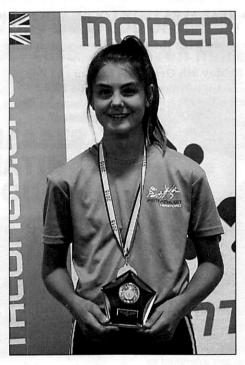


### Multi-talented Lottie is a winner!



Proud moment and a great achievement - Lottie with her award for U18 Female Sports Personality.

Twelve year old Suckley schoolgirl Lottie Trevethan was the proud winner of the U18 Young Female Sports Personality of the Year at The Malvern District Hills Sports Awards last month for her achievements in Modern Pentathlon. Modern Pentathlon is a multi-discipline sport that consists of five contemporary and diverse disciplines of fencing, swimming, riding plus a combined run and shoot.



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Above, Lottie on the 'attack' with her fencing coach.

Right: taking aim in the shooting discipline - using electronic targets.



Lottie only took up the sport 18 months ago which makes her achievement all the more remarkable.

Lottie is one of the youngest people on The England Talent Training Programme and is currently ranked in the top six in Great Britain for Modern Pentathlon despite having to compete in the U15 age category against girls several years older than her. She has a top 20 World Ranking in Biathlon (a swim and run) and has qualified for five British Championships in the last 10 months.

Lottie is the current District and West Mercian U13 Cross Country Champion and is a county level swimmer. Lottie is now waiting to hear if she has been shortlisted for the Herefordshire and Worcestershire sports awards that are being held later this year.

Thank you to Imogen Trevethan, Lottie's mum for writing in and we wish Lottie the very best of luck and look forward to hearing about her future achievements.

### Broadband - are we any closer to being superfast in Suckley?

BT Openreach workers have been working in Longley Green during September cleaning the pipe runs and blocking them where necessary to allow installation of fibre-optic cabling. This followed initial survey work earlier this year. The workers were not "in the know" regarding timescales or the extent of further work, but it's clear from the scale of work being undertaken and the new cabinets by Damson Way that high-speed broadband will be coming to at least parts of Suckley in the not too distant future.

### Warning on phone scam

A phone scam in which a caller - usually with a heavy Indian accent - claims to be from Microsoft and has detected issues with your PC has reached the 01886 code area. Any unexpected caller claiming to be from Microsoft should be assumed to be a fraudster hoping to extract bank details from you or gain access to your PC by you allowing "remote access" to it. The latter enables a fraudster to access numerous items of potential interest stored on your PC such as bank account details and passwords.

Such fraudsters tend to work through phone numbers sequentially, so it's likely other numbers in the 01886 area will be called. If you are called, simply replace the receiver. If you do reveal any details or allow "remote access", contact the police using 101 immediately. Also disconnect your PC from the internet and seek reputable help. If you have caller ID, the number shown may be a US one from an internet handling agency in Charlotte, North Carolina being used as a "passthrough" by the fraudsters. Typically the number is 001 980 236 7xxx.

### Liz Lewis is off to South Sudan

I have always felt a motivation to use my training as a doctor in resource-poor parts of the world. This sense of calling has increased as I have continued to learn more about the world and its inequalities. Also as I have spent time working overseas, including six months working in public health in townships in South Africa and a couple of visits to work in Kisiizi Hospital Uganda.

South Sudan is the world's newest country, having gained independence from Sudan in 2011 following decades of civil war. However, it is also one of the most troubled places in the world, since the formation of South Sudan did not end the ongoing conflict. There is also no real infrastructure or health service. In addition, displacement of people has meant that crops are not planted, hence famine is an ongoing threat. As a result, South Sudan has some of the worst health indicators in the world.

I will be working in a refugee camp of 40,000 people in a county called Maban, in the north-east. It is an otherwise rural area, a couple of hours flight from the capital, Juba. The refugees are mostly Muslims and have fled ongoing armed violence in their home villages in Sudan, north of the border. Within the camp they face continued insecurity and food shortages as well as outbreaks of disease.

Medair is a disaster-relief charity, which aims to provide emergency relief in some of the world's most remote places. In the refugee camp, Medair is addressing essential healthcare, nutrition, shelter, water and sanitation needs. I am a GP by profession and my role there will be as a Health Manager, helping to run the four clinics within the camp and supervising and training local staff within them. I will be living with a team from Medair in a base composed of tukuls (mud huts) just outside the refugee camp. Fortunately the weather is sunny, with typical temperature in the mid-30s.

# Suckley Newsletter

Do you have hidden talents? Are you bursting with great ideas? Are good at writing a story?

### We need your help

The Suckley Newsletter can only keep going with your help.

If you have a spare half hour or two a month (doesn't have to be every month) then please get in touch with Hilary on 01886 884355.



Before newsletters and parish magazines, catching up on local news and events took place at the various pubs and off-licences that were dotted around the village - like this one at Seville House. No doubt they were more cheerful after a few pints from those barrels! (Photo sent in by Garth Lowe.)



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### Roots, shoots & leaves

A garden commentary by the garden rover (& two dogs)

The garden, by design, is concerned with both the interior and the land beyond the garden.

Stephen Gardiner. 1924-2007

As the days become shorter and the evenings cooler, we can look forward to nature's blaze of glory, turning the woods and hedgerows red and gold: autumn's russet patchwork. Cool, misty morning air, mellow evenings scented with ripening fruits, the earth sighing with another year's bounty, preparing for the cool, quiet, still repose of winter before the cycle moves again into growth.

Still, there is plenty to do, plenty to think about, and as the leaves fall, pause to consider your garden. What worked this year, and where were the failures? Have some plants died, or not flourished? Work out whether the soil conditions are suitable and the situation is appropriate. It may be possible to improve the properties soil with organic matter, but if the site is too windy/dark/light, or the wrong pH for the species chosen, it will always be an uphill struggle. So, don't fight against nature: pick plants that are programmed by their source of origin to thrive under set conditions. If there are plants you really cannot do without, grow them in pots.

Take a look at the backbone of your garden: trees and shrubs, deciduous and evergreen. Do they provide enough shelter and interest all year round? Are they overcrowded or maybe there are gaps where something has died. Consider carefully before replacing plants: the right plant in the right place. It may be that the old plant died because of a pathogen, some fungus or bug, so check for any relevant signs before setting off for the garden centre.

This skeleton of the garden sets the tone and style of the garden, whether formal or natural. From Lancelot 'Capability' Brown and Gertrude Jekyll, to Dan Pearson and Andy Sturgeon, studying garden designers can inspire us to create the type of garden that fits into the space we have, but can be changed and adapted to suit our own evolving needs. As time goes on it may make life easier to re-design in more labour-saving devices, such as applying bark to borders or planting ground-cover plants to cut down on weeding time.

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It is useful to think about the foot-fall in your garden. Maybe the route you take to the compost heap or whatever, could do with a path; possibly the shrubs and herbaceous plants need curtailing as they snag or soak your clothes as you pass. Do not be afraid to shift things about, so they fit in with what you need. If something has grown too big, prune it boldly: most plants tolerate rough treatment. Or just dig it up.

So while you are thinking about all that you must press on with gathering the remaining fruits and vegetables for preserving or storing, plus any more seeds you may wish to save.

Continue to collect leaves. Piles of leaves attract slugs and snails, and with rose leaves, can harbour black-spot spores amongst other fungal infections such as botrytis and mildew. It pays to be tidy, and burn affected material as oppose to composting it.

Cut the lawn less frequently and higher. If you haven't already, scarify with a rake to remove thatch and moss. Top-dress and re-seed any bare patches. Tidy the pond again, and net to prevent falling leaves clogging the surface. Prune large shrubs like Buddleja and Lavatera, reducing by half to avoid rootrock, which may cause a hole to open at soil level. This could lead to stem rot, or if water freezes at the base of the plant further damage.

Finish pruning climbing roses and tie in. Lift and divide perennials, except the late flowering types, which are best left to spring. Replant new pieces with plenty of organic matter and bone-meal, and water well. Dividing regenerates the old plant, produces new stock for yourself in case of loss, and you can give away plants to friends and good causes. Certain perennials, herbaceous geraniums being a fine example, have a habit of sneaking up and taking over the border, so be vigilant and ready to go in with your spade.

Lift, dry and store bulbs, corms and tubers, like dahlias, gladioli and cannas. Then plant tulips and other spring flowering bulbs: it's the ideal time to plant lilies. As a general rule, most bulbs are planted at a depth of 2-3 times their own depth. Pot up half-hardy fuchsia and water through winter sparsely, just enough to keep them alive.

Make a start of digging the vegetable plot, especially in clay soil: the winter weather will help break down the soil. Add the contents of the compost heap or leaf mulch for further soil improvement.

The last of the runner beans should be picked, leaving some pods on the plant to ripen, ready to be stored in a cool, dark dry place, ready for next year. When cutting down the vines, leave the roots in the ground, as, all legumes, including peas, return nitrogen to the soil. Next year, use this plot to plant a hungry crop such as any brassica.

Finish lifting, drying and bagging potatoes. Use paper of hessian sacks, and store in a cool dark place. Remove yellow leaves from sprouts. As cauliflowers develop, snap leaves over curd to protect from weather and keep it white.

Finish planting garlic, spring cabbage and onion sets. Sow broad beans and cover with a cloche or fleece to protect from mice and frost. Prune blackcurrants, if necessary, when the leaves have fallen. Cut back raspberry canes that have fruited.

As we ease into November, cheer yourself up by ordering seed catalogues in anticipation of things to come. Now is the time to clean bird boxes and insulate pots or take them under cover. Service pond pumps and stop feeding fish. Start cleaning tools and machinery to keep everything in good working order.

Take hard-wood cuttings of shrubs, trees and roses. Find a quiet corner of the garden to heel them in, and wait. Or put them in pots and keep in a green house, watering very sparingly. Plant bare-root stock and new hedges: bare root plants are much cheaper than container grown.

It is tempting to ignore the garden as we move into the cold months, but there is still plenty to do, and some light and exercise will do you the world of good: it is uplifting to stand in the winter sun and admire a well-dug plot, before planning next year's projects over a cup of tea and a toasted tea-cake.

Happy gardening.

### **Village Hall News**

LOVE LABELS - 17th October at 7.30 pm.

Entry costs £5 to include a glass of wine (or squash) and nibbles.

Come and enjoy browsing round the numerous rails and re-vamp your wardrobe at a fraction of the cost. There will be plenty of children's clothes too. If nothing else, come and see the ladies of the Village Hall Committee strut their stuff as they model some of the garments. No size zero models here!

CHRISTMAS FAIR - 28th November starting at 11.00am till 1.00 pm.

NEW YEAR QUIZ - 30th January, 2016

Make a note in your diary to join us for an evening of fun and socialising.

#### **ART GROUP**

After a summer of wielding our paint brushes, the group managed to put in 14 paintings for the Art section of the Alfrick Show. There were more lovely paintings than usual and competition was stiff so we were delighted to be awarded a first, second and a third. One of our members also won the Jubilee Cup. This is the second year running that the cup has been won by a group member. We are delighted that we are able to put up a decent performance against some really excellent local artists.

We still meet on Monday afternoons from  $2-4\,$  pm if anyone feels they would like to join us.

Carol Boughton. suckleyvillagehall@yahoo.co.uk

### Slow roasted pork ribs with caramelised apples

Another cracking (or should that be crackling!) recipe from Patrick McDonald, just right for a lazy Saturday afternoon when the weather turns chilly.

### Recipe for four portions

4 x portions of ribs approx. 1kg
2 x cloves of garlic (crushed)
4tbsp x Worcestershire sauce
2tbsp x olive oil
4 apples (cored and quartered)
6tbsp x greengage preserve
Salt and freshly ground black pepper
Mash potato to serve

Preheat oven 175°C, 350°F, gas 4.

- 1. Mix together the greengage preserve and ½ of the garlic, then pour over the apples.
- 2. Mix the rest of the garlic, olive oil and Worcestershire sauce and brush on the top of the ribs. Place the ribs into the oven and roast slowly for 35 mins.
- 3. 15 minutes before the end of the cooking time arrange the apples in the greengage preserve around the ribs.
- 4. When cooked remove from the oven placing the ribs on top of a bed of mash and arrange the apples around.

### What's on, what's happening in and around Suckley

### Suckley Village Hall, LOVE LABELS on 17th October at 7,30pm Our next big event is the return of LOVE LABELS. Their visit last March was a great success so we are giving those people who would have liked to attend and couldn't, a chance to enjoy the buzz. I am sure those who did attend in March, will welcome the opportunity to stock up their wardrobes at very reasonable prices again. Carol Boughton - suckleyvillagehall@yahoo.co.uk Suckley History Society - October meet ... Our next event will be in Suckley Village Hall on Thursday 27 October at 7.30pm. Our topic will be "Humble Homes - a story of vernacular architecture in Britain". All visitors are welcome. Tel Andrew Grieve 01886 884795. Suckley Christmas Fair Saturday 28th November in the Village Hall. From 11.00am to 1.00pm. See article on opposite page. New Year Quiz - 30th January, 2016 Following the success of our previous quiz evening, we will be holding another quiz for all the family in the village hall - a fun event for a dark January evening. Details nearer the time, but put the date in your diary. Carol Boughton - suckleyvillagehall@yahoo.co.uk

### **Suckley Christmas Fair**

This year's fair will be on Saturday November 28th from 11.00am to 1.00pm in the Village Hall. Come and meet Father Christmas in his Grotto, or enjoy some mulled wine and a mince pie or a sociable cup of tea and cake while the family discovers the fun games. Raffle tickets will be on sale soon.

Special this year is the Christmas themed Arts and Crafts competition, open to everyone. Entries will be on display at the Christmas Fair and will be judged in the categories: Key Stage 1, Key Stage 2, High School and Adult. Entries, to be no larger than A4 size with name and contact details on the back, should be handed in either to Suckley School or left at the back of church before the closing date of 20th November

All of Suckley will be there, so come and join in the fun, knowing that you are raising money for your Church, your School and your Village Hall. That HAS to be a good idea. Put it in your diary now and get working on those competition entries!

#### **Local Services:**

### **Mobile Library Timetable 2015**

Orchard Bungalow - 10.10 - 10.25 Cross Keys 10.30 - 10.45 Suckley School - 10.50 - 11.10 Post Office - 11.15 - 11.35

### Dates: 3rd Thursday in the month

Enquiries about this service should be made to Malvern Library, Graham Road Malvern. Telephone 01905 822722, or email malvernmobile@worcestershire.gov.uk

### **Suckley Church**

Services in and around Suckley church in October and November:

Sunday October 4th at 11.00am an informal service of Morning Worship Sunday October 11th at 6.00pm a Common Worship service of Holy Communion Sunday October 18th we go to Knightwick Chapel at 3pm for their 'evening worship'

Wednesday October 21st at 10.00am a said service of Holy Communion Sunday October 25th at 11.00am a lively and informal All Age service Sunday November 1st at 11.00am a Family Communion service Sunday November 8th at 6.00pm a Memorial service with an Act of Remembrance

**Sunday November 15th** we go to Knightwick Chapel at 3pm for their 'evening worship'

Wednesday November 18th at 10.00am a said service of Holy Communion Sunday November 22nd at 11.00am a lively and informal All Age service Sunday November 29th our worship service will be at the Fox and Hounds in Lulsley! Look out for more details.

**Sunday December 6th at 11.00am** a Family Communion service **Sunday December 13th at 4.00pm** A Christingle service (for the Children's Society)

Before we direct our minds towards Christmas, let's reflect on Suckley's Summer.. what a season of contrasts! Both the Summer Fair in the sunshine and the Summer Soiree in the soaking rain each raised over £1000 for church funds, so thank you to all who contributed and came to these superb community events, and a particular thank you to Bill and Cleone Holden whose beautiful garden hosted the Soiree. Then came the terrifying tornado that caused marquees to fly, trees to tumble and crops to crumple... but fortunately no serious injuries.

Suckley Harvest Festival was a memorable and very happy celebration. The sun shone warmly on those enjoying their Harvest lunch in the churchyard after the family service led by Anne Potter and the mini orchestra. The mini-orchestra was of all ages and abilities making music together and having fun. Thank you Madeline Brewin and Arthur Bancroft for your expert input. Rev Anne reminded us that all our musical and other gifts can be shared with others, as did Sophie

and Bella, two very talented and young soloists who played 'America' and the Ashokan Farewell. If you would like to bring an instrument and join in the fun, then watch out in December for the Christmas opportunity.

What will winter bring?
Anne Lewis (884552, 07957 388926, annelewis@doctors.org.uk)

# **Suckley Local History Society go to Church in Acton Beauchamp**

On a sunny evening in mid August, two dozen members and friends of the Suckley Local History Society met at St Giles church in Acton Beauchamp. Two church wardens welcomed our group to this pretty little church tucked away amongst fields just over the county boundary.

We learnt that the origins of the church were lost in the mists of time, but the presence of an ancient yew tree in the well tended graveyard and the remains of a Saxon Cross above a door frame suggest that this church could date back a 1000 years. The vast archway above the nave an chancel and the doors ways indicate that it is likely to be of Norman origin. The church was extensively rebuilt and re-consecrated in the early 19th century and the interior fittings remodelled in the early 20th century although traces of the medieval originals can still be detected.

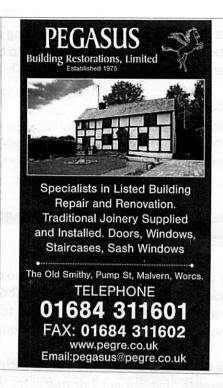
Our group carefully climbed the bell tower to view what were reputed to be some of the oldest extant church bells in England and Linda Taylor (the Suckley Bell Captain) gave us an impromptu demonstration of bell ringing. The evening was rounded off with coffee, biscuits and social chit chat in the graveyard.

Members and guests are invited to our next Local History Society event in Suckley Village Hall on Thursday 27 October at 7.30pm, when our speaker's topic will be "Humble Homes – a story of vernacular architecture in Britain".

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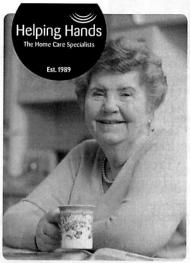
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### SURGERY NEWS - ISSUE 27 OCTOBER / NOVEMBER 2015



### **Surgery Announcements**

This month we say a sad goodbye to Claudia Buxton, Dispensary Manager and Phil Popplewell, Finance Manager. They are both retiring after working here for a combined total of 31 years!!

We with them both a long and happy retirement.

Netty Colley takes over the reigns as Finance Administrator and Ann Monkhouse-Garnett will now be Dispensary Manager.

## One hour of your time, could save 3 lives\*

Blood donation involves collecting blood from a donor, so it can be used to treat someone else. Blood donations are an essential part of our healthcare system. If we did not have volunteers giving blood, many medical procedures we take for granted could not take place. Doctors and surgeons rely on blood donations to carry out life-saving and life-enhancing treatments every day.

Donating blood takes approximately 10 minutes but there will be pre-procedure health checks and paperwork to complete, as well as tea and biscuits afterwards, so if you have an appointment, allow for an hour from arriving at the session. You can turn up on the day but it is advisable to make an appointment which you can do by calling 0300 123 23 23.

Blood donation sessions are regularly held in The Bromyard Centre or visit www. blood.co.uk to find other venues nearby.

\*NHS Blood and Transplant website.

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### A First for Knightwick Surgery!

Community Liaison Volunteers are at the Surgery every Friday 10 – 12pm.

They can offer a free confidential chat to assist you in finding the help you need on a whole range of issues.

The Surgery Newsletter is available on the local Clifton on Teme website at www.clifton-uponteme.co.uk or www.temetriangle.net courtesy of Bernadette Higgins AND on the Lower Teme Community Magazine site www.lowerteme.co.uk

### In an emergency SUCKLEY NEEDS YOU!

In June the British Medical Journal had a Swedish study showing that 'Bystander CPR' (cardio pulmonary resuscitation) doubles the survival time after a suspected cardiac arrest. This strongly supports the wisdom of communities maintaining their first aider skills. Would YOU know what to do if someone collapsed? If someone's heart stopped?

#### REMEMBER:

Airway Breathing Circulation

Suckley's Defibrillator (on the outside wall of the school) is always ready for action, and can be used by ANYONE. It tells you what to do! Are you confident that you know what to do if you are the nearest person to help?

There will be another First Aid course this November (Friday November 6th or 20th at 7pm). Would you like to learn what to do? Refresh what you already know? Contact Anne Lewis on 884552, 07957 388926, annelewis@doctors.org.uk

# **Suckley Parish Council Meeting Held on 14th September 2015**

#### **CO-OPTION OF NEW MEMBER**

Mrs Victoria Bradley was co-opted onto the Parish Council, and welcomed by the Chairman and all Council members.

#### DISTRICT COUNCILLOR

District Sarah Rouse reported that the South Worcestershire Development Plan (modifications) would be presented next week. After six weeks consultation, the modified Plan would be submitted to central government for approval. It was hoped that this would be achieved by March 2016. A consultation was under way between MHDC, Worcester City & Wychavon Councils regarding possible 15 year contracts for waste collection. This might mean the abolition of weekly collections as at present, despite the commitment by the ruling group on MHDC to keep weekly collections in the MHDC area.

#### **COMMUNITY**

War Memorial

The oak benches for the memorial site have now been delivered and they will be fixed in place very shortly. The Parish Council has paid for one of the benches, and the second bench has been very generously donated by Cllr Pearl Griffiths and her husband Tony. The Council is planning to hold a Remembrance Service conducted by the Revd Anne Potter on the site some time in November. Details to be circulated when a date has been agreed with the Revd Anne Potter.

#### **FOOTPATHS**

The Clerk reported that a training session had now been arranged for our Footpaths Team headed up by Helen Philpotts. This would be on 29th October at County Hall. So far, no major problems had been reported. The Clerk had enrolled the Parish Council onto the P3 Scheme for 2016/17 which gives a small grant to the Council for footpath repairs.

#### **BT PHONE BOX**

The Clerk was still waiting for a response from MHDC Planning (despite repeated requests) re the sale of the BT Phone Box outside the village hall. After some

discussion, the Council decided not to proceed with this project.

#### **OLD QUARRY SITE**

Concern was expressed by some Council members as to the extent of vegetation the Earth Heritage Trust was planning to remove from the rock face of the Old Quarry. The prevailing view was that if a lot of vegetation was removed, it might prove too inviting for children to climb up the face — a risk the Council did not want to encourage. The Clerk was asked to write to Mr Payne of EHT outlining the Council's concerns and reasons for withdrawing their permission for this work. Cllr P Whatley agreed to get some costings for wiring along the bottom of the fencing around the Quarry, as the present gap could allow a small child or dog to escape onto the road.

#### **PLAYING FIELDS**

Cllr Carol Luton reported that she and Cllr Peter Whatley together with Dist Cllr Sarah Rouse had been in discussion with a new playground equipment supplier – Ludus Leisure. A survey of the existing equipment had been done. Ludus had recommended the refurbishment of this equipment, together with purchasing new items including a Toddler Activity Tower, Toddler Swing Frame, Junior Swing Frame, a carousel, a seesaw and a sheep springer and the creation of a bark pit retainer and cushion fall surfacing to the area of the existing unit. The cost of this would be in the region of £17,500. This would be a starting point, with additional facilities being added as and when funding permits. Suckley Playing Fields would be applying for small lottery funding together with matched funding and support from the Parish Council, as well as other fund raising activities.

DIANA TAYLOR Clerk to Suckley Parish Council

9, Lambourne Avenue, Malvern WR14 1NL Tel: 01684 569430 E-mail: dtaylorsuckley@msn.com

Next Meeting of the Parish Council will be on Monday 9th November at 7.00 pm in Suckley Village Hall. There is always time at the beginning of the meeting for parishioners to make a short address to the Councillors for discussion in the meeting.



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### Points of contact:

Email: suckleynews@gmail.com

Next Issue: First week in December 2015

Content for newsletter to be submitted 23rd November 2015

Suckley Post Office: Julian and Mark - 884201

Shop Open: Mon – Fri 7.00am – 6.00pm, Sat 7.00am – 1.00pm Post Office Open: Mon – Fri 9.00am – 5.30pm (till 1.00pm Weds)

Sat 9.00am - 12.30pm

Village websites – for up to date information on what is happening in the village as well as a list of businesses and trades: www.suckleypo.co.uk & www.suckley. net or for Parish Council business to http://e-services.worcestershire.gov.uk/myparish/ then select Suckley from alphabetical listing.

Suckley Good Neighbour Scheme – 840480 / suckleygns@gmail.com / www.suckley.org.uk

Village Hall: email suckleyvillagehall@yahoo.co.uk, Steve Boughton - 884210

Suckley School: Mrs Sheila Marshall - 884283

Fledglings Nursery School: Freya Marskell - 01886 884088

Church Wardens: Dr Anne M Lewis - 884552 / Liz Devenish - 884787

Parish Clerk: Mrs Diana Taylor - 01684 569430

District Councillors: Ms S Rouse - 833653, Mr A Warburton - 832753

Playing Fields: Bookings & Pitches Mr & Mrs Luton - 884558

Skateboard Arena: Mr P Beaumont - 884550

West Mercia Constabulary: Emergency 999. Non-emergencies 101. Switchboard

0300 333 3000

PC3381 Sarah Ransome-Williams, CSO 6494 Tracey Caldwell,

CSO 5481 Collin Davies.

# Adverts in the Newsletter £10 for a one-off ad or from £20 for the whole year

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