The Black Mountains Group Benefice NEWSLETTER

March 2023



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



Part of the Abbeydore Deanery abbeydoredeanery.org abbeydoredmc@gmail.com 01981 620145 / 07432 873422



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www.bmgparishes.org.uk



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From the Clergy

Dear Friends

A delight of being a priest in the Church of England is the rhythm of daily prayer that draws on the wisdom of Christian people across the ages. Every few days there's the invitation to look a little deeper into the life of one of these characters and wonder about what treasure, what counsel they might have for us now.

In March, the calendar suggests people like Geoffrey Student-Kennedy (an army chaplain in the First World War), and St Patrick (trafficked into slavery as a child). This year, I'm drawn to Walter Hilton born near Huntingdon around 1340. After working as a lawyer, he joined a community of priests who lived in a priory, praying together and ministering to the people in their village and region. Walter wrote wise, warm practical advice and two things leap out for me.

Interruptions: maybe it's my age, or that I had the privilege of a few months away from my desk, or most likely a mixture of the two that cause me to notice just how many interruptions there are when I'd rather focus on one thing at a time. Even calling them interruptions is a clue for some are external (phone calls, notifications that pop up), and some internal (mental prompts and nudges). I can unplug the phone, and turn off digital notifications but the monkey mind, the chatter in my head is more tricky.

Walter Hilton says, don't react to interruptions with irritation or anger simply respond to them with curiosity. Sometimes our schedules become like bulldozers, and we need a little nudge to step back and wonder. No one can multitask, and rapid serial tasking (one thing then the next and the next) is a sure fire way of losing any proper sense of direction.

Contemplative: a really dense word that Walter uses to remind us that it's the ordinary everyday things of life that speak to us of God. Christians aren't those who have their heads stuck in the clouds being so heavenly minded that they're no earthly use. Christians are those who are active in serving others because they take time to notice, to observe, sense and wonder about God in the everyday.

Perhaps this March we might all find ways to be contemplatives in action, and live with interruptions as gifts. It's a big ask, but as Walter Hilton reminds us we are always beginners. Mark.

Rev Mark. Godson

MARCH READINGS

Details of services for March and April can be found on the back page.

Sunday 5th March

Old Testament Genesis 12: 1-4a New Testament Gospel Psalm Sunday 12th March Old Testament New Testament John 4: 5-42 Gospel Psalm 95

Romans 4: 1-5,13-17 John 3: 1-17 121 Exodus 17: 1-7 Romans 5: 1-11

Sunday 19th March – Mothering Sunday Old Testament Exodus 2:1-10 New Testament 2 Corinthians 1: 3-7 Luke 2: 33-35 Gospel Psalm 34: 11-20

Sunday March 26th Old Testament New Testament

Ezekiel 37: 1-14 Romans 8: 6-11 John 11: 1-45 130

Deanery Update

Gospel

Psalm

A brief update this month as I hope you'll take the time to read about two of our initiatives elsewhere in this magazine - Food for Families and The Golden Valley Pilgrim Way.

Grow Strong Still two dates left this term: March 6th is Caving and April 1st is a Hill Expedition. Years 6 and above are welcome to come along.

Year of Prayer The Year of Prayer candle has a busier diary than most people, but if you'd like it to be present at your church or community event, let us know. Prayer remains the most important thing that we can do. Look on the website for ideas about how to start and keep praying!

Contact Details For any enquiries about what's going on in and around churches within the Deanery, get in touch with the Deanery Coordinator, Anne Lloyd on 01981 620145 or abbeydoredmc@gmail.com

THE GOLDEN VALLEY PILGRIM WAY: PILGRIMAGE SEASON 2023

In our neck of the woods, over some years, a quiet concept has been growing inconspicuously into an experience. After walking a pilgrimage route in Italy 8 years ago, I wondered if we could set up a similar path here in our communities. As a consequence, and with the help of a large number of people, we now have a 6/7 day walk, a 3/4 day walk and an 80 mile cycling route.

The Golden Valley Pilgrim Way is a "bring your own spirituality" pilgrimage experience that links our churches, pubs and local businesses across the stunning landscapes of the Wye and Golden Valleys as well as the foothills of the Black Mountains. As an experience it's wild, contemplative, celebratory, environmentally sustainable and affordable. The full 6/7 day, 60 mile pilgrimage, is a unique circular path where you can stay overnight, inside a church [night sanctuary], at the end of a day of walking for a suggested donation. Each night sanctuary provides basics like a loo, running water, kettle and a camp-bed and all of them, bar one, is next door to a pub where you can be restored after a day on the path.

The walk begins and ends at Hereford Cathedral and goes through Madley, Tyberton, Dorstone, Michaelchurch, Craswall, Clodock, Ewyas Harold, and Kingstone. It passes by sacred sites such as Arthur's Stone and a number of sacred springs. Provisions can be bought at village shops along the way. We have a beautifully illustrated credential or passport that can be stamped in each church where you stay the night, as well as an online historical guide.

Last year we launched the route in conjunction with the British Pilgrimage Trust. We welcomed a group of pilgrims

March 2023 – Page 4

from far and wide who booked in through the BPT website as well as the Wenatchee Trinity Church Girls' Choir, from Washington State in the USA, who came and walked and sang in each church.

This year we hope to welcome BPT members again as well as a group of Year 6 school leavers from a local Primary School. Also, for 2023, the Golden Valley Pilgrim Way will be the long-distance walking event for the Herefordshire Walking Festival. As well as the 8 churches that provide night sanctuary our Cathedral in Hereford will join the night sanctuaries welcoming Pilgrims on the night before they embark on the pilgrimage.

It would be wonderful if local people would like to walk the path whether in full or just for 2 days with one overnight stop. To book please email: **abbeydoredmc@gmail.com**

Further details can also be found on the following websites:

https://www.abbeydoredeanery.org/gvpw/ [this link includes links for OS maps of the routes]

https://britishpilgrimage.org/portfolio/golden-valleypilgrim-way/

https://www.herefordshirewalkingfestival.co.uk/

Thanks

CORNEWALL ARMS FUNDRAISING

A big thank you to everyone who supported the NEW YEAR raffle and placed donations in the countertop jar. $\pounds 370$ was raised for St Michael's Hospice.

Also a big thank you to everyone who supported the Valentine Raffle for the Clodock Defibrillator. £229 was raised. Thank you. Isobel

Forthcoming events



LONGTOWN THURSDAY CLUB

Our first meetings of 2023 will be on **Thursday 2 March** and **Thursday 16 March** from 2pm to 5pm in Longtown Village Hall. The **16 March** meeting will open with a short Annual General Meeting.

On **30 March** we hope to have our members' annual fish and chip lunch. Further information will be given on the 2nd March.

In the meantime, if you are not a member but would like to know more about the Club, please get in touch with Hazel or Pauline, or just turn up to one of our ordinary meetings.

Hazel Pugh, 01873 860803 or Pauline Jones, 07903 150588; jonespauline@pobroadband.co.uk

And a date for your diary – **Saturday 15 April, 2 – 4 pm in Longtown Hall:** Afternoon Tea with the Thursday Club.



Escleyside Hall 4th March, 7.00 for 7.30pm Good prizes – All welcome

LONGTOWN AND DISTRICT HISTORICAL SOCIETY Monday 6 March, 7.30pm Longtown Village Hall HR2 0LD

Elizabeth Pimblett (Director of the Herefordshire Cider Museum): "Cider will make the Country-man think himself a Lord (John Beale, 1666)". The importance of Herefordshire cider to the nation's drinkers and cider makers from the 1660s to the 1900s.

Half-season membership costs \pounds 5, Guests and cider makers very welcome, (\pounds 3). Contact jerrypdavis@outlook.com for information. Please go to our website for details of the rest of the programme, **www.lhsarchive.org.uk**

The Cider Museum is next to Sainsburys in Hereford.

BORDERLINES FILM FESTIVAL 2023 Escleyside Flicks in the Sticks would like to present UTAMA (cert A) 87mins Tuesday 7th March This award-winning film is set in the remote Bolivian

highlands.



An elderly Quechua couple's traditional way of life is threatened following a prolonged drought. Do they stay to face the odds or do thy leave everything thy know and move in with family in the city?

Directed by photographer turned film maker Alejandro Loayza Grisi. Starring Jose Calcina, Luisa Quispe and Candelaria Quispe

Escleyside Hall, Michaelchurch Escley, HR2 0PT

Doors open at 7:00 for BAR. Movie Start 7.30pm

Tickets £5.50 through artsalive.co.uk or by calling 01981 510116

NEWTON ST MARGARET'S WOMEN'S GUILD Thursday 9th March 2023 at 7.30 pm. Newton Church Room HR2 0QR

Matthew Engel *(the journalist, writer and teller of great tales)* has kindly agreed to join us to discuss his new book "**The Reign**" An evening of hilarity with some seriousness is on the cards!

Guests are welcome (\pounds 2.50) Light refreshments available.

Members are reminded to bring their bags of no longer needed clothing/shoes etc. in good condition for fund raising.

Phone 07794 920729 for further information.

March 2023 – Page 5

Concerts for Craswall

ANTIGONI GONI, guitar AMY NORRINGTON, cello Saturday, 11th March 2023 St Michael's Church, Michaelchurch Escley 5.00pm (doors open 4.30pm).

Internationally praised for her profound artistic sensitivity, her exquisite sound and for her unmatched palette of colours and dynamics, Greek guitarist Antigoni Goni is one of the finest guitarists of her generation, and a sought-after pedagogue.

Acclaimed by the press for her honesty and singing sound, Amy Norrington enjoys an international career as a chamber musician, soloist and guest principal cellist in orchestras throughout Europe. Her sincere musicianship and ability to convey her profound love of the music makes her a popular partner in the international chamber music world - her musical generosity attracting world class musicians to share in unique concert experiences.

Their programme includes Franz Schubert's poignant, virtuosic and hugely popular Arpeggione Sonata; Dušan Bogdanovic's Quatres pièces intimes; and the poetry, romance and spirit of nationalist Spain expressed by both Enrique Granados in his pieces La Maja de Goya and Intermezzo (from the opera "Goyescas") and Manuel De Falla's Suite Populaire Espagnole.

Tickets: £18 / under 25s - £9 and full programme information at https://www.concertsforcraswall.org/concerts and the box office 01981 510112

BORDERLINES FILM FESTIVAL 2023 Escleyside Flicks in the Sticks would like to present THE QUIET GIRL (cert 12); 95mins **Tuesday 14th March**

Starring

Catherine Clinch, Carrie Crowley, Andrew Bennett.

This is a 2022 Irish coming of age drama film written and directed by Colm Bairead (adapted from Claire Keegan's short story).



A 9 year old girl is sent to spend the summer with distant relatives on a farm in County Waterford.

from Away her dysfunctional family, she experiences a loving home for the first time and begins to blossom.

Escleyside Hall, Michaelchurch Escley, HR2 0PT Doors open at 7:00 for BAR. Film starts 7:30pm. Tickets £5.50 through artsalive.co.uk or by calling 01981 510116.

Alpines in the Wild and in Cultivation



TALK 7.30pm, Wednesday 5th April Escleyside Hall

What is an alpine, where do they grow and why? Speaker, Diane Clement will take us on four virtual alpine walks at different altitudes to look at alpines in the wild and then see how we can adapt our gardens in order to grow them.

Annual Membership: £15 Non-members: £5 See more at: www.escleysidegc.wixsite.com/club

CLODOCK'S DATES FOR YOUR DIARY 2023 Friday 14th April Coffee & Cake in aid of St Michael's Hospice

Sunday 7th May Coronation Celebration

August Bank Holiday Weekend Clodock's Creatures Under the Sea

More details to follow in future newsletters.



Very cool music played in a magical atmosphere - this jazz novices as well as hardcore enthusiasts







Ian Millar saxophone Dominic Spencer "...expect warm, intelligent, plano

"Beautiful soaring magic! I was blown away by your show, just breathtaking!"

reflective, human music



ONGTOWN VILLAGE HAL Longtown, Hereford HR2 OLD Fri 26th May 7.30pm £10 Accompanied under 16s free https://longtownvillagehall.org.uk or tel: 01873 288 289

www.millarandspencer.co.uk

Local Newsround

MICHAELCHURCH ESCLEY PRIMARY AND PRE-SCHOOL It has been a really lovely half term at Michaelchurch Escley Primary and Pre-School. There has been so much going on as usual throughout the school. Pre-School have been very busy in Forest School and heading out on their many walks. It is always fantastic to see the smallest children in the school

March 2023 – Page 6

heading out in all weathers and having a brilliant time. They have also had a visit from a member of the local constabulary who came to talk to them about the job of a police officer. They have also invited people in to join them on a number of 'Welly Walks' – exploring the lovely locality of the school. Keep an eye out for information on future walks by visiting our Facebook page.

Acorn Class have been enjoying learning about 'Castles, Knights, Kings and Queens', rounding off this half-term with a really exciting visit to Raglan Castle. The children had a super time learning all about the history of this incredible ancient monument.

Sapling Class have gone global this term, with a topic which has taken them around the world including learning about the history of rail travel. The children are more than usually excited at the end of this half term because when they come back after their week off, they head off on their residential at Longtown Outdoor Centre! Although the children get to take part in a one-night camping trip at school when in Year 1 to 4, we feel we are very fortunate that we have such a fantastic facility nearby so that our children can experience properly staying away from home before they head off on their Year 5/6 residential to London.

It was all Greek for Oak Class earlier in the half term when we had a visit from the historical drama company, *One Day Creative*. The drama workshop, led by Annaliese from One Day Creative, took the children on a whistle stop tour of Hellenistic culture. The children had great fun acting out myths and getting into character to represent significant figures from the period.

Also at school, the children have been enjoying our afterschool clubs. This term we've had Coding Club with Miss Matthews, Craft Club with the very talented Caroline Gilbert and an enormously popular fencing club (that's sword-fencing – not the fencing used to keep stock in!).

One final element of excitement which has got the children buzzing, was the announcement that our summer production, which will involve the majority of the children in the school in some way or another, is going to be Matilda the Musical Jnr. We have already started practising the songs and will be getting to grips with scripts soon. Keep an eye out for posters advertising this in the near future!

If you like the sound of life at Michaelchurch Escley Primary and Pre-School and think you would like your child and you to become part of our Michaelchurch family, please get in touch. Although we are generally pretty full, we do have some places in certain year groups so it is worth giving us a call. Warm regards, *Gary Crocker, Deputy Head Teacher Michaelchurch Escley Primary School, 01981 510208*

Vowchurch and District Group Parish Council On 4th May 2023, local elections are taking place across 230 areas in England, including Herefordshire. To vote in these elections, you must be registered to vote by 11.59pm on Monday 17th April 2023. You now need to take photo ID to vote at a polling station.

If you would like to stand as a Councillor for your Parish Council, please visit: herefordshire.gov.uk/elections-1/elections-4-may-2023 for further information or contact the Parish Clerk.

With Spring on its way it is time to think about getting out to walk in the beautiful English countryside. Walking in Herefordshire has loads of walks to download and print, free, it also has books of walks and details of walking groups in the county. Visit:

https://walkinginengland.co.uk/hereford

The Herefordshire Walking Festival takes place in June this year. Visit: https://herefordshirewalkingfestival.co.uk along with The Golden Valley Pilgrim Way: https://abbeydoredeanery.org

Please continue to report any defects via the Herefordshire Council website at **www.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://www.herefordshire.gov.uk/roads-1/pothole-road-defect-progress-map Linda Cowles

UKRAINIAN CHRISTMAS PARTY

At the Ukrainian Christmas in January, the Black Hill Ukraine Group held a party for our Ukrainian guest families, for their hosts and for our helpers.

Longtown Village Hall was decorated with flags and bunting, we had a wonderful meal, there were presents for all of the children, there was singing and there was dancing. A great time was had by all.

LONGTOWN & DISTRICT WI

At our February meeting, speaker Rhiannon Taylor gave us an informative and very moving presentation about the work of Herefordshire City of Sanctuary. We learned about refugees and asylum seekers globally, and also how the City of Sanctuary group was founded and then went on to become a national organisation. We heard a personal story from a young refugee which illustrated one of the reasons people flee their own country.

Rhiannon told us about local help that is available to refugees placed in Herefordshire, and how the organisation provides practical help, friendship and a warm welcome to them.

Afterwards we were able to ask questions and Rhiannon joined us for refreshments. Libby Davis

Round and About

VOWCHURCH VILLAGE HALL

The Village Pub Thursday 9th March, 7pm.

Probably the last pub night till Autumn so don't miss it. Light suppers, bar, games and good conversation.

Silent Auction Friday 17th March, 7pm at Vowchurch Hall. Drinks, supper and competitive bidding! Generous offers include 3 nights B&B in central Oxford, meals at local restaurants, private dressage lesson, canapés for 20 guests, two hours professional gardening, beach wear, $\pounds 100$ worth of firewood delivered and lots lots more. Tickets $\pounds 12/\pounds 8$ for children 12 and under.

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

Bowls Vowchurch Hall, 6.30 - 9.30pm. Contact Richard Stokes rtastokes@hotmail.co.uk

VAT50 February winners were Amanda Prosser Painting (22) $\pounds 50$ and Paul Davis (81) $\pounds 20$

Easter Market Saturday 8th April 10am - 12noon.

Vowchurch Market will return on 25th March

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 www.vowchurchturnastonehall.co.uk

GOLDEN VALLEY DAY CENTRE

Day Centre has been a bit quieter through February. We have had a few members away with colds and Covid but I am now happy to report that most are back and well again, it's lovely to hear all the chatting and laughter coming from there.

Many things will be being planned for this year so I will keep everyone up to date with what's going on. There's been plenty of talk amongst us about where to go and what to see.

Joyce Powell has stepped down as our secretary. We would like to thank her for her many years in this role. She was instrumental in starting the club 10 years ago.(I still can't believe that it's been going that long.) She will be remaining on the committee and keeping us in line.

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

We have welcomed a few new visitors over the past year and also lost a few of our members but it is still lovely to hear everyone chatting and laughing.

Notices and Advertisements

URGENT HELP NEEDED

Black Hill Ukraine Group

We have 10 Ukrainian guest families living with wonderful local hosts.

We are in urgent need of replacement accommodation for one of these families.

They are a hard working couple, father has a job locally and they have a 9 year old daughter at a local school. They desperately need accommodation.

If you can help please contact:

Sue Robinson – 01981 510360

Spring Plant Fair



26th April 2023 10.30am- 4.00pm BROXWOOD COURT nr Pembridge HR6 9JJ

A special day for gardeners!

Discover beautiful, interesting and unusual plants. Meet producers of garden-related products and explore the stunning and rarely opened Broxwood Court garden and arboretum.

Lunch and refreshments on sale all day.

All proceeds to The Cart Shed (Reg Charity no 1167802)

Tel: 01544 318 231 Entrance £6.00 per person. www.thecartshed.co.uk



NAME CHANGE FOR LONGTOWN VILLAGE PRIDE

The volunteers of Longtown Village Pride regularly maintain a variety of sites ranging from Clodock to the top of Longtown.

We have decided to make a change to our name. In future we will be known as: **Longtown Village Projects**

Bob Burson

Worried about your energy costs?

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 is here to help

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



Calling all growers!

Minds are already turning to our Plant Fair at St Michael's Hospice in Bartestree on 19th and 20th May.

To help get a head start we're asking our supporters to consider growing plants to be sold at the Fair. We would also love to hear from anyone interested in giving up their time to help out, whether it's just for a couple of hours, or across both days.

It's easy to let us know you're interested. Just visit <u>https://www.st-michaels-hospice.org.uk/event/plant-fair/</u>

Held in the picturesque setting of the Hospice gardens, overlooking beautiful apple orchards, the success of our twoday Plant Fair grows each year – and we're sure our 2023 offering will continue that trend.

Entry to the Fair will remain free this year. Details of how you can secure your place in advance will be issued in due course.

In the meantime, get a flavour of what to expect by clicking here

Gaynor Warren St Michael's Hospice Plant Fair Organiser

If have any questions about growing or volunteering for the Plant Fair, please do get in touch: gwarren@smhospicehereford.org



We are Farming Minds registered charity has been set up by farmers for farmers to tackle mental health in the farming community within Herefordshire.

How can we help?

24 Hour Helpline:

We run a **FREE 24 hour helpline 7 days a week** for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonymously.

Counselling:

We provide **fully funded counselling to anyone in the Herefordshire farming community** who may be in emotional distress.

Training:

We offer **FREE mental health awareness training** to anyone living or working in or with the farming community in Herefordshire.

Social Events:

We run a series of **FREE social events throughout the year** to break the isolation often felt by the farming community in Herefordshire.

Call our helpline: 0808 802 0070

Or text: 07786 203 130

General enquiries: wearefarmingminds@gmail.com www.wearefarmingminds.co.uk



'Taking the bull by the horns' to tackle Mental Health in the farming community

Registered charity number: 1191461



March 2023 Directory - Page 9

HAY Music

Saturday, 25 March at 7.00pm (doors open 6.30pm) St Mary's Church, Hay-on-Wye

> THOMAS BOWES, violin VERONA MAIER, piano

Advertising Directory

Contact: Jill Cook Clodock Mill, Longtown, Hereford HR2 0PD

01873 860408 jill@clodockmill.com

Agricultural services

ANDREW PHILLIPS, GLANDWR FARM Agricultural & Domestic Weed Control Large and small areas Fencing and Ditch cleaning Small and large bales of Hay and Straw Weed wiping service Any amounts 01873 860208 / 07903 933820



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Contact Nic on 07521 607029

To place your order or to find out more. nic.kinch@oscars.co.uk www.oscar.co.uk/branches/herefordshire



These renowned musicians play JS Bach: Sonata in C minor BWV 1017; George Enescu: Sonata No. 3 for violin and piano; César Franck: Sonata for violin and piano; Maurice Ravel: Tzigane

Tickets and full details at <u>www.haymusic.org</u> Tickets also from the Hay Tourist Bureau

Black Mountain Group Newsletter



www.dynamitebranding.co.uk

T: 07885 257788 E: neil@frball.com W: www.frball.com

March 2023 Directory – Page 10



Contact Simon Aston on 01633 840000

For advice on Savings, Investments and Retirement Planning

www.kymin.co.uk 🎔 @Kymin T: 01633 840000 E: info@kymin.co.uk Kymin House, 35 Bridge Street, Newport, South Wales. NP20 48H Kymin Financia Services Ltd in Authornect and Regulated by the Financia Conduct Authority, from Ref No. 39801

Food & Catering

The Crown Jinn Traditional Sunday Lunch Served All Day Sunday Restaurant & Bar Meels served every day (except Wednesday during lenn (mes)

Reals Service CHOY day (subject interview future) with animal. Real Ale & Local Oyders "B&B Available Outside Bars & Catering Theme Nights, Boer Fastikals, Liva Music Please check for forthcoming events

The Crown Inn, Longtown, Hereford. HR2 OLT Tel: (01873) 860 217 www.crowninniongtown.co.uk

Rowlestone Farm Ice Cream loc cream parlour on farm coffee shop & light functies. Woodland walks & play areas. loc cream for sale on farm all year round

OPEN April to the end of September 11 to 4 Wednesday -to Friday 11 to 5 Weekends & Bank Holiday Mondays

Tel: 01981 240322 into@rowlestonecourt.co.uk

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SARAH L. HOPE BSc. (Ost)

Registered Osteopath Old Hall Farm, Orcop, Herefordshire HR2 8ET Tel: 01981 580 371



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REPAIR ~ RENEW ~ REVIVE

f JOSEPHINEROBEYTHERAPIES



Yoga Classes and Day workshops

Come and join us in our beautiful, heated and fully equipped yoga studio (no need to bring anything but yourself!).

We offer a variety of classes suitable, from Gentle (suitable for beginners) to more advanced. Private lessons are also available.

For more details of the timetable, events and prices please look at our website:

https://blackmountainsbarns.co.uk/wellbeing/yoga

Or contact Sophia: Tel: 01873 860358

email: sophia@blackmountainsbarns.co.uk



Reflexology

A relaxing, non-invasive treatment on the feet and hands which can help to:

Release tension

Aid Sleep

Encourage the body to re-balance naturally

Provides a complementary treatment to conventional healthcare.

AOR registered (hot stone and VRT – vertical reflexology also available).

01873 860358 email: sophia@blackmountainsbarns.co.uk

black

BARNS

mountains

Hereford HR2 0QW

jo.rowland@hotmail.com 01981 510136

07917 125053



https://blackmountainsbarns.co.uk/wellbeing/therapies



March 2023 Directory – Page 11

(24 Hours)

Private Hire

16 & 8 seat minibuses

Jill Jones

Property services

Stonework & Oak Framing

Martin

Tel: 01873 860656

Includina:

07814 008626

RP ELECTRICAL

Testing & Inspection

roger.probert@icloud.com

Griffiths

Maintenance & Services

Is your Broadband driving you mad? Are you unable to use the internet as you would like?



Are you unable to use services like BBC iPlayer and Netflix, which require a faster, more consistent connection?

Access to reliable, high speed broadband is patchy in our area, with some properties struggling to receive more than 1Mbps download speeds. Hopefully, high-speed fibre broadband will reach us all one day, but if like me, you don't want to wait, there may be alternatives. In many locations where the existing phone line broadband is only able to provide very low broadband speeds, the 4g mobile phone network is capable of providing 70Mbps, which is easily enough to stream HD movies and can provide a consistent, high quality service. There are other benefits to using 4g mobile broadband over services provided by BT and other cable based providers.

> Contact: Ben Hill Tel: 01981 510136 Mob: 07990 638125 Email: bingoben@hotmail.com

If you suffer with poor internet speeds or WiFi dead spots in your home, I may be able to help.

THE GUN WORKS

Airguns Shotguns Rifles

Servicing, Repairs, Alterations, Refinishing and Gun Fitting.

Registered Firearms Dealer Contact James Phillips 07503 616760 james@thegunworks.co.uk www.thegunworks.co.uk

Personal services

Cherished Funerals



Call Kate Gladwyn on: 01873 860675 07975 558250

Longtown, Hereford HR2 0I X

cherishedfunerals.co.uk @cherishedfunerals

An independent family-run funeral service covering our local area, Golden Valley, Hay-on-Wye & Herefordshire



big or small.

March 2023 Directory – Page 12



MATTHEW MAFLIN PROFESSIONAL PAINTING AND DECORATING SERVICES

Internal and exterior decoration

Tel: 01873 860867 Mobile: 07497258129

matthewmaflin@gmail.com

Public Liability Insurance held References available on request



oors, Windows, Conservatories & Much Morr Unit 1, Ramsden Court, Ramsden Road, Rotharwas, Hereford, HR2 6NT Tel: 01432 379635 - Mobile: 07766 615266 www.traditionalpionerytereford.co.uk Contact us for a FREE Quote

MARTIN WATKINS ELECTRICAL CONTRACTING

New House, Cobhall Court, Allensmore, Herefordshire, HR2 9BG

Email: mwelecon@gmail.com Tel: 07974 244653 Part P Registered

Part P Registered Domestic, Agricultural, Commercial, Electrical Installation, Maintenance & Inspection & Testing

DECOR SOLUTIONS

tjsj@me.com

Painting & Decorating Tim Jones Tel 01981 540242 Mob 07810 895355

3 Generations of experience, specialising in Painting & Decorating services.

General property maintenance duties carried out.

Fully insured. Good competitive rates.

A high standard of workmanship & customer satisfaction guaranteed.

Kevin Williamson

Mob: 07810 288115 Evenings: 01432 378163

kwilliamson027@hotmail.co.uk

K&D building and landscaping

All aspects of building new and old undertake

Drainage specialist/septic tanks

Fencing specialists

All aspects of landscaping/ patios/decking /ponds/retainers and stone walls

All internal work carried out

Over 20 years experience between us and a large portfolio

Woodland and Garden

Scrub Clearance and Timber Extraction Most types of scrub and woodland cleared, including brambles, bracken and gorse, as well as meadow/small field topping. Sloping and narrow access areas reached using compact (Alpine) tractor semi-offset topper and mulching flail. Timber forwarding service also available. Felled timber moved using Alpine tractor and trailer with crane. Call Ben Hill 01981 510136 or 07990 638125





Avalon Tree Surgery

WE CARE FOR YOUR TREES

MATTHEW THOMAS Over 10 years Experience NPTC Qualified Fully Insured

WWW.AVALONTREESURGERY.CO.UK

01981 541307 07794 569284

All Aspects of Tree Work Undertaken

TUGWELL TREE SERVICES



For a professional service in all aspects of tree care, including Pruning, Felling, Planting Supplying Trees & Shrubs and Hedge Maintenance



Specialists in: Tree Reports & Surveys, Stump Removal with a High Power Narrow Access Stump Grinder for all those inaccessible stumps

DAVID TUGWELL Tech Cert. Arbor A Bridge End, Newton St Margarets. HR2 OQP Tel: 01981 510104 / 07968 093898



All Aspects of Tree Services Covered

Fully NPTC Covered & Insured

Local to Longtown/Pontrilas but cover any surrounding areas

Tree Removal Pollarding Hedge Trimming Tree Reductions Site Clearance & Chipping

07931 893923 davidwat69@gmail.com 7.30 am - 5.30 pm

7.30 am - 7.00 pm

7.30 am - 4.00 pm

10.00 am - 12 noon

10.00 am - 2.00 pm

10.00 am - 2.00 pm



Mon, Tues, Wed, Fri: Late night Thurs: Saturday: Sunday (Nov - April): (May - Oct): Bank Holiday Mondays

Countryside Alliance awards 2023

We are beyond thrilled to be shortlisted in the West Midland Category for Village Shops and Post Offices. Now we need your help. It is a popular vote to get on the National shortlist (which we would love to be listed as). You can vote online using this link or QR code:

VOTING LINK >>>> <u>https://www.research.net/r/caawardsmidlandsbusiness</u>

or you can drop a letter of support into the shop and we will mail to the Countryside Alliance voting closes midnight Sunday 5th March.

Same Day Telephone orders and appointment shopping

Same day Telephone orders are alive and well, call us in the morning before 10am. Prepare your list and we call you back the same day after our fresh deliveries have arrived. No you don't have to be ill, you can choose to shop in pyjamas in the comfort of your own home.

Want the shop to yourself without anyone else we offer these Wednesday evenings and Sunday afternoons.

Planning permission is in, thank you to everyone who found the time to write in support of our application. We really appreciate it, we now wait to see if we get permission and with what conditions.

The plan is for a cafe to enjoy the wonderful fresh produce we have in the area, get in touch if you are outgrowing your home office and need a bit more space, our second unit is just for that.

Our third unit is for multiple users, a membership workspace. You pay a monthly fee to use a desk space, this could be because you want peace and quiet and use the second screen you don't have space for at home for accounts or plan your social media posts. We would be very interested to hear from tourism businesses who would like to offer this facility to their guests to boost their sales to increase business tourism in the area and night stays.

Hopes Rural Sustainability

Since we started we have been committed to creating opportunity whilst looking after our environment. Every year we change and adapt what we do, rarely do we tell you how or why our wonderful customer, the question is would you like to know?

7th - 13th March National pie week

Pop in and purchase one of our pies from Mailes butchers or make one of your own. Look out for our Cottage pie recipe on the 7th March 2023.

Heads up to join the Hopes Team

We are planning to advertise a part time role in March to start in April, if you are interested look out for a poster at the shop or online with more details.

LONGTOWN POST OFFICE

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

Special Flying Scotsman stamps

Form an orderly queue when these special stamps come on sale Thursday March 9th, from 10.30am at our person manned Post Office. You have the option of four different first-class stamps and a presentation pack to buy.

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.

Amazon collect and Amazon returns at our little Post Office

When purchasing items at Amazon you can have them delivered to the Longtown Post Office in opening hours which is ideal when you are not at home or want the present to be a surprise. We also offer an Amazon returns service; thank you for your patience if you have used it. If Amazon does not improve the process to make it easier in the next six weeks we will stop offering the service.

Save time, use our Post Office as your bank for personal & 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. We have the paying in envelopes, please ask us for spare ones if you are self-isolating and wish to prepare in advance

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

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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



01873 860 444

CHURCH SERVICES FOR MARCH AND APRIL	
Sunday 5 March	

cultury c liturell			Friday 7 Ap	Friday 7 April, Good Friday		
9:30am 3:00pm	Llanveynoe St Margaret's	Holy Communion Evening Prayer	9.30am	Clodock	A reflective Service for Good Friday	
Sunday 12 M	March		Sunday 9 A	pril, Easter Sunda	ау	
9:30am 11:00am	Clodock Michaelchurch	Holy Communion Morning Worship	5.30am	Meet at Cat's Ba Dawn Holy Con The Black Hill	ck car park nmunion Service on	
Sunday 19 M 9:30am 11:00am	March, Mothering Craswall Newton	Mothering Sunday Service Holy Communion for	11.00am	Michaelchurch	Group Holy Communion for Easter Day	
		Mothering Sunday	Sunday 16	April		
Sunday 26 I 11:00am	March Michaelchurch	Group Holy Communion	9.30am 3.00pm	Craswall Newton	Holy Communion Afternoon Worship	
Sunday 2 A 9.30am	pril, Palm Sunday Llanveynoe	Morning Worship	Sunday 23 . 9.30am	April Clodo c k	Group Holy Communion	
3.00pm	St Margaret's	Holy Communion	Sunday 30 11.00am	April Newton	Group Holy Communion	

EVENT	s Planner		Please see https://blackhillcommunities.net for events further ahead
Wed	01 March	2.30-4.30pm	Longtown Library, Longtown Village Hall
Thu	02 March	2.00-5.00pm	Longtown Thursday Club, Longtown Village Hall
Sat	04 March	7.00 for 7.30pm	Bingo at Escleyside Hall
Mon	06 March	7.30pm	Longtown & District Historical Society: Cider will make the Country-man think himself a Lord, Longtown Village Hall
Tue	07 March	7.30pm	Flicks in the Sticks: Utama (12a), Escleyside Hall
Thu	09 March	7.30pm	Newton St Margarets Women's Guild: Mathew Engel, The Reign. Newton Parish Room
Sat	11 March	5.00pm	Concerts for Craswall: Antigoni Goni & Amy Norrington. St Michael's Church
Tue	14 March	19:30pm	Flicks in the Sticks: The Quiet Girl (12a), Escleyside Hall
Thu	16 March	2.00-5.00pm	Longtown Thursday Club, Longtown Village Hall
Sat	25 March	10.00am-noon	Longtown Village Projects, Longtown Castle (formerly Longtown Village Pride)
Thu	30 March	2.00-5.00pm	Longtown Thursday Club, Longtown Village Hall
Wed	05 April	2.30-4.30pm	Longtown Library, Longtown Village Hall
Wed	05 April	7.30pm	Escleyside Gardening Club: Alpines in the Wild and in Cultivation, Escleyside Hall
Fri	14 April		Clodock: Coffee & Cake in aid of St Michael's Hospice
Sat	29 April	10.00am-noon	Longtown Village Projects, Longtown Castle
Wed	03 May	2.30-4.30pm	Longtown Library, Longtown Village Hall
Sun	07 May		Clodock's Coronation Celebration
Sat	27 May	10.00am-noon	Longtown Village Projects, Longtown Castle
Fri	07 July		Hay Community Choir Concert, Clodock Church
Sat	19 Aug		Longtown Show

Village hall contacts

Craswall Hall Bookings: Janet Watkins 01981 510226 General inquiries: Christine Cleaton, cleatonfamily@btinternet.com **Escleyside Hall** Rachel Pritchard: 01981 510368 rachel.pritchard86@hotmail.co.uk

Longtown Hall Mark Ewins, 01873 860829 www.longtownvillagehall.org.uk bookings@longtownvillagehall.org.uk**Newton Church Room** Mary Powell: 01981 510295 mary.powell37@btinternet.com

Escley & District Sports Pavilion Kirsty, 01981 510682 www.escleysportspavilion.com escleysportspavilion@gmail.com



Golden Valley Safer Neighbourhood Team (SNT) Peterchurch Police & Fire Hub, Hereford HR2 0RU. 01981 550253 PC 3687 Jeff Rouse 07870 150972

PCSO 40025 Simon Hall Contact: 101 ext 4820 - Email: goldenvalley.snt@westmercia.pnn.police.uk