

Upton St Leonards Life

incorporating Church News



Issue 116

April 2024



To be more specific, Upton needs more volunteers to take on roles in the Village.

There are plenty of places and organisations that really need more volunteers.

PARISH COUNCIL

The whole of the Parish Council is up for re-election on May 2nd

Some of our councillors are not standing this time, so there are vacancies. Could you fill this role and serve the Village that you like so much? Help set the tone and direction?

The Stroud District Council website has all the details on how to apply - but the deadline for applications is 4pm on April 5th.

If not enough people apply, there will be no election. All that have by then applied will be councillors and they will try to co-opt others to fill all vacancies, so there's another route in!

To be a councillor you don't need any special qualifications. Your life experience, everyday skills, passion and commitment to people and the community are vital, and it's important that the council reflects the local population.

This page and the next highlights the pressing need for more

VOLUNTEERS

... to help organise, administer, run, look after ...

Parish Council, Village Hall, BMI committee, this newsletter, sports clubs, churchyard, Village and other charities, school helpers, uniformed organisations, etc. It's a long list, but there is surely something there that you take an interest in and would like to help. Turn the page to find out more.



Also in this issue: How to get tickets for the Village Hall Twiddle Races, the Barn Dance and a couple of other popular events coming up!

VOLUNTEER

you can make a difference!



Here are some specific opportunities, and who to contact to hear more.

THE PARISH COUNCIL - see the first page

Contact: Roy Balgobin, Parish Clerk

UPTON ST LEONARDS SCHOOL

'Read with me' scheme. Hear a child read, and talk with them about what they have just read.



Contact the school directly

THE VILLAGE HALL

Come on the committee that runs the hall. Help with fund raising for hall maintenance. Become a trustee. Could you take on the role of booking clerk? See the AGM notice on page 6.

Contact: Keith Pearson

SPORTS AND OTHER CLUBS

All our Village sports clubs and other organisations need volunteers to work in the background. Treasurers and secretaries for example.

Which sport interests you? Badminton, Tennis, Football, Cricket, Petanque?

How about helping the Uniformed organisations, Scouts, Brownies, Cubs, Rainbows, Beavers, Squirrels?

The WIs, Probus clubs, the Coffee club, the Village Show Committee, the BMI committee, the Lady Downe Charity - all need people to help manage.

Andy Russell can let you know the right contact for each.

VILLAGE SMALL MAINTENANCE etc. JOBS

A big choice of opportunities to help. Can you take on or assist at one or more? Look after the Pavilion, Recreation Ground, the Glebe Field, look after the new trees planted there. Plant daffodils, mow the churchyard, tidy the Village Green, Nut Hill, Cud Hill, Kite's Hill. Best contacts are Roy Balgobin and Andy Russell. Churchyard contact: Gill Howell.

BARN DANCE

The Barn Dance organisers need volunteers: help set up, security, parking, run barbecues and serve

food and drink, clear up etc. Sat 29 June.

With a large number of people expected, we will need quite a number of helpers. You will get free entry and some food! This is a great one-off event to support by volunteering.

Contact: Pete Wilson

JOIN THE USL LIFE PRODUCTION TEAM

We are looking for an editor, feature writers and advertising sales person.

Editors take on three or four issues per year each. When it's your turn, you probably do about 20 hours work in your month. Laptop, software and plenty of guidance provided! Others bring ideas, articles etc.

Feature writers author the various 'feature' articles you see in the magazine. They form a small team to look at commissions or raise ideas for articles, and then research and write. Aiming for one feature per month, a team of four writers would do three each per year.

We need a person to contact potential advertisers and try to 'sell' our publication. There is lots of help available

Contact: Pete Wilson

UPTON WI

Riding for the Disabled

Kathy Quant writes: Our speaker at the March meeting was Stephen Pidgeon. He is a fundraiser and trustee of the Cotswold branch of the Riding for the Disabled Association.

His talk highlighted the bonding, joy and complete freedom experienced by disabled riders, some of whom cannot speak or walk. Riding adds to core strength and stability, and increases social skills and friendships. I have a personal connection - my daughter Elizabeth rides every week with the RDA in Cheltenham on a horse called Dave and she gets huge

TWYVER WI

The von Trapp Family

Linda Munnoch writes: This month's speaker, Paul Murphy, began his talk on The von Trapp Family by telling us that the real story of this well known family is not quite the same as portrayed by Hollywood in 'The Sound of Music.' But the real story is equally fascinating. Paul's telling was grounded in the incredible women involved in the family and the film.

Agatha married Baron Georg von Trapp and together they had a large brood of children. Sadly Agatha and her youngest child caught scarlet fever and died. As in the film, Maria was a young nun, but the vow of silence didn't match Maria's

LADIES' PROBUS

Our February meeting was presented by Wendy Stafford from Offenham, Evesham. The title of Wendy's talk was intriguing - Artpad, Flowers in Glass - but the actual presentation was even more than that!

Wendy had always been very artistic but after a full and varied career, and an introduction to stained glass, she has now become an expert crafter in Fused Glass. Wendy produces various artistic glass decorations but likes to specialise in glass flowers, birds etc for the garden. Her work has been featured by quite a few top garden designers. The displays Wendy showed us were amazing - it was a fascinating morning for us all.

pleasure and benefit from her riding.

The RDA relies totally on volunteers and donations. They were at the Cheltenham races, collecting. After a good day's racing punters are most generous!

We meet again on Monday 1 April at the Pavilion, 2pm. All are welcome.

www.rda.org.uk



personality and she and the Mother Superior did not see eye to eye, so she left the order and became the governess in the Baron's house and eventually married him, all the while developing musical talents in the children. When Hitler's Nazis arrived in Austria in 1938 the family got away by train (not a dramatic escape over the mountains!) and settled down in New York where the Trapp family singers became stars of the concert and radio, leading to one of the most famous films of all time.

It was a fascinating story very well told.

The evening ended with usual business and the meeting was brought to a close. The next meeting will be on Monday 8th April, all welcome.

March is our AGM, providing the opportunity to adapt or adjust to suit today's membership. It is always a brief affair! Afterwards we hear from Patrick Howell who describes the Overland Journey from London to Hong Kong via the Trans Siberian Railway. (As usual, this meeting is too late in the month for a write-up in the magazine; something about it will be in the May magazine).

April's speaker is Gerry O'Brien who is a Forest of Dean ranger. He is going to tell us all about the History and Heritage of the Forest of Dean. So please come and join us at 10am on Wednesday 24 April in the BMI to hear more. If we are very fortunate, Gerry might bring along Prof the Barn Owl!

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What's coming up?

Plenty - including some big, popular events that are likely to be over-subscribed. Most have already been well advertised. Here's how to get your tickets to these!



CALL MY BLUFF – Sat 20 Apr – Call my Bluff wine tasting and supper – £15 – See below

UKULELE CONCERT – Fri 26 Apr – Ukulele concert & Pimms – £10 – Tickets on the door – See below

TWIDDLE RACING – Sat 18 May – 'Twiddle Racing' and supper – £15 – See next page

BARN DANCE – Sat 29 June – Portway Farm – £15, under 16s free – tickets on sale from Mon 15 April at the Post Office, Portway Farm Shop and online from ticketmaster.co.uk – See next page

Do you like WINE?  Can you spot a bluff?

**'CALL MY BLUFF'
WINE TASTING**

**Saturday 20th April
Village Hall 7.30pm**

6 wines and a ploughman's supper
£15.00 per person
In aid of Vision Care for Homeless People
Prize for the winner
Raffle and bar

Tickets from Jackie Lord

ABBEYDALE GARDEN CLUB

PLANT SALE

Abbeydale Garden Club is holding a plant sale. Tea, coffee, cake, books etc. also.

USL Village Hall

Sat 20th April

Open 10am-12

Free entry, all welcome



St. Leonard's Church welcomes you to our Spring Concert featuring

Gloucester Strings Ukulele Group

&

TLC Singers

Friday 26 April 7.00 pm in the Church. This is a fund raising event in aid of the Church Roof

Tickets £10.00

On the door

(to include a glass of Pimms)

This was a very popular concert last year and returns by popular demand! The Gloucester Strings Ukulele Group were also most keen to come back!



ENTERTAINMENT AT THE BMI

Saturday 20th April

The first time at the BMI

Entertainment with

Earl Tee

From 8.00pm

Saturday 11th May

Entertainment with the ever popular

Ian Oliver

From 8.00pm

Sunday 19th May

Sunday Lunchtime Jazz

With

Cygnat

1.00-3.30pm

All events open to members and signed in guests

Huge thanks to the Herring Family

BARN DANCE

Sat
29
June

A night of fun and frolic for all ages

The Barn Dance is all set to go at Portway Farm. Gates open at 6pm, with a Ceilidh Band starting at 7pm, followed by a Rock Band and finishing with a Disco for those with the energy! Bar and Barbecue of course.

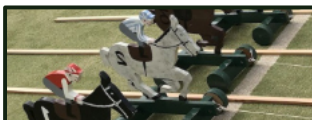


All profit from this event will go to the Church's
'Raise The Roof' Funds

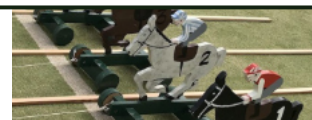
See on the previous page about tickets and how to get them. Parking will be available at the farm.

Could you or your company sponsor this event?

Call Pete Wilson



TWIDDLE RACING



**In aid of the Village Hall
7pm Saturday 18 May**

Why not spend a fun evening at The Upton Races and pit your 'twiddling' skills against your friends, family or neighbours. No Films, no dice (or skill). Laughter and excitement as 8 amateur jockeys from the audience reel in their horse to a neck & neck

finish cheered on by the good folk of Upton. Come and give it a go!

You may wish to sponsor a race and promote your business within the community or name a horse. Full details are available from the organiser. A bookie will be on hand to take small wagers for those who feel lucky or have an eye for a winner.



Everyone will have the opportunity to have a practice at 'twiddling' before we run the first of eight races over the famous Village Hall course. The winners will go forward to see who will be crowned Champion of Champions in the evening's finale.

A 2 course supper will be served during the interval and a Bar serving beer, wine & soft drinks will be available throughout the evening. Tickets at £15 per head. Hurry and book now as numbers are restricted to 60.

USL Life Community Interest Company AGM

This is the company that publishes this magazine.

The company has an annual general meeting, as required by company law. This year it is on Monday 15 April, at 7.30pm in the Old School Room.

Anyone may attend the AGM to hear reports from the board. The company has 'members,' and only these may actually vote at the AGM. You can become a member and show your interest in this magazine and perhaps shape its direction. To become a member, simply contact one of the directors. Contact details for two of these, Pete Wilson and Andy Russell appear on page 19, or you can use the 'Contact Us' part of our web pages, www.usllife.org.uk

VILLAGE HALL

ANNUAL GENERAL MEETING

The AGM is on Monday 29 April at 7.45pm in the Annex

Residents are invited to attend this open meeting when election of managing Trustees by residents of the civil parish of Upton St Leonard's takes place. Nominations of persons who reside within the beneficial area are most welcome. Local user groups are also invited and encouraged to send a representative to the meeting. Nominations for managing Trustees should be tabled at the meeting please.

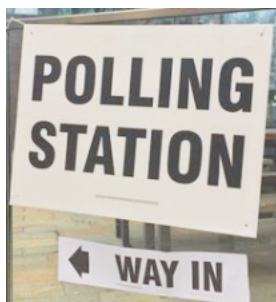
The Annual Parish Council Meeting

will be on Monday May 13, 7.30pm in the Pavilion

and on the next day, same place, same time we have an official from Stroud District Council talking on

Recycling

following up on Cliff Alderman's article last month



On Thursday 2 May elections are being held for all our District Councillors, our Parish Council, and the Police and Crime Commissioner for the Gloucestershire Area.

A letter to the editor from Keith Pearson

Dear residents and friends of Upton and Coopers Edge. The lists for the candidates for the upcoming local elections are, or soon will be, published and you will see that I am not seeking re-election as your District Councillor. After 18 years I have decided that it is time I made way for younger people. I would like to take the opportunity to say that I have been very proud to have obtained your support over 5 elections and hope that during this period of time I have represented the interests of all of you, no matter what your own individual political persuasions may have been.

I have always thought that party politics on the national level have no part in local issues and as such have never been ultra-political. However it seems that apart from the odd occasion an Independent candidate will not get elected. If I had my way all candidates for the local

elections would be independent and then the decisions taken would be based on what was best for the community as a whole and not on political idealism.

Be that as it may, the time has come for me to do other things and to reflect on the last 18 years and I am comfortable in the fact that I have always tried to do what was best for you the residents. It has been a privilege to be your District Council Representative. Thanks for entrusting me with that role.

I sincerely hope my place will be taken by an Upton resident, because we need a District Councillor who can speak with authority and knowledge about Upton and bat for us during discussions at the Council.



USL Life echoes the thoughts of many Villagers in expressing our grateful thanks to Keith for his long service to the Village as District Councillor and his continuing service and leadership in other volunteer roles.

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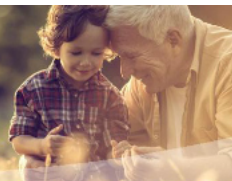
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cakes. Groceries, toiletries,
snacks, sandwiches, drinks,
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many other surprising items.

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Arts Page

The Arts Page this month celebrates the birthday on 23 April of William Shakespeare (1564 – 1616). We celebrate his talent with a song, a sonnet and part of a speech written by him.

A Song from Twelfth Night – O Mistress Mine

O mistress mine, where are you roaming?
O, stay and hear; your true-love's coming,
That can sing both high and low.
Trip no further, pretty sweetening;
Journeys end in lovers meeting,
Every wise man's son doth know.

What is love? 'tis not hereafter;
Present mirth hath present laughter;
What's to come is still unsure:
In delay there lies no plenty;
Then come kiss me, sweet and twenty!
Youth's a stuff will not endure.

Sonnet 116: Let me not to the marriage of true minds

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove;
O no! It is an ever fixed mark,
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come;
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.

Speech from Julius Caesar Act 2 Scene 2 (Caesar speaking to his wife, Calpurnia)

Cowards die many times before their deaths;
The valiant never taste of death but once,
Of all the wonders that I yet have heard,
It seems to me most strange that men should fear;
Seeing that death, a necessary end,
Will come when it will come.

We offer a tribute to Shakespeare from his contemporary – the poet and playwright Ben Jonson (1572 – 1637).

**Tribute : To the memory of my beloved,
The Author Mr William Shakespeare:
And what he hath left us**

Of Shakespeare's minde, and manners brightly shines
In his well torned and true-filed lines;
In each of which he seems to shake a Lance,
As brandish't at the eyes of Ignorance.
Sweet Swan of Avon! What a sight it were
To see thee in our waters yet appeare,
And make those flights upon the bankes of Thames,
That so did take Eliza and our James!
But stay, I see thee in the Hemisphere
Advanced and made a Constellation there!
Shine forth, thou Starre of Poets, and with rage,
Or influence, chide, or cheere the drooping Stage;
Which, since thy flight from hence, hath mourn'd like night,
And despaire day, but for thy Volumes light.

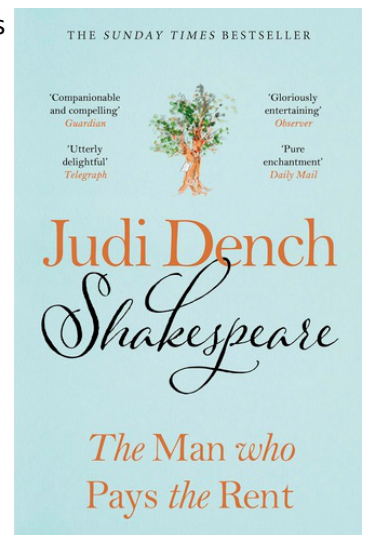
DEFINITION

The Shorter Oxford Dictionary defines a poet as “A writer distinguished by insight, sensibility and faculty of expression”.

BOOK REVIEW

Shakespeare: The Man Who Pays the Rent by Judi Dench. Published by Michael Joseph.

We recommend to you this month this recently published book which takes the form of a series of conversations between Dame Judi Dench and fellow actor Brendan O'Hea. The book is described as “companionable and compelling”. A reviewer summarises the book by writing that “what makes her the actress of her generation is that she never thought she was bigger than the material. Colossal as her personality is, she never interposed it between the audience and the writing, giving primacy to the lines”.





Rev Helen Champion

Saint Leonard's Church

Churchfield Road
Upton St Leonards
Gloucester
GL4 8AT



Rev Helen is available Tuesday, Thursday &
Sunday

Website: www.uptonstleonardschurch.co.uk

**HAPPY
EASTER**
to all our
readers



EASTER
Is at the core of
all Christian
belief, the Risen
Christ is the
cornerstone of
our faith.

Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus of Nazareth, who was crucified. He has risen!" (Gospel of Mark)

Sunday Services for April

7th April	8.00 am Holy Communion Rev Marilyn Sharland	Every Tuesday Morning Prayer 9.30 am In the Old School Room Everyone is welcome
	10.00 am Morning Worship	
14th April	10.00 am Holy Communion	
21st April	10.00 am Holy Communion Rev Marilyn Sharland	
28th April	10.00 am Holy Communion Rev Helen Champion	



Lent Lunches

In the Old School Room



Once again the Lent Lunches were well supported and enjoyed by everyone who attended.



A very big thank you to our chefs who provided the soup, everyone who worked hard preparing the meal and serving it, the shoppers, the washer uppers and most of all you, for making this event a success

At the time of going to press the amount raised for the roof fund is in excess of £800



EASTER

George Herbert (1593-1633) was a priest and poet – a so-called ‘mystical’ poet, who painted wonderful pictures with his words of allegory to express his faith. Here is part of his poem on Easter:

I got me flowers to strew thy way:
I got me boughs off many a tree:
But thou wast up by break of day,
And brought'st thy sweets along with thee.

The Sun arising in the East,
Though he give light, and th'East perfume;
If they should offer to contest
With thy arising, they presume.

Can there be any day but this,
Though many suns to shine endeavour?
We count three hundred, but we miss:
There is but one, and that one ever.

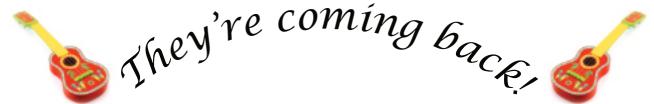
*I find that that a wonderful and inspiring evocation!
The mixing of the rising of the sun with the Rising of the Son, and the sheer pleasure expressed in the poem.*

Andy Russell

PCC

We still need another Churchwarden to work alongside Gill

PLEASE if you are interested or would like to find out more about this role please contact Rev Helen, Gill or any member of the PCC



They're coming back!

Gloucester Strings Ukulele Group

Will be returning for your entertainment on

Friday 26th April

7.00 pm in the church

Along with **TLC Singers**

£10 on the door

(To include a glass of Pimms)

St. Leonard's Church

Annual church meetings Sun 28 April

in the Old School Room at about 11.20am (i.e. after the 10am service)

ELECTION OF CHURCHWARDENS

Anyone on the Church electoral roll and any resident of the Village is entitled to attend and vote in the election of Churchwardens.

This meeting is followed by

ANNUAL PARISH CHURCH MEETING

Hear reports from the PCC and other church organisations, see the church accounts and elect PCC members.

Anyone may attend, but only those on the Church electoral role may vote.



The second anniversary of the war in Ukraine occurred this last month. I don't expect any of us thought it would go on for so long, with such devastation. It has been encouraging to discover how much Upton St Leonards has

been involved in hosting families and helping to network with other Ukrainians in Gloucester. How good it is to be able to give and share what we have with those who have managed to escape. Something like this evokes striking emotions but in the midst of everything I have found myself again to be extremely thankful. I am thankful that my home is not at risk of being bombed; that my sons are not being trained to fight in a war that has already killed so many countrymen; that I do not have to learn a new language in order to be able to find work or get what I need. I could go on.

Beginning each day being thankful is a good and healthy posture to take. Being thankful for the smallest of things, as well as our gift of life in waking up each morning, brings an attitude of gratefulness and humility. For me, it also brings an awareness of the fresh start we are given because of the promise of the grace and mercy of God which is renewed each day.

There's a meme along the lines of being thankful that I haven't messed up yet – but now I'm going to get out of bed. It makes me smile because it's so true. None of us gets out of bed intending to ruin our days by being unkind or selfish yet so quickly we fall. Often it begins with our attitude - which takes me back to being thankful. If we start with being thankful, we begin in a good place. There's so much around us we can't control but we can control our attitude. Let's be a people who are thankful.

Rev Helen Champion

Who's Who in the Church

Parish Priest:
Rev Helen Champion

Churchwarden:
Gill Howell
Interment and burial of ashes enquiries

Church Administrator:
Jenny Cunningham
Wedding & Baptism Enquiries

Parish Safeguarding Officer
Sue Downey

PCC Secretary
Kay Hutton

500 Club Winners for March



First Prize	£30	No. 70
Second Prize	£20	No: 67



Tower light dedications

If you or your family wish to sponsor the lights in celebration of a birthday, an anniversary, for a loved one's life or for any other reason then please contact Jenny Cunningham for more details.

Please note that the deadline for the Church News is the 8th of the preceding month.

The Church Tower will be lit on the 2nd April, in loving memory of James Bruntnell Williams. Forever in our hearts, Yvonne and family

The Tower Lights will be lit on the 18th April in remembrance of Dr Frank Hakim on the anniversary of his death, a dear husband, father and grandfather. Kindly sponsored by his wife Margaret and the family

On the 27th April, the Tower Lights are lit in remembrance of Norma Brinkley, whose birthday it would have been on this day. Kindly sponsored by her Son, Alan

The Church Tower will be lit on the 28th April in memory of my daughter Tracy Coles (nee Williams) on her birthday. With love and happy memories from Mum and all the family

Remembering Michael Cripps on March 30th, with love from Jackie and all his family



Mothers' Union

As part of the battle against gender-based violence and abuse the Mothers' Union have launched the RISE UP campaign :- **Respond – Inform – Support- Empower - Unite & Pray**

The Upton St Leonard's Branch decided to get involved by doing the following actions, meaning we have been carrying out our 5th Objective - To help those whose family life has met with adversity.

This involved

- > Displaying in the church, the porch and the back of toilet doors details of where help can be found locally.
- > Praying at our meetings for the campaign and all its aspects.



- > Producing "Moving In" packages for those arriving at a refuge with no personal essential items such as toothbrush, toothpaste, soap, flannel, sanitary items etc.

Our February meeting was our AGM when Kate Gale and Jenny Cunningham were elected to serve for another year as Branch Leader and Treasurer respectively. Angela Lemonde, a Trustee of the Stroud Refuge gave a talk. She spoke on its funding and the help given to women and their children. It is the only refuge in Gloucestershire and sometimes accepts women from other parts of the country if it is deemed too dangerous for them to stay in their own area. She then received the 19 wash bags prepared by members. Many thanks to all those who so willingly contributed items. Through the RISE UP campaign the Branch has been given a Bronze Award.

The next meeting will be held on Thursday 18th April in the Old School Room at 2pm when the speaker will be the Rev Helen Champion, Upton's new Parish Priest. Our meetings are open to everyone, married, single, with or without children, male or female, in fact everybody, so do come along, you are ensured of a warm welcome.

Kate Gale
Branch Leader

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CPR and Defibrillators

Cliff Alderman writes:

There was an excellent training session at the Village Hall in February on CPR and the use of Defibrillators (AEDs). The session was provided by the Southwest Ambulance service and these notes may be useful, even if you think you know what to do. Many of us will have taken First Aid courses before but some of the following is possibly newer information.

Cardiopulmonary resuscitation (CPR) is used when a patient hasn't taken a normal breath for more than 10 seconds and will likely not have effective heart output. The point of CPR is to compress the chest 120 times a minute to squeeze enough oxygenated blood to the brain. Rescue breaths (used to be called mouth-to-mouth) are not mandatory as the compression will achieve some oxygenation and blood flow/pressure needs to be maintained. In fact, stopping to perform rescue breaths will affect the blood flow/pressure. If you decide to do it then 2 breaths every 30 seconds of CPR. But babies and small children should have 5 rescue breaths first, then 15 compressions with 2 fingers only, repeated. Babies have disproportionately large heads and if the head is tipped back as for adults to open an airway this can over-extend the neck and occlude the airway. Place a folded towel under the back by the shoulders to prevent this.

Defibrillators (AEDs) are small automated packs that anyone can use. They use electric shock to stimulate the heart. As soon as you open the container, a calm voice tells you exactly what to do in simple language. Your job is to place the two pads from the box on the patient's skin - the device tells you where. The machine detects heartbeat and assesses whether the patient actually needs a shock or not, so it is not a decision you have to take.



The picture shows a defibrillator deployed and CPR on a dummy.

On finding someone that has collapsed don't just walk past. Check for danger, shake their shoulders and ask their name to rouse them (they may be asleep!) and check the rise and fall of the chest for breathing (one normal breath in 10 seconds).

If there isn't detectable breathing, start CPR and call for help. Call an ambulance, or better still get someone else to do that. It is really helpful to give the emergency services what3words (see right) for your location, especially if you are away from landmarks or live in a house with a name or number that can be difficult to locate, particularly at night. If you are at a house, open the curtains, turn the lights on to make the house obvious. If you call for an ambulance and if someone is performing CPR then tell the paramedic when they arrive that there is a suspected cardiac arrest and CPR is ongoing.

Do CPR as soon as it is indicated and keep going. If you can, swap with others present when you get tired.

If you are not on your own with the patient, send someone to get the nearest defibrillator. If you are on your own, you won't be able to leave the patient - continue CPR.

In Upton there are 3 defibrillators: in the phone box, in the BMI and at the Pavilion.

There are two pads in a sachet in the box and it doesn't matter which one is placed in each site on a bare chest. These are high on the RIGHT chest by the collar bone and on the LEFT lower chest just below the breast. There are instructions and diagrams! Wired bras can be moved slightly to accommodate the pads but is not necessary if there is good contact. There is a razor to shave very hairy areas as each pad needs good skin contact. In small children, place one pad on the front of the chest and one on the back with the proviso that they mustn't touch or overlap. The machines are now clever enough to assess the amount of shock needed in each case.

For more information on CPR and defibrillators have a look at: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>



Websites www.defibfinder.uk and www.nddb.uk show where defibrillators are located. Unfortunately, some appear on one listing and not the other. The British Heart Foundation (BHF) is leading a project to migrate all to a single data base.

Some defibrillators are in a locked box. When you call 999 you will be told the combination, but try C123X anyway.

The Parish Council would like to thank everyone who attended the Defibrillator training at the Village Hall on Tuesday 20th February.

It was an extremely informative evening for everyone who attended and the trainers greatly appreciated the interest shown by the group. If you were unable to attend the meeting this year it is anticipated that these events will be organised annually.

A useful point noted from the evening was the encouragement by the Emergency Services for everyone to make use of the what3words app on your mobile phones. As we are all aware many houses in the Parish have limited phone reception, or are difficult to find given street number or house name. In an emergency situation what3words means you, or your house can be found quickly without confusion.



This is a phone app for finding or describing a location. It is now regularly used by the emergency services. Instead of saying where you are by e.g. street or house number and postcode (OK, those get you to the correct street, but not to the house) your phone app uses GPS to give you a unique set of three words that locates you to within a metre or so! E.g. the main door of the Village Hall is at “care.sample.offers”. The old door to the right is at “grain.even.paint”. If you pass the three words (only) to the 999 service, the responder knows exactly where you are. I used what3words when I needed an ambulance for someone who fell ill while visiting Cud Hill. I didn’t have to say where Cud Hill was or describe how to get there, or where on Cud Hill we were; the ambulance driver’s SatNav had the location exactly. We are using it in the footpaths group to pass on locations of e.g. fallen trees, fly tipping.

Get the app on your phone - it’s free.



**Strong & Steady
at the Monday morning coffee club**

Deb Locke, who now works for the Gloucestershire Health and Care team, part of the NHS, came to the coffee club to talk about staying STRONG & STEADY and ACTIVE, and how to prevent FALLS. Aimed, of course, at seniors.

The emphasis was on staying as fit as possible. Exercising in the right way can prevent falls! We also learnt about coping with falls and helping another who has fallen. There were some really useful leaflets handed out.

The NHS is putting out messages and advice which asks us to take more responsibility for our own health, for example with diet and exercise. You may not be aware of this, but in some cases, you are able to self-refer. A key contact is the Health and Care team - 0300 421 6241. Do record that number in a prominent place!

- Do you want to stay strong and steady?
- Do you have difficulty getting off the floor or out of a chair?
- Do you feel unsafe moving around?
- Are you concerned about slips, trips or falling over?

If you answered YES to any of these, please contact the Falls Assessment and Education Service, using that same number 0300 421 6241.

You can also contact the local Age UK office - 01452 422660. They have a free booklet ‘Staying Steady’.

Also present at the Strong & Steady session at the coffee club was Ian Preston, a ‘Social Prescriber’ based at Hadwen Health. Social Prescribers work with patients to help them to improve their health and wellbeing, have better social connections, reduce stress and anxiety, improve confidence, have more control over their lives and better manage long term conditions.

You can refer yourself with a simple on-line form, or visit the practice, to get this help.

Why not try our Seniors Fitness class? Deb Locke (the speaker, above) used to run the Senior Fitness weekly sessions at the Pavilion. Deb has moved to Cheltenham, but the class continues, led by Ian Preston (the Social Prescriber who was also at the talk), now on Fridays. Or you could try the Chair Pilates sessions, also at the Pavilion? See page 18 for contact details for both classes.

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View from the french windows

APRIL

1	Mon	Coffee Club.....	BMI	10.00am
1	Mon	Upton WI.....	Pavilion	2.00pm
2	Tues	Needles & Pins	Village Hall Annex	9.45am
2	Tues	Tuesday Probus	BMI	10.00am
2	Tues	Rubbish and food waste week/garden waste for those with brown bins		
2	Tues	Badminton	Village Hall	8.00pm
2	Tues	Tennis Club Members Evening	Tennis Courts	6.00pm
3	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
3	Wed	Bell Ringing Practice.....	Church.....	7.30pm
3	Wed	Bingo	BMI	8.00pm
7	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
8	Mon	Parish Council Meeting	Pavilion	7.30pm
8	Mon	Coffee Club.....	BMI	10.00am
8	Mon	Twyver WI	Village Hall	7.30pm
9	Tue	Recycling and food waste week		
9	Tues	Needles & Pins	The Old School Room.....	9.45am
9	Tues	Tennis Club Members Evening	Tennis Courts	6.00pm
9	Tues	Badminton	Village Hall	8.00pm
10	Wed	Copy date for May issue of USL Life		
10	Wed	Wednesday Probus	BMI	10.00am
10	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
10	Wed	Bell Ringing Practice.....	Church.....	7.30pm
10	Wed	Bingo	BMI	8.00pm
14	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
15	Mon	Coffee Club.....	BMI	10.00am
15	Mon	Abbeyle Garden Club	Village Hall	7.30pm
15	Mon	USL Life Magazine - Company AGM	Old School Room	7.30pm
16	Tue	Rubbish and food waste week/garden waste for those with brown bins		
16	Tue	Needles & Pins	Village Hall Annex	9.45am
16	Tue	Tuesday Probus	BMI	10.00am
16	Tue	Tennis Club Members Evening	Tennis Courts	6.00pm
16	Tue	Badminton	Village Hall	8.00pm
17	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
17	Wed	Bingo	BMI	8.00pm
17	Wed	Bell Ringing Practice.....	Church.....	7.30pm
20	Sat	Plant Sale organised by Abbeyle Garden Club	Village Hall	10.00am-12.00
20	Sat	Charity 'Call my Bluff' wine tasting	Village Hall	7.30pm
20	Sat	Entertainment Night	BMI	8.00pm
21	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
22	Mon	Coffee Club.....	BMI	10.00am
23	Tue	Recycling and food waste week		
23	Tue	Needles & Pins	Village Hall Annex	9.45am
23	Tue	Tennis Club Members Evening	Tennis Courts	6.00pm
23	Tue	Badminton	Village Hall	8.00pm
24	Wed	Ladies Probus	BMI	10.00am
24	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
24	Wed	Bell Ringing Practice.....	Church.....	7.30pm
24	Wed	Bingo	BMI	8.00pm
25	Thu	Craft Club	The Old School Room.....	10.00am
26	Fri	Spring Concert - Ukulele Band and TLC Singers	Church.....	7.00pm
29	Mon	Coffee Club.....	BMI	10.00am
29	Mon	Village Hall AGM	Village Hall Annex	7.45pm
30	Tue	Rubbish and food waste week/garden waste for those with brown bins		
30	Tue	Needles & Pins	Village Hall Annex	9.45am
30	Tue	Tennis Club Members Evening	Tennis Courts	6.00pm
30	Tue	Badminton	Village Hall	8.00pm

MAY

2	Thu	Parish, District etc. elections.....	Village Hall	7.00am-10.00pm
6	Mon	Upton WI.....	Pavilion	2.00pm
10	Fri	Copy date for June issue of USL Life		
11	Sat	Entertainment Night	BMI	8.00pm
13	Mon	Twyver WI	Village Hall	7.30pm
13	Mon	Parish Council Annual Meeting	Pavilion	7.30pm
14	Tue	Recycling - Chloe Turner, Stroud District Council	Pavilion	7.30pm

16	Thu	History Group – The Jet Age Museum and Aviation Art.....	Village Hall	7.45pm
		by David Hunt		
18	Sat	Twiddle Racing	Village Hall	7.00pm
19	Sun	Sunday Lunchtime Jazz	BMI	1.00pm
20	Mon	Abbeydale Garden Club	Village Hall	7.30pm
22	Wed	Ladies Probus	BMI	10.00am
26	Sun	Comedy Night	BMI	8.00pm
30	Thu	Craft Club	The Old School Room.....	10.00am

JUNE

3	Mon	Upton WI.....	Pavilion	2.30pm
3	Mon	Parish Council Meeting	Pavilion	7.30pm
8	Sat	Entertainment Night	BMI	8.00pm
10	Mon	Twyver WI	Village Hall	7.30pm
17	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30pm
19	Wed	Ladies Probus	BMI	10.00am
22	Sat	Summer Quiz	BMI	8.00pm
27	Thu	Craft Club	The Old School Room.....	10.00am
29	Sat	Barn Dance.....	Portway Farm.....	6.00pm

Contact Paula Quinn to have an event mentioned in the diary

Weekly courses

This section lists the courses that run every week.

Activity	Day	Venue	Contact	
Yoga	Mondays 10am	Village Hall Annex	Lara Bricknell	07876 764425
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227
Dance Workout	Tuesdays 7pm	Pavilion	Debra Law	07505 761420
Chair-based Pilates	Wednesdays 1.30pm	Pavilion	Angela Harris	
Yoga	Wednesdays 6.30	Village Hall	Kat Hill	07507 971578
Tai Chi	Thursdays 10am	Village Hall Annex	Christina Caldwell	
Pilates with Sam	Fridays 9.30am	Village Hall Annex	Sam Slatter	07894 757360
Seniors Fitness	Fridays 10am	Pavilion	Ian Preston	07306 334222

NB - Seniors Fitness has changed to Fridays and is now led by Ian Preston.



BELLY DANCING

An article by one of our feature writers – Jane Reed.

My first experience of Belly Dancing was at a weekend break that offered an opportunity to try a short session of tai chi and belly dancing. I was drawn to the sparkle and jingle of the coin belts but decided I would try both and surprisingly I enjoyed both, although belly dancing was more fun.

Time passed and family life carried on as usual. Then on the way home from watching the All England Badminton competition in Birmingham with USL Badminton Club we were talking about starting new activities or trying something outside of our comfort zone. It was then I decided to look for a local belly dancing class, which surprised them all!

I was very lucky! Classes were being held at Abbeydale Community Centre, the classes had been running for a few months when I started so it felt like being thrown in at the deep end. I'd been dancing for about three months when Jan, our teacher, suggested we help another teacher raise money for a paralympian by taking part in a flash mob. The rehearsals were hard work and I only got through my first ever public performance by copying other dancers; it was terrifying!! I continued dance classes and went to a few hafas (belly dance parties where dancers perform for family and friends). Then sadly Jan stopped teaching.

I had a break for over a year but missed the fun of belly dancing with others so much that I joined a Cheltenham class taught by Carol. Continuing learning how to correctly complete figures of eight, hip drops, and shoulder shimmies was great fun as well as learning moves using both chiffon and silk veils, including a move named 'the 'bull fighter'. During my time with Carol we performed at the Montpellier Fiesta, which was just

Continued on the next page

USL Life Community Interest Company

This is the company that publishes this magazine.

A new board member and treasurer

For over 9 years, Owen Stinchcombe has been our treasurer and a director of the company. He has decided to leave us, and we are delighted to announce that David Morris has taken Owen's place, both on the Board as a director and as treasurer.

Our most grateful thanks go to Owen, who brought us valuable experience, having managed his own company for many years. David is similarly qualified.

PLATINUM WEDDING ANNIVERSARY

Barbara and Vernon Meadows were married on 1 March 1954 at Christchurch, Brunswick Road, so this year are celebrating 70 years of married life together. What a milestone and one that few of us will have the privilege of reaching. Along with cards from well-wishers, friends and family they received a congratulatory card from the King and Queen.



Barbara and Vernon are well loved and respected in the village, having lived here 25 years and they would like to take this opportunity to say a big heartfelt thank you to all their family, friends, neighbours and acquaintances for their kindness and support.

Belly dancing continued

scary rather than terrifying like my first performance. Even now I struggle to smile, as I'm too busy concentrating. Things changed again as Carol retired from teaching and Lauren who took over moved away. Then Covid happened and I was back to dancing in my kitchen.

Thankfully another class started, this time taught by Charlotte (Phoenix Belly Dance) and held at Milestone School. I am again learning new moves including the Baladi hip circle and a hip box, as well as improving my Egyptian walk. In every class there is joy and a lot of laughter, even though the moves and routines are sometimes a challenge. Belly dancing is great for keeping me fit, it focuses my mind, and has improved my confidence.

And to answer the couple of questions most people ask – no, you don't have to show your belly and yes, all ages, shapes, and sizes can belly dance!

The joy and freedom of dance cannot be bottled, but if it could every bottle would be priceless.

There is a picture of the class in full colour on the back page.

UPTON ST LEONARDS LIFE

Web site <https://usllife.org.uk>

To contact us, use the website above or the postbox by the Village Hall main door, or use the contact details that appear below:

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Next month's editor - Peter Wilson



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BELLY DANCING – Jane Reed (extreme right) and others of her dancing class -see the article on page 18

THE SPRING SHOW



Just a couple of the displays at the Spring Show - there will be more, and a write-up in the May magazine (the show date was only a day before going to press). On the left a profusion of greenery together makes a great display, and on the right some wonderful patchwork by Marion Croose.

AT THE RACES!



About 40 of us met in the BMI to have a great day “at” the Cheltenham Races, showing on the big screen. Many of us were properly dressed of course, and the afternoon started with a superb lunch made for us by Lorraine. Lots of chat with our friends, a few drinks, and then the “off”.

A lovely way to spend an afternoon.

Paula Quinn