

Credenhill Community News



**June 2020
Issue 129**

**A Parish Council publication about Credenhill, by and
for the people of Credenhill.**

Editor: Liza Watkins credenhillcommunitynews@outlook.com

As editor, I am always happy to receive articles for the CCN but would appreciate them sent by email in a word format attachment. If you do not have access to a computer then please drop off any hard copy to me at Station Cottage, Credenhill in plenty of time.

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Vivien Ball, Jean & Wally Hawkings-Bowles, Edie Jones, June Jones, Emma Baxter & family, Kirsty Lewis & family, Val & Roger Bailey, Sandra Stevens and Margaret Tyler.

The CCN is now available via email. If you wish to be added to the mailing list, please send an email to the editor, requesting this service. Please put Credenhill Newsletter in the subject heading box to make sure it arrives. Thank you.

Front cover photo: View of the village from the Church Lane.

Credit: Revd. Rana Davies-James

Afternoon Tea Delivery!

Birthdays & other lockdown celebrations
24 hours notice please

Tea will come in a suitable celebration box and include:

1 scone, jam and cream,

1 sausage roll, crisps.

4 sandwiches, (egg and chive, salmon and cucumber, cheese and pickle and ham) Please let us know if you prefer other options.

3 cakes – Viennese whirl, tiffin and a cup cake.

Treats can be included (balloon, blower, etc)

£6 per box

Please leave money in an envelope on the doorstep,
where we will leave the delivery

Please ring Donna – 761056 Dorrie - 761935

or email donnajones4249@gmail.com, dorrie.coates@aol.com



Telephone Support Network

for anyone anxious at this time of uncertainty

Need someone to talk to?

Feeling isolated and alone?

Want to know that someone is actually listening and caring
about you?

We have a Telephone Support Network and with one
phone call you will be paired up with a friendly person who
will phone you back with time to listen and support you.

**To access this Network
phone Revd Rana on
01432 760443.**





Chairman's Report 2019/2020

As Chairman I have tried to ensure that the Parish Council supports the needs of the Parishioners, both now and for the future. To achieve this, we have asked for a high increase in the annual precept to cover all the action that we have to be take now to support your needs.

We no longer receive grants from Herefordshire Council for day to day business and we are often doing jobs that were previously done to a better standard by the Council! Services have been reduced and we have a choice... keep up standards or let them slip? So, we pick litter, maintain verges, footpaths and public rights of way around the village – all of which are still the responsibility of the council, however, we pay for this. And by we... I mean the people in the village.

I am pleased that the council has grown and we now have new councillors but we are still looking for volunteers to help shape Credenhill for the future.

The parish Council started off the 2019 term with a pro-active and positive attitude. We have surveyed our land and buildings to provide us with an accurate repairs and maintenance budget for the next 5-10 years. We have made significant savings on the Grounds Maintenance Contract , on our insurance as well as reviewed all smaller contracts to get value for money. This has resulted in savings totalling £4000. All savings have allowed us to proactively invest in the resource Centre – New Lights, New Boiler, Loft Insulation and we have started to upgrade our dilapidated assets with 5 litter bins upgraded and a further 5 to be completed this year and refresh the swings. We need to do more though!

We have also renewed the charitable grants policy and paid out reserves relating to previous years.

The Community Hall were given a £5000 grant to upgrade all electrical installations The Social Club were given a £3000 grant to help redevelop the patio area, which is ongoing. St Mary's Church received a grant for New Gates to the churchyard totalling £1600.

We have allocated £4000 again this year and hope to help more organisations.

We have worked closely with Credenhill Nursery, the Community Hall and the Social Club and hope to improve all of our assets for the future.

Credenhill Parish Council



We have asked you what our priorities for reinvestment in the future should be by online survey and started the Roman Park regeneration project which is in the process of creating a master plan that will enable us to seek funding from the lottery and sports England. We will share further information at a later date, but it is hoped that the Roman Park will have something for everyone.

The CCN has now got a new look which has been equally carried out by Joel Goodson, Lee, and now is in the safe hands of Liza Watkins. The May copy was published online.

We have also hosted the Circus and had an open day, got some free cycle stands and a free tool shed, whatever next??

We have had a very busy time with planning applications with the ongoing application at the rear of Orchard House for 69 house and the 100 houses just of the A480 at the rear of Well Cottage. There have been various other applications which have been commented on there merit.

The Coronavirus has had a big impact on all of us and I am most grateful to Lee who has been working with the County Council and Dixies COVID19 SOS Group who has been providing food to the isolated and shielded. The Parish Council agreed to cover part of the cost to ensure that the service continues. Parish Councillors have been meeting Virtually every 2 weeks to ensure we have an update on how we are managing the virus, future guidance will be published online. Not to forget Rana and her army of volunteers on the Telephone help service and Sarah Woodhouse our Link Worker from Herefordshire Council who has been co-ordinating the response.

The Parish Clerk has been most active in this last year and has worked above and beyond which I can only thank him for. We were one of the first Parish Councils to go virtual and this was down to Lee who has set up the meetings, ensuring the Councillors have the agenda for each. Parishioners can watch this live on the village Facebook page or YouTube. He was also able to check on those Parishioners who were affected by the recent floods. Lee lives in the village and wants only the best for everyone. When I was seriously ill last year, he ensured that I was OK and also kept the Vice Chairman up to date on the meetings he had to cover, Thank You Lee & Martin for covering when I was ill.

I would like to thank all the Parish Councillors for their support this last year and I know they have the best interest of the village in their mind and I hope we can rely on their continuing support.



I would also like to thank County Councillor Bob Mathews who has done his very best to keep us up to date with County Council matters. This has been done during difficult times for him and his family. I would like to express mine, and the Parish Councils condolences to him on the passing of his wife after a long illness.

I do hope that the Councillors feel that I have done my duty with integrity and ask that I am able to carry on in the position of Chairman of the Credenhill Parish Council.

Terry Smissen
Chairman to the Parish Council

Next Meeting

Due to the ongoing Coronavirus pandemic we have made alternative arrangements to our normal meetings that take place at the resource centre to ensure that we practice social distancing.

The press and members of the public are invited to the Ordinary Parish Council Meeting to be held by LIVE Video Conference on 17th June 2020 from 19:00. You will be able to attend the meeting as follows:

Facebook Page

<https://www.facebook.com/Credenhill/>

YouTube channel

https://www.youtube.com/channel/UC4JGYUbwTzS_Ills27KVFqg

Any comments/questions made on the live stream during the meeting will be answered in public question time.

Councillor Vacancies

We still have 2 vacancies, are you interested in joining the Parish Council? Are you interesting in helping make decisions to support the local community? For more information get in touch with the parish clerk.



Social Distancing - A480/Station Road Narrow Paths – Speed

As we continue to take steps to fight the virus, social distancing is becoming part and parcel of daily life. Please can pedestrians and motorists pay special attention to the issues caused by social distancing on the narrow paths on Station Road and at the junction with the busy A480. People are, and will, continue to need to use the road as part of social distancing – the speed is already 20mph at this narrow section of the village. Please be vigilant and respect one another, and be especially patient to allow others to pass safely.

We are currently taking advice on this and may introduce a temporary 20mph limit on the A480, around the junction and crossing to further reduce the risk of an accident.

Bus Layby

We now have 4 design options for the bus layby on the A480, councillors will decide at the next meeting which option to choose, but at present councillors are leaning towards option B:



The Vicar's Letter

Dear Friends,

In 1 Samuel 22 in the Old Testament, David, before he is king, is in a 'stronghold' (a defensive structure) with his family and 400 men. He is running away from King Saul who is trying to kill him, and those who have joined him are described as being in distress, in debt and discontented.



Perhaps that is how you're feeling right now? Locked down in your own home or away from your family, unsure of how your finances are going to hold up and for how long, and with the prospect of having to wait it out. But God told David, "Do not stay in the stronghold. Go to the land of Judah".

Right now, we have to stay home. We can go walking or food shopping, and we've now been told we can go back to work if we can't work from home and it's safe, but we can't go to Judah! Or can we? The word Judah means PRAISE. Leah, Judah's mother, gave God praise after having her fourth son. And we can go to a place of praise. We can give God the worship he is due. Praise is the right response in any situation, and a perfect antidote to the temptation to go under when we are feeling tormented, harassed or overwhelmed. We can't ignore what's going on around us right now, but let's not ignore what God can do in this time, in us, around us and 'for' us. Let's move from a place of lock down to a place of praise, praising him for his faithfulness, provision, sovereignty and perfect plans. And watch what he does in response!

That said, most of you will by now have realised that although our churches have been locked, we have been holding church services online - on our Magnis Facebook page with varying degrees of professionalism - or not!

It has been a time of learning how best to do what we do, and we want to 'do' our services well in order to give God the best worship we can give him - he deserves nothing but our very best.

Join us if you can and see what we are doing - every Sunday at 10.00am (or catch it later) on The Magnis Group Facebook page: <https://www.facebook.com/groups/710895009243384/?ref=bookmarks>.

The Vicar's Letter continued...

You'll be very welcome - no need to dress up; come in your pyjamas if you like! We also say prayers every evening at 7.00pm - mostly live-streamed.

Members of our churches also pray every day for those who have asked for prayers for a person or a situation. We do this privately and confidentially. Please phone or email me if you have a request - if it's for someone else please ask their permission first.

In any case we are praying for you every day, that you will stay safe and well.

With every blessing,

Rana

No baptisms, weddings or funerals.

B	B	I	K	E	R	I	D	E	S	N	H	C	A	E	B
B	F	G	E	V	D	Q	A	U	N	E	H	L	D	A	C
T	E	I	K	C	S	J	M	S	A	P	O	S	E	E	B
P	R	G	H	F	Q	M	L	E	D	O	T	D	E	B	H
I	F	L	O	W	E	R	S	W	P	L	W	S	D	A	T
C	O	W	S	R	K	Y	H	G	I	G	E	I	O	R	W
E	L	Q	F	B	P	T	N	D	Y	T	A	V	S	B	Q
C	A	E	Q	Y	R	I	S	R	M	H	T	N	A	E	Y
R	T	D	C	A	M	P	I	N	G	T	H	P	K	Q	A
E	P	R	W	M	T	K	A	A	B	Y	E	T	I	U	D
A	L	K	I	Q	W	R	A	S	M	G	R	R	Q	E	I
M	O	W	J	C	L	E	A	R	S	K	Y	W	T	R	L
Z	S	U	N	S	H	I	N	E	J	S	E	D	A	G	O
B	O	R	W	N	Y	L	F	R	E	T	T	U	B	E	H

HOT WEATHER

HOLIDAY

ICE CREAM

CAMPING

SUNSHINE

BARBEQUE

BEEES

SWIMMING POOL

SUMMER FETE

CLEAR SKY

BUTTERFLY

BIKE RIDES

BEACH

FLOWERS

Churchwardens' Report

A huge thank you to everyone who supported our VE Day afternoon teas.

Donna put together 60 Union Flag boxes and filled them with the components of afternoon tea; scones, cream and jam, 4 finger sandwiches with various fillings, sausage rolls, 3 cakes, tea bags and a mini chocolate bar. These were then delivered around the village by Mark and Darren. We raised over £320 for church fund. Thank you!

The churchyard is still open for visitors, but keeping the grass cut and churchyard tidy is a worry. Our usual personnel, being well over 70 are unable to tend it. If you are going up to place flowers on a family grave or in need of some respite quiet, please feel free to take your mower/strimmer and tidy a little piece of God's garden.

Church members have set up a telephone network if you need to talk to anyone. Please contact Rev Rana (01432760443) and she will put you in touch with someone.

There will be a live stream for worship on the Magnis website or the Church of England website and Songs of Praise will be on BBC as usual.

Congratulations Fiona Honeysett, formerley Jones,
of Meadow Drive who has been accepted for
training in the ministry.

We wish her well!

There have been a number of Lockdown celebrations:

Tom and Paula Fitch celebrated their
Diamond Wedding Anniversary

Donna Jones, Jean Wells and Gareth Meadows
have celebrated their birthdays.

Congratulations to you all and anyone else who I have omitted.

Churchwardens' Report continued...

As treasurer I have to report our 2019 financial state to parishioners and this is usually done at the APCM but unfortunately this has been postponed so I will give you a snapshot of where we are financially.

Income 2019	21,925.95	Outgoings	21,104.65
Regular Givings by	7,489.50	Donations to other	563.81
Collections	1,409.40	Contribution to the Diocese	10,000
Donations	2,510.13	Expenses and Honorarium	352.88
Sales of Produce	81.00	Insurance and Church Expenses	1,063.03
Gift Aid Return	3,123.87	Outreach and Mission inc. Messy Church	426.29
Grants	2120.00	Maintenance inc new gates and decoration	6,788.25
Fundraising	1,850.75	Fees for Weddings and Funerals	902.00
Fees and Interest	3,341.30		

As you can see this meant we had an income over expenditure amount of £821.27 to carry forward for 2020.

Obviously we have concerns about our income this year as with the church being closed we do not have the income from service collections nor fees from Ferial Services (weddings, funerals etc.).

If you are a regular giver to church please continue to put your collection into the envelopes and save these until we meet again or give directly through BACs transfer to:

PCC Credenhill Sort Code 30-94-14 Acc No 0035903402

We are happy to arrange collection of your gifts if you can put them in an envelope and leave them on your doorstep for collection (please ring and let me know that you are doing this 01432 761935, so that money is not being left outside.) Jean Bowles and Dorrie Coates

Did You Know?

A sheep has four stomachs! Each one helps them digest the food they eat. Imagine how much ice cream you could eat if you had four!

What do you call a sleeping bull?

A Bull-Dozer



Animal Alphabet Challenge

Can you name an animal for every letter of the alphabet?

Write them below

Good Luck!

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

MEET THE MAGISTRATES



Applications open on 1st June for magistrates to sit in the Family Courts in Herefordshire, Shropshire, Staffordshire & Worcestershire

We're all ordinary people.
Anyone aged between 18-70 can sit as a magistrate and you don't need any formal qualifications as full training is provided.

Travel and subsistence is paid and if you are employed you are legally entitled to take time off for the role.



Ministry
of Justice



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14 or more days a year?**

Find out more at
[GOV.UK/become-magistrate](https://gov.uk/become-magistrate)

Let food be your medicine, a collection of recipes for good health

This month we are focusing on a lovely seasonal vegetable that often gets under used but is another great ingredient to add to your diet, Beetroot.

So much more than a pickled vegetable packed with essential nutrients, beetroots are a great source of fibre, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance. Easy to cook fresh and also available pre-cooked in the supermarkets. Add this vibrant vegetable to your shopping list this month and try the recipes below.

Red Rice and Beetroot Risotto

2tbsp olive oil
1 red onion
2 garlic cloves
180g Camargue Red Rice
1pint hot vegetable stock
160g beetroot cut into chunks
1 handful of parsley
100g feta cheese



Heat the oil add the onion and garlic and cook until softened.

Add the rice and stir to coat for about a minute.

Slowly add a ladle full of the stock at a time and stir until absorbed until all the stock has been absorbed until the rice is cooked (about 30-40mins).

After about 10mins add the beetroot.

Stir in the parsley and feta at the last moment keeping some back to garnish once served.

Recipes continued...

For that sweet tooth another great sugar free healthy recipe and I guarantee no one will guess the hidden ingredient!
Chocolate Beetroot Brownies, chocolatey and light, enjoy!



100g coconut oil plus extra for greasing
275g cooked beetroot, drained and cut into small chunks
3 large eggs
60g cocoa powder
100g medjool dates
15g goji berries (optional)
100g wholemeal self-raising flour (with the current flour shortage white will work!)
1 tsp sweet cinnamon
1tsp bicarbonate of soda
pinch of salt
75g plain chocolate roughly chopped
50g walnuts or pecans

Preheat the oven to 180C/ Gas 6. Grease and line a square or rectangle baking tray.

Mix all the ingredients listed at 1 together in a food processor or with a stick blender.

Add the ingredients listed at 2 and stir until combined then add the chopped chocolate and nuts, give it a final mix and spoon into the prepared tin.

Bake until soft and tender for about 20mins or until risen and just firm to

If you would like tailored personal advice then please get in touch, I am here to help.

I am happy to chat informally, or we can complete a telephone or zoom consultation if you'd prefer in readiness of my reopening or to receive your personalised dietary recommendations.

In the meantime, take care, stay safe, stay at home, protect the NHS. See you soon.

Marie Tel: 07545 615 738

marie@winning-health.co.uk

www.winning-health.co.uk

June Summer arrives! Gardening Tips

June 21 is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also means weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions.

10 jobs for this month

1. Hoe borders regularly to keep the weeds down
2. Be water wise, especially in drought affected areas
3. Pinch out side shoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Mow lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch



Information taken from rhs.org.uk



Fundraising

We have managed to access a grant to help towards the cost of renewing our heating and updating our kitchen. We have not stopped yet and continue to try to increase our funds to help us do whatever we can to make your hall a better environment to be in, both for our regular groups and our occasional users.

If you would like to make a donation to our project, please contact the Hall Treasurer, David McKirdy and he will let you have the details.

Email: davidmckirdy@aol.com

Phone: 07919 448312

***Log onto our webpage
to book or see what is
on in your local Hall***

Betty Morris
Booking Secretary
07954 081999
magnadrama@btinternet.com



The hall is currently closed due to social distancing measures. If you would like to talk about future bookings, please ring Betty.



Magna Performing Arts

Sponsored by  Holmer Park
A MOSAIC HEALTH CLUB & SPA

Magna is currently closed due to social distancing measures.
See you soon,
All at Magna x



Young Magna

Our lovely young cast have been sending us videos of how they view the current pandemic and how it has altered their lives.

These can all be viewed either on our Facebook page or YouTube Channel. It has really highlighted what a creative crowd we have!

Now we have challenged the adults to do the same, so watch out for that!

"Remember, you're the one who can fill the world with sunshine"

Val 01432 760115
Betty 07954 081999

- Snow White -



Facebook: @magnadramagroup
Twitter: @Magnadrama
YouTube: Magna Presents
Instagram: Magnaperformingarts
Email: info@magnapresents.co.uk
Website: www.Magnapresents.co.uk

Charity 2020

A have a bucket collection for St Michael's Hospice after every performance.





Credenhill Rainbows and Brownies

Rainbows and Brownies are continuing to meet for a short time on Friday evening's during this lock down period. They are all busy working on interest and challenge badges.

We meet via Zoom and catch up with our friends to find out what they have been up to and share a challenge or activity they have done. Then we play a game such as a scavenger hunt or a quiz . Before we all say goodbye we sing Brownie Bells and our Rainbow good bye song.

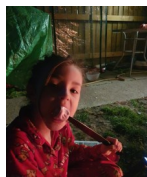
On the Early Spring bank holiday weekend several girls took part in a Virtual camp and sleep over at home. We had a very busy day cooking, crafting, dancing, playing games, eating smores and fairy toast. Some girls slept in a special place in the house or even in the tent in the garden. It was great to know that Rainbows, Brownies and Guides were all joining in together across Herefordshire even if we were all stuck at home.

If you would like your daughter to join Rainbows or Brownies please register your interest on the 'Join us' page on the Guiding website.

Hopefully it won't be long before we can meet up again.

Stay safe and keep smiling everyone.

Brown Owl
Donna Jones



75TH VE DAY

CELEBRATIONS
8TH-10TH MAY 2020



Credenhill Bus Stop Bench

Many thanks to Emma Jones for kindly taking the time to give the bus stop bench the love and attention it needed. Emma has given it a new lease of life by cleaning, sanding and repainting. Thanks again Emma, you have done an amazing job.



Before



After



Winning Health

The Wellbeing Practice

"I'm so tired of always feeling unwell; I just want to feel better again"

"I'm exhausted, I always wake up at 2am, can't get back to sleep for ages; then the alarm goes off"

"I'm so frustrated by it all, test after test, tablet after tablet, without getting anywhere"

"I just want some pain relief it feels like there is no getting away from it"

"I'm self employed so can't afford to take time off work sick"

"I suffer from stress and anxiety but doesn't everyone?"

"There is nothing the Doctors can do, I've just got to get on with it"

Do you recognise yourself in any of these statements?

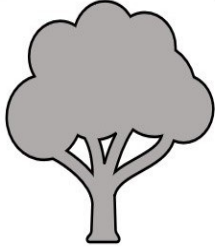
These are all things which have been said to me by my clients. People just like you, that I have helped to be pain free, able to work, to feel well again, less stressed, able to conceive, and to understand what has a negative impact on their health and what they can do to help put it right.

If you would like my help to re-balance the physical, emotional and environmental aspects of your life so you are living your best life then get in touch I would love to hear from you.

Marie-Thérèse Winning

Acupuncturist and Chinese Nutritionalist

Gareth Higgs Tree Services



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Tel: 01568 709477 / 07968 849562

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WORDSEARCH ANSWERS

B	B	I	K	E	R	I	D	E	S	N	H	C	A	E	B
B	F	G	E	V	D	Q	A	J	N	E	H	V	D	A	C
T	E	I	K	C	S	J	M	S	A	P	O	S	E	E	B
P	R	G	H	F	Q	M	L	E	D	O	T	D	E	B	H
F	L	O	W	E	R	S	W	L	W	S	D	A	T		
C	O	W	S	R	K	Y	H	B	I	G	E	I	O	R	W
E	L	Q	F	B	P	T	N	D	Y	T	A	V	S	B	Q
C	A	E	Q	Y	R	I	S	R	M	H	T	N	A	E	Y
R	T	D	C	A	M	P	I	N	G	T	H	P	K	Q	A
P	P	R	W	M	T	K	A	A	B	Y	E	T	I	U	D
A	L	K	I	Q	W	R	A	S	M	G	R	R	Q	E	
M	O	W	J	C	L	E	A	R	S	K	Y	W	T	R	
Z	S	U	N	S	H	I	N	E	J	S	E	D	A	G	O
B	O	R	W	N	Y	L	F	R	E	T	T	U	B	E	H

Foot Health



Practitioner

Treatments for:

- Painful corns & calluses
- Ingrown toenails
- Verrucae
- Diabetics
- Nails Trimmed
- Plus more



Home Visits Only

**Member of the Accredited Register of
Foothealth Professionals**

Brian Jenkinson DIP CFHP MPS Pract.

01544 230 501

07977 214 756

Maids Domestic Services

*We specialise in regular weekly or fortnightly cleaning,
catering for all your domestic cleaning needs.*



Services offered

- Dusting
- Vacuuming
- Bathrooms
- Kitchens
- Mopping
- Ironing
- Changing beds

We are a small, reliable, high quality service, with 26 years' experience. We pride ourselves in providing skilled, trustworthy staff, who receive extensive training and are fully insured.

We offer weekly, fortnightly and monthly cleaning.

Contact Janet on 01432 350033 or 07702174036

janet.stones@btinternet.com



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DESIGN

RENOVATIONS / PLASTERING

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staff

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Contacts

Editor	Liza Watkins	credenhillcommunitynews@outlook.com
Parish Council Chairman	Terry Smissen	
Parish Council Clerk	Lee Harper-Smith	07956 447056 clerk@credenhill-pc.org.uk
County Council	Councillor R Matthews	01432 760498
West Mercia Constabulary		0300 3333000 Herefordm.snt@westmercia.pnn.police.uk
Crime Stoppers		0800 555111
Safer Neighbourhood Officers	PC Bart McDonagh	101
Dog Warden		01432 261761
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St Mary's Primary School	Claire Ross	01432 760408
Nursery & Preschool	Shelly Gummery	07596 324552
Fieldhouse Kindergarten	Rachael Cappozoli	01432 761250
Vicar	Revd. Rana Davies-James	01432 760443 Rana.james@virgin.net
Church Warden	Dorrie Coates	01432 761935
Church Warden	Jean Hawkings-Bowles	01432 769413
Credenhill Social Club	Steward	01432 760600
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