

Eastcombe, Bussage & Brownshill Newsletter

Welcome to October issue of the newsletter. Please send your news, updates and photos to eastcombenewsletter@btinternet.com by noon on the 20th of each month.

You can read the newsletter online at www.bisley-with-lypiatt.gov.uk/ and www.chalford-glos.gov.uk/ or receive it FREE by email each month: contact eastcombebandbnews@gmail.com to join the circulation list.

Printed copies are available to buy at 60p per copy (to help cover printing costs) from **Eastcombe Stores**, **Eastcombe Post Office**, **Frith Community Café** and **Chalford Parish Centre**. The newsletter is also available for customers to read at local businesses, including **Head First** and **The Lamb Inn**, Eastcombe.



HILLTOP GARDENING CLUB AUTUMN SHOW 2022

The Hilltop Gardening Club annual show took place on Saturday September 10th, at Eastcombe Village Hall.

The standard of entries was as high as ever, with a colourful array of fruit, vegetables, flowers and photographs on show, along with a seed swap. A few pictures below.



THE HILLTOP VILLAGES MARK THE DEATH OF QUEEN ELIZABETH II.

In September, the hilltop joined the nation in marking the death of our longest serving monarch.

With flags lowered to half mast, villagers came together for a minute's silence on Eastcombe Green on Sunday 18th September, the eve of the Queen's funeral. Lanterns illuminated the Millennium Wheel, the scene of so many village celebrations, and, following the silence, *God Save the King* was sung.

The Queen's passing was also marked at the Hilltop Gardening Club's Autumn Show, where a minute's silence and a display of flowers and photographic memorabilia paid tribute to the Queen's life of service.



WORRIED ABOUT THE RISE IN ENERGY BILLS? Help is at Hand...

Citizens Advice (Stroud and Cotswold Districts) are seeing an increased number of requests for help and advice as a result of the cost of living crisis. In the last 3 months they have had a 92% increase in requests compared to the same period last year, with people seeking help with food, fuel or hard-ship fund payments.

Whilst the Energy Price Guarantee announced on 8^{th} September comes as a relief to households, energy bills are still very high.

See PAGE 7 for advice from Citizens Advice about managing your bills.



RECYCLING OR RUBBISH? WHICH PLASTICS CAN YOU RECYCLE?



We all recycle simple things like glass, paper and cans, but more often or not, I stand by the bin with a piece of plastic and think: 'Is this recyclable?'

To find out more, Pam Perry and I visited the Queen of Recycling, Tricia Watson, councillor for Chalford ward, taking along bags of plastic which we had saved for recycling.

What we found out: Council kerbside recycling takes common household plastic packaging, mostly from the kitchen and bathroom - if it's vaguely 'rigid', like a food tray, it can go into the green bin/bag. However, when it comes to things like flexible plastic wrapping, the council doesn't currently have an end market for it, so they ask you not to put it in your recycling bin. It is, however totally recyclable.

Don't despair! You can recycle in other ways. Some manufacturers will recycle the packaging from their own products - if it is bagged up and sent to them, the company will pay approximately £1 per kilo. Unfortunately, companies do this more to market their product than for the good of the planet, and will often cancel a scheme if they feel it no longer makes good business sense: Walkers ran a crisp packet recycling

scheme after Greenpeace shamed them with a campaign, then quietly stopped, while Mars ran a short-lived pet food pouch recycling scheme that is now only available in some larger pet stores. Having said that, while the schemes run, the money raised for charity can amount to hundreds of pounds a month, so it is well worth the effort.

There are several collection points locally where you can drop off SPECIFIC PRODUCTS (see list below), including Chalford Parish Centre, Chalford Hill Primary School and The Greenshop at Bisley. Tricia and other volunteers then send off the specific products to the specific companies and claim money for the local schools/playgroups who help collect it, along with the Stroud Valleys Project. HOWEVER (and this is the nightmare part) before items can be sent off, they must be separated out and bagged separately. Each manufacturer will ONLY accept certain things, so writing items must go into one bag and cleaning item packaging into another. Dental items cannot be mixed with Pringle tubes, and so on.

What about the rest? A few items not listed below can still be recycled blister packs are recycled by Superdrug, while contact lenses and their packets are recycled at Boots (& some other opticians). Soft plastics not specifically recycled by their manufacturer can be bagged together (e.g. vegetable wrapping, plastic bags etc) and taken to Tesco, the Co-op, Sainsbury or Morrisons, who all offer a soft plastic recycling service. Currently, Waitrose & Ocado only recycle 'stretchy plastic' and Aldi, Lidl don't recycle it at all.



To see a larger version of this poster, detailing what can currently be recycled for profit, visit www.chalcan.org.uk/wp-conteluploads/2021/05/Recycling-Poster.pdf

At present, Tricia is able to raise funds by sending off these items ONLY:

- Biscuit and snack bar wrappers (any brand)
- Plastic bread, rolls, wrap wrappers(!)/bags (any brand)
- Crisps and nut packets (any brand)
- Coffee bags & pouches (any brand)
- Dental items (any brand): toothbrushes (for electric toothbrushes, the heads only), toothpaste tubes etc
- Beauty items (any brand): make up casings, tubes etc
- Cleaning items: laundry gel pouches, air fresheners etc
- Writing items (any brand): pens, felt tips etc Cheese bags (any brand) *not cling wrap
- NB: Pet food pouches are no longer collected.

Brand specific:

- Babybel plastic nets, wax cases & wrappers
- Ferrero Rocher boxes, inserts & foil wrappers
- Hasbro BROKEN toys/games (a LOT of brands!)
- Warburton waxed bread bags
- **Pringle tubes & lids**

SEE POSTER FOR MORE DETAILS: www.chalcan.org.uk/ wp-content/uploads/2021/05/Recycling-Poster.pdf

Tricia welcomes help in sorting the recycling - and it would help her if plastics were donated correctly bagged, saving a time consuming and sometimes messy job. Please make sure that all donated plastics are clean.

For more details or to offer help, please contact Tricia: Cllr.Tricia.Watson@stroud.gov.uk.

To find out more about recycling schemes, visit www.Terracycle.co.uk.

Sue Wise

REWARDING RECYCLING!



The annual shows at Bisley, Oakridge and Eastcombe had their usual jams, cakes, fruit, veg and flowers, but this year there was also an addéd attraction: BisCAN's Recycling Competition.

Devised and built by Pam Perry and Sue Wise, along with technical skill advisor Alister Wise, the competition challenged

adults and children alike to sort recyclable items correctly.

The competition was free, designed to raise awareness of what can and cannot be recycled, and where to recycle those things you are not sure of.

The winners were Danella Williams, Jess Alexander and Jess Butterworth Graham. In addition, Evie from Chalford won a prize for the best painted trainers.

Going GREENER!

Make 2022 a bit Greener: SORT YOUR PLASTIC RECYCLING!

Bisley, Eastcombe & Oakridge Climate Action Network



CHALFORD PARISH COUNCIL NEWSLETTER - October:

01453 887204; info@chalford-glos.gov.uk www.chalford-glos.gov.uk. Follow us on Facebook.

We are deeply saddened by the death of our wonderful Queen Elizabeth II. Her reign was long and remarkable and she was an inspiration to everyone. She will be greatly missed, but never forgotten.



We welcome **two new Parish Councillors**, Emma Trinder and Peter Funnell, who will represent Bussage Ward. Emma grew up in the Bisley area and, following training in the field of Planning, worked in the property sector in London for almost 30 years. In 2021, Emma moved to Bussage. Peter has lived in Bussage for more than 38 years, working in the vehicle tyre and repair industry since leaving school. Peter is passionate about the environment and is eager to assist the Council with the maintenance of land.

Two successful events were held in September. Play Rangers visited The Old Common and once again, the event proved very popular, with many families meeting up before the commencement of the new school term. **Chalford Band** kindly held a concert in France Lynch Pleasure Ground and played an eclectic selection of music to a large audience. A big thank to the band for staging this event.

Having consulted with Highways and our County Councillor, Chloe Turner, on the **surface of the Old Neighbourhood**, it has been agreed that patching will take place next year with preparatory work between October and March. Updates will be posted on Facebook and our website when more information is to hand.

Silver Street car park — it is hoped that by the time this newsletter is published, the transfer of the car park from Stroud District Council to Chalford Parish Council will have been finalised. We will then be able to allocate spaces, according to eligibility.

Lately, we have received many concerns regarding **inconsiderate parking**, particularly in Lark Rise. Most importantly, vehicles are parking near to junctions and on either side of the road, making access for emergency vehicles very difficult. Please consider others before parking your vehicle. Thank you.

Would you be interested in a **Community Warm Room**? Due to the rising cost of electricity and gas we are considering where we could accommodate this facility for residents. It may be that a simple meal could be provided. Please let us know if you would be interested.

A reminder that the Parish Centre has a stock of **dry goods and frozen meals** for any resident in need. If you know of anyone that would benefit, please ask them to visit us or collect on their behalf. We are grateful for any donations of dry goods you can spare.

Footpath news - dry stone walls - A fascinating and informative booklet on dry stone walls has been produced by the Cotswold Area of Outstanding Natural Beauty. There are a few hard copies in the Chalford Parish Office if you'd like one, or you can get a scanned electronic copy by emailing me at oakleypg@gmail.com.

And finally, we would like to express our grateful thanks to **Sarah and Jono Armstrong**, who have managed the **Old Neighbourhood Inn** for several years and are now forced to leave due to the increased costs of managing such a business. During Covid they went that extra mile to provide residents with groceries and a hot meal. Their friendly manner transformed the pub into a place to go, with music evenings. We wish them all the best for the future.

Why Not Come Along to a Meeting? - Our next Full Council Meeting will be held on Thursday, 6 October 2022 at 7.00 pm. Please contact the Clerk beforehand to find out where the meeting will be held and to let her know if you would like to attend, particularly if you wish to speak, so that she can make time for your issue on the agenda. Details above.

ChalCAN: October Update:



On Saturday 24th September, ChalCAN joined the UK's biggest celebration of

community action to tackle climate change and protect nature by putting on a 'Green Trail.' The event covered Bussage, Brownshill, Chalford and France Lynch, with a variety of sustainable initiatives on show and plenty of people to chat to.

ChalCAN

There were 17 places in all to visit, including 2 hubs at Chalford Village Shop and Frith Wood, including houses, gardens and allotments where it was possible to see and chat about solar panels (including one on a camper van), retrofit insulation and draught proofing, LED lighting, air source heat pumps, energy efficient fridges, green roofs, electric cars and bikes, wildlife friendly gardens and allotments, courgette based recipes, produce and more.

Amongst other things, the trail aimed to answer questions, such as:

- I need to better insulate my house before winter to save money, how do I go about it? I'm considering getting an E-bike to commute to work- what are they like? I've been wondering about a new build or passive house what does this entail? How can I make my garden or allotment wildlife friendly? Will an air source heat pump work for me?

- What's involved in installing solar panels?
 How energy efficient are energy efficient fridges?
 I am thinking about an EV vehicle and installing a charging point- how do I go about this?

If you missed the Trail or would like to follow up a conversation, do get in touch with ChalCAN by emailing Penny on info@chalcan.org.uk

Eastcombe Baptist Church

A service is held every Sunday morning at 10:30am at the church in Dr Crouch's Road, Eastcombe.

District Council Notes for October:

Warm Banks: Plans to open places for people to go in cold weather this winter are being made around the district (and the country). In Eastcombe, tentative plans are for The Lamb to offer warmth, tea and coffee, and good cheer, free of charge, on Tuesday and Thursday afternoons. Many thanks to landlords, Sarah and Mike!

Thomas Keble School Rebuild: The Department for Education plans to rebuild the school were approved at the Development Control Committee on September 6th, with a recommendation to plant more trees along the western boundary, to screen the new block from houses on Stonecote Ridge.

Electric Road Sweeper: SDC has purchased an electric road sweeper, to be used by UBICO, the Council's refuse contractor, in which SDC is a shareholder. The Council already has eight electric vehicles and five hybrids in its fleet. Following suggestions from local school children, the new sweeper has been named 'Tidy Tim'.

Help and advice in the cost of living crisis is available from: Citizens Advice (debt, benefits, housing and employment): 0808 800 0510/0511; GL Communities Advice (money advice and support): 01452 306 581 or 01452 505 544; P3 (budgeting and debt advice): 0808 168 2443; Step Change (debt and money management advice): 0800 138 1111; Shelter (housing advice): 0808 800 4444; and the NHS provides Healthy Start Vouchers to buy food and milk to those on Universal Credit or Child Tax Credit: 0345 607 6823.

Current Job Vacancies with the council include Systems and Web Developer; Multi-trade Carpenter (two F/T); Senior Recovery Officer. Details and more vacancies on the Council website.

As always, I am pleased to hear from you about any matter related to the council, or anything with which I may be able to help you.

Martin Brown, District Councillor, 01452 770878 cllr.martin.brown@stroud.gov.uk

St Michael's & All Angels, Bussage

Visitors are always welcome at our services.

Services for this month are:

October 16th - Holy Communion at 9.30am October 30th - Holy Communion at 9.30am

*Morning Prayer is a simpler and shorter service On the other Sundays there are services in different parts of the Benefice. For full details please visit www.bisleybenefice.org.uk or sign up to our mailing list: pewslipsbisley@hotmail.com For weddings, funerals and baptisms, please contact Rev Sue Murray: wcicar@bisleybenefice.org.uk

TRIBUTES TO THE QUEEN at the FRITH COMMUNITY CAFÉ

On Wednesday 14th September, at Frith Youth Centre, we remembered the Queen, following the sad news of her passing. This was led by Alisdair Longwill, Minister from Connect, a local Christian group, who, with his team, has helped us out many times before.

Alisdair reminded us of her Majesty's Christian faith, her unparalleled commitment and service to our nation, and her influence upon our society down through the years.

Many of our group remember the Queen's Coronation in 1953, the singing of 'God Save the Queen' after most cinema shows and the importance of Queen and Country drummed into us at school. Alisdair asked members for memories of the Queen and her importance in society, and members shared recollections of watching her wedding, Jubilee celebrations, and, last but not least, how the Queen once stayed at The Cross Hands pub, Old Sodbury, when she was near-stranded in a snow blizzard.

We then sang 'God Save the KING' for the first time with sadness, but also confidence for the future. It was good to remember the Queen, with friends. Thank you to all for attending. Carol and team.

Bussage Primary School: October:

Bussage Bear Hunt: This year's Bussage Bear Hunt took place over the weekend of 17th & 18th September and was a massive success, raising £6,660! We would like to thank everyone who helped, and, of course, everyone who came along to support it.

Autumn Term: We are delighted to welcome two new members of staff this term: Mr Hilliker in Class 3 and Miss Lane in Class 5, who are both settling in brilliantly. Classes 3, 4, 5 & 6 are visiting Copsegrove Farm in the first half of this term as part of their themes of learning - Class 3 & 4 are Round the World and Class 5 & 6 are Jungle Fever. You can find out more on our Class Blogs on the school website: www.bussageprimaryschool.co.uk. Also this term, our Year 6 pupils have just started having ukulele lessons, funded by our PTA.



Quiz Night - Saturday 15th October: Teams

will be 6-8 people and tickets will be £5 per head, which includes a Team Snack Hamper. A bar will be available. Please email bussageprimarypta@hotmail.com to register.

Visit us! If you are new to the area or have a child starting school soon, we would love to show you around our school, please contact us for more details on 01453 883 205.



EASTCOMBE WI: September

Pauline Wright welcomed everyone, before a one minute silence was held in memory of HM the Queen.

Once business was completed, Ellen Perrett was welcomed for a talk about the Stroud Women's Refuge. Pauline presented her with a cheque for £276.09 raised at the coffee morning in August. Ellen then gave a most interesting talk, which sparked many questions at the end. She told us about:

Who the refuge are: a charity for domestic abuse for 40 years, the only refuge in Gloucestershire.

What they do: outreach helps to keep people supported in their own homes. The refuge has 2 houses that support up to 9 families. Young people aged 16+ are encouraged to talk about relationships, either family or social.

Why they do it: 1 in 4 people experience domestic abuse in their lifetime, with an average of 2 women a week killed by a current or former partner. 20% of children live with an adult who perpetrates abuse. In 2020-21, 14% of crime reported in Gloucestershire was linked to domestic abuse.

Future WI events:

12 October: Luncheon Club

Next meeting: 18 October: History of Cheltenham
25 October: Coach trip to Oxford (Applegates)

13 December: Christmas meal

Eastcombe WI are a very friendly group of women who enjoy friendships, good speakers and outings. Most meetings are open to visitors for a small fee and new members are always welcome.

For more information please contact the Secretary, Glenys Sharpe, on 01453 886298.

EASTCOMBE VILLAGE GROUP

Our next event is the village **Autumn Supper** at **The Lamb Inn** on **Saturday 22 October**. There is a set menu, with choices. Many of the tickets have already sold, but a few remain: to buy, please visit the pub as soon as possible.

Ticket holders are reminded to email Louise Price with their menu choices by 14 October – details are on the tickets. We look forward to an enjoyable evening—thank you to Sarah and Mike for their help in organising this.

The **next meeting of the EVG** will be held in the **Eastcombe Village Hall annex** on Tuesday 8 November, at 8pm.

Peter Scott peterhscott@btinternet.com

The Hilltop Singers

Due to various circumstances, the village choir, the Hilltop Singers, has had to close. Over five years, the choir sang at numerous residential and care homes locally, as well as with the Village Band, with whom it gave two concerts for village residents at St Augustine's Church.

Every member of the choir enjoyed their Wednesday evenings of singing and we say a big thank you to David, the choir master, and Jean, the pianist.

A donation has been sent to a charity to help children in Ukraine, and money set aside should another village choir be formed in the future. Beryl Freebury

HOW CAN I ENCOURAGE MY CHILD TO READ?

INSPIRING WOMEN

In a new occasional education feature, Kate, a teacher for more than 30 years, suggests some new solutions to old problems...

One of the things often heard often from parents is 'I wish my child would read more!' Well, it's never too early to set the reading pattern in place - in fact the younger a child is when you begin, the better.

Any teacher will tell you that reading is good for a child's development, and their schoolwork—regular reading practises decoding skills, helps builds vocabulary, teaches general knowledge and makes it easy to absorb and access information. On the leisure side, it is also good for mental health and relaxation - an escape from the real world and its routine. But where do you start in creating a reader?

Take a look at your home. Do you read? Of course, just about everyone can and does read sometimes, but are you a person who reads for enjoyment (scanning the messages on your phone doesn't count!)? We all know that children tend to follow the examples of their parents - for good and bad—and if your child sees you enjoying a book, they are more likely to try it. If you have book cases full of reading material to choose from, the chances are that they will investigate. These days, many houses don't hold a single bookcase, although of course digital technology makes it possible to have hundreds of books on a Kindle, e-reader or phone. But books seem to have become invisible.

Don't panic—and don't criticise yourself; most parents are only too ready to think everything is their fault! There ARE things you can do.

One suggestion is to set in place a regular household reading hour (or even a half hour) where you all sit down and read - either on your own or sharing a book. Your child will tell you that they have set reading times at school, often straight after lunch—you can do the same at home, but it's important that EVERYONE does it. You can have music or the radio on, but leave the TV off. Set a timer if that makes it easier. To start with it might be hard work (for you as well as them) but it *will* make a difference, and the chances are that you might even begin to enjoy it. And your example will encourage your child.

A few other things to consider:

- Most avid readers will say that they read when they're not doing anything else. There's the thing. Are you a parent who hates your child to be bored? There's nothing wrong with taking trips out, but do you entertain your offspring every weekend, or just as a special treat? The bottom line is that you need time to read and if there's no time, children won't read; space is needed to develop any hobby, and reading is a hobby. Of course your child might choose to become an ace Lego builder instead, but the truth is that if you don't jump to distract your child when they moan that they're bored, they will find ways to entertain themselves - and that could include reading.
- Screens are considered by some to be the enemy of books, but it's not that simple. Used wisely, technology can actually encourage a child to read leap pads have got many a young child hooked on books. Kindles also useful but bear in mind that versions with internet access may need restrictions, or games can take over from the reading...



Whatever you do, however you do it, don't give up too easily—and happy reading!

HILLTOP GARDENING CLUB:

In August, our Chairperson, Jane Randall organised a visit to the **Museum in the Park**, an ad hoc event not in the programme. She hired the walled garden pavilion and bought in clotted cream, jam and scones. The curator was incredibly helpful, setting out tables and sunshades on the baking hot terrace and the Museum provided super coffee and a variety of teas. It was great to see friends laughing and chatting - one of the bonuses of being in our club. The gardens were

glorious.



In early September we set off for the Malvern Hills, by coach this time, to visit **Old** Court Gardens Nursery (pictured left) and The Picton Garden, where Helen Picton and her husband and father took us on tours. They have recently developed the gardens with plants for different soils and conditions, and Paul Picton spoke about the history of the garden. Unusual ferns caught my eye and the nursery is known for its National Collection of

Michaelmas daisies - so incredibly beautiful, and Helen said we were only at the start of the season. We were tempted to buy stunning plants, of course.

From there we went to **Perrycroft** - it has limited opening times, but the owner kindly opened the gardens for us. Tea and coffee were provided in the coach house, the tea served in individual 'silver' teapots alongside scrumptious bakes. In sublime weather we drifted, relaxed, around the terraces, settling occasionally to enjoy the distant views from the Arts and Crafts seating, tucked into the Voysey designed dwelling.

Of course **The Autumn Show!** After such a mixed year of weather we were delighted to see SO MANY entries and of such high quality, ranging across all classes. A terrific day - thank you to local friends and to judges and gardeners who came from a distance. The committee had deliberated about going ahead with the show but agreed that the Queen, who was a patron of the RHS, would have approved. A display of flowers and photographic memorabilia expressed **thanks and** appreciation to Her Majesty, Queen Elizabeth 11, and we had a moment of silence in respect. See our website for a picture of the show winners

Our next meeting is 4th October, 7.15 for 7.45pm at Eastcombe Village Hall, when Nick Morgan will tell us about 'A Productive Year in the Greenhouse.'

Jenny Exley, Events Secretary (shared). www.hilltopgardeningclub.org.ul



CONCERT:

Wycliffe College Chapel 29th October, 7.30pm

The Stuart Singers and Dursley Male **Voice Choir** are joining forces to mark the 50th anniversary of the Cotswold Canals Trust.

The choirs have close links, and are well-known locally for their high standard and wide repertoire, and their commitment to raising money for charity.

Join us for a true autumn celebration of the CCT's 50 years in the stunning setting of Wycliffe College Chapel.



Tickets are £12, from www.cotswoldcanals.org or the CCT main office, Wallbridge, Stroud.



******* SCREEN ON THE GREEN

presents

THE DUKE (2022)

Starring: Jim Broadbent, Helen Mirren

This entertaining comedy drama is based on a true story. In 1961, a 60-year-old taxi driver was accused of THE DUNE WILL STEAD YOUR HEART!

stealing Goya's portrait of the Duke of Wellington from the National Gallery. Ransom notes sent to the government stated that the painting would be returned if the government invested more in care for the elderly. Resonating with present day concerns, the film has an interesting conclusion.

Venue: Eastcombe Village Hall **Date: Saturday 15th October**

Time: Doors open 7pm, Film starts 7.30pm

Admission: £3.50 per person Selection of Ice Creams £1.50 each ******

Bisley with Lypiatt Twinning Association

For those of you new to the villages, the Parish of Bisley with Lypiatt has been twinned since 1993 with Plessala, a village in Brittany. Visits took place every year from 1993 up to 2019, when Covid caused a halt. Photos are on the website: www.bislevtwinnina.ora.uk/



In addition, the Association has always organised a variety of social events for members and anyone else who would like to attend. We revive this tradition with a Curry + Quiz evening on Saturday 29th October, at Oakridge Village Hall, starting at **7pm.** You don't have to be a member to attend, although we'd like to think having met us, you'd like to join. Annual membership is £5 per family.

There will be a choice of curries, all home cooked, with an Indian type dessert, and a licensed bar.

For tickets (£10 adults and £5 under 16) contact: John Hughès: mail@jmhughes.plus.com/01285

Paul Hunt: paul@selsleyfoods.com/01285 821705 Muriel Brooks: mbrooks@nicework.co.uk/01452

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HEDGEHOGS ON THE HILLTOP!

After years of decline, hedgehogs are making a welcome return to the hilltop, with a number of recent sightings locally, including this prickly visitor, caught on camera in an Eastcombe garden.

YOU CAN HELP!

- Watch out for hedgehogs if driving at night.
- Create a hedgehog highway, so they can forage in your garden.
 - Put out cat or dog food and clean water (NOT bread and milk).



BE A HILLTOP HEDGEHOG HERO!

CAROL'S COOKERY CORNER - OCTOBER:

AVOCADO CHICKEN LASAGNE

This dish is very tasty and perfect for visitors as it can be made in advance and freezes well. Serves 4-6. Good with garlic bread.

1 whole small cooked chicken 80g butter 80g flour 800ml milk 100g crumbled blue cheese 100g grated cheddar cheese 2 tablespoons chopped parsley 4 ripe avocados Approximately 8+ lasagne pasta sheets



Pre-heat the oven to 200 degrees C/Gas Mark 6

2. Remove meat from the chicken, cut into bite-sized pieces and set aside.

To make the sauce: melt the butter in a saucepan, stir in the flour. Add milk a little at a time, stirring well to form a smooth

4. Add the blue cheese and 3/4 of the cheddar. Stir until smooth.

Add chopped parsley and season to taste. Set the sauce aside.

Peel avocados and remove stones. Cut into thin slices

7. In the bottom of a lasagne dish make a layer of half the chicken pieces and half the avocado slices. Drizzle 1/3 of the sauce over and cover with lasagne sheets.

8. Make another layer of chicken and avocados. Drizzle on another 1/3 of the sauce.

Place lasagne sheets on top and cover with the remaining sauce. Sprinkle with the remaining grated cheese.
 Bake for 40+ minutes until cheese is golden brown and the lasagne sheets are cooked. Stand for 10 minutes before serving.

Community Spirit – We Can **ALL Play a Part**

On the hilltop, we are lucky to have a number of local businesses that contribute to the quality of our lives.

However, these businesses face challenging times as business costs rise and we

all come to terms with the increasing cost of living - recently we heard the sad news that The Old Neighbourhood, which has served the hilltop since the 1850s, has closed.

We all have a role to play. If we want our local businesses to survive, we need to make use of them. Why not use your local repair garage rather than a main dealer, call in at the pub for a drink or a meal?

Small stores may not be able to offer supermarket prices (although these are rising by the day!) but we are lucky to have búsinesses who offer a comprehensive range and a personal service, without the need to use petrol. In fact, shopping local may well be cheaper in the end, as well a reducing the traffic on our roads, contributing to a cleaner environment.

LET'S PULL TOGETHER TO SUPPORT COMMUNITY LIFE!

The Cost of Living Crisis: Citizens' Advice

Citizens Advice (Stroud and Cotswold Districts) are very Districts concerned as to how vulnerable residents will cope this autumn/winter when temperatures drop and they need to turn their heating on. They are already being contacted by clients on prepayment meters who do not have enough credit to run medical equipment, parents skipping meals to feed their children, and pensioners unable to afford their fuel bills. In our largely rural area, many rely on oil for heating and hot water, and some are worried that they cannot afford the cost of the minimum order.

Worrying about money? The Citizens Advice website (www.citizensadvice.org.uk) has some useful advice:

- Work out your budget and think about where you might be able to make savings. If you have debts, look at the debt guidance.
- Contact your energy supplier to see what help they can offer.
- Check if you are entitled to any benefits such as Universal Credit, Council Tax Support, Pension Credit or disability benefits. You can use online calculators such as Turn2Us, Entitledto or Policy in Practice.
- Make sure you have received any cost of living payments you are entitled to, including the council tax rebate if you are in a council tax Band A-D property.

You can also get email advice through our local website: www.citizensadvice-stroudandcotswold.org.uk/) & our Facebook page: www.facebook.com/CitizensAdvice.

If you cannot access the internet please call us on our freephone number **0808 800 0510** to get advice.

If you are really struggling and don't have enough food, you can call the Trussell Trust Help through Hardship Helpline on **08082 082138**.

Please do ask for help – we understand that these are worrying times.

Stroud citizens & Cotswold advice

the dark. Now when I see my electric bill I am scared of the lights.

When I was young

I was scared of

ARE YOU CARER AWARE?

Gloucestershire Carers Hub provide a free service, supporting unpaid Carers across Gloucestershire with advice, information, guidance and support.

There are **6.5 million carers in the UK** (people looking after a loved one/family member/friend or neighbour) and more than **63,000 in Gloucester-shire**. With **1 in 10 people having caring re-sponsibilities**, it's likely that everyone knows someone who is an informal, unpaid carer.

If you are a carer, you can join the Carers Hub by calling **0300 111 9000.** You can also opt to wear one of our *Carer Aware* badges to help other people identify you a Carer. In addition, registered Carers can request a Carer Aware Discount Card to allow them to access discounts. them to access discounts.

Businesses and employers can help to support Carers within their organisations. Contact us to find out more about the **free Carer Aware Training** or our toolkit for employers. Business owners can also help carers by providing discounted access to services. We would be happy to list your business once you have signed up to offer a discount: email us at

careraware@peopleplus.co.uk

or call **0300 111 9000.**

For more information visit our website at https:// gloucestershirecarershub.co.uk/

The Death of a Monarch: 1952-2022...

As we marked the death of Queen Elizabeth II, there will be a few on the hilltop who remember first-hand what life was like when the country last buried a monarch, over 70 years ago. Britain — and the world—has changed huggely over the 70 years of the 2nd Elizabethan era, but a few things remain the same.

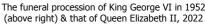
As in 1952, 2022 saw crowds pour into central London, some queuing for hours to pay their respects at the late monarch's coffin, others to catch a glimpse of the funeral procession. However, while the time-honoured formal them and cerewide and cerewide the different than them local creates the crowds watching them local creates the crowds watching them.

the crowds watching them look quite different.



When King George V1 died, the food rationing of WWII was still in place, memories of the war fresh in people's minds. The population of Britain was

much less diverse - photographs of the crowds watching the King's coffin passing through the streets show many white faces, with people dressed formally, wearing hats and overcoats. In 1952, not many homes



had a television set, so, for many
Britons, being there in person was the only chance to
witness events live. Some on the thronged streets of the funeral procession route held mirrors aloft in an attempt to catch a glimpse over fellow mourners' heads.

In September 2022, as the Queen's coffin travelled from Buckingham Palace to West-

minster Hall, the streets were similarly thronged, but, this time, it was smart phones held aloft, and the crowd was made up of many colours and races, most wearing casual clothes, even Union Jack-themed attire. Modern technology streamed the ceremony live to millions around the world.

The death of George VI in 1952 was much mourned, but there was also excitement at the accession of the

young Queen and the marvels of new technology and prosperity following the grinding grey of the depression years, the sacrifice of World War II and the hard road of recovery that followed. Over decades of wrenching change, she symbolised constancy.

Now Queen Elizabeth, too, has passed and the Carolean age is upon us, with all the changes that will bring. What hasn't changed is the sense of history made — and the British people's desire to be a part of it. As the nation mourns the passing of Queen Elizabeth, Britain's longest serving monarch, we also look to the future. Long live the King.





THE EASTCOMBE VILLAGE GROUP

As you may be aware, the East-combe Village Group has been around for several years now, organising community events such as the Platinum Jubilee, the Wine Walk, an annual Quiz and the Eastcombe Christmas Tree. The next event is the Autumn Supper on October 22nd.

If you would like to be added to the EVG mailing list (along with almost 100 others!) to find out what's going on and feel more involved with village happenings,

drop me a line at: csissons52@gmail.com.

Thank you.

Chris Sissons

NAME THAT VIEW!



How well do you know our villages?

September's photo showed the entrance to The Ram Inn, Bussage.

October's photo is once again taken in or around the 3 villages.

Can you identify its location?

The answer will be revealed in the November issue.

COULD YOU CONTRIBUTE TO THE NEXT NEWSLETTER

- An update on your group?
- An article on local history?
- A day in the life of your job?
 - A book review?
 - Details of an event?
 - Anything else local?!

Please send contributions to: eastcombenewsletter@btinternet.com

by noon on 20th October.

WHAT'S ON in OCTOBER?

4 October: Hilltop Gardening Club meeting, 7.15 for 7.45pm, Eastcombe Village Hall

6 October: Chalford PC meeting, 7pm 12 October: WI Luncheon Club' 15 October: Screen on the Green presents *The Duke*, 7.30pm, Eastcombe Village Hall

15 October: Bussage Primary School Quiz Night

18 October: WI meeting: History of Cheltenham

20 October: Deadline for articles or the November newsletter

25 October: WI Coach trip to Oxford **29 October:** Twinning Association Curry & Quiz evening, Oakridge Village Hall, 7pm.