THE BRIDGE



Produced by Elmore Parish Council November 2019 Issue Twenty-Two

From The Editor

I'm not up to the maths involved but, like a lot of people, I have tried to understand relativity (not very successfully). We are told that because time passes faster the further you are from centre of the Earth your head is very, very, very slightly older than your feet. I don't know about this but I do know that the older you get the faster time seems to pass. 2019 seems to have rushed by faster than 2018 and so here we are with the last issue of **The Bridge** for 2019. Meanwhile, if my grandchildren are anything like my younger self, the year will have passed much more slowly for them. For me the summer holidays of, say, 1955 seem longer in my memory than the whole of 2019.

But, despite the Brexit farce, life has gone on just the same and some of it is reported and anticipated in these pages.

Don't hold your breath, but there is perhaps some good news about broadband. Also you can read about what the Guides and Brownies have been up to; find out about The Village Players' panto and learn that the process of finding and appointing a new vicar is slow but sure. John Field has submitted another account of an Elmore man who served in WW1 and survived, this time William Reynolds and, if you don't already know you can find out that fresh milk is now available for sale at Barhouse Farm. There is all this and much more so read on.

Elmore WI

Our October meeting opened with business, birthday button holes, sale of calendar and diaries and info on a CAROL CONCERT at Cheltenham Town Hall

The speaker was the very popular rep from Highfield Garden Centre, Jon Mason, who gave an insight into the running of the centre and the proposed enlargement in the near future. He also advised members on garden queries and offered plants for sale. He donated two grand flower filled containers for a raffle prize. Our secretary Julie Bircher won the competition for a posy in a jam jar. The evening ended with delicious homemade soup and, as always, a

Forth coming meetings

selection of mouth watering cakes.

NOVEMBER 12th PEARLS by Pam Slater DECEMBER 10th CHRISTMAS SURPRISE

Val Overton

The WI Recipe

Boeuf Bourguignon

Now that there is an 'R' in the month why not try this delicious winter warmer, a favourite recipe sent in by Julie Bircher

3 lb topside of beef 1 oz butter

1 tbsp olive oil 2 oz lardons (bacon)

1 tbsp cognac 2 carrots 1 leek 1 onion

1 clove garlic 1 bouquet garni 1 bay leaf salt and pepper 1 tbsp plain flour ¼ pint red wine ½ pint beef stock 6 button mushrooms

6 shallots

Cut up beef into large pieces.

Heat oil and butter in a heavy pan with lid. Cook lardons until crisp and remove from pan.

Coat beef in seasoned flour. Brown beef in remaining fat in saucepan in 3 batches and then return to pan, together with lardons.

Warm a tablespoon, pour brandy into spoon, set alight and drop brandy onto meat. Leave to die out naturally.

Remove meat from pan.

Slice carrots, leek and onion and cook in pan for 5 minutes, adding a little more oil if necessary.

Return meat to pan.

Add stock, red wine, crushed garlic, bay leaf and bouquet garni.

Cover with lid and cook in oven for approximately 4 hours on 160 C.

After 3 hours add button mushrooms and peeled shallots to casserole.

Alternatively, it can be left in the bottom oven of aga/everhot all day to cook. If making for a dinner party, can be made the day before as the flavours will improve overnight.

From the Parish Council

Broadband

Do I open the champagne yet?

An article in the local press on 16th October proclaimed that Gigaclear's ground-breaking engineering project to drill under the River Severn is now complete. We now await connection to the Minsterworth Exchange to enable the system to become 'live'.

The article in the press only mentioned the villages of Longney and Framilode but did say the drilling was done at Elmore Back. The article also stated that Longney residents could order their superfast broadband on 28th October and I have been assured by Gigaclear that this date applies to Elmore too.

Once the system goes live Gigaclear has expressed a wish to hold an information session in the village to answer questions and explain their system. A date has not yet been fixed but I will keep informed once I know.

I have to admit that I am firmly in the camp of a 'doubting Thomas'. We have had so many false promises over the last 5 yeas that 'seeing is believing'. Let's hope I am proved wrong.

There are still a few unanswered questions about Gigaclear's fibre network:

- Very few well known internet service providers (ISP) have signed contracts with Gigaclear and at the moment companies like Sky are unlikely to be accessible via the new system but this may change in the future.

- Gigaclear do not provide an e-mail service so you may need to keep your existing provider in addition to the fibre network if you decide to join it.
- Gigaclear has had quite a few problems in other parts of the country. In September both Devon and Somerset cancelled 5 contracts with Gigaclear because of unacceptable delays and they have failed to meet deadlines elsewhere.

That being said, BT's telephone linked broadband is unlikely to improve in Elmore as the telephone cables are the weakest link in the chain. East of the Village Hall (EVH) download speeds vary but can be a good as 4Mbps. However, west of EVH they deteriorate dramatically and drop to around 2Mbps at Kenton Green and vanish to almost nothing around Farley's End. I am aware that many people have already taken action to improve their own systems using satellite, dongles via 4G, boosters etc, all for much the same cost as Gigaclear want to charge.

Many of us have become very reliant on broadband and mobile networks for day-to-day life and business. A poor connection can be hugely frustrating but I would advise caution before signing up to Gigaclear without first exploring all the options they offer — or don't offer! Their business track record is not that good and I question just how reliable they will be in the future.

I note from the Gigaclear website that their current charges are:

- 30 Mbps: activation fee £120, £35pm with a min18month contract: = £750
- 300 Mbps: activation fee £30, £45pm with a min18month contract: = £840
- 900 Mbps: activation fee £30, £75pm with a min18month contract: = £1,380

A 'standard' installation is free but charges escalate if the house is more than 100m from the road where the 'point of termination' (POT) has been installed – the little black box by your entrance (this 100m distance is a major change from their previous limit of 10m).

The choice will be yours.

Remembrance Day

You may recall that last year Remembrance Day was also the 100th anniversary of the end of WW1 Therefore a short commemoration was held at the war memorial at 11.00 to remember those members of the village who had paid the ultimate sacrifice for their country. This commemoration was <u>not</u> a religious service as Elmore Church held a service at 3pm.

It is the intention to hold a similar commemoration at the War Memorial at 11.00 on Sunday 10th November – everyone welcome.

Elections in 2020

There are local elections scheduled for 7th May 2020. These elections were due to coincide with a General Election but, with the unexpected General Election in 2017 the next is forecast for 2022 but this date might just move again with all the Brexit antics. The local elections will cover a proportion of Stroud District Councillors as well as town and village councils. This will include Elmore Parish Council.

All our existing Councillors are due for re-election along with anyone else who would like to stand for election as a Parish Councillor. If there are only 5 candidates who submit their nominations then no election will be held as they will be 'deemed elected'. If more than 5 people express a wish to stand for election by submitting the necessary papers to Stroud District Council then a contested election will be held alongside the SDC election.

Nomination papers can be obtained from our Clerk in the New Year, probably around March.

If anyone would like more information about being a councillor and what it involves, please contact the current Chair.

Private William Reynolds

William Reynolds was born in Gloucester on 20th July 1896 and was the son of Thomas Reynolds (1865-1957) and Rosina Meadows (1868-1959). In the Census records of 1891 and 1901 Thomas Reynolds' trade was listed as a carpenter and he had been born in Westbury on Severn. In the 1901 Census Thomas and his family were living at 25 Hatherley Road in Gloucester but by the 1911 Census they had moved to The Weir, (in Weir Lane) Elmore. By 1911 there were 5 children in

Thomas' and Rosina's family and they were: Annie (b.1895), William (b.1896), Thomas (b.1900), Reginald George (b.1905) and Doris Kathleen (b.1910). The Census form also records that there were two other children that had died prior to 1911. This 1911 Census showed that Thomas was now listed as a 'general labourer' while William, aged 14, was shown as 'boy on the farm' and his elder sister, Annie, aged 16, was a 'domestic servant'.

So, in late 1914, at the age of 18 William joined the Army and served in 7th (Service) Battalion, The Gloucestershire Regiment. The 7th Battalion was formed at Bristol in August 1914 as part of Kitchener's new Army and came under command of 39th Brigade in 13th (Western) Division. The formation moved to Tidworth but by January 1915 was in billets in Basingstoke then moved to Blackdown (Aldershot) in February 1915.

In early June 1915 the 7th Battalion was mobilised for war and sent to Avonmouth where they embarked for Gallipoli. They sailed from Avonmouth on 19th June 1915. In July 1915 they had landed at Gallipoli and were engaged in various actions including;

The Battle of Sari Bair, The Battle of Russell's Top and The Battle of Hill 60.

The Gloucesters suffered many casualties during the Gallipoli battles, so much so that they were not able to function as a military formation. In January 1916 many units, including 7th Battalion, The Gloucestershire Regiment, were evacuated to Egypt due to heavy losses from combat, disease and severe weather in order to defend the Suez Canal. This time was also used to reinforce the undermanned units, which had suffered so badly in Gallipoli.

However, by February of 1916 the front which had opened in Mesopotamia to defend British interests in the area was looking decidedly shaky so the freshly reinforced units stationed in Egypt were sent off there.

Historical Note

Turkey's entry into the war on 29th October 1914 had prompted Britain to open a new military front in Mesopotamia (*present-day Iraq*). British

and Indian troops, in less than a month, had occupied Basra and Kurna. They continued to march up the Tigris River towards Baghdad. However, they suffered a defeat by the Turks at Ctesiphon in November 1915 and had to retreat to the fort at Kut-al-Amara, where they were besieged.

In early 1916 the newly arrived troops from Egypt were sent to relieve the British at Kut-al-Amara and these new troops included the 7th Battalion, The Gloucestershire Regiment but before this strong relieving force could get to Kut-al-Amara the British holding the town surrendered. This surrender, in 1916, was a big shock to the people back home in Britain, coming shortly after the appalling disaster of Gallipoli in 1915.

The Allied forces in Mesopotamia were now had a new commander, General Maude, and his troops advanced rapidly up the Tigris in early 1917. The 13th (Western) Division was mainly made up of Indian units but the only British formation in the force fighting in Mesopotamia was 7th Battalion The Gloucestershire Regiment. Kut-al-Amara was recaptured on 24th February 1917, and Ctesiphon, where the previous British advance had been checked in November 1915, was taken soon afterwards.

On 11th March, British troops finally entered Baghdad. The path was cleared for an advance into northern Mesopotamia, towards the heart of the Ottoman Empire in Anatolia.

You may be forgiven for thinking that the Mesopotamian Campaign was a small and insignificant affair as it is rarely mentioned and wasn't greatly featured as part of the WW1 Commemoration over the last 4 years. However the following statistics show a rather different picture" The Allies had 82,500 battle casualties of which 11,008 were killed, 2,341 were reported as 'missing', 12,879 were captured and 53,697 were wounded of which a further 5,281 died of their wounds.

What is also significant is that a further 16,712 died of disease while a staggering 154,343 were permanently evacuated sick! Those evacuated accounted for some 18.8% of total non-battle casualties, while those who died were 2%. By comparison, 49% of those wounded in battle

(26,814 men) were evacuated, and 8.9% (5,281) died. Thousands more died out of theatre from injuries and sickness incurred during the campaign, or died in Ottoman captivity. Total British military deaths in the Mesopotamian Campaign, including from the latter causes, were 38,842 (1,434 officers and 37,408 men), including 28,578 from sickness and other non-battle causes (including prisoners). Indeed, the commanding general, Maude died of cholera in 1918 in Mesopotamia apparently from drinking milk that hadn't been boiled!

The unusually high ratio of non-battle to battle casualties in Mesopotamia, and the unusually high incidence of permanent losses among non-battle casualties had much to do with the geography of the area of operations. It was unhygienic, extremely hot in the summer, extremely cold in the winter, composed primarily of either sandy deserts or marshes, and was underdeveloped, meaning men had to be transported large distances for medical attention and many did not survive the journey.

The Turks suffered equally with 13,069 killed, 56,000 were wounded or died of their wounds and 22,404 were captured. Sickness also took its toll of their forces.

In July 1918 the Gloucesters were transferred to the 39th Brigade of the North Persian Force where they remained until the 31st October 1918 when the war ended in North Persia. William Reynold's unit was then shipped back to England but by the time they got home WW1 had ended. William returned to his family home in Elmore and continued to work on the farm.

William Reynolds married Elsie Louise Collins (b. 26th March 1900) on 7th April 1923 in St Stephen's Church in Gloucester. Initially they moved into Weir House with William's parents for a while (1929/1931) and then moved into another house in Elmore for a short period. There is a folklore story concerning his activities in Elmore: Apparently, at some stage (+/- 1932) he lived near Elmore Court and kept a pig or several pigs!

This folklore story has it that one of his pigs escaped one day and found its way into the Elmore Court vegetable garden where it had a party and, as pigs do, caused a certain amount of chaos. This event was not looked upon with much amusement by his landlord, Sir Anselm Guise who, it seems, for the sins of the pig, evicted William and his wife from their house! This could explain why he moved away from Elmore for a period (1933-1939) as he was no longer living in Elmore in 1933. In the 1939 Register, William and his family were living in Prestbury Cottage in Churcham, on the A40, on the far side of the River Severn. William's trade was shown as 'blacksmith's striker'.

There was one child from this marriage, Jean Doreen Reynolds (1929-2007) who married Gordon Harold Meek (1930-2011) in 1958. They lived in New Farm, Elmore Back and did not have any offspring.

At some stage, after 1939, William Reynolds bought the cottage at Kenton Green. According to the Electoral Roll they were certainly living there in 1946 while William's parents, Thomas and Rosina, were still living at No. 6 Weir Green and his brother, Thomas (1900-1976), was living at Weir House. This younger brother Thomas married Martha Worrall (1905-1991) and one of their children was Nancy Reynolds (b.1930) who married Edwin Taylor.

William Reynolds died on 19th February 1968 aged 72 and is buried in Elmore Churchyard. His widow, Elsie, moved out of their house at Kenton Green around 1983 and went into a care home where she lived until she died on 14th December 1993, aged 93. She too is buried in Elmore Churchyard.

Island Reading Group

Thank you to everyone who helped to make such a wonderful evening on Sunday 14th July when The Island Reading Group held a fundraiser called Jazz on the Farm at Lake Street Farm, Elmore Back. Special thanks to the Guilding Family who hosted us, to Jazz Friday who played superbly, to all the people who helped with the food and preparations for the event and especially to all of the people who came on the evening and to everyone who gave so generously. We raised the incredible sum of £3,409.91 for The Acorns Children's Hospice and had a lot of fun too!

1st Elmore Guides

At the end of last term 1st Elmore Guides took part in a variety of activities outdoors: We went campfire cooking, learnt map skills and finished the term with an enrolment at Frocester Hill. This term also saw our last four girls complete the Baden Powell Award, Congratulations Paige, Maddie, Merry and Zara! During the summer break we took part in the Deer Park 50 camp which celebrated 50 years of our county headquarters based at Cowley. There were over 200 Guides camping for the week and we took part in a variety of activities such as zip wiring, low ropes, silent disco and climbing. We also had a day out visiting the Everyman, canoeing, paddle boarding and visiting Cirencester. All the girls had a great time. This term we have started with our annual fundraiser at Frampton Country Fair; this was a busy day but all the girls did a fantastic job raising money for our camp. We have also celebrated the Rugby World Cup with a talk from a local rugby referee. We have completed our Growing Gloucestershire Badge which encourages the girls to share their experiences with the hope to recruiting new leaders and Guides. We will be visiting Elmore Court for a tour and to present our final Baden Powell Awards by our District Commissioner. To finish this term we will be visiting the Body Shop in Gloucester for a pamper evening and having our Christmas party at Cattle Country with 1st Elmore Brownies.

If your daughter is interested in joining Guides please call Catherine on (01452) 678181.

1st Elmore Senior Section:

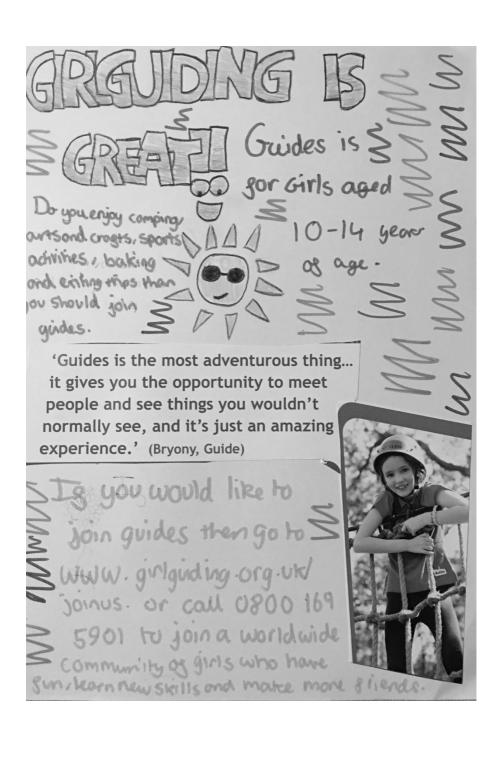
The Senior Section was busy working on the Cooking badge last term where we challenged ourselves to cook a vegetarian meal and to cook a cake outdoors on an open fire. We have also been fishing at Saul; thank you to GUAA who hosted this event for us. To finish off the term we walked from Longney Church to the The Anchor Inn for a chip basket meal on the sunny banks of the River Severn. Last term we also had a

trip on the train to Weston Super Mare where the girls enjoyed a traditional seaside meal (fish and chips) and the weather was good enough for an ice cream. This term we are looking forward to welcoming BexMedia who will help us complete the Animation badge, BexMedia have worked with Sky and NBC creating video content for these channels. The girls are also working on the Future Girl badge which is a national initiative by GirlGuiding encouraging the reduction of plastic pollution. We are looking forward to a visit to HobbyCraft for some Christmas craft and to finish of the term a visit to the ice skating rink at Gloucester Quays.

If your daughter if interested in joining Senior Section please call Catherine on (01452) 678181.

1st Elmore Brownies

This term we starting with our First Aid Skills Builder where the girls achieved their First Aid Badge. We have made dream catchers and had fun one evening with different challenges, which the girls always enjoy. We have done our Grow Your Own Badge where the girls designed and made a small garden in a tray; they used cress for the grass. We will be celebrating Diwali, the festival of light, where the girls will be making their own tea light holder using clay and then decorating them, they will all then be lit and we will be enrolling our newest member. After half term we will be making wind chimes and doing our Growing Guiding Badge. Ending the term with a visit to Cattle Country with the Guides and at the last meeting we will be making mince pies and playing some Christmas Games.



From a Churchwarden of Elmore

There has been no significant change to the situation regarding selection of a new vicar for our benefice. The following is a statement which is being issued to all three parishes:

'We have been "in vacancy" i.e. without a vicar in the benefice (that's the three parishes of Elmore, Longney and Hardwicke) since April this year, when Andrew James retired after 13 years with us. The diocese is leading the recruitment processes and advertising, although the ultimate selection largely rests with a panel of six representatives, two from each parish. Nick Stewart and Liz Bates are Elmore's representatives, Neil Hollis and Andrew Plater are the Hardwicke representatives and Mike Farmer and Tom Whittaker are the Longney representatives.

This is, by any standards, an attractive and appealing area to live, work and minister and our expectations are that there should be a good response and a strong list of candidates. The diocese is planning interviews and at the moment those are likely to be in the first quarter of 2020.'

In the meantime, with the continued support of local retired clergy we are maintaining normal services across the benefice.

The Harvest Supper at Elmore Village Hall on the 12th of October was a great success. Thanks go to everyone who helped to organise the event, who prepared and served the food, who did the washing up, who donated raffle prizes and of course to everyone who attended and hence helped to raise funds for Elmore Church.

A note for your diaries:

This year's Nine Lessons and Carols Service will be at Elmore Church on Sunday, 15th December at 6.30pm. All are welcome and there will be the usual refreshments after the service. Midnight Mass this year is at Longney Church on 24th December at 11.15pm.

Patricia (Pat) Buckland - Benefice Reader and Churchwarden at Elmore

Church Services for Elmore

Unless otherwise publicised the regular service pattern is:

1st and 3rd Sunday of the month – Parish Eucharist at Elmore 9.30am 2nd and 4th Sunday of the month – Evensong at Elmore 4.00pm 5th Sunday of the month – No service at Elmore

Elmore Baptisms, Weddings & Funerals

Baptisms

Sunday, 25th August - Benjamin Peter Clapton (of Hardwicke)

Weddings

There are no more weddings scheduled at Elmore for 2019 - but already 15 confirmed for next year. Our heartfelt thanks go to Father Ian Robb who has officiated at all the weddings since Father Andrew's retirement; and also to the volunteers who ensure the church and the churchyard are seen at their best on these occasions.

Two ladies with local connections were married at Elmore:
On 22nd June - Louise Attwooll and Luke Forde
On 14th September - Jodie Barker and Garrath Schule
Also, Mick and Jackie Taylor's son was married at Dorchester Baptist
Church: on 5th October - Michael Charles Taylor and Abigail Megan
Williams

Funerals, Burials & Internment of Ashes

On 30th August - Funeral of John Robert Camm, followed by burial in the churchyard.
On 25th October - Funeral of Cynthia Smith, followed by burial in the churchyard.

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Baptism (Christening) or Weddings: Church Office 01452 720015 Our Website: www.elmorechurch.info Facebook:

@ElmoreParishChurch

Editor's note thanks to those who responded to my request for opinions about the publication of weddings in Elmore Church. All were of the same opinion; that we should only publish the names of those who reside in the village or are well known to readers of **The Bridge.** This will be the pattern from now on and I am grateful to Pat Buckland for gaining the permission of the happy couples to use their full names. What times we live in!

What to do in a Cardiac Emergency - a refresher

It is now 4 years since Elmore funded and acquired its two defibrillators. There are newcomers to the village; there are those who were unable to attend the training sessions; there are those who did attend and may need to be reminded of what they learnt. So it is perhaps time for a refresher. Here are a few pointers on what to do in case of a medical emergency and what to think about and arrange beforehand.

Beforehand. What you do beforehand depends largely on your family circumstances.

<u>If you live alone</u> it is very important that you can call for help in an emergency especially if you are elderly and/or vulnerable. An earlier edition of **The Bridge** outlined the **Stroud District Council Careline** and we print this again here

SDC run their own 'Careline' system. If you subscribe to SDC Careline you will have a personal radio transmitter button on a pendant around your neck, wrist strap or clipped to clothing. In an emergency when you cannot get to the phone you would merely have to push the button and SDC will phone you. If they get no reply they would phone the people on the list of contacts you have provided (who should have a spare key to your house) who would come and help (phone the ambulance, fetch a defibrillator etc).

If you have access to the internet you can read more about the system on the Stroud district council website www.stroud.gov.uk/health-wellbeing.

If you are a couple you still need think about what you would do. One of you would need to stay with the other to reassure and administer CPR, so you will need others to call the ambulance and fetch the defibrillator. The phone numbers of neighbours, friends and family **that you have arranged** to phone in an emergency should be prominently displayed in your home (perhaps on the fridge door). In case you cannot leave the casualty it is a important that these helpers have a key to your house.

If you live in a bigger family unit it is still important to make similar arrangements because the emergency could happen when not everyone is home.

<u>Finally</u> Make sure you know how to do CPR (cardiopulmonary resuscitation) as this could preserve the casualty's life while you wait for the defibrillator and the paramedics to arrive. Elmore Parish Council (EPC) have funded a number of First Aid courses in the past though the last one was cancelled due to lack of sufficient 'students'. However, there is some excellent NHS material on line. Just put 'How to do CPR' into your search engine and plenty of advice and information will pop up. EPC may well be running future First Aid Courses which will be advertised by email or through **The Bridge**

At The Time

- 1 Administer CPR
- 2 Phone 999 to get an ambulance on the way
- 3 Fetch the defibrillator
- 4 Open the defibrillator and follow the verbal instructions it will give you
- 5 Hand over to the paramedics when they arrive

NB 1, 2 and 3 really need to happen at the same time so you see why you need friends and/or family to help

Where are the Defibrillators?

There are two in the village:

One in the old telephone box by the Village Hall

One at the milking parlour at Elmore Back Farm

You need to be familiar with these locations yourself and make sure your neighbours, family, friends and contacts know too.

You also need to know the digital code to get into the cabinet. Some time ago EPC circulated a fridge magnet to everyone in the village with the code C123X. If you are new to the village or have mislaid the fridge magnet please contact Dorie Jones (Clerk to the Council) to obtain one.

Remember

We live on an island and paramedical help will necessarily take some time to reach us. It is said that in the case of a cardiac arrest time is of the essence. If CPR starts quickly and defibrillation follows soon afterwards there is a much higher chance of recovery. So do think about this and make the suggested arrangements.

Village Players present Hickory Dickory Dock pantomime by Norman Robbins.

Penniless Dame Foxtrot doesn't know her old Grandfather Clock is a magical possession. Years ago the Fairy Queen locked into it the wicked Black Imp who menaced Fairyland. If the clock ever struck One the Imp would be freed, so the Queen took away the key. But the wicked Wizard steals the key, frees the Imp, and seeks to destroy Fairyland by using him to get the magic Jewel of Miracles. All is set for a terrific battle between the "goodies' and the "baddies'.

Performances run from Thursday 28th November until Sunday 1st December and then from Thursday 5th December until Saturday 7th December at Elmore Village Hall. Tickets are priced at £8.00 for adults and £4.00 for children.

Our Gala performance on Thursday 28th November is priced at £15.00 a ticket and includes cheese and wine at the interval. The gala

performance will supporting The Jessi Trust and Mind, the Mental Health Charity.

Fresh Milk from Barhouse Farm

By now you will be well aware of the Wholly Gelato & Milk enterprise run by the Hobbs family at Barhouse Farm.

Now you can get your fresh milk there too - pasteurised but not homogenised.

There is a milk dispenser in a room in the farmyard opposite the main entrance. Glass bottles (large and small with screw top lids) can be purchased using an honesty box system and the dispensing machine will give you a litre of milk for £1.40 - or less if you only want a small amount or don't have enough change. It takes coins or cards (contactless). When you have finished the delicious milk just wash out the bottles and reuse them so reducing your use of single-use plastic. Opening times: 08.00 - 19.00 daily.

Walking for Health

The next walk will take place on **Wednesday 13th November** starting from Splatt Bridge, Frampton. Meet at 9.45am for a 10am start. As ever, the walk can include stiles and muddy field paths, will be approximately 2 miles in length and should take a maximum of 1.5 hours.

Forthcoming walks will take place on Monday 2nd of December and in 2020 on Tuesday 7th January and Wednesday 5th Feb.

For more information, please call Nick on 01452 740265 or Keith on 07811 123700 or email Nick nandanailsworth@yahoo.co.uk or Keith kparry61@icloud.com

The Parish Notice Board at the Village Hall is now in need of some TLC having spent 7 years out in the sun, wind and rain. It will shortly be removed and it may be some weeks before it is re-erected. We apologise for any inconvenience this might cause.

WELLBEING 'TASTER'

Strategies for wellbeing and self-care

This 1½ hour session is designed to give you a taste of our Wellbeing programme, which teaches self-care tools and techniques.to use when you feel you need to reduce stress, anxiety and pain, to aid sleep and to support a positive outlook on life. The 'Taster' will cover a wellbeing 'map' of your life, along with relaxation and breathing techniques.

Wednesday November 12th, 7.30-9.00pm

At Wisma Mulia, Frampton-on-Severn

COST £7.50 (concessions available)

We will be running three- or six-week courses after this, designed to meet your needs.

To book, please email myppg@framptononsevern.com or call Harriet on 07786 668369.

"A huge thank you to everyone involved in running the course. Invaluable lessons and techniques that I will be using for the rest of my life."

"I have learnt techniques to help me cope, I am more relaxed, more positive. It has been a truly excellent experience."

Copy Dates for The Bridge in 2020

Friday January 17th Friday May 15th Friday July 24th Friday October 16th

Please send any contributions to the editor on or before these dates. Handwritten or word processed (preferred) pieces are welcome. Handwritten pieces should be sent to Rose Cottage, Elmore, GL2 3NS. Word processed pieces should be sent to rosecottage1818@gmail.com. It would be appreciated if electronic contributions could be written in Times New Roman, size 12 font with 'no spacing'. Thanks

Parish Council Meetings in 2020

All at 7.45 pm in the Village Hall

Monday March 9th Committee Room Tuesday May 12th Main Hall. Annual Parish Meeting & Annual Parish Council Meeting Monday September 21st Committee Room Monday December 7th Committee Room

Village Hall News

We have contributed funds towards refurbishment of the verge opposite the Hall, matching a similar contribution from Elmore Land Charity. We are pleased to have supported this village improvement, which is now completed. Many thanks to all involved.

Our next function will be our **Christmas Lunch** (in support of Hall funds) on **Sunday December 15th,** 12.30 for 1pm price £23. Ticket information from Ann Littleton,. Tel. 720206

Demand for space in our Hall is steadily increasing, consequently, early bookings (or enquiries) are advisable. I look forward to hearing from you - 01452 721798 or pikelett@hotmail.com.

Many thanks to all users and supporters of the Hall.

John (Hardisty), Chair

The Parish Council Website

In order for full scrutiny and transparency of parish business to take place the government requires all parish councils to have websites and has given grants to enable such sites to be set up. Elmore is no exception and has for some time had a colourful and useful website which not only has some lovely pictures of the village but also: the Councillors' contact details; minutes of council meetings; back numbers of The Bridge and lots of other items of interest. A simple search for Elmore Parish Council will reach www.elmoreparish.co.uk