

## the cider press

Summer June - Aug '23 Issue No.99





### Putley Open Gardens 2023

#### Photos David Murdoch & Josephine Felton









The first Putley open Gardens event in 2015 shared just over £300 between our two charities. Saturday the 13th started dull and overcast. By the time the last visitor had driven off we had experienced four hours of fabulous spring sunshine. The five open gardens and churchyard all looked good despite of the



parish being inundated with one and a half inches of rain on the Thursday evening. Everything appeared in good order; well, good enough for the visitors not to notice! Thank you to the residents of the Cider Parishes for your support. You and our visitors from Somerset, Essex, Gloucestershire and Worcestershire (to name but four) helped us share a sum over 10 times that of 2015 between our two charities Putley Church and Putley Parish Hall.

The dull start did not slow the arrival of visitors; the Parish Hall looked like a well supported cafe with the catering team tending a significant number of Bacon Buttie eaters by 10.15.

On arrival, our visitors are met by the Welcome Team, whose knowledge of the terrain and can help the visitor to access the gardens by the means most suited to their need.

The majority of visitors took to walking the paths through the orchards and pastures to visit the gardens. These trails are marked with arrows assiduously positioned by our support team. On arrival at the gardens the visitors expressed their surprise and pleasure at discovering the diversity of our offerings. Writing as a garden opener, it would be remiss not to mention the courtesy shown by our visitors.

They were, without exception, complementary, courteous and considerate.

The plants on sale (all home grown) were rapidly diminished creating a significant amount of cash. Next year more to sell would be great. The Tombola was, as ever, a great success; thanks are due to all who generously donated the prizes and to the ticket folder and his support staff.

The gardens are the nectar. The final accolade must go to the catering team. Hard at it from 9am till 5pm they generate an important proportion of our income. The generosity of parishioners and their friends in providing soup, cakes etc. is amazing.

A Putley community production.

Thank you.

by Tim Beaumont





## A word from the Editor by Julie Crompton

Hello everyone and welcome once again to The Cider Press and all the happenings going on in our little pocket of the Shire.

2023 has been a year of transformations personally, nationally and Globally, but through all the changes, one thing is certain, 'life' carries on.

This was demonstrated so powerfully at the Coronation of King Charles III. Through all the pomp, ceremony and celebration, it was the emphasis on the continuity of the familial line that really hit home for me. The Royal family have this obvious link to the time-line of history, but every living thing on the planet has followed that path to this point.

The Big Apple p10 and the efforts of all who garden p5, including the people who helped to create the magic of the Putley Open Gardens *p2*, we can see how care for our rural assets allows the continuity of our diverse flora and fauna to thrive.

But of course, we all have to take care of ourselves too. There are tips for the treatment of concussion on p12, and how to stave off dementia on  $p2\dot{6}!$ 

If you want your 'treatment' to be more entertaining, there's a new singing group starting up at the Parish Hall p22, a new play featuring local 'stars' p7 and, of course there's always the joy of a visit to the Prancing Pony p9.

Have an enjoyable summer! In Sally Webster's article *p16*, the work of

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 Autumn Issue: **Tuesday 1st August** julie@monster-creative.com

## Any idea what this is?

Re-wilding parts of the garden is all very well until you find yourself hacking your way along a previously perfectly accessible path and wondering if you have strayed into the The Lost Gardens of Heligon.

But the sight of those bovine lovelies, cowslips and cow parsley, flanked by fading perennial red tulips and new stands of bright blue camassias lifts the spirits even on a cloudy day. A few violets and primroses hung on until mid-May and a variegated low, wide leafed wild something-or-other was alive with small, slim, striped wasps, humming and fluttering little orange flashes as they found whatever it is they were looking for.

The agapanthus pots showed no signs of life after being left out in that December frost so I tipped them out and in the bottom is some white spaghetti which may or may not be "Life". So they have been put in new pots of garden compost and have two choices – sprout or rot, though I think the latter is a 99% certainty.

Monty Don overwintered his lemons in a shed and they suffered - I am very smug as our one tree was in the greenhouse and is in rude health, pruned as usual in February, fed when remembered with expensive citrus feed and growing like the clappers. We even had the last of last year's lemons from it the other day when an inconsiderate guest wanted a slice with a gin and tonic.

#### by Rosa Mundi

Over winter we potted up masses of plants for Putley Open Gardens in May but the garden pen turned out not to be the Permanent Marker but the Instantly Washed off in Rain one so then it was an "any idea what this is" question and answer session. Long strappy leaves, "probably a day lily, put Hemerocallis and if they ask what colour it is say 'pinkish orange'". Large pot, dark leaves "daisy? Marguerite sounds better". Mint – Tashkent, apple, peppermint, Bog Standard, no idea. Should smell different but when you have sniffed enough of them they all smell the same. My friend and I smiled nicely at the customers, assured them that their choice will fill a dark corner/not spread too far/ need no maintenance/won't need watering and they went away clutching their prizes dreaming of how lovely their garden will look when these gems are added to their borders.

A fence in our vegetable garden has a huge Malvern Hills yellow climbing rose which, though pruned hard each year, arches in great golden sprays later in summer. Under it is now a bit of bare ground so we have mixed up a variety of flower seed packets found lurking in the greenhouse, and some anonymous seeds we saved but didn't label. And a packet of bright coloured beauties all the way from Texas. Not sure that "Wildflower meadow" is quite the phrase but we are intrigued to see what, if any, of this mixture comes up.

Otherwise we intend to spend summer afternoons sitting on the swing seat and just enjoying the garden, though I will be busy planning the next Makeover and D.B. will be sighing resignedly as he waits for His Instructions, which he knows, poor chap, are bound to come.



AND OTHER OVEN BASED ADVENTURES... Courgette & Lime Cake

## The ultimate treat to deal with a glut of Courgettes!

Vegetables in cake are nothing new and this Courgette and Lime delight deserves a place at 3. the tea table. It's not overly sweet and is packed full of zesty flavour

#### Ingredients:

#### **Cake Batter**

190g Caster Sugar 130ml Veg Oil 3 Large Eggs 280g sifted SR flour 1 tsp Baking Powder 1/2 tsp Bicarb of Soda 350g Grated Courgette Grated Zest of 2 Limes

#### Frosting

200g Full-Fat Cream Cheese 100g Icing Sugar Grated Zest & Juice of a Lime

### Method:

1. Pre-heat oven to 160°C and line the sides and base of your cake tin of choice. I made mine in a single, tall, 8" spring-form tin, but you could divide the mix into two and reduce the cooking time a little. *by* John Meringue

- 2. Grate the Courgette and squeeze out a bit of liquid, until it's not really dripping with liquid, then weigh.
- . Beat the oil, sugar and eggs together until light and fluffy. I beat mine for about 3 minutes, then beat it some more for good measure! Sift in the Flour, Bicarb and Baking Powder and gently fold into the fluffy liquid. Add the Grated Courgette and Lime Zest, and fold in gently until it looks mixed.
- 4. Pour the mixture into the lined tin and pop in the oven for 40-50 minutes. Check after 45mins with a skewer. Mine was in for 55 minutes in the end, but the liquid content of the Courgettes is a bit random, so constant vigilance is needed!
- 5. When cooked, let it cool in the tin until you can hold it, then turn it out on a wire rack.
- 6. Incorporate the Cream Cheese, Icing sugar and lime juice, very carefully as over whipping makes the mix go too runny. Add in the Lime Zest and decorate the cool cake in your style.

## Local 'LADS', making a 'Show' of themselves

LADS' Summer show at The Market Theatre is an emotionally charged comedy that explores themes of family, friendship, love, loss, the behaviour of bees - and the nature of flowers. The cast of six includes three local residents – Charlie Smart (George) from Aylton and Mary Fielding (Mercy) and Chris Marsh (Felix) from Little Marcle - please go and support them.

Returning home for his father's funeral, Felix wanders through a long summer, trying to make sense of his acerbic mother's behaviour and finds meaning and relevance from the theoretical physics he is researching at Cambridge.

An intriguing story of a family and those orbiting their lives, that evolves over the summer months to reveal changing relationships and a surprising conclusion.



Thu-Sat 15th-17th June at 7:30pm Ledbury Market Theatre



## PUTLEY PARISH HALL

### Thank Yous

The Trustees would like to thank those who came on Maintenance Day in April to do the odd jobs which keep the hall spick and span. Many hands, light work and all that.

Also Ledbury Young Farmers for their donation of a proportion of the lunch proceeds at Big Apple on 1st May. They have taken over seamlessly from where the hall committee left off and it is lovely to see the next generation becoming involved.

And finally to everyone who helped make the Open Gardens a success and for the greatly appreciated share of the takings from the garden entries, catering and plant sales. This takes a lot of planning and hard work on the day and it is good to see the hall used as Centre of Operations.

### The next project

We are currently getting estimates for replacing the flooring in the bar and storage area up to the fire doors. The tiles are lifting in one or two places and generally looking shabby. We hope to eventually put some new cladding on the bar itself and this should brighten up the area considerably.

We have had quite a few birthday parties recently as well as the big public "dos" and a designated Polling Station. Bookings can be requested on-line or by phoning the Secretary if you have a particular query. This is your community hall and the Trustees want you to use and enjoy it.

Queries to jakeherbst@yahoo.co.uk or secretary@putleyparishhall.co.uk 01531 670425



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The Prancing Pony is grateful to be in the fortunate position of being able to make a donation to the Parish Hall, this year. £2K has just been donated to the Parish Hall committee which will be used to enhance the bar serving area for future Ponies and all other events at the hall.

#### The Peripatetic Putley Prancing Pony:

A date for your diary - Friday 28th July - we will once again be upping sticks and moving the Pony across to Ian and Rebecca Jones's glorious Court Farm Barn, Aylton. This year they will be raising funds for the Herefordshire Community Recycle and Reuse Group, which basically means everyone has a clear out and brings along anything - that is in good and useable condition - to donate to the Charity who then redistribute it to those in need. Please ensure that you are on our email mailing list by signing up as a member (if you aren't already) this way, you get all the latest news about upcoming burger vans, bands and other attractions.

Finally, please contact the Pony at putleyprancingpony@gmail.com if you are able to give us some of your time to help out behind the bar, or sign up for future volunteering by printing your name on the roster by the bar.

Upcoming dates: Friday 30th June Friday 28th July (Court Farm) Friday 25th August

See you there!





Putley Parish Hall was taken over by cider and perry makers as The Big Apple Cider and Perry Trials took place on the Saturday of our Blossomtime weekend.

Our team of volunteers were sworn to secrecy as they replaced all evidence of origin with a randomised (but carefully recorded!) code. This peer judged competition is held in high regard by the makers who enter. Prize winners this year seemed especially concentrated amongst a small number of makers – out of 24 makers placed in the top three of any class, seven won more than one prize and one took away four prizes! The smiles on their faces when the winners were announced said it all! (The full results can be found online at www.bigapple.org.uk/wp/wpcontent/uploads/2023/05/public\_result\_ *list\_2023.pdf.*) Following presentation of the prizes by Simon Day, David Hewitt, who has done all the hard work of running the Cider and Perry Trials behind the scenes since 2007, announced that this would be his last Trials. The search is now on to find his replacement – with an offer of full support from David and the chance to adopt, adapt and improve his well-documented system. Huge thanks to David for his dedication to this task over so many years.

Putley and Aylton joined forces for the public days of Blossomtime this year. Recent weather conditions conspired to delay the apple blossom, giving some lovely displays from earlier varieties, while there was plenty of pear blossom about. Guided and self-guided walks through the orchards proved popular as ever – many thanks to our team of walk leaders.



Lunches were provided by Aylton PCC at Court Farm Aylton and Ledbury Young Farmers at Putley Parish Hall, closely followed by Tarrington Brownies and Putley WI serving teas. Thanks to Dr David Marshall for his talk on the Global Story of the Apple, illustrated by art from around the world, and to Farm Manager Mike Thorn for arranging a visit to learn



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about the huge changes taking place at Fosbury Fruit Farm. Leominster Morris were a great draw, as was an appearance from Fiddlers Two who rounded off the weekend with their music in the sunshine."

Jackie Denman, Secretary, Big Apple Association Ltd

secretary@bigapple.org.uk

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## Health & Wellbeing

## CONCUSSION

Concussion may be called mild traumatic brain injury (TBI) and can occur from an impact, from being shaken (as in shaken baby syndrome) or from being near an explosion (EDI's in war zones makes this a tragic problem for many veterans.)

People who've had concussions may report these symptoms and more: pain, dizziness or vertigo, balance issues, sensitivity to light and sound, language problems, lack of focus, confusion, forgetfulness, nausea, sleepiness, and/ or emotional problems. In general they experience dysregulation.

To help you visualise what happens in a concussion, imagine your brain has a consistency of a ripe avocado inside a closed hard container (the cranium) cushioned by a thin layer of fluid (cerebrospinal fluid) with the dural membranes surrounding/ supporting the brain and also separating the hemispheres, cerebrum and cerebellum. A major impact slams the brain around inside the cranium and can cause it to strike the boney cranium damaging brain tissue. As the brain jolts backwards it can hit the cranium on the opposite side and cause a bruise called a contrecoup lesion. The jarring of the brain against the sides of the skull can cause shearing of the dural membranes tissues and blood vessels leading to internal bleeding, bruising or swelling of the brain. Research points to the corpus callosum also receiving damage from concussions. The corpus callosum consists of thick bundles of nerve fibres that connect the left and right cerebral hemispheres and ensures both sides of the brain can communicate and send signals to each other.

If you or your child has received a concussion you should always attend A and E for observation and to rule out any internal brain bleeding as this needs close monitoring and sometimes an operation. A delayed onset of symptoms may be more common in children and teens who may feel okay initially but worsen later. Parents need to monitor any head injury closely for changes in speech, balance, emotions, vision, nausea, sleep, cognitive abilities, hyperactivity etc. Ask "does anything feel different than usual?"

After a concussion, most people recover most or all of their abilities within a few weeks but for some it can take much longer. The healing period is most likely related to the severity of the injury, the state of your health at the time, whether you've had past concussions (perhaps even from early childhood falls which were undiagnosed concussions) whether you got quick and appropriate treatment, and your self care afterwards.

There has been much media attention given to the world of sport, rugby, football, boxing and the long term effects of TBI's on neurological health of players. Parkinsons disease, Alzheimers, Motor Neurone disease have all been linked with players suffering TBI's during their sporting careers. In football there are now new guidelines limiting the practice of heading the ball. The new mantra that is being adopted for sport coaches, players and parents is," If in doubt, sit it out." The sport that has the most head and neck injuries is not rugby as one might think but trampolining.

Here's how to take care of yourself after concussion to encourage healing and to possibly prevent serious health problems in the future.

#### STAY HYDRATED

Your brain is very sensitive to dehydration and after a concussion, measuring how much you actually drink is important. Begin each day with a big glass of water. Most of us would admit to feeling that we did not drink enough water. Leave a glass of water in the kitchen or at the work station and take regular sips as you remember or are passing by.

#### TAKE AN EPSOM SALT BATH

Soak every night to relax, relieve muscle pain and absorb magnesium. Magnesium is a vital mineral for brain health and levels may drop sharply after a concussion.

#### TAKE SUPPLEMENTS

Concussion rapidly depletes levels of vital nutrients in an attempt to recover brain health. There are many beneficial supplements such as N-Acetyl-Cystine (NAC) fish oils and curcumin. Make sure you get protein and vitamins and minerals from nutrient dense food, take Epsom salt baths and get plenty of sunshine for Vitamin D.

#### EAT A KETOGENIC DIET

Going Ketogenic involves eating a high fat, moderate protein, low carb diet. This diet was developed to help children with epilepsy and is considered to be beneficial for brain health. Being low in carbs and high in healthy fats, the ketogenic diet is also anti-inflammatory.

Eat these beneficial foods unless allergic or sensitive: eggs, organic chicken, wild salmon, sardines in olive oil, coconut oil, walnuts, tomatoes, broccoli, green leafy vegetables, avocados, blueberries

Avoid alcohol, caffeine, sugar trans fats, seed oils, fried or processed foods, factory farmed meats and fish, grains, legumes, and other fruits and fruit juices.

## REST AND RESUME ACTIVITIES AS YOU ARE ABLE

In the first few days after a concussion rest from strenuous mental or physical exertion and avoid additional stress. Move your body slowly and gently at first. Always stop if your symptoms return. Cross lateral movement as in walking, crawling, marching help get your hemispheres working together again and increases co-ordination.

PRACTICE YOGA, MEDITATION AND/ OR MINDFULNESS

Practicing yoga meditation and mindfulness can be especially helpful with fatigue and depression. Begin with practicing restorative yoga first. Do what you can and rest if it's too challenging. Also try learning the ancient yoga technique of alternate nostril breathing. It is said to help balance the left and right brain hemispheres. Nostril openness switches throughout the day. This daily practice may be a way of improving the function of the corpus callosum which connects the two hemispheres. In my experience and that of many others, alternate nostril breathing is calming and balancing.

#### MONITOR YOUR MEMORY

Memory can return slowly after a concussion so making lists and setting up reminders can be helpful. It is a case of being patient.

#### EXERCISE YOUR SENSES.

These exercises can help relieve the anxiety and emotional volatility that often accompanies concussion.

- Listen to nature sounds, soothing music, guided meditations.
- Gentle massage.
- Engage your sense of smell with essential oils, herbs, flowers, and food.
- Really taste your food.

#### DO LYMPHATIC DRAINAGE

This simple self care technique helps your lymphatic system remove metabolic waste and toxins from the injured brain. The discovery of lymphatic vessels in the brain is a relatively recent discovery. This YouTube video shows how to do the basic technique.

Self Lymph Drainage Massage by MassageByHeather.com in Louisville, KY CRANIOSACRAL THERAPY

Craniosacral techniques help remove metabolic waste from the cranium by improving venous drainage. CST helps balance the autonomic nervous system so reducing sympathetic tone resulting in deep relaxation which then facilitates healing.

## PUTLEY CHURCH



If you have visited Putley Churchyard in the last few months, you will have noticed that we have a new sign at the South entrance showing that we have a Commonwealth War Grave there. The grave is of Private Joseph (Joe) Solomon Taylor.

The Taylor family was based in Pinvin, in Worcestershire, and Solomon Taylor (Joe's grandfather) was a well-known and respected Nurseryman . When Squire Riley of Putley Court advertised for a skilled Fruit Grower and Overseer, Solomon's Son, Harry, (Norman Stanier's Great Grandfather), applied for and got the job. The interview, according to Family Legend, took place at Great Malvern Station, John Riley allegedly saying that, at 25, he felt that Harry was too young for the post and Harry replying that if Pitt the Younger could be Prime Minister in his mid twenties, then he, Harry, could surely run the Fruit Farms of the Putley Court Estate. He got the job!

Harry, and his wife Amelia, came to Putley, and John Riley supplied them with the house at Fosbury. Harry and Amelia raised 5 sons and 2 daughters there, Joe being the fifth son. He and his brothers worked on the fruit farm and, when Harry and Amelia moved back to Pinvin when their children were teenagers, the boys cycled back over the hills each day to continue their work on the farm. Joe signed up for the Army when he was old enough, and was sent to the Army camp in Oswestry for training. It was here that he died a month later on 10th February 1917 aged 19, from Spanish 'Flu.

His gravestone is a poignant reminder of the many locals who have given their lives in conflict and whose names are read out from the war memorial in the Churchyard in the Armistice Day service. When the Last Post and Reveille echo across the orchards at 11.00 on the 11th day of the 11th month, we especially remember Joe.

Sue Ashe





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## Hedgerows & Verges

by Sally Webster Putley Parish Tree Warden & co-founder of Verging on Wild

### Hedgerows are a familiar feature of our landscape in Herefordshire.

Much loved by many, but easily taken for granted. They are a man-made feature brought about by the Enclosure Acts that started in the 17th century and sometimes they mark ancient parish boundaries. Our continental European cousins are very envious of the amazing hedgerow network we have in this country. Generally, hedges are lacking in theirs.

In Herefordshire, our hedges are particularly diverse with a range of native species. Where I grew up in rural Northamptonshire, hedges are dominated by hawthorn and blackthorn but in



Herefordshire, we are just as likely to find elm, hazel, dogwood, field maple, holly, occasionally spindle and in the Golden Valley, even yew.

Many wildlife species have adapted to using hedges for roosting and nesting, for shelter and for forage. Hedges are an invaluable wildlife habitat which is thought to mimic the 'ecotones' or areas of transition provided by woodland edges and glades in an ancient wood pasture landscape. Although hedges are a manmade feature, this may explain why so many species have evolved to use them, whether that's insects, birds or small mammals such as dormice - a rare species in decline nationally but still present in some of our parish hedgerows. Because hedges are linear, they are also used as a navigational aid by species such as bats and barn owls.

Hedges are also invaluable to landowners as enclosures and windbreaks for livestock and crops. For both arable fields and orchards, they are beneficial in providing homes for the insects that pollinate many crops. Traditionally, they have also been used as a source of timber and firewood, especially hedgerow trees such as oak and ash, and as supplementary feed for livestock when grass was scarce. Today, hedges are also recognised for the role they play in carbon sequestration and

flood management. The importance of their role in providing numerous 'eco' services is reflected in the 200km of new hedging that has been recently planted in England, according to DEFRA, the



government department responsible for food, farming and the environment.

National Hedgerow Week runs during the second week of May and its focus this year has been 'healthy hedges'. A healthy hedge is one that is dense and bushy at the base, is allowed to blossom and fruit by not being trimmed too frequently and is allowed to grow tall over its natural life cycle through incremental cuts rather than being cut at the same height and width every year. At the end of this cycle, the hedge can be regenerated either by laying (cutting into the stems) or by being coppiced (cut to the ground) to stimulate new growth from the base. Clearly managing the life cycle of a hedge in this way does not suit all situations but trimming the top of a hedge at an angle to allow more light in, is also a useful technique to keep the base of the hedge dense and bushy.

With the intensification of farming to produce higher yields and the need for

bigger machinery, many hedges were grubbed up in the 1970s and 1980s. Thankfully that tide has turned and regulations protecting hedgerows have become more stringent. However, many existing hedges are in poor condition either as a result of neglect or more frequently, as a result of being too frequently cut at the same height. This produces a knuckle line (scar tissue) and over time, the hedge becomes gappy at the base or just a row of sticks which are of little value to anyone. Too frequent trimming does not allow the hedge to blossom and fruit, resulting in fewer haws, sloes, hazel nuts and blackberries which are so important for our overwintering birds and mammals and for home-made jams, jellies and winter tipples.

The picture is now changing. As the current type of farm payment is phased out, new types of payment are being brought in which incentivise landowners to adopt an approach to hedgerow management which better benefits the environment and wildlife. This includes incremental cutting (gentler also on the flail because it is cutting into tender growth) and less frequent hedge cutting (every 2-3 years) as well as new hedge planting to plug the gaps. Of course, the regular 'safety siding' of roadside hedgerows will not be affected by such measures; that will continue.

Some of the best trees in the landscape have resulted from hedgerow plants being allowed to grow up into trees. At a time when we are losing many hedgerow ashes to ash dieback, allowing strong specimens of species like field maple, holly, blackthorn and hawthorn to grow into small hedgerow trees is a win win for us, wildlife and the environment. Such trees are already suited to their location, do not have to be planted, do not require watering or protective guards and providing they are visible to hedging contractors, can easily be left uncut by the flail.

Many organisations concerned with the health of hedgerows join together during National Hedgerow Week to run informative webinars. The Tree Council, Farming & Wildlife Advisory Group (FWAG), People's Trust for Endangered Species (PTES) and Campaign to Protect Rural England (CPRE) have dedicated sections on their websites as well as recordings of webinars that have taken place. However, for detailed guidance that brings all this expertise together, there is no better place to start than with Hedgelink.

Roadside verges share some of the same benefits for wildlife and the environment as hedges. They also provide a refuge and home for insects and small mammals as well as corridors for the dispersal of species and connectivity with other habitats. However, while it is the landowner who is responsible for the management of hedgerows, with rare exceptions, the local authority or its contractors are responsible for the management of roadside verges. It is sad to see the wholesale mowing/strimming of many natural verges by landowners and even householders who are well-meaning but ultimately misguided; the resulting loss to biodiversity is significant while the gains in visibility for road users are often minimal and on busy roads, the people mowing often put themselves at risk.

Although our verges have become more fertile over time due to nitrogen deposition from emissions, run-off from fields and enrichment from grass and hedge cuttings, we still have some wonderful verges in Herefordshire with great displays of wildflowers. The best are often those located on poor soils where there is little competition from more vigorous species like nettle, creeping thistle and dock.

Verging on Wild is a community group working closely with Balfour Beatty and a network of volunteer supporters to survey and sensitively manage the best of these verges. To allow them to thrive as mini nature reserves, it is important to make sure that these verges do not excessively scrub up or get mown before flowers have set seed and flowers and butterflies and other insects have completed their life cycles.

Please get in touch if you know of any special roadside verges or if you have a query about trees or hedgerows.

email: sally@sallywebster.net

## AYLTON V PUTLEY 2pm - Sunday July 30<sup>th</sup> Canon Frome Cricket Club



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## News from Putley WI

Are you looking for a warm welcome, numerous opportunities to meet up, stimulating talks and activities? It's all happening at Putley WI!

According to a recent speaker on the history and production of gin, we are "the most lively and enthusiastic group" he'd encountered... and that was before he had introduced us to his various samples!

Since Christmas we have also learned about the history of the National Trust property at Brockhampton, been challenged on the plight of refugees arriving in Herefordshire, celebrated a special birthday with Josephine Felton, had our AGM postponed due to snow, and sadly accepted the resignation of our wonderful Treasurer Gill Powell. We gratefully co-opted a willing volunteer in Mary Page to take over.

The outstanding AGM business was mostly

conducted at the April meeting, when the Committee, now including Mary, was reelected. Anne Phillips (President), Ginny McCoy (Vice-President) and Rachel Wilson (Secretary) will continue in their respective roles. There are over forty members with a rapid increase of late. We offer weekly craft and coffee groups, and occasional garden visits in addition to our monthly meetings.

More evenings are already planned for the Summer and Autumn which we hope will include something to interest everyone: a talk on the wildlife of the Woolhope Dome, a visit to a green burial site, a talk by the author Jay Courtney, and an open meeting on the world of spies, cyphers and codes. And more!

So, what are you waiting for? Come and discover Putley WI for yourself.

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



## 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

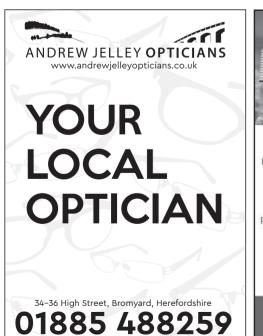
## 'Sing For The Seasons'

## Harmony singing group comes to Putley Parish Hall.

After a couple of Summer sessions in Tarrington, 'natural voice' leader Sarah Rowe is delighted to announce the arrival of harmony singing group 'Sing For The Seasons' in Putley on Sunday 3rd September.

At 'Sing For The Seasons' you will learn and sing rounds and multi-part songs from around the world, taught by ear and sung without accompaniment in glorious harmony. All voices and levels of singing experience are welcome, there are no auditions, no performances, no reading from music, and no expectation to attend every month.

The 'natural voice' approach embraces the idea that everyone should feel able to sing with the voice they were born with; that singing is good for us; and that singing together helps



build community. At 'Sing For The Seasons' Sarah creates a welcoming and supportive environment where everyone can grow in confidence in sharing their voices, and where the benefits to our well-being of singing together can be felt. Singing the 'natural voice' way is joyful and uplifting, and Sarah guarantees you will have a lovely evening and leave with a smile on your face and a song in your heart!

'Sing For The Seasons' is on the first Sunday of the month 6.30pm-8.30pm, Putley Parish Hall. £7.50 per person cash/card on door, includes delicious refreshments.

BOOKING REQUIRED:

email singfortheseasons@btinternet.com or WhatsApp: 07719 170500.

Find out more at: www.naturalvoice.net/ choir/sing-for-the-seasons

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## AYLTON NEWS



### Big Apple 2023 in Aylton

As we write this we are just recovering from serving well over 100 ploughman's lunches and hot dogs which were enjoyed by our Big Apple visitors. Court Farm barn was heaving on Sunday 30th April. A new Big Apple initiative was to hold more events at Court Farm. You could bring your tools for sharpening, learn about making biochar out of orchard waste, improve your pruning of apple trees and hear the global story of the apple. A good time was had by all.

## Celebration of the Coronation of King Charles III

We very much enjoyed sharing food with our local community as we celebrated the Coronation.

#### The Barn at Court Farm looked fabulous

#### Opera in the Court Farm Barn

Iolanthe will be performed on Friday 14th July 7.30pm. Bring your own picnic to eat outside before the Opera begins. For tickets please go to: www.operaanywhere.com

## **Charity Roadside Stall** (A4172 opposite turn to Aylton)

We are looking forward to getting the stall up and running at the end of July early August. If you have a glut of any fruit or veg do add it to the stall.

We will be raising money for our 2023 charity: 'Herefordshire community reuse & recycling group'



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# Brush your teeth to avoid dementia! by Sally Smart

As time moves on I am aware of certain parts of my body not working as smoothly as they did when I was young.

This is healthy ageing (I hope!). My memory and ability to multi task is not as good, I run more slowly – in fact, I have slowed down in general. I am not as flexible as when younger, I have less energy. Maybe you can relate to some of these.

Dementia is very different. Dementia is what happens when brain cells are destroyed by disease. The result can be profound problems with memory, concentration, judgment and personality. A scan would show a pronounced shrinkage of the healthy brain tissue.

Dementia is often only addressed as we get older, seen as a problem of old age. But we are getting old all of our life: the better our brain ages, the better we can avoid or withstand dementia.

In our youth a good education can improve our brain health for the rest of our life. In middle age if we don't drink heavily and our blood pressure is controlled, brain health is improved. In later life, apparently what really helps is not smoking, regular exercise, and keeping socially engaged.

We all know it is not that straightforward. For instance, people who get a good education are more likely to come from an environment where income and expectations also play a part in looking

#### after the brain.

However, all research shows that a healthy lifestyle helps to avoid dementia. A good brain needs good nutrition.

Experts recommend these to reduce the chances of dementia:

Exercise...get sweaty at least once a week. A mixture of aerobic and strength training is ideal.

Use a hearing aid (if you need one). Loss of hearing can lead to becoming more socially isolated.

Early life education gives us resilience to dementia. However, keeping the brain active is important for mental health through out life. Research shows that building a 'cognitive reserve' helps the brain to cope better as it ages.

Dental hygiene. Amazingly, recent research in America suggests people with gum disease & mouth infections are more likely to develop Alzheimers. Further research is being done into the bacteria but if this is the case even more reason to take good care of your dental health.

### The Putley Fitness Walk:

(Monday 5th June, 3rd July, 7th August, 4th Sept) 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 8m) For further information ring Sally on 07468 793405



What a remarkable and historic year we have just shared in the life of our Nation.

As June was dawning just a year ago, we were gathering in our Communities across the land to celebrate an unprecedented event, the Platinum Jubilee of our Monarch, Queen Elizabeth II. A few weeks later we entered a period of National mourning following her peaceful death in early September, when the second Elizabethan era had suddenly drawn to a close, whilst simultaneously and seamlessly the new Carolean age began, with a newly proclaimed Monarch as her successor – King Charles III.

Now, we have had opportunity to bear witness to, a 'once in a generation event' of the Coronation of King Charles III at Westminster Abbey. The mystery and symbolism of centuries old traditions have been revealed from deep within the Abbey's ancient and majestic house of prayer, where Monarchs have been crowned for nearly a millennium, to the estimated 20 million people watching from their homes in the UK, as well as to the global audiences across the world. Amidst the rich visual tapestry of the pageantry, and the musical excellence of many participating choirs, soloists, and musicians which all contributed to the splendour of the occasion. An act of Christian worship lay at its heart, and the promise to serve in the likeness of Jesus, God's Son, with 'Wisdom', and with 'Love'.

The theme of 'service' was evident from the moment King Charles III entered the Abbey, when he was welcomed by a child with these words:-

'YOUR Majesty, as children of the kingdom of God we welcome you in the name of the King of kings' And the king replied 'In his name and after his example I come not to be served but to serve'

That thread of service was interwoven throughout, reminding us that despite the splendour of the occasion, and its overt exhibition of earthly power (sword, armies, fine robes), that authority is a gift of God, and is found in the humility of service. The stripping of his stately robes, to wear a simple tunic for the anointing of hands, head and heart, to be consecrated, to be set apart, as a servant of God for this ministry, was powerful in its simplicity. Called from henceforth to exercise the gifts of wisdom, mercy and justice in love. Then came the rerobing, presentation of symbolic gifts, the crowning, blessing and enthronement

The Coronation has given us all opportunity not only to glimpse the traditions and symbolism of a spectacular historical event, but also to reflect on the deep meaning of the call to Christian service, in the midst of wherever we are. We give thanks that many have offered their loving service to their communities in our nation through the gifts of creativity and hospitality in the celebration of this event. Not least here in the communities of the Cider Churches, where the invitation to celebration has been widely enjoyed through sumptuous tea parties with a 'Toast to the King', at a traditional Ceilidh with supper, through 'Ringing for the King' in our bell towers, and/or Services of Thanksgiving in our Churches.

As we take time to thank God for the many gifts that bring us together in communal life, we also remember how 'we learnt again during the Covid pandemic that being part of a community is essential to human life. We find community in our friendships, families, colleagues and classmates, the places we live, and in our churches. Living in community helps shape our character and behaviours.' May we continue to celebrate and rejoice in the fullness of the life of God revealed through loving service here in our midst.

Best wishes Va

## PUTLEY PARISH COUNCIL

### YOUR NEWLY ELECTED PARISH COUNCIL

Following the local council elections of Thursday 4th May, Herefordshire Council Returning Officer Paul Walker, has certified that at the Election of Parish Councillors for Putley Parish, were duly elected Parish Councillors for the Parish without contest.

Booth, Andy Daly, Dermot Denman, Jackie Griffin, George Herbst, Jake Webster, Sally



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Following a brief hiatus over the last month for these elections, the Parish Council is now up and running and eager to continue its remit to represent the interests of all the residents of the parish.



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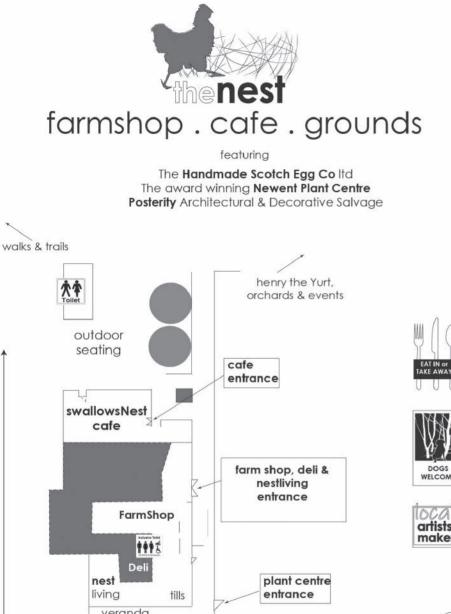
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### AYLTON

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## **Parting shots**

#### **Coronation Celebrations** by David Murdoch



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

<b>CHURCH SERVICES</b>									
$\bigcirc$	Aylton	Little Marcle	Much Marcle	Munsley	Putley	Wellington Heath	Yatton		
4th June	11.00am				11.00am	9.30am	9.30am		
11th June		11.00am	9.30am	9.30am	11.00am	9.30am			
18th June	11.00am		9.30am		11.00am	9.30am			
25th June			9.30am	9.30am	11.00am	9.30am			
2nd July	11.00am					9.30am	9.30am		
9th July		11.00am	9.30am	9.30am	11.00am	9.30am			
16th July	11.00am		9.30am		11.00am	9.30am			
23rd July			9.30am	9.30am	11.00am	9.30am			
30th July					10.30am				
6th Aug	11.00am					9.30am	9.30am		
13th Aug		11.00am	9.30am	9.30am	11.00am	9.30am			
20th Aug	11.00am		9.30am		11.00am	9.30am			
27th Aug			9.30am	9.30am	11.00am	9.30am			
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Selina Marcon: 01531 670900		Putley - Elaine Spalding: 01531 670554							
Little Ma	Little Marcle -         Jim Glanville: 01531 670125         Gail Gwenlan 07591 373715				373715				
Much Ma	Much Marcle -         Richard Brooks: 01531 660241         Wellington Heath         - Derek Barnes: 01531 248472           John Chapman: 01531 660664         Amanda Wright: 01531 633325								
Munsley		ike Robinson: 015 nda Warner: 0153		Yatton -         John Reed: 01989 780439           Chris Oulton: 07582 807361					

## 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

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