

COVERING:
Aylton, Little Marcle, Munsley, Pixley & Putley



the**cider**press

Spring

March - May '23

Issue No.98





A word from *the Editor* by Julie Crompton

I don't know about you, but it feels like everything is happening at double speed this year. Twice as much happening, twice as fast and for twice as long! Are you feeling the rush too? If you are experiencing things good or challenging, tell us about them. Send in photos. Share what's happening with your local community.

I know many of us feel battered by the cost of living crisis and now you can have your say! There's a survey that's been set up by the Citizen's Advice Rural Issues Group to more accurately find out how we are being affected. Please follow the link on p17. It may make some difference for us all.

To feel more energised and alive, Sally Smart and a few other locals, have taken to the water on p30. But of course others prefer to take to the Cider... p13 & 16.

All of our Parish Councils were duty bound to inform us shire dwellers that there are new rules in place for the upcoming local elections on 4th May, so we have amalgamated all the information on p3 for you to make sure you have everything you need to cast your vote. Our parish councils are the first step on our democratic ladder and those who put themselves up for office do a great job to highlight the issues we all face in our area.

As usual at this time of year, everywhere around us is set to burst into colour and two of our most spectacular local events highlight this phenomenon every year. It's Blossomtime for the orchards p16 and the Putley Open Gardens p17. Both of these events are highlights of the year and this year they bookend the Coronation of our new King! A packed few weeks of celebrations! Good job there's another tasty bake on p6. I've had a look at the recipe and it seems very simple! Yum!

There are also some amazing things happening in Little Marcle as the re-development of All Angels is picking up pace. Jim Glanville covers the story so far on p10. When the project is completed it will be a wonderful and inspirational new community hub to add to our other local resources.

So come on everyone, don't be shy, let us know what you are up to out there. Send stories, photos and reports on whatever you are involved in or just rocking up to! We've all been so used to isolating ourselves, let's just shout out about what we are doing and re-build our community spirit again!

Julie

If you have any events, stories, photographs or news, please let me know. If you don't tell me I can't pop it in our very own little mag!

Copy deadline for the Summer Issue:
Monday 1st May
julie@monster-creative.com

IMPORTANT INFORMATION

Local Elections 4th May 2023

The Local Elections will be held on Thursday 4th May 2023 for the election of your County and Parish Councillors.

Please be aware that the Government have introduced Photo ID, from 4th May 2023, **voters in England will need to show photo ID in order to vote at polling stations elections.**

You can use any of the following accepted forms of photo ID at the Polling Station.

International Travel

- Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country

Driving and Parking

- Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (*this includes a provisional driving licence*)
- A Blue Badge

Local Travel

- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card
- Freedom Pass
- Scottish National Entitlement Card

- 60 and Over Welsh Concessionary Travel Card
- Disabled Person's Welsh Concessionary Travel Card
- Senior SmartPass issued in Northern Ireland
- Registered Blind SmartPass or Blind Person's SmartPass issued in Northern Ireland
- War Disablement SmartPass issued in Northern Ireland
- 60+ SmartPass issued in Northern Ireland
- Half Fare SmartPass issued in Northern Ireland

You will only need to show one form of photo ID. It needs to be the original version and not a photocopy.

Out of Date Photo ID

You can still use your photo ID if it's out of date, as long as it looks like you.

From October 2023 it will also apply to UK General elections.

If you don't have accepted photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate. On how to obtain a free voter ID Document see the Electoral Commission website

www.electoralcommission.org.uk/i-am-a/voter/voter-id/accepted-forms-photo-id

Rosa Mundi



The snowdrops are almost over, the daffodils just starting and tulips to follow.

Then Wham Bang and the herbaceous borders will erupt with colour, miraculously turning from bare brown earth with cut down clumps to a glorious froth of green interspersed with all colours of the rainbow. Though obviously if you're a proper gardener you will have a colour scheme and never let the scarlet geum next to the pink paeony or the lime green euphorbia in bed with the pale mauve salvia. But if you can't bear to waste a plant and fill up any gap you see, then call it a "cottage garden". Visitors say "how charming", while silently resolving

to go home and whip out anything not within two shades on a Dulux colour chart.

Yellow rattle. Have you ever tried to establish this parasitic plant in grass to increase space for wildflowers? In the past I threw a packet of seed about and nothing happened. So this time it has Been Done Properly. What a palaver. First the measuring of the seed into the required amount for the square meterage. As someone who failed O level Maths twice and only managed Special Arithmetic, this was taxing enough. Then to find canes of approximately the right length so we could make a two metre square in the long grass and flip them over for the next one. D.B. was then drafted in to rake off all the debris, leaves, clogged grass, twigs etc. This involved a lot of (Me) "don't scrape that off, it is the cowslip/oxeye daisy/camassia we've planted", (He) "What the blazes did you put them there for, woman" as he backed into the overhanging crab apple tree and nearly poked his eye out. I then carefully sprinkled the seed onto the bare earth patches and trod it in hard. It needs a period of severe cold to germinate. Why, when most plants like it warm? We could only manage two squares a day and it took a week. Then I read the back of the packet. "Yellow rattle does best in fine grass and is not suitable for large areas of couch grass". Guess which we've got?

The over-wintering geraniums have all died in the greenhouse because I forgot to put the heating on. My tip for making money in 2023 is to become a geranium distributor as all my friends' plants have died too. The lemon tree seems to have survived, and the datura is doing its usual winter "I'm dead"

performance by dropping all leaves and looking decidedly deceased. But this time it might have fooled me and actually done it. It was pruned mercilessly in February and we will see if it shoots into its usual lush summer growth.

Having decided to fill outside big pots with permanent plants I've been looking for contrasting foliage as much as flowers. But I'd forgotten about hydrangeas. So many shapes and sizes and they don't have to look like those corporate blue ones you see at the entrance to exhibitions, all neatly rounded and too "parks and gardens" for words. I've chosen a slightly shaggy red and greenish one, like a pretty girl who has rushed to a party and her clothes and hair are somewhat awry.

The vegetable beds are very sorry looking, only a few leeks and a couple of colossal

kale, given by a friend. Might be cattle feed, or possibly elephant, by the height of them. I've been reaching up for leaves near the top and by shredding them finely they taste quite good and no-body has started to "moo". But the major failure is parsley. This is planted annually and has always lasted to the next spring. How I miss the sprinkling of green on a soup, or in mashed potato or to boost a packet of parsley sauce (I know, but it isn't actually a sin to use ready-made). Will just have to make do with the thyme, rosemary, sage and bay which ignore all extremities of heat and cold. In these days of austerity aromatics lift a meal like Irish Stew to new culinary heights. Scrag end, onions, potatoes, a spring of thyme and a couple of bay leaves casserole in the bottom of the Aga all day. Cheap as chips and twice as nice.

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BAKED OFFERINGS

AND OTHER OVEN BASED ADVENTURES... **Easy Roasted Veg Quiche**

by John Meringue

As the sun tempts us to spend more time outdoors and the temperature rises, I feel the need for Quiche!

This recipe is the easiest way I've come across to create a perfect tasty flan. All the elements used can be bought, ready to go, or if you prefer, you can make your own shortcrust pastry.

The ingredients I've chosen can be swapped for your filling of choice. Other favourites in the Meringue household include: Broccoli and Goats Cheese, Caramelised Onion and tomato, and of course, the classic Quiche Lorraine. It's the method that makes this recipe 'easy'. No need for 'blind baking' the pastry base, just follow the method for a fan oven or, if you are lucky enough to have an

Aga or similar cast iron cooker, you have an even easier task ahead!

Ingredients:

2 medium Courgettes (sliced)

2 Red Peppers (de-seeded and sliced)

1 Red Onion (peeled and sliced)

A little Olive Oil

Salt and Pepper

250g Ricotta Cheese

250ml Single Cream

4 x Eggs, (beaten)

250g Shortcrust Pastry


100g Grated Cheddar

Method:

1. Pre-heat your oven to 200° C
2. Place the sliced vegetables on a large baking tray lined with greaseproof paper, drizzle a little Olive Oil over the veg, season with salt and pepper and mix to evenly coat everything. Roast in your hot oven for 30 minutes or until the veg is cooked though and crispy on the outside. Once cooked, remove from the oven and let them cool.
3. If you aren't using pre-rolled, Roll out your pastry and use it to line a loose bottomed flan tin (20cm/8"). Place the lined tin into the fridge and chill
4. This step is for fan-oven bakes. Pre-heat a large heavy based baking tray or pizza stone, if you have one, in the oven (still at 200° C)
5. When the pastry is chilled and the pizza stone is hot, remove the pastry from the fridge, trim off the excess from the rim and prick over the base with a fork (dock). Place the cooked, cooled veg into the tin and arrange so every slice will have a similar amount of veg.
6. Mix together the beaten eggs, Ricotta and single cream, and slowly pour into the flan tin. Don't over fill it if you have any mix left. It will be tricky to carry to the oven!
7. Sprinkle with the grated cheese and place the flan tin onto the preheated pizza stone or heavy based tray and bake for around 40 minutes. Aga users should back this on the floor of the baking oven or hot oven with the cold shelf inserted.

It's done when it looks toasted on the top and still has a slight wobble if you shake the tin gently. Eat it hot, cool or cold! It's delicious whatever you decide to do!

Serves 6-10 depending on what you serve it with!


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Update on Progress at All Angels, Little Marcle

by Jim Glanville

There are 550 people living in the 7.25 square miles covering the parishes of Little Marcle, Munsley, Trumpet, Pixley and Aylton. Yet we have no community place.

Many of you will recall the community survey that was carried out in 2018 asking for your views on re-purposing Little Marcle Church to provide community facilities. The survey was conducted in collaboration with Pixley & District Parish Council who were putting together our Neighbourhood Development Plan (NDP) at the time. There was an impressive response rate and over 80% thought a community building was needed in our area. Nearly as many said that they would use All Angels were it available. There was a long list of activities that people wanted to do in the building.

The survey provided a strong mandate and a clear message that people wanted better community facilities.

As a result, the NDP included a Community Action Point (CA6 Policy PIX10) which contained an undertaking that Pixley & District Parish Council would ...work with local community and voluntary organisations to investigate the scope to provide a community hub through the joint or diversified use of existing buildings in Pixley & District...

Much has happened since then, although progress was slow during the pandemic. We were successful in obtaining funding to cover the initial stages of the project and drawing up plans. These were unveiled to the public in 2019 and then sent to the

Church Planning Authority for Pre App clearance to pave the way toward a formal permission application. We had some opposition from the Victorian Society and other Heritage groups which resulted in some minor modifications and significant delays.

Those issues are now largely dealt with. We have recently been busy completing a fully costed business plan. This outlines in detail how the building will be used and the changes that are needed to suit its new purpose. This document is essential for grant applications and for other interested parties.

The building will look unaltered from the outside but will be re-modelled within. The modifications are all about creating an inspirational and vibrant community place which will suit as wide a range of activities as possible.

Features will include: -

- *Overall Seating capacity of 100 people (80 downstairs, 20 in the Gallery)*
- *A fabulous Gallery space as a more intimate meeting space capable of seating 15 -20*
- *Spacious parking and easy access on to A4172*
- *Plenty of WC facilities for larger events*
- *A well-equipped catering kitchen.*
- *Moveable pews in the chancel area to create a versatile performance stage*
- *Wildlife pond area with backdrop of surrounding hills and British Camp*

We are a relatively small and sparsely populated community. We recognise a need to reach beyond local community use to be financially and operationally sustainable. As a result, we have developed three strategies for use: -

- *All Angels Community Hub – a multi-purpose space for a wide range of community led events*
- *All Angels Commercial Hire Venue – commercial hire to local clubs and societies and as a one stop venue for weddings, receptions and celebrations.*
- *All Angels Music & Arts Centre – an acoustically superb arts and music space to co-locate musical and arts events and show case new, and up and coming musicians and artists.*

A Friends Organisation has been set up and once the project has the go-ahead, people will be able to join and benefit from the superb facilities available.

The next task is to secure the planning permission and then the campaign to fund the build costs will start in earnest. We have the advantages of: -

- *Significant funds being already in place*
- *A great venue in a great location*
- *A strong mandate from you all as a community*
- *Support from Pixley and District Parish Council as evidenced in the NDP*

It's an exciting journey but we still have some way to go.

PUTLEY PARISH HALL

by Josephine Felton



Trustees

Two of our longest standing and most valued Trustees, Pam and Ken Trehearne, have decided to retire from the Committee. Pam has worked tirelessly to help at any function when a cake, or a sandwich or a salad is needed and without her the Blossomtime lunches couldn't have carried on. Ken has cut the hedge, cleared debris, dug holes and erected the new iron fence, always available for the heavy jobs none of us could do. We will miss them greatly.

This creates spaces for new Trustees so if anyone would like to join us we would be very pleased. You have all seen how much the building has improved and usage increased over the years and it is the Trustees who have made it happen. Do get in touch with the Secretary.

Website putleyparishhall.co.uk

The hall is setting up its own website. Currently it features as part of Putley Parish Council website for which we are grateful, but we need to include items like an on-line booking form as the Secretary's supply of carbon paper

is running out. This is a "work in progress" and we intend to put in more links to regular events, photos, and a calendar as well.

Bar insulation

The high ceiling of the bar area has now been insulated and boarded which should considerably improve heat retention – especially for those propping up the bar at the Prancing Pony.

Maintenance Day

Saturday 15th April

Every year we ask for volunteers help to carry out some of the small jobs round the hall. We need to make directional road signs for the Open Gardens on 13th May, touch up paint, minor repairs, spring clean cupboards, edge lawns, tidy the car park. Running refreshments are provided and you need only come for a couple of hours if that is all you can spare. We start at 9.30 a.m. and are open until about 4 p.m. By all means bring tools for the type of job with which you would like to help, though we have a ladder, paint brushes, wheelbarrow etc.



Prancing Pony

at Putley Parish Hall

by Andy Booth

The Putley Prancing Pony held its AGM on Friday 24th February 2023 at Putley Village Hall.

The meeting was pushed back by one month to allow a revised constitution to be drawn up to present to its members that better meets the aims and challenges of running this valued community resource. There was a call for volunteers to join the committee so we hope that some of you will give serious

consideration to getting on board and come forward - you will be greeted with open arms! There was also a request for more volunteers to help out behind the bar - just write your name down on the rota that is always to be found on the wall next to the bar. If nothing else - it's a great way of getting to speak to everyone in the community!

January's Pony was one of the very best we've had - the committee booked the band 'Laurel Canyon' to perform and, quite frankly, words cannot adequately convey how good they were - they went down a storm with absolutely everyone! We hope to get them back again, when we can, so please look out for that announcement and come along - you won't regret it.

The next 3 dates are:

Friday March 31st

Friday April 28th

Friday May 26th



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Pub nights take place from 7.00-10.30 on the last Friday of the month. The Pub is run entirely by volunteers from among the membership. All are welcome, and membership is just £5 per year. One-off visitors and guests are asked to make a donation of £1 per session.

Queries to jakeherbst@yahoo.co.uk or secretary@putleyparishhall.co.uk

01531 670425

PUTLEY CHURCH



Christmas was well and truly celebrated with many happy times spent carolling, feasting and seeing family and friends.

During the Christmas season, over 150 people attended services or 'Come and Sing Carols' at or outside the Church. An awful lot of mince pies and mulled wine were taken and the Parish was alive with sparkling lights and good cheer. New information boards on the entrances to roads into the village (thanks to Tim Beaumont), made sure everyone knew what was happening at the Church along with the normal communication methods of 'achurchnearyou' and Putley Village websites, the Cider Press, Elaine's emails and word of mouth. It was so good to see so many new faces and, of course, those who support these events each year.

This time last year, the Parochial Church Council (PCC) undertook an exercise to look at what we do as a Parish and asked the Church community and others, in and around Putley, what they would like to see offered in the future. Responses received were considered with interest and viable ideas were included in the latter part of 2022 and 2023. The main focus for Worship was that there should be more variety of services, styles, music and leaders to encourage everyone, including children, to find something that especially appeals to them. As well as two communion services a month, one traditional and one more contemporary, we now have Songs of Praise, Sunday evening quiet times with music for reflection led by laity, the use of outdoors for some or all of some services and use of

the Parish Hall for services for children and the young at heart.

We also have joint services with other local churches from time to time. Other ideas included having more trails and quizzes for families to explore the church and churchyard together, quiet days where music is played, open days in the church when 'treasures' can be displayed and developing the prayer group further. There was also support to continue a mixed approach to the maintenance and care of the Churchyard where due respect is shown to graves and headstones by keeping grass short around them but also protecting flora and fauna by not cutting some areas of grass during several months of the year in order to protect habitats and their wildlife cycles. We also want to respond to the comments about reinstating Outreach activities where we can.

There is more detail in the Church's Annual Report, prepared for the Annual Meeting on 26th March. A copy will be emailed or posted to those on the electoral roll but anyone else who would like a copy can request one. See below item on the Annual Parish Church Meeting for contact details.

Looking forward to 2023, we have a number of services and events planned with the suggestions in mind. All services are listed on the back page of Cider Press but these are some highlights.

World Day of Prayer: Friday 3rd March at Ledbury Catholic Church. Come and join with the many Churches and fellowships around the world for this worldwide service, written this year by Christians in Taiwan.

Mothering Sunday: an informal service on 19th March will be held at the Parish Hall at 11am for children, parents, grandparents and the young at heart.

Annual Parish Church Meeting: will be held after the communion service at Church on 26th March at approximately 12.30. A lunch will be provided beforehand. All are welcome. The electoral roll will be updated for this meeting so, if you are not on it but would like to be, please contact Sue Ashe.

Sunday at 6: on 2nd April will be another quiet time in the Church for meditation to music with occasional prompts for reflection. All will be welcome between 6pm and 7pm to come and share light and peace at the close of winter. Palms will be available to take home with you as it will be Palm Sunday.

Easter Trail: around the Churchyard over Eastertime.

Good Friday: 7th April- service at 2pm and music for reflection throughout the day.

Easter Sunday Communion Service: 9th April at 11am. Part or all will be outside if weather permits.

Songs of Praise: 16th April at 11am. Please let us know if you have a favourite hymn you would like included on that occasion. See contacts below.

The Church will be part of Open Gardens on 13th May and will be open with vestments, artefacts and flower displays from 11am-4pm. Many visitors as well as the local community come to the church during a typical month and especially for such occasions as Big Apple and Open Gardens. It is a pleasure to read their appreciative comments about the Church, its setting and its history.

On that note we are pleased to be submitting a bid to have a digital information system installed. This will have audio narratives from local people about the history of the church and churchyard and its life as a Christian community now and in the past. Anyone interested in knowing more or contributing to the narrative, please contact tim.beaumont@btinternet.com 07976573635

Community Notices

Please continue to support the community coffee mornings at the Parish hall in Putley on second and fourth Mondays between 10.00-midday.

Also on alternate Monday evenings at the hall, there is a community choir. If interested, please contact Mary Fielding (mary@friarsacre.com).

Contacts regarding any of the above or just to keep in touch:

Sue Ashe
Sue.ashe@hotmail.com (07759546487)

Elaine Spalding
Elainevspalding@aol.com (07979690899)

All of this information and more can be seen at the following newly updated website

<https://www.achurchnearyou.com/church/10695/service-and-events/events-oneoff/>

Sue Ashe

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Blossomtime 2023

Blossomtime this year will fall over the Bank Holiday weekend of Sunday 30th April/Monday 1st May – and as always we're hoping for plenty of blossom for our visitors to enjoy.

Whatever happens, you will find opportunities to celebrate spring as it turns to summer in and around Putley and its neighbouring parishes. Combine a walk through the orchards with lunch or tea (or both!) and the chance to taste and buy some of the best ciders and perries from this year's Big Apple Cider and Perry Trials.

The Big Apple is registered as a Community Benefit Society and Blossomtime offers an important chance for several local community organisations to raise funds. You may simply want to come along and enjoy some time in our

company or perhaps you would like to get involved? Help is always needed in many different ways, from serving cider tastings or leading a guided walk to baking a cake or making a salad. You may be asked anyway by one of the local organisations involved with the programme – but we'd love to hear from anyone out there who would like to join our great band of volunteers. We can always point you in the right direction.

Please put the dates in your diary – you'll be very welcome! Details of talks, farm visits and other activities are being finalised as we go to press and will be made available at: www.bigapple.org.uk.

Jackie Denman, *Secretary, Big Apple Association Ltd*

secretary@bigapple.org.uk

Putley Open Gardens 2023 Saturday 13th May – 10 am to 5 pm

We're looking for a few more helpers for this very enjoyable and rewarding day.

Just a couple of hours of your time is sufficient to help us enormously. It's a great way to make a contribution and to make friends.

Last year we raised over £4000.00. This was shared between Putley Parish Hall and Putley Church and is vital for us when applying for fund-matching grants to help with maintenance etc of our beloved buildings.

For information on how you may be able to help, please contact

Tombola (and prizes accepted year round); jakeherbst@yahoo.co.uk

Catering assistants; Brigitte cateringpog@gmail.com 07359 392551

Plant sales; Josephine 01531 670425

Details of the day can be found on www.putleygardens.org.uk or on our Facebook page - Putley Open Gardens

We'd love to see you!! And of course, if you'd like to open your garden we'd love to hear from you!!

COST OF LIVING CRISIS

HAVE YOUR SAY

A survey is being held in partnership with the Citizens Advice Rural Issues Group.

Research commissioned by the RSN last year shows rural areas are suffering more acutely from the rise in the cost of living compared to urban areas.

The purpose of the survey is to understand more about rural household budgets at, what is, a very difficult time for many.

Results from the survey will help us to engage more effectively with Government Departments, MPs and other policy makers.

The survey can be found at the following link or scan the QR code:

www.surveymonkey.co.uk/r/Rural_Households_Cost-of-Living



Please share the survey with all your contacts, networks, family and friends living in rural areas – the greater the response the better.

Note the survey closes on 31 March 2023

Health & Wellbeing

by **Lesley Clothier** MCSP, Lic/Ac. CST.

CRANIOSACRAL THERAPY

Nearly 30 years ago I attended my first Upledger Craniosacral therapy course. Little did I know then that my clinical skills as a physiotherapist would dramatically change. Physiotherapy is an evidence based therapy using manual techniques to help the client towards a healing outcome. It's a great and valuable therapy. But the manual techniques tend to be towards the heavier end of the touch spectrum much like osteopathy or chiropractic. The physio assesses the client's condition and then applies, based on their diagnosis and evaluation, what they feel will best aid the client's recovery.

Craniosacral therapy (CST) is a light touch manipulative therapy that facilitates the client's own self-healing abilities to relieve pain and dysfunction improving whole body health and performance. Because the therapist only uses light touch to feel tissue motion at micro-metric levels, the treatment sneaks under the guarding mechanism of the body to facilitate the release of deep fascial interconnected holding patterns. As a physio, I have experienced whilst mobilising a client's spine how good the body is at guarding itself as muscle spasm and pain "pushes" one off as an example, the spinal segment that is being treated. CST uses a light touch that is only 5 grams in pressure. Initially the cynical and analytical side of me could not appreciate how such dramatic changes during a CST treatment session could occur with such light touch. However, it is all about listening with one's hands. As fascial holding patterns release in the client's body, a visible unwinding process can take place and lengthening and spreading and warmth is experienced in the tissues as tension dissipates.

We are all familiar with the cardiovascular and respiratory systems. What is less well known is that an imbalance in the craniosacral system can adversely affect the brain and spinal cord resulting in sensory, motor and intellectual dysfunction.

The name craniosacral comes from the systems associated bones which are the skull, face and mouth which make up the cranium and the spinal column that extends down to the sacrum. Imagine that the brain and spinal cord look like a tadpole in shape. Dural membranes (or meninges) surround and partition the brain so giving it support and protection. These membranes also surround the spinal cord and form a continuous interconnected link between the skull and the tail bones. However, also surrounding "our tadpole" and lying within a space made by the dural membranes is a fluid called cerebro-spinal fluid (CSF). This is made centrally in the brain in large spaces called ventricles. This fluid acts as a shock absorber for the brain but also carries nutrients, amino acids, glucose, and neuro-transmitters. There is a cyclical rhythm in the production of CSF which involves production and filtering at a normal rate of six to twelve cycles per minute. This hydraulic wave like action has an effect on all our bones but can be most easily felt by very gentle palpation at the cranium and sacrum.

CSF has the same specific density as sea water and there is a "tidal" wave like motion as CSF is produced and filtered. It's a strange phenomenon that our most precious central nervous system has maintained an internal environment that is familiar with that of our ancient origins as organisms that climbed out of the "primordial soup." The Craniosacral Therapist "listens" with their hands to this wave-like motion called the cranial sacral

rhythm(CSR) This rhythmical movement is used to evaluate the health of the craniosacral system. It is an indicator of the free mobility of connective tissue, of body symmetry and of vitality. CST naturally eliminates pain and stress, eases connective tissue restrictions and holding patterns, strengthens your resistance to disease so enhancing your health and well-being.

HOW IS CRANIOSACRAL THERAPY PERFORMED?

Patients lie fully clothed on a comfortable padded table. The therapist begins by gently touching various parts of the body to evaluate the craniosacral rhythm and to the micro-metric motions inherent if connective tissues are freely mobile. Soft tissue restrictive holding patterns can be traced to the original source of the dysfunction. Delicate manual techniques are then used to release those problems so improving structure and thus function. As connective tissue and membranous restrictions dissipate, so a "releasing" phenomena occurs restoring balance and a sense of well being.

HOW WAS CRANIOSACRAL THERAPY DEVELOPED?

Craniosacral Therapy, was developed by Dr. John Upledger an Osteopathic Physician. From 1975 to 1983, Dr. Upledger was professor of biomechanics at the college of Osteopathic medicine at Michigan State University. While he was there he led a team of anatomist, physiologists, biophysicists and bioengineers who performed and published the clinical research that formed the basis for the approach he named Craniosacral Therapy. In 1985, Dr Upledger founded the Upledger Institute to teach people worldwide about the value of this effective approach. More than 90,000 therapists have since been trained in Craniosacral Therapy.

CST AND NEW BORN BABIES.

Even when a birth has been "normal" it's still worth while having your baby checked by a CST practitioner to release any soft tissue

restrictions and stress that have occurred during the birth process. Usually only a few treatments are needed to help correct these restrictions. Children with learning, behavioural and confidence issues also respond well to treatment.

WHAT CONDITIONS DOES CST ADDRESS?

- Chronic Neck and Back Pain
- Migraines and Headaches
- Temporo-Mandibular Joint problems
- Stress and Tension Related Disorders
- Chronic Fatigue
- Scoliosis
- Fibromyalgia
- Brain and Spinal Cord Injuries
- Post Traumatic Stress Disorder
- Birth Trauma
- Baby Colic, Hyperactivity, Feeding and Sleeping problems



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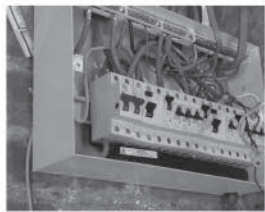
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News from Putley WI



President Anne Phillips (centre) with Food Bank volunteers Mark and Kathy

In March it's our AGM and, once business is swiftly sorted, there's entertainment planned. The end of our Financial Year back in December revealed a healthy bank balance. Members agreed to donate £250 each to

two very worthwhile local causes: Ledbury Refugee Support and Ledbury Food Bank.

Looking ahead, in April Duncan Fox of Haven Distillery will be telling us about the history of gin. We can't wait for tastings and cocktail recipes. As well as our involvement with the Blossom Teas for Big Apple in May, our speaker from the Woodland Trust is Andrew de la Hay.

We are thriving and have a number of new members, some of whom have discovered us through our Friday coffee mornings at The Nest or the craft group that hooks up on Monday afternoons at the Trumpet Tea Room. For friendship, fun and more, do join us.

More information from President Anne Phillips 01531 671176 email annephillips48@hotmail.com



Celebrating our Centenary

theWI
 INSPIRING WOMEN

Putley WI – A warm welcome awaits

If you are looking for fun, friendship and inspiration, join Putley WI! We meet at Putley Parish Hall at 7.30pm on the second Wednesday of each month. If you need more information just give Anne a call.

Anne Phillips on: 01531 671176 or email: annephillips48@hotmail.com



Some good news, despite increasing costs across the board, Putley Parish Council has not increased its precept for the coming year.

Parish councils are empowered to take a share of the council tax bill (a precept) from their residents and they do this by raising a precept on the principal council (the billing authority), in our case, Herefordshire Council.

We are also delighted to announce Sally Webster as a new parish councillor. Whilst many councillors stand for election to be voted in, some are co-opted onto parish councils to fill vacant seats resulting from a shortage of candidates putting themselves forward for election. This ensures that we maintain the legal

minimum number of councillors for a parish council. Sally Webster's tenure as a 'co-opted' councillor will not be for long, however, as all Putley Parish councillors will be standing for election in just a few months' time.

Herefordshire's next scheduled elections take place on Thursday 4 May 2023, and all 53 district wards and 133 parish/town councils, including Putley Parish Council, will be calling elections for new and current councillors.

If you wish to put yourself forward for election, please contact our parish clerk.

Clerk to Putley Parish Council: Chrissie Stallard Daniels - putleyclerk@gmail.com

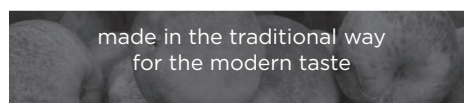
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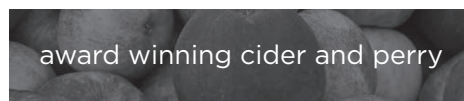
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Pixley and District Parish Council

The Parish Council are hoping that more parishioners will put their names forward and help develop the Parish Council to a future where they are able to continue and improve representation of the Parishes and the Local People.

Ashperton Railway Bridge

Pixley and District Parish Council have concerns over the condition of the Ashperton Railway bridge. Network Rail have responded that they will continue to undertake their regular regime of annual examinations to ensure that the structure remains fit for purpose. If there are any defects found which they consider to require urgent attention, they will seek to undertake any repairs which may be required as

soon as is reasonably practicable.

The Parish Council will continue to request information and keep a watch on the situation.

Aylton Green Commemoration Tree Seat

You may have noticed that the Tree seat is in situ on Aylton Green. A date for the official unveiling is to be decided once the engraved plaque is completed. With the passing of Queen Elizabeth II, it was decided that the seat should now commemorate her long and dedicated reign.

For more information please do visit our website at:

pixleyanddistrictpc.org.uk

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AYLTON NEWS

Easter at Aylton Church

Do join us for our Easter service on April 9th at 11am. Also on Good Friday we have an Easter Vigil at 2pm. All welcome

Big Apple 30th April to 1st May

For 2023 more exciting things will be taking place in the barn during the Big Apple weekend - keep an eye out for further details on @courtfarmbarn instagram account or bigapple.org.uk.

Also, we will again be serving the Ploughman's lunches on the Sunday 30th April from 12noon til 2pm. Great food and a lovely community event. The Big Apple walks will give you an appetite!

Coronation weekend 6th/7th May

Do come and join us in the barn for our village Community tea party. It will be held on the Sunday - 'bring and share' tea from 3pm. Everyone welcome. Bring your neighbours and let's celebrate the coronation together.

Opera in Aylton

Join us for a magical evening of the Opera, Iolanthe, at the Barn on Friday 14th July 7.30pm. Bring your own picnic to eat outside before the Opera starts.

Watch this space!

Another event is being planned - The EAGA (Emmanu'-EL Apostolic Gospel Academy) choir, recent winners of the BBC Songs of Praise Gospel Choir of the Year 2023 have been invited to come and sing in the barn. Date to be confirmed.

Panto

14 of us enjoyed a trip to the Market Theatre where Ledbury Amateur Dramatic Society presented Snow White. A musical with much hilarity and our own Charlie Smart performing the eminent oriental physician....oh no he wasn't! A wonderful evening of fun and laughter.

Charity Roadside Stall

You helped us raise £650 for the Megan Baker House (Ledbury) which provides conductive education sessions for children and adults with motor disorders such as Cerebral Palsy. Thank you for all the fruit, veg, holy & mistletoe donated by our neighbours. We aim to have the stall up and running at the end of July 2023.

HOUSE FULL?



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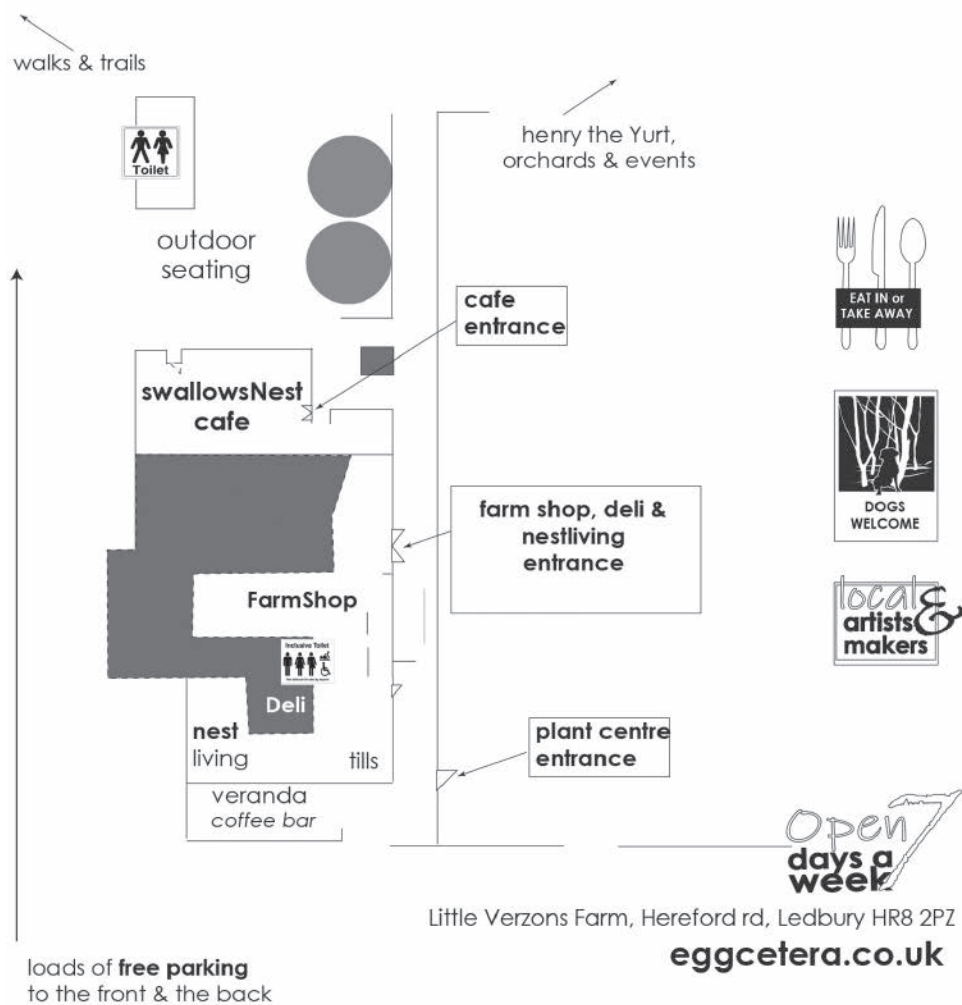
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A BIG THANK YOU

Thank you to all who 'stepped in' and enabled all the seasonal services to go ahead in the Cider Churches when I was unwell throughout December and January.

It felt so strange not to be part of the preparations for, and celebration of, Christmas, for the first time in over 20 years in ministry. I shall look more eagerly towards the season of multiple Carol services when Advent and Christmas come round again this year.

I missed the sense of wonder invoked by the familiar words of the carols as we sing our faith, and not being with you through the times of celebration. Thank you, to those who 'kept an eye' on me, or sent messages of encouragement. They were greatly appreciated.

Having passed through the darkest days of winter, I love the gradual re-emergence and signs of new life in the natural world around us.

Every year I am surprised at the extraordinary purity and whiteness of the snowdrops, and wonder at how the trees and hedgerows suddenly seem to be 'dripping' with catkins on their previously bare branches. All around us the natural world that seemed so dead and bare is now confidently proclaiming life, and fills us with expectant hope for the promise of what is to come in the rhythm of the seasons ahead.

A wonder and appreciation of the natural world – God's Creation, is a huge gift that we are so privileged to live in the midst of, and enjoy here in the Cider Parishes. I look forward to when our communities will come together again in the Spring, and share local celebrations of the natural world, not only with one another,

but with visitors from near and far, who come to experience the 'Big Apple's Blossomtime Festival' and the 'Open Gardens' that follow on.

Rogationtide is the Christian Church's celebration of Creation in Spring. It comes at the end of the forty days of the Easter celebration leads up to Ascension Day. In former times Parishioners would walk in procession to the boundaries of their parishes. It provided opportunity to intentionally gather as a community to ask for God's protection and blessing on their land, its crops and creatures whilst checking the integrity of the parish boundaries. The Cider Parishes had revived this 'beating of the bounds' in former years, and after a break during Covid, recommenced in May 2022 on Rogation Sunday, with a walk from Yatton old Chapel, to All Saints Church Yatton, and then onto St Bartholomew's at Much Marcle.

This year's Rogation Sunday walk will recommence the journey, beginning with prayers at St Bartholomew's Church Much Marcle on Sunday May 14th at 9.30am. Then setting out to walk to St Michael and All Angels' Church at Little Marcle where we end with a short service at 11.30am. ALL are welcome to come and join the Rogation walk, and/or at either or both short services at the begin/end points. As we prepare to step out on a journey asking for God's blessing on the communities of the Cider Parishes, may we celebrate our place in God's creation, and be drawn ever deeper to the fount of God's Spirit of Love.

ALL ARE WELCOME AT OUR SERVICES.
– I hope to see you there.

Best wishes *Val*

Rev. Val Tait - email: valtait@live.co.uk Tel: 01531 634035



December Results:

First prize no 5 Second prize no 26

January Results:

First prize no 39 Second prize no 3

February Results:

First prize no 55 Second prize no 40

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Wild Swimming with Starlings by Sally Smart

2023 Winter Watch on BBC TV recently inspired me with their recording of wild swimmers getting a grandstand view of the murmuration of starlings! The swimmers said it was such a privilege to observe the starlings from underneath and so close.

Wild Swimming has been around for many years but has recently become very popular amongst those seeking to improve their health. The closure of swimming pools during the covid pandemic may have accelerated this interest.

I caught up with a few friends who have been swimming regularly throughout the year for a number of years and was interested to hear why on earth they keep doing it!

There appears to be an initial buzz that 'feel good' factor in the early trips to the lake. 'I could conquer Everest now! Wild swimming has had an impact on my mental wellbeing. Being in the water and feeling it around me is comforting, the movement & the sounds are calming & soothing. I love the social aspects of mixing with like-minded people'

Improved circulation has been noted: 'I don't feel the cold as much as I used to. My auto immune system is enhanced – I can't remember the last time I had a cold & my blood pressure is reduced. It has helped me lose weight'

But before you go jumping in there is much to think about. What gear you need depends on preference, time of year/water temperature.

Things to think about include:

- Wet suit - ¾ or full length, thermal lined swimsuit or just trunks/swimsuit
- Neoprene shoes/boots
- Warm hat – bright coloured neoprene ones are extra visible
- Insulated gloves
- Something warm when you get out – Dry Robe or a towel
- Tow-float - good as a buoyancy aid if needed. Compulsory at some lakes.

What else?

There are organised places to wild swim. The 'Lenches Lakes' in Evesham run courses for beginners and run regular swim sessions. Their website is full of advice regarding the health & safety of wild swimming. I would recommend starting with something like this to gain experience. You will find other lakes on the internet.

A plea from our local swimmers – any kind farmer with a pond want to consider encouraging wild swimmers? We currently have to travel quite a distance to swim.

The Putley Fitness Walk:

(Monday 6th March, 3rd April, 1st May – check Big Apple) Meet at the Parish Hall to set off at 10am. Followed by refreshments.

We walk between 2.5 and 3 miles. All for £1!

We also do 4 walks in the year which are a bit longer (6 to 8 miles) For further information ring Sally on 07468 793405



Parting shot

Winter Wild Swimming by Sally Smart

If you have a great photo that could grace the front cover or be our 'parting shot', send it to our Editor, at julie@monster-creative.com



CHURCH SERVICES

	Aylton	Little Marcle	Much Marcle	Munsley	Putley	Wellington Heath	Yatton
5th Mar	11.00am			9.30am		9.30am	9.30am
12th Mar		11.00am	9.30am		11.00am	9.30am	
19th Mar Mothering Sunday	11.00am		9.30am		11.00am Parish Hall	9.30am	
26th Mar			9.30am	9.30am	11.00am	9.30am	
2nd April Palm Sunday	11.00am				6.00pm	9.30am	9.30am
6th April Maundy Thursday						7.30pm	
7th April Good Friday	2.00pm		2.00pm	2.00pm	2.00pm	2.00pm	
8th April	Easter Eve - 8.00pm Pixley						
9th April Easter Sunday	11.00am	11.00am	11.00am	9.30am	11.00am	9.30am	9.30am
16th April	11.00am		9.30am		11.00am	9.30am	
23rd April			9.30am	9.30am	11.00am	9.30am	
30th April						11.00am	
7th May	11.00am					9.30am	9.30am
14th May Rogation Sunday		11.30am	9.30am & walk to Little M	9.30am	11.00am	9.30am	
21st May	11.00am		9.30am		11.00am	9.30am	
28th May			9.30am	9.30am	11.00am	9.30am	

CHURCHWARDEN CONTACT DETAILS

Aylton - Anne Blandford: 01531 670274
Selina Marcon: 01531 670900

Little Marcle - Jim Glanville: 01531 670125

Much Marcle - Richard Brooks: 01531 660241
John Chapman: 01531 660664

Munsley - Mike Robinson: 01531 670356
Linda Warner: 01531 632344

Pixley - Edward Thompson: 01531 670228

Putley - Elaine Spalding: 01531 670554
Gail Gwenlan 07591 373715

Wellington Heath - Derek Barnes: 01531 248472
Amanda Wright: 01531 633325

Yatton - John Reed: 01989 780439
Chris Oulton: 01531 660317

Thinking of A Wedding? A Christening? Celebration of a loved one's life? A chat?

Please get in touch Revd. Val Tait Rector 01531 634035 / Email valtait@live.co.uk