

# 5 Villages Alive

Volume 17 Issue 6



October 2020

## A Point of View ..... Lives matter

Strange how things change isn't it? At the beginning of lockdown we were being regaled with stories of kindness on the part of those who were able to go out and about as they cared for neighbours who were isolating or 'shielding'; nothing it seemed was too much trouble if your neighbour needed help. Once the full impact of the virus started to hit our hospitals, people regularly stood on their doorsteps to applaud the NHS staff who were risking their lives to care for Covid 19 patients and everyone seemed to be reluctant to emerge from their homes for fear of catching the virus. People's lives were at risk.

Things gradually moved on and there appeared to be less threat. We were encouraged to get out and about – with caution – which meant queuing at the supermarket, observing social distancing whilst wearing face masks and cleaning our hands at every opportunity. Some people didn't seem too happy to observe these requirements and we heard stories, not of people's kindness but about impatience, arrogance and rudeness.

As I write this, we have a new rule to observe: 'The Rule of Six' and there are regional lockdowns with threats of something more drastic in future weeks. Understandably, now that people have tasted more freedom in pubs and cafés, they are reluctant to return to a situation where opportunities to engage with friends and family are again curtailed.

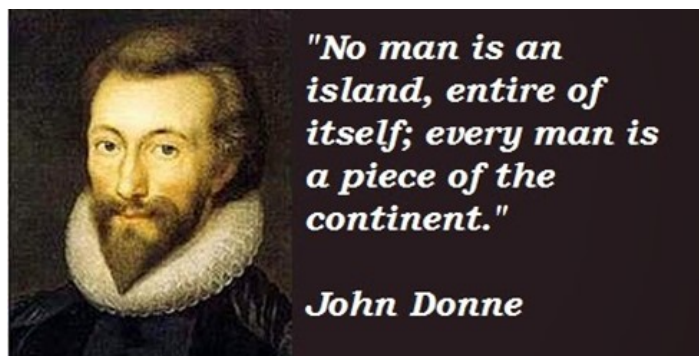
Social interaction is a very important part of all our lives, but we must never lose sight of the impact our actions have on others, no matter how long the fight against Covid 19 continues.

*Kay Rea*

## For Whom the Bell Tolls

*by John Donne (1572 - 1631)*

No man is an island,  
Entire of itself.  
Each is a piece of the continent,  
A part of the main.  
If a clod be washed away by the sea,  
Europe is the less.  
As well as if a promontory were.  
As well as if a manor of thine own  
Or of thine friend's were.  
Each man's death diminishes me,  
For I am involved in mankind.  
Therefore, send not to know  
For whom the bell tolls,  
It tolls for thee.



There's always  
a reason to  
smile .... find it!



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**Congratulations and good wishes to Sue and John Williams who celebrated their Golden Wedding Anniversary in September.**

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## 'To see Christ in all and to show Christ to the World.'

### October Services all at 10:30am

**4th Cromhall** (Tytherington sharing with the Baptist church)

**11th Falfield**

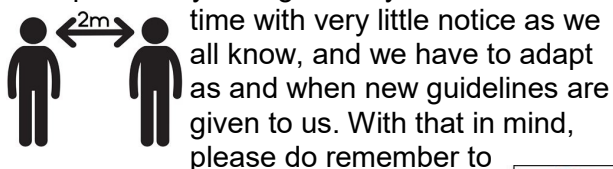
**18th Tortworth**

**25th Rockhampton & Tytherington**

These services will mostly be Holy Communion.

While it good to be able to worship together physically in church now, it is a very new way of worshipping for us all.

The plans may change at any



time with very little notice as we all know, and we have to adapt as and when new guidelines are given to us. With that in mind, please do remember to let Jan know if you would like to come to a service (including please the Tytherington service sharing with our Baptist church friends).



**Turkeys....!** Yes, I did just say that word – Christmas this year is probably going to be VERY different. In the next 5Alive, I will let you all know our plans for December – which will all come with the caveat – dependent on

guidelines!!

### For info for next month!

#### NOVEMBER

1st TORTWORTH

8th FALFIELD & TYTHERINGTON (RBL service)

15th CROMHALL

22nd ROCKHAMPTON

29th TYTHERINGTON

St. Andrew's, Cromhall



St. Leonard's, Tortworth



St. Oswald's, Rockhampton



St. James', Tytherington



St. George's, Falfield



Numbers are limited in the churches as we adhere to the 2m social distancing guideline, and so we need to ask you to let Jan know by the **Wednesday before the service** if you wish to attend a service. We will then be able to work out how many people we can safely accommodate in the church. If you are in a 'bubble' with another family or family member who would like to come, please will you say so when you either phone Jan or email her. We will use a first-come basis if we find we cannot accommodate everyone.

If we find we cannot safely get people into the church for a service, then that person/those people will be put at the top of the list for the following week if they wish.

Please do understand that if you come to a service 'on spec' and have not let us know, much though we would love to welcome you, it may not be possible to do so if all the spaces have been allocated for that particular day – I cannot really see that happening, but we must be prepared for all eventualities. We will do our best!

**To attend a service please let our Benefice Administrator: Jan Leach know:**

**Email:** [office@crofft.org.uk](mailto:office@crofft.org.uk)  
**or phone:** 01453-845324

**BENEFICE PHONE: 01454 260096**

**E-MAIL ADDRESS:** [office@crofft.org.uk](mailto:office@crofft.org.uk)

#### CHAPLAINS:

Rev Sue: 01454 600674 or [revsue@crofft.org.uk](mailto:revsue@crofft.org.uk)

Rev. Frances: 01453 519099

[revfrances@crofft.org.uk](mailto:revfrances@crofft.org.uk)

#### Churchwardens:

Cromhall: Ann Greenhalgh 01454 294200

Rockhampton: Liz Cullimore 01454 412208

Falfield: Headley Pain 01454 269017

Tortworth: Hilary Legg 01454 413234

Tytherington: John Williams 01454 412515 or  
Phil Coward 01454 281444



St Andrew's Church, Cromhall

### APCM

(annual parochial church meeting)  
**10.30am – Friday – October 9<sup>th</sup>**  
in St Andrew's Church.

If you would like to attend, please contact me either on 01454 294200 or [anngreenh@gmail.com](mailto:anngreenh@gmail.com) as we are restricted to the number of people we can seat in church.

*Ann Greenhalgh - churchwarden*

### Rogue Traders and Licensing Contact Details

If you think you have been the victim of a scam or rogue trader, please contact Trading Standards, Citizens Advice Consumer Service: Mon to Fri 9.00 – 17.00 Ring 03454 04 05 06

### St Leonard's, Tortworth APCM

**5th October at 7.00 on Zoom.**

All welcome please notify Hilary on [hilary.legg@yahoo.com](mailto:hilary.legg@yahoo.com) if you would like to receive the link to join in the meeting. As long as you have an internet connection, you do not need to belong or have down loaded Zoom; a link will be sent for a simple link for this meeting only.



### British Legion Coffee Mornings

The drop-in coffee mornings for HM Forces and Veterans are back at Hawkes House. The next session will be on Thursday October 8<sup>th</sup> both from 0930 – 1130 .

To say that we are delighted would be an understatement. This Covid-19 lockdown, whilst necessary, has been a major disruption. We have all missed the opportunity to meet up for coffee and a chat, and to provide support and comradeship.

The team from Royal British Legion Thornbury are looking forward to seeing old friends again, and of course to meeting new ones.

Drop in to see us – you WILL be welcome.

### View 5 Alive online

Remember that 5 Alive is available online at [www.falfield.org.uk](http://www.falfield.org.uk) and <https://cromhall.com/cromhall/st-andrews-church>



### Thornbury Citizens Advice Bureau



Telephone  
Advice Service:

03444 111 444  
Mon to Fri 10.00 - 14.00



### How to contact the Foodbank

The Thornbury outlet of the North Bristol Foodbank is based at Thornbury Baptist Church, Gillingstool, Thornbury, BS35 2EG, and is open **every Friday afternoon from 2 - 4pm.**

For more information, please call  
**0117 9791399** or

email [info@northbristol.foodbank.org.uk](mailto:info@northbristol.foodbank.org.uk)  
or visit [northbristol.foodbank.org.uk](http://northbristol.foodbank.org.uk)

*The Foodbank is running very low on some products. Here's the updated list if anyone feels able to help:*

Noodles, Long life fruit juice, Pot noodles, Squash, Sponge puddings, Angel Delight, Jam, Marmalade, Tins of rice pudding, Tinned fruit, Jelly, Chocolates/sweets, Savoury snacks, Washing capsules including non-bio, Toilet rolls,

**Thank you for your on-going support. Donations can be placed in the Thornbury basket in Tesco or left on the church steps on Fridays between 10.30am and 4pm.**



### Dementia Support South Gloucestershire

Dementia support workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future.

They offer support face to face, over the phone or in writing. The service is for people with Dementia and their carers, family and friends.

**Call our support line for more information:**

**Tel: 0333 150 3456**

<b>Monday to Wednesday</b>	<b>9am – 8pm,</b>
<b>Thursday and Friday</b>	<b>9am – 5pm</b>
<b>Saturday and Sunday</b>	<b>10am – 4pm</b>

or see our website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**\*Please note: Alzheimer's Society has temporarily suspended all of our face-to-face and group services.**

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## Staff and office changes for charity: Brain Tumour Support as it looks to the future

Thornbury based charity Brain Tumour Support is moving from its offices the town's High Street and has announced a reduction in staff in a determination to secure its future for the thousands of people it supports both locally and across the country.

However the charity is more committed than ever to providing support to the many people affected every year by a brain tumour diagnosis.

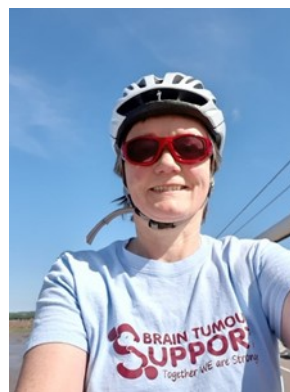
The changes at the charity follow a predicted 40% drop in yearly income due to the coronavirus pandemic. As a result the charity has had to let go of five out of 23 of its staff team and is going to be in smaller offices for the time being.

CEO Tina Mitchell Skinner explained "For the charity to be in the best position to face the many challenges still ahead, we have had to take some very difficult decisions. As well as losing some very valued colleagues through contracts ending or redundancy and reducing some working hours for some of the remaining team, we are also moving to smaller premises whilst we assess the most efficient and cost effective way forward. As our lease on the current offices had come to an end this was the most sensible move for us so that we can ensure maximum funds go into our much needed support services."

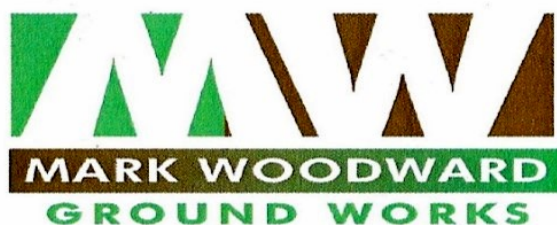
Since Brain Tumour Support launched its Together We Are Stronger Appeal in May, supporters and fundraisers have responded with all sorts of fundraising ideas that have enabled the charity to survive the lockdown and continue to provide their services through that crisis period. However there is still an urgent need to bring funds in, particularly with the Government furlough scheme support ending in October, and big challenges ahead.

"I'm so proud of the commitment shown by our charity team and wonderful volunteers and supporters, particularly over the past few months." said Mrs Mitchell Skinner. "They have indeed shown that 'Together we can survive'. COVID-19 has changed many aspects of life, but our vision and resolve to support as many patients and families as possible remains, in fact it's stronger than ever. I urge anyone to join in helping us in any way they can so that we can rebuild and secure support services for the future."

From Monday 21st September, Brain Tumour Support's new office will be at Lancaster House, Bristol Road, Thornbury, South Gloucestershire, BS35 3JA. Anyone who is interested to know more about their work or how they can help should visit [www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk), email [info@braintumoursupport.co.uk](mailto:info@braintumoursupport.co.uk) or call 01454 414355.



Local supporter Marian Grace who raised over £2,000 for Brain Tumour Support through two cycling challenges during lockdown



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## **MBST- Impressive advancements in the management of long-term injury and Osteoarthritis.**

MBST is a German technology that is relatively unknown in the UK. It is a therapeutic adaptation of MRI, but instead of forming an image, it stimulates a significant repair response in damaged tissue and joints. There is a large body of evidence to support this and there are over 200 clinics in Germany almost exclusively run by Orthopaedic surgeons.

Whilst there is no large scale UK based research yet, it's only a matter of time before trials begin. The impressive results are hard to ignore and clinicians at the highest level are taking notice, with the number of MBST clinics in the UK more than doubling in the last 9 months and several more in the pipeline. One thing we do know is that it's a completely risk free and pain free therapy.

*'I've been hugely impressed by the significant improvement in symptoms by my patients I have referred to CURA Clinical. The MBST technology is widely used in Europe with proven clinical benefit. Furthermore, this is a group of patients who up till now have few other effective options. I recommend it highly'*

*Jonathan Webb MB ChB FRCS (Orth, Consultant Knee Surgeon.*

In a preliminary validation case study, of circa 200 patients seen at our clinic in Bristol we've seen significant improvement in 90% of patients, with 70% of those outcomes having particularly good long-term remission of symptoms and improvement in lifestyle/function. We've also found some 10% of cases we've seen are beyond the reach of MBST. Some bone on bone patients just need surgery. However, in many cases we've found the anti-inflammatory effects are able to make patients more comfortable until they can have the operation. On the flip side we've found a 'sweet spot' for patients at the mild to moderate stage of joint damage in which the results really are extremely impressive.

Typical patients responding well to treatment are those with mild to significant Osteoarthritic joint changes in neck, back, knees and hips, hands and feet. Also, severe tendinopathies and other long-term soft tissue/bone injuries.

Examples of those we've recently helped range from an 88 year old female with very severe leg pain (due to degenerative spinal stenosis) to several patients ranging from 52-74 y/o with significant arthritic change in their hips and knees, not yet ready for surgery but who are living with life altering amounts of pain

*'When James suggested that I try MBST for my back pain due to degenerative discs I decided to give it a go. It was a really easy experience and quite mindful just lying down for act of the 7 sessions. It also worked!! I do feel it could be a game changer for the NHS if its value is recognised.'*  
*Dr Tim Mitchell MB MRC GP DRCOG DPD, GP Bristol*

The therapy very much seems to provide a viable option to patients for which hands-on treatment is limited in helping yet who are not ready for surgery, or in some cases really don't want to go down that path unless absolutely necessary.

For further information or for booking enquires please call: 01179596531.

Email: [info@curaclinical.com](mailto:info@curaclinical.com) Website: [www.curaclinical.com](http://www.curaclinical.com)

*James Scrimshaw BSc DC, Chiropractor, Clinical Director & Owner at CURA*  
[www.curaclinical.com](http://www.curaclinical.com) Tel. 07796 302624



## Thornbury library – welcome back

Things may look a little bit different, but we are pleased to be able to offer services in a safe environment.

### Self-service borrowing so you can choose your own items

In our 12 main libraries\* between 10am and 4pm on usual open days and Saturday mornings from 9:30am you are welcome once again to come and choose from our shelves.

Please make sure you bring your library card with you to use the self-service machines, and a face covering, as you now need to wear one in the library unless you are exempt.

### Order ahead using Click and Collect and we will choose for you

*"We tried click and collect ... this week and I'm really happy with what they've chosen for us"*

You can order up to 6 items to collect at a pre-booked time of your choice. Simply complete a Click and Collect webform for the library you will collect from online anytime at [sglibrar-ies.eventbrite.com](https://sglibrar-ies.eventbrite.com) or call 01454 865022 Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm and speak to a member of library staff.

### Use our computers, scan and print

You can use the computers or Wi-Fi when you use the library if there is space or to guarantee use of a computer or hotspot you can book one in advance by phoning 01454 865022 Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm. You will need to wear a face covering unless you are exempt.

Photocopying is also available in Thornbury libraries.

Find more information on our website, [www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges).

## ST. ANDREW'S PARISH CHURCH, CROMHALL AUGUST 2020 100 CLUB DRAW

No.52 CHARLIE YOUNGS £30

No.74 PHIL SCHULKINS £20

No.75 GRACE GAMBLE £10

Congratulations to all the winners and good luck to all 100 Club supporters for the final draw of this year on FRIDAY 27th NOVEMBER at 11am in Cromhall Village Shop.

Mandy Bird (01454 294186)



## TYTHERINGTON VILLAGE CALENDAR 2021

The new village calendar is on sale from the Village Shop price £3.

If you are unable to get to the shop, please email me and I will contact you about delivery/collection. Val Johnson - [valj475@gmail.com](mailto:valj475@gmail.com)

*The following announcement was received from Mary Tavaner.*



**Davis:** Richard Charles, son of the late Charles & Madge Davis, passed away in Plymouth on April 16th after a short illness R.I.P Rich X



## Tytherington Village Shop

As many of you will know the shop has remained open throughout the lockdown period, even though the hours have been re-

duced. During this time, the shop has been busier than ever and it has been good to know that we have provided a much-needed service. Many of our regular volunteers needed to step down for a while and we are very grateful to the young people who stepped up during June and July to fill in shifts. Some of the regular volunteers have returned since August and the current opening hours are as follows.

**Shop:** Weekdays 7.00am – 12.30pm;

- Sat. 7.00am-10.30am
- Sunday 8.30am-10.30am.

**Post Office:** Mon & Thurs 9.00am -12.30pm;  
Tues & Fri 9.00am -11.30am

We would very much like to extend the opening hours on Saturday mornings if anyone is willing to volunteer but if you cannot offer a regular time, we do need people to join the casual cover rota to help out when a regular person is not available. Please just speak to anyone in the shop if you're happy to give a couple of hours a month.

Even during this challenging period, we have extended the range of stock so please pop in and have a look around. Many people have valued the increase in fresh goods when they have not been able to get out so much and we hope to be able to continue to provide a great service during these currently challenging times.



## TYTHERINGTON BAPTIST CHURCH

*Pastor - Brian Allen (0117 9 793104)*

- From Sunday 4th October, services will be held on a twice-monthly basis, following 'Covid guidelines'. These will include hand sanitising on entry to the church building, wearing of face coverings during the service and social distancing throughout the service.
- On the first Sunday of each month we shall hold our monthly joint service with the congregation of St. James' Church. The venue for this service will alternate between the two church buildings.
- On the third Sunday of each month, a service will be held at the Baptist Chapel.
- For those Sundays on which there is no planned service, I shall continue to post 'E-SERVICES', as normal. Anyone who has not received these in the past but wish to do so should forward me their e-mail address to me so that they can be added to contact list.

Details for OCTOBER are as follows:

4th	<b>JOINT (HARVEST) SERVICE AT ST JAMES'</b>	<b>11am</b>
11th	<b>'E-SERVICE'</b>	
18th	<b>SERVICE AT BAPTIST CHAPEL</b>	<b>11am</b>
25th	<b>'E-SERVICE'</b>	
1st NOV	<b>JOINT SERVICE AT BAPTIST CHAPEL</b>	<b>11am</b>



This situation will be reviewed in accordance with Government guidelines. Please take note of the updates in 'FIVE – ALIVE' each month.

Meanwhile, keep safe, and every blessing to you all.

Brian

For further details of any of our services/activities, please contact Brian on: 0117 9 793104  
or e-mail: [allenbroncksea@blueyonder.co.uk](mailto:allenbroncksea@blueyonder.co.uk)

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***CRAIG OGBORNE 07477 544344***

# Tytherington Time Capsule



As part of the new development off Duck Street, Cotswold Homes have commissioned me as an artist, to design and create a piece of public art for Tytherington. I have been busy working on the project since October last year and as part of my work I would like to create a 'time capsule' with the villagers of Tytherington for the Tytherington of the future.

There are many things to be discussed about the 'Tytherington Time Capsule' and the whole village will have the opportunity to have their input. Since the Covid-19 pandemic hit, this idea has become even more poignant and the aim will be to record what villagers agree is most important to go into the time capsule.

Due to the current situation I have decided it is safest for everyone if I contact people via email. So to start off I need to collect the email addresses of interested villagers and then I will send out a series of questionnaires.

All villagers of Tytherington are invited to get involved with the time capsule. If you are interested please email me at:

[tytheringtontimecapsule@gmail.com](mailto:tytheringtontimecapsule@gmail.com)

Please feel free to get in touch if you have any questions!

Henrietta Armstrong

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Instagram: @henri\_armstrong



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Dear Villagers

Well we certainly live in interesting and fast changing times. Back in March the shop, like everyone else, was faced with significant challenges

The first was staffing. Many of our regular volunteers fell into the older or shielded categories and had to stand down. But some amazing people stepped up. They were students, furloughed workers, working from home workers who squeezed in an extra couple of hours and one or two others who stepped up to the call for help. As a result we were able to open every morning. We owe all of them a huge thank you.

Our second challenge was stock. Our regular fresh goods suppliers kept us going with many essentials but where to find toilet rolls, flour, pasta, oil, etc. Fortunately we have a secret weapon in Linda, who will leave no stone unturned in her quest for a well stocked shop.

So we were in business - pretty much. And were you ever glad that we were! Our footfall doubled as the alternative of finding a supermarket delivery slot or standing in line became a reality. And the people who served you felt good about doing something useful in a crisis.

Since those dark days we are all glad that there is more normality in our daily lives; the children are back to school, the students off to college and many of us are back to work and have developed a new shopping routine. Which is great BUT..

As I write this there are grave concerns about a COVID resurgence. We have also lost most of our temporary volunteers and some of our former ones. Our takings have dropped to below pre COVID levels.

**IN SHORT, THE LONGER -TERM FUTURE OF THE SHOP IS AT RISK.**

We desperately need your support, both as customers spending a small sum every week and as volunteers, doing a couple of hours a week.

**THE SHOP WAS HERE FOR YOU WHEN YOU NEEDED IT.**

**MAKE SURE IT IS STILL HERE WHEN YOU NEXT NEED IT.**

If you can volunteer, call me on 01454 299351. Otherwise we look forward to seeing you in the shop, buying yourself a little treat or collecting a regular order of bread, milk, fresh farm shop meat, or veg. Thank you to all who do so already.

Stay safe everyone.

Enid Cole



**CROMHALL SHOP  
& POST OFFICE**



## Your magazine: How to send copy or adverts for inclusion in '5 Alive':

### NEWS COPY:

#### Where?

- News items should be sent to Kay Rea, The Bungalow, Moorslade, Falfield, GL12 8DJ Tel. 01454 260364 Email: [kay.rea@btinternet.com](mailto:kay.rea@btinternet.com)

#### When?

- Copy date is **strictly before midnight on the 19th of each month** (but the earlier we receive material the better).

#### In what form?

- Please submit all copy by e-mail (attachments should be in **Word or Publisher** format, **not PDF**). (We reserve the right of the editor to edit, and you may find that small changes are made for the sake of space etc)
- If you want to submit an advertising poster or similar, black and white is preferable as it reproduces more clearly.
- Charities wishing to publicise events should quote their charity number.**

### ADVERTISING:

- The deadline for inclusion of advertising in 5 Alive is the 12th of the month preceding publication.**
- Enquiries about advertising should be directed to Kay Rea, The Bungalow, Moorslade, Falfield, Nr Wotton-under-Edge, Glos, GL12 8DJ. Tel. 01454 260364 Email: [kay.rea@btinternet.com](mailto:kay.rea@btinternet.com)

Charges per issue are as follows:

	Business Rates	Rates for businesses within the benefice
Full page:	£56	£40
Half page:	£28	£20
Quarter page:	£18	£15
Eighth of page:	£10	£8

**There is a 10% discount for advertisers paying for a year's advertising in advance and 5% for those paying for 6 months' advertising in advance**

Cheques should be made out to '**Benefice Newsletter**' and sent to Kay Rea (as above).

**AskKath**  
For all Animal & Pet Care  
Making pet ownership simpler for you

Home Dog Boarding now available  
Dog Walking & Feeding  
Cat Feeding & Petting  
Rabbit & Guinea Pig Feeding  
Horse Turn Out  
Chickens  
Vet Transport  
Grooming Transport  
Bird Feeding  
Fish Feeding

Licence for Boarding  
DBS Checked & Fully Insured  
Animal Care Certificate  
First Aid Certificate

Tel: 07870 842685  
email: [kathbryant@yahoo.co.uk](mailto:kathbryant@yahoo.co.uk)

The advertisement features a colorful illustration of various animals including a rooster, a blue chicken, a white rabbit, a black cat, a brown dog, and a brown horse, set against a background of green hills, trees, and a bright sun.