

Upton St Leonards Life *incorporating Church News*

Issue 91

March 2022



**Welcome to
The Loft
above
Upton's
Farm Shop!**

**CLOCKS
SPRING
FORWARD
27 MARCH**



Customers and Eleanor, Rebecca and Louise enjoying the new venue.

Photos by Andrea Dawson and Sue Merigold

Editorial

In mid-February on a lovely sunny morning two of the editors of USL Life decided to take a stroll to the Upton Farm Shop where we sampled the delights of the newly opened café upstairs in THE LOFT, where the cakes on offer were either locally produced or actually homemade on the premises ! We were warmly welcomed to this delightful new venue where, seated comfortably and surrounded by tasteful, rustic décor, we and other customers enjoyed the atmosphere and the chat, before making our way back down into the shop with its array of local produce.

Barbara

	PORTWAY FARM SHOP Upton St Leonards GL4 8DP 01452 613255	OPEN Tuesday to Friday 9am to 5.30pm
	Our family owned business can supply you with fresh home produced and local Meat, home made Sausages & Burgers, Veg, Fruit, local Eggs, Cheese, Organic Milk, Cream, Yoghurt, Flour, Coffee, Rapeseed Oil, Dressings, Mayonnaise, Preserves, Pizzas, Gloucestershire Fruit Juice, Cordials, Bread, home made Cakes, Pies, Quiche, Ice Cream.	Visit the new coffee shop! Email: portwayfarmshop@btinternet.com www.portwayfarmshop.com
		 For the latest offers, specials and news see Facebook @PortwayFarmShop

What's been happening?

Entertainment Night at the BMI

On Saturday 29th January, around 60 members and guests enjoyed an entertainment night at the BMI. The band that night was "Buck and the Tasty Tones". This was the first time that they had played at the club, and everyone enjoyed listening and dancing to their music.

CRAFT 'N' CHATTER - Meeting held 27th January

A New Year and two new members were welcomed.

The Ladies were busy completing their silk painted necklaces ready to take home. They were delighted with the colourful results. Many thanks to a very patient Diana! A big thank you also to all the Ladies who have been knitting the hats and blankets for the Premature Babies. We are pleased to donate a total of 113 hats and 10 blankets to the Maternity Hospital at Southmead Bristol. A few Ladies wish to carry on knitting for another donation in the future.

Our group is organising a trip to the Malvern Craft Show on Sunday 8th May. If anyone is interested, please contact Diana or Anita. This has to be booked by end of February/early March. Cost is £42 including entry and coach. We already have 10 Ladies on the list.

We will be introducing more projects for you this year - knitting, sewing, crochet etc., in the following meetings. Well done everyone and especially our committee, we couldn't manage without you!

Good news - from January we have reduced the fee for our meetings to £3 (£24 year) and also extended our meetings by half an hour to finish at 12:30. This will give you all value for money and also time to finish off the items you have been working on.

Next meeting: 31st March 2022

10am - 12:30pm

Keep crafting!

Anita and Diana

Parish Council

The February meeting broke a record for recent times, in that councillors were outnumbered by members of the public and non-councillors! Our new PCSO Tendekai Chitiyo was there for the first time. He reminded us that there have been a few incidents of theft or attempted theft at stables, and he and other police working on Rural Watch duties have increased their visits and attention to our Village. Please do use the 101 number to let the police know about any suspicious activity, related to stables or not. See page 20 for more about Tendekai.

Councillors spoke of the frustration they have in getting, seemingly, no action or information about (a) motorway noise and pollution and (b) flood prevention on the Twyver. As far as the latter is concerned, case studies have apparently been commissioned by the County Council, but there seems to be, as yet, no feedback to the Parish Council and residents.



UPTON WI



At the February meeting Pam Slate gave us a talk about pearls, the traditional birthstone for the month of June. Pearls are formed inside various types of mollusc when an irritating microscopic object becomes trapped. The mollusc's defence mechanism coats it in layers of secretion. A common misconception is that the pearl forms around a grain of sand - this is almost never the case. Natural (or wild) pearls, formed without human intervention, are extremely rare. More or less all pearls traded nowadays are "cultured", where tiny pieces of tissue are implanted into farmed molluscs by humans, and can be grown in freshwater and sea water. It is extremely hard to distinguish between natural and

cultured pearls, except by the price! There are now very few natural pearls found and hardly any pearl fishers remain.

Pearls have been much loved by royalty. The late Queen Mary was known for her pearl choker necklaces. The late Queen Mother was a lover of them, as is the Queen herself. Apparently Queen Elizabeth I wore false pearls made of wax with fish scales to get the lustre.

Pearls need to be worn and adored!

The next meeting is at 2pm on Monday 7th March in the Pavilion. This will be our AGM, and there will be a fun quiz as well. All will be very welcome. *Kathy Quant*

TWYVER WI

Meeting 14 February 2022

President Monica opened the meeting and after the usual beginning, we got down to the necessary business. Subs are due at the beginning of April; this year the amount is £44 - payment online between 1st and 11th April – **not before** - or by cash/cheque please at the next meeting. An early Treasurer's report advised the bank balance currently at £489. More details next month from Millie.

It is our turn to host the next General Social of all local groups and this year it will be held on 1st October in the afternoon at the village hall: theme and entertainment to be decided. Tickets will be on sale. More details to follow.

The Queen's Jubilee celebration will be held in the village on Sunday 5th June and the WI will be in charge of the strawberries and cream. All volunteers welcome.

Meeting numbers were a little lower than usual due to it being Valentine's Day/Evening, and no speaker was available again but we were happy to muck in and take part in an event of Speed Friendship-ing organised by Moira – which went down very well. We were all given a list of questions and a dice and five minutes to get to

know the person in front of us. The questions stretched our minds especially at that time of the evening. Questions to ponder on were:

What 3 things would you take to a desert island?

If you could redo one day of your life what would it be and why?

What historical moment stands out most in your memory?

What is the most important object that you treasure?

What is your favourite way to spend a day off?

What type of music do you enjoy?

An hour well spent in good company followed by tea, biscuits and mini cakes.

All members received a Valentine's gift from Monica which was greatly appreciated and the evening was brought to a close.

The next meeting will be on 11 April. All welcome.

Linda Munnoch

What's coming up?

**ENTERTAINMENTS
AT THE
BMI**

SUNDAY 20th MARCH



**Lunchtime Jazz Club
at the B.M.I.**

With

"John Beckingham Trio"

From 1.00-3.00p.m

**Open to members and signed in
guests**



Spring Quiz



For BMI members and signed in guests

**(please note, every team must have 2 club
members. Membership cards may be checked on
the night}**

Saturday 26th March

With Andy

@ 8.00p.m.

**£1.50 per person for teams of up to 6 (max)
(Minimum £6 per team of up to 4)**



**PLEASE ADD YOUR NAME TO THE BOOKING SHEET
BY THURSDAY 24th MARCH TO ENSURE THAT THERE
ARE SUFFICIENT COPIES OF QUIZ SHEETS
AVAILABLE TOGETHER WITH TABLES ON THE NIGHT**

**ALL PROFIT ON THE NIGHT TO BE
DONATED TO THE BMI CHARITY FOR
2021-22**

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Village Celebration for the Queen's Platinum Jubilee

5 JUNE 2022, 2PM – 5PM



As you all know by now, Upton St Leonards is joining the country on the 5th June to celebrate the Queen's Platinum Jubilee, 70 years of serving her Country. There's never been a better excuse for our Village to get together and have fun!

This is a free event for residents of the Village and not the usual Village Day. There will be lots of entertainment for the children and a little live music for the adults.

I hope you are all thinking of your picnic ideas, whether it be Coronation Chicken Sarnies, Scotch Eggs or Victoria Sponge: the ideas are endless.

Refreshments including tea and coffee as well as strawberries and cream will be provided, but we would welcome donations of cakes please.

If you have any questions, would like to offer to help in any way either beforehand or on the day or if you are willing to donate cakes, **please contact Carol Evans.**

Painswick Music Society



The Painswick Music Society's 76th season starts off with a stunning concert featuring the internationally renowned Carducci String Quartet and Clare Hammond (piano). This will be on Saturday 26 March at 3pm in Painswick Church. Tickets (£20) from tickets@painswickmusicsoc.co.uk or Edward Bowron.

In our April edition we hope to include an article about the Painswick Music Society.

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Spring Show - Saturday 2 April

Doors open 2 00 pm

Entry: £1 Adults 50p Children

Raffle and Refreshments

Section A – Flowers, plants & bulbs

- 1 A bunch of 6 spring flowers, any variety, cut from your garden
- 2 A house plant – in flower.
- 3 A house plant – for foliage.
- 4 A succulent or cactus.
- 5 Bulbs in any type of container.

Section B – Flower arranging

- 6 An Easter arrangement, in a basket 18"/46cms w & d
- 7 A tea party table centre to celebrate the Queen's Platinum Anniversary, any container 12"/30cms w & d
- 8 A Commonwealth Games arrangement, any container 18"/46cms w & d
- 9 A 7 bloom arrangement, any container 12"/30cms w & d

Section C – Home produce, cookery

- 10 Coffee sponge cake - to given recipe found on entry form.
- 11 Gingerbread – to given recipe found on entry form.
- 12 Easy fruit cake - to given recipe found on entry form.
- 13 Family favourite – any sweet or savoury – use your own recipe.
- 14 Crushed biscuits - any bake to include crushed biscuits to form a base, be mixed in or crumbled on the top. use your imagination! display a whole item or 6 portions
- 15 **Men only** – Flapjacks – display 6 to given recipe found on entry form

Section D – Preserves, pickles

- 16 A jar of marmalade
- 17 A jar of lemon curd
- 18 A jar of jelly
- 19 A jar of jam – any flavour
- 20 A jar of chutney

Section E – Arts & handicrafts

- 21 A hand knitted item up to 4 ply*
- 22 A hand knitted item in double knitting*
- 23 A hand knitted item in fancy wool/yarn*
- 24 A crocheted item in any yarn*
- 25 Show us your hidden talents – let us see what you have made.*
- 26 A picture (handicraft)* max size 18"/46cms square, excluding frame.
- 27 A picture (art)* max size 18"/46cms square, excluding frame.
- 28 What went wrong? – made from any media*
- 29 A quilted item*

* These items should not have been exhibited in any previous show

More Classes on page 7

Guest Suite to rent in USL



Newly available: Delightful ground floor Guest Suite. Central to the village. Lovely views. Private parking. Perfect for visitors whatever their needs. No dogs. For details call 01452 621741 or 07815 197375.



View from the french windows

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Spring Show Classes continued

Section F – Photography – max size of photograph 12"x8" (30x20cms)

Photographs should not have been exhibited in any previous show and must be exhibitor's own work. Photographs may be reproduced digitally or conventionally.

30 Village pride

31 Reflections

32 A close up photograph

33 Fun on wheels

34 That looks tasty!

35 A face full of wisdom (*black & white prints only*)

Section XA – Open charity classes -

XA1 Knit a trauma teddy, to be given to victim support for children in distress. pattern available from jhlord@btinternet.com or phone 613246

XA2 Make an item suitable for a child's prize (any medium) for the 'spin-a-wheel' game. at the Donkey Sanctuary, Sidmouth.

Entries to be donated via Val Doll. Call her (610940) for any enquiries. Class organised by Christchurch Abbeydale Craft Circle, but open to all.

XA3 A shoebox to be given to Teckels for a stray cat or dog, no more than 6 items. Class organised by Upton WI

Age 7 years & under

45 Design a flag for a football club – any media, A4 size

46 Make an easter hat – use recycled materials.

47 Make a vegetable aeroplane

Age 8 - 16 years

48 Design a poster to advertise the opening of the Village Hall in April 1920. – A4 size

49 Write a short story, no more than 50 words to include the words: beef burger, spaceman, truck, Kingsholm rugby ground. A5 size

Any age group

50 Something I have made - any media

51 Stained glass window biscuits - display 6 to given recipe found on entry form

Up to age 16 years

52 A photograph I have taken – 'Ball games'

ALERT : COUNCIL BINS

It has come to our attention that some council refuse/recycling bins/boxes have disappeared from outside houses and we are advised that in order to minimise the occurrence of such thefts, householders should paint or otherwise securely label their bins with the house number or name.

Most people probably do this already, but if you don't, we suggest you do so. If you lose your bin or box, the council will charge you a fee for a replacement.



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The Get Together Club, Upton St Leonards 1961 – 2021



A picture from the past! Ex-chairwoman Mary Smith had left the Get Together Club a legacy in her will. So here were Mrs Dorothy Middlecote



and Mrs Margaret Staite raising a toast to her at the memorial lunch in Gloucester's Fleece Hotel. No cups of tea that time!

When the Get Together Club was originally founded in 1961 its aim was that "no elderly person in the Village should feel lonely". When the Committee was planning events for the 50th Anniversary of the Get Together Club in 2011, the minutes state that the Club was formed in 1961 when the Women's Institute had a Carol Singing event and decided to make tea in the Village Hall for all elderly residents of the village. A simple idea led to an extremely successful monthly event for older residents of Upton St Leonards for 60 years. In 1995 the rule restricting membership to those living in the village was waived.

The Get Together Club met on the last Thursday of the month in the Village Hall from 2.30pm to 4.30pm. The programme consisted of talks, outings and entertainment – children from the school featured regularly. At meetings, time was allowed for members to chat and afternoon tea was served. The annual Christmas lunch was an important feature. Committee minutes illustrate the commitment and determination of Committee members to provide an excellent standard of events, over the 60 years of the Get Together Club. The Lady Downe charity was generous in response to requests for financial support. Speakers and entertainers often waived their fee or asked for donations to selected charities.

A founder member of the Club, Mrs Evelyn Rumsey, was a long-standing Committee member, serving as both Treasurer and Chairman, until 2014. Other founder or early Committee members were Mrs Simpson, Mrs Paget, Mrs Cannon, Mrs Roberts, Mrs Owen, Mrs Sims, Mrs Staite, Mrs M Smith, Mrs Finch, Mrs Stanbury and Mrs Cridland. Since Mrs Rumsey finally retired from the Committee, Jackie Clouting and her team of helpers have kept the club running and also deserve a huge vote of thanks for their sterling work.

However, Covid pandemic gave the Get Together Club an enforced break and, combined with resignations from Committee members, it was concluded that it was time for a change. The Get Together Club had come to a natural end. Committee members were keen to set up a new opportunity for past members of the Get Together Club to continue to meet up. The newly renovated Old School Room has provided the ideal place for the new initiative of "Tea at 2" every Thursday afternoon to which everyone is welcome.

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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 and Wedding Enquiries

Jenny Cunningham

Dear friends in Upton St Leonards,

As we begin the month of March, and we wait for Spring, I'm reminded of how this time last year we were still in our third lockdown – and the year before that, in March 2020 we were in the first lockdown. What an odd couple of years it has been. Life has changed as never before and will probably never be the same again. Of course, there have been some good things to come out of the pandemic – not least our deep and lasting appreciation of our NHS, and for our vaccinations, and also the way people looked out for each other - but also some very hard things, and all of us have had to change the way we live and work and share our life with others.

At this time of year, the church begins the season of Lent, which is the 40 days leading up to Easter. It's traditional for Christians to 'give something up' during this season – perhaps a luxury they enjoy but don't need – and to give the time they might spend on that to doing more at their local church or spending more time in prayer. Or to give the money that they might have spent, to a charity that is near to their heart, perhaps because of a loved one who has died, or an illness or difficulty that they or their family has experienced. But the other side of 'giving something up' is 'taking something up' – so sometimes Christians take on something that they don't normally do, perhaps volunteering for something in their local church or community or visiting someone who is lonely. It doesn't have to be an enormous thing – often it's the little things that make all the difference.

One year I decided I would write a letter every day in Lent– yes, an actual letter, involving a pen and a piece of paper – to keep in touch with someone I loved but didn't see very often, or hadn't seen for a long time. I started off with very good intentions, but after about 10 days, when I realised I was only a quarter of the way through, I began

to lose heart. Each letter took longer to write than I had thought it would, and of course I wasn't doing it with any particular expectation of receiving letters back – that was not the point.

However, I soldiered on, and gradually got into a rhythm of writing a note to someone with my morning cup of coffee and remembering them in my prayers that day. An elderly housebound lady in my previous church used to put 50p in a jar every day, and then give it to a local charity at Easter, and a younger man used to pay the bill for the person in front of him at the supermarket when he did his weekly shop during Lent.

If you're someone who prays, you could pray for someone different in your street or at work, each day. If you're very practical, you could take on an extra household job in your home, one that you know that someone else in your house really doesn't like doing! If you've got lots of time you could visit someone who is lonely, for a cup of tea and a chat. You could give some money to a charity or your local church. There are so many different ways others can benefit from us 'giving up something' or 'taking up something.' We saw in our different lockdowns how people really looked out for each other and looked after each other and did what they could for those around them. Some of that has continued, and new friendships have been formed and new experiences shared.

As we begin the season of Lent on March 2nd, let's see what we can do to support and encourage those around us, in our community and our church. Let's think what we could 'give up' or 'take up' to bless those with whom we live and work and to let them know they are loved and thought of.

With my love and prayers

Rev Philippa



During Lent we will be holding 'Lent lunches' in the schoolroom, on Wednesdays between 12 – 2pm. There will be soup and bread, cheese and fruit, and money donated will go to the James Hopkins Trust. After the first week – March 2nd - each week at 1.00pm a guest will come and give a short talk about how their faith helps them in their work. We'll be hearing from a doctor, a business man and a teacher amongst others. Do put these dates in your diary now, and bring a friend

We are looking for volunteers to help with the Lent Lunches, if you have some time to spare and would like to help please contact Gill Howell

Rev Philippa is going to be holding 2 workshops in the old schoolroom for all those who lead our intercessions, and for anyone who would like to join the team but may feel a bit apprehensive. No need to be nervous! There will be lots of tips and some resources for you to access. If you already lead intercessions in our church please put one of these dates in your diary now – and see if you can bring a friend, who might be interested!

The first workshop will be on Saturday March 5th from 10.00 – 12.00pm.

The second one will be on Tuesday March 8th from 12.00 – 2.00pm.



World Day of Prayer

Friday 4 March - 10.30 am
St. Augustine's Church, Matson Lane

Please join us for the World Day of Prayer service which will be used throughout the world. This year the service has been planned and produced by women of England, Wales and Northern Ireland.

All are welcome. For further details please contact C. McLean



Good Friday
15th April

We are hoping to walk to Prinknash Abbey with coffee and hot cross buns when you arrive there. Put on your walking shoes and join us or meet us there.

More details to follow



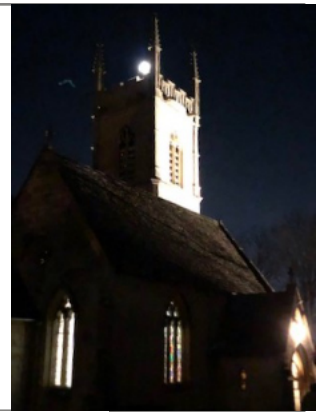
In line with the proposed village celebration of the Queen's Platinum Jubilee on June 5th we will be holding a flower festival over the week-end in the church. If you feel you could do a simple or elaborate floral arrangement then do please contact the Churchwarden, Gill.

Tower Floodlighting 2022

Remembering my dear Dad John, a loving Husband, Father and Grampy, with love and happy memories from Jenny and all the family (24.03.1981)

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

Please note the deadline for the Church pages is the 8th of the preceding month



40 Ideas for Keeping Lent Holy

By Nadia Bolz-Weber

This diary is for each day of Lent except Sundays, starting on Ash Wednesday, March 2nd.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1: Say sorry to God for something you have said or done wrong this last week, and trust that he forgives you | Day 23: Introduce yourself to a neighbour or local person you don't know |
| Day 2: Resolve to thank God for 3 things at the end of every day in Lent | Day 24: Read Psalm 121 |
| Day 3: Take a walk in God's beautiful creation | Day 25: Bake a cake |
| Day 4: Give £10 to a charity of your choosing | Day 26: Don't shop for anything today, use what you have |
| Day 5: Take 5 minutes of silence at noon | Day 27: Put food out for the birds where you live |
| Day 6: Look out the of window until you find something of beauty you had not noticed before | Day 28: Light an actual candle to remember someone you love who is no longer with you |
| Day 7: Give 5 items of clothing to a charity shop | Day 29: Write a thank you note to someone who has done something for you in the past |
| Day 8: Don't say unkind words or think unkind thoughts about anyone else today | Day 30: Invest in canvas shopping bags |
| Day 9: Do a job around the house that you really don't enjoy, and then enjoy the satisfaction of having done it | Day 31: Use Freecycle |
| Day 10: Read Psalm 1 | Day 32: Donate art supplies to your local primary school |
| Day 11: Call an old friend for a chat | Day 33: Read John 8:1-11 |
| Day 12: Pray the Paper (pray for people and situations in today's news) | Day 34: Visit a church other than the one you worship at, if you go to church, and look for the beauty there |
| Day 13: Read Psalm 139 | Day 35: Confess a secret to God, or a good friend you can trust |
| Day 14: Tell someone you love them, and why | Day 36: No sugar day – where else is there sweetness in your life? |
| Day 15: Make coffee or tea for someone else | Day 37: Sort out 10 items that you really don't need, for a charity shop eg books, bedding |
| Day 16: Educate yourself about human trafficking and pray for all involved | Day 38: Educate yourself about a saint www.catholic.org/saints |
| Day 17: Forgive someone who has hurt you in the past | Day 39: Pray for peace in the world, your community, your family |
| Day 18: Have a day off the Internet | Day 40: Pray for your enemies then decide which of these exercises you'll keep for good |
| Day 19: Turn off unnecessary lights in your home, save electricity | |
| Day 20: Say Morning or Evening Prayer – look on Church of England website for this and click on 'Join us for Daily Prayer' for options | Nadia Bolz-Weber is an author, Lutheran minister and public theologian. She served as the founding pastor of House for All Sinners and Saints, a congregation of the Evangelical Lutheran Church in America in Denver, Colorado, until July 8, 2018. She is also a three-time New York Times bestselling author. |
| Day 21: Ask someone for help for something |  |
| Day 22: Tell someone what you are grateful for | |



Mothers Union is a global, women-led volunteer movement, united in our diversity and living out our faith, we support individuals and families to transform their lives. Embedded in the Church and community we have unprecedented reach that gives a voice to the stigmatised and vulnerable around the world.

Next meeting:

Thursday 17 March 2.30pm
St Oswald's Church Hall, Coney Hill
Speaker: Rev Philippa Donald
"My Journey of Faith"

Visitors are welcome

Friday 25th March

Lady Day Eucharist Service in the Cathedral 10.30am during which Bishop Rachel will commission the new Mothers' Union Diocesan President, Doreen McLellan, the new Trustees and Speakers. Tickets are limited so please contact Kate Gale, Branch if you wish to attend

Kate Gale - Branch Leader



February 500 Club Winners

1 st Prize	£30.00	No. 29
2 nd Prize	£20.00	No. 16



Church Treasurer - Vacancy

PCC Secretary

Pam Tickner

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

Services for March 2022

March 2nd	7.00pm	Ash Wednesday, service of the Imposition of Ashes and Holy Communion.
March 6th	8.00am	Holy Communion
	10.00am	Morning Worship
March 13th	10.00am	Holy Communion
March 20th	10.00am	Holy Communion
March 27th - Mothering Sunday	10.00am	Holy Communion

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War of Words

Although Remembrance Day has passed, every day, unknowingly, we use words that have their origin in war time. If you are feeling washed out, fed up or downright lousy, the First World War is to blame. Among the words to have originated or spread from the conflict are “cushy”, “snapshot”, “bloke”, “washout”, “conk out”, “blind spot”, “binge drink, and “pushing up daisies”.

The war brought military slang into mainstream language. It also imported words from French, and even German. Soldiers have always had a genius for slang and coming up with new terms.

They came up with names for new items like “trench coat” and “duckboards”. More descriptive phrases were also developed. “Lousy” and “crummy” both referred to being infested with lice, while “fed up” emerged as a widespread expression of weariness.

“Dud” came to mean something that failed, like a shell that did not explode. New equipment that they could not explain was a “thingumajig”. Comrades who had died had “gone west”. Those who were afraid were said to have “got the wind up”.

“Souvenir” came from the French word for a memory and replaced “keepsake” in common language. “Cooler” came from the USA, a word for a prison. “Swipe” came from Canada and meant obtaining something by unofficial means. “Strafe” came from the German “to punish” and was now used to describe an air attack.

From Indian soldiers came the word “cushy”, which came from “Khush” (pleasure) and was used to describe comfortable billets.

The Hindi word “bilati” meaning “foreign” was used to describe British Soldiers and this produced the term for the thing that British soldiers everywhere desired the most: “Blighty”.

I am sure there are many new words in common usage today that will enter the English Dictionary. Many will be associated with our continually expanding use of the internet.

Mike Stratford

News from Painswick Surgery

The Painswick Surgery Patient Group (PPG) met with the Practice on Tuesday 25th January and was keen to explore the surgery’s situation, knowing that vaccination pressures had eased, at least for the time being. The main vaccination clinics have been held at weekends, sometimes both days, so practice staff have had to put in considerable extra time. Patient Group members were pleased to play a small part helping with these clinics. The unfortunate fact is that the pressures on the Practice for the other five days of the week have not diminished at all. Indeed, where 50 patients a day was the norm before the pandemic, it is now running at nearer 70 – a huge increase in workload.

The PPG examined with the Practice the extent to which it is able to meet its contractual obligations, which are threatened by this increase, combined with the difficulties of appointing and retaining enough doctors, nurses and other staff. Another key concern is that daily pressures may compromise the need for expertise to be updated through continuous professional development. All this is on top of severe fatigue after working for so long beyond normal levels. We were particularly distressed to hear how inefficient the methods are, which the Practice has to use to account for themselves. A time-consuming trawl through hundreds of special codes is usually required to assign the right one to each activity before reporting it. Getting this wrong means the Practice doesn’t get paid for the work it does. Many governments have paid lip-service to reducing red-tape and it appears that none have succeeded.

With Jenny Vallely appointed as Practice Manager alongside Mike Mack Smith as overall Business Manager, we are now embarking on helping her thoroughly revise the Practice’s website. If you have any advice or opinions to offer us, please get in touch through painswickppg@gmail.com. We also need some new members – please use the same address if interested to find out more.

David Perry, PPG Chair

Cotswold Marathon

On Saturday 12th February the Village Hall annexe was transformed into a checkpoint for the annual Scout and Guide Cotswold Marathon, in which over 400 young people and some leaders walk either 10, 20 or 30 miles around the local area during the night.

The hall was transformed with protective flooring, makeshift barriers and a hub of technology, so as to check in each participant on their way.

The route starts and finishes at Murray Hall in Tuffley. The participants first negotiate Robinswood Hill, then via Upton St Leonards, they walk up Watery Lane to Painswick Beacon and drop down to Cranham Scout Camp Site, before a trek across to the Bronze finish at Birdlip. The Scouts stop here at 10 miles.

The remaining walkers head off to Winstone, Edgeworth and the Silver finish at Bisley at 20miles. The hardy walkers continue to Bulls Cross, Paradise, and down to Murray Hall for the completion of the Gold route at 30 miles.

Our very own Upton St Leonards Scout Team won the Bronze Route in 2hrs 59 mins. Well done to them.

Stewart Tedaldi Nutty Badgers ESU

See page 20 for photographs.

And now if you're not feeling up to doing a marathon yourself, you may be interested in some more health news

Hadwen Health

Hadwen Health Patient Participation Group met on Fri 3rd February and appointed a new Chairperson, one Millie Barnes. We also welcomed a new member, who is a student at Sir Thomas Rich's School. It is so nice to have a younger member of society join and bring their refreshing ideas to the discussions. Now to other news:

Firstly, it is good to know that blood bottles are now freely available, so patients will be called in to have their blood tests in due course. There is no need to call the practice about this, as you will be called in turn.

Secondly, now that eConsult has disbanded, patients will be triaged. When you ring the practice, a patient advisor will take your details and then direct you to the most appropriate health care professional, someone who is best placed to meet your needs. This may be a pharmacist, a nurse, a physiotherapist, a social prescriber or another health care provider. It will not always be a doctor, so please keep an open mind. Medical advice and assessments can easily be done over the phone and you may be advised that someone will ring you back.

This is the new world of health care and one we must all get used to. It actually works very well and makes the best use of resources. The NHS is stretched and we want to have care when we need it most, and that involves

respecting the staff and working with them to find the best outcome for you.

There are lots of websites and NHS phone numbers that can help you when illness or injury strikes. If you believe it is a life threatening situation, then always ring 999, especially if you suspect a stroke or heart attack. For all other illness or injury click or call your GP practice, or your local pharmacy, who can advise on rashes and childhood illnesses. If you think you may need need A & E, call 111 or Click: 111.nhs.uk.

The asapglos.nhs.uk website and the NHS ASAP Glos App offers information on the full range of local services and when to use them.

Community Pharmacists are the most underused resource in our midst. They are highly trained in all sorts of ailments such as cystitis, emergency contraception, colds, flu, coughs, earache, headaches, skin irritations and many more. You get seen straight away which is great.

Minor injury units are placed around the county and you can arrange an appointment by ringing 111 or 0300 421 777.

Millie Barnes

International Women's Day



Having highlighted International Men's Day in the November issue of USL Life I would like to do the same for International Women's Day, which is held annually on 8th March.

The early 1900s was a time of great expansion and turbulence in the industrialised world. This was a time that saw booming population growth and the rise of radical ideologies which led to unrest and critical debate; a time that witnessed in the USA the beginning of International Women's Day (IWD); a time that saw women's oppression and inequality spurring women to become more vocal and active in campaigning for change.

During 1914 women across Europe held rallies to express their solidarity with other women and to campaign against the war. However, it wasn't until 1975 that IWD was celebrated by the United Nations and not until 1996 that they announced their first annual theme. Since then a different theme, or campaign as it's now referred to, has been chosen each year including "Women and Human Rights", "World Free of Violence Against Women", and "Women in Decision-making". Although life for many women throughout the world has vastly improved, women are still fighting for respect and equality. There are still countries where women's health is barely considered, and it's widely recognised that women are more likely to suffer from domestic abuse wherever they live.

By the new millennium, the world had significantly changed and something was needed to re-ignite IWD and raise awareness. So the online platform* was launched with the specific purpose of re-energising the day and to celebrate and highlight the achievements of women, while continuing the call for accelerated gender parity. The website provides useful guidance and resources, and it adopts an annual campaign that is globally relevant for groups and organisations. This year's campaign is *Break The Bias*, which aims for a gender equal world: a world free of bias, stereotypes, and discrimination; a world that is diverse, equitable, and inclusive; a world where difference is valued and celebrated. The IWD website also serves as a significant vehicle for charities and in 2020 a hefty six figure sum was fundraised with 100% of donations

going to charity. The World Association of Girl Guides and Girl Scouts (WAGGGS) and Catalyst Inc. (a global non-profit organisation working with some of the world's most powerful CEOs to help build workplaces that work for women) are two of the main charities supported by IWD.

* www.internationalwomensday.com

There are many charities and support available covering a variety of issues and below are listed just three along with a Gloucestershire app designed to share experiences of how and where women and girls have felt unsafe.

Nelson Trust

These Women's Community Services are countywide across Gloucestershire, Wiltshire, Somerset, Bristol and Wales. Services are trauma-informed and gender responsive providing holistic support for women and their families.

<https://nelsontrust.com/how-we-help/womens-community-services/>

Gloucestershire Domestic Abuse Support Service (GDASS)

A county-wide service supporting victims of domestic abuse and designed to reduce the level of domestic abuse and improve the safety of victims and their families

<https://www.gdass.org.uk/>

Well Being Of Women

An organisation which aims to save and change the lives of women, girls and babies, through research, education and advocacy.

<https://www.wellbeingofwomen.org.uk/>

Flare

A Safer Gloucestershire app, created for women and girls, to share their experiences of how and where they've felt unsafe. The app helps local agencies understand these situations and to take action. It's anonymous, quick, free to use and can connect you to support and advice in Gloucestershire

<https://www.gloucestershire.police.uk/police-forces/gloucestershire-constabulary/areas/gloucestershire/services/flare-app/flare-app/>

Thanks to Jane Reed for this feature.



MARCH

1	Tue	Recycling and food waste week		
1	Tue	Needles & Pins	Village Hall Annex	9.15a.m.
1	Tue	Badminton	Village Hall	8.30-10.30p.m.
2	Wed	Wednesday Probus	BMI	10.00a.m.
2	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
2	Wed	Bingo	BMI	8.00p.m.
3	Thu	Tea and Chat	Old School Room	2.00-4.00p.m.
6	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
7	Mon	Coffee Club	BMI	10.00a.m.
7	Mon	Upton WI	Pavilion	2.00p.m.
7	Mon	Parish Council Meeting	Pavilion	7.30p.m.
8	Tue	Rubbish and food waste week/Garden rubbish for those with brown bins		
8	Tue	Tuesday Probus	BMI	10.00a.m.
8	Tue	Needles & Pins	Village Hall Annex	9.15a.m.
8	Tue	Badminton	Village Hall	8.30-10.30p.m.
09	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
09	Wed	Bingo	BMI	8.00p.m.
10	Thu	Copy Date for March issue of USL Life		
10	Thu	Tea and Chat	Old School Room	2.00-4.00p.m.
13	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
14	Mon	Coffee Club	BMI	10.00a.m.
14	Mon	Twyver WI	Village Hall	7.30p.m.
15	Tue	Needles & Pins	Village Hall Annex	9.15a.m.
15	Tue	Recycling and food waste week		
15	Tue	Badminton	Village Hall	8.30-10.30p.m.
16	Wed	Wednesday Probus	BMI	10.00a.m.
16	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
16	Wed	Bingo	BMI	8.00p.m.
17	Thu	Tea and Chat	Old School Room	2.00-4.00p.m.
17	Thu	History Group – John Bellows Overseas	Village Hall	
20	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
20	Sun	Sunday Lunch Jazz	BMI	1.00-3.00p.m.
21	Mon	Coffee Club	Village Hall Annex	10.00a.m.
21	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
22	Tue	Rubbish and food waste Week/Garden rubbish for those with brown bins		
22	Tue	Needles & Pins	Village Hall Annex	9.15a.m.
22	Tue	Tuesday Probus	BMI	10.00a.m.
22	Tue	Badminton	Village Hall	8.30-10.30p.m.
23	Wed	Ladies Probus	BMI	10.00a.m.
23	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
23	Wed	Bingo	BMI	8.00p.m.
24	Thu	Tea and Chat	Old School Room	2.00-4.00p.m.
26	Sat	Spring Quiz	BMI	8.00p.m.
27	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
28	Mon	Coffee Club	BMI	10.00a.m.
29	Tue	Recycling and food waste week		
29	Tue	Needles & Pins	Village Hall Annex	9.15a.m.
29	Tue	Badminton	Village Hall	8.30-10.30p.m.
30	Wed	Wednesday Probus	BMI	10.00a.m.
30	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
30	Wed	Bingo	BMI	8.00p.m.
31	Thu	Craft n Chatter	Old School Room	10.00-12.00p.m.
31	Thu	Tea and Chat	Old School Room	2.00-4.00p.m.

APRIL

2	Sat	Spring Show	Village Hall	2.00p.m.
4	Mon	Upton WI	Pavilion	2.00p.m.
4	Mon	Parish Council Meeting	Pavilion	7.30p.m.
10	Sun	Copy date for May issue of USL Life		
11	Mon	Twyver WI	Village Hall	7.30p.m.
18	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
20	Wed	Ladies Probus	BMI	10.00a.m.
27	Wed	Upton WI Committee	Pavilion	2.00p.m.
28	Thu	Craft n Chatter	Old School Room	10.00-12.00p.m.

Village Diary continued

			M A Y	
2	Mon	Upton WI	Pavilion	2.00p.m.
9	Mon	Twyver WI	Village Hall	7.30p.m.
9	Mon	Parish Council Meeting	Pavilion	7.30p.m.
10	Tue	Copy date for June issue of USL Life		
15	Sun	Sunday lunchtime Jazz	BMI	1.00-3.00p.m.
16	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
18	Wed	Ladies Probus	BMI	10.00a.m.
19	Thu	History Group – Howard Carter – Mr Ian Crowe	Village Hall	7.45p.m.
25	Wed	Upton WI Committee	Pavilion	3.00p.m.
26	Thu	Craft n Chatter	Old School Room	10.00-12.00p.m.

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	Mondays 10am	Village Hall Annex	Lara Brickhill	07876 764425
Yoga	Wednesdays 7pm	Pavilion	Sylvia Bennett	07921 591521
Yoga	Fridays 10am	Pavilion	Sylvia Bennett	07921 591521
Pilates	Thursdays 1pm	Village Hall Annex	Philippa Barker	07861 727198
Pilates	Fridays 9.30am	Village Hall Annex	Philippa Barker	07861 727198
Chair-based Pilates	Wednesdays 1.30pm	Pavilion	Angela Harris	
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227

COURGETTE ALERT!



Dear Readers,

I have heard that one of our USL Life contributors was recently struck down by a rogue courgette! I've looked this up online and see that there are a few scare stories about bitter-tasting courgettes and resulting in very unpleasant tummy problems. It seems that in rare cases courgettes can be poisonous so, if on first biting into a piece of courgette you notice a bitter taste, spit it straight out and don't eat any more. Be warned! Apparently this advice also applies to squashes and other vegetables in the same family. It also applies to homegrown plants whether from seeds or seedlings as well as to courgettes bought off the shelf in store.

Sorry to alarm any of you readers - I'm a frequent eater of courgettes myself -

With best wishes and good luck to you all from a somewhat anxious editor.

Barbara

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OBITUARY



Linda Hicks

1929 - 2022

We are sorry to announce the recent death of Linda Hicks. We featured "Recollections of a Land Girl" about Linda and her wartime service on a farm near Thornbury in our May 2020 issue. Linda and her late husband Brian lived in Pinlocks and took an active part in Village life, at St. Leonard's Church, Upton Mothers' Union, the BMI, the Get Together Club, watching cricket, and at the Coffee Club among other things. Linda died in late January and has been buried alongside Brian in the Churchyard.

Upton Spring
by Ted Gardner

Christmas has gone and New Year too and we've had no snow as yet
But I don't mind, and at my age, I don't relish getting wet.

The gardens are bare, but here and there some bulbs are poking through.
The winter jasmine bold and yellow and the pink of the scented viburnum too.

It will be nice to greet the spring. The shorter nights are coming.

To wake and see a butterfly and hear the bees a'humming
To go for a walk without a broly and leave the wellies in the shed,
And to see green leaves sprouting from the branches we thought were dead,
To hear the birdsong in the morning and feel the warmth of the sun
And to know that our Upton is blossoming once more
For each and every one. (Roll on summer.)

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:

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Barbara Swindin
Peter Wilson

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Next month's editor

Andy Russell



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UPTON'S NEW PCSO

Tendekai Chitiyo

Tendekai has recently become our Police Community Support Officer (PCSO). He will attend some Parish Council meetings, and will be seen around the Village from time to time – please welcome him! Coming originally from Zimbabwe, he was in the British Army for 10 years before taking up a Police job. You can email him at Tendekai.Chitiyo@gloucestershire.police.uk.



The Get Together Club committee all dressed up for Kate and William's wedding.



The Get Together Club having a good time a few years ago.



COTSWOLD MARATHON 2022 Congratulations to the Upton Scouts



British Summertime starts
on Sunday 27 March

