



PLEASE NOTE: APRIL EDITION PUBLISHED 27.3.2020

A message from the Tolsey Surgery: Covid-19 (C19) Update



Your local surgery is still here and we're working hard to support our patients, their carers and our staff. Please read this advice – it's based on the national guidelines and it's really important that we all stick to what's being said.

1. Letters to vulnerable patients

Letters have been sent out to patients identified by the NHS as someone at risk of severe illness if they were to catch C19 because of an underlying disease or health condition which means that there would be a higher risk of being admitted to hospital than others.

The letters said that the safest course of action for these people is to stay at home at all times and avoid all face-to-face contact for at least 12 weeks from 24 March, except with carers and healthcare workers as part of their medical care. This will protect people by stopping them from coming into contact with the virus.

Food and drug deliveries have been organised by a team of volunteers, including collection of prescribed drugs from the Tolsey.

Patients in this vulnerable group need to contact their C19 Neighbourhood Network volunteer and ask if they can collect your prescriptions.

2. Prescriptions from the Tolsey

Patients over 70 years, and those on the very high risk group list, for their own protection, **will not be allowed** to collect their medication in person, they must use the C19 community network group. If your home is outside the parish (eg. Didmarton) we are sourcing an alternative arrangement.

Collection of medication **ONLY** between 10.00am to 12.00noon, and 3.00pm to 5.00pm. We will **ring every patient** when their medication is ready to collect - **DO NOT** ring us to check if yours is ready - **we will ring you**. We have put in place barriers for safe distancing, and a one-way system to avoid unnecessary contact.

PLEASE TAKE HEED OF THESE.

They are there for your safety, and ours.

We are doing our best but, just like the food outlets, requests for extra medication have put our drug suppliers under increased pressure and nationally many drugs are in shorter supply.

PLEASE DON'T ASK FOR MORE THAN YOU NEED AND DO NOT STOCKPILE.

Your stockpile means someone else goes without. Even if you are in 12-week isolation you do not need to order 12-weeks' supply of medication.

3. How you can make the best use of the Tolsey at this time

Our Doctors and Nurses are still working at the surgery but are concentrating efforts on our most vulnerable patients and those who really need to be seen.

We still have to deal with all the 'normally' ill patients as well as suspected C19 cases.

Be thoughtful. Do you really need to see a GP or nurse now or can it wait until this crisis has passed?

The less contact we all have with each other the less the virus is spread.

4. What you should do to reduce the spread and the risk

- Follow the rules in force around **staying at home**. They are in place for good reason. Full details are at gov.uk/coronavirus
- Continue with the advice regarding cleanliness, handwashing and **social distancing**. Every C19 positive person infects 2.5 other people on average – which adds up to over 400 patients in a month. This number can be halved through social distancing which means a single C19 positive patient only infects 1.25 other people, and so only 15 per month. Still too many though. With 75% less exposure, each C19 person infects 2.5 per month and working together we can achieve even less than that.
- **Handwashing**: good old soap and water, vigorously applied whilst singing Happy Birthday twice, is as good if not better than hand gel. You don't need to disinfect everything coming into the house – disinfect yourself routinely and regularly, avoid touching your face at all times, make sure you dispose of tissues and paper hand towels effectively.

Keep checking both the Tolsey website and Sherston What's Occurring Facebook page – we have published videos on how to handwash, on how the virus spreads and how staying home and strict social distancing works, and we'll keep these updated.

Stay safe, stay well, look after yourselves and your NHS. We are all in this together and by following the guidance we and our loved ones will stay safe.

Drs Pettit, Watkins, Harris and Jeffery

Neighbourhood Network

You should have received a letter introducing your local Street Volunteer with the Sherston Neighbourhood Network set up in response to the Covid-19 pandemic. All Street Volunteers will wear a badge with the Sherston Parish Council logo.

If you are self-isolating or vulnerable due to COVID-19 (also known as the Coronavirus), you can receive help with:

- Picking up shopping from Sherston Stores which you pay by internet banking or cheque
- Collecting prescriptions from the Tolsey (as long as no payment needed)
- Posting Mail
- A friendly phone call
- Urgent supplies

This is not an alternative to the NHS or social services; it will simply be residents in the local community looking after each other. Please remember the volunteers and their families have to cope with this pandemic too.

Copy deadline: 10th of the previous month.
Send to editorial@sherstoncliffhanger.co.uk
or hard copy to Sherston Post Office Stores.

What's On: contact Caroline Moore on 841405 or info@sherstoncliffhanger.co.uk

The size and content of the Cliffhanger depends entirely on the amount of copy we receive from individuals and groups. So, if you feel you have something of interest, please don't hesitate to tell us. Around 400 words would be a maximum but the shorter the better and less editing would be needed.

Top tip: if you're telling us of an event coming up, write a short piece about it rather than just supply basic details or a poster. You will then get a short article published to help boost interest as well as a mention in our What's On section. Don't forget to tell us how your event went, with a photo if possible.

To advertise, contact:

Tahiti van Rooyen
advertising@sherstoncliffhanger.co.uk

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for one month:

1/4 page £80; 1/8 page £50; and 1/16 page £30

Inserted leaflet drop £100 max size A5

Whilst every effort has been made to ensure the accuracy of advertisements contained in this publication, Cliffhanger cannot accept any liability for errors and omissions. Inclusion of an advert should not be taken as an endorsement by Sherston Parish Council.

Please remember the Cliffhanger is delivered free to every home and business in the parish – more than 1000 copies. This and all previous editions are also available online at www.sherston.org.uk

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NB: The most up-to-date advice for anyone who has recently travelled abroad or who is experiencing a cough, or a fever, or a shortness of breath can be found at www.nhs.uk/conditions/coronavirus-covid-19

Covid-19 is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (keep a distance of 2 metres). Wash your hands regularly. Items should be left on the doorstep.

If you have not received a letter or no longer have it, please contact Caroline Moore on 07876 598066 or caroline@carolinemoore.co.uk

If you are not a vulnerable person nor self-isolating and would be prepared to help a householder in this way, please let Cllr Martin Smith know on 07500 860025 so that we can increase the number of volunteers.

Sherston Parish Council

In these extraordinary times it is wonderful to see the vibrant community spirit of Sherston shining through the fog of COVID – 19.

We give a huge vote of thanks to Martin Smith, Caroline Moore and Nic Fisher for activating and organising a team of around 100 "Street Volunteers" who between them will have contacted every house in the Parish, with a name and telephone number for help and advice. Many others have helped to launch this initiative so quickly and we are all very grateful. No mean feat, and hugely reassuring for everyone.

The Tolsey Surgery, The Post Office and The Co-Op Store are making herculean efforts to keep our community going. They need our support and we must all abide by their rules.

At the time of writing The Rec and Sports Field are open but only as open spaces. The play equipment, the tennis courts and skate board park are closed.

Nationally, instructions and regulations are being issued with great regularity, and we must all take heed and obey them.

If we all work together and support each other we shall pull through all of this..

Sherston Senior Club

On 18 February, Laura Heenan gave us a very informative talk on her 'Adventures in Japan'. This was Laura's first talk and was delivered in a very clear and professional manner. Laura had learnt the Japanese language and even sang in a choir. She made her stay in Japan very interesting to us all. On 3 March we were transported by Bob's music to Nashville in America for all our favourite Country and Western songs. Bob is a very professional entertainer engaging easily with his audience. Everyone was delighted by this former X Factor and Britain's got Talent contestant.

As with other groups, our next meetings have had to be cancelled, but please contact Helen Quirk for any further information on 840516. Visitors are always welcome to join us for £2.00 which includes refreshments.

Sherston Local Businesses with Home Delivery/ Collection Services

Information correct at date of publishing (27.3.2020)

In addition to supporting Sherston Stores, here are some of the local business who can supply Sherston (at time of going to press) .

Please note that these are all subject to change and some have been set up in great haste, so please bear with them.

FOOD

Takeaways from The Carps

6-8.30pm every evening but might change due to supplies getting through, card payments and deliveries to the door and left outside, 840665 or 07506730349.

Courtyard Café Veg Boxes

Boxes for fresh vegetables and fruit, and other staples. Incl 3.5kg fruit box £10, 8kg veg box £16, 4kg veg box £10. Call on 841433, or 07813877509 <https://lucytom.com/collections/veg-boxes> Subject to supplies coming through and items may vary. Order by noon for collection the following day, in the afternoon. Orders placed Saturday - Sunday will arrive on Monday. Please leave a contact telephone number at the checkout, or we will be unable to process your order. collection from Lucy Tom's at Tuck's Yard. Please call to discuss social isolation requirements, including delivery within Sherston village.

Michael Thomas

Fresh meat – all types, sausages, dry cured bacon, cooked meats, pies and pasties all freshly prepared by us in addition to a range of pâtés, olives and over 80 cheeses!, cheese, bread. Please order before 3pm for delivery that day – all subject to availability. Closed Sunday and Mondays. <http://www.michaelsbbd.co.uk> Call 823981 or Hello@michaelsbbd.co.uk

The Royal Ship, Luckington

VILLAGE SHOP

Whilst allowed we are open for business supplying fresh produce – Hobbs Bread, Sherston Eggs, Fresh Meat, Fruit & Vegetables. You can call us to place an order up and collect.

VILLAGE PUB

We are offering a takeaway reduced menu with a couple of specials between the hours of 12 noon – 7.00 pm These need to be pre ordered and collected from the front of the pub at the allocated time – wait in your car and payment can be made by card. Luckington only: deliveries to Luckington householders self-isolating.

The pub can be reached on 840222 or at helen@oldroyalship.co.uk

DRINKS

June's Wine shop

Wine, beer, spirit and mixers for collection at the door of June's shop, opposite the Holy Cross church. Call June with your order on 07967 803088 and collect from the shop Tuesdays 2-6pm, Fridays 10-1pm and 2-6pm and Saturdays 10-1pm. It is a legal requirement that the sale of alcohol can only be to a person over the age of 18.

Neil @ Balcony House

New doorstep delivery service of a limited range of wines and spirits to local villages – Sherston, Luckington, Grittleton, Easton Gray, Didmarton, Badminton, etc. The service will be guaranteed delivery within 48 hours. It's not

an online service, that will come later in the year, please email neil@balconyhousecellars.co.uk for an order form. Everyday wines, Spirits, Mixers, and Cordials. minimum order of 6 bottles or £50 for free delivery- normally £7.49. If you're interested in vintage wines, please contact Neil on 07976 776359 and he'll send you our extensive list of over 400 wines and ports. It is a legal requirement that the sale of alcohol has to be signed for by a person over the age of 18.

GARDENING

Hortico <https://hortico.online>

Hortico is a retail plant nursery in Sherston. Delivering to Sherston, Malmesbury and surrounding villages - SN16, SN14 6 and GL8 8 postcodes. The website is our attempt to continue to provide for local gardening needs through the 'lock-in' and we are adding more items all the time – shrubs, plants, bedding plants, perennials and compost and vegetable plants. There is a £10 delivery charge if you spend under £30 but we are happy to waive this for orders in the village with the code "friendofhortico" at the check-out. 07887 508880

HEALTHCARE

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TAKEAWAYS FROM FURTHER AFIELD

Spice Merchant, Malmesbury (delivery to Sherston on orders over £30) Tel: 823330

Somerford Arms (takeaway menu, free delivery to Sherston) Tel: 826535

The Priory Inn, Tetbury (takeaway menu, veg boxes, fruit boxes, meat boxes and some store cupboard essentials - £3 delivery charge for Sherston) Tel: 502251

Tetbury Stargazy (£3 delivery charge for Sherston) Tel: 500690

Sherston Holy Cross Church

You may have heard that the church is now locked for the duration and, along with that news the church clock, which was due to have a new regulator fitted, has been stopped.

Also the proposed roofing works has also been postponed.

I'm not sure when the last time our church was locked with no services, certainly not in my lifetime. Reformation perhaps? If you need to speak to a member of the clergy please speak to:

Rev. Elveen Mead: 01249 325164,

Rev. Susan Harvey: 840696,

Roger Whitehouse

Thank you, Sherston

To all the wonderful, kind people of Sherston who have given so generously to the south aisle roof fund, I want to send you a heartfelt thank you from Holy Cross Parochial Church Council (PCC). When we decided to appeal to you for help, we believed that our community supported us in wanting to see the church continue to stand at the heart of the village, ready to serve as it has for centuries. Your response to that appeal has more than justified our faith in you. The generosity of the donations has been overwhelming. A large number of people have given amounts both large and small and we value every gift equally, each one representing someone's wish to help repair the church roof by giving as they can. As I write, several thousand pounds have been raised and, with a large part of this being gift-aided, there will be reclaimed tax to add to the total.

We are now about three-quarters of the way towards raising the money we need. The local appeal is still open and we have one large grant application in the pipeline, as well as several smaller ones. Moving forward in faith, the PCC has already commissioned the work on the roof. Thank you again for responding to our appeal

Sue Robinson, Churchwarden, Holy Cross Church

Elizabeth I talk: POSTPONED

Roger Ashley's illustrated talk, 'Queen Elizabeth I as seen by historians, artists and film makers' in aid of the South Aisle Roof Fund, Holy Cross Church, has had to be postponed due to the coronavirus.

Lin's marmalade is ready!

At the time of writing, due to unkind weather, I have been unable to sell my marmalade outside the shop, and there is still some left. If you would like to buy some, please ring me on 840846. As in previous years, proceeds will go to local charities.

Lin Prior

To all Parish Life magazine subscribers

Unfortunately, the April issue of the Parish Life will not be delivered to your door but will be available to read and download from the Gauzebrook Group's website: <https://sites.google.com/site/gauzebrookchurches/home>

Thank you for your understanding.

WI Report

theWI
INSPIRING WOMEN

Well, were you surprised on Thursday 5 March to see a couple of well-dressed Georgians walking down Swan Barton? Sherston WI members were entertained by Franchesca and John Caton who came dressed in costume to show us slides of them attending various balls, weddings and house parties both in this country and abroad. All materials are authentic and the costumes beautifully made by Franchesca. The members were able to admire other costumes on mannequins, along with beautiful hats, gloves and shoes. John also showed off his long silk hose bought from Anne Summers along with a clever collapsible cage that he had made for when travelling with gowns requiring bustles. The competition for the month was a decorative brooch and this was won by Alison Atkins.

Our forthcoming meetings have been cancelled.

Cider with Rosie: POSTPONED

It is with regret that Sherston Drama Group has postponed its production of Cider with Rosie until Spring 2021.



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Holy Cross Church Clock

You may not have noticed that our lovely and, I believe, much appreciated church clock on Holy Cross Church tower has been underperforming recently, in fact since before Christmas. The clock has been slow and losing two/three minutes per day and, were it not for our now much fitter Verger, Roger Whitehouse, going up the tower to the clock chamber every two or three days to adjust the winding, it would have stopped some time ago. We have had the experts, The Cumbria Clock Company who service the clock annually, out to inspect the clock and the problem is that the automatic self-winding and regulation mechanism which controls the clock and picks up the time from the atomic clock is no longer picking up the signal because the electrics have failed. It was actually The Cumbria Clock Company who developed this mechanism which keeps the clock regulated to within 160 seconds per year and also automatically makes the summer/winter time changes by stopping the clock for one hour or 11 hours. Before this it required someone, probably Roger, to do this by hand and be available to do so.

Unfortunately, the mechanism cannot be repaired because the replacement parts are not available as the design has changed and the only answer is to replace the whole mechanism! This was not good news as it will cost £1,920 to replace and this on top of the £50,000 plus we are in the process of raising to replace the roof over the south aisle and porch.

Some of you may be aware that Peter Sidebottom, who then lived in the village, paid for the complete refurbishment of the clock and installation of the automatic winding and regulating system in memory of his son Harry, who was tragically killed in a car accident in September 1999; indeed there is a plaque to commemorate this in church as near as possible to be directly under the clock.

The wonderful news is that Peter and his wife Debbie have kindly paid for the replacement winding and regulatory mechanism and our clock will soon be keeping perfect time again. The Parochial Church Council of Holy Cross Church Sherston would like to express their deepest gratitude to Peter and Debbie for their generosity and I am sure all in the village would wish to do likewise.

Pam Pickthall, Churchwarden

'Sherston Brick Club' British Schoolroom

Brick Club and Cuppa,
Cake and Chat have been
suspended until further
notice.



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Sherston Village Hall - 300 Club

We have completed our collection of the 2020 subscriptions and below are the prizes for three months' draws.

Thank you to everyone who has continued their membership, and to those who have joined this year. Sadly the number of members has fallen, which means the monthly prizes have had to be reduced by £1 each.

It is never too late to join, so if you would like to support the Village Hall, for only £6 a year, please phone Lin Prior on 840846 for more information.

January 2020 Draw

1st	274	Martin Hatcher	£12
2nd	113	Olwen Wilson	£11
3rd	185	Joy Smith	£10
4th	59	Dawn Smith	£9
5th	266	Claire Robinson	£8
6th	160	Marion Gee	£7
7th	137	Richard Langley	£6

February 2020 Draw

1st	176	Andy Tremellen	£12
2nd	118	Tony Weedon	£11
3rd	156	Paul Jarvis	£10
4th	3	Jo Richardson	£9
5th	252	Richard Maslen	£8
6th	64	Gill Ashley	£7
7th	179	Mary Johnson	£6

March 2020 Draw

1st	265	Paul Robinson	£12
2nd	318	June Godwin	£11
3rd	80	Duncan Milne	£10
4th	327	Lynda Robbins	£9
5th	267	Alan Williams	£8
6th	76	Sue Froggatt	£7
7th	107	David Hillier	£6

A big thank you to our collectors who braved all weathers to collect the subs.

Collectors: Anne Andrews, Mary Goulding, Pat Moody, Rachel Moody, Lin Prior, Margaret Thacker, Judith Woolliams, and Jill Woodward.

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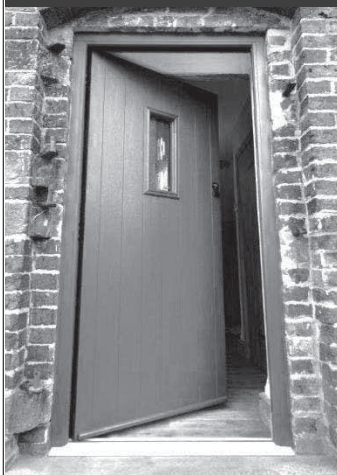
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Our bodies were made to move

Love later life

Whilst some of you are in social isolation or social distancing it is still important to keep moving, whatever your age.

We're always told being active is the secret ingredient to health and happiness. But for some of us, just walking up the stairs is hard.

Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you.

How much physical activity do you need?

Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility, should try to be active daily.

It's recommended that adults aged 65 or older do at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Some activity, however light, is better for your health than none at all — you should aim to do something, no matter what your age, weight, health problems or abilities.

Below are some activities that could help you.

Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

- Sit on a chair without arm rests, with your arms across your chest.
- Lean forward.
- Put your weight on your feet while leaning forward.
- Stand up by straightening your knees. Sit down again.
- Repeat this as many times as you feel able.
- Try to do this exercise 3 to 5 times a day.

- * Will Writing & Estate Planning
- * Lasting Powers of Attorney
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Call Goodwills on 01666 744002 for further information or to arrange an appointment

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
- Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
- Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
- Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

When you find exercise difficult or aren't sure how to be more active, walking is a great activity. A daily walk, even if it's just a 15-minute stroll, is good for you.

A little every day

Don't feel that you have to take a long walk every day. It's better to make walking a part of your everyday routine. If your pace makes you feel a bit out of breath, but you can still hold a conversation, that's ideal. But if that's not manageable for you right now, any kind of activity is better than nothing!

To fit in a walk every day, you could try:

Choosing a favourite landmark in the village or surrounding lanes. Set yourself a goal of walking to the landmark and back. For example, to the church and back, or around the block.

It is safe to go outside and walk, just keep the recommended two metres between yourself and those you meet on the way.

Set yourself a time once a day to go for a walk to make it part of your daily and weekly routine.

Take part in our Sherston 'Bear hunt' or 'Rainbow search', go for a walk and look out for the bears or the rainbows. How many did you spot?

Or join in by placing your bear or rainbow in your window.

Please abide by the latest Government advice.

Space for trees?

In these challenging times, our wonderful village is coming together to look after each other and our community and green spaces have become more important than ever. The groups that make up Sustainable Sherston are still working hard behind the scenes (via online meetings) to help Sherston make a difference to our planet too. Happily improving our local environment by planting trees is one of the key things we can do. Planting billions of trees across the world is one of the biggest and cheapest ways of taking CO₂ out of the atmosphere to tackle the climate crisis. The Woodland Trust has said we need to plant at least 1.5 million hectares of trees, which is around the same land area as Yorkshire! This may sound like a lot and they are looking to communities like ours to achieve this target. We are working with the Parish Council and Wiltshire Council to identify areas of land to plant and we are aiming to plant hundreds (if not thousands) of trees this autumn. But we need more land! Do you have a garden, a field or farm which we could plant trees on? If you can offer a space for a tree - or maybe even a few hundred trees - please email Richard Skeffington: r.a.skeffington@gmail.com. There are thoughts on exciting ideas such as community orchards and extending current woodlands. Look out for more details on planting plans in future issues.



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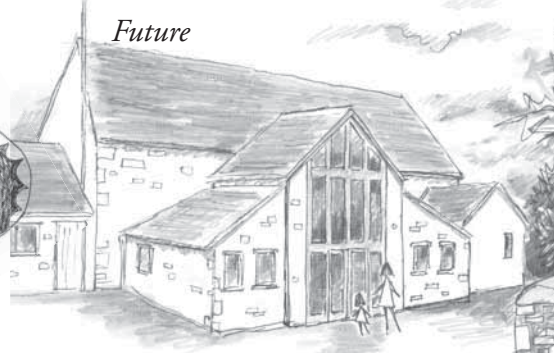
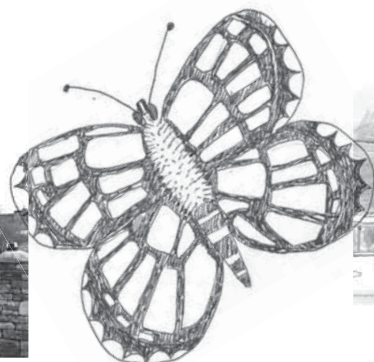
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Sherston Village Hall Information Day: POSTPONED



We are really sorry that Sherston Village Hall Information Day, due to be held on Saturday 4 April, will have to be postponed; we hope to be able to hold it later in the year. However, we are applying for National Lottery funding and need to show that the village community supports this project, so please see below to find out how you can show your support.

The proposal, as announced last month, is to make wallhangings for the new entrance hall, featuring masses of butterflies, each one will represent a £25 donation. Each butterfly will have alongside it your name, a child's name or someone you wish to remember. You can sponsor any number of butterflies. All of these donations will be added to money raised by other means (grants, events, etc.) to make this project happen. The wallhangings will be made at the completion of the project and donors will have the opportunity to share in the creation.

Please make a donation towards the project. There are various ways to do so:

Pay by BACS to the Village Hall, making sure you tell us your name. (Village Hall Bank account; Lloyds Bank sort code 30-12-04; Account number: 01406463).

Put your donation (cheques made payable to Sherston Village Hall), in a named envelope and deliver to Yew Tree House, Cliff Road, Sherston SN16 0LN.

Very importantly, the Village Hall is a registered charity and we can claim Gift Aid on your donation if you are a tax payer. There is a form below to fill in your details, which we need in order to claim this back. Please fill this in and add to your donation to the above address.

Visit the website www.sherston.net/village-hall for any further information, or email heather@geoffmartin.plus.com or bensmee@zoho.com.

This event will take place later and you will be encouraged to donate then, but please do it now if you can.

Simon and Garfunkel through the years Concert: 21 May

This event has been cancelled but we are really hoping that it can be arranged for a future date.



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Gift Aid Form for Sherston Village Hall:

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Coronavirus: COVID 19 - Don't Panic!

It's in times of emergency that a community comes together to help each other. I am writing this in mid March and already many people have offered to help others wherever they can to get through this pandemic. Who knows what the situation will be by the time you read this, it may all be over!

Advice being given nationally and it is changing daily in response to the situation. At all times respond to this, but maybe a few ideas on what can be done locally:

- If you are in isolation please keep in touch with someone who is able to look out for you, a relative, friend or neighbour.
- **Food.** Again, keep in touch with someone. At present the main supermarkets are aiming to continue to offer home delivery so try online shopping. If you don't 'do' online, maybe a neighbour or friend can help? [Many local village shops are also offering home delivery, just give them a call to ask.]
- **Medicines.** As I write, Boots are now offering free delivery of medication to anyone who is self-isolating. Simply call your usual branch to request the supplies you need.
- **General.** Many clubs and activities are likely to be closed by the time you read this and maybe people will be working from home to avoid spreading the virus. This can lead to feelings of loneliness, perhaps more so in these anxious times. Consider phoning a neighbour or friend to have a chat. For many living alone, it could be the only human contact they have that day.



Many of you will have seen this message over social media etc. If you feel that you would like to participate, please do, but PLEASE take care of yourselves too and take all precautions for your health

Please keep up to date with national guidelines, this is only guidance as at time of writing - 16 March.

Remember, you are not alone, help is around, simply ask!

Ellen Blacker:
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Sherston Boules Festival - website now open for local entries



Sherston Boules Festival will take place on Saturday 11 July this year. Founded in 1986, the event will once again feature a fantastic day of competition, including a junior, colt and main tournament. Festivities will be helped along by the many stalls, cafés, bars and entertainment to make it another great day for all the family.

The first phase of entries is now open to local residents of the five parishes of Sherston, Luckington, Alderton, Norton and Easton Grey. Entries will close on 8 April, or at an earlier date if the allocated number is reached. This will be followed by the second and final phase, open to all comers, soon after 8 April (date to be confirmed) and will remain open until the event total of 128 teams has been reached.

Please enter via our website at www.sherstonboules.org. Places are likely to go quickly, so get your entry in as soon as possible!

The Festival will also be marked with a variety of other events over the week running up to Boules Day and our now famous Duck Race is planned for Sunday 13 July. Please keep a lookout for more information in the coming weeks.

Anyone wishing to support the event via sponsorship, taking a stall or lending a helping hand please contact us at info@sherstonboules.org or via Facebook or our website www.sherstonboules.org



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Saturday 30th May
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Sunday 7th June
 Tote bag making

Malmesbury League of Friends donates £25,000 to Wiltshire Air Ambulance



Malmesbury League of Friends (MLOF) has donated a second sum of £25,000 to Wiltshire Air Ambulance (WAA).

For part of last year, the charity had to lease a helicopter after its Bell 429 aircraft was grounded for technical reasons. The cost of the lease exceeded £100,000, which was not budgeted and therefore made a major impact on its finances.

Nevertheless, it still undertook its most missions since the Melksham-based WAA became a stand-alone air ambulance, with no direct government funding, in 2015. According to the latest figures, last year it undertook 1,233 missions, with 920 via its rapid response cars and 313 by helicopter. More than one third, 479, were carried out at night and 23 took place in the Malmesbury area.

One of these, Rick Dalglish, 73, a former airline pilot, who lives with his wife Jean in nearby Charlton, suffered a major cardiac arrest in August and was airlifted to the BRI in Bristol where his life was saved.

MLOF chairman David Hide said: 'This is the second sum of £25,000 we have donated to WAA, which carries out such important work in Wiltshire and surrounding areas, and continues to be supported entirely by voluntary donations. We are delighted to have contributed towards the additional and unexpected cost of leasing another helicopter and so enable the WAA to continue with its vital work.'

Barbara Gray, Director of Income Generation and Communications for the charity, said: 'We are so grateful for the continued support of the Malmesbury League of Friends and their generous donation of £25,000 towards the additional costs we incurred by leasing a replacement helicopter last year.'

'In our rural county, our helicopter can reach locations which are inaccessible for land ambulances, enabling our critical care team to treat seriously injured or unwell people in a timely manner.'

'On average, we are called to three incidents a day in our helicopter and Rapid Response Vehicles (cars). These have the same specialist medical equipment that is on board the helicopter, so when one is unable to fly, we can still provide gold standard medical care to patients.'

Sherston Open Gardens Weekend

This event was due to take place over the weekend of 6 and 7 June. Very reluctantly, we will have to either cancel or postpone it. The church relies on the money raised over the weekend for essential running costs and repairs, so if possible we would like to plan to have the event later in the year, maybe early September. We hope that by that time we may be free to move around as normal and people will also be keen to visit our lovely village and its gardens. Many of us who are keen gardeners will in fact have much more time to spend sowing, growing, and weeding this year. If you would like to have the goal of opening your garden as part of the scheme, you might think of plants that will be in flower later in the summer. As we all move through this very difficult time, we need to focus on good things, and our gardens can play a big part.

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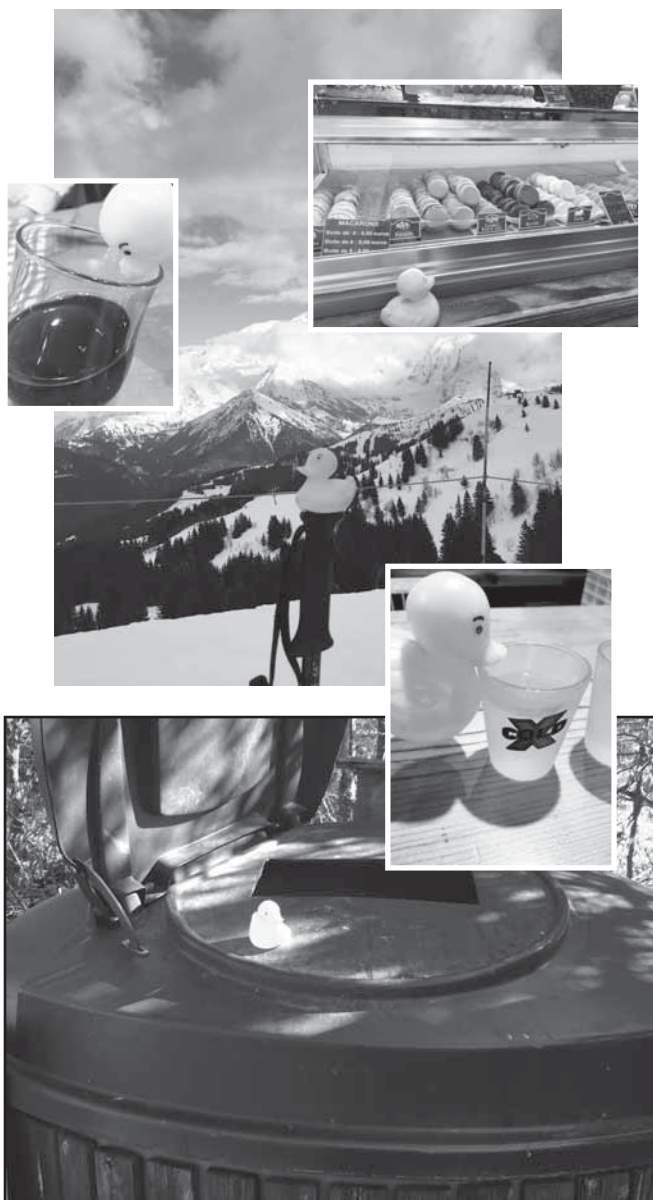
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Duck Travels: King Bob's adventures

With Italy already in lockdown and before France went the same way, King Bob Jnr the 1st decided to take a quick skiing trip to St Gervais, at the foot of Mont Blanc, in early March. Frustrated by the slow chairlift, he thought he'd fly up the mountain, but at 168 his wings aren't what they used to be and he suffered somewhat of a crash-landing. Nothing injured other than his pride though - and that wasn't anything a quick class of red couldn't fix, especially with a limoncello chaser! Much as he had fun on the pistes, it was the après-ski that King Bob really enjoyed, particularly a relaxing dip in the town's fountain! King Bob also enjoyed a daily trip to the pâtisserie and, happily, just managed to squeeze in one last bottle of vin rouge before the country's restaurants had to shut down. Taking a leaf out of Eco Duck's book, he made sure he stopped off with his recycling before heading back to the airport.



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References available on request



North Wiltshire Villages Flower Club

It was lovely to escape the gales and downpours by spending an evening enjoying the colourful sight of a profusion of beautiful flowers at our February meeting. The demonstrator, Carol Norman, had overcome many obstacles and travelled from Bournemouth to be with us that evening. We were so glad she did since she created several stunning arrangements and kept us thoroughly engaged and entertained. The theme was 'Two of a kind' in which Carol used pairs of matching containers to showcase how these could be used for two very different styles of arrangement. These lovely arrangements were then raffled with some very lucky members taking one home. During the evening we also held our 'Best Bloom' completion to raise funds for charity.

In light of the Prime Minister's recent announcements, the Flower Club has cancelled all meetings and events for the foreseeable future. However, we are hopeful at this stage that our Salisbury Cathedral Flower Festival coach trip on Tuesday 15 September will go ahead, so 'Save the Date'!

For more information please visit our Facebook page - North Wiltshire Villages Flower Club - or contact Liz on 860888. We can also be contacted by email - nwvflowerclub@gmail.com

Grittleton Plant and Spring Fair: Statement from Action Medical Research

It is with great regret that we have decided to postpone the Grittleton Plant and Spring Fair, due to be held on 25 May. Following government advice, and wanting to ensure the safety of everyone who supports Action Medical Research by attending this fair, we feel this is the right step to take. Thank you for your understanding.



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Moviola @ Grittleton Village Hall:

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Sherston Emergency Response Coordinator
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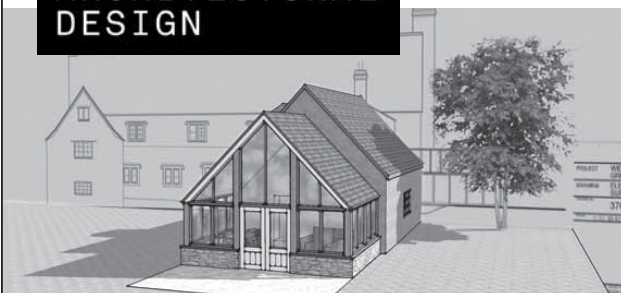
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Malmesbury Secondary School	01666 829700
Malmesbury Youth Centre	0799 0908550
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