

Bodenham Newsletter



October 2011

1st	Wombling Litter Pick	15th	Mothers' Union Coffee Mornings
2/3	Bwg Trip	15/23	h.energy Events
4th	Gardening Club	18th	Bwg outing to Berrington Hall
6th	Mothers' Union AGM	21st	Flicks in the Sticks
7th	Romania Group Autumn Quiz	22nd	Bwg Last bus to Hereford
10th	Leisure Club	24th	Leisure Club
11th	Bwg Bodyshop Party	24th	Carers Support Meeting
14th	St Michael's Pudding Evening		
15th	Flood Group Bonfire Party		
		Nov	
		1st	Cancer Research Coffee Morning

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St Michael's Church

Dear Friends,

October is the month of Harvest Festivals, a time to give thanks to God for all his goodness to us, and to celebrate the hard work and ingenuity of farmers and agricultural scientists.

My Grandfather, on his Welsh farm would have been amazed at the huge machines that bring in the harvest, the tractors, combines and harvesters that work all through the night to pick the crop at its best. His small fields would never have held all our familiar machinery.

But however the crops are gathered, the care and concern my Grandfather had for his land and animals, his understanding of how to grow things, is the same today, and will always be the same.

When we fill our churches with flowers and vegetables, and sit down to share in a simple meal at our Harvest Celebrations, we are reminded of our dependence on the land around us, and countries far away to provide us with the food we need.

*"If the land could speak,
It would speak for us,
It would say, like us, that the years
Have forged the bond of life that ties us together.
It was our labour that made her the land she is,
It was her yielding that gave us life.
We and the land are one!
(Christian Aid, from the Philippines)*

St Francis, writing in the 12th Century, wrote in his Canticle of the Sun:

*"Praised be my Lord for our sister, mother earth,
Who sustains and keeps us
And brings forth diverse fruits with grass and flowers bright."*

In our hymn "All Creatures of our God and King", based on the Canticle of the Sun, we sing "Dear Mother Earth...."

We are sustained and kept in good health by the goodness of the soil, God calls us to be good stewards of the Earth. That means that not only should we do all we can to care for the land around us, but also make sure that wherever food is grown and harvested in the world, that the land and people there are not exploited or blighted by over production.

We pray for an equal sharing of the world's resources so that no one should go hungry, while we have so

much choice and variety of food. How we produce our harvest in Britain or in places far away has an impact on our lives today and tomorrow.

"God saw everything that he had made, and indeed it was very good." (Genesis 1:31)

May we do all we can to care for the earth, and the web of life that sustains us.

Yours in Christ,
Heather

St Michael & All Angels' Church Bodenham SUNDAY SERVICES FOR OCTOBER

Oct 2nd	HARVEST THANKSGIVING		
	6.00pm	Choral Evensong	(The Revd Heather Short)
Oct 9th	9.30am	Sung Eucharist	(The Revd Heather Short)
	6.00pm	Evensong	
Oct 16th	9.30am	Family Communion	(The Revd Heather Short)
	6.00pm	Evensong	
Oct 23rd	9.30am	Sung Eucharist	(The Revd Alison Leigh)
	6.00pm	Evensong	
Oct 30th	10.00am	GROUP SERVICE AT BODENHAM	(The Revd Heather Short)
	6.00pm	Evensong	

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

HOLY COMMUNION AT SIWARD JAMES

There will be a celebration of Holy Communion at the Siward James Centre on Friday, October 21st at 11.00am. All are welcome to attend.

Please note - not the last Friday in the month as usual, but the Friday before!

All Souls' / All Saints' Day

On Sunday October 30th - All Saints' Day -

we will have a special service at 6.00pm when we will remember all those who have died.

If you would like to remember someone special to you please join us at this simple Evensong Service. You can write the name of a loved one on a sheet at the back for church and this will be read out at the beginning of the service. You can also light a candle if you wish. Everyone is most welcome.

CHAIRMAN'S REPORT

The key items discussed at this month's meeting were speeding, Community led Plan, Broadband, Housing strategy and the Flood group activities. We are very fortunate that our local Flood group is very active and has secured funding for the properties affected by the 2007 floods.

I am also pleased to confirm that Tony Mitcheson and Jeff Pollard have volunteered to locate the SID on a regular basis, we now have a wealth of data on speeding which has been passed to the local police and we are expecting more speed checks in the near future.

The community led Plan action list is now being finalised and I hope that you will all feel you have had a chance to have your say in matters that concern you. I would like to thank the Steering Group for the hard work and effort they have dedicated to the plan over the last 18 months. In order for the whole process to be a success we now need more volunteers to get involved and support the key issues in order to improve the Parish.

Derek Ling
Chairman

HIGH SPEED BROADBAND IN BODENHAM

The Government is promoting the introduction of high speed broadband in rural areas, if there is sufficient demand from residents and business. Herefordshire Council have produced a questionnaire to estimate the demand. Please complete the questionnaire at

www.fastbroadband4herefordshire.org.uk

More details appear elsewhere in this Newsletter.

PLANNING APPLICATIONS.

Hillside, Litmarsh (proposed replacement dwelling - revised application). Herefordshire Council have granted planning permission for this application.

DINMORE SPOUT

The Parish Council has once again been notified by the Scientific Officer in the Environmental Health and Trading Standards department at Herefordshire Council that the water at the spring serving Dinmore Spout is not fit to drink. The latest inspection found different bacteria from previous inspections, namely e-coli and

enterococi. Important clinical infections caused by enterococci include urinary tract infections, bacteremia, bacterial endocarditis, diverticulitis, and meningitis. There is no safe limit for these bacteria in water supplies. You have been warned.

NOTICEBOARDS

There are three Parish Council noticeboards - at Saffrons Garage, opposite the School and next to the playground. The Parish Council is hoping to move the noticeboard at Saffrons Garage to a more prominent position. The other two noticeboards will shortly be divided into a space for Parish Council notices only and a space for all other notices.

DID YOU KNOW?....(1)

.....that you can put dog poo in litter bins, if it is bagged.

The Parish Council should be putting stickers to this effect on all its litter bins shortly.

DID YOU KNOW?.....(2)

.....that you can support the doctors at Bodenham....

firstly, by always ringing before 11am, if you need a home visit, and, secondly, by always using the dispensary at the Surgery. The more this facility is used, the more likely it is to continue to be provided.

DID YOU KNOW?.....(3)

.....about the parish website?

At www.bodenhamparish.org.uk you can find an absolute wealth of information about Bodenham past, present and future. Take a look.

FINALLY....

The next Parish Council meeting will be held at 7.30pm on **Monday 3rd October** at the Siward James Centre. Copies of the agenda are placed in advance on parish notice boards and on the parish website (www.bodenhamparish.org.uk).

Everyone is most welcome to attend and raise any matters of concern in the slot reserved for this purpose during the meeting.

If you prefer you can raise matters in advance by contacting Chris Smith, Parish Clerk, on 01568 797132 or by email at: fork.lightning@gmail.com.

A.G. ACCOUNTANCY SERVICES

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BODENHAM CHRISTIAN FELLOWSHIP,

Chapel Lane, Bodenham

Programme for October

1st	7.30pm	Harvest Supper
2nd	9.00am	Praise and Prayer
7th to 9th		Celebration of the Bible in English (See separate notice)
9th	10.30am	Worship Service - Revd Gordon Hill
16th	10.30am	Worship Service - Revd Gordon Hill
23rd	10.30am	Fellowship Service and Communion
30th	10.30	Worship Service - Peter Lefroy-Owen

Praise and Prayer on Sunday 2nd October will be followed by a simple breakfast. Coffee will be served after all services.

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

Midweek Study and Discussion Group meets on **Thursdays at 7.30 for 7.45pm**. Visitors are welcome to meet with us as we study the Book of Acts - 'Faith Explosion.' Contact Peter Lefroy-Owen for more information.

Ladies Bible Study restart on **Tuesday, 4th October** at 10.00am, with the first of 8 studies in Hebrews entitled 'Considering Jesus', which will focus on the Person and Work of the Lord Jesus. New friends are welcome.

Please contact Margaret Seccombe for further details.

Contact Peter Lefroy-Owen, Margaret Seccombe (797094)
Secretary: Pat Horrigan (797044)

CELEBRATION OF THE BIBLE IN ENGLISH 400th Anniversary of the Authorised Version Publication

Bodenham Chapel
7th – 9th October 2011

Including:

AN EXHIBITION TO SHOW THE ORIGINS AND HISTORY OF THE BIBLE IN ENGLISH

- ** 150 items, including unusual and rare volumes
- ** Saturday Evening: Film and "Any Questions" Panel, with Testimony of a "Bible Smuggler" friend of Brother Andrew
- ** Sunday Morning: Special Service of Celebration
- ** Sale Table with 100 or so second hand Christian books, Including Bible study and Theology.

CONTACTS: 01568 760580 or 01568 797531

Exhibition: Opening: Fri 7th 4.00 p.m. to 9.00 p.m.
Opening: Sat 8th 10.30 a.m to 5.30 p.m.
Opening: Sun 9th 9.30 a.m.; 2.30 to 5pm

Evening Meeting: Sat 8th 7.30 p.m. - 9.30 p.m.

Film; Refreshments;

Any (Bible) Questions? Panel.

Special Visitors (to date): Noel Doubleday (former 'Smuggler' with Brother Andrew);
Gordon Hill (former Pastor Leominster Baptist Ch)
The Rev. Gordon Hill

Aim: To show the origins of our English Bible, how it has evolved over the centuries and to encourage everyone to read a portion of the Bible every day. There will be Bible Reading Notes (various) available, also leaflets on Bible reading and a detailed list of the Exhibits.

Exhibition Details:

1. **Whole Bibles**
To include: 1471 Nicholas Lyra; 1493 Hebrew ben Asher; 1521 Nuremburg; 1535 Erasmus; 1540 Cranmer; 1560 Geneva; 1582 Douay; 1630 Authorised Version, and other rare items.
2. **New Testaments**
3. **'Curiosity' Bibles or parts of the Bible**
4. **Speciality Bibles**
 - (a) **Inter-linear Bibles**
 - (b) **Study Bibles**
 - (c) **Multi Versions (Polyglot)**
 - (d) **Parallel Gospels**
 - (e) **Misprint Bibles**
5. **Childrens, Multi-part and comic strip Bibles**
6. **Foreign Language Bibles**

BRSQ AUTUMN QUIZ
FRIDAY 7th OCTOBER
 at
BODENHAM PARISH HALL

7.15 FOR 7.30 prompt start

Teams of 4 - 6,
individuals also welcome

£6 per person
(includes glass of wine and nibbles)
To book a table for your team phone
Pat on 797044
or email Margaret at
mdpjames@talktalk.net
(Please book your table Now)

THURSDAY 13TH OCTOBER Knit-In at 14 Brockington Road from 2 - 4 pm. Visitors are always welcome. We don't charge anything and will provide you with wool if needed. Ladies are knitting or crocheting hats, scarves and mittens for the Operation Christmas Child shoeboxes, and blankets. Thank you to all who have supplied us with knitted items, wool and suitcases this year - all these are still needed. Chairman: Pat Horrigan (797044)

OPERATION CHRISTMAS CHILD

If you would like to help with the OCC appeal, explanatory leaflets are available at the Post Office, Saffron's Cross Garage, St Michael's Church, Bodenham Chapel, or from myself.

Please phone me for further information, or contact:
www.operationchristmaschild.org.uk

I shall be glad to receive filled shoeboxes, or items for them, at any time.

Local Co-ordinator: Pat Horrigan (797044)

Bridgette Kempson
M.Inst.Ch.PHPC Registered

Home Visiting Chiropodist
Tel 01568 797543
Mobile 07798 765744

Also at Beautonics, 97B Old Eign Hill,
Hereford

Tel 01432 370550



In Bodenham Parish Hall on
Saturday 10th December, at 7.30pm
2 One-Act plays will be performed

BODENHAM PLAYERS
 Presents

"Her Grace will be Here"

A Comedy Play
 By
 Arthur Lovegrove

HEREFORD PLAYERS
 Presents

"In the Blinking of an Eye"

A Comi-Tragic Play
 By
 Jeremy Hylton Davies



Further details in the November Newsletter; further information please contact me on telephone number 01568 797868.
 Gwenllian Bowden

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**Broadfield Court, Bowley Lane,
Bodenham HR1 3LG**

**Telephone 01568 797483 or
01568 797918**

BODENHAM LEISURE CLUB

On **Monday 10th October** we have our last out-
ing of this year's programme when we shall leave
the Parish Hall at 9.30am and travel to Blists Hill,
Ironbridge.

The coach will depart from here at 3.30pm. Cost
of the coach will be £11. Names, together with the
coach fare, to be given to the Treasurer,
Mrs. D. Pugh, telephone number 01568 797268,
thank you.

Visitors will be very welcome to join our trip.

Monday 24th October finds the Club in the Parish
Hall at 2.30pm when we shall have a talk entitled,
"Guide Dogs for the Blind". This will be presented
by Claire Rush; her dog Trudy will be accompanying
her.

These dogs are marvellous creatures and I am sure
Claire's talk will be interesting and encouraging.

Visitors are invited to join us at £1 entry.

There will be the Bring & Buy Table, Raffle and
light refreshments.

Gwenllian Bowden

Secretary/Programme Secretary

lakewood

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POLICE CONTACT NUMBERS

The number for reporting incidents to West Mercia
Police is 0300 3333000

Bromyard Police Station: New Road, Bromyard,
Sgt Andy Scott 0300 333 3000 Ext 4579

Local Policing Officer:

PC Wayne Strangwood (Bromyard Rural)
07816548932

wayne.strangwood@westmercia.pnn.police.uk

Community Support Officer:

CSO Steph Annette (Bromyard Rural) 07970602354
stephanie.annette@westmercia.pnn.police.uk

**Mobile numbers are NOT to be used for reporting
incidents**

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IMPORTANT NEWS ABOUT BROADBAND IN BODENHAM

What's it about?

Families and businesses across Herefordshire are suffering because of poor internet connections, but there is now a real opportunity to change that. Government funding is available to vastly improve broadband in rural communities such as Bodenham, but only if there is sufficient demand.

How does it affect you?

High speed broadband is no longer a luxury. Without it you cannot function fully in the modern world and this inequality will continue to grow. You will pay more, receive fewer and poorer services and the quality of your life will suffer.

The benefits of high speed broadband are many:

- Almost everything is cheaper online – gas, electricity, groceries and much more
- Health and education resources are easily obtainable online
- Looking for products, services, jobs and all sorts of information is easy online
- Keeping in touch with family and friends, booking travel, films, accommodation, films and almost anything is easy online
- You can replay TV programmes, watch films, listen to music and do much, much more

So, what do you have to do?

You may have received a questionnaire about broadband already. If you haven't you should get one shortly, but, if you prefer, you can complete the questionnaire online at

www.fastbroadband4herefordshire.org.uk

Please make every effort to complete the questionnaire. Bodenham needs high speed broadband!



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24 HR SERVICE

1 Penelope cottages, Lugwardine,
Hereford HR1 4DS

Absolute Care Services (Herefordshire) Limited

6B High Street, Leominster, Herefordshire, HR6 8LZ
 Telephone number 01568 620129

We are a small privately owned Home Care Agency registered with the Commission for Social Care Inspection to provide care for Adult & Elderly people in their own homes. Should you or someone you know need care support services to enhance their quality of life, we can offer the following services:-

Personal Hygiene support for Bathing / Showering undertaken with dignity and respect. Sleeping and waking nights.

Respite Care for a Main Carer who may need additional support. Meal preparation and Food monitoring.

Hospital Discharge Assistance. We can provide a Carer to help you settle back in a home if you have been in hospital.

Prescription, Pension Collection and Shopping Service.

A Carer cannot replace a loving family member, but the support a Carer can give is comforting and reassuring.

If you are interested in joining our team of dedicated Carers, and have the necessary qualifications, then Absolute Care Services would be delighted to hear from you.

Caring in the Community

BWg

For women from Bodenham and surrounding areas

OCTOBER

Blackpool Illuminations 2nd/3rd Oct £75 + insurance for two day holiday including DBB at Hilton Hotel in Blackpool, tour of lights, visit to Lake District with Yeoman's coach travel who will pick us up at England's Gate
Please contact organiser Linda Creaton on 01568797494 or lindacreaton@aol.com

Quiz Bod'm Romanian Supp. group Friday 7th Oct 7.15 for 7.30 at Parish Hall with Quizmaster extraordinaire Roland

Make up a BWg team 4-6 people. £6 per person to include drink and interval nibbles.

Organiser Ann Hartfield a.hartfield@virgin.net

Bodyshop party Tues 11th Oct 7.30pm Chapel, tea/coffee/biscuits afterwards.

Organisers Joan Manning 0785 0335102, Jean Soley 01432 820441 or jean.soley@btinternet.com

Costumes at Berrington Tues 18th Oct 11am £3.50 if a member. See unique collection of lovely old costumes in a private viewing. Option to stay for lunch and do 'downstairs tour'

Organiser Jo Morgan 01568797255

Last bus to Clarkesville (ie Hereford) Help mourn the end of the late night Fri/Sat service by using it Sat 22nd Oct Leaves Memorial 7.10pm, Orchard Close 7.15pm and returns from Hereford 11.15pm

We could have a drink or a meal in Hereford

Organiser Kathy Tremain 01568797751

ktremain@tesco.net

NOVEMBER

Me and My Girl Courtyard Theatre Thurs 3rd Nov 7.30pm £15

Contact organiser Maureen Bick 01568797226 as soon as poss.

England's Gate Weds 9th Nov 7.30pm. Just turn up
Organiser Jean Soley 01432820441

jeansoley@btinternet.com

Ten pin bowling The Grove Leominster Weds 16th Nov 7.30pm Bowl, steak, chips and salad £9.99 all in
Book and pay by 1st Nov organisers Lavinia Edwards 01568797558 Markandlav@aol.com or Isobel Crawford 01432880675

Festive decoration workshop Weds 30th Nov at Siward James 2pm-5pm £10-£15, max 15 people
Make a door hanging or table centre suitable for Christmas with Pat Crane's help
Basic materials provided. See Barbara for more information.

Organiser Barbara Gibson 01568797643
barbaragibson949@btinternet.com

DECEMBER

Christmas party evening Thurs 15th Dec at Leominster Golf Club. £19.95 for 3 courses, £14.95 for 2 courses Partners welcome. Get deposits in asap.

Organiser Kay Clark 01568797943
kay@rosewood166.plus.com

JANUARY

Cheese and wine party at Siward James.

Organiser Eileen Watson 01568797594

FEB OR MARCH

Skittles again!

For membership details phone our Treasurer, Anita Griffiths 01568797929 or any below

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

Bodenham community access point

From October 5th 2011 the C.A.P. will be meeting every other Wednesday evening at Siward James
Meeting room from 6.15pm - 8.15pm. We look forward to seeing you there



Come Wombling!



Join Friends and Neighbours for
The
**GREAT BODENHAM LITTER
PICKING
EXPEDITION**

On SATURDAY 1ST OCTOBER

From 11 AM - 1pm

**Start and Finish at
England's Gate Pub**

Litter picking sticks and
High Viz jackets
will be provided

For further details contact
Kay Clark 01568 797943



PARISH HALL NEWS

August Bank Holiday Monday free 'street party' event.

There were childrens' races, bbq food, a raffle, and lots of tea and chatting. A produce stall showed what great gardeners some people are and made more money for Help for Heroes. We also had tug of war; the Womens' team beat the Mens' team. I admit the Womens' team did have a few more people! We sent £151.67 to Help for Heroes and paid £92.20 towards the rent of the Hall/other expenses for the day. All in all, a good day.

100 CLUB

Hoorah! We've made it. We are now 100 strong so we will be giving out £100 in prizes at the forthcoming draw at Gardening Club on 4th October. If you feel like you're missing out then contact me, Mary Nickols on 01568797144, The Forge, (by Bodenham bridge) and you can have ticket number 101 (sure to be a lucky one) for £6 for the remaining 6 months. 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.

Flicks

The next film is 'Morning Glory' (12A) on Friday 21st October. November's film on Friday 11th is 'The Great White Silence' (U) about Scott's journey to the South Pole. I expect December dates are getting full already in your diary, so don't forget 'Mr Popper's Penguins', a festive film suitable for family audiences on Friday 16th December. There will be a Christmas theme that evening to get us in the holiday mood.

Hourly Rate

• Main Hall	£9.00	(Minimum Charge £12.00)
• Committee Room	£4.00	(Minimum Charge £4.50)
• Stage Only	£5.00	(Minimum Charge £5.50)
• Store/Back Room	£8.00	
Party/Dance/Disco	£120.00	(£100 deposit for public)
Concerts/Musical Evenings	£60.00	
Quiz Nights	£30.00	
Bingo	£30.00	
Children's Party (Under 14 years' old)	£25.00	
Jumble Sale	£45.00	

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

Bodenham Parish Hall Regular Activities Schedule

Clubs & Societies

Club	Meets	Contact
Leisure Club	Monthly on the 2nd and 4th Mondays, 2.30 - 4 pm .	Secretary - Gwenllian Bowden 01568 797868
Gardening Club	Monthly on the 1st 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 am Keep Fit, Body Tone, Aerobics & Zumba 6.45pm	Julian Kemp 01568 614468 Emma Caldwell 01568 797210, 07971009691
Tuesday	Pilates 6 pm Airgun Club 8 pm	Jennifer Grumbley 01568 797395 Ian Linton 01568 797375
Wednesday	Tai Chi 9.30 am Yoga 6 pm Badminton 8 pm	Julian Kemp 01568 614468 Fiona Hawkins 01432 860270 Rob Parker 01568 797091
Thursday	Bellydancing 7 - 8.00 pm and 8 - 9.30 pm	Abbie Mason 07962161081 E: alanya@alanyabellydance.com www.alanyabellydancer.webs.com
Friday	Pilates 10 am	Jennifer Grumbley 01568 797395

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

Bodenham SUNDAY Health Walks

On first or second Sunday in month.

Sunday 9th October 3pm meet Parish Hall car park to share cars. About an hour.

Sunday 6th November 11.30am meet School Car Park. About an hour and a quarter.

Sunday 11th December 11.30am meet The Forge. Final walk of the scheme (about 40 mins) with mince pies and mulled wine afterwards at The Forge. £1 each, for St. Michaels Hospice.

EVERYONE WELCOME incl. children/dogs
Please ring 01568 797144 Mary Nickols, if you have any queries.(Wear stout footwear)

These walks are part of Footprints Countywide Accredited Scheme.

Moreton Wood



- High Quality hand made Garden Sheds, Fencing, Screens, Arbours and other Bespoke Structures
- Sawn timber for sheds and decking
- Sustainably produced Barbecue Charcoal
- Other hand made quality woodland products & services
- Fun and Educational Community Events and Workshops

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Wednesday 2nd November “Angkor Wat and temples of Cambodia” presented by Ken Webb

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Herefordshire Nursing Appeal calls on local supporters.

Marie Curie Cancer Care is looking for 100 Herefordshire Supporters to come forward and donate £20 as part of its local Herefordshire Nursing Appeal - enough to fund an hour of nursing care.

Given the choice, most of us – if we had cancer or another illness – would want to be cared for at home, if we were dying, close to family and friends and surrounded by things we love.

Marie Curie Cancer Care makes that choice possible for patients and their families here in Herefordshire. Last year, Marie Curie Cancer Care provided 10,552 hours of nursing care to 114 patients in the county. The nurses provide hands on care to patients at home, right through the night along with vital emotional support for their families.

Local Nurse Steph Bagley says “Everyone should have access to high quality end of life care when they need it, and in their place of choice. For most people this means dying at home. Every single donation to the appeal, big or small, will help nurses like me care for more people in Herefordshire”

It costs £20 to fund a nurse for one hour. The service is always completely free of charge to the patient and their family but we urgently need your support to reach more people.

The Herefordshire nursing appeal aims to raise the £88,000 required to fund the nursing service here in Herefordshire.

If you want to learn more about Marie Curie Cancer Care please contact Richard on 0117 942 7132. To make a donation please send a cheque made payable to Marie Curie Cancer Care to: Herefordshire Nursing Appeal, Marie Curie Cancer Care, 101 North Road, St Andrews, Bristol, BS6 5AQ.

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Marden Welcome Club 2011 Season

Marden Welcome Club has just completed its 6th season with the migrant workers - another fantastic year for making friends with visitors from Bulgaria and Romania and getting a glimpse of their culture.

It's only with the generous help and support of volunteers, hosts, musicians and S&A that we are able to provide a varied programme of excursions to places of interest around the County.

This year we enjoyed 3 events locally - a visit to Amberley Court and church, a BBQ at the Gyfords in Sutton and our final evening at the Netherways to see a couple of steam engines in full steam, ending with dancing to Village Band, including of course the 'Hokey Cokey' - what else?

Working without a budget, this is only possible because of the generosity of so many people. Thankyou so much to everyone who has given their time and hospitality to our groups, usually of 40-50 workers. I can say that without exception, our hosts have been delighted with the workers and their appreciation of the warm welcome which they've received.

Regarding Public Footpaths

It transpired that the workers were unaware of our public footpath system and believed that after seeing all the land fenced off, they would be shot if they walked 'off road' - yes, really! (What kind of messages do we give out?) However, we organised an evening when Richard Batho - footpaths officer - produced local maps and explained to the workers at Brook Farm, the code of conduct for walkers. This was followed by another evening when Richard led a walk along the footpaths from the Brook Farm to Bodenham.

This was a revelation to them - thank you Richard.

Just one worker-profile.

Some readers may remember seeing some publicity about Plamen, a classically trained musician from Bulgaria - unemployed as a music teacher when his school closed 4 years ago. During his stay here he sang tenor with Village Voices and introduced us to some Bulgarian music, which was performed at Leominster Priory in May. He also played some Bach on the organ at St. Andrew's Church, Moreton-on-Lugg, in a concert there in July.

You may be interested to know that since returning home, he has been successful in obtaining a post as a music teacher in his home town of Gabrovo, to start 15th Sept. Plamen is one of so many workers who are highly qualified professionals coming here to work, leaving home and family, in order to make a decent living.

It is a privilege to be in their company and to be counted as a friend.

We hope that the 100s of workers who have enjoyed meeting up with some 'friendly natives', will go home with happy memories of the warm welcome they have received.

Thankyou once again to everyone who has been involved with the Marden Welcome Club.

Joyce Tunbridge and Kath Card.

DAVID W. GODWIN

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AN APPEAL FOR HELP

Aspire Living, the local charity helping people with learning disabilities, is actively looking for volunteers to support its work in Herefordshire. There are a number of opportunities available for volunteering across the range of services which Aspire Living offers and anyone with some time to spare and an interest in helping people less fortunate than themselves is urged to get in touch.

If you enjoy working on your computer, Aspire runs an Online Centre and needs more volunteers to give one-to-one computers skills training at different levels. The recently launched Music Gym at Point 4, Venns Lane, which offers a unique sensory experience whatever the level of disability, needs activity assistants to help provide stimulation in a fun environment. The Music Gym is the only one of its kind in the UK and is a ground-breaking project from Aspire Living.

The Tan Brook centre in Hereford provides facilities for older people with learning disabilities and also needs volunteers to help with their activities. The Leominster and Ross on Wye areas both need volunteers to act as 'life experience buddies' for clients, helping them to access local facilities.

Aspire's Work Right scheme needs job coaches to teach people with learning disabilities who are accepted for work by local employers, how to do the job and stay with them until they are confident on their own.

A spokesperson for Aspire says "Volunteers can make so much difference to the work we do – and to the lives of our clients – which makes it mutually rewarding. We provide training and support and can pay reasonable expenses if required. If you are interested but a little nervous of making a firm commitment, then we do offer 'tasters' so you can try it out before you commit". All voluntary positions with Aspire Living are subject to a CRB check. Anyone interested is asked to contact Judith Weir, on 01432 269406, or call in at Suite, 4, Penn House, Broad Street, Hereford (next to Santander).

Note: Aspire Living, based in Broad Street, Hereford, is NOT part of a national charity and all the money raised goes to helping people within the County of Herefordshire.

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Don't miss h.Energy – sustainable Herefordshire week! 15-23 October 2011

70 'low carbon events' will be taking place all across the county involving community groups, households, schools, farms, businesses, council departments and GP surgeries.

All are opening their doors to members of the community who are interested in finding out about renewable energy, energy efficiency, local food production, and sustainable building.

There is also a big showcase event at the Courtyard Theatre on the Monday (17th October) featuring Alys Fowler from Gardener's World and Andrew Simms from the new economics foundation.

hope you can come along! More information, including the brochure is available at www.herefordshirenewleaf.org.uk or contact dave@herefordshirenewleaf.org.uk

BODENHAM FLOOD PROTECTION GROUP

BONFIRE PARTY



Saturday 15th October 2011

6.30pm

AT MILLCROFT FARM

Sausage Rolls and Mulled Wine provided

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by Monday 10th October

if you and any family or friends plan to attend

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Tuesday * 9am - 3.15pm

Wednesday 9am - 3.15pm

Thursday 9am - 1.15pm

Friday * 9am - 1.15pm

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Please contact Pre-school Supervisor, Sophie Walker-Ball for visits and questions - 01568 797241
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Starring: Rachel McAdams, Harrison Ford, Diane Keaton, Patrick Wilson and Jeff Goldblum.

FRIDAY, 21st OCTOBER

at

BODENHAM PARISH HALL

Doors open: 7.00pm Film Starts 7.30pm

Admission: £4.00 (Pay on the Door)

DATES FOR YOUR DIARY:

Friday 11th November - ‘The Great White Silence’;

Friday 16th December - ‘Mr Popper’s Penguins’

WE LOOK FORWARD TO SEEING YOU - THANK YOU FOR YOUR SUPPORT

Any suggestions for future films are always welcome

Contact Chris James on 01568 797451

HEALTH CARE IN BODENHAM

The analysis of the questions relating to health and care in Bodenham showed that most people were very happy with the services from The Marches GP practice, including the District Nurse service and services provided by Domiciliary Care Agencies. While people were very appreciative that there is such a good service for a branch of the Practice, there were some suggestions of other services which could be useful in the village, and some suggestions from the GPs about how villagers could help to ensure they retained the facilities, while across the country many branch surgeries are being closed down.

A total of 79 people asked for more support for carers, which suggests that many family members or friends are helping to support and care for someone.

This number is very much higher than either the GPs know, or people who are registered with Herefordshire Carers Support, (HCS) the countywide organisation which provides information, advice and support to carers. To see what support the carers in the village would like there will be a meeting at Siward James. Someone from HCS will come along to listen to carers and discuss what we can all do – becoming a carer can be sprung on any of us at any time so come along so you know what support is available.

Another suggestion was to provide foot care services in the village and Age UK are very interested in setting up a foot care clinic on a regular basis if there is enough demand. This service is run by trained volunteers who can carry out basic nail cutting and filing of toenails as well as checking your feet. They offer advice on how to improve and maintain skin texture and advise on general foot hygiene. There is a cost of £10 per appointment and each person will have to buy their own foot care equipment which costs about £12. We'll hope to let you know more about this in the near future.

Another question raised was about physiotherapy services, but as this is a PCT commissioning issue, and as there are good services in Hereford and Leominster, it is unlikely to be available in Bodenham.

We also discussed the possibility of the surgery being open more often – perhaps in an evening or a Saturday. At the moment the doctors don't think they have enough resources to do this, but they will keep the suggestion under consideration when they do their overall review of the practice.

The suggestions the doctors would like to raise with patients in the village are

- (i) to use the dispensary – the income from the dispensary helps to keep the branch open
- (ii) to ring for a home visit before 10 in the morning and
- (iii) to let them know if you are caring for someone so that they can record this on your notes.

They were pleased to hear that the practice is highly valued and interested in the findings of the survey.

79 people asked for
'Carer Support'

YOU ARE A CARER IF YOU HELP
SOMEONE WHO COULD NOT
MANAGE TO REMAIN
INDEPENDENT WITHOUT YOUR
HELP

~~~~~

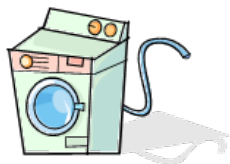
Come along to Siward  
James  
On Monday 24 October  
At 2p.m.

~~~~~

To tell us what would be helpful
Refreshments provided!



Bodenham St Michael's
School PA
Announce a Pudding Night on
Friday 14th October in the
school hall, starting at 6pm.
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Deputy Operations Manager: Mr Robin George

Secretary: Mrs Babs Mitcheson

The Moor:

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Orchard Close: Mr Graham Price : 797621

Chapel Lane: Mr Robert Pritchard: 797428

Brockington Road(2-20): Mr Simon Dowler: 797363

Brockington Road (1, 32-34,36-42A): Mrs Rebecca Burnhill:
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

Meetings are open to

ALL MEMBERS OF THE PUBLIC

**All Meetings, unless otherwise notified, will be held
on the last Tuesday**

**of the month at Siward James Centre
starting at 7.30 pm**

Next Meeting: October 25th

If you are unable to attend or have points which you
would like to be raised at the meeting, please contact
the

Secretary Babs Mitcheson 797170

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h.Energy

Sustainable Herefordshire Week
15th—23rd October 2011

**A week of free events
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**Find out how to save energy & save money
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During h.Energy week more than 70 local organisations, households, businesses, farms, schools and communities will be opening their doors to the public to talk honestly about how they save energy.

Visit "the greenest pub" in the UK at Kilpeck, Neals Yard Creamery to see their 'WET' waste water system, the Duchy estate to find out about their use of renewable energy, SEED homes to see innovative new building techniques, take part in family friendly farm walks, apple days, cycle rides & community growing schemes, meet friends at community events around the county, visit Eco Schools and Eco-Homes, or come to a free event at the Courtyard Theatre on Monday 17th October where Carbon Trust are running an Energy Efficiency Breakfast to help SMEs save money through better energy Management, followed by films, talks & workshops from a range of exciting speakers including **Alys Fowler** and **Andrew Simms**. Everyone welcome!

New Leaf For more information see www.herefordshirenewleaf.org.uk

New Leaf Sustainable Development Ltd would like to thank our sponsors for h.Energy:



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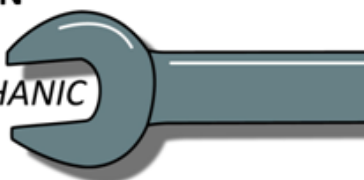
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NEIGHBOURHOOD WATCH:

In recent news, you may have noticed a plethora of rubber cones and sandbags, apparently 'guarding' drain covers on local roads. That was because the metal drain covers had been stolen, leaving a series of dangerous holes along the side of the road. Can you imagine what it would be like if, without warning, your front nearside tyre was to hit one of these unprotected holes?

Offences like this bring in a limited amount of ready cash for the offenders but cost many thousands of pounds to rectify. And where does that money come from? Your Council Tax. It would have taken a lot of time to remove all those drain covers, and it must have been witnessed by a lot of people. In this instance you'll no doubt be aware that a number of people have been arrested following a chase that ended in Bodenham.

In future, however, if you don't like the idea of YOUR taxes being used to finance wrong doings by other people, please remember the new slogan, "If you SEE something, SAY something!"

BODENHAM RAMBLERS

Programme for October & November

Date	Description	Miles	Start	Grid Ref	Leaders
October Wed 5th	Old Lyonshall Castle, Church. Offa's Dyke, Moderate	4.5miles	Royal George Inn Lyonshall	Exp 201 337 556	Dave & Wendy 01568 797659
Sun 16th	Orleton/Bircher Common Moderate	5.5miles	Maidenhead Inn take B4361 towards Richards Castle, turn right into Orleton	Exp 203 487 673	Doreen Charman 01432 271065
Wed 26th	Bodenham Lake Nature Reserve, Dinmore (bridle path) Moderate	5 miles	Railway Inn Bodenham	Exp 202 511 511	Brenda & Doris 014568 797035
Nov Sun 6th	Much Marcle 'One gentle climb'	5 miles	Slip Inn Much Marcle	Exp 189 651 332	Anne & Molly 01432 359033
Wed 16th	Skenfrith Moderate, gradual climb near end	6.5miles	At Lay-by near bridge in Skenfrith. No organised lunch. Expensive pub in village.	Exp 189 459 203	Jim & Joan 01432 268268
Sun 27th	History of Building Construction taking in River & Castle Green	4.5miles	Bus Station Commercial Road, Hereford. Lunch Merton Hotel	Exp 189 515 403	Ron Munden 01432 265320

All walks will start at 10.00am unless otherwise stated. For details of these walks please contact the leaders. For details of the Bodenham Ramblers please contact the Chairman, Edie Phillips on 01432 266994

BODENHAM GARDENING CLUB

Tuesday October 4th 'Shortening days' with Pam Pittwood. This meeting will also be the AGM and new members will be welcome on the committee. It's time to renew your membership which this year will be £10. Contact Jacqui Smith.

BODENHAM MOTHERS' UNION

Thursday 6th October at 10.30am **Bodenham MU AGM** at 'Heathers', Wellington. Visitors are welcome and we can provide transport.

Thursday 6th October at 7.00pm **MU Deanery Day** at Kimbolton Village Hall, with speakers Kathy Priddis and Linda McKinley.

Saturday 15th October The MU Coffee Morning at various locations. Pat will be pleased to give further information about any of these meetings.

Branch leader: Pat Horrigan (797044)

LUGG VALLEY FRIENDS - CANCER RESEARCH UK

Coffee Morning at Siward James Centre on
Tuesday, 1st November 2011, from
10.00am to 12 noon

From the Editor,

The next issue is November. The deadline for contributions is 18th October.

Have the newsletter delivered automatically to your computer by signing up at www.bodenhamnewsletter.co.uk

Contact me: orchardthings@hotmail.co.uk

Tel: 01568 797872

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See the newsletter and find out more about the village on the village website: www.bodenhamparish.org.uk

Susan Haworth (Editor)

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