

# *Upton St Leonards Life*

*incorporating Church News*

Issue 88

December 2021



*A big welcome to Philippa Donald who is the new priest for St Leonards Church - see Page 9*

A chance again for families to celebrate Christmas together after experiencing the previous restrictions



*To all our readers from everyone on the USL Life Team*

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# What's Been Happening in Upton?

## Upton St Leonards Allotment Winners 2021



Mr G Nights from Perry Orchard allotments

The winners of Upton's annual best kept allotments were presented with their cups at the November Parish Council Meeting by Chairman, Keith Pearson.



Mr S Barnes from The Stanley allotments



## Craft & Chatter

Another lively group meeting was held on Thursday 30th October. The pumpkin weight guesser was well supported!!, Linda gave a demonstration on the basics of quilting and colourful hearts were made for the home or with Christmas material for decorations.

A few ladies brought their own work with them and were quite happy chatting, sewing and knitting. Some ladies have been busy knitting hats for the premature babies at Gloucester Maternity Ward. Total last count was 32, I know some of you



have been very supportive so let's try and get up to 50 hats and then make a presentation to the hospital.

Next month - November 25th, Diana will be explaining how to make a variety of Christmas decorations - we had a preview in October. **Our December meeting will be held on Thursday 16th 10-12. Xmas goodies served with your refreshments!**

Looking forward to seeing you all, so keep crafting!

Anita & Diana

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View from the french windows

# What's Been Happening in Upton?

## Twyver WI Report

### Annual Meeting 8 November 2021

There were 18 members present out of 33 and 1 dual membership.

We were relieved to hear from Monica that we are not folding as was anticipated.

Penny Owen read the Treasurer's report. We are in credit by £921.17. Money was spent last Christmas on amaryllis plants for all members, plus birthday cards and a gift so we all got value out of our subscriptions even though meetings were mainly on-line by Zoom and contact made to members by email.

The report was proposed and seconded and thanks given to all for support throughout the year.

The Secretary's report was read out by Val, focusing on how we had all missed our social gatherings and were thankful we had held together through Zoom. Going forward - hoping all is well for 2022.

Monica thanked all members of the committee for their help during the past year in what has undoubtedly been the most trying and unusual time. Thanks expressed to Val and Penny for their invaluable support.

Monica was voted in for another term as President, Val agreed to remain as Secretary; Penny is stepping down as Treasurer and Milly has agreed to take the reins for the next year. Thanks to Irene Woodcock who is stepping down from the committee, and other members who have agreed to remain in posts.

We look forward to the new year of WI and the fellowship and friendship it brings.

That concluded business, cheese and wine was then the focus along with the social event of getting together which had been sorely missed.

Next meeting will 13<sup>th</sup> December in time for Christmas – 'Bring your Sparkle'.

**Linda Munnoch**

## Upton WI Report

On a bright sunny day, Upton WI welcomed Alexia Clark to speak on the story of Stroud Museum.

The origin of museums began as a temple for the 'muses' as cultural, art and inspiration.

As wealthy gentry travelled on their grand tours of Venice, Italy and far off places, they saw and collected items of interest to bring home. They were then able to show off their wealth and collections to family and friends.

The first public museum opened in 1790 at 'The Louvre' in Paris where the French Royal Family displayed their royal regalia. Cultural interest soon grew in Sunday Schools, Libraries and Museums.

Edwin Witchell first showed a collection to the Stroud public in 1894 and at a similar time Art classes began. William Cowle, a very wealthy grocer, invested £4000 into the Stroud collection of artefacts. Also, Sir Stanley Marling bequeathed a large coin display.

In 1927, Sir Henry Mears and Charles Irving, gardener and geologist, wrote reports on museums and the latter became Stroud's first curator in 1929. Stroud Museum was officially opened in 1930.

Other people who contributed to the museum were Stuart Douglas Scott who introduced decorative fine arts, and Lionel Walrond who was curator for 37 years. One of his notable achievements was to record all 55000 items held by the museum on a computer programme.

Susan Hayward, 1992-2005, was responsible for the move from Lansdown to Stratford Park, where the museum sits by a large lake amongst beautiful trees.

David Muller followed and Alexia began curating in 2012 until the present day. As a speaker she showed great exuberance and was warmly applauded.

Business was brief, as Angela Harris, President, welcomed two visitors, Kathleen and Sophia. She confirmed the Christmas Lunch would be on Thursday 9 December at the Old Ship Inn, Framilode at 12.30pm.

The next meeting will be at The Pavilion, Upton St Leonards, on Monday 6 December at 2pm, to hear Carole and Malcolm Brown, singing for pleasure.

All ladies very welcome.

**Kathy Quant**



# What's Coming Up in Upton?

## CHRISTMAS EVE @ THE BMI

FRIDAY 24TH DECEMBER 2021 8.00p.m. till late



Entertainment to "BAK TO BAK"

Open to members and signed in guests

## Post Christmas/New Year Quiz - Saturday 8<sup>th</sup> January @ 8.00p.m.

£1.50 per person for teams of up to 6  
(MINIMUM £6 for teams of up to 4)

Profit on the night to be donated to the BMI charity for 2021-22 AIR AMBULANCE

PLEASE ADD YOUR NAME TO THE BOOKING SHEET BY  
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## What's Coming Up in Upton? - cont'd

### BMI NEW YEAR'S EVE PARTY - FRIDAY 31<sup>st</sup> DECEMBER 2021

Dancing to "IAN OLIVER" - 8.00p.m. Till late

Tickets at £15.00 each are now available for sale (for BMI Club Members only)



Valid membership cards must be presented for each ticket. The final date for purchase will be 14th December. Any remaining tickets after this date will be offered to friends and family



### The Upstagers Drama Group

will present

#### "Dick Whittington"

A pantomime by Carol Vye  
at Upton St Leonards Village Hall  
on 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> February 2022



Performances each evening at 7.30pm and  
a 2.30pm matinee on Saturday 26th  
(Doors open 7.00pm and 2.00pm)

Please note the dates in your diaries!!

**Booking details will be available in the January edition of USL Life**

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Simon Green

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# What's Coming Up in Upton? - cont'd

## BMI Pensioners' Lunch Saturday 11<sup>th</sup> December 2021 - now full

Doors open at 12.00p.m.

Lunch will be served at 12.30p.m.

Only pensioners who have paid the BMI pensioners rate for 2021 (at end August 2021) qualify for this lunch

(There will be a small charge of £15 for those who do not play bingo here each week)



## USL Progressive Supper is back

The USL Progressive Supper is back for its 54<sup>th</sup> time – the date is **Saturday 29<sup>th</sup> January 2022**, after the pause for Covid in 2021. The supper has been running since at least 1979, and this is a chance to meet new friends and to catch up with old ones.

The format remains the same, each household will host one course (starter, main or dessert) for 4-6 other guests, and will visit other houses for the other two courses. All guests gather at 6.30pm at the organiser's house for canapes and when all participants are given their list of which two houses they will be visiting for courses they are not providing. Your eating companions for each course will vary so giving participants the chance to meet a wide range of people in convivial surroundings.

This year's organiser is Clive Winstanley. If you have attended a Progressive Supper before you should already have received an email inviting you to this year's event. If you have not attended before or have not received an email please contact Clive.



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## The BMI Club

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## A Poem from Ted

The other day a lady asked me about the apples I knew as a boy so I said I remembered the names of those that gave us joy.

The 'Worcester', the 'Underleafe' and the 'Painted Lady' too.  
The 'Newton Wonder' (a knobbly Russet) and 'Cornish Gilly Flower' to name just a few.

I can think of many others like the 'Blood Apple' and 'Bitter Sweet'  
But they have been long forgotten and only known to a few  
And if you were to ask me, I could tell you where they grew

The orchards are now housing estates and are no longer home,  
To a young boy's passion for "Scrogging"  
In the village where he roamed



I am looking at the possibility of setting up a ..... **Friends of St Leonards Group**

**Most Villagers, whether they worship there or not, will surely acknowledge that St Leonards Church is a key part of our Village and Heritage, and we all have a responsibility to ensure it is passed on to the next generation in a good state.**



The aims of a Friends group would be to encourage donations and run fund-raising activities to pass money to the Parochial Church Council for looking after the building and churchyard, look for grants that support heritage, and to seek ways to use the Church for purposes other than services, e.g. concerts, talks and tours on the architecture and history of the building, inviting schoolchildren to explore their past. The group would probably be set up as a registered charity.

Lots of churches have Friends' groups like this. In most cases, they are separate from the Parochial Church Council. There are plenty of examples, therefore, that can be followed and adapted.

If you like the idea and would like to help me set this up, please contact me. My aim would then be to have a "Launch" event early in the new year.

**Andy Russell**



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# Focus on Local Businesses

We hope you have seen new advertisements for a couple of local businesses.

Portway Farm Shop now has an advertisement, and we are grateful for their support for the magazine.

The shop, and its new extension, were recently featured in the October issue.

**If you haven't shopped here before come and have a look!**

## Opening Hours

Mon CLOSED  
 Tues 9am - 5.30pm  
 Weds 9am - 5.30pm  
 Thur 9am - 5.30pm  
 Fri 9am - 5.30pm  
 Sat 8am - 3.00pm  
 Sun CLOSED

Tel: 01452 613255

FOOD HYGIENE RATING

5



Another new advertisement is for a recently available "Guest Suite". A house owner in the Village has looked to be making better use of unused space in the house, and has converted the double garage into a charming room, self-contained, beautifully decorated and furnished, with twin beds, bathroom, and microwave, kettle and fridge, patio and car parking outside, and a lovely view to the escarpment.

This would be just right for when you have visitors and not enough space in your house. One of our readers used it for themselves, to get away from their kids and grandkids who swamped their own house!



## Get Fit and Have Fun - First Session Free!

Local dance and fitness teacher Amanda will be holding a week of free classes in the run up to Christmas.

Classes are all home based via Zoom and designed for ladies 50+ with fun and low impact sessions.

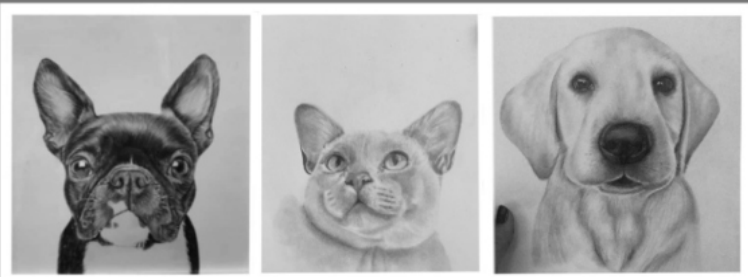
Enjoy rock n roll, salsa and disco inspired workouts, week commencing Monday 13th December.

Please get in touch by email for further information and to book your place [amanda@awdanceandfitness.com](mailto:amanda@awdanceandfitness.com)



## Pet Portraits

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## *St Leonard's Church News*



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

**Priest in Charge**      **Vacancy**

**Interim Minister:**    **Rev Philippa Donald**

*Philippa's parish days are Tuesday, Wednesday and Sunday. Please feel free to leave a message for her on other days and she will respond when she is next in the parish*

**Churchwarden**  
Gill Howell

**Baptism & Wedding Enquiries**  
Jenny Cunningham



Dear friends in Upton St Leonard's

On Monday November 1st I was licensed as the Interim Minister here in the parish of Upton St Leonard's, for a period of eighteen months. I feel very privileged to have the opportunity to walk with you during this time, and to be allowed to share in your parish and community life in all its joys and challenges. I've arrived at quite a busy time in the church year, with Advent and Christmas soon upon us, and I can see that there are lots of services and events planned for the festive season! I look forward to these occasions, and to meeting you and talking with you at some of them. Do come to our carol service on Tuesday December 21st at 6pm if you're able; there's nothing like a traditional service with readings and all the carols we love to sing, and mulled wine and mince pies afterwards!



I've been ordained in the Church of England for 10 years, and have served in other places during that time, in Churchdown and Innsworth, and then in the Seven Towers Benefice – lots of villages on the A38 travelling towards Tewkesbury. In a past life, I was a piano teacher and mum, raising three boys alongside my husband Ian, who was a doctor at Gloucester Royal for over 30 years, before retiring last year. We now have two granddaughters, aged six and three, who are a delight! In my spare time I love to read, to walk by the sea, and I go tap dancing one night a week; I always say that if we all have to exercise to stay healthy, I'm going to do something I enjoy!

I'm confident that God has good things in store for us here in Upton St Leonard's. Jeremiah 29 v 11 says: For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.'"

I look forward to discovering what those things are, with you, and to enjoy them!

With good wishes and my prayers

Rev Philippa

**Wednesday 8 Dec at 6.30 pm**

In the Old School Room

An opportunity to make a

Christmas decoration

with

**Judy Jackson**

£7.50

Tea/Coffee and mulled wine

**Friday 10 Dec at 7.30 pm**

**GLOUCESTER BRASS & TLC**

Christmas Concert in the Church  
Come and join us for an evening  
of Carols, Wine and Cheese

Tickets £5.00

Available from Gill Howell

**Tue 21 Dec at 6 pm**  
**9 Lessons and Carols**  
**In church**  
**With refreshments**  
**afterwards in the Old**  
**School Room**

**Thursday 16<sup>th</sup> Dec**

Tea and Natter in  
The Old Schoolroom  
from 2pm to 4pm

... as every Thursday  
But this day with ...

mulled wine, mince pies  
Everyone welcome  
Come and join us

**Sunday 19 Dec**

**GLOUCESTER BRASS**

Carols around the Village

from 5pm

finishing at the Old School Room,  
where we will enjoy mulled wine and  
hot mince pies.

See the Village Facebook page for places  
and times.

### ***Tower Floodlighting 2021***

- The Tower Lights in December are sponsored in loving memory of Joe Stubbs, still so sadly missed by his family and friends
- On the 3<sup>rd</sup> December the Tower Lights will be lit in memory of Sarah Threlfall on what would have been her 40<sup>th</sup> birthday. Loved so much, and missed by all her family
- The Church Tower will be lit on 11<sup>th</sup> December in memory of Mrs M.A. Devereux (Nan). She would have celebrated her 98<sup>th</sup> birthday on this day. Sadly missed, but warmly remembered by all her family and friends
- Remembering with love and many happy memories on the 23<sup>rd</sup> December, my husband Pete on his birthday, Jenny
- The Church Tower is lit on the 24<sup>th</sup> December in loving memory of Reginald William Crawford, husband and father, remembered daily and forever in our hearts. Julia and Barbara
- The Church Tower will be lit on Christmas Day in loving memory of Derek Howell a loving husband, Dad and granddad who passed away on this day 2016. So sadly missed.



*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 the deadline for the Church Pages is the 8th of the preceding month***



## Services and Readings for December 2021

## St Leonard's Church News

December 5th	8.00 am	<b>Holy communion</b> Philippians 1: 3 - 11 Luke 3: 1 - 6
	10.00 am	<b>Celebration Service</b> Philippians 1: 3 - 11 Luke 3: 1 - 6
December 12th	10.00 am	<b>Holy Communion</b> Philippians 4: 4 - 7 Luke 3: 7 - 18
December 15 <sup>th</sup> & 16th	9.00 am	<b>School Carol Services</b>
December 19th	10.00 am	<b>Communion Service</b> Hebrews 10: 5 - 10 Luke 1: 39 - 45 (46 - 55)
December 21st	6.00 pm	Nine Lessons and Carols
Friday		
December 24th	11.00 pm	<b>Christmas Eve - Midnight Mass</b> Holy Communion Isaiah 9: 2 - 7 Luke 2: 1 - 7
Saturday		
December 25th	10.00 am	<b>Christmas Day</b> Holy Communion Isaiah 11: 1 - 9 Luke 2: 8 - 20
Sunday		
December 26th		No service



### Charity Christmas Card

For those of you who like to cut down on sending Christmas Cards and donating the money to a worthy cause instead, there will be a card in church again this year with all donations received going to the Samaritans Purse charity for the Shoebox appeal, towards the cost of shipping the boxes to all corners of the world.

There will be a donation box in church and greetings sheet for you to pass on your season's good wishes



### **C.R.Y.** **Cardiac Risk in the** **Young** **Charity Morning**

**To raise funds for C.R.Y.**

**Friday 3rd**      **December**

**In the**  
**Old School Room**

**10.30 am - 12.30pm**

**Teas / Coffees :Stalls :Raffle**

### Recycling Christmas Cards

I will be collecting Christmas cards for the Cobalt Unit, from 28<sup>th</sup> December 2021 until the 14<sup>th</sup> January 2022. You are welcome to bring them to my home, or leave them in Upton Church porch when I will collect them before taking them to the Cobalt Unit.

If you are willing to help us by driving to Cheltenham with a car-load of Christmas cards, please can you let me know.

Thank you so much.

Jenny



At the October meeting members enjoyed learning about the AFIA (Away From It All) scheme organised by Mothers' Union. The speakers were Trustee, Maggie Pollard and Vice-President, Kate Thompson. It had been difficult to arrange holidays during the pandemic but two did take place using caravans at Bream. They have 5 nights away and can make use of all the attractions the site has to offer. In addition, coaches were provided for 3 groups to enjoy a day out in Weston-Super-Mare. The Family Haven in Gloucester, the Churn Project in Cirencester and the Open Door in Stroud were all helped in this way meaning Mothers' Union could achieve its 5th Object of supporting families who have met with adversity. Six holidays have already been booked for 2022.

During the opening service Maureen Freshney was admitted by the Branch Leader having joined before the lockdowns.

The next meeting will be a communion service in the Lady Chapel at St Oswald's Church, Coney Hill on Wednesday 15th December 10am followed by seasonal refreshments. All are welcome to come along.

If anyone is interested in learning more about Mothers' Union, please contact me

Visitors are very welcome. Kate Gale



The Food Bank is always in need of contributions and if you would like to donate any items you can either leave your donations at church or in the Village Shop/Post office. Most needed items at present are:

- |                     |                         |
|---------------------|-------------------------|
| Tinned fruit        | Tinned custard          |
| Tinned spaghetti    | Tinned vegetables       |
| Tinned tomatoes     | Tinned potatoes         |
| Tinned rice pudding | Jars of pasta sauce     |
| Single toothbrushes | Toothpaste              |
| Shampoo             | Toilet rolls            |
| Bars of soap.       | <b>Seasonal goodies</b> |

*Who's Who in the Parish Church*

**Priest in Charge** - Vacancy

**Interim Minister:**

Rev Philippa Donald

*Philippa's parish days are Tuesday, Wednesday and Sunday. Please feel free to leave a message for her on other days and she will respond when she is next in the parish*

**Churchwarden:**

Gill Howell  
Second churchwarden - Vacancy

**PCC Secretary**

Pam Tickner

**Church Treasurer** - Vacancy

**Baptism & Wedding Enquiries & Church Administrator**

Jenny Cunningham

**Safeguarding**

Sue Downey

**Bell Tower Captain**

Charlie Burnett

**Mother's Union:**

Kate Gale

**Church Flowers:**

Jenny Cunningham

**USL Life (Church pages), Pew News and Website**

Rachel Middleton

*November 500 Club Winners*

1 <sup>st</sup> Prize	£30.00	No. 34
2 <sup>nd</sup> Prize	£20.00	No: 72

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**December Arts Page** - As we come to the end of a troubled year, different aspects of life are reflected in the three poems below. (Spelling and use of language in the 16<sup>th</sup> Century feature this month!)

**FEASTING**

Good bread and good drink,  
A good fire in the hall,  
Brawn, pudding and souse,  
And good mustard withal,  
Beef, mutton and pork shred,  
Pies of the best,  
Pig, veal, goose and capon,  
And turkey well dressed;  
Cheese, apples and nuts, jolly carols to hear,  
As them in the country is counted good cheer.  
**(Thomas Tusser 1524 – 1570. Poet and Farmer)**

**NEW PRINCE, NEW POMPE**

**by Robert Southwell 1561-1595. Priest and Poet.**

Behold a silly tender Babe,  
In freesing Winter night;  
In homely manger trembling lies,  
Alas a piteous sight:  
Despise him not for lying there,  
First what he is enquire:  
An orient pearle is often found  
In depth of dirty mire,  
This stable is a Princes Court,  
The Crib his chaire of state:  
The beasts are parcel of his pompe,  
The wooden dish his plate.  
With joy approach o Christian wight,  
Doe homage to thy King;  
And highly prize this humble pompe,  
Which he from heaven dooth bring.

**THE COMING OF GOOD LUCK**

by Robert Herrick 1591-1647. Poet and Cleric.  
So Good-Luck came, and on my roof did light,  
Like noyse-lesse Snow; or as the dew of night:  
Not all at once, but gently, as the trees  
Are, by the Sun-beams, tickel'd by degrees.

**BRIEF THOUGHTS**

“Ever since Eve gave Adam the apple there has been a misunderstanding between the sexes about gifts”. (Nan Robertson 1926-2009. American Journalist)

“As long as the earth endures, seed time and harvest, cold and heat, summer and winter, day and night will never cease”. Genesis 9:22

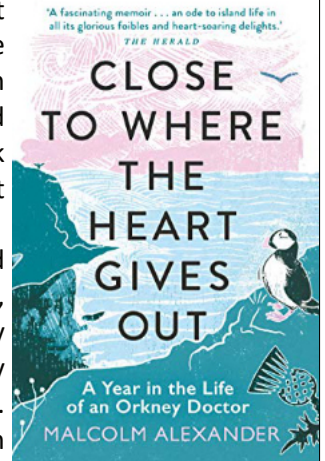
**BOOK REVIEW**

Close to Where the Heart Gives Out : A Year in the Life of an Orkney Doctor Written by Malcolm Alexander and published in 2019, this book is an unflinchingly honest tale of rural life.

It is set in the wild and remote landscape of Eday, part of the Orkney archipelago, and written by the only doctor on the island. The stories range from humorous to deeply moving.

Doctor Alexander describes adjusting to life without modern conveniences, to the extreme weather and how to provide the best medical care to the population with limited resources.

The book leaves this reader with the strong desire to visit Orkney and admiration for those whose lives match the rhythms of the landscape.



**From a Watchnight Service on Christmas Eve  
(an extract from the book above)**

The doctor is to take the service; drinks and mince pies are to follow in a building with only gas lighting and no running water.

Kettles are placed on the paraffin heaters and the mince pies are kept warm wrapped in foil.

The service is a joy to take, although it's just as well I chose not to go into the pulpit tonight; baby Megan is refusing to do anything but cry unless I hold her in my arms. Slowly the weight of my arm increases as she drifts off to sleep.

I suppose its alright to have a sleeping baby at the centre of a Christmas Eve service.

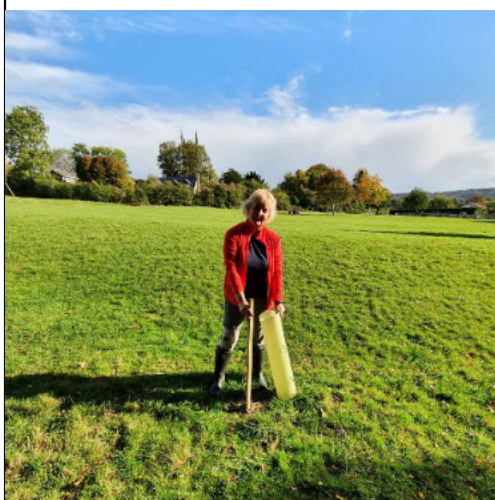


# Information

## Tree Planting at The Glebe Field

The Parish Council were very grateful to The Woodland Trust and their Sponsors for supplying tree saplings and plastic protectors. Unfortunately the protectors haven't been robust enough to survive in a dog walking field!!

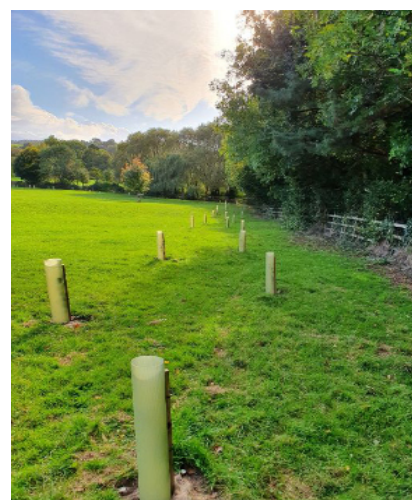
On that basis, the Parish Council decided to purchase something more able to last the course and these have now been fitted to protect the saplings.



These protectors are supposed to remain in place for 4 years and then removed, which gives the saplings a chance to grow stronger, and the larger size helps with this.

My thanks to Jo (left) for helping me to install the new protectors over several afternoons and to Nigel Murrell for keeping the weeds down and replacing the collars.

**Peter Wilson**



## Are you community minded? Can you help?

Honorary Treasurer/Trustee needed by local charitable trust to oversee the charity's finances. No fundraising or book-keeping involved.

We are a friendly group of trustees based at Barnwood making grants to improve the wellbeing of people with disabilities.

For more information, please email me, **Christine Ellson**

Gloucestershire Disability Fund reg. charity no. 1048489



## Road Closure

Please be advised of the following temporary road closure:  
**Portway, Upton St Leonards**  
This road will be closed on the 14th December 2021 between the hours of 09.30hrs and 15.30hrs.

This is to allow for works on behalf of BT Openreach. Pedestrian and emergency access will be maintained.

**Gloucestershire County Council**

## Newsletter Team Changes

A big thank you to Alan Brinkley and Jill Fleming for their work to distribute USL Life who are now stepping back.

A warm welcome to Julie and Mark Watson plus Clive and Julie Winstanley as new members of the distribution team.







You may have seen on TV, heard on the radio or read in newspapers that HRH Charles, Prince of Wales and Felicity Harding, Chad Varah's daughter were in town celebrating with Gloucester and District Samaritans 50 years of listening in Gloucester.

"There are in this world, in every country, people who seem to be 'ordinary', but turn out to be extraordinary. They give their total attention, they listen without judging or interrupting. They do not preach; they have nothing to sell. We call them Samaritans." Chad Varah.

Many of us know that Samaritans was set up in London by Chad Varah in 1953; our Gloucester Samaritan branch was set up in 1969 and was sponsored by the local Council of Churches. On 24th August 1971, Eartha Kitt, the singer, officially opened the Gloucester Helpline and took some of our first calls. By the end of 1971 the Stroud Befriending Group joined the Gloucester Samaritans, and the Gloucester and District Samaritans was created and included all the Stroud and Forest of Dean District communities.

The current Gloucester Branch in Parkend Rd, opened in 1991 and was the result of generous local financial support and lot of very hard work by extraordinary people.

As well as the purpose built Operations Room for telephone answering and email correspondence, we have a visitors room, training and meeting rooms, and two bedrooms for volunteers wishing to rest before or after their shifts. To the rear there is a good sized safe car park.

Gloucester & District branch of Volunteers is drawn from around our catchment area including Upton St Leonards, the Stroud Valleys, Wotton-under-Edge, Cam and Dursley and the Forest of Dean.

Samaritans in Gloucester have a proud tradition of having a strong presence in our communities and have embraced many local events, carnivals and festivals, Pride Day, craft fairs, and College Fresher Fairs; setting up stalls with information leaflets about our work and responding to opportunities to talk with people. In a normal year we have had a Samaritan presence at Railway Stations to support staff and rail users and in the past have had carol singing on the platforms at Christmas. More recently, our volunteers have linked with 'Gloucester Feed the Hungry,' supporting the homeless and rough sleeper community.

During the lockdowns we have worked with the NHS and other emergency services to ensure that front line workers felt supported with our contact details included in food boxes delivered by local food banks.

We look forward to being able to re-establish all our Outreach work once pandemic restrictions are fully lifted.

Samaritans vision is that fewer people die by suicide and one way of working towards our vision is to share our knowledge and our research and experience with people in our communities so that others become part of the informal 'caring team'.

Gloucester Samaritans work closely with Gloucester City Council, British Rail and CRUSE Bereavement Care; we visit HMP Long Lartin to support the trained Prison Listening Volunteers and are currently working with Waterwells Police Custody Suite to offer emotional support to detainees.

\* Our Gloucester & District Branch has 165 volunteers, drawn from our catchment area.

\* We do regular shifts, taking telephone calls or answering emails from people who are feeling in distress and who need to talk in confidence and safety to someone who has been trained to listen well.

\* We create a safe space for callers to express their feelings of distress, explore their options for coping and finding their own best way forward.

\* Callers won't get advice from Samaritans; they won't be judged or made to feel uncomfortable whatever their circumstances. We listen to the trials of our fellow humans and believe in the power of listening with kindness and consideration and the necessity of confidentiality.

\* We are here day and night, 365 days a year offering emotional support for whatever callers are going through and for anyone who is struggling to cope.

\* There's no typical person who contacts us and no typical problem that people talk to us about. Sometimes callers need to talk about past experiences or disturbing thoughts or feelings and prefer to talk confidentially to an unknown person. Sometimes people get to a point where they don't want to tell family or friends about their innermost feelings and prefer to talk to a trained listener: some may feel they just can't cope any longer and life is too much to handle alone and they need to talk their life experience before they make decisions about the future.

\* **If you feel you would like to volunteer please look online at [samaritans.org](https://www.samaritans.org)**

\* **If you or someone you know would like confidential support tel 116123 (calls are free)**

\* **If you prefer email it's [jo@samaritans.org](mailto:jo@samaritans.org)**

In September 2021 Gloucester Samaritans took 1857 calls and responded to 100 emails. We were open 581 hours. Nationally Samaritans answer a call every 6 seconds. 21,200 volunteers answer more than 5 million calls for help every year. More than 6,500 lives are lost to suicide in the UK every year.

## Good Neighbours - Editor

We live in a lovely village and one of the things that makes a real difference to enjoying our homes is having good neighbours. Many good deeds are done every day in Upton for people who may have reached more senior years, have lost their life partner or just need a hand when they don't feel well. For all those people who make a difference a big thank you from all those who have had and continue to receive support.

There are the occasional problems with such things as bonfires, DIY at odd hours, setting off fireworks late at night and parties with loud music but I am pleased to say the knowledge of good deeds done in Upton far outweighs the odd complaint received about things that can annoy people living close to each other.

**If you think you may sometimes fall into the "problem" area please consider your impact on those around you. Thanks.**



## Advent Windows



Once again our Village will be lit up with Advent Windows. It's a great new tradition - walk around the Village on a crisp cold December evening and find all the windows.

Michelle King has done the organising with help from Karen Morris.

In previous years we have printed a map of the windows, but this year the map will be raising funds for the School PTA. Buy your map from the Post Office, or you can purchase one on-line through the School / PTA website.

Many thanks to those creating the marvellous window displays. The picture above is from Xmas 2019.

## Phone and Computer Clinic

Andy and Richard continue to be available to help sort out problems you have with your smart phone, tablet or computer. Lots of those we have helped have been exasperated by things that happen, or don't happen, and often a quick session with either of us sorts it out. There is no fee.

**Richard West**

**Andy Russell**





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Dates, times, venues and contacts for the Yoga, Pilates and Art classes that run every week can be found on the next page.

## VILLAGE DIARY

### DECEMBER

1	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30pm
1	Wed	Bingo.....	BMI.....	8.00pm
2	Thu	Tea and Natter .....	Old School Room .....	2.00-4.00pm
5	Sun	Tennis Club Members Morning.....	Pavilion.....	10.00am
6	Mon	Coffee Club .....	BMI.....	10.00am
6	Mon	Upton WI .....	Pavilion.....	2.00pm
7	Tue	Needles & Pins.....	Village Hall Annex.....	9.15am
7	Tue	Recycling and food waste week		
7	Tue	Badminton .....	Village Hall.....	8.30-10.30pm
8	Wed	Wednesday Probus Club.....	BMI.....	10.00am
8	Wed	Making Christmas Decorations.....	Old School Room.....	6.30pm
8	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30pm
8	Wed	Bingo.....	BMI.....	8.00pm
9	Thu	Tea and Natter .....	Old School Room.....	2.00-4.00pm
10	Fri	Copy date for January issue of USL Life		
10	Fri	Christmas Carol Concert .....	Church .....	7.30pm
11	Sat	BMI Pensioners Lunch(now full) .....	BMI.....	12.00pm
12	Sun	Tennis Club Members Morning .....	Tennis Courts.....	10.00am
13	Mon	Coffee Club Lunch.....	BMI.....	12.00pm
13	Mon	Twyver WI.....	Village Hall.....	7.30pm
14	Tue	Needles & Pins.....	Village Hall Annex.....	9.15am
14	Tue	Rubbish and food waste week		
14	Tue	Tuesday Probus Club.....	BMI.....	10.00am
14	Tue	Badminton .....	Village Hall.....	8.30-10.30pm
15	Wed	Ladies Probus.....	BMI.....	10.00am
15	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30pm
15	Wed	Bingo.....	BMI.....	8.00pm
16	Thu	Craft 'N' Chatter .....	Old School Room .....	10.00-12.00pm
16	Thu	Tea and Natter plus wine & mince pies .....	Old School Room .....	2.00-4.00pm
18	Sat	Christmas Draw .....	BMI.....	8.00pm
19	Sun	Tennis Club Members Morning .....	Tennis Courts.....	10.00am
19	Sun	Carols Around the Village .....	Various Locations .....	5.00pm
20	Mon	Needles & Pins.....	Village Hall Annex.....	9.15am
20	Mon	Coffee Club .....	BMI.....	10.00am
21	Tue	Recycling and food waste week		
21	Tue	9 Lessons and Carols.....	Church .....	6.00pm
21	Tue	Badminton .....	Village Hall.....	8.30-10.30pm
22	Wed	Wednesday Probus Club.....	BMI.....	10.00am
24	Fri	Christmas Eve Entertainment night .....	BMI.....	8.00pm
24	Fri	Midnight Mass.....	Church.....	11.00pm
28	Tue	Needles & Pins.....	Village Hall Annex.....	9.15am
28	Tue	Rubbish and Food Waste Week		
28	Tue	Tuesday Probus Club.....	BMI.....	10.00am
28	Tue	Badminton .....	Village Hall.....	8.30-10.30pm
29	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30pm
31	Fri	New Year's Eve Entertainment Night .....	BMI.....	8.00pm

### JANUARY

3	Mon	Upton WI .....	Pavilion.....	2.00pm
3	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
8	Sat	Post Christmas/New Year Quiz .....	BMI.....	8.00pm
10	Mon	Twyver WI.....	Village Hall.....	7.30pm
10	Mon	Copy date for February issue of USL Life		
20	Thu	History Group - Cotswold & Cornish Cream .....	Village Hall.....	7.45-9.15pm
29	Sat	Progressive Supper .....	Various locations .....	6.30pm

Continued over.....

## FEBRUARY

7	Mon	Upton WI .....	Pavilion .....	2.00pm
7	Mon	Parish Council Meeting .....	Pavilion .....	7.30pm
10	Thu	Copy date for March issue of USL Life		
14	Mon	Twyver WI .....	Village Hall .....	7.30pm
24	Thu	Pantomime .....	Village Hall .....	7.00pm
25	Fri	Pantomime .....	Village Hall .....	7.00pm
26	Sat	Pantomime .....	Village Hall .....	2.00 & 7.00pm

**To place an entry in the Village Diary, please contact Paula Quinn**

### *Weekly courses*

This section lists the courses that run every week. .

Activity	Day	Venue	Contact	
Yoga	<b>Mondays 10am</b>	<b>Village Hall Annex</b>	<b>Lara Brickhill</b>	<b>07876 764425</b>
Yoga	<b>Fridays 10am</b>	<b>Pavilion</b>	<b>Sylvia Bennett</b>	<b>07921 591521</b>
Pilates	<b>Thursdays 1pm</b>	<b>Village Hall Annex</b>	<b>Philippa Barker</b>	<b>07861 727198</b>
Pilates	<b>Fridays 9.30am</b>	<b>Village Hall Annex</b>	<b>Philippa Barker</b>	<b>07861 727198</b>
Art Class	<b>Tuesdays 2pm</b>	<b>Village Hall Annex</b>	<b>Christine Hughes</b>	<b>01452 614227</b>

### *Christmas & New Year Events*

**Christmas time brings special events in the Village.  
Here's a list as a quick reference.**

- |  |   |
|--|---|
| <p>Friday 10<br/>Saturday 11<br/>Monday 13<br/>Thursday 16<br/>Saturday 18<br/>Sunday 19<br/><br/>Tuesday 21<br/>Friday 24<br/>Friday 24<br/>Friday 31</p> | <p>- Christmas Carol Concert with Gloucester Brass and TLC @ 7.30pm (Church)<br/>- BMI Pensioners' Lunch (ticket only) @ 12pm<br/>- BMI Coffee Morning Christmas Lunch (ticket only) @ 12pm<br/>- Tea &amp; Natter plus mince pies etc @ 2pm, Old Church Room<br/>- BMI Christmas Draw<br/>- Carols around the Village @ 5pm (See Village Facebook page for timings and locations)<br/>- Service of 9 Lessons and Carols @ 6pm in Church<br/>- Christmas Eve entertainment night at the BMI - 8pm till late<br/>- Midnight Mass in church at 11pm<br/>- New Year's Eve Entertainment at the BMI - 8pm till late</p> |
|--|---|

**USL Village Store**  
  
**Mon-Fri 7am-7pm**  
**Sat 7am-6pm**  
**Sun 7am-12pm**

**Your Village Store and Post Office**  
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## Remembering Loved Ones

There has been a service of remembrance at the church every January in recent years (except 2021 when lock-downs were in force). There will be one in January 2022. The church invites anyone who wants to remember a loved one to attend, light a candle and think about their memories.

Particularly on this occasion, there are a number of people known to us who died during lock-down, but we were unable to attend a funeral or cremation. Maybe this will give us the chance to pay our own respects in a way we couldn't at the time.

To complement the service in Church, USL Life is asking if you'd like a name printed in the January issue. This will be a simple "In memoriam" panel with just names, no dates or other detail. Because this is an open display in the Village magazine, we think names should be restricted to people who lived in the Village or local area, so that readers can recognise who is being commemorated. If you want to remember people from further afield, please do so at the church service.

**Please send names to be listed in the January issue to one of the editors, or use the Village Hall postbox or the USL Life website "Contact Us" page. We will need names to be sent in by December 10th, please to meet printing deadlines.**



## Tea & Natter

TEA and NATTER on Thursday Afternoons 2 - 4pm in the old SCHOOL ROOMS

Our last tea and natter of the year will be Thursday 16th December 2 - 4 pm and we would love to see you for some Festive Cheer - Mulled wine, tea, coffee and mince pies will be served.

We are there every Thursday afternoon and always look forward to seeing you.

**Best Wishes to everyone for Christmas and the New Year!**



## 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: Peter Wilson  
Editors: Andrea Dawson

Andy Russell  
Barbara Swindin  
Peter Wilson

Company Secretary: Cliff Alderman

Treasurer: Owen Stinchcombe

Feature writers: Christina Caldwell  
Linda Munnoch  
Ann Morphew  
Jane Reed

Church pages: Rachel Middleton

Clubs / Societies Catherine McLean

/ Organisations:

Diary: Paula Quinn

Advertising: Contact: Andy Russell

Admin Support: Janine Black

Distribution: Jenny Cunningham

Photography: Jim Browne

Proof Readers: Carol Hardacre  
Pam Tickner  
Kate Davies

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### Next month's editor

Andrea Dawson



Use the postbox at the Village Hall or via the "Contact Us" box on our web page

**Many thanks from the Newsletter Team to Martin Smith for the positive feedback on our efforts and his enjoyment of our monthly publication.**



**DISCLAIMER:** USL Life welcomes adverts for goods and services but reminds readers to make their own checks before entering into any contract or other arrangements with advertisers, as USL Life cannot be held responsible for the accuracy of the advertisements.



## Upton Remembrance Day Ceremony

It was great to see so many people at the village Remembrance Ceremony by the War Memorial. It was presided over by our new Minister, Phillipa Donald and it was great to see the children helping lay wreathes to honour the fallen. Probably one of the biggest crowds seen for the ceremony.



## Poppy Appeal 2021

With 2020 being a wash out with Covid-19 for our Poppy selling the Team reconvened on Thursday 28th October at Morrison's to commence Poppy selling celebrating 100 years of the Royal British Legion. Our Target was to beat our 2019 total of £8210 which we thought would be very difficult but the Team excelled and we reach the grand total of £8,928 which is absolutely fantastic.

I would like to thank the USL Poppy Team of Richard West, Eddie Spence, Bob Hawkes, Nigel Clapton, Rachel Ball and Catherine McLean for their dedication and time, and big thank you to "You" the generous people of our community for your donations.

**Jim Browne**



## Upton Coffee Morning at The BMI

Since start-up post lockdown, attendance has grown and now regularly achieves between 40 and 50 attendees.

The atmosphere is great and thanks to Brian and Lorraine, the Christmas Lunch will take place in December.

**Why not come and join us - every Monday at 1000**

