

The Black Mountains Group Benefice NEWSLETTER

December 2022 & January 2023



St Margaret's



St Clydawg's
Clodock



St Mary's
Craswall



St John's
Newton



St Michael's
Michaelchurch Escley



St Peter & St Beuno
Llanveynoe

**The Parishes of Clodock & Longtown with Craswall, Llanveynoe,
St Margaret's, Michaelchurch Escley & Newton**

Part of the Abbeydore Deanery
abbeydoredeanery.org / abbeydoredmc@gmail.com
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Rev. Mark Godson: revmarkgodson@gmail.com
Rev. Luci Morris: luci.borderlinkbenefice@outlook.com

www.bmgparishes.org.uk

Min
£1
donation





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Craswall

Mrs Christine Cleaton 01981 510674

Mr Geoff Holder 07580 632273

Llanveynoe

Mr Donald Phillips 01873 860298

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(Vacant)

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From the Clergy

I'm writing this on a strangely warm November day. The weather, like everything else, feels topsy turvy. Put all those topsy turvy things together and the picture is perhaps unsettling. We are living in a volatile and rapidly changing world, still collectively traumatised by Covid and all its consequences. The planet is gasping for breath, the abuses of unjust war clatter discordantly not far away, our treasured NHS is on life support, our beloved Queen is gone, and the pounds and pennies aren't stretching very far.

It's not all bad: we're all a little bit more in love with Hamza Yassin than we were before Strictly 22, our women won the footie, Peter Kay is back doing live shows, and our little corner of the world remains enchantingly beautiful.

Nevertheless, as many of this year's Christmas adverts are toned down in the face of the threat of a very difficult winter, we have to dig a little deeper to find the hope and cheer that the tinsel and baubles of our festive season gaudily announce.

Where, then, is our hope? As new priests, my fellow curates and I were encouraged to be beacons of resilient hope found in the love of Jesus. Christians celebrate Christmas because the light of the world is come, right into our mess, our darkness, our ordinary, our dancing and our living. A starburst of love and grace.

Whether your December is full of hustle and bustle or is the time you feel most acutely alone, I encourage you to take some time out each day to be still, to ponder a little on the things that bring a smile to your eyes or a warmth to your heart. Our world is not a perfect, peaceful place, but it is a world that has light and love and beauty. Think of these still times as like putting on your oxygen mask before helping others with theirs. Then we can continue to look after one another, making sure the community net sweeps wide and misses nobody out. We need each other, to love and be loved, to care and be cared for, to give and receive in due season. Kindness is contagious and good for the soul.

I love Psalm 139. It tells us that God knows each of us, knows exactly what we're like, all our splendid bits and all our murky bits, and loves us just as we are. On that blessed night in Bethlehem, it's our splendid and murky world and lives that Jesus came into, that he later died for, that he lives for now.

Peace be with you this Christmas time. With love and prayers.

Angie x

PASTORAL VISITORS

Our deanery has a team of trained Pastoral Visitors. They are there to come alongside, to listen and to care. Please don't struggle alone. You can get in touch with the team at pastoralvisitors@gmail.com or through Rev Angie.

DECEMBER & JANUARY READINGS

Details of services for December & January can be found on the back page.

Sunday 4th December

Old Testament	Isaiah 11: 1-10
New Testament	Romans 15: 4-13
Gospel	Matthew 3: 1-12
Psalm	80

Sunday 11th December

Old Testament	Isaiah 35: 1-10
New Testament	James 5: 7-10
Gospel	Matthew 11: 2-11
Psalm	146: 4-10

Sunday 18th December

Old Testament	Isaiah 7: 10-16
New Testament	Romans 1: 1-7
Gospel	Matthew 1: 18-20
Psalm	80: 1-8, 18-20

Sunday 24th December

Old Testament	Isaiah 9:2-7
New Testament	Titus 3: 4-7
Gospel	Luke 2: 1-14 (15-20)
Psalm	96

Christmas Day

Old Testament	Isaiah 9: 2-7
New Testament	Titus 2: 11-14
Gospel	Luke 2: 1-14 (15-20)
Psalm	96

Sunday January 1st

Old Testament	Isaiah 63: 7-9
New Testament	Hebrews 2: 10-end
Gospel	Matthews 2: 13-18
Psalm	148

Sunday January 8th

Old Testament	Isaiah 60: 1-6
New Testament	Ephesians 3: 1-12
Gospel	Matthew 2: 1-12
Psalm	72: 10-15

Sunday January 15th

Old Testament	Isaiah 49:1-7
New Testament	1 Corinthians 1: 1-9
Gospel	John 1: 29-42
Psalm	40: 1-12

Sunday January 22nd

Old Testament	Isaiah 9: 1-4
New Testament	1 Corinthians 1:10-18
Gospel	Matthew 4: 12-23
Psalm	27: 1,1-12

Sunday January 29th

Old Testament	1 Kings 17: 8-16
New Testament	1 Corinthians 1: 18 - end
Gospel	John 2: 1-11
Psalm	36: 5-10

Deanery Update

Get your calendars out!

We hope that you'll pop one (or more!) of our Advent or Christmas Services in it. There's lots to choose from, and something for everyone somewhere within the Deanery: from traditional Midnight Mass, to Midnight at Bethlehem (9pm), Carols in the barn, in the church, outdoors, with the traditional 9 lessons or more informal. Join in and celebrate Christmas with choirs, congregations and your community.

If you've got your calendar for 2023, here's something to book in. We're delighted to be able to offer a second batch of "Wellbeing Walks" thanks to funding from the "Faith New Deal" project. These will get underway on **5th**

January, and run twice a week on Thursdays and Saturdays, through to 28th January. Get in touch to find out more.

Our Food for Families project is running again to help families over the Christmas holidays. Each school within the Deanery receives parcels to distribute to those who need them. If you can help by donating food, money or time please get in touch. This is a really important project bringing benefits to those who need it. The majority of our churches also have Food Bank Collection points, look on your church noticeboard for more details.

The Golden Valley Pilgrim Way continues to pick up pace – look out for a feature on Escape to the Country in the spring. If this is something you'd like to try out, there are details of the routes on our website.

Grow Strong, our group for young people in Years 6 and above, continues at Longtown Outdoor Education Centre on **3rd December** and we're also holding a session at Trewern Outdoor Centre in Cusop on **2nd December 2022**. If you've missed out on these sessions but would be interested in coming along to future sessions do let us know.

We'd like to take this opportunity to thank everyone within our churches and communities who have given of their time, gifts and talents over 2022 in so many different ways.

Finally, the team at Abbeydore Deanery wish you all a very happy, blessed Christmas and a healthy and hopeful New Year.

If you'd like to get involved with any of the initiatives being run within Abbeydore Deanery do get in touch.

01981 620145 www.abbeydoredeanery.org
abbeydoredmc@gmail.com

Thanks

Concerts for Craswall

THANK-YOU TO ALL OUR VOLUNTEERS

As our 2022 season closes, we want to shine a spotlight on the amazing work of our volunteers.

Each year, alongside our trustees, Friends and donors, a range of supporters generously donates their time and energy to help bring fantastic music to this remote area, and nurture the next generation of talented musicians.

As wonderful ambassadors for our charity and its concerts, they eagerly spread the word about our events. Whether supporting our web of logistics by ensuring artists are accommodated and fed in the right place at the right time, or helping to make sure our performances and events run smoothly by ushering each concert, our volunteers are a core part of the Concerts for Craswall family.

We couldn't do it all without the dedication of our volunteers who have our most heartfelt thanks.

However, despite these amazing efforts we are still in need of additional support.

If you would like to help bring our concerts to life by becoming a volunteer, we would love to hear from you.

Contact: Julie Holmes, Coordinator
info@concertsforcraswall.org or 01981 510112

Forthcoming events

LONGTOWN THURSDAY CLUB

To round off the year we have two Christmas events:

1st December

Christmas Tea Party, at 2pm in Longtown Hall

8th December

Christmas Lunch at the Pilgrim Hotel, Much Birch, followed by a visit to Pengethley Farm Shop/ Garden Centre. Unfortunately we have to restrict attendance at the lunch to members.

Our first meeting of 2023 will be on Thursday 2 March. In the meantime, we should like to thank the many people who have helped us through the past year, and wish all readers a peaceful and worry-free Christmas and New Year.

Hazel Pugh and Pauline Jones

Postponement

Bingo night at Craswall Hall on Saturday 3rd December

This has now been POSTPONED and we haven't got a new date fixed as yet.

Salem Baptist Chapel Longtown



NATIVITIES EXHIBITION

3rd Dec 2022 - 6th Jan 2023

Chapel Open weekends

between 10am & 2pm



SUNDAY SERVICES @3pm

4th & 11th Dec

1st/8th/15th/22nd/29th Jan

CHRISTMAS CELEBRATION

SERVICE 18th Dec 3pm

followed by refreshments

PLEASE COME & JOIN US

Sunday 4th December

Concert with The Ensemble Elan Quartet

2.30-4.30pm

Escape from the build up to Christmas and instead come to the Barns and enjoy a wonderful afternoon of sublime music, performed by this very experienced and talented quartet (flute, cello, violin and viola).

Beethoven - Serenade in D

Bach - Allegro from Cello Suite in G

Mozart Quartet in C Improvisation

Dvorak - American Quartet in F

Interval with tea and cake.

Tickets £18.00 (U18s £5)

Tickets: sophia@blackmountainsbarns.co.uk

Tel: 01873 860358

Venue: Blackmountains Barns, Longtown. HR2 0PD



Sarah McQuaid

In concert at Escleyside Hall
Sunday 4th December 2022

Doors open 7:00 for 7:30 start

Born in Madrid (to a Spanish father and an American mother), raised in Chicago and holding dual Irish and American citizenship, Sarah McQuaid has made England her permanent residence since 2007. Her sixth solo album *The St Buryan Sessions* was recorded and filmed live in the beautiful medieval church of St Buryan, not far from Sarah's home in rural West Cornwall. Released in October 2021 on CD and limited-edition double LP, it features stunning solo performances by Sarah on acoustic and electric guitars, piano and floor tom drum, her lush, distinctive vocals echoing through the soaring space. A playlist of videos from the sessions can be found on Sarah's YouTube channel.

More details at Sarah McQuaid in Concert : Arts Alive
Tickets for sale at artsalive.co.uk or by calling 01981 510116
Adult Ticket Price: £12 Child Ticket Price: £6 Family Ticket Price: £30.

NB. Tickets purchased for concert postponed on 09/09/22 will be valid for this performance. Please confirm that you are coming though.

Longtown Library

now open,
Every first Wednesday of the month
2.30 - 4.30 pm
Swap books, tea and chat!



Open on 7th December & 4th January

LONGTOWN AND DISTRICT HISTORICAL SOCIETY

Monday 5th December at 7.30pm

Longtown Village Hall, HR2 0LD

Keith Ray: Dorstone Hill and Arthur's Stone

Professors Keith Ray and Julian Thomas led the digs on Dorstone Hill which have revealed one of the most important early Neolithic ceremonial landscapes in Britain. The talk will be followed by wine and mince pies. Membership £10, guests £3.

Members' Evening 6th February

We invite anyone who would like to give a short talk to contact Dr J. Davis: jerrydavis@outlook.com.

CHRISTMAS SHOPPING FAIR

Wednesday
7th December

7.00 to 9.00pm

Longtown Village Hall HR2 0LD

£5 to include tea, coffee and a mince pie

LOCAL CRAFTS AND PRODUCTS
Come and enjoy Longtown's fabulous Christmas retail experience!



Coffee Morning

on Saturday 11th December at 11am

in aid of the Craswall Parish party at Christmas and will be held in Craswall Village Hall

NEWTON ST MARGARETS WOMEN'S GUILD

We are a small, friendly and enthusiastic group welcoming members from near and far. Come and try us out. There is an exciting programme planned for 2023 starting with a FILM NIGHT on Thursday, 12th January 2023, Newton Parish Room HR2 0QN 7.30pm.

But before then on Thursday, 8th December at 7pm there is a Christmas Meal at Food for Thought in Peterchurch. For further information phone 07794 920729

Tea Set for Wednesday December 14th Newton Church room.

Please note the date change:

This is on the **second Wednesday of the month** to avoid a clash with the Carols at St Margaret's.

In January Tea set will be on the **third** Wednesday.



CRASWALL FAMILY CAROL SERVICE

18th December at 11.00am

This informal lay led service will be a chance to sing some favourite carols and enjoy a cup of coffee/tea (hot chocolate for the kids!) and a mince pie or cake afterwards. We will also have our DIY Christingle kits for kids and the young at heart again this year, ready to pick up from the church.

Family Carol Service



Weds 21st December 3pm
St Margaret's Church

A short, informal service, especially suitable for children. Followed by hot chocolate/mulled wine and mince pies. Everyone welcome!



ST CLYDAWG'S CHURCH

CAROLS BY CANDLELIGHT

22ND DECEMBER AT 19:00

LLANVEYNOE CHRISTINGLE SERVICE

Rev Luci Morriss will be taking our Christingle Service at Llanveynoe Church on **Friday 23rd December at 4pm.**

Children will be most welcome at this short service and we will be distributing the Christingles for all of them.

We hope you can come!

Pamela Tribe

**Carols Around the Christmas Tree
Michaelchurch Esley Sports Pavilion**

5pm on Christmas Eve

Sausage rolls, mince pies, festive punch and a special visit from Santa.

Everybody welcome. No charge

CAROLS AT THE CASTLE

You are invited to **Carols at the Castle on Christmas Eve at 5pm.** Carols, with hot punch and seasonal nibbles. Lights, music and Christmas cheer at Longtown Castle. Father Christmas will be very busy on Christmas Eve, but we expect Frosty the Snowman to arrive to see the children. Children, why not make and bring a Christmas lantern to show us all? There will be a collection for Building Schools in Uganda.

VITAL SPARK

Come and enjoy a superb evening of traditional (pre Victorian) Old English Carols by Candlelight in Clodock Church. It will be an informal entertainment with mulled wine and mince pies on **Friday 30th December at 7pm** sung and played by Vital Spark, West Gallery Singers. No charge, but there will be a retiring collection to support Clodock Church and Building Schools in Uganda.

SUNDAY MORNING COFFEE AND A CHAT AT ST MARY'S

On **Sunday 8th January**, and then on every subsequent 1st Sunday of the month, I will be at St Mary's Church, Craswall from 10.30 am until 12.00 noon with tea, coffee, biscuits and probably cake. My aim is to have the church open and welcoming for anyone who would like to drop in for morning coffee and a chat, or who would just like the chance to enjoy the peace of this beautiful church without being entirely alone. I do hope some of you will stop by.

Alison Silver



**Whist Drives at Esleyside Hall
Every Tuesday
10th, 17th, 24th, 31st January
7.45pm
(Weather permitting)**



**Esleyside Hall
11th February and 4th March
7.00 for 7.30pm**

Concerts for Craswall

DATES FOR THE DIARY 2023

Saturday March 11th Antigoni Goni (guitar) and Amy Norrington (Cello)

Two highly acclaimed international chamber musicians with a celebration of Songs and Dances on 10 strings.

Saturday June 24th Timothy Ridout (viola), Matthew Hunt (clarinet) & Alasdair Beatson (piano)

Timothy Ridout, one of the most sought-after and exciting violists of his generation, is joined by Matthew Hunt and pianist Alasdair Beatson. As one of Europe's leading clarinetists, Matthew is renowned for the vocal quality of his playing and his ability to communicate with audiences. Alasdair is similarly widely regarded as a sincere musician and intrepid programmer who champions a broad repertoire.

Saturday August 12th Flutes and Frets

Join this exciting young duo from the Royal College of Music as they journey through the centuries presenting a variety of music from the past 500 years.

Saturday October 14th Connaught Brass

A thrilling ensemble quickly making a name for themselves as a fresh talent in the chamber music world. Vibrant, spirited and bold, members regularly freelance with the London Symphony, Philharmonia, BBC Symphony, BBC Philharmonic, Royal Philharmonic, London Sinfonietta, English National Opera, Opera North, Welsh National Opera and Ulster Orchestras, as well as recording with and supporting artists such as Bruno Mars, Stormzy, Jamie Cullum, Rag'n'Bone Man, and Gregory Porter.

Local Newsround

VOWCHURCH AND DISTRICT GROUP PARISH COUNCIL

At the November meeting Suzanne Craddock-Bennett was co-opted to fill the Councillor vacancy to represent Vowchurch.

Many households in the area are eligible to apply for Fastershire's Digital Household grant. Funded by Herefordshire Council, the grant will cover the installation of 4G connection using an external antenna fitted to the outside of the property. In areas where a 4G connection proves to be unavailable, then the grant will look to fund an effective satellite solution. Whilst the installation cost will be funded by the grant the ongoing monthly subscription or service charges will be covered by the applicant. Please visit <https://www.fastershire.com/rollout/digital-household-grant/> for further information and details on how to apply.

Keep Herefordshire Warm can help with financial support to make your home more energy efficient. Subject to eligibility, grants are available for heating, insulation, airtight window/doors and renewable energy options such as solar and air source heat pumps.

As well as their energy adviceline they also have Energy Advocates who work across the county to make sure that no one has to struggle with their energy bills alone. If you are struggling with your bills or need any other help, please call the Freephone adviceline on 0800 677 1432.

Please continue to report any defects via the Herefordshire Council website at <https://herefordshire.gov.uk/roads-1/report-problems-road>. Reporting issues this way will ensure everything is properly logged, assessed and allocated to the right teams as quickly as possible.

You can check progress of a defect, or see if it has already been logged via the progress map on the council website <https://herefordshire.gov.uk/roads-1/pothole-road-defect-progress-map>.

Linda Cowles, Parish Clerk

01544 321906 / vowchurchparishclerk@hotmail.com

LONGTOWN & DISTRICT WI

At our November meeting we enjoyed a wreath making demonstration given by one of our members, local florist Natalie Seber of “Fleur Amelia”. Natalie showed us how to make a beautiful seasonal wreath from a selection of materials that she brought with her. We learned how to condition foliage before arrangement, as well as how to make our own dried citrus slices to make decorations to add to our wreaths. It was a very enjoyable evening, rounded off with delicious refreshments.

HELLO FROM LONGTOWN COMMUNITY PRIMARY SCHOOL

The Autumn Term is well underway: In early October the school celebrated a beautiful Harvest Festival in Longtown Baptist Chapel, with much thanks to Ruth Pritchard.

Our Class 3 completed their 6 week swimming course with great success for all. Every child has improved their swimming skills as well as learning to enjoy the water.

Class 4 spent the day with ‘Hands Up for the Planet’ exploring the themes of Energy and Climate change, whilst Class 3 explored all things Water!

The whole school enjoyed an hour in the company of our friend and author Catherine Barr. Her new book is all about tigers. Catherine also brought her friend who is a leopard conservationist. He told us many nail biting stories about the time he spends with leopards!

Early in November we enjoyed a visit from the Fire Engine and crew. They helped Class 2 children with their Fire of London theme, by explaining how fire travelled from house to house and how the Londoners would have tried to put it out! The children then had the opportunity to extinguish the flames when they set fire to their models of old London town.

We are now busy learning songs and scripts for our Christmas Nativity. A jam packed term, brimming with excitement!

MICHAELCHURCH ESCLEY PRIMARY & PRE SCHOOL

It never fails to amaze me how quickly Christmas rushes up after the autumn half term. Already we are practising carols and nativity songs whenever we can! This second half term continues to be as busy and packed full as the first. Early in November, a small group of children from Oak Class took part in a basketball tournament in Hereford. They hadn't played the sport much before this but that didn't stop them having a brilliant time. Our Year 6 children have also been into Hereford, this time to complete their Bikeability training. Much as we love our rural life, the quiet and uncomplicated roads around our school do not provide much in the way of a challenge when you are learning to negotiate road junctions, traffic and parked cars on your bicycle. We therefore choose to take the children and their bikes into Hereford to carry out the training in a more challenging setting. Fortunately, the weather was cool but sunny and the children had a fantastic time under the tutelage of 3 instructors from Bikeright.

Despite a few very rainy days, the children continue to enjoy their Friday Forest Schools and the outdoors. Our little pre-schoolers for example, can often be seen, wrapped in waterproofs from head to foot, trekking over the hills and through the woods around the school. The children have also taken their French lessons outside, hunting for colours etc, whatever the weather!

Coming up we have a very busy Christmas season to look forward to. We are already preparing for our traditional walking nativity, which will see us process from the Bridge Inn to the Bridge Inn Farm House (complete with a real donkey) telling the Christmas story. We will also be joining St Michael's Church in a community carol concert, something we are all really excited about. Christmas wouldn't be Christmas without a trip to see Father Christmas, so Reception and Pre-school will be doing just that when they pop along to his Madley office. We also have our whole school trip to the panto to really get us into the Christmas spirit (if we weren't already!). It is always a fantastic way to end the term.

Finally, we will be starting a series of ‘Welly Walks’ for 0-4yrs with their adult at our pre-school. They will take place on the second Tuesday of every month and will run from 9:30 until 10:30 and will be led by our pre-school supervisor, Julie Christopher. If you are interested in joining us, please give our school office a call on 01981 510208 or drop an email to admin@michaelchurch-escley.hereford.sch.uk.

Likewise, if you are interested in sending your child to our school and would like to have a look around, please get in touch – we would love to meet you and show you what we have to offer!

To finish, I would just like to wish you all very merry Christmas and a happy new year. Warm regards

Louise Crocker, Head Teacher

Michaelchurch Escley Primary and Pre-School

UPDATE FROM LONGTOWN OUTDOOR LEARNING TRUST

Longtown Outdoor Learning Trust runs Longtown Outdoor Learning Centre and provides an Educational Visits Advisory service based at the centre.

As I'm sure many readers will have noticed, the centre has had another bumper year. A rich mix of school and university groups, youth organisations, families and charity groups have ensured that we've remained busy with bookings from the end of January until the middle of December. The centre has only been closed to resident groups for one week in May and one week in August.

To run any education support service or hospitality enterprise is an expensive business but the significant increases in utility and vehicle fuel costs have impacted directly and indirectly on the centre's operation. The strong booking levels in 21/22 and 22/23, are essential for the centre and Trust's survival, especially the high-capacity bookings.

To ensure that we fulfil our charitable objectives of providing outdoor learning and adventure experiences for all, we operate our accommodation flexibly so small groups (minimum group size of 10) can still be accommodated. At the other end of the spectrum our largest group from a single school staying with us has been 90, whilst our summer operation combining all the accommodation and bell tents frequently sees numbers on site exceeding 120.

As some of you will be aware our current dining room only has capacity for 35, so for many weeks of the year we expand into the centre's Barn and Hive buildings as temporary dining rooms equipped with hot trolleys. Due to issues of accessibility, heating, food hygiene and manual handling, these arrangements were only ever intended to be palliative.

We are delighted to have finally submitted our planning application for a new multi-function dining space with catering kitchen, toilets / showers for our campers, duty staff bedroom and office space. Thank you to all those of you who came to our Open Days to help inform the design process and to those who have submitted letters and messages of support to the Herefordshire Council planning department. We also welcomed the opportunity to present the proposals to the Parish Council. At the time of writing we await a response to the planning application but fingers are firmly crossed! For more information, please visit our website: longtownoutdoorlearning.co.uk/centre-plans-and-development/

Historically, the majority of groups using the centre were schools from Northamptonshire (the County Council as it was then owned the centre and grounds). We became an independent charity in 2018 but the Northamptonshire link remains strong, especially due to the partnership with the Wilson Foundation (a youth development charity based in Northampton). We now welcome school groups from Birmingham, Bristol, Cardiff, Gloucestershire, Herefordshire, London, Monmouthshire, Torfaen and Warwickshire too. Schools remain our primary customers but we work with a range of charity groups, youth organisations and Herefordshire Council to deliver better outcomes for children and young people. We have also recently welcomed Veterans' charities to the centre.

The experiences that children have in nature whilst visiting the centre can literally be life-changing. As a Trust we are determined that these experiences should not just be the preserve of those who can most easily afford them. The Wilson Foundation provides generous bursary funding to subsidise course costs for children from Northamptonshire and we do our own fund raising to ensure that we can also offer bursary support for children from other counties. If you would like to find out more about our bursary schemes please visit longtownoutdoorlearning.co.uk/groups/school/

It has been our pleasure to work with Herefordshire Council and its Holiday Activities and Food (HAF) Programme since Easter 2021. From Spring 2022 onwards we were very conscious of the Ukrainian refugee children settling into our local communities and schools. We sought discretionary funding to provide dedicated transport to enable Ukrainian children from across the Golden Valley area to attend the centre's HAF programmes. Six children were able to attend each of the summer sessions and we plan to offer similar support at Christmas. Do get in touch if you would like to know more.

You may want to know more about the difference that are courses make. We believe that our courses are not just outdoor holidays but provide real experiences that build character and develop resilience for all ages. We have produced a report that gives more detail of these impacts: <https://longtownoutdoorlearning.co.uk/2022/10/28/1olt-impact-report-2021/>

The Trust currently employs a team of 12 staff to operate the centre and provide the advisory service. We are now recruiting to fill a number of posts in preparation for another busy year in 2023. The posts on offer are Administrator, Assistant Cook / Breakfast supervisor, Maintenance

Technician / Handyman and Outdoor Learning Tutor. Flexible employment hours are possible for most posts which will be considered on both an employed and freelance basis. Once all the posts are finalised further information and application packs for all posts will be available on the Trust's website. If you are interested in finding out more about working for the Trust please email me mike@longtownoutdoorlearning.co.uk. Please attach a copy of your CV.

We are also interested in securing some more local accommodation in the Spring for a number of staff on a 'rent-a-room' basis. Accommodation would ideally be within walking / cycling distance of the centre and would also provide access to a shared kitchen and shared bathroom. If you have suitable accommodation available and are interested in discussing the idea, further please do get in touch.

Mike Fawcett, Director
mike@longtownoutdoorlearning.co.uk / 01873 860225

GOLDEN VALLEY SURGERY APPOINTMENT SYSTEM

We would like to take this opportunity to explain how the appointment system at Golden Valley Practice works, and in particular the role of our triage system. Each day there are a mixture of routine telephone and Face to Face which are bookable in advance with a GP. These can be booked online, on the telephone or via reception. Having these options has many benefits. Many problems can be dealt with over the telephone, waiting times for appointments are shorter and it is often more convenient to the patient. If it is apparent that a F2F appointment is required during the consultation, it can either arranged for the same day or shortly after (we have dedicated slots which the GP can book into). Each day we have a dedicated triage clinician (either our Advanced Nurse Practitioner, Sarah or a GP) who deals with any urgent medical issues that need assessing the same day. If a patient contacts the surgery with any such issue, they are placed on the triage list.

Due to the nature of issues, triage appointments are designed to deal with only medically urgent issues whereas with routine appointments the clinician has more time to deal with problems and can give a more considered approach to an issue. The triage appointment list is usually extremely busy, and the triage clinician has one of the most difficult jobs within the surgery. It is the triage clinician's task to assess the patient over the telephone and decide whether the situation can be managed over the phone or whether the person needs to be assessed in person. This can either be with the triage clinician or there are several urgent GP slots which can be utilized if they feel this is more appropriate. It may well be the triage clinician feels that the patient's concerns are better dealt with by another health care provider (e.g., an optician if a person has eye symptoms) or that a routine appointment is more appropriate. Whilst this can be quite frustrating as a patient if you are wanting your concerns addressed straight away, it is important to remember that the triage system will only work if it is restricted to issues which are genuinely urgent and need dealing with the same day. It is not unheard of for there to be 40 plus people on the triage list in one day. Due to the nature of the work, problems have to be assessed in a concise, proficient fashion before the clinician moves on to the next challenge. This allows us to get through the list

in a safe, timely manner. Unfortunately, this can sometimes be at the cost of not having a huge amount of time to discuss the patient's situation in depth. In these situations, it would be appropriate to book a follow up routine appointment, which naturally have more time to discuss such issues.

We first employed an ANP and started our triage system back in 2019 when one of our doctors was off work for two months and we were unable to find a replacement GP. It is one of the most successful initiatives Golden Valley has introduced. It has allowed for any patient who phones up with an urgent problem to be dealt with in a timely manner. This has improved the lives of our patients, our reception staff and clinicians immeasurably. In the coming weeks we are hoping to employ another ANP and thus free up more GP appointments.

We have had a few complaints from patients saying that they are being 'fobbed off with a nurse' or that they 'want to see a doctor'. These statements are misguided. Sarah has successfully completed an advanced degree in urgent care and has a great deal of experience and knowledge in providing triage. She is able to prescribe the same medications as the GPs (when appropriate), and do referrals etc. In the course of my job, I automatically get to review the consultations which each health care professional provides, and I can state without hesitation that Sarah performs at as good as level as all the doctors we have working at the Practice.

I hope this helps everyone understand our appointment system. Please contact the surgery if you have any further questions.

Esther Scotland, Senior Partner

Round and About



December: HEXAD - Music for Queens

**Friday, 2 December at 7.00pm (doors open 6.30pm)
The Castle, Hay-on-Wye**

HEXAD eight voice a cappella choir sing music from the 15th century to the present for Tudor Queens, the Queen of Heaven and to remember and celebrate Queen Elizabeth II (with guest speaker Peter Florence)

January: JAYSON GILLHAM, piano

**Sunday, 22 January at 3.00pm (doors open 2.30pm)
St Mary's Church, Hay-on-Wye**

Bach Transcriptions plus ...

www.haymusic.org

Tickets also available at Hay Tourist Bureau and at the door

VOWCHURCH VILLAGE HALL

Ceilidh at Vowchurch Hall.

Saturday December 3, 7.30pm Entry £5, under 18 free. Bar and hot dogs. All profits to the Hereford Food Bank

Vowchurch Christmas Market

Saturday December 10 10am - 12 noon

Christmas lights & Village Pub

Thursday December 15. Switch on at 6.30, bar opens 7pm

VaT50 1st £50 Nick Seabourne; 2nd £20 Denise Lloyd

Taiji currently on a break. Contact janefleet88@gmail.com

Pilates Tuesdays 9am- 10am and 6pm - 8pm. Contact hannahmthomas@hotmail.com

Bowls Wednesdays 6.30-9.30 Contact Richard Stokes rtastokes@hotmail.co.uk

JANUARY

The Village Pub Thursday January 12 Doors open 7pm

Pilates Tuesdays 9am- 10am and 6pm - 8pm. Contact hannahmthomas@hotmail.com

Bowls Wednesdays 6.30-9.30 Contact Richard Stokes rtastokes@hotmail.co.uk

Taiji currently on a break.

Contact janefleet88@gmail.com

New Year Quiz date to be confirmed

Vowchurch Market will return on March 25

Vowchurch Hall is available for parties, weddings and events as well as meetings and presentations at very reasonable rates.

Enquiries to Jane Wheatley on 07880 505761

<http://vowchurchturnastonehall.co.uk/>

GOLDEN VALLEY DAY CENTRE

November has been a busy month at the club . It started on 7th November with a fish and chip meal from Mark and Kay Roberts who owns the chip shop in Madley. Many thanks to them especially to Kay for the amazing Cheesecakes.

We had a talk by the West Midlands Fire service safety officer on November 21st about how to stay safe and also to discuss checking your smoke and carbon monoxide detectors.

Many thanks to Bob Murrin who came on the 14th November for our regular Remembrance meeting.

We are going to open for an extra hour over this winter period so the times will be 10am - 1pm

We are now on the run up to the Christmas festivities starting with Fairfield High School Choir coming along on the 5th December to sing some carols which will hopefully kickstart the Christmas spirit. The Club will be open on Boxing Day as normal for anyone who would like to come.

We have welcomed a few new visitors and it's lovely to see everyone chatting and laughing.

We are always looking for volunteers and if you feel you would like to help us as a volunteer please ring Mrs Kath Gaze 01981 550579. You don't have to do it every Monday. We are happy with any time available. It's just making Tea and Coffee.

Feel free to drop in on a Monday between 10am and 1pm and you will be guaranteed a warm welcome.

Merry Christmas and Happy New Year

PETERCHURCH VILLAGE HALL

Day Centre every Monday morning 10am-12pm

Why not come for Gentle Dance exercise with Abbie Mason every Thursday morning 11.30 am-12.30.

Hatha Yoga is being held every Wednesday 7pm -8.30pm

The Village Art classes are held every Monday evening 7-9pm and Friday Morning 10am-12pm

Our website is now up and running

peterchurchvillagehall.org

The new booking form is now on the website along with what's happening at the Hall

.../ continued

Do you have ideas about what can happen within the Village hall? If so why not come along to one of the meetings and maybe you will feel like joining us.

Peterchurch Village Hall is a community building, run by a small committee of dedicated trustees. It is the ideal venue for local events, and is available for hire from £10 an hour.

As well as hosting many a birthday party, the hall has a few regular user groups -

Parish Council every 3rd Tuesday of the month

We always welcome new groups!

If you wish to hire the hall or have any other inquiries, please call any of these numbers:

The Booking Secretary (Sarah) – 07774 457887

The Chairman (Brendan) – (01981) 550 482

The Hall – (01981) 551 162

Please leave a message if you are unable to reach anyone on the numbers above.)

We would like to wish everyone a very Merry Christmas and Happy New Year

Notices and Advertisements

LEWIS GILBERT & THOMAS GEORGE CHARITIES

In accordance with requirements, the PERMISSIVE FOOTPATH from Cayo Ford stile to the down stream Olchon footbridge will be closed FOR ONE DAY ONLY on 11th January 2023

Worried about your energy costs this winter?

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With the energy crisis on everyone's mind, you may be feeling overwhelmed by your energy, but you don't have to struggle alone. **In partnership with Herefordshire Council, local charity Severn Wye run the Keep Herefordshire Warm service, offering a free energy adviceline, as well as providing one-to-one support to help you get on top of your bills.** They also have an Energy Advocate available to support households regain control of unaffordable bills. They hold regular drop ins, work with local community groups and carry out home visits.

Keep Herefordshire Warm also offer grant funding for energy efficiency improvements. Subject to eligibility, grants are available for a range of energy-saving upgrades, including efficient heating, insulation, replacement windows/doors and renewable energy options such as solar and air source heat pumps. If your household income is under £30,000 and you privately own or rent an inefficient property, you could qualify.

Get in touch with the team on 0800 677 1432 or visit keepherefordshirewarm.co.uk

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Canada	Sat 10th December
France	Wed 14th December
Germany	Mon 12th December
Ireland	Mon 12th December
Netherlands	Mon 12th November
New Zealand	Thu 1st December
Spain	Mon 12th November
Switzerland	Mon 12th December
USA	Sat 10th December

UK Posting Dates

2nd Class	Mon 19th December
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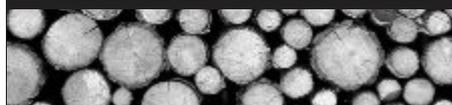
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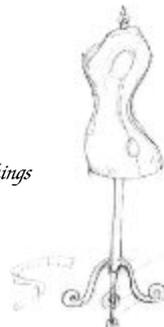
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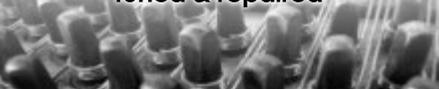
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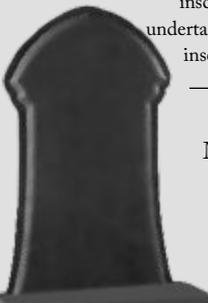
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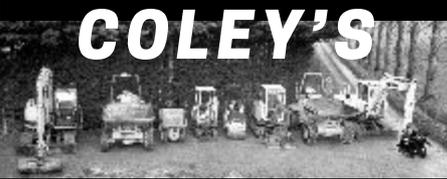



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davidwat69@gmail.com



01873 860 444

Mon, Tues, Wed, Fri:	7.30 am - 5.30 pm
Late night Thurs:	7.30 am - 7.00 pm
Saturday:	7.30 am - 4.00 pm
Sunday (Nov - April):	10.00 am - 12 noon
(May - Oct):	10.00 am - 2.00 pm
Bank Holiday Mondays	10.00 am - 2.00 pm

Shop, Christmas and New Year

Christmas Eve 24th	7.30am - 2pm
Christmas Day 25th	Closed
Boxing Day 26th	Closed
Tuesday 27th December	10am -2.00pm
Wednesday 28th December	9am - 4.00pm
Thursday 29th December	9am - 4.00pm
Friday 30th December	9am - 4.00pm
Saturday 31st December	8am - 4.00pm
Sunday 1st January 2023	9am - 2pm
Monday 2nd January	10am - 2pm
Tuesday 3rd January	7.30am - 5.30pm
Wednesday 4th January	7.30am - 5.30pm

Christmas order form, get yours

Make your Christmas celebrations relaxing, order via our Christmas order form for collection and payment on Thursday 22nd, Friday 23rd or Christmas Eve.

If you are looking for poultry this year, call us now. It is all in very short supply. If you want to have it now and put it in the freezer, we would be happy to arrange.

Home baking

It is lovely to be at home baking and the holidays are a lovely time to share new creations. If you want ingredients, baking accessories or a new mixing bowl we are the place to dash to and find a solution.

Thank you for ordering in advance

We are grateful for regular orders to make sure we have enough stock for everyone. Naturally, big orders are placed, but small one loaf / cake / newspaper orders are also much appreciated.

Reduce plastic

The nights are drawing in, and you are making plans to change if reducing plastic is in your plans. Can we recommend books from Nancy Birtwistle on our bookshelf for a host of inspiration. Every Thursday 3pm to 6.30pm we refill plastic containers ours or yours to reduce plastic waste and save energy. We have together already reused thousands of bottles from landfill.

Big news – planning permission application has gone in – Still waiting

The excitement of putting in the application and paying, has slightly worn off now! We are over a month in and still not logged as live for your to comment on Herefordshire Council website.

LONGTOWN POST OFFICE

Saturday 9am ~ 11am & Monday to Friday 10.30am ~ 3.30pm

HM Queen Elizabeth II

Presentation packs are now available.

Going abroad for Christmas pick up euros at the Post Office

Euros are kept on site, they can be purchased anytime during Post Office hours, perfect for New Year's Eve in Paris or Skiing in January.

Not sure what to get someone to cheer them up for Christmas/New Year

As easy solution is ALL for one gift cards great if you want to send a gift and allow the individual to decide where to spend it.

Amazon Hub is now live

We are delighted to offer a new service for Amazon deliveries at Longtown Post Office, please select when ordering and can be received and collected in Post Office opening hours.

Pay your bills at our Post Office If an invoice has a barcode on it, it is likely it can be paid at the Post Office when you want, using cash, card or cheque (except Welsh Water). Keep track and you can **pay your council tax, BT, Water, nPower**, at the Post Office on a day you choose.

Changing your mobile phone?

You can always top up your mobile phone credit at Longtown Post Office, plus we have SIM cards if you are going eco and buying a preloved phone.

Taking a last minute opportunity to travel or go on a work trip, you can pick up €20 upwards at Longtown Post Office immediately and any other travel currency can be ordered for collection safely at the Post Office.

Save time, use our Post Office as your bank for personal and business accounts

- Using your bank card you can pay cash into most personal and business bank accounts
- Using a personalised paying in slip you can pay cash into your personal and business bank accounts
- Using a personalised paying in slip and an envelope you can pay cheques into personal and business accounts.
- Old style paper £20/£50 notes can be paid into your personal and business accounts at the Post Office

Barcoded Stamps have arrived to Longtown Post Office

Non-barcoded stamps will be phased out but will remain usable until 31st January 2023. Customers are encouraged to use their non-barcoded stamps before this date.

Sadly no posties are based at ours, so if you want to chase an item please call Royal Mail Hereford on 01432 346100

Post Office, Christmas and New Year

Christmas Eve 24th	9am 11am
Christmas Day 25th	Closed
Boxing Day 26th	Closed
Tuesday 27th December	Closed
Wednesday 28th December	10.30am -3.30pm
Thursday 29th December	10.30am -3.30pm
Friday 30th December	10.30am -3.30pm
Saturday 31st December	9am - 11am
Sunday 1st January 2023	Closed
Monday 2nd January	Closed
Tuesday 3rd January	10.30am - 3.30pm
Wednesday 4th January	10.30am - 3.30pm



Hopes of Longtown – Open seven days a week 01873 860444

www.hopesoflongtown.co.uk / @HopesofLongtown / info@hopesoflongtown.co.uk

join our Facebook group Hopes of Longtown and post community/charity events for free

Like our Hopes of Longtown business page to keep up to date with news

Tag us in your passion for food and community via Twitter / Instagram / Pinterest / Facebook

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CHURCH SERVICES FOR DECEMBER & JANUARY

Sunday December 4, 2022

9:30am Llanveynoe Holy Communion
3:00pm St Margaret's Confirmation Service

Tuesday December 6, 2022

3:30pm Michaelchurch Village Carol Service
with Michaelchurch School

Sunday December 11, 2022

9:30am Clodock Holy Communion

Sunday December 18, 2022

11:00am Craswall Family Carols at Craswall
3:00pm Newton Christmas Readings and
Carols by Candlelight

Wednesday December 21, 2022

3:00pm St Margaret's Informal Carol Service

Thursday December 22, 2022

7:00pm Clodock Carols by Candlelight

Friday December 23, 2022

4:00pm Llanveynoe Christingle Service

Saturday December 24, 2022

9:00pm Clodock Midnight in Bethlehem
Holy Communion Service

Sunday December 25, 2022

9:30am Michaelchurch Family Christmas Day Service

Sunday January 1, 2023

3:00pm St Margaret's Carols and more Mince Pies.

Sunday January 8, 2023

9:30am Clodock Holy Communion
11:00am Michaelchurch Morning Worship

Sunday January 15, 2023

9:30am Craswall Celtic Morning Prayer
3:00pm Newton Holy Communion

Sunday January 22, 2023

11:00am Michaelchurch Group Holy Communion

Sunday January 29, 2023

9:30am Craswall Holy Communion

DEC & JAN EVENTS PLANNER			Please see https://blackhillcommunities.net for events further ahead
Sun	04 Dec	2.30-4.30pm	Concert with The Ensemble Elan Quartet, Black Mountain Barns, Clodock
Sun	04 Dec	7.00pm	Sarah McQuaid in concert, Esceleyside Hall (rearranged from 9th September)
Mon	05 Dec	7.30pm	Longtown & District Historical Society: Prof. Keith Ray, <i>The excavations on Dorstone Hill and Arthur's Stone</i>
Wed	07 Dec	2.30-4.30pm	Longtown Library, Longtown Village Hall
Wed	07 Dec		Longtown Village Hall Christmas Fair
Fri	09 Dec	8.30-11.00am	Longtown Primary School PTA Christmas Coffee & Natter, Longtown Village Hall
Sun	11 Dec	11.00am	Coffee Morning, Craswall Village Hall
Wed	14 Dec		Tea Set, Newton Parish Room
Sun	18 Dec	11.00am	Family Carol Service, St Mary's Craswall
Wed	21 Dec	3.00pm	Family Carol Service, St Margaret's Church
Thu	22 Dec	7.00pm	St Clydawg's Church, Carols by Candlelight
Fri	23 Dec	4.00pm	Llanveynoe Christingle Service, Llanveynoe Church
Sat	24 Dec	5.00pm	Esceley and District Sports Federation, Christmas Eve carols at the Pavillion
Sat	24 Dec	5.00pm	Carols at the Castle, Longtown Castle
Fri	30 Dec	7.00pm	Vital Spark concert, Clodock Church
Sat	31 Dec	10.00am-Noon	Longtown Village Pride, Longtown Castle
Wed	04 Jan	2.30-4.30pm	Longtown Library, Longtown Village Hall
Sun	08 Jan	10.30am-12.00pm	Coffee and Chat at St Mary's, Craswall
Tue	10 Jan	7.45pm	Whist Drive at Esceleyside Hall
Thu	12 Jan	7.30pm	Newton St Margarets Women's Guild, Film Night, Newton Parish Room
Tue	17 Jan	7.45pm	Whist Drive at Esceleyside Hall
Tue	24 Jan	7.45pm	Whist Drive at Esceleyside Hall
Sat	28 Jan	10.00am-Noon	Longtown Village Pride, Longtown Castle
Tue	31 Jan	7.45pm	Whist Drive at Esceleyside Hall

Golden Valley Safer Neighbourhood Team

Peterchurch Police & Fire Hub, Hereford HR2 0RU. 01981 550253

PC 3687 Jeff Rouse 07870 150972

PCSO 6378 Pete Knight 07773 053919

peter.knight@westmercia.pnn.police.uk

Contact: 101 ext 4820 – Email: goldenvalley.snt@westmercia.pnn.police.uk

