

THE WATERSHED MAGAZINE



JULY/AUGUST 2020

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SAPPERTON WITH FRAMPTON MANSELL

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762897

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Flowers - Frampton Mansell

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760330

RODMARTON AND TARLTON (Chapel of Ease)

Church Wardens

Rodmarton

Simon Biddulph

841462

Susie Esmond Rees 07528 820652

Tarlton

Jasper Biddulph

770230

Flower Team Leader

Wendy Taylor

841263

Secretary PCC

Jane Marlowe

770401

Treasurer PCC

Simon Biddulph

841462

REFLECTIONS FROM THE RECTORY

Dear Friends

Summer is with us and slowly the restrictions forced on us by coronavirus are easing. I expect there are many different feelings about that and probably there is a mixture for most of us and it is going to be good to recognise that.

Some of us can't wait to be "back to normal" perhaps intending to be first to the pub or the beach or to book a foreign holiday. Others will be wanting to stay in isolation and most somewhere in between. All responses are quite reasonable and normal reflections of the impact of an extraordinary time. We need each of us to reflect on why we feel like we do and allow that knowledge to mediate our response to it. We need to keep in mind that the reason for the lockdown was to protect others more than ourselves; to ensure health resources were not overloaded and to protect the most vulnerable in our communities. That has not changed. Businesses have been closed and everyday activity put on hold so that we can look after one another.

The summary of the law says "Love the Lord your God with all your heart, your soul, your strength, your mind. And love your neighbour as yourself." That (at least the second part) is what we have been doing. Caring for those who live around us by choosing to limit and be careful about our social interactions and our hygiene. For me at least, that is the point of a mask. Not to protect me but to protect others from me. When we go into a shop the workers there are made vulnerable by us and we need to continue to recognise and respect that. We may be there by choice but they are there because they are working and we, in turn in our own work space, would like the same respect of our personal socially distanced space.

We need to reengage with the 'outside' after this time and that might mean continuing to be cautious and not being careless if we feel a bit desperate to get out and about. It might mean taking courage to go out to meet someone for socially distanced coffee and to begin to take back control of our everyday interactions. Emotionally I suspect this may be the most difficult time, not least because rules that were clear, are now increasingly muddled. That means we need to make good choices and good personal assessments about how we will act. For me at the heart of that we must keep clearly in mind that our actions are to care for ourselves and to care for others as we would wish to be cared for.

As part of that we are very pleased to be allowed to reopen our church buildings for private prayer as we know that they are significant for many people for a variety of reasons. In doing so we are carefully

assessing how we can keep safe the people responsible for opening and cleaning the buildings and everyone who may wish to come inside. The next step will be limited use of buildings for worship and we are looking forward to that as well and as most of you will know, we can again hold funerals and weddings with some restrictions. In everything, our aim is to keep everyone as safe as we can. Part of the government guidance is that the virus may remain active for 72 hours and so at present we will be ensuring that buildings are locked for that period before each opening to simplify and reduce the risk to our volunteers and to visitors. We will put opening times on our website and distribute locally through village networks as not all are confirmed yet. Everyone is very welcome at all times within the churchyards to reflect relax and pray of course and at St Luke's church in Frampton Mansell we have a lovely labyrinth overlooking the Golden Valley for your use. A labyrinth was a way for those who wanted to make a pilgrimage prayer space but could not go on a journey to find an appropriate prayer space and I do commend it to you. Our buildings are wonderful historic and man-made structures that reflect our relationship with the divine but outside we are in the space God created and called good and scripture is full of people meeting God in the wild places as Moses and Elijah did.

With love and prayers

Trevor Kemp - Rector

For those with access to the internet the following links will take you to our website pages:

The calendar: <http://thamesheadchurches.org.uk/calendar/>

An outline of all our Sunday services:

<http://www.thamesheadchurches.org.uk/services/>

As a footnote may I also say that depending on how the pandemic develops all these support groups may want to send information to as many people as possible to keep you informed. It is highly probable that some recipients of that (if it happens) will not have given explicit permission for it. All the organisations and groups involved in offering support to our communities would hope you appreciate the reasons for that and the exceptional circumstances. If however that happens and you don't want it please let the sender know and we will try to ensure your details are removed from any further communication.



HOME FOOD DELIVERY IN THE COTSWOLDS

If you require cooked food delivered to your home, you can now order home-style meals straight to your doorstep. Food is cooked locally and delivered frozen so you can microwave, heat in the oven or store for later.

7 MEALS FOR £25 DELIVERED TO YOUR DOOR

**If cost is a barrier then please let us know—
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or email: enquiries@sejohnsonheatandplumb.co.uk



Thameshead Benefice

Coronavirus: Social Distancing

Do you need help?

Ask is a new pastoral visiting and support team from the local church.

Are you worried about how you will manage daily life if you have to stay at home because of 'social distancing' measures in response to Coronavirus?

Sisters, brothers or other family members do not live locally, so you are concerned that there's no-one nearby to help you?

Keep calm: the ASK team will try as much as possible to offer practical help – picking up prescriptions, help with food shopping, or just someone to talk to on the phone?

Let us know if we can help, or for more information please contact:-

Rev. Trevor Kemp 01285 770550 rector@thamesheadchurches.org.uk

Aileen Shaw 07807 199602 ASK@thamesheadchurches.org.uk



NEWS FROM COATES

COATES RESIDENTS WHO ARE SELF-ISOLATING AS A RESULT OF COVID-19 (CORONA) VIRUS

If you are a Coates resident and self-isolating, and require assistance (ie picking up shopping, a friendly phone call, posting mail or require urgent supplies) please contact Councillor Andrew Hobson on 07887 597425 or email clerk@coatesparish.org.uk and we will arrange for someone to phone you back.

Coates Coronavirus Support Group has been set up on Facebook. Anybody who wants to join the new group should contact Andrew via email (a.hobson28@gmail.com) or Facebook Messenger.

You can also stay up to date via the Coates Village Email Network. If you want to be part of the email distribution please let Tara Davidson know via email to coatesvillage@gmail.com

Regular printed notices about our response to Coronavirus will be displayed on the Coates Parish Council noticeboard at the entrance to May Tree Close.

The above initiatives are supported by Coates Parish Council and other community groups in Coates.

Information for volunteers on how to help others safely can be found on the GOV.UK website [here](#).

Due to the current restrictions on social gatherings, the Coates Village Club remains closed at weekends until further notice, but we are paying close attention to the Government updates on when we may be able to re-open and hope to welcome you all back very soon!

However, as you may have seen in the May edition of the Watershed, we are still planning the Coates Produce Show on Saturday 5 September. Entries are free and can be made in writing to Tara, 24 May Tree Close, Coates or by email to tara@tarajane ceramics.com stating your name and the section you wish to enter. The deadline for submissions is 8pm, Saturday 29th August 2020.

You can also keep up to date with village news by following "Coates Village" on Facebook or via our email list. Contact coatessocialclub@gmail.com if you would like to subscribe to the list.

The logo for The Village Club in Coates. It features the text "The Village Club" in a serif font, with a horizontal line underneath it. Below the line, the word "COATES" is written in a large, bold, serif font.

FOOD BANK COLLECTION

Thanks to the wonderful generosity of the villagers in Coates, I was able to take a car laden with tins and packets of food to the food bank in Cirencester. They were immensely thankful for it in this time of added need.

Sarah Fuchs

Frampton Mansell Community Lottery Our June Winners Are..!

- ◇ 1st Prize £50 ... No.96... Sandey Masser
- ◇ 2nd Prize £25 ... No.100.. Charles Houldsworth
- ◇ 3rd Prize £15 ... No.85... Freddie Pulsford
- ◇ 4th Prize £10 ... No.94... Paul Walker



Next Draw will take place: Tuesday 21st July
The Crown Inn approx. 7:00pm

Lottery Coordinator: Lucy Cameron-Davies
T: 07866 44725 E: lottery@framptonmansell.uk

Frampton Mansell Village Hall... Building Community

Sapperton Coronavirus Support: social distancing

Do you need help?

The church and the Parish Council are working together to help provide practical, pastoral and spiritual support to everyone in our community who needs some assistance in these difficult times.



A. Practical Help: do you need someone to pick up prescriptions or shopping?

Contact Sarah Osborn-Smith on 07836 512538 who will try to get a volunteer to you.

B. Pastoral/Social Support: Would you like to chat to someone – skype, facetime or telephone – to hear a friendly voice? Social isolation should not mean loneliness. Contact Aileen Shaw on 07807 199602 who will try to fix up someone to call you.

C. Spiritual Needs: there are no services at this time, but the church buildings are open and our clergy can offer prayer support, pastoral and confidential chats as needed. Contact Rev. Trevor Kemp on 01285 770550.

We are all part of our community: if you can help others then please also call the contact persons above to be registered as a volunteer helper

NEWS FROM SAPPERTON AND FRAMPTON MANSELL

TALKING TO MYSELF

I enjoy watching or listening to most quiz and knowledge type programmes – from Mastermind to Pointless and everything in between. The other day, on Pointless two teams ended a round with equal scores. ‘We have lockdown’, said a delighted Alexander Armstrong and he and Richard went into their ‘lockdown chant’. To us lockdown has meant staying at home, not mixing with others, being careful, all because of Covid-19. It has meant not seeing our families, not having a hug with our grandchildren, working from home, trying to home school the children. It has meant not going to church on a Sunday morning, planned weddings not being able to take place, not attending funerals. It has meant not being in the hospital with those who are sick, not being beside those we love when they drew their last breath. It has not been easy for anyone.

Have there been any advantages? Fortunately the weather has been kind. Those of us who live in the country have been able to walk the footpaths and enjoy nature to the full. Nature has carried on regardless of the epidemic. There has been a profusion of wild flowers. Because there has been less traffic we have been able to appreciate the bird song. We have been able to spend time watching butterflies or looking for creepy crawlies. Many people have been growing and enjoying their own vegetables; maybe for the first time ever. We have had time to pause and think.

So as lockdown is gradually lifted will we have learnt anything from these weeks? Will life in our villages have changed or will they return to life as it was before the virus arrived? It has been so good to see communities drawing together, supporting each other and showing concern for one another. I hope and pray that when life gets back to normal [whatever that means] our communities will not change and they will continue to be caring and loving places in which to live.

SAPPERTON & FRAMPTON MANSELL PARISH COUNCIL

Contact details for the clerk are Barbara (Babs) Maloney on 760276 or 07958 116794 and email sappertonFMPC@gmail.com

NEWS FROM RODMARTON, TARLTON, CULKERTON AND HAZLETON

RODMARTON AND TARLTON COVID19 SUPPORT

If you live in Rodmarton or Tarlton and need some practical help with shopping or would like a chat if you are self-isolating at home or are unwell please contact one of the following people who are organising volunteers to help:

RODMARTON

Wendy Taylor 841263 wendy.taylor846@btinternet.com

Simon Biddulph 07730 897312 simon.biddulph1@btinternet.com

TARLTON

Jane and Richard Marlowe 770401

Bryher and Mark Grimes 770289

If you live in Tarlton and would like to join the village WhatsApp group, please text Bryher Grimes on 07785 542185 with your name and mobile telephone number and she will add you to the group. Please note that this group is for residents of Tarlton only.

WORSHIP IN RODMARTON AND TARLTON

As from Saturday 27 June, both St Peter's Rodmarton and St Osmund's Tarlton will be open on Saturdays only from 10am to 4pm. This is a precaution to minimize the chance of cross-infection and the need for extra cleaning between opening times, as the virus can stay alive on surfaces for up to 72 hours. The church will of course be kept clean in line with Covid-19 advice and to facilitate this much of the church is cordoned off to restrict access to parts of the building and prayer books and kneelers have been removed.

Hand sanitizer is provided so please make sure to use it on entering and on leaving the church. Please follow the advice on the notices provided with regards to social distancing and do not touch anything more than necessary.

The Risk Assessment will be reviewed in a month's time and I will let you know of any changes to opening times.

Jane Marlowe

SURVEY SEEKS FAVOURITE WAYS TO EXERCISE IN THE COTSWOLDS

Cotswold District Council is asking its residents about exercise, activity and their local leisure centres and facilities.

Perhaps you're a cyclist, a swimmer or a climber? Maybe you enjoy walks in the countryside with your family or walking to work? Do you take part in online fitness classes? Perhaps you're keen to do all these things but you struggle to find the time?

To understand local attitudes towards health and fitness the council has created a short online survey.

The survey asks some questions about the activities you have been doing before and during the COVID-19 lockdown, and how you think this might change in the future.

Responses to the survey will help the council to understand more about the different barriers that can prevent people from being active and using their local leisure centres, and what the council can do to support and encourage people to lead more active and healthy lives.

Cllr Jenny Forde, Cabinet Member for Health and Wellbeing said, "Whether you take part in regular physical activities or not, we'd like to hear from everyone about their routines, and attitudes towards exercise and fitness.

"This is a perfect opportunity for residents to help shape the future of exercise and fitness where they live. Your feedback will help us to understand local trends and needs and assist us with our forward planning. It only takes about five minutes to complete the survey online so please take part today."

You can find the survey and take part at: https://www.efocus-net.com/dynamic_survey.php?data=1591798601

The closing date is 17 July 2020.

TIME OUT

The Time Out Bible discussion group for mothers of school age children in the benefice is not meeting for the foreseeable future. Julie is looking at the possibility of setting up a virtual meeting.

For more details please contact Julie on 770123 or email julieallen47@btinternet.com or juliepaulmorton@onetel.com

It's not quite school as we know it but we're very pleased to report that 52 of our 69 pupils are now back at their socially distanced desks.

Pupils from Reception, Year 1 and Year 6 have returned to school full-time alongside the children of key workers and vulnerable pupils. And, at the end of June, we welcomed children from other year groups on Thursdays and Fridays until the end of term.



Staff and children are working in "bubbles" and we are using the school building, the village hall and the school field to ensure that we keep everyone safe and at an appropriate distance from each other. Every class is also going to Forest School once a week and we have also introduced staggered start and finish times to avoid pupils from different bubbles coming into contact with one another.

This term we have welcomed Mrs Makin back from her maternity leave and she has joined other members of staff who are not only teaching in school but also continuing to provide resources for those parents still home schooling.

Since we have been unable to run our usual settling-in sessions for the new Reception pupils joining us in September we have sent them all a "Who We Are" information letter with photos of the staff, and Acorn class teachers are arranging to call each child to chat to them before they start. We do still have some spaces for the September Reception intake so please do contact us if you would be interested in sending your child to Rodmarton School.

At the end of the summer term we say farewell to our 12 Year 6 pupils and wish them well as they head off to start the next exciting phase of their school life at secondary school. Rodmarton teachers have spoken to all the schools they are moving to and have worked hard with the pupils to make sure they are ready for this next stage.

Sadly we are unable to hold our traditional Year 6 Leaver's Assembly but the pupils were delighted to receive their Leavers' Hoodies, which were kindly donated by The Friends. Have a look at the Friends of Rodmarton Primary School Facebook page to see them jumping for joy!

The Autumn term starts on Tuesday 2 September and we are hoping that we will be able to welcome all year groups back to school. Fingers crossed!

Have a great summer and we'll see you in September!

Nutty (working from home)

<https://www.rodmartonschool.co.uk/>

01285 841284



Entry schedule

Saturday 5th September

Entries to hall 11am - 12noon

Produce Show from 3pm
onwards with stalls, bar,
refreshments, games, raffle
and BBQ

Section 1 - Flowers

1. One single stemmed rose
2. Vase of 6 dahlias
3. Vase of garden flowers – 6 of one variety
4. A sunflower head
5. A flowering pot plant, max pot size 10" diameter

Section 2- Fruit/Vegetables

1. 3 carrots
2. 5 tomatoes with stalks
3. 4 potatoes of one variety
4. 6 runner beans
5. Longest runner bean
6. Largest marrow
7. A plate of 5 different vegetables, one of each.
8. 3 apples of the same variety
9. Soft fruit - single variety displayed on a plate

Section 3 – Domestic

1. A jar of homemade jam
2. A jar of homemade chutney
3. A Victoria Sponge with jam (no cream)
4. 4 fruit scones
5. 6 biscuits
6. A ginger cake (men-only recipe as per schedule)
7. 1 bottle of homemade liqueur
8. 1 bottle of homemade beer

Section 4 – Flower arranging

1. An arrangement in a vase
2. An arrangement for a table centre

Section 5 – Handicrafts

Any item of handicraft using any method e.g. knitting, card making, patchwork, tapestry, cross stitch

Section 6 – Art

Any piece of artwork, a pen, pencil or pastel drawing or a painting in any medium.

Section 7 – Photography

A photograph of ‘Something Local’ max 7”x5”

Section 8 – Children: Reception to School Year 11

8 a) Reception to School Year 2

1. Make and decorate 5 cookies.
2. A plant grown from seed – max 8” pot
3. Paint a picture of an animal - max A4 size.

8 b) School Years 3-6

1. A handmade greetings card
2. 5 homemade brownies
3. A photograph of ‘Something Small’ - max 7”x5”.

8 c) School Years 7-11

1. A photograph of ‘Something Big’ - max 7”x5”.
2. 5 homemade cupcakes decorated.
3. A poem about my holiday.

Section 3.6 Men-only Recipe

Ginger Cake

200g self-raising Flour
ginger

1 tsp mixed spice

50g soft brown sugar

50g golden syrup

1 egg beaten with added milk to make ¼ pint (125ml)

2 tsp ground

50g margarine

50g black treacle

pinch salt

Method:

Preheat oven to 170⁰C fan, Gas 4

Grease and line a 18cm (7”) square tin

Mix flour, salt, ginger and mixed spice in a mixing bowl

Melt the margarine, sugar, treacle and syrup gently over a low heat.

Add to flour and gradually mix in the egg and milk. Beat well.

Pour into tin (will be like a thick batter)

Bake for approximately 40 to 45 minutes until firm.

Cool slightly and turn out of tin and leave until cold

ENTRIES

Entries are free and can be made in writing to Tara, 24 May Tree Close, Coates *or by email to tara@tarajaneceramics.com* stating your name and section numbers you wish to enter.

Please submit your entries by 8pm Saturday 29th August 2020

RULES

1. All exhibits with the exception of flower arranging **must have been made or grown by the exhibitor.**
2. All exhibits are to be put in place between 11am and 12 noon.
3. No exhibitor is allowed more than one entry in any section.
4. Exhibitor's names must not be visible on the exhibits.
5. In section 8, children's ages and school year must be displayed on all exhibits.
6. If children compete in adult sections 1-7, then ages must not appear on exhibits. *(Points from these entries will not count towards the Family Cup.)*
7. No exhibits to be removed before 4.30pm
8. The judge's decision is final.

TROPHIES

Family Cup	most points in show by one Family (parents and children). Please refer to rule 6.
Flower Cup	most points in section 1
Fruit/Veg Cup	most points in section 2
Domestic Cup	most points in section 3
Art/Craft Cup	most points in section 4 - 7
Reception – year 2	most points in section 8a
Years 3-6	most points in section 8b
Years 7-11	most points in section 8c

NOTES FROM CULKERTON

GARDENING TIPS FOR JUY AND AUGUST

So far this has been a very dynamic year weather wise, too wet, followed by the driest May on record; exceptionally windy and cold with North Easterlies. The warm sunny days interspersed with genuinely hot days, are very enjoyable. We have had several cycles of hot dry spells, followed by cool windy, grey, dampness. Although regions around here seem to have had proper rain, short showers and hours of drizzle have not added much to our rain gauge. Even on grey days the sun manages to peak out for short bursts.

While the sun shone, my tiny potting shed was reroofed and the door repaired, a section of hose that leaked shortened and another length joined; a start has been made on repainting the garden furniture. Painting twiddly bits takes ages, this was illustrated by comparing the time it took my super fit son to cycle from Bristol for a socially distanced visit in our garden. Yes, it took longer to paint one garden bench! Believe me, I don't dilly dally with a paint brush.

Established trees and shrubs have grown well again this year, with roots finding the underground water reserves. Our fruit trees missed the late frost, so we have a good set of apples, and at last damsons. Some watering of vegetables is essential, especially for setting beans when in flower; one good water infrequently is better than a daily light splash. Planted pots are very thirsty this year, there seems to be more drying winds as well as the lack of rain.

To make the most of water reaching the roots, one technique is to use an irrigation pot. Traditionally these are made of terracotta, with a long neck, a round bellied pot, which is buried with only a little of the top of the neck visible. The pot is filled with water which permeates through the terracotta to the surrounding soil. A variation of this is to re-purpose a plastic bottle, make a few tiny pin pricks around the sides at different spacings, bury the bottle up to the neck, fill with water, replace the screw lid. These pots or bottles can be used in large planters or greenhouse borders.

Spring sowings of leeks, kale and early purple sprouting are ready to plant out. New sowings can be made now for autumn lettuce, radicchio, chard and winter brassicas. Early July will be the last opportunity to sow beetroot, carrots and Kohlrabi.

Roses have looked magnificent again this year. Deadhead those that do not have decorative hips, give all a good feed of rose fertilizer, or make your own nettle feed diluted 1:10 with water. A light trim to keep

NOTES FROM CULKERTON (cont)

them in shape as required, sometimes very thin feeble stems need removing. Tie in any loose stems on climbers and ramblers.

Last winter was so wet, pruning fruit trees (apples & pears) was difficult so start looking at your trees and noting what needs attention. If the tree has no fruit this year, summer pruning can be carried out, otherwise better to wait until the tree is winter dormant. Fruit trees with stoned fruit, cherries, peach, nectarine, apricot or plums should be pruned during the dry summer months to avoid attacks from diseases. Wait until after the fruit has been harvested, always use sharp cleaned pruning tools, remove damaged, crossing wood for an open airy centre, and give them a feed too, as with the roses.

We have a garden flock of Blue Tits, which have given much entertainment as the parents have divided schooling the youngsters into two groups. One parent to either four or six young fledglings showing them where to hunt for insects, mostly aphids. After a highly active session the young birds line up on a branch or two and have a sleep for a few minutes.

Other wildlife seen very recently is a large slow worm using a warm compost bin as a nursery for her young, and a single common lizard in breeding colours. Both these species have been in our garden for some time but are seldom seen.

Sally Oates

HALCYON DAYS...

Cast your mind back to your youth, then imagine a spring and summer unsullied by exams, in which the sun shone almost unbrokenly. That is what the younger generation are currently enjoying, and I'm jealous beyond the bounds of covetousness. An Eleventh Commandment is needed: Thou shalt not covet the breakdown of the summer exam system.

Better still, many local young folk were out and about in the gloriousness that was April and May 2020. Almost wherever I wandered, or rather, ebiked, I heard their laughter. At times it seemed they made the trees and bushes sing with joy and outscored the blackbirds in joyousness. I found them damming streams, cycling car-free country lanes, poking sticks into drought-cracks to measure the depth, making daisy chains and pebble-words, and at times even breaking away from the clutches of exhausted, anxious parents and running feral in the countryside, as older generations gleefully did. I even found some birdwatching and, horror of horrors, picking wild

NOTES FROM CULKERTON (cont)

flowers (which should be common enough for anyone to pick).

“Do you want to go back to school?” I asked some children. “No!” came a reply so emphatic that I – who had anticipated it – openly winced. Then came the knock-out punch: “We’re learning loads outdoors!” At that point I mused that perhaps schools are not so much for children as for parents, then spared a thought or two for the brilliance of today’s teachers.

So that’s it, we gain a positive out of the Covid-19 pandemic crisis by resetting the school and academic year, via a one-off summer sabbatical term; so that the year begins in January, and exams take place in November – before the winter flu season kicks off; marking takes place in early December and everyone recovers over Christmas. Summer becomes what it should be for young folk: a time of positive, blissful idyll, a dreamland.

I will make three predictions. First, that many of this generation of local youngsters will remember the summer of 2020 with growing affection: whatever else they went through, whatever their family losses, they sampled the freedom the natural world offers. Secondly, this summer will have fired up a mighty lot of young naturalists and outdoors-lovers, through direct experience or through longing, whilst cooped-up indoors. Finally, the demand for access to the great outdoors will mushroom.

Mathew Oates

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Farmshop 8am - 7pm | Butchery 9am - 5pm

As always, we're well stocked with the best produce we can find, and we're ready to serve you – with measures in place to keep both you and our staff safe (including our new sink at the entrance). Along with daily goods, you'll find lovely things to lift your spirits such as our delicious homemade cakes and ice cream. Locally grown asparagus is now in season and we're developing a new range of ready meals made with locally-reared native breed lamb and beef from our Butchery.

Thank you to all of our customers for supporting us & our local suppliers

KEMBLE AND DISTRICT RBL WOMEN'S SECTION

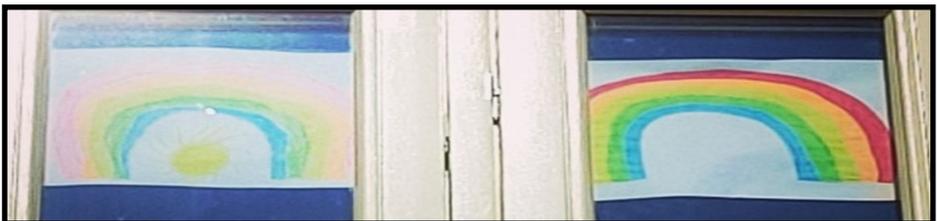


If you find you are saving some monies during this current crisis then perhaps you could help with the following:

Please save any odd coins in a Steradent tube or something similar to help fund a new mobility buggy for the National Memorial Arboretum as in July 2021 a special service of dedication for 100 years of the RBL will be held and hopefully a new buggy will be gifted.

Meanwhile keep calm and carry on until we meet again.

If you would like to join us and become a member or just have a chat about the work of the women's section within the RBL contact Pat 770385 chairman/secretary.





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CIRENCESTER EATING DISORDER SUPPORT GROUP



As with all mental health problems this current crisis is having quite an impact on sufferers and carers of eating distress. I am trying to keep in touch with as many of my contacts as possible but as it is a confidential service sometimes I only have a Christian name.

There are online forums and so much info to access that at the moment that is all I can offer.

The National BEAT and F.E.A.S.T websites are a good source and I have contact too with ABC Anorexia and Bulimia Care based in Bristol who also offer a free online support hub every Thursday. <https://www.facebook.com/abccharity/>
<https://www.instagram.com/anorexiabulimiicare/>

I hope this extra info helps. Remember you can always contact me for a one to one chat too!

Further details can be obtained from Pat on 770385.

GET YOUR WATERSHED BY EMAIL

If you would like to receive a copy of the parish magazine by email I am very happy to add you to my list of those who do. This would not replace your delivered copy but you would get it earlier and with some colour! Just let me know by email at watershedmag@gmail.com
Bob Merrill

ADVERTISING IN THE WATERSHED

If you wish to advertise in our parish magazine please contact Bob Merrill at Glebe House, Coates, GL7 6NU. Mobile 07866 972389 or by e-mail to the Watershed magazine at watershedmag@gmail.com. Adverts at a third of a page cost £15 for a single issue or £60 for 6 months. Adverts at half a page cost £23 for a single issue or £90 for 6 months. The magazine is published 10 times every year; July/August and December/January are joint editions.

CLOSING DATE FOR THE SEPTEMBER MAGAZINE

Contributions should be sent to Bob Merrill at Glebe House, Coates, GL7 6NU. Telephone 07866 972389 or by e-mail to the Watershed magazine at watershedmag@gmail.com. Articles should be in Arial font at 11 point with **formatting kept as simple as possible**. The editor reserves the right to edit any articles. **Articles should be submitted by 12 August at the latest for inclusion in the next month's issue.**

USEFUL TELEPHONE NUMBERS

Watershed Editor	Bob Merrill	07866 972389
Watershed Treasurer	Janet Loines	841578
Watershed Intercession Group	Anne Chilton	770726

COATES

Coates Parish Council Chair	Richard Harrison	771449
Coates Parish Council Clerk	Caroline Coates	770757
Coates Gardening Club	Margaret Reynolds	771354
Coates Social Club secretary	Tara Davidson	07948 966957
Coates Tree Warden	Simon Large	07714 220558
Coates Village Hall	Phil Griffiths	771257
	Lynn Vaughan	770876
Coates Neighbourhood Watch	Liz Allen	07771 553061/771229
Coates Snow Warden	Peter Tugwell	

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Rodmarton & Tarlton PC Clerk	Susan Hare	ex-dir
Rodmarton School	Mrs Musty	841284
Rodmarton Village Hall	Jasper Biddulph	770230

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Sapperton Snow Warden	Mark Franklin	760226
Sapperton Tree Warden	Paul Dingley	760788
Sapperton Village Hall	Sheila Dingley	760788
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Cirencester Eating Disorder Support Group	Pat Ayres	770385
Cotswold District Councillors		
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Kemble Ward	Tony Berry	770220
Gloucestershire County Councillor		
	Stephen Hirst	01666 504213
Member of Parliament	Geoffrey Clifton-Brown	01452 371630
Cirencester Hospital		655711
Police non emergency (24hrs)		101

