

# *Upton St Leonards Life* *incorporating Church News*

Issue 60

August 2019



*This month we feature the Recreation Ground*  
*See pages 18 and 19*



*“When you go down to the Rec today,  
There’s usually something to see...”*



Painting of the Rec in 1977 by the late Ray Tickner

## **Upton Show - Saturday 7 September**



### **Support the Upton Show!**

Enter your handicrafts, home-grown produce, volunteer to help the organisers on the day or simply come along and enjoy the fun. Participate in this joyful, annual Village Event. May it continue to be a great success!

**See page 6**



# What's been happening?



## TWYVER WI



After the usual opening of the meeting, note was made of the poor sound quality in the hall and so it was decided to seek advice with regard to the 'loop' and possible use of a microphone for future meetings.

Our skittles team are doing extremely well and are through to the quarter finals - we wish them good luck to bring home the trophy!

Our sister group, Upton WI are holding a fund raiser on Saturday 5th October, entry £8.50 - bring your own supper. More details later.

No speaker for this meeting; instead, this month we were asked to bring along a glue stick and scissors! Treasurer Penny Owen introduced us to the delights of a creative evening of decoupage/collage.

And so, with scissors at the ready, a selection of magazines and willing hearts, we got down to the therapeutic business of cutting and sticking. The next hour flew by in a buzz of creativity and was much enjoyed, oh to be a kid again!

Our endeavours were all very different and we surprised ourselves by the art we created. A welcome change from the norm. Prosecco and cup cakes added to the ambience.

We are now on a summer hiatus and wish everyone a happy break, see you at the next meeting on the 9th September at 7.30 pm. All welcome.

*Linda Munnoch*



## UPTON ST LEONARDS WI



President Lynne welcomed all ladies including one visitor. The formal business was brief: Angela's strawberry tea raised £158 for WI funds. Two workshops have been arranged, card making on Thursday 10th October and a Christmas decoration on Thursday 14th November. A reminder of the USL Show on Saturday 7th September, our entry being 6 items for a pet, the items to be donated to Teckels animal sanctuary.

Speaking on behalf of the Gloucestershire Wildlife Trust, volunteer Rose Lennard stated that the Trust manages 60 reserves across the county, 2500 acres of land managed and financed by patrons, legacies, grants, trusts and corporates. The Trust has 28,500 members, 500 of which are regularly active. Founded in 1961 by a group of volunteers led by Sir Peter Scott, the HQ of the Trust is Robinswood Hill Country Park, opened in 1992 by Sir David Attenborough. This site is very popular with local families to enjoy walks on the hillside with panoramic views over Gloucester, picnics, BBQs and a new cafe due to be opened shortly. Gloucester is blessed with ancient woods, rich meadow pastures and wetlands where iridescent dragonflies delight to dance in the warm sunshine. Old mills and quarries are favourites of bats and reptiles, most places having a home for our wildlife. Old breed cattle on the hills, alongside sheep, encourage smaller species of

flowers to grow. Trees and shrubs are coppiced using natural tools. A recent success story was the appeal to secure Daneway Banks near Sapperton, a nature reserve ideally suited to the large blue butterfly, bringing it back from extinction. As our speaker pointed out, the length of grass has to be right, also soil microbes, insects such as ants all play a vital role in the life cycle of this species of the large blue butterfly. In our gardens we can all help our wildlife by planting insect friendly plants such as lavender, scabious and buddleia, open single flowers ideal for attracting bees, the list is endless. Nature can inspire and teach us as communities and young children, looking to a healthier more natural future where people and wildlife can thrive together.

There will be no meeting in August so our next meeting is on Monday 2nd September where our speaker is Merleen Watson and her talk is entitled "Deaf not Daft".

All ladies very welcome.

*Kathy Quant*



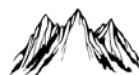
# What's been happening? continued

## BMI Quiz

Our first quiz for the 2019-2020 season took place on Saturday 22<sup>nd</sup> June. With 20 teams taking place, it was a very busy evening. Eric, our quizmaster, managed to give us an entertaining evening once again, for which we are extremely grateful.

The winners on the evening were "US Five" with 222 points. Well done to them. The amount raised that night was £254.85. This amount will go to the BMI Charities for 2019-2020 which are: "Young Carers of Gloucester" and the "Air Ambulance". Thanks to everyone who took part. Our next quiz will be on Saturday 21<sup>st</sup> September.

## UPTON ST LEONARDS LADIES PROBUS CLUB



At the July meeting of Upton Ladies Probus, many of us were surprised to learn about the amazing exploits of Barbara Swindin before a spinal problem forced her to give up in her fifties. What was it that was so special? Barbara for twenty years or more - with her late husband Les - had been a mountain climber and skier and had achieved her ambition of climbing every mountain peak over 4000 metres bar one in Europe. Not just a handful but over 50 mountains in the Alps stretching across France, Switzerland and Italy! And having achieved this amazing feat, then wrote a book called *All But One* about her experiences. She would have climbed the final peak in Italy but very bad weather made the expedition too dangerous to contemplate. Since her forced retirement Barbara has taken up painting mountain scenes and has a studio and exhibition in Painswick. Barbara delighted us with her humorous account of her life and exploits and left some of us wishing we had been a bit more adventurous!

*Chris Ellson*



## ABBEYDALE GARDENING CLUB

At our June meeting we were pleased to welcome Paul Green, who was paying a return visit. He kept us well entertained with his jovial manner and excellent plant knowledge. A huge range of plants and shrubs were for sale and most of our members went home clutching their special purchases.

In July we have our annual garden party at the home of our president. This is always a popular evening when we enjoy good food and drink as well as a tour of Andrew and Helen's garden.

Our mini-show takes place on August 19th when our members have a chance to show off their gardening skills. While the judging takes place, we all enjoy drinks and nibbles as we attempt the various quizzes and competitions.

Our meetings are held in the Village Hall and visitors and new members are always welcome.

*Maureen Freshney*

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*For your immediate attention!*

The BMI Annual  
**Pig Roast**



Saturday 10th August  
7.30pm

Good Food  
+ Good Drink  
+ Good Company  
= A good night for everyone !!



Come along & join the party !!



## Upton Show

7 September

Opens 2pm at the Village Hall

Get your entries ready! Schedules are available at the Village Shop or from the show secretary Peter Macey or from the website: [uptonstleonardsshow.com](http://uptonstleonardsshow.com)

Volunteers needed! Please contact Peter Macey, if you can help clear away at the end of the show.

Donations, please, of bottles and stuff for the tombola, prizes for the raffle, and cakes for the refreshments.



### Wanted - Pre-loved Teddies

Do you have any pre-loved "Teddies" that may be looking for a new home? There will be a "Teddy Tombola" once again at Upton Show in September and we are looking for any donations of teddy bears in good condition. Contact Sara Hemming

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# Something else to think about right now!

## Design our "Front Page" Competition

Calling young budding artists and designers..... Here is your final reminder!!!

Here are the entry details for the competition to design our front page for the December 2019 edition.

Using as an inspiration the title "The Joy of Christmas" we are inviting all children attending our local primary school, village children who have any other education provider and children who support our local youth groups to get their artistic and creative juices flowing over the summer break.

Entries can be in any mediium: painting, drawing, collage, etc., maximum size to be A3.

**Entries to be submitted at the Village Show on 7<sup>th</sup> September.**

**Please make sure the name, age and a contact number for the artist is written on the back of the entry.**

**Good Luck!!!**

## Is your child ready to join the Playgroup?

Upton St Leonards Playgroup has been at the heart of the village since 1966, when it was founded by Mary Gledhill for the children of the village. Today 53 years later, we still run playgroup and pre-school sessions Monday to Friday from 9.15am – 2.45pm for children aged between 2 years and 4 years old.

We have had many wonderful, reliable and nurturing staff over the years with some of our current team having been with us for 27 years, 16 years and 7 years respectively. We are a charity run organisation and as such rely heavily on parent involvement, volunteers and grandparents. One such volunteer was our beloved Aunty Joan (Ashton) who was with us for over 30 years and is still sadly missed today.

If you would like more information about helping, fundraising, joining the committee or registering your child please contact 07833973122 or email [uptonstleonardsplaygroup@eygloucestershire.co.uk](mailto:uptonstleonardsplaygroup@eygloucestershire.co.uk)

See page 6 for more information.

For more info visit: [www.daveylaw.co.uk](http://www.daveylaw.co.uk)

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*We are situated on Upton Hill in Upton St Leonards.  
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right hand side. Collection service available.*

*And what's coming up in September and October?*

## UPTON ST LEONARDS HISTORY GROUP

Come and learn all about the history of our local area at our regular meetings throughout the year. Our next talk will be at the Village Hall on

Thursday 19 September at 7.45pm

### The History of the Stroud Museum.

*Every year the History Group publishes a booklet summarising the talks given. These are available to purchase from Mike Stratford.*

## UPTON ST LEONARDS WI

presents an evening of singing and fun at a

### UKULELE EVENING

ON

SATURDAY 5 OCTOBER

7.30PM

AT UPTON ST LEONARDS VILLAGE HALL

Tickets £8.50

to include a glass of wine and nibbles

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# Arts Page



**In the month when many of us enjoy a holiday, we concentrate on the sea and the seaside. We begin with a few pithy anecdotes about holidays and the English weather.**

Summer has set in with its usual severity (Samuel Taylor Coleridge 1772-1834).

There is no such thing as bad weather only inappropriate clothing (Ranulph Fiennes born 1944).

The English Winter - ending in July, to recommence in August (Lord Byron 1788-1824).

There's sand in the porridge and sand in the bed  
And if this is pleasure he'd rather be dead (Noel Coward 1899-1973).

After all, the best part of a holiday is perhaps not so much to be resting yourself as to see all the other fellows busy working (Kenneth Grahame 1859-1932).

## John Masefield (1878-1967) Sea-Fever



I must go down to the seas again, to the lonely sea and the sky,  
And all I ask is a tall ship and a star to steer her by,  
And the wheel's kick and the wind's song  
and the white sail's shaking,  
And a grey mist on the sea's face and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide  
Is a wild call and a clear call that may not be denied;  
And all I ask is a windy day with the white clouds flying,  
And the flung spray and the blown spume,  
and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,  
To the gull's way and the whale's way where the wind's like a  
whetted knife;  
And all I ask is a merry yarn from a laughing fellow-rover,  
And quiet sleep and a sweet dream when the long trick's over.

## John Betjeman (1906-1984)

### A Bay in Anglesey

The sleepy sound of a tea-time tide  
Slaps at the rocks the sun has dried,

Too lazy, almost, to sink and lift  
Round low peninsulas pink with thrift.

The water, enlarging shells and sand,  
Grows greener emerald out from land

And brown over shadowy shelves below  
The waving forests of seaweed show.

Here at my feet in the short cliff grass  
Are shells, dried bladderwrack, broken glass,

Pale blue squills and yellow rock roses.  
The next low ridge that we climb discloses

One more field for the sheep to graze  
While, scarcely seen on this hottest of days,

Far to the eastward, over there,  
Snowdon rises in pearl-grey air.

## BOOK REVIEW

**Treasure Island by Robert Louis Stevenson  
(1850-1894) published 1882.**

Young Jim Hawkins is at once terrified and captivated by the rum-soaked sea-dog who takes up lodgings at his father's inn, the Admiral Benbow. But after discovering a treasure map in the sailor's trunk, Jim embarks on a perilous journey of treachery, heroism and piracy aboard the ship Hispaniola. We recommend this as an adventure story which is enjoyed by both children and adults. Stevenson also wrote Kidnapped, The Strange Case of Doctor Jekyll and Mr Hyde and A Child's Garden of Verses.





## St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

**Priest in charge:** Rev. Clodagh Ingram

**Curate:** Rev. James Turk



*Rev James Turk Writes*

One of my favourite films is *Shadowlands*, starring Anthony Hopkins and Deborah Winger. The film is an autobiographical account of C.S Lewis, the author of the "Chronicles of Narnia" books. Known as Jack, he teaches at Oxford during the 1950s. An American fan, Joy Gresham (Debra Winger), arrives to meet him for tea in Oxford. It is the beginning of a love affair. Tragically, Joy becomes terminally ill and their lives become complicated. There was one scene in the film that moved me greatly, during a time when Joy was in hospital, Lewis is in the college running late for an important dinner. His colleagues ask how Joy is and he replies that she is improving. One colleague, Harry who is a clergyman, states that this improvement has come about because of Lewis' prayers, and God is answering those prayers. This scene in the film touched me deeply because in his reply Lewis articulates that desire we have as Christians to pray.

*"That's not why I pray Harry, I pray because I can't help myself, I pray because I am helpless, I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God ... it changes me." \**

The most basic definition of prayer is "talking to God." Prayer is not meditation or passive reflection; it is a direct address to God. It is the communication of the human soul with the Creator. Prayer is the primary way for Christians to communicate their emotions and desires to God. And though not done exclusively in church, I am sure you will not be surprised to know that we pray in church often.

St Leonard's Church has a long history of being a house of prayer. For centuries people have gathered there week after week to worship and to pray, to bring the people and situations on their hearts, before God in prayer. This is at the heart of what we do as Christians, and St Leonard's is still a place where people gather to worship and pray. And that gathering to pray does not only happen on a Sunday morning.

In the Anglican tradition Evening Prayer is a service that takes place sometime after midday, generally in the late afternoon or early evening. If you look at the times of weekly services held at St Leonard's, printed in this magazine, you will see that we hold Evening Prayer, on Monday and Wednesday afternoons at 4pm. The service has a set pattern and we follow the liturgy as printed in the Common Worship Daily Prayer book. It is time for us to pause during the busyness of the day, to step into the cool of the church and bring to God the situations and people on our hearts.

Everyone is welcome to join us at these services, and please be assured today that whatever you are facing in your life now, or anytime in the future, God is always waiting to listen.

*James.*

*\*To see the clip from Shadowlands yourself on YouTube, just go to the YouTube site and type in 'why I Pray (Shadowlands)'*

### *Church Calendar for August 2019*

<b>Sun 4</b>	<b>8.00 am</b>	<b>Holy Communion service</b>
	<b>10.00 am</b>	<b>Celebration Service</b>
Mon 5	4.00 - 4.30	Evening Prayer
Tue 6	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 7	4.00 - 4.30	Evening Prayer
<b>Sun 11</b>	<b>10.00 am</b>	<b>Communion Service</b>
Mon 12	4.00 - 4.30	Evening Prayer
Tue 13	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 14	4.00 - 4.30	Evening Prayer
<b>Sun 18</b>	<b>10.00 am</b>	<b>Communion Service</b>
Mon 19	4.00 - 4.30	Evening Prayer
Tue 20	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 21	4.00 - 4.30	Evening Prayer
<b>Sun 25</b>	<b>10.00 am</b>	<b>Communion Service</b>
	<b>4.00 pm</b>	<b>Word &amp; Worship</b>
Mon 26	4.00 - 4.30	Evening Prayer
Tue 27	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 28	4.00 - 4.30	Evening Prayer

# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

## Coopers Edge School



We were all hoping for a dry morning as the children always walk the bridle path from school to church. The weather was on their side thankfully and they all completed the journey with just very muddy wellies to show for it!!

The children were all split into groups of ten, and after they had enjoyed a drink and a biscuit we all talked to them about Jesus being in our lives.

In our particular group we explained how Jesus was the light of our life and after talking about this we produced some crosses that were made of black paper and when the children drew on them colours came through. The designs the children came up with were very interesting and they were all allowed to take them away and add whatever they wanted to their own designs.

Another group on hand were the Open the Book group which told a story from the Bible complete with costumes as well.

They were also shown the bell ringing in church and allowed to have a go with the hand bells.

All in all it was a very enjoyable morning both for helpers and children, and as usual they were all very well behaved, and duly walked out of church

over to the Village Green, to enjoy a very well deserved picnic lunch.



*Gill Howell*

"For me, the Alpha Course was a wonderful way to be reminded of the aspects of the Christian faith that I hold dear. Meeting in small groups of people who are at various stages of their own faith journey, allows you space and time to really think and take stock. The course material is relevant, modern and accessible. I would highly recommend Alpha for anyone who has lots of questions, especially questions about what is life all about! Alpha does not have all the answers but it's an excellent resource to signpost people towards a journey of amazing life changing discovery."

*Billy*

"I would thoroughly recommend the Alpha course to everyone, whether you are a churchgoer or have never thought of going to church. Every session was really thought provoking and informative finishing with interesting discussions in small groups and a lot of fun and laughter thrown in .... oh and every week there was tea, coffee and pudding or cake on arrival - what's not to like!"

*Sarah*



## Alpha Course

Starting September

Wednesday Evenings 7.30 - 9.00

At Upton St. Leonard's Primary School, Bondend Road

September: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>

October: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>

Saturday 12<sup>th</sup> October Away Day: 10.00 am - 3.00 pm

For more information contact:

Rev Clodagh Ingram

Rev James Turk

## Harvest Service

At Perry Orchard Allotments

11.00 am Sunday 29<sup>th</sup> September

*All are Welcome*



Come in wellies and waterproofs if necessary

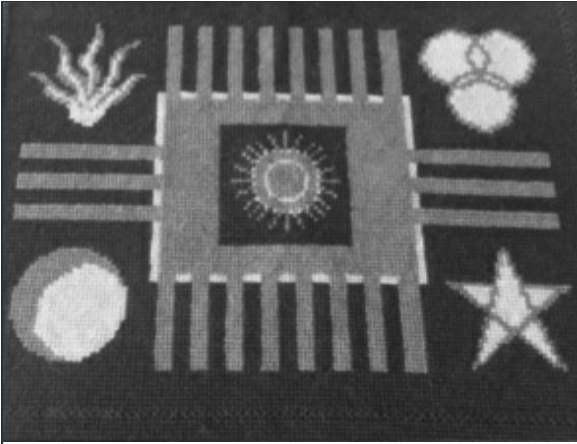
Donations of produce are welcome

on the morning

Auction of produce and refreshments after the service

## St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)



The Stitches Group arrived at the Pavilion for their usual Wednesday morning get together recently to find someone had left a beautiful tapestry, very finely made with small delicate stitching.

This tapestry will be made into a kneeler for the church but the group would really like to solve the mystery of the anonymous donation and find out who completed this lovely piece of work.

The initials E. E. P and the date 1980 stitched neatly into the fabric are the only clue.

Maybe you can help us find out where it came from? The ladies of the group would love to hear from you so that they can thank you personally.

The Stitches meet at the Pavilion every Wednesday morning 10.00 am - 12 noon



## School Holidays

### Church bell ringing:

Sessions in St Leonard's Church from 10am - 12

**Mon 19 to Fri 23 August**

Supported by the St Leonard's PCC

#### Introduction to bell ringing and bell handling

Young people and adults from 9 years of age for handling the bells - an opportunity for you to have some fun with music of different kinds - invite your friends and other family members too. The village event that you will be talking about for a very long time to come.

**ALSO** at this event is an **opportunity to play a brass band instrument:**

If you would like attend a session to play a brass band instrument then come along and join members of a brass band who will introduce you to the trombone, tuba, trumpet and also some percussion instruments for an experience of a lifetime.

Light refreshments provided.

Persons under 18 must be accompanied by a responsible adult.

You can come on any day or every day in the week - please let us know **before the 11 August**.

**Contact and registration :**

[pccsecretary@uptonstleonardschurch.co.uk](mailto:pccsecretary@uptonstleonardschurch.co.uk)



### The Good Shepherd Project

Can you find the sheep?

All Church of England Primary schools in the Diocese of Gloucester were visited in 2018/2019 by a sheep which was looked after and decorated by the school community, before continuing on pilgrimage to the next school within the deanery for a new adventure and decoration.

All the members of the Diocese of Gloucester flock are spending their holidays in Gloucester Cathedral, where they would love to be visited by children and their families from 5 August.

Come along during your holidays and follow the sheep trail around the cathedral...Can you find all the 9 sheep?



# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

## Who's Who at the Parish Church

### Priest in Charge:

Rev Clodagh Ingram

### Curate:

Rev James Turk

### Churchwardens:

Keith Robbins

### Vacancy

### PCC Secretary

Sarah Kent

[pccsecretary@uptonstleonardschurch.co.uk](mailto:pccsecretary@uptonstleonardschurch.co.uk)

### Church Treasurer

### Baptism & Wedding Enquiries:

Church Administrator - Jenny Cunningham

### Deanery Synod Representative

Dorothy Cox

### Bell Tower Captain:

Charlie Burnett

### Mother's Union

Rachel Hall

### Church Cleaning Rota

Claire Appleyard

### Church Flowers

Jenny Cunningham

Vacancy

## Tower Floodlighting

The Tower Lights were lit on the 17<sup>th</sup> July in loving memory of **Janet Johnson**.

Sponsored by her family on what would have been her birthday. Never forgotten. Loved and missed always.



The Tower is lit by **John and Pat Cowley** in celebration of their Golden Wedding Anniversary on August 2nd.

The Church Tower is lit on August 4th in loving memory of my dear husband **Pete** on our 12<sup>th</sup> wedding anniversary, Jenny

On the 11<sup>th</sup> August, we remember with love and happy memories, **Chris**, a loving daughter, sister, aunty and partner to Phil.

The Tower is lit on August 15<sup>th</sup> in remembrance of **Alan Williams**, it being the first anniversary of his death. He was a loving husband, father and grandpa, and is very greatly missed. Myra and all the family.

On the 16<sup>th</sup> August, the Church Tower is lit in celebration of **Jackie and Chris Clouting's** Golden Wedding Anniversary.

On the 30<sup>th</sup> August the Tower Lights are being lit in celebration of the marriage of **Daniel Busbridge**, son of Ray and Diane Busbridge and grandson of the late Margaret White, to **Claire Woodcock** in Chippenham.

All the family wish them much love and happiness for the future

*If you or your family would like to have the Church Tower Floodlights lit to celebrate a special event such as a birthday/anniversary/ Baptism or in remembrance of a loved one please contact Jenny Cunningham for more details. There is no set amount for this, just what you would like to gift to the Church in order to help cover running costs. If you are able to Gift Aid your donation this will help us too. Please note that the deadline of the Church Pages of USL Life is the 10th of the preceding month.*

## Mothers' UNION

There will be no meeting during August

The next meeting is on  
September 12<sup>th</sup> 2.00 p.m.  
St. Leonard's Church

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## GENTLE YOGA CLASS

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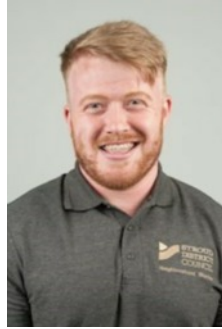
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## Stroud District Council Neighbourhood Warden



I would like to introduce myself. My name is Matt Jones and I am the new Neighbourhood Warden for the Whiteshill and Ruscombe area. I have been working at Stroud District Council as a Neighbourhood Warden since the 7th May 2019. As I'm still fairly new I am working my way around all of my areas and will be setting up various drop in sessions and other monthly meetings to introduce myself into all of the areas I cover.

My area covers Brookthorpe-with-Whaddon, Cranham, Harescombe, Haresfield, Miserden, Painswick, Pitchcombe, Randwick and Westrip, Upton St Leonards, Whiteshill and Ruscombe. I am one of a team of 7 Wardens. Between us we cover the Stroud District dealing with a range of issues, including:

- Supporting vulnerable people
- Anti-social behaviour
- Abandoned and untaxed vehicles
- Bogus and cold callers
- Free home security and crime prevention advice
- Hate crime and bullying
- Litter
- Dog fouling
- Fly-tipping
- Fly-posting
- Graffiti
- Supporting residents and partner agencies
- Personal safety talks
- Installing and maintaining Careline equipment
- Neighbour disputes

Please say hello if you see me out and about in the District and feel free to contact me should you need advice or help.

Telephone: 07811263075 Email: matt.jones@stroud.gov.uk

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# A life less throwaway

by Tara Button



With the amount of coverage in the media, and discussion with folk I meet, on topics such as fast fashion, goods immediately available (to own or return), household items to 'dump' if no longer liked, the title of this book grabbed my attention. Reading reviews I decided it was a sensible buy with my Christmas money! The 237 pages (plus the 4 Appendices, Endnotes, Further reading!) started thus:

## Introduction

or

### Why I want my grandmother's tights

"My grandmother's tights used to last forever. They were so strong, people could tow cars with them, and they did. Granny had two pairs - one to wash and one to wear. But then the manufacturers decided to change the way their stockings were made, and not for the better." And ...." Our whole houses, our whole lives, have become stuffed full of things that let us down"

The Author, Tara Button, is the Founder and CEO OF BUYmeONCE - this giving a good indication what her passions are. Even the subheading underlines this:

### "The Lost Art of Buying for Life".

The book is in two parts; "Broken Behaviour" and "Living a Life Less Throwaway".

For my part (category:75+)I know that my "things" are suitable for my life now. I think realistically I won't be buying many large items (life expectancy and all that!). But to reflect on how life has changed, accumulating (too many?) things, makes this an interesting read for my generation. For younger folk there is much in the book that they could identify with. Tara Button was a baby in 1983 - you work it out. For a start Tara worked in the advertising world writing adverts for some of the world's biggest brands. So, if you like, she was on the other side of the counter enticing customers to buy goods. Experienced on both sides. Her phrases such as "Quality Stripping" - "Planned Obsolescence" - "Celebrity Power" - "Social Manipulation" - will resonate with the reader who is beginning to look at shopping habits anew.

This book is more than just a noting of how the world of buying works nowadays - it gives the readers an opportunity to self-reflect/assess their behaviours. I found the chapter that includes "Letting go of the clutter and the superfluous" useful.

If you would like to borrow my copy please ask. After all if it's not to be thrown away I need to share it!

Mavis Wood

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# Health Page

## Hadwen Patient Participation Group

Hadwen reported a decrease in the "Did Not Attend" figures. Jan - March 2019 showed a decrease of 33 missed appointments when compared to the same period last year. Systems were introduced to reduce this further by staff ringing the patient concerned to discuss the seriousness of their actions. This is time consuming for staff and we would rather they were not required to use their time this way. An appointment can be cancelled online from wherever you are no matter how late, that appointment can then be offered on the day to an urgent case. Please be mindful about keeping or cancelling booked appointments and ensuring you are signed up for text messages to get a timely reminder of your appointment. Some of these are for young people such as children and are termed as "Was not brought" as children need support to attend.

Phone consultations take 5 mins which is 50% less than a face to face consultation. If an examination is required then a face to face appointment is necessary.

The practice is looking for volunteers to help with a community garden project to create a pleasing space next

to the new building. If you can spare some time and skill in this area please either drop in and give them your details or email [hadwenmedical.practice@nhs.net](mailto:hadwenmedical.practice@nhs.net)

It could involve growing vegetables or flowers in raised beds to enhance the area, for patients to enjoy and socialise.

New signage in each of the waiting areas is now in place and the notice board gives useful information for patients. The TV screens in the waiting areas are informative on health and wellbeing subjects. The staff will look at softening the waiting areas to make them welcoming and patient friendly.

We looked at barriers to Ladies attending for a smear test. Invitations are sent to all Ladies between 25- 49 yrs every 3 years and the 50-64 age group are invited every 5 years. Do support your family and friends to take up this offer, it really does save lives. Plans are afoot to carry out research into the views of those who use the practice.

*Millie Barnes, Hadwen PPG Member*

## Eat Real Food Support Group - Aspen Surgery

Aspen Medical Practice has a new exciting patient support group for anyone who wants to learn more about health and wellbeing through Eating Real Food. This is a natural follow on to the three week program called "Eat Real Food" run by Dr Kuok and Dr Wilson. They have kindly opened up this free training to anyone in Gloucester. You don't need to be a patient of this practice to attend, all are welcome. The facilitator of Eat Real Food is none other than our own Millie Barnes. Millie is an Ambassador for the Public Health Collaboration charity. This is for everyone- those who want to be healthy, those who want to lose weight for improved health and those who want to stay healthy and avoid strokes, heart attacks, diabetes, cancer and dementia, as well as those who want to work in healthcare. Parents who want to feed their children healthy food will also benefit.

This is a very successful peer support group, focused on improving their health by Eating Real Food and making small lifestyle changes. It meets monthly between 18:00-20:00 in the meeting room on the top floor of Aspen Medical Practice, Horton Road, GL1 3PX, free car parking on site. No need to book in at reception just head upstairs. All are welcome.

Get online support on Facebook with our Eat Real Food Support. Share resources, ideas and support. Dates for the following year are: Thurs 29th Aug, Tues 3rd Sept, Tues 8th Oct, Tues 19th Nov, Tues 10th Dec. The next three week training programme starts on 5/8, 12/8 and 19/8. This is a great way to get the facts and science about health and why what we eat affects our health.

# Read all about it!!!!



## Fund Raiser raised the roof!

Saturday Evening USL Life Party was held on 29<sup>th</sup> June at the Village Hall

Well! What a great evening it was..... the company was salubrious and the entertainment high end. Our two home-grown talented villagers, Pirate Pete and Mermaid Merchelle, known to us landlubbers as Ian and Michelle Black, came through for us at our fund-raising evening and more than fulfilled their promise for a fun event. Taking time off from their very busy schedule as current entertainers on the Portsmouth to Santander Ferries we were given a taste of life at sea for a brief moment in time.

It began with a brain teaser of a quiz followed by Perfect Partners and, with paddles at the ready, our couples sallied forth on the stage and gave us laughs aplenty.

Michelle was in fine voice and held us spellbound by her range of musicality, her rendition of 'Time to say goodbye' brought a tear to many an eye and a well-deserved standing ovation.

We are lucky to be able to call upon our wealth of creative talent in the village and we hope that they will grace us another year for a similar event for this worthy cause.

Thanks to all who participated. £700 was raised for the USL Life magazine and the Village Hall.

Linda Munnoch

**See back page for further details and pictures.**



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We have put as much in here as space permits.  
 Events happening weekly are only shown for  
 the first month or so

# VILLAGE DIARY

## AUGUST

1	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
1	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
1	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00pm
1	Thu	Fitness.....	Pavilion.....	6.00pm
2	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
4	Sun	Tennis club morning.....	Tennis Court.....	10.00am
5	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
5	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
5	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
5	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30pm
6	Tue	Recycling and Food Waste Week		
6	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
6	Tue	Tennis club evening.....	Tennis Court.....	6.00pm
6	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
7	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
7	Wed	Bingo.....	BMI.....	8.00pm
7	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
7	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
8	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
8	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
8	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00pm
8	Thu	Fitness.....	Pavilion.....	6.00pm
9	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
10	Sat	Pig Roast.....	BMI.....	7.00pm
10	Sat	Copy Date for September issue of USL Life		
11	Sun	Tennis club morning.....	Tennis Court.....	10.00am
12	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
12	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
12	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
12	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30pm
13	Tue	Rubbish and Food Waste Week/Garden Waste for those with Brown Bins		
13	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
13	Tue	Tennis club evening.....	Tennis Court.....	6.00pm
13	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
14	Wed	Ladies Probos.....	BMI.....	10.00am
14	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
14	Wed	Bingo.....	BMI.....	8.00pm
14	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
14	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
15	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
15	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
15	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00pm
15	Thu	Fitness.....	Pavilion.....	6.00pm
16	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
18	Sun	Tennis club morning.....	Pavilion.....	10.00am
19	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
19	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
19	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
19	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30pm
19	Mon	Abbeyle Garden Club.....	BMI.....	7.30-9.45pm
20	Tue	Recycling and Food Waste Week		
20	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm
20	Tue	Tennis Club evening.....	Tennis Court.....	6.00pm
20	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
21	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
21	Wed	Bingo.....	BMI.....	8.00pm
21	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
21	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
22	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
22	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
22	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00pm
22	Thu	Fitness.....	Pavilion.....	6.00pm
23	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
25	Sun	Tennis club morning.....	Pavilion.....	10.00a.m
26	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
26	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
26	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
26	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30pm
26	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
27	Tue	Rubbish and Food Waste Week and Garden Waste for those with brown bins		
27	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm



27	Tue	Tennis club evening.....	Tennis Court.....	6.00pm
27	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
28	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
28	Wed	Bingo.....	BMI.....	8.00pm
28	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
28	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.30pm
29	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
29	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
29	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00pm
29	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm
29	Thu	Healthy Living.....	Pavilion.....	7.00pm
30	Fri	Pilates.....	Village Hall.....	11.30-12.30pm

Regular weekly events not listed below this line

#### SEPTEMBER

2	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
7	Sat	Upton Show.....	Village Hall.....	2.00pm
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
10	Tue	Copy Date for October issue of USL Life		
16	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45pm
19	Thu	History Group.....	Village Hall.....	7.45pm
21	Sat	Autumn Quiz.....	BMI.....	8.00pm
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
23	Mon	Lady Downe Trust.....	Upton St Leonards School.....	7.30pm
25	Wed	Ladies Probus.....	BMI.....	10.00am
26	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm

#### OCTOBER

5	Sat	Ukulele Evening - see page 7.....	Village Hall.....	7.30pm
7	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
7	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
10	Thu	Copy Date for November issue of USL Life		
14	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
21	Mon	Abbeyle Garden Centre.....	Village Hall.....	7.30-9.45pm
23	Wed	Ladies Probus.....	BMI.....	10.00am
24	Thu	UpStagers Murder Mystery.....	tba.....	tba
25	Fri	UpStagers Murder Mystery.....	tba.....	tba
26	Sat	UpStagers Murder Mystery.....	tba.....	tba
28	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
31	Thu	Get Together Club - Sausage and Mash .....	Village Hall.....	12.45 for 1.00

**Contact Paula Quinn to get your event in the diary**

## The UpStagers

The next production - mark your diaries now! - Is to be a Murder Mystery evening, with a meal. These have been most successful in the past and will be well worth going to this time!

Thursday, Friday and Saturday, 24, 25 and 26 October

Don't miss it!

## News from the Recreation Ground

The summer months see the Recreation Ground frequently buzzing with activity, and it is a joy to see so much going on there. If you go down on a Tuesday evening you will see the football teams training to get ready for the new season, the adult cricketers using the nets and practising near the main square, tennis players meeting for their club evening, Brownies in the Pavilion or rushing about outside it, often some Petanque players having a game, small children in their play area with parents and grandparents, and of course dogs and their walkers. A great sight! It's been the same on Thursdays, when junior cricket (ages 5 to 13) filled the playing field. The Parish and Village can be justifiably proud of the Recreation Ground, the facilities there and the use made of it by the whole community around.

## Sports report

Junior cricket has now finished. The cricket club had, once again, a most successful "AllStars" cricket activity for 5-8 year olds. For the first time ever it ran an Under 9 team, and the Under 11, Under 13 and Under 15 teams played a full season of matches. All this ensures the cricket club is covering all ages from 5 upwards. Many of the under 15s play in the adult sides as well. The adult Wednesday side looks to be on the verge of another promotion; the Saturday sides will both finish mid-table in their respective divisions. The club secretary is Andy Russell.

The tennis club Tuesday evening and Sunday morning "club" sessions have been reasonably well attended, but the club would still like to add to its membership. Do contact Ian Leitch, or simply turn up on a Tuesday evening at 6pm or Sunday morning at 10am.

The football club has had a very busy "break" between seasons working to improve the pitch. They have called on advice and help from the Football Association. The pitch area was scarified, aerated and reseeded, and the soil above last years new drains has been consolidated to flatten out the dips. There are new top specification goals. The players are now training hard for the new season, games start in August. Contact for the Football club is Jon Jennings.

Petanque flourishes (but they would welcome new players - contact Jane Arnold), with matches through the year, mostly of course in summer. Practices are all year round at 2pm on Tuesdays, Thursdays and Saturday.



### UPTON ST LEONARDS LIFE

Web site: <http://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:

This month's editor: Barbara Swindin  
 Editors: Andrea Dawson  
 Andy Russell  
 Barbara Swindin  
 Peter Wilson

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### SUMMER INCENTIVE EVENT AT RICHMOND PAINSWICK

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\* Date and time to be confirmed please RSVP to be updated.  
 \*\* Limited availability.



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# USL LIFE FUNDRAISING PARTY FUN

Ian and Michelle would like to thank everyone who came to the show at the Village Hall on Saturday 29 June, to support the fundraiser for the Upton St Leonards' Life Community Magazine. As this was the first show of its type, the format was decided by Ian and Michelle, mirroring other shows which they run. They would like to hear constructive critique on what was good, bad or missing from the evening. They will be happy to consider a repeat performance, perhaps twice a year, if the support is there. They can run a wide variety of events - your imagination is the only limitation!



If you have little ones who like pirates and mermaids, Ian and Michelle's new show, 'Mermazing Pirate Adventure', will be showing at The Roses, Tewkesbury on Tuesday 27 August at 2.30pm. Aimed at aged 8 and under, you will have a Fintastic Time!

If you are interested in having a children's party, please visit their website, [www.mermaidmerchelle.co.uk](http://www.mermaidmerchelle.co.uk)

**The editor for our September issue will be Andrea Dawson**