

THE BRIDGE

Produced by Elmore Parish Council
May 2019, Issue Twenty



From the Editor

(If you normally skip this bit please read it this time)

I began my last editorial by saying that a mechanical digger was outside my window making the trench for the new fibre optic network. What I didn't say was that earlier I had been out and spoken to the operator to point out he was digging very close to my water stop tap but he assured me all would be well. As is the way with these things, the job was finished and the digger long gone before water started to seep out of the ground and run down Weir Lane. The point of this is to tell you that Gigaclear now have a 'Network Build Care' team. If you have any concerns about their work you can contact them directly as follows:

Phone: 01865 591137

Email: networkbuildcare@gigaclear.com

One issue has been the large number of stones left in the grass verges and I know of one resident whose mower has sustained serious damage.

So do contact Gigaclear with any concerns you have.

In their defence, I did contact the Network Build Care team about the leak in Weir Lane and the fact that the plastic terminal boxes had not been buried level with the surface and had subsequently been damaged by vehicles. The next morning I had a visit from one of the Gigaclear team and later that day from Severn Trent Water. Two days later a Severn Trent team dug a hole and fixed the leak. A further two days went by before another Severn Trent team came to fill in the hole! It did remind me a bit of that old Flanders and Swan ditty, 'The Gas Man Cometh'.

It is in the May issue of **The Bridge** each year that The Chair of the Parish Council publishes the annual report. It is a legal requirement that this report is published and you will also find it on the parish council website:

www.elmoreparish.co.uk

Our website is now very attractive with some lovely pictures taken in, around and above the village. There is a weather forecast for Elmore

each day, back numbers of **The Bridge** as well as all Parish Council agendas, minutes and financial statements. In this issue we also continue with our accounts of the lives of former Elmore residents, this time Major Laurence Duirs.

Trevor Jones (editor)

Elmore WI.

We meet on the Tuesday of each month in Elmore Village Hall at 7:30pm

The next meeting will be on June 11th. This is a Members Night when the committee can sit back and hand over the organising to members.

July 11th will see a talk on the Suffragette Movement

August 13th will see a change of venue when a skittle match is arranged at the Anchor.

The WI Recipe

A simple but delicious recipe using any of last year's apples still in storage.

¾ - 1lb apples, peeled, cored and chopped
1 Cup of sugar
2 Cups of flour
1 Egg
5 ozs of melted butter.

Combine the ingredients and mix well
Press into a baking tray then sprinkle with Demerara sugar
Bake at 180degs for 35 to 40 mins or until nicely brown.

Major Laurence Robert Duirs MC

Lawrence Robert Duirs (Laurie) was born in Juja, Kenya on 8th June 1912. He was the youngest son of Captain Alexander Brown Duirs DCM (1868-1950) and Ethel May Norman (1870-1940).

In 1915, when he was about 3 years old his family moved to NZ and Laurie then went to Hillside School in Wanganui for a few years before he returned to Kenya in 1920, aged 8. In 1925 he was then sent off to St Andrew's College in Grahamstown in Cape Province, South Africa and remained there until December 1929.

Laurie then went to Rhodes University College in Grahamstown, to study Law between February 1930 and June 1933 after which he returned to his home in Hoey's Bridge (in NE Kenya between Eldoret and Kitale) where he obtained employment as a solicitor working firstly in a private firm and then with the Eldoret Municipality before returning to SA to work as a solicitor between 1934 and 1939. In late 1939, as WW2 was looming, he returned to Kenya.

Background to the use of colonial forces: At the outbreak of World War Two in September 1939, it was decided that information was needed on Italian activities on the borders between Kenya and Abyssinia/Italian Somalia. A scout platoon of fourteen Kenyan settlers was therefore set up to undertake patrol and reconnaissance work. The platoon was later transferred to Nairobi, where it formed the nucleus of the East African Reconnaissance Squadron, comprising an HQ and four troops. In June of 1940 when Italy declared war on France and Great Britain, the Kenyan armoured car unit was sent to patrol the Northern Frontier District of Kenya with bases at Wajir and Garissa. Subsequently, its name was altered to the East African Armoured Car Regiment and Laurie was commissioned into this unit in 1940, aged 28.

The Regiment went into action at El Wak, Italian Somaliland, (*this El Wak is on the NE border of Kenya with Somalia; there was also a British El Wak on the Kenyan side of the border*) on 16th December 1940 and took part in the allied advance to Addis Ababa, Abyssinia. During the Abyssinian campaign, its ranks were divided between the 12th (African) Division, advancing from Garissa to Gimma, and the 11th Division, advancing from Jubaland, Italian Somaliland to Addis Ababa. On 30th June 1941 it was re-named the Kenya Armoured Car Regiment.

During WW2, when Laurie was a Second Lieutenant (2Lt), he was awarded the Military Cross (MC), this was on 31st January 1941 for his actions at El Wak in November of 1940. The subsequent gallantry

citation signed by the Commander of 24th Gold Coast Division, and held in the UK National Archives, reads:

“THE MILITARY CROSS. Second Lieutenant Laurence Robert DUIRS. East African Armoured Car Regiment

For conspicuous gallantry in action. At EL WAK on 23rd November, 1940 this Officer commanded No 1 Troop during the operation and was severely wounded in the head and eye during the first contact with the enemy. 2nd Lieutenant DUIRS continued to command his Troop to considerable effect and in the face of strong enemy opposition, until he was finally withdrawn under orders from the Squadron Leader 25 minutes later. Since his vehicle contained his troop wireless set a premature withdrawal of his vehicle would have seriously reduced the chances of success of the operation. His conduct undoubtedly contributed to the success of the fight, and his example to his men was of the highest order. This Officer throughout his service in this unit has always shown great courage and dash in previous operations”.

Laurie Duirs ended the war as a Major having served in East Africa (Kenya, Somalia & Ethiopia), Ceylon (*now Sri Lanka*) and Burma (now Myanmar).

After the end of WW2 Laurie returned to ‘Springfields’, the family farm in Hoey’s Bridge [now called Moi’s Bridge]. By this time his father, Alexander, was aged 77 so the farm was split into two adjacent farms with half the original farm, ‘Springfields’, going to the elder brother Norman and Laurie starting to farm on the other half, now called ‘Waterbank’ - his ‘half farm’ was some 1,500 acres!

After a fleeting romance with a girl who had only travelled to Kenya with her mother to visit her brother, Laurie married Diana Clare Tomlinson (b. 1920 - d. 1998) on 20th January 1948 when he was aged 35 and Diana was 27. They married in St Matthew’s Church, Eldoret and they had 3 children.

Kenya gained independence in 1963 and by 1965 Laurie was faced with

the decision of either becoming a Kenyan citizen with his family or taking the British offer of compensation for his farm. He chose the latter option and moved to England with his family.

After travelling around UK for several months with the idea of continuing farming, he eventually took a job with Gloucestershire Community Council (*now GRCC*) as the Charities' Commission Officer where his early legal training came in handy. The family rented the ground floor flat at The Dower House in Elmore. After living in Elmore for a few years they managed to buy the house next door at auction and became permanent residents of the village.

In the 1970s Laurie became a Church Warden of Elmore Church and in 1981 Laurie and his wife Diana started the Village Players, which has run successfully ever since. They were also both involved in the early days of the Bridge Club, which is likewise still flourishing.

Laurence Robert Duirs died of cancer on 11th December 1989, aged 77 and is buried in the Elmore Churchyard. In December 1990, almost one year to the day after Laurie died, Diana had a stroke and spent the remainder of her life in a wheelchair. Much to her credit, she remained at the family home for 8 years until her death from cancer in July 1998. She is buried in the same grave as Laurie in the churchyard of St John's Church, Elmore.

Chair's Statement: Annual Parish Meeting – 7th May 2019

Finance:

You may be aware that for some years now we have adopted a policy of transparency regarding our accounts. This means that every invoice over the sum of £100 is published on the Parish website. In addition, as well as the annual audit, the Clerk publishes the accounts showing all expenditure and a forecast of expenditure which is then reviewed by the Parish Council at every meeting.

Bank balance: We ended the last financial year with a balance of £5,909 in the account so the finances are in good health.

However, it should be noted that of this total there are certain funds ring-fenced for unforeseen contingences, ponds maintenance and the maintenance of the two Defibrillators – the total of ring-fenced funds is £ 2,230 so currently our disposable funds amount to £3,679.

The Parish Precept, which is deducted as part of every household's Council Tax remains unchanged again for this financial year and is the main source of income for the Parish Council and stands at £2,472 per annum.

Expenditure. Apart from the recurring expenditure on insurance, membership of the Parish Council Association and Clerk's wages, the Parish Council has adopted a pragmatic approach as part of its expenditure policy by only funding what we call 'Community Projects' and it will be no surprise to anyone to hear that the main focus of our attention over the last year was the Village Hall, and last year we purchased a new main entrance door for the Hall thus providing better insulation and security.

Another major project that we have undertaken, along with the other parishes in the Severn Voice area is the responsibility for verge cutting. This is the third year of running this contract and it seems to be working well. We get 2 cuts of the verges and the corner splays per annum. We pay the local contractor and then claim the expense from GCC so this does not cost us anything. This project actually produces a small income for the PC.

We do not donate funds to charities or political parties as the Parish Council remains apolitical.

Any worthwhile ideas for future projects that are of benefit for the whole community would be welcome.

Broadband

The Saga of a poor broadband download speed continues but there seems to be a light at the end of the tunnel.

Gigaclear, the company contracted by GCC to lay high speed fibre throughout Gloucestershire, has assured us that by mid to late 2019 the new system will be ready.

However, as we see it there is one rather large hurdle to overcome – namely connecting the fibre laid throughout the village to a server.

This is meant to be being done via a connection to Minsterworth which, you as you know, is on the other side of the River Severn.

Since February 2018 the intention has been to drill under the river to establish the connection but the start date for drilling keeps slipping – the latest estimate is that the 'drilling shot' is due to take place on Monday 20th May – i.e. in less than 2 weeks! Provided of course that all the necessary permissions have been granted.

We are aware that the trenching work carried out by Gigaclear's contractors (Complete Utilities) has left rather a lot of large stones on the grass verge areas outside houses and on the grassed areas in lay-bys. In addition, some of

the repair work to the tarmac surfaces is starting to subside. We have flagged this up to Gigaclear and await a response.

We have had 2 meetings or briefings from the Gigaclear Management team over the last year: one in August last year and one at the end of March. Since Gigaclear was awarded the contract by GCC for both Gloucestershire and Herefordshire, the company has signed further contracts with Devon & Somerset, Wiltshire, Berkshire, Essex, Oxfordshire and Northamptonshire.

It would therefore appear that the company has grown rather too quickly and did not have the management teams in place to cope with the increased workload. This has meant both delays in the construction work as well as technical difficulties. There has also been a constant change of personalities which hasn't made it easy for us to obtain clear answers to our concerns.

One of the unanswered issues is whether or not Internet Service Providers like Sky can operate via the Gigaclear network – at the moment there are only a handful of very small ISPs (none of which were previously known to me) who have signed contracts with Gigaclear – but we will keep you informed as the system develops.

Parish Councillors

Over the past few years we have made a plea for some new blood to come forward and offer their services as parish councillors. This plea has been met with some success but we are now entering a critical stage.

In May 2020 there is due to be a local election and alongside that there will be a Parish Council election. This means that the tenure for all Councillors will expire and all 5 Councillors will be required to stand for re-election. However, I am aware that Trevor Jones, one of our Councillors, wishes to retire permanently at that stage and I too would like to hand over the reins of Chair after 11 years in office. However, I would be happy to stay on as a Councillor for a further year or until a replacement can be co-opted.

Of course this may all change if more than 5 people register their intention to stand for election as I may not even be re-elected! If however, only 5 people stand for election then all 5 will be 'deemed elected' by default.

Flood Defences

You may recall the saga of the Environment Agency's plans to flood 720 acres of agricultural land on the Elmore Meadows – this was successfully fought off but only after a considerable struggle with both the Environment Agency and Central Government.

It is worth noting that the funding for the project – some £20 million – was due to come from the EU coffers as part of the legislation to construct compensating habitats for wildlife. If Brexit comes to pass this year it will mean that there will be no more EU funding for such projects. Equally, as our own Government's finances tighten, I can envisage a reduction in the EA's budget and the knock-on from this will be that less money will be spent maintaining the flood defences, cutting the grass along the river banks and clearing up the rubbish after the Severn Bores.

This could therefore entail a certain amount of volunteer work in the future if we are to maintain the integrity of our flood defences and the appearance of the river banks.

Vote of Thanks

I would like to record a formal vote of thanks to all Councillors for their contributions during the year. As you may know, serving on the Parish Council is a voluntary appointment and they give their time for the benefit of the whole community.

I would like to record a special vote of thanks to our Clerk who has been ultra efficient and dedicated, above and beyond the call of duty and as such has made my role so much easier.

John Field (Chair)

Being a Parish Councillor – What is involved?

In his Annual Address from the Chair, John Field mentions the need to find residents who would be willing to serve as Parish Councillors. We will need some new councillors from May 2020 so here is something we have put together to try to explain what being a councillor is all about.

Am I paid?

No. Being a Parish Councillor is a totally volunteer appointment. You are not paid a salary or expenses.

How can I become a Councillor?

You can be appointed by an election once you have registered with Stroud District Council or, if no more than 5 people register for an election then all candidates are deemed elected without an election being held.

You can also be co-opted onto the Parish Council, which means the other Councillors decided to nominate and vote you onto the Council when a casual vacancy occurs.

How many meetings am I expected to attend?

There are only 4 meetings a year usually in March, May, September and December. Each meeting lasts around 2 hours.

Are the meetings held in private?

No. All our meetings are open to the Public and are advertised in the statutory way by publishing an Agenda on the various notice boards in the village at least 7 days prior to the meeting.

Who tells me what to do?

All the Parish Councillors have an equal status but a 'Chair' is elected each year by the Councillors and it is the Chair of the Council that takes the lead in many issues. However, all decisions are made by a majority vote.

In addition, the Parish Clerk, as the nominated Officer of the Parish Council may request that Councillors complete certain mandatory forms like a 'Declaration of Interest Form' and it is the Clerk that issues the formal calling notice for a meeting in the form of an Agenda.

Are Minutes produced after each meeting?

Yes. The Clerk produces a set of Minutes for every meeting and these are circulated to all Councillors for checking prior to the next meeting. This circulation is done electronically.

Will I have specific responsibilities as a Councillor?

All responsibilities are shared between the Councillors but nobody is forced to do something they do not wish to do.

Most of our business is done by e-mail either between ourselves or with outside agencies.

Are there any rules that Councillors must follow?

Yes, there is a Code of Conduct which is laid down in a small pamphlet. Councillors are expected to observe various protocols, many of which follow those normally accepted for politeness, courtesy and respect for others.

Do Councillors have any financial responsibility?

Yes, it is our duty to ensure that the Precept is spent correctly and accounted for in an open and transparent way. Although the Clerk runs

the account, she is not permitted to sign any cheques or authorise any financial transfers. Cheques from the Parish Council require the signatures of 2 Councillors and all money allocated to projects must be discussed, agreed and voted upon during the public meetings.

What do Councillors actually do?

As with many such roles there is a good deal of routine discussion and business. If you care to look at a few sets of minutes on the parish council website you will get a flavour of this. However, there are other decisions and projects which are less routine and have real benefit to the community. In recent years Elmore Parish Council has:

liaised with the Environment Agency to ban parking (and consequent damage) on the flood bank at Weir Green;

applied for and obtained a grant from The War Memorials Trust to refurbish our war memorial as well as funding a plaque listing names of the fallen in both world wars;

liaised with Gloucestershire Highways to ban parking at Sellars Bridge;

purchased a defibrillator for Elmore Back and invited donations locally to purchase another in the telephone box at the Village Hall;

allocated funds to install new doors at Elmore Village Hall and (later this month) to refurbish and repaint the railings round the car park;

bought and installed a new notice board outside the Village Hall;

made and installed supplementary notice boards at Elmore Back, Farleys End and on the Barn at Brook Street;

made, installed and filled salt bins at several key locations around the village;

organised and funded a number of first aid courses and distributed first aid books and fridge magnets, free to residents;

founded and funded **The Bridge**;

liaised with Severn Trent to get a new water main throughout the village.

The list goes on!

If the above has whetted your appetite to become a Parish Councillor or if you have further questions please contact John Field or any of the Councillors: Nick Meek, Jane Hill, Paula Turner or Trevor Jones. Alternatively you could contact the Parish Clerk, Dorie Jones.

From a Churchwarden of Elmore

I am a churchwarden at Elmore Church along with Jennifer Watts, and I have been asked to take over the vicar's slot in **The Bridge** until a new priest is appointed. This is unlikely to be before the Autumn. Selecting a new priest is a fairly lengthy process, involving not just the churchwardens but also Parochial Church Council (PCC) members of all three parishes, under the guidance of the Archdeacon of Gloucester. Part of the process is to prepare a Benefice Profile - with sections for each parish/church within it. The profile will be available to all potential applicants; it is an opportunity to 'sell' our church/parish to them. If on reading this you want to contribute to Elmore's profile please get in touch as soon as possible with Nick Stewart or Liz Bates. You might have a photo, or a quote, or want to mention something which you believe is special about Elmore. By the next issue I should have a better idea of when the post will be advertised in the Church Times - and then we pray for applicants, and that someone suitable for us will be among them.

Another Autumn event is the Harvest Supper at Elmore Village Hall - raising funds for the church. It is very popular so I'm giving you advance notice that this year it will be held on Saturday, 12th October - put it in your diaries now! Tickets will be available in September.

Finally, Father Andrew (and Julie) have now retired and have moved to their own house in Dales Wharf, Hardwicke. Julie managed to break her leg on the day they moved out of the vicarage, but she is recovering well. They were touched and delighted with the farewell gathering at Elmore Village Hall. Below is a copy of the letter of thanks which was distributed in our churches last month.

Father Andrew and Julie would like to thank the PCCs and parishioners for their kind cards, gifts and good wishes for their retirement. We enjoyed all three services on 24th March and were delighted and felt humbled to see so many parishioners at each church. A huge thank you also for the lovely buffet, cake and get together at Elmore Village Hall to finish the day - Julie knew a little about it but it

took Andrew completely by surprise! When we visited Hardwicke Church and drove around the area to have a look just over 13 years ago we felt a sense of welcome and peace that this was where God was calling us and we have been privileged to share our time with so many people throughout the benefice. We are settling into our new home and are looking forward to sorting out the garden and spending some of the gift vouchers we were given as the weather improves. Thank you all again and God bless you. Andrew and Julie.

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

During the vacancy our Associate Priest George Parfitt, and retired priests from the local area will ensure we maintain our regular Sunday Eucharist services. Readers, Mike Williams and Pat Buckland will usually officiate at Sunday Evensong services.

Elmore Baptisms, Weddings & Funerals

There were no baptisms at Elmore in March or April.

Revd (Retired) Ian Robb will officiate at most of the weddings at Elmore this year. We are very grateful to him as this brings continuity to our wedding ministry.

In March and April there were three weddings in our church;

Saturday, 2nd March - Alexandra and Simon

Saturday, 9th March - Pippa and Luke

Saturday, 27th April - Natasha and Stuart

There will be eight weddings over the months of May, June & July:

May 25th & 31st; June 21st, 22nd & 29th; July 12th, 13th & 14th

There were no funerals at Elmore in March or April.

Baptism (Christening) or Weddings: Church Office 01452 720015

Our Website: www.elmorechurch.info

Facebook: @ElmoreParishChurch

Church email address: church-office@gmx.com

An evening of Comedy Plays and Sketches

We invite you to join us for a fabulous evening of comedy plays and monologues presented by **The Scratch Theatre Company**, in association with **The Rotary Club of Severn Vale**.

On **14 June 2019** at Elmore Village Hall, Elmore, Gloucester, GL2 3NT
Doors will open 7:00pm, performance will start at 7:30pm.

All proceeds will go towards The Roll out the Barrel Trust which supplies water to drought areas across the world and Toilet Twinning which provides safe sanitation for deprived communities in sub-Saharan Africa.

Tickets can be purchased from:

www.ticketsource.co.uk/the-scratch-theatre-company-ltd
or telephone number 0333 666 3366 (£1.75 per call)
(Enquiries 01453 765681)

Village Hall News

The rear cloakroom passage and chair store have been fully refurbished, carpeted and painted. This year will see more refurbishment, including final improvements to Hall electrics.

The Spring Lunch held in April was very well attended, raising £1637 for Hall funds and was a most enjoyable and sociable event. Special thanks to Ann Littleton and her team, also to all involved with providing food, raffle prizes, together with logistic support on the day. Our next function will be our **Christmas Lunch (in support of Hall funds) on Sunday December 15th**. Details to follow.

Walking for Health in Severnside

The next walk will take place on Tuesday **4th June** from the Bell Hotel car park at Frampton 9.45 for a **start at 10.00am**

As ever, the walk can include stiles and field paths, is approximately 2 miles in length and should take a maximum of 1.5 hours.

Future walks will take place on, , **Wednesday** 10th July
and **Thursday** 8th August

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

Please note the 'Return to Walking' Scheme is now fully operational for people for people looking for a short, customised walk. For further details please contact Nick.

WE WELCOME YOUR VIEWS ... Please give us any feedback or suggestions for improvement - just email myppg@framptononsevern.com or call 741988.

OPEN GARDEN
FOR NATIONAL GARDEN SCHEME

Perrywood House

Longney

Saturday 29th - Sunday 30th June 11am – 5pm

Teas

Plants for Sale

Admission £4 (under 16s free)

Follow yellow signs

All proceeds to NGS Charities: Macmillan, Marie Curie, Hospice UK, Parkinsons UK, Carers Trust, MS Society etc

'Keep Calm and Carry On'

Village Players would like to thank everyone who came and supported our Spring 2019 production, Keep Calm & Carry On. We hope you all enjoyed our light hearted look at Britain's relationship with Europe and Europeans. Our next production will be our popular pantomime in November/December of this year. Please keep an eye out on local notice boards for more information.

We are always looking for new members so if you'd like to join our friendly group in any capacity, either on stage or off stage, please contact any member of the group or our secretary Amy Parkin by emailing villageplayers@outlook.com

1st Elmore Guides

Last term 1st Elmore Guides started the new programme launched by Girl Guiding UK, the girls have tried some of the new badges such as Media Critic, Mixology, Photography and Confectioner. We also held a World Thinking Day evening to look at how other countries around the world celebrate Guiding. We also had two girls complete their Baden Powell Award; this is the highest award a Guide can receive, Well Done Stella and Jorja! To finish off the term we did Zumba with Holly which all the girls enjoyed. This term we have had a mini cooking competition to see who can make the best pizza. We also have been learning about map reading and how to use a compass for our upcoming walks around Longney, Haresfield and Frocester. The girls are looking forward to our annual fishing competition in Saul and our visit to Wholly Cow Gelato in the next couple of weeks. We will also be having a residential at Slimbridge, where we will be walking from Frampton and visiting Slimbridge WWT.

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

1st Elmore Senior Section

The girls completed lots of world themed activities last term, we celebrated Chinese New Year with a feast and also completed a

WAGGGS badge which other Guides around the world can work towards. We also had a game of Cluedo, which all the girls enjoyed. To finish the term we did some Easter baking. This term we have started the new Senior Section programme and will be working on our Cooking badge which will involve cooking indoors and outdoors. The girls are also looking forward to lots of outdoor activities which include advanced fishing and campfire cooking. The girls have also taken part in a fundraising stall at the annual World Elver Eating Competition in Frampton; thank you to the Frampton Fundraisers for offering the girls this opportunity. We also welcome more girls to the unit this term, with some also starting their Bronze Duke of Edinburgh Award with us.

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

PIRATE FETE

LONGNEY PRIMARY ACADEMY

Saturday 29th JUNE

1pm - 4pm

Admission Free

Pirate Activity SHIP,

BUNGEE RUN

Pirate Kids' CRAFTS,

Face PAINTING

Pirate SHOW

AMAZING PRIZE DRAW

BBQ, Bar and Tea Tent

AND MUCH MORE.....

LONGNEY SCHOOL, Chatter Street, Longney, GL2 3SC.

Registered Charity No. 1124696

Your Patient Participation Group (PPG)

The Patient Participation Group (PPG) is a group of patients working with Frampton's GP surgery to help improve services. We want better to understand your needs, priorities and issues, so we can work together to deliver the highest quality of health care locally.

I have received news of 3 initiatives by PPG intended to help improve patient health and wellbeing (Ed.) Here they are.

FIRSTLY

PPG is pleased to offer another in our series of Health and Wellbeing sessions:

'Low Carb and Keto Lifestyles for Weight Management and Diabetes:

What it is and how to do it.

With Dr Ian Lake from Frampton Surgery

The ketogenic diet is a very low-carb, high-fat diet that shares many similarities with the Atkins and other low-carb diets. Come along and find out more.

FRIDAY 20th SEPTEMBER at 7.00pm at the Village Hall, Frampton on Severn

To book, please email myppg@framptononsevern.com or call 741988.

There is no charge for this session.

SECONDLY

If you have a Medical Emergency, this could help save your life. Set up your Medical ID in the Health app on your iPhone.

Medical ID helps first responders access your critical medical information from the Lock screen, without needing your

passcode. They can see information like allergies and medical conditions as well as who to contact in case of an emergency.

How to set up your Medical ID:

- 1 Open the Health app and tap the Medical ID tab.
- 2 Tap Edit. If asked, tap Edit Medical ID.
- 3 To make your Medical ID available from the Lock screen on your iPhone, turn on 'Show When Locked'. In an emergency, this gives information to people who want to help.
- 4 Enter health information like your birth date, height, and blood type etc.
- 5 Tap 'Done'.

FINALLY

WELLBEING TASTER SESSION **Strategies for wellbeing and self-care**

This one-and-a-half-hour session is designed to give you a taste of our Wellbeing programme, teaching you the self-care tools and techniques you need to reduce stress, anxiety and pain, to aid sleep and to support a positive sense of wellbeing.

The session will cover relaxation and breathing techniques, mind-body awareness techniques, mindfulness and meditation, self-care techniques and goal setting.

We're running the sessions on three different evenings this Autumn, so you can find the time to suit you best: COST £7.50 (concessions available)

Tuesday September 10th / October 15th / November 12th

Details of time and venue will follow.

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 07786 668369.

| Elmore PC | | | |
|---------------------------------------|-----------------------|-------------|---|
| Chair | John Field | 720357 | fernhay@btinternet.com |
| Vice Chair | Nick Meek | 750769 | nick@archies.me.uk |
| | Trevor Jones | 722034 | rosecottage1818@gmail.com |
| | Paula Turner | 729903 | paula@mtfx.com |
| | Jane Hill | 728722 | enajekim@live.co.uk |
| Clerk | Dorie Jones | 722034 | elmore.parish@hotmail.com |
| Village Hall | | | |
| Chair | John Hardisty | 721798 | pikelett@hotmail.com |
| Enquiries & bookings | John Hardisty | ditto | ditto |
| Other Village Organisations | | | |
| The Church Office | Baptisms and Weddings | 720015 | Website: www.elmorechurch.info |
| Players | Amy Parkin | 0755779011 | villageplayers@outlook.com |
| WI | Val Overton | 750591 | vj.overton@tiscali.co.uk |
| Guides | Catherine Hartell | 678181 | 1stelmore@gmail.com |
| Brownies | Jenny Hartell | 722444 | jharte1276@gmail.com |
| Bridge Club | Caroline Meek | 720383 | |
| Toddlers | Samantha Pitt | 07415092033 | hamish_samantha@hotmail.co.uk |
| Other Useful Contacts | | | |
| Police - non emergency | | 101 | |
| Member of Parliament, Dr David Drew | | 02072194106 | david.drew.mp@parliament.uk |
| County Councillor, Stephen Davies | | 07802595307 | stephen.davies2@gloucestershire.gov.uk |
| District Councillor, Gill Oxley | | | cllr.gilloxley@stroud.gov.uk |
| To report Fly Tipping | | 01453754424 | publicspace@stroud.gov.uk |
| Report abandoned vehicles | | 01453754379 | abandoned.vehicle@stroud.gov.uk |
| Gloucs Highways (report potholes etc) | | | 08000 514514 |
| Village Agent | | | |
| Christine Lingard | | 07810630179 | |
| Neighbourhood Warden | | | |
| Carol Novoth | | 07970250343 | carol.novoth@stroud.gov.uk |
| Neighbourhood Police Officer | | | |
| PC Kevin Lee | | 101 | kevin.lee@gloucestershire.pnn.police.uk |