## **WELCOME**

As we move into February, it's good to look ahead to the coming spring, to lengthening days and shorter nights, warmer weather (hopefully!), and an extra Bank Holiday in early May to celebrate the coronation of King Charles III.

However, for many people life remains challenging. The rising costs of food and energy have made making ends meet impossible for some people and difficult for many. Shropshire Council continues to offer some help for those who are struggling, and charities and foodbanks are still essential to fill the gaps in provision.

As part of the coronation celebrations, Buckingham Palace is encouraging everyone to spend Sunday 7th May getting together to share food and fun with their families, friends, neighbours and communities, and to take part in 'The Big Help Out' on Monday 8th May by volunteering for a day (or maybe more) with a local organisation or charity. Take a look at our Coronation News article for more information.

Looking out for vulnerable members of our community is as important in 2023 as it was during the darkest days of the Covid pandemic, and we are lucky to live in an area where people know their neighbours and take care of each other. Long may it continue!

Chris Harrison, Karen Fisher, John Glover, Rachel Johnson and Lois Johnson



## CORONATION NEWS

Buckingham Palace has announced detailed plans for the Coronation weekend, which covers three days of ceremony, fun, entertainment and volunteering.

The weekend will begin with the coronation ceremony at Westminster Abbey on Saturday 6th May. It is expected that the ceremony, as well as the processions to and from Buckingham Palace will be televised.

Sunday 7th May will be a day of celebration. Communities are being encouraged to get together for the Coronation Big Lunch. This could be anything from a cup of tea with a neighbour, to lunch for family and friends, or a picnic to bring together a local community. The Big Lunch is a long-standing annual event masterminded by the Eden Project and supported by the National Lottery which aims to bring together millions of people to boost community spirit, reduce loneliness and support charities. For more information, and to download a free Coronation Big Lunch pack, go to <a href="https://www.edenprojectcommunities.com/the-big-lunch">www.edenprojectcommunities.com/the-big-lunch</a>.

Also on 7th May, a Coronation Concert will take place at Windsor Castle, featuring a full orchestra, and performers from the worlds of music, dance and the theatre. In addition, The Coronation Choir, made up of performers and amateur singers from across the country, including NHS choirs, LGBTQ+ singing groups and deaf signing choirs will be performing. The concert will be produced, staged and televised by the BBC, and the BBC will be holding a ballot to offer free tickets to several thousand members of the public.

The centrepiece of the Concert, 'Lighting up the Nation', will see iconic locations and landmarks lit up by projections, lasers and illuminations.

On Monday 8th May, which has been declared a public holiday, King Charles is encouraging people to spend a day volunteering in their communities to celebrate his coronation. The 'Big Help Out' is designed to give people the chance to spend their additional day's holiday helping local organisation and charities. More information on how you can get involved will be available nearer the time in the national and local media — or simply contact a local charity or community organisation and ask if you can spend the day making a difference.

## KEEP SHROPSHIRE WARM INITIATIVE

As the cost of heating our homes has risen and looks likely to become more expensive over the coming winter months, Shropshire Council is continuing with the Keep Shropshire Warm initiative.

You can get in touch with them on **0800 112 3743** (the call is free). If they can't reply to you right away, leave a message and they'll call you back as soon as possible. You can also email **advice@mea.org.uk**, and get free and impartial advice to help access a range of energy efficiency grants:

- For loft, cavity and solid wall insulation
- Park home insulation
- To improve floor and roof insulation
- To help install air source heat pumps, as first-time central heating or to replace old or broken LPG, oil or solid fuel heating systems
- To install modern high heat retention electric storage heating
- For first-time double glazing and external door upgrades
- Solar PV panels and battery storage technology
- To replace broken gas boilers

In most cases, grants will fully fund measures for qualifying residents. You can apply at <a href="www.shropshire.gov.uk/keep-shropshire-warm">www.shropshire.gov.uk/keep-shropshire-warm</a>

The page also includes details of how to make a donation to this worthwhile cause.



#### MARCHES OF TIME AT PITCHFORD HALL

This autumn Pitchford Hall and Stokesay Castle will be collaborating to offer visitors a unique experience of these two fascinating historical sites.

'Marches of Time' on 16th and 17th September will offer talks, re-enactments and demonstrations. Speakers will include Gareth Williams, curator and head of learning at Weston Park Foundation, and author of The Country Houses of Shropshire, award winning archaeologist, historian and broadcaster Dr Simon Elliot, and poet and novelist Kate Innes, whose books include the Arrowsmith Trilogy.

More information will be available in the summer edition of Village Views and on the Marches of Time website at **www.marchesoftime.co.uk**.

#### PITCHFORD HALL TOURS

Tours of Pitchford Hall will be taking place on 13th April from 2.30pm to 4.30pm and 17th May from 2.30pm to 4.30pm. Explore the main rooms on the ground floor, including the great hall and drawing room. Guests will also visit the Priest Hole Room and the Princess Victoria Room. The Victorian Kitchen and General's Quarters are often included in the tour but dependant on the current state of the rooms.

About half the tour takes place outside, so please bring suitable outdoor clothing and footwear in case of wet weather.

Tickets cost £25, including tea and cake, and can be purchased from <a href="www.tickettailor.com/events/">www.tickettailor.com/events/</a> pitchfordhall/827263/

### **SHROPSHIRE 80K FESTIVAL 2023**

1st April will see hundreds of walkers and runners descending on the Shropshire Hills Discovery Centre to take part in a range of challenges suitable for all abilities. Those taking part can choose from the SW80K, covering 80 kilometres in 24 hours, the Mammothon, a full trail marathon of 26 miles to be completed within 12 hours, the Half-Mammothon of 13 miles within a six hour limit or the Tusker, covering 10 kilometres in 4 hours.

This year there is also a new challenge- 'How Welsh Dare You Go'- which enables you to choose your own route from the Heart of Wales Line Trail.

Entry fees are £55 for the SW80K, £35 for the Mammothon, £20 for the Half-Mammothon, £15 for the Tusker and £30 for the How Welsh Dare You Go. Entry fees include parking, food and drink at the route checkpoints, professional first aid support, transport back to the Discovery Centre if you need to retire, and a hot meal at the end for all runners and walkers.

The event will raise funds for the Grow Cook Learn charity, which runs the Shropshire Hills Discovery Centre. This year, the money raised will be used to help inner city children learn about how their food is grown.

More details can be found at

<u>www.shropshirehillsdiscoverycentre.co.uk/whats-on-at-shdc/shropshire-way-80k-festival/</u>, where you will also find a link to the entry form.

Entries close on 27th March.





#### PALM SUNDAY - 2<sup>nd</sup> April

8.00am Holy Communion Condover 11.30am Holy Communion Pitchford

#### MAUNDY THURSDAY - 6th April

7.30pm Holy Communion Condover

#### GOOD FRIDAY - 7th April

12.00-1pm Service of reflection - Condover 2pm-3pm Service of reflection - Acton Burnell

#### **EASTER SUNDAY - 9th April**



9.00am Holy Communion at Frodesley 9.00am Holy Communion at Ryton 10.00am Holy Communion at Condover

10.30am Holy Communion at Acton Burnell

11.30am Holy Communion at Pitchford





## What's on



#### 4th February to 25th February

The snowdrops are expected to be in bloom in Attingham Park. Open from 9am to 5pm everyday. Usual admission charges apply (£15 for adults, £6.50 for children, no charge for National Trust members).

#### **10th February**

Pub Night at Pitchford Village Hall. Doors open at 7.30pm. All welcome, including children, dogs and wellbehaved adults. Rumour has it that there will be hot dogs!

#### 10th February

Tom Cruise takes to the skies again in 'Top Gun – Maverick' which will be screening at Cound Guildhall at 7.30pm. Tickets are £5 for this 12 rated film, and can be purchased online at <a href="https://artsalive.co.uk/films/film/checkout/?id=45878">https://artsalive.co.uk/films/film/checkout/?id=45878</a>. A pre-film meal is also available at a cost of £6.50. Please call **01743 761451** to book a table. Tea, coffee and cake available to purchase during the interval.

#### 18th February to 16th April

A special exhibition at Shrewsbury Museum & Art Gallery focusses on the moon. Discover 5,000 years of humankind's fascination with the moon and re-live historic moments in lunar discovery and exploration. Encounter astonishing objects, including real, touchable moon rock! Free entry – donations welcomed. Open from 10am to 4pm Monday to Saturday, 11am to 4pm on Sundays from 1st April and during school holidays. Closed Mondays until 1st April.

#### 20th to 24th February

Do you have a budding Jedi living in your house? Head along to the Shropshire Hills Discovery Centre to take part in an afternoon of Jedi themed fun-learn the Jedi Code, drill in the 6 attack and parry zones with our special trainee combat lightsabres, work on your self-discipline and test your agility with the laser beam challenge. Suitable for ages 4 to 11, tickets £4.40 per accompanied child. Booking essential – call **01588 676060**. From 1pm to 2.30pm each day.

#### 1st March

Screening of 'Where the Crawdads Sing' at Cardington Village Hall at 7.30pm. Tickets for this 15 rated film are £5, available on the door or online at <a href="https://artsalive.co.uk/films/film/?id=15964">https://artsalive.co.uk/films/film/?id=15964</a>. Call **01694 771295** for more information.

#### 7th March

'The Outfit' starring Mark Rylance as a tailor in New York who becomes embroiled in the activities of local gangsters will be showing at Cound Guildhall at 7.30pm. Rated 15. Please call **01743 761451** to book tickets.

#### 10th March

Head over to Pitchford Village Hall to meet up with friends and neighbours old and new for a pint, a glass of wine or a soft drink. Everyone welcome. Doors open at 7.30pm

#### 11th March

Forage for wild garlic in the Onny Meadows at Shropshire Hills Discovery Centre, and learn to make your own wild garlic pesto. Workshop runs from 1am to 1pm, and costs £12.50 per person, including a jar of pesto to take home. Booking essential – please call **01588 676060**.

#### 11th March

Top instrumentalists from across Shropshire will be competing to be awarded 'Concord College Concerto Competition Winner' in a charity concert. This charity event will support the Anthony Morris Foundation, which provides scholarships to allow talented youngsters to attend Concord College. The concert begins at 7.30pm. Admission is free, but please contact **Emily.purvis@concordcollege.org.uk** to reserve seats.

#### 15th March

AGM at Pitchford Village Hall, starting at 7.30pm. Open to all members of the public.

#### 18th March

Come along to Pitchford Village Hall for bacon butties and a chat, from 9.30am to 12noon. Mike Price will be on hand to collect any memories or memorabilia you have relating to the history of the Village Hall, and you will also have the chance to join Miriam Davies on her morning walk along some local bridleways.

#### 1st April

Shrewsbury Colour Run takes place at the Sansaw Estate, Hadnall in aid of the Lingen Davies Cancer Fund. This is a fun 5k run where no-one gets to the finish line with a clean t-shirt! Start times are at 10.30am, 11.30am and 12.30pm, and included in the entry fee is a white t-shirt, sunglasses, medal and the all-important bag of coloured powder to make the event one to remember. Entry fees are £23 for adults and £8.50 for under 12s, with family tickets available for one adult and one child (£29), two adults and two children (£58) and two adults and three children (£66). Go to www.lingendavies.co.uk/newsevents/events/colourrun2023 for more information and to book.

#### 14th April

Celebrate springtime with a pint and a natter, or a glass of wine and a chat, at Pitchford Village Hall Pub Night. Plenty of parking and a warm welcome for everyone. Doors open at 7.30pm.

#### 14th April

Head to All Stretton Village Hall to take a trip back to Prohibition era America with Ma Bessie and The Pig Foot Band, celebrating the life and music of blues legend Bessie Smith. Performed by singer Julia Titus with a live band, this show is suitable for everyone aged 14 and over. Tickets £12 for adults, £5 for children and £30 for families. Book your seats at

https://artsalive.co.uk/live-performances/show/checkout/?id=13967.
Call 07812 583113 for more information.

#### MAKE A NOTE IN YOUR DIARY

The **Acton Burnell Fete and Bash** will be taking place on 10th June. Look out for more information in the May edition of Village Views.



#### NEWS FROM COUNCILLOR DAN MORRIS SHROPSHIRE COUNCILLOR FOR THE WARD OF BURNELL

I am going to use this column to help publicise some assistance with the cost of living.

Firstly, the Government has recently announced cost of living support for lowest income households in 2023/24. Millions of the lowest-income households across the UK will get £900 (or up to £1,350) from the Government in 2023/4 to help with the cost of living. Starting from Spring 2023 cost of living support will include:

- £900 Cost of Living Payment for means-tested benefit claimants paid direct into bank accounts in three payments over the financial year
- Extra cash support for people with disabilities
- Some pensioners households receive extra cash

The new £900 cash boost for over eight million eligible means-tested benefits claimants, including those on Universal Credit, Pension Credit and tax credits, starts in spring and will go direct to bank accounts in three payments over the course of the financial year. There will also be a separate £150 for over six

million people with disabilities and £300 for over eight million pensioners, on top of their Winter Fuel Payments.

Shropshire Council and their partners across the county continue to offer help and advice on money, bills and wellbeing, which may also be useful to many. Exact payment times will be announced closer to the time. They are spread across a longer period to ensure support throughout the year and will broadly be as follows:

- £301 First Cost of Living Payment during Spring 2023
- £150 Disability Payment during Summer 2023
- £300 Second Cost of Living Payment – during Autumn 2023
- £300 Pensioner Payment during Winter 2023/4
- £299 Third Cost of Living Payment during Spring 2024

Secondly, the bus 'Get around for £2" campaign will last until end of March. People can travel around Shropshire by bus for no more than £2 for a single journey until the end of March.

'Get Around for £2' campaign aims to get more people to travel by bus. Backed by £60 million of Government investment, it will help families, commuters and other passengers save money this winter, by capping single tickets at £2 across England, outside of London, for most bus services.

With the average single local bus ticket in England costing £2.80 (in some rural areas a single ticket costs more), passengers can save almost a third of the ticket price per journey. Two bus services in Shropshire Council's Burnell ward are involved in this scheme:

- 546 Arriva Bus (Shrewsbury/ Pulverbatch)
- 435 Minsterley Motors Bus (Ludlow/ Leebotwood/Longnor/Dorrington/ Ryton/Condover/Shrewsbury)

Thank you for reading this column! If there are any matters you think I can help on, please do get in touch by email **dan.morris@shropshire.gov.uk**, by mobile on **07902 408400**, on facebook **dan4burnell** or Twitter **@dan4burnell**.

Dan Morris

### CHANGES TO TELEPHONE SERVICES

Over the next two years the UK telephone system will move to a completely digital system, with landlines being upgraded to new digital technology using an internet connection. For most users the changeover will be straightforward. No-one will lose their landline and there will be an option for a 'landline only' service for anyone who does not want to purchase an internet connection.

However, a major change will be that while analogue telephones (those that plug directly into the phone wall socket) continue to work even while there is a power cut, digital systems need a power supply to work and so will not function if there is a power outage.

The phone companies are expecting people to use a mobile phone as a back-up if this happens, but in areas where the mobile signal is patchy (like Shropshire!), or if you don't have a mobile phone, your phone provider should offer you a solution such as a battery back-up unit, so that you can still make phone calls during a power cut.

If you have specific requirements (for example, if you are classed as vulnerable, or if you have devices attached to your telephone line such as alarm systems, telecare devices or fax machines) you should contact your telephone or equipment provider for more information.

Rules are in place to ensure that telephone service providers support vulnerable and at-risk customers during that changeover process. If you, or someone you know, falls into this category you should notify your telephone provider to that they can provide you with assistance.

The guidance states that everyone should have at least one solution available that enables access to emergency organisations for a minimum of one hour in the event of a power outage in the premises, and that this solution should be offered free of charge to those who are at risk as they depend on their landline.

Ofcom suggests that before you change to a digital landline, you should let your telephone provider know if you have a care alarm, health pendant or security alarm that uses the telephone; if you don't own a mobile phone or don't have enough signal at home to call the emergency services in the event of a power cut; if you have a disability or other needs that mean you may

need extra help with setting up a new telephone.

They also suggest that you may want to ask your provider:

- What do I need to do for my new landline to work as soon as possible?
- Will my new landline work in a power cut?
- What can you provide if I only have my landline to call emergency services during a power cut?
- How do I check if other devices (like a care alarm) that use my telephone line will be compatible with the new system?
- Will my current handset work on the new system, or do you need to send me a new one?

You can find more information online at www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/future-of-landline-calls or at www.gov.uk/guidance/uk-transition-from-analogue-to-digital-landlines



# **NEWS FROM**PITCHFORD VILLAGE HALL

#### **PUB NIGHTS**

Anyone keen on a good hot dog should make sure they make a date to come along to Pub Night on 10th February, when these tasty snacks will be available alongside the usual beer, wine and soft drinks.

The Village Hall will also be hosting Pub Nights on 10th March and 14th April. As always, everyone is welcome to join us at the Village Hall for a chat and a pint.

#### **AGM**

The Village Hall AGM will be taking place on Wednesday 15th March at 7.30pm. This is a public event and anyone interested will be made very welcome. If you've got any questions to ask about the Village Hall, or suggestions to make, this is your chance to put them to the Committee.

#### **DATE FOR YOUR DIARY**

On Saturday 18th March the Village Hall will be open from 9.30am to 12noon, offering the local community bacon butties, a cup of tea or coffee, the opportunity for a chinwag, and a very warm welcome. During the morning you'll also have the chance to join Miriam Davies on her Saturday morning walk along some local bridleways before rewarding yourself with a buttie!

We're also hoping to make a start on our history project, collecting information about the Village Hall and its past. The Village Hall has stood in its present position since 1926, but was previously elsewhere in the village. We'd like to hear from anyone who has documents, photos or memories to share, and hope to put together a history of the Village Hall and the people who have been involved with running and maintaining it. Come along

on the 18th March and have a chat with Mike Price to get the ball rolling on this interesting project.

#### **VILLAGE HALL TOTE**

Also known as the '200 Club'! Jeannette Reaney has been out and about collecting fees from everyone who is renewing their membership for 2023. If Jeannette hasn't been able to catch you yet, please contact her (details below). Payment by cash, cheque or BACS transfer all welcome.

And if you are not yet a member, please give it some consideration. You pay only £12 for the year, and each month there are cash prizes of £50, £25, £15 and £10. Winners' names are posted on local noticeboards and on the Acton Burnell Community and Village Hall Facebook pages. The money raised helps to pay for the continued upkeep and maintenance of the Village Hall.

#### **CONTACTS**

All of our information can be found on our Facebook page, 'Pitchford Village Hall'. Please 'like' our page to get regular updates! The Hall is open for private hire and if you wish to make an enquiry or indeed have any other questions, feel free to contact either Mike or Chris below:

#### Mike Price

(Chairman PVH Management Committee): email: price622@btinternet.com

mobile: 07740 067955

#### **Chris Jones**

(Secretary PVH Management Committee):

commutee).

email: csjay@btinternet.com mobile: 07538 744807

mobile: **0/338 /4480/** 

Jeanette Reaney (Tote Organiser) email: jeanettereaney@hotmail.com

mobile: **07971 780963** 

#### **VOTER ID CHANGES**

From 4 May 2023 voters in England will need to show photo ID to vote at polling stations in some elections, including local elections, parliamentary by-elections, Police and Crime Commissioner elections, and recall petitions. From October 2023 this will also apply to general elections.

Accepted forms of ID include a UK, European Economic Area or Commonwealth passport or driving licence, and some concessionary travel passes, such as a bus pass. All ID must include a photograph, and expired ID will be accepted as long as the voter is still

recognisable from the photo.

Anyone who does not have any of the ID listed above will be able to apply for a free Voter Authority Certificate from Shropshire Council.

More information on ID requirements and how to apply for a Voter Authority Certificate can be found at

www.shropshire.gov.uk/electionsand-electoral-registration/voting-andelections/voter-id-in-polling-stations/.

The page will be updated as more information becomes available.

## PVH HIRE 2023

#### Prices from...

Meeting *	£15
Children's Party	£25
Other function or event	£30
Bookings over 6 hours  *offers available for multiple bo	
Bookings over 6 hours  *offers available for multiple bo	
*offers available for multiple boo	£50 okings
*offers available for multiple boo	

### WARM WELCOME

As energy prices stay high and the weather stays cold, many people are struggling to keep themselves and their homes warm. Shropshire Council has produced a list of over 50 places where local residents can go to keep warm and enjoy a peaceful activity. A full list of venues can be found at <a href="https://www.shropshire.gov.uk/cost-of-living-help/a-warm-welcome-in-shropshire/">welcome-in-shropshire/</a>, but some of the most local warm welcome locations to our area are:

Dorrington Village Hall, The Maitlands, Dorrington, SY5 7LD. Open from 10am to 4pm on Wednesdays. Meet and chat 10am to midday, board games, craft activities and book swap from midday to 4pm.

Much Wenlock Library, The Corn Exchange, Much Wenlock, TF13 6AE. Open from 9.30am to 1pm and 2pm to 5pm on Tuesdays and Thursdays; 9.30am to 1pm on Saturdays.

#### Much Wenlock Museum and VIC,

Memorial Hall, Much Wenlock, TF13 6HR. Open 10.30am to 4pm on Fridays, Saturdays and Sundays.

Bayston Hill Library, Lythwood Road, Bayston Hill, SY3 ONA. Open from 10am to 5pm on Tuesdays; 10am to 1pm and 2pm to 5pm on Thursdays and Fridays; 9.30am to 1pm on Saturdays.

**Christ Church**, Glebe Road, Bayston Hill, SY3 OPZ Open 9.15am to 12.15pm on Wednesdays.

#### PRACTICE NEWS FROM MUCH WENLOCK AND CRESSAGE MEDICAL PRACTICE

## SOCIAL PRESCRIBING FOR YOUNG PEOPLE AGED 11 TO 18

A new service is offering young people a non-medical approach to improving their health and wellbeing, putting youngsters in touch with a Healthy Lives Advisor who can help them develop an action plan, which may include getting involved with local groups and activities. The service is designed for young people facing a range of challenges, such as feelings of isolation, long term chronic health conditions, issues around housing and finance, or the need for support with their wellbeing and education. Referrals can be made through a GP or via local schools (William Brookes and Bridgnorth Endowed).

## MUCH WENLOCK AND CRESSAGE COCO GROUP

The CoCo Group is looking for volunteers to help support frail and vulnerable people in our local community. This may involve regular phone calls, meeting up for a chat, or helping with small tasks, such as dog walking, shopping or gardening. It does not involve personal

care. If you think you can spare some time to make a difference to someone in your community, please talk to reception at Much Wenlock or Cressage surgeries.

#### **CALLING ALL UNPAID CARERS**

An unpaid carer is a person of any age (adult or child) who provides unpaid support to a partner, family member, friend or neighbour who, without their help, would not be able to live at home or whose health and wellbeing would deteriorate without this help. This could be due to frailty, disability or a serious health condition, mental health issues or substance misuse. The person being cared for would typically be in receipt of benefit for their disability / condition. Unpaid carers are likely to be in receipt of carers allowance (or an underlying entitlement- such as carers premium or carers addition).

If you are an unpaid carer, please get in touch with the Practice and let us know as it is important that this information is documented for the patient you are caring for and helps to ensure records are kept up-to-date and accurate.

## PARISH COUNCIL NEWS

The council met in mid-January. Papers and draft minutes are available at

## www.actonburnellparishcouncil.org. uk/meetings

Unfortunately, our locum clerk, Sharon Clayton, is not able to continue in the role and the council agreed to work without a designated clerk until Anna Morris returns from maternity leave in June. Paul Harrison was appointed the proper officer (unpaid). Any enquiries can continue to use the number

## 07842324809, and email clerk@ actonburnellparishcouncil.org.uk

The budget for 2023/2024 was reviewed and agreed. Although funds are available for community projects and for grants which may be requested (requests are always welcome) these cannot be used for regular running costs for the Parish Council. The operating costs mainly comprise the clerk's salary and must be met from the precept (a small sum included in council tax) or from reserves remaining from previous years. For several years now the reserves have been reduced rather than increasing the precept. However, as reserves approach the recommended minimum level, the council agreed an increase in the precept of 8.9%. This represents around £2.00 per annum for an average property.

The council agreed to consider supporting an annual community event and to seek views from residents to determine the level of interest. This is discussed further below.

Progress with Shropshire Council regarding a number of issues is very slow but these continue to be pursued by the Parish Council and by our Shropshire Councillor.

#### **COMMUNITY EVENT**

Following the success of the Jubilee Picnic last year it was suggested at the recent meeting of the Parish Council that a similar event might be held each year; possibly rotating around the four villages which comprise the combined parishes; Acton Burnell, Pitchford, Frodesley and Ruckley & Langley. The Parish Council could provide financial support (as was done for the picnic) and volunteers would be needed to organise and run the events. If you would support this idea and even perhaps be willing to actively participate in an organising committee please email clerk@

<u>actonburnellparishcouncil.org.uk</u>. Any general comments and suggestions would also be most welcome.

Event(s) will need to be organised so as not to clash with any individual village events, or might possibly be coordinated with these.

#### **SLEEPSTATION**

An NHS approved app can help with sleep problems, and help people sleep well by combining proven psychological methods with personalised support and guidance, and without the need for medication. Sleepstation is a free online app which needs daily access to a smartphone or computer. You can be referred by your GP, or can self-refer.

For more information or to access Sleepstation App please go to: <a href="https://www.sleepstation.org.uk/nhs\_options/">www.sleepstation.org.uk/nhs\_options/</a> or speak to a member of the team at the Practice.

## GET YOUR CAMERAS READY!

Whether you are a keen amateur photographer or just like grabbing the occasional shot on your phone, Pitchford Village Hall invites you to take part in a new photography competition. The challenge is to snap a beautiful photo of our local community or surroundings (within a 5 mile radius of the Village Hall), at the same time as capturing the essence of the changing seasons.

The competition will be open to amateur photographers only, whether you take your photos on a digital camera, a tablet or a phone. There are no age groups – the competition is open to all photographers of any age. Digital photographs only will be eligible for entry.

There will be four rounds: round one (Spring) will be launched on 21st March and close on 21st May; round 2 (Summer) will run from 21st June to 21st August; round 3 (Autumn) launching 23rd September, closing on 23rd November; round 4 (Winter) running from 21st December to 21st February. A winner will be declared for each round.

Competition entries will be projected on the Pitchford Village Hall screen at Pub Night for everyone to enjoy. The winner for each round will be showcased on social media and feature on the Pitchford Village Hall Facebook page. Winning photos will also be printed in Village Views.

After all four rounds have been completed, an overall winner will be declared. The prizewinning photograph will be professionally printed and framed and placed on permanent display in the Hall. Keep an eye on Pitchford Village

Hall Facebook and Instagram pages at www.facebook.com/

pitchfordvillagehall and www.instagram. com/pitchfordvillagehall/ for more information and details of how to enter.

So get snapping and get ready to be part of this exciting new competition!

## EASTER TRADITIONS OLD AND NEW.....

Easter has been an important time of feasting and celebration in the Christian calendar since the earliest days of the faith, but over time it has become associated with a wide range of traditions – from chocolate eggs to Easter bunnies and hot cross buns.

The link between the humble egg — chocolate or otherwise — and Easter is believed have originated with early Christians in Mesopotamia, who gave each other gifts of dyed eggs around Easter. During Lent, which was originally marked by a period of fasting- rather than just giving up some treats- eggs were one of the foods which people weren't allowed to eat. It is thought that eating pancakes on Shrove Tuesday began as a way of using up surplus eggs before the period of fasting. So when Easter Sunday came around, tucking into a fresh egg was a real treat.

Later, 'pace' eggs became popular. These were eggs which were dyed bright colours and then given as gifts. The first chocolate eggs in England were marketed by Fry's in 1873, and since then have become hugely popular, with Easter eggs appearing in some shops soon after the Christmas decorations have disappeared!

An alternative theory is that the Anglo-Saxon goddess Eostre was linked with the spring equinox in much of Europe and that eggs and rabbits were identified as two of her symbols, which may be why the humble bunny has such an important role in Easter traditions.

Another theory is that the Easter bunny was inspired by an early German tradition where a hare delivered eggs to good children at Easter. The story was taken by German migrants to the US, where, over time, the hare became a cuddly bunny. In France, however, Easter eggs are brought to lucky children by Easter bells, which fly from local churches to Rome on Good Friday, returning laden with chocolate goodies on Easter Sunday.

Hot cross buns are another tradition with a long and intriguing history. Cakes marked with a cross (usually to symbolise the four seasons) were baked as part of celebrations which took place at the spring equinox from Egypt to Greece and Rome. During the Tudor period, spiced cakes, including hot cross buns were banned after the English broke ties with the Roman Catholic church. However, in the reign of Elizabeth I, things were relaxed a little and spiced buns were allowed to be sold at funerals, on Good Friday or at Christmas. Eventually the hot cross buns became linked exclusively with Easter.

However you choose to celebrate, Easter is a time to take advantage of the coming of springtime, enjoying the fact that you are keeping alive traditions that stretch back to the earliest days of Christianity – and even beyond.

Happy Easter!



## COUND SNOWDROP WALK

Celebrate the coming of Spring with a walk to view the snowdrops at Cound. The Guildhall at Cound offers walkers tea and cake on Saturday 18th and Sunday 19th February, with doors opening at 9am for any early birds.

The route is over farmland and private woodland, so please keep any four legged snowdrop lovers on their leads at all times. Start the walk at the Guildhall, cross the road and climb over the stile, following the hedge on your right to the next stile. From this stile head directly across the field towards the woods opposite – after the power line pole turn left and follow the fence and brook to the metal gate.

Over the stile next to the metal gate continuing straight on, with the fence and the brook on your right. Ignore the stile on your right that leads to the white foot bridge over Coundmoor Brook.

Continue on and go over the stile in the corner of the field, following the path with the brook on your right to the kissing gate. With the brook on your right go through a field with ground that rises steeply on your left. Pass the washed out ford just before the fenced copse on your left.

Look for the old weir in the brook-you may miss it as you have to concentrate on crossing the boggy ground. It is always difficult here because a spring runs out of the hillside on the left and across the route at this point.

Continue ahead across the slope with the brook below you to the right and the woods ahead. Keeping at the same level and following the stone wall on your left. In front of the woods, is a wide wooden gate and stile. Go through the gate, into the woods and follow the foot path.

During the past few years extensive work has been carried out to reinvigorate the woodland. A stoned track leads you through to a large clearing with a vehicle bridge at the edge of the brook. Bear to the right over the bridge to the hard core track that passes above and to the right of the cabin.

Work has been done to successfully rejuvenate the woodland which is a SSSI and a considerable amount of planting has taken place where there is bare earth.

Please keep to the track and follow it up through the woodland with a recently extended small lake on your left.

On open ground above the lake is the Jubilee Bench that commemorates the Queen's Diamond Jubilee. Here may be a good place to sit and observe the wild life in the woods across the lake.

From the Jubilee Bench continue along the track to the footpath marker indicating where you leave the track, and bear left down to an new red metal gate. Pass through the gate and on down and into the field towards the Coundmoor Brook.

Passing through the field and following the brook you will find an old stone bridge on the left. There is no designated foot path over the bridge, so please take care around the bridge.

Keeping the brook on your left you continue on and you should see drifts of snowdrops on either side of the brook. Continue up stream through the field to the kissing gate leading to the road at Fullway Ford. Join the road and turn right up the hill. Follow the road for around 1.5 Km into Upper Cound.

At the highest point on the road (94 metre) there is an excellent framed view of the Wrekin to the north east. Continue down the road eventually passing Glebe Farm and two houses on your right. Then turn right down Church Lane which turns in to a footpath and re-crosses Coundmoor Brook.

On reaching the road at the other end of Church Lane turn right towards the Church and the Guildhall.

(With thanks to the Cound Guildhall Trustees for the detailed route description)



#### KEEPING IN TOUCH WITH THE COMMUNITY

Don't forget that you can keep in touch with your local community by using Facebook. Just search for Acton Burnell Community, Pitchford Village Hall or Frodesley Community Hub to see what events are taking place in your area. You'll need to join as a member to see who's in the group and what they post on the Acton Burnell page, but this only takes a minute or two.





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