A business owner in Bodenham reports seeing a suspicious vehicle. The red flat bed van VRM K500 --G had some unusual equipment in the back. If seen, please report it to us on 101.

Right that's it for now folks, remember don't make it easy for thieves keep it locked.

Pcso Steph Annette 6440 Bromyard Police Station New Road Bromyard HR7 4AJ 0300 333 3000 ext 61220  
07970602354 stephanie.annette@westmercia.pnn.police.uk



*'Poetry has been one of the  
sustaining joys of my life'*  
Paddy Ashdown

*'When you learn a good poem,  
you make a good friend'*  
Boris Johnson

*'I love poetry and I'd love to  
convince you that it matters'*  
Griff Rhys Jones

**ENJOY A GOOD POEM?** *If so, please come and share a favourite  
with others...or a few lines you have written...at an evening of*

**POETRY READING & APPRECIATION** at

**Broadfield Court, Wednesday 8th May, as part of  
Bodenham Spring Festival.**

Alexandra James and Pete Hollingsworth who are putting the evening together hope a number folk from Bodenham and nearby villages will take part, contributing and reading at least one poem - and if they wish briefly explaining the reason for their choice. This is a **PRELIMINARY NOTICE**—more details in the next newsletter. If interested in supporting the evening please contact Pete Hollingsworth - 01568 797623, 'petehollingsworth@hotmail.com', or Alexandra James, 01568 797483 by early April.

**CHARITY EVENING AT  
DUNCTION HOUSE,  
Bodenham Moor**

**SATURDAY 13<sup>TH</sup> APRIL 2013**

*Enjoy an Evening of*



**“Poems and Pints”**



**7 o'clock 'til late**

**Donations asked in aid of sponsoring Eva  
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| Half Page | £12.50 for 1 month |
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## **Bodenham Spring Festival update**

**3rd to 12th May 2013**

**This is still a provisional plan, more details later and a full brochure;**

**Fri 3rd May** possible event at St Michael's school to commemorate the school's 150th Anniversary

### **Fri 3rd May**

The Floor at Bodenham

a musical evening 7.30pm at the Chapel

An opportunity for local artists, singers and performers to introduce their music. Young emerging 'talent' particularly welcome. As far as possible, contributions from Bodenham or nearby. Refreshments. (contact Peter Hollingsworth 01568797623 with ideas)

### **Sat 4th May...**

**Our Big Breakfast from 8am**, sponsored by Wynne's of Dinmore and Tudges

(contact Keith Grumbley 01568 797395)

**Special event: Amateur radio station from 9am**

(contact Bob Bowden 01568 797868)

Classic car run

(contact Jim Henshaw 07980118215)

**Produce Market from 9am**

(contact Mary Nickols 01568 797144)

Pay for breakfast, free entry

at the Parish Hall

Proceeds to Parish Hall

### **Sat 4th May**

Fishing Competition

Meet early at Parish Hall for draw for pegs.

Event at Bevan's Pools Ullingswick, booking essential.

Trophy and prizes.

(contact Mike Mullinger 01568 797199 or Mike Stephens )

### **Sun 5th May**

Special event: Amateur radio station from 9am

Free at the Parish Hall

(contact Bob Bowden 01568 797868)

### **Sun 5th May**

Local walk organised by 'Bodenham Ramblers'

10am – 12.30/1.00pm Open to all Free

Meet Parish Hall Car Park. Local walk around village.

Maximum distance 5 miles. Mainly easy going. All welcome including families (adult supervision for tiny tots please). Regret no dogs please.

Sunday lunch available at Englands Gate Inn after walk if required.

Please advise leader before walk commences or pre-book direct with Englands Gate.

(contact Brenda Richardson 01568 797035)

### **Mon 6th May**

Fun Run etc BBQ Free

at St Michael's School

(contact Simon and Mary Nickols 01568 797144 )

### **Tues 7th May**

Gardening Club Meeting open to all

Parish Hall 7.30pm

Buy professionally grown summer bedding plants and perennials; see demonstrations of planting baskets/containers for maximum affect; get general gardening advice/tips.

Sales table, refreshments (contact Patsy Lowe 01568 797149)

### **Weds 8th May**

An evening of Poetry 7.30pm

at Broadfield Court.

Refreshments (contact Peter Hollingsworth 01568 797623 or Alexandra James 01568 797483 with ideas)

More details later.

### **Thurs 9th-Sat 11th May**

Exhibition of local art/craft Free at the Chapel

Art from the Wednesday morning classes in Bodenham, ceramics and quilting from a class in Leominster

(contact Rob Pritchard 01568 797428)

Refreshments

### **Fri 10th May**

Golf Texas Scramble Brockington Golf Club from 4pm

(contact Lyn Pollard 01568797228, Simon Nickols 01568797144) Advance booking preferred. Prizes, Raffle, Refreshments. A fun event for all ages and abilities with no handicaps required. Teams of three compete under Texas Scramble rules over 9 holes. It should take around an hour and a half. Friends and spectators welcome. Entry fee includes bacon bap and tea/coffee. Proceeds to St Michael's Hospice and Bodenham Parish Hall.

### **Sat 11th May**

Bodenham Tennis Club present an Open Day/BBQ 12noon – 3pm

Tennis Courts by Parish Hall Free

Fun tennis based activities for youngsters and adults with free coaching.

(Contact Mark Edwards 07867977880)

### **Sat 11th May**

Dance at Parish Hall

Refreshments

(contact Adele Broomhead 01568 797167)

More details later

### **Sun 12th May**

Pub Quiz Refreshments

England's Gate Inn 7.30pm

Entry fee with proceeds to charity

ALL THESE EVENTS ARE OPEN TO BODENHAM RESIDENTS, THEIR FAMILIES, THEIR FRIENDS AND PEOPLE FROM ALL NEIGHBOURING VILLAGES, TOWNS AND CITIES.

You do not have to be a member of anything. Just come along and you will be made welcome.

Mary Nickols 01568 797144

Now In Bodenham....

As featured on SkyTV

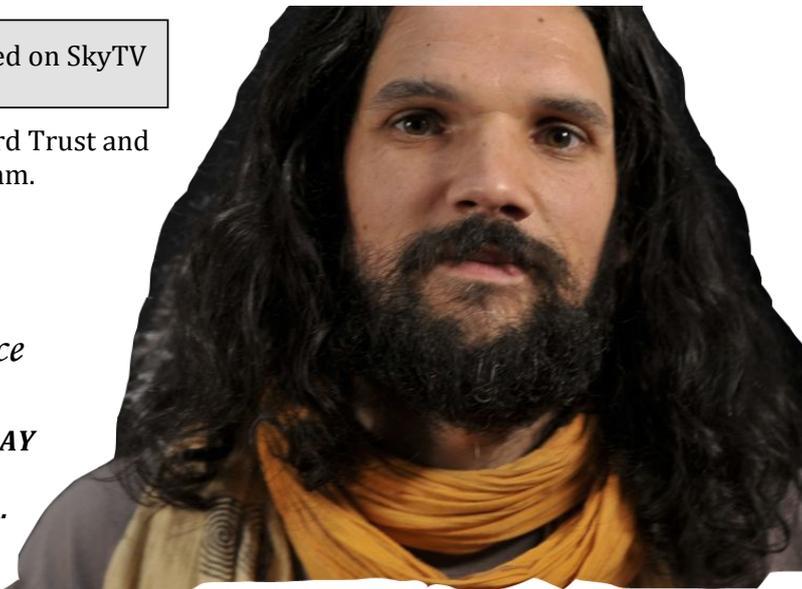
Nationally acclaimed teacher & speaker, Master Deojee of The Living Word Trust and The Peoples Public Trust is now in Bodenham.

**'Launch month' Special:**

***Master Deojee:***  
***Services of Emergence***

There will be a talk/seminar **EVERY TUESDAY IN MARCH** to introduce Darren's unique spectrum of work and service to Bodenham.

Meet at Bodenham Manor, HR1 3JS, 7-9pm.



"...a phenomenal experience, completely life-changing and has caused a shift in my perception that is incredibly profound. I can only recommend that everybody take part: your ideas about the world will change it forever" *Adam, London*

*the secrets of 'meaning,' 'spelling' & 'character.'*

**Secrets of Sound & Language 5th March**

*We spell all our words because all our words are really 'spells.'* By understanding how they work, you can begin to **free yourself from limiting ideas and beliefs about yourself and the world.** This is accessible to all, and will especially excite anyone with an interest in linguistics or mental health.  
*Free your mind by unlocking*

All March Events by Donation. Private Service costs are based on income! **Contact 07429 145 215 to book or enquire.** Limited Private Service spaces available – Book Now to avoid missing out!

**The Masters of Britain & The Peoples Public Trust**

**12th March**

Public Servants are increasingly giving inhumane or unhelpful service to their employers: the real men and women of the UK. Learn how to **re-empower yourself and your community by understanding your true Constitutional position and power:** *If you have one, bring your passport, and men – bring a shirt if you've got one... If you are unhappy with the way your public services are running, then this is not to be missed.*

"In case you didn't know already, this guy is a genius of our times" *Iam, Brighton*

([www.peoplespublictrust.com](http://www.peoplespublictrust.com) or search 'Darren Deojee peoples public trust' on [www.youtube.com](http://www.youtube.com) )

**Heal-thy Relationships 19th March**

**If your relationships have been getting challenged** in recent years, be they intimate or platonic, **then this event is for you.** Darren presents here a truly challenging and evolutionary gender perspective that casts new light on the last 100 years of gender role transformation. **Modern relationships are** increasingly 'drying up' or **failing purely because of a lack of applied gender awareness: Don't let yours do the same,** or if it has already, then come find out why and be prepared for future! – *adults only. You don't just 'Be' your self, you 'Be-Come' It.*

"there is nothing else I have experienced which gave me so many 'pointers' in the right direction in such a short period of time!"  
*Diarmaid, Oxford*

"Darren's workshops are like crossroads, I think, bringing you the opportunity to explore a whole new path of being and knowing, and I strongly encourage all who can to take advantage of this magical possibility." *Amy, Preston*

**The Lost Word, The First Word, The Last Word 26th March**

Come along to unlock the secrets hinted at in the title! **This is** uncovering and exploring the most powerful 'spells' and 'spelling' in our language & culture and is **assured to be one of the most liberating and enlightening events ever for some, and one of the most challenging ever for others...**

Get in early with some private guidance sessions with Master Deojee before everyone finds out how good they are! Limited

Availability - Book early to avoid missing out...

**Private Services:**

- One-to-one and couples relationship guidance (unique & confidential)
- Private spiritual/personal guidance (tools taught as needed)
- Private Sound Tuition – Living Words & the Art of Spelling

"You saved my marriage of 25 years..." (1 yr after 1-2-1 session *Julie, Manchester.*

# Yoko's

## Thai Cuisine

### A new concept in home dining.

Choose from our menu and Thai Chef, Yoko will cook it for you in the comfort of your own home. You and your guests will dine on delicious Thai Cuisine in the comfort of your home. During the preparation of your meal Yoko will be completely dedicated to making it the best Thai food you will ever taste.

For further information on prices for your party or to receive a menu please phone or email;

Telephone 07800-944445 or 07974-686000

email: yokosthaifood@gmail.com

Thai food cooking classes also available one to one, or groups



The Carers Group meets on the third Monday of the month at 2p.m. at Siward James Community Room. Anyone who provides care or support to someone else, family, friend or neighbour, is welcome to come along. If you need alternative care for the person you care for to enable you to come to the meetings, please let us know and we may be able to arrange this. We need at least 2 weeks' notice to arrange this.

Carers Group Spring Programme:

18 March - Kidwell Solicitors - a talk on Advocacy  
15 April - Hilary Lewis, GP Link Worker - How to get the best from your GP  
20 May - Jenny Lilly - The counselling Service

For more information please telephone Herefordshire Carers Support on 01432 356068 or email [help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org)

## STUART HURDS

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### HAVE YOU HEARD ABOUT NHS111?

NHS111 is being introduced as part of the wider revision to the urgent care system to make it easier for patients to access the right service the first time.

The new number will replace the current NHS Direct 0845. It will be delivered in Herefordshire (and the West Midlands) by NHS Direct and is due to go live on 12th March 2013.

This new service should help sort out the confusion over what to do or where to go for help when someone has unexpected or urgent healthcare needs.

### NHS111 will:

- be available 24 hours a day; 365 days a year
- will get the caller through to a fully trained advisor, supported by experienced nurses who will ask the caller questions to assess their symptoms and give the healthcare advice they need, or direct them to the right service
- The NHS111 team will, where possible, book an appointment or transfer the caller to the people they need to speak to
- If the caller needs an ambulance one will be sent just as quickly as if they had dialled 999



### S'NO'W PROBLEM!

The snow famously caused all sorts of problem when it fell earlier last month but the ladies of the WRVS were determined to get through to the elderly and infirm who rely on the 'meals on wheels' service they provide.

Seen here delivering to residents of Siward James, these WRVS volunteers had the help of a Land Rover and driver provided by Glyn Lewis of the Vault. Glyn became involved with the WRVS through his late wife, Elizabeth, who was a stalwart of the service for many years, initially in Marden and then in Bodenham when the two areas joined together.

Photos: Harry Jenman. See them in full colour at: [www.bodenhamnewsletter.co.uk](http://www.bodenhamnewsletter.co.uk)



### INCREASING MEMBERSHIP

Wellington Bowls Club is actively seeking new members

For the 2013 season the club will hold twice-weekly friendly roll-ups on Tuesdays and Thursday afternoons 2pm – 4pm and other times by arrangement.

### SEASON OPENS SATURDAY APRIL 6<sup>TH</sup>

Anyone interested in joining, from complete novices to accomplished bowlers, will receive a warm welcome. We'll provide the coaching and the woods.

All you need is flat soled shoes.

We're beyond the car park behind the school opposite the church.

**Why not come and give bowls a try?**

Please contact any club member or:

|            |               |             |
|------------|---------------|-------------|
| David Wood | Keith Brimley | Geoff Jones |
| 830118     | 830712        | 357757      |

## MEN ONLY!

OVER 50'S KEEP FIT CLASS

IMPROVE CARDIOVASCULAR FUNCTION  
MUSCLE STRENGTH & TONE  
IMPROVE BALANCE & FLEXIBILITY  
CORE STRENGTH

USING CIRUCIT TRAINING MIXED YOGA  
AND PILATES AND  
AEROBIC WORK OUT - ALL TO GREAT  
MUSIC!

SUITABLE FOR TOTAL BEGINNERS AND  
BEYOND

£5 PER CLASS - 'PAY AS YOU GO'  
INCLUDES TEA/COFFEE

TUESDAY MORNINGS 11AM - 12 NOON @  
WELLINGTON COMMUNITY CENTRE  
FOR MORE INFO AND TO BOOK YOUR  
PLACE.....

CALL MIRANDA DAVIES 01432 830675  
[miranda85@btinternet.com](mailto:miranda85@btinternet.com)

From the Editor,

The next issue of the newsletter is April. The deadline for adverts and contributions is 18th March.

Email your contributions to either of the email addresses below or via the contact page on the website. [www.bodenhamnewsletter.co.uk](http://www.bodenhamnewsletter.co.uk)

You can sign up to receive the newsletter by email by entering your name and email address in the sign up box on the website.

Don't forget there's also the Parish website: [www.bodenhamparish.org.uk](http://www.bodenhamparish.org.uk)

Contact me: [susan@bodenhamnewsletter.co.uk](mailto:susan@bodenhamnewsletter.co.uk) or [orchardthings@hotmail.co.uk](mailto:orchardthings@hotmail.co.uk)  
Tel: 01568 797872

# THE MERCHANTS HOUSE

## RESTAURANT, CAFÉ & ANTIQUES CENTRE

\*\*\*\*\*



*Enjoy your Lunch in Front of our Open Log Fire*

### CAFÉ

*Monday to Saturday 8.30am – 5pm  
Home Made Lunches, Snacks, Cream Teas, Coffees*

### RESTAURANT

*Can be Booked on Friday and Saturday Evenings  
for Private Parties up to 32 covers.  
Birthdays, Anniversaries, Family Gatherings etc  
Please discuss your requirements.*

### 'PAST & PRESENT' ANTIQUES CENTRE

*Two floors of old, new & reproduction!  
Furniture, books, jewellery, antiques, materials, paintings & more.  
Monday to Saturday 10am – 5pm*

*Fully licensed serving Wines, Real Ale, Beers and Spirits.  
We use organic & locally sourced products wherever possible. Vegetarian options available.*

*Dogs welcome in our enclosed courtyard*

The Merchants House, 10 Corn Square, Leominster, HR6 8LR  
Tel: 01568 616141 Email: Enquiries@TheMerchantsHouse.org

**www.TheMerchantsHouse.org**

*'Like' us on facebook 'The Merchants House'*