

Heartbeat April 2020

Due to the Coronavirus pandemic, services at all Heart of England Group churches have been suspended until further notice.

It has also been decided that printing and distributing paper copies of Heartbeat is not strictly in keeping with the Government's instruction that only essential activity should continue, but we hope that you will find this somewhat shorter electronic version interesting.

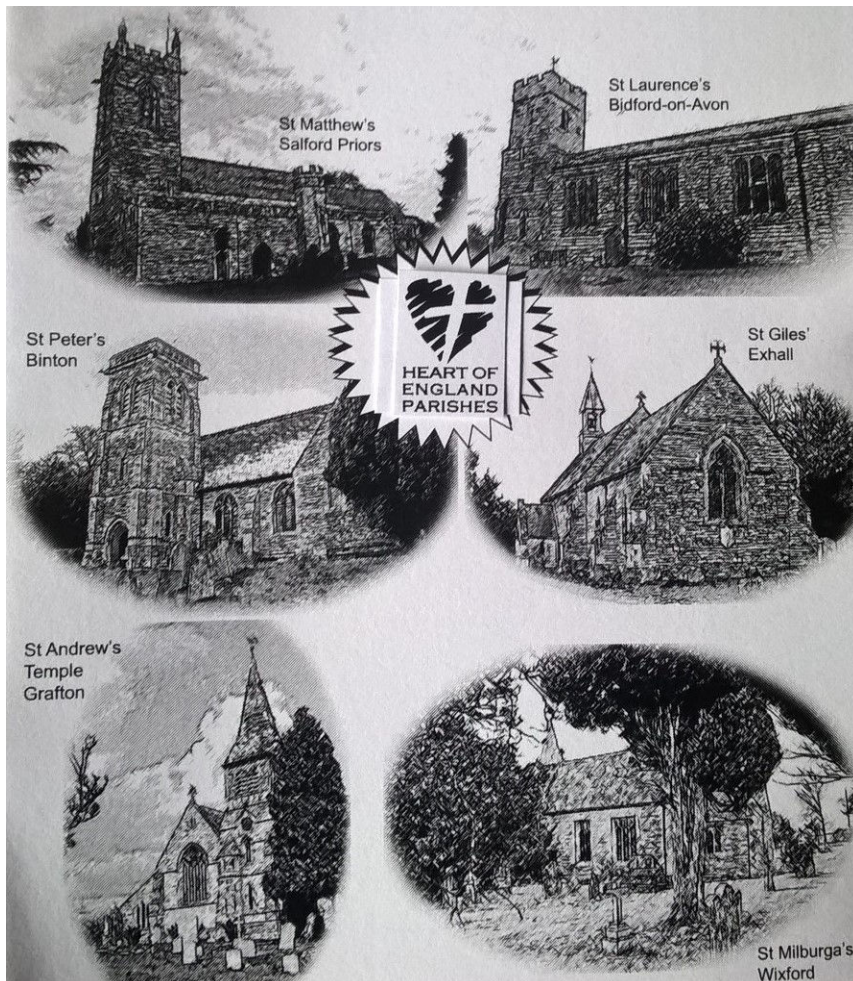
We aim to produce another one in early May, and around the start of each month thereafter until things return to normal. Please send articles that might be of interest to our readers!

Subscriptions for 'missing' copies of the paper magazine will be offset against next year's rates – we do hope that you will stay with us.

If you need any practical help or assistance in the coming days, please contact the Parish Office on 01386 872758 or email admin@heartparishes.org.uk

Finally, we hope that you and your loved ones are, and remain, safe at this difficult time.

Editor



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IN UNCERTAIN TIMES

Human beings usually assume that it is really hard to get to know God. We wonder how He could be interested in “me”, we can’t imagine why God would want to spend time with us, and we suspect that if we succeeded in speaking to Him it would prove difficult or awkward, or even frightening!

Nothing could be further from the truth.

The first mistake we make is always to assume that God is a bit like us: unable to cope with too many demands and inclined to reject those people who annoy Him. But this is not the God of the Bible: unlimited in power and understanding; supreme over all things; the Creator not just of the Universe that we can see, but of space and time and everything. There is no limit to God, He can be fully present to you without the least lessening of His ability to be present to every other human being who has ever lived or will ever live and to every other being who may exist in this universe or beyond it. Such is the meaning of infinite!

But the Bible tells us another thing about God that we find so hard to accept. His nature is love! We get glimpses of this love in many things: a beautiful sunset, mountainside or seascape or the sweetness of a garden. More than this, we sense that love is the meaning of life when we are privileged to experience the best of human loves from family or friends. The Bible describes the greatest of all loves that lays down its life for its friends: Paul wrote in Romans that *“God demonstrates His own love for us in this: while we were still sinners, Christ died for us.”* Since love is God’s way, maybe it should not surprise us that God wants to get to know us one-to-one?

Now I am writing this piece in the middle of March 2020 when nothing at all seems certain in our society. The virus is spreading and changes are coming to our daily lives. The first thing I want to say is that God has not forgotten you! Talk to Him about your fears and troubles, and read your Bibles. Jesus promised *“Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”*

The second thing to say is that whatever happens I will still pray for you and even if many of us are isolated in our own homes I will still be happy to speak with you on the phone.

Finally, can I encourage you all to do whatever you can to befriend (by whatever means is appropriate) and to care for, those around you.

Rev’d Peter Walker

FUNERALS

St Laurence’s	12 th March	Paul James Crocombe
St Laurence’s	19 th March	Michael Collins

There are no Weddings, Thanksgivings or Baptisms to report this month.

(Pages 3 and 4)

NEWS FROM ST LAURENCE'S CHURCH, BIDFORD ON AVON

Church activities have been curtailed over the past few weeks, as coronavirus awareness has taken over the whole country. At the time of writing – mid-March – services were continuing, with communion received in one kind only, no physical exchange of the peace, and much handwashing and cleaning of surfaces in the church. We very much hope these measures will keep our congregation safe and virus-free. Casualties of the virus include the cancellation of many village activities, including the church-run quiz, and if the government insists on the elderly remaining at home, attendance at services will be severely reduced. We can only pray that the virus will be overcome sooner rather than later.

Chris Horn

BIDFORD AND DISTRICT HISTORY SOCIETY



BIDFORD AND DISTRICT HISTORY SOCIETY FEBRUARY MEETING REPORT A History of Restraint in Mental Health Care

At our February meeting, Dr Sarah Chaney, Wellcome Trust Research Fellow at Queen Mary University of London's Centre for the History of the Emotions spoke about this topic. The Centre, which was set up in 2008, carries out research into theories of emotion, the idea of expression, madness, wellbeing, difference, religion and law.

The Centre is based at Bethlehem Psychiatric Hospital, "Bedlam", one of the oldest in the world, set up in 1247.

Before the 1850's most so-called asylums were private. An 1808 Act encouraged local authorities to build Asylums but failed to provide funding. In 1845 they were required to build them, and grand buildings were constructed. The great debate about 'restraint or not' developed in the 19th century. Traditionally there were two ways of viewing restraint which could, however, be misleading: that mechanical restraint was necessary or that it was a system of cruelty.

Restraints could be handcuffs, or chaining metal bands around the neck, chest or ankles and to a metal post. Strait jackets were introduced in the 1770's.

Those advocating non-restraint sprung from the York Quaker movement. They believed that moral support, with a system of rewards and punishments, hobbies and occupations [unpaid labour was prevalent], good environment and socialising could lead to a cure. However, class was important: "A gentleman would not like it" ie being in chains - only the poor and lower classes should be so restrained, said psychiatrist Robert Gardiner Hill. The wards that were lower down in the buildings housed the more troublesome patients. Padded cells, drugs and solitary confinement were available and were criticised as being more "damaging" than restraint. Yet by the 1850's all psychiatrists claimed to have abandoned mechanical restraint. However the mechanical restraint system, later defined in the 1890 Lunacy Act as strait jackets, gloves with no fingers and fastened to the wrists, bath covers, and 'wet or dry pack' (ie being sewn up in a sheet for two hours maximum) returned into usage as a backlash to drug restraint. Attendants did the restraining and were poorly paid and trained. Suicide risks could have Attendants holding their hands for months on end to prevent further attempts. In the 1930's ECT came in – and is even used today, with still no theory on how it works for those with severe depression. Dr Chaney concluded by noting a 2014 review of restraint by Joy Duxbury of the Royal College of Nursing, which stated that restraint could be effective in managing violence and aggression. However, the topic still remains polarising today.

Chris Smith

BIDFORD CHRISTMAS LIGHTS 200 CLUB FEBRUARY WINNERS

February's 200 Club winners were:

1 st prize (£60)	Number 77	Lynn New
2 nd prize (£45)	Number 364	Jackie & Dave Mcadams
3 rd prize (£25)	Number 65	Mr & Mrs Paddock
4 th prize (£15)	Number 435	S & A Dodsworth
5 th prize (£15)	Number 199	Sarah Bott
6 th prize (£15)	Number 463	Mr Gerret Felton

If you would like to join the 200 Club, you are not too late for this year and can still do so at a cost of £12 for the year. For more details, please contact the Committee on 01789 773874.

Congratulations to February's winners.

Peter Batacanin

Heads bowed in prayer, the congregation listened in complete silence to the Minister as he said, 'Now let us pray, in the words that Jesus taught us.' A little girl's voice could be heard throughout the hushed congregation as she said, "Daddy, I didn't know Jesus had a tortoise".

MOTHERS' UNION – MARCH MEETING REPORT

We joined our MU friends in Alcester for the March meeting. Aware of the Coronavirus, hand gel and antibacterial wipes were very much in evidence. This didn't, however, detract from our enjoyment of a delicious bring-and-share lunch.

Hilary was unable to lead the meeting as she had recently fallen and fractured her ankles - we wish her a speedy recovery. So Barbara took the chair and introduced our Speaker, Dr. Rev'd Julian Davey, who told us the path his life had taken. A lover of the Arts, he found he had a calling to be a Doctor and therefore he had to study science subjects which he found difficult.

He met his wife, Lizzie, in one far-off posting when they were the only Doctor and Nurse for miles, which meant that they had to deal with a wide range of medical emergencies at any time of the day or night.

He later trained to be a Minister, a profession he followed to retirement and beyond as he is still working hard helping out when needed in the Alcester Deanery.

Marion Deeks gave the Vote of Thanks.

Margaret Cotterell

BIDFORD ON AVON & DISTRICT GARDENING SOCIETY

At the Society's monthly meeting on 20th February, the Chairman, Neil Ferguson, welcomed members and reminded us to sign up for two outings planned this summer to RHS Wisley and gardens in Wiltshire and Gloucestershire. He then introduced the speaker, Rob Cole, who we know well, having visited his wonderful garden and nursery at Feckenham. His subject, 'Personal Touches', was well illustrated with photographs of many gardens and he had the whole audience laughing at his many humorous touches. Everyone makes personal touches in their garden. He is not an admirer of Garden Centre ornaments, preferring them to be homemade, and he gave us some superb examples. Having travelled to New Zealand, Rob showed us some amazing personal touches from that country. He also likes humour and movement in the ornaments. When placing a statue, look for elegance, movement and the perfect situation. Focal points are important – they can be close, mid-distance or far away – but do not overdo them as "less is more." Pots with a single variety of plants are often more effective than many different plants. Neil thanked Rob warmly and wished him good luck in the hunt for his new house and more importantly, his new garden.

The monthly competition, 'Three floating Hellebore heads' was very well supported with some beautiful exhibits. First was Annette Haines; second Frances Freeman; third Becky Hall and fourth Sue Reeves.

Frances Freeman

(Pages 6 and 7)
SALFORD PRIORS

NEWS FROM SAINT MATTHEW'S CHURCH

Due to the current situation, there will be no services at St Matthew's in April. However, we are continuing to provide support and teaching and to share fellowship by other means. This would be a great time to start following St Matthew's on Facebook, or to keep your eye on the website for updates. If you would like to receive email updates and news please contact timothyjacques@gmail.com

If you are self-isolating, we can help.

St Matthew's Church are offering to help anyone in the village with normal daily tasks like shopping, posting letters or simply regular phone calls to stay in touch. Please do let us know if you would like any help.

Please phone the Parish Office on 01386 872758 or email

admin@stmatthewssalfordpriors.org.uk to let us know how we can help.

Coronavirus is contagious. Please take every precaution to ensure you are not spreading the disease. Avoid physical contact (2 metres distance). Wash your hands regularly. Any shopping or deliveries we make will be left on your doorstep.

News? If you have any news to share about things going on at Salford Priors, please contact timothyjacques@gmail.com

Tim Jacques

SALFORD PRIORS LADIES GROUP

Members of Salford Priors ladies group welcomed two of our members, Janey and Wendy, who gave an illustrated talk on their trips called 'Around the World', asking members if they recognised the slide. We started in Wales, with St David's Cathedral in the UK's smallest city; Russia; Japan (the Peace Bell in Peace Park); Stanley Park in Vancouver; then back home to the Wool Fair at Shipston on Stour every year on the May bank holiday - a date for our diaries. Then off again, to Norway for dog sledding (a race which lasts for five days); Tresco in the Isles of Scilly where the gardens are set in 17 acres and are only accessible by boat; Skomer Island, where the puffins live - you have to queue for tickets at 7 o'clock in the morning, limited to 50 people per boat. And a special slide of Wendy on an elephant without basket, this was near the Mysore Palace in India. Many more countries were visited, but time was limited. I hope they will give us another talk in the future.

Lovely refreshments were enjoyed.

Our walking group enjoyed a good walk in Inkberrow, where, as many of you will know, The Archers is based on this village.

For more information, please contact Pam Seville, Hon Sec., on 01789 772540.

Pam Seville

SALFORD PRIORS FARMING CAMP, 1947

I spotted these two photographs recently, and wondered whether they might stir any memories among our readers. Does anyone know what the Farming Camp was, who organised it, who participated, and why? Possibly something to do with getting farming back on its feet after the Second World War. The captions on the back of the pictures aren't terribly helpful: they say "Salford Priors V.A.C. Whitsuntide 1947" and "Salford Priors Farming Camp Whitsuntide 1947".

Editor



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MESSAGE FROM THE BISHOP OF COVENTRY

Bishop Christopher recently recorded the following message outside Coventry Cathedral. You can see the video on the Diocese website, and whilst the words alone lose some of the impact, we felt that they were very much worth sharing at this time.

Here I am, standing outside the ruins of Coventry Cathedral.
We know there was a terrible crisis that divided Europe. It divided humanity.
And it brought down the walls of this cathedral.
The church at the time had to discover new ways of being the people of God,
and they did so very effectively. They spoke about the peace that comes from
God, the hope that comes from God.
And out of the ruins came the new cathedral.
They knew that God is with us in the most difficult of times.
In our own crisis, a crisis that is uniting Europe and uniting the world as we
seek to fight a common enemy, this crisis is our opportunity to find new ways
of being the church, to find new ways of connecting with each other and
staying connected in prayer and in worship, to find new ways of connecting
with the wider community, so that we can be a people who bring healing and
strength and company and hope – because we are the people of hope.
This is our story. The story of God's hope, the story of God's love, the story of
God's immense power that overcomes all the difficulties and hardships and
crises that we face as human beings.
May God bless you, as we discover together new ways of being the church, of
being connected with each other, of reaching out to the community, of caring
for those who are in need.

A GARDENERS' HYMN

All things bright and beautiful, all creatures great and small,
All things wise and wonderful, the Lord God made them all.
But what we never mention, though gardeners know it's true,
Is when he made the goodies, he made the baddies too.
All things spray- and swat-able, disasters great and small,
All things paraquat-able, the Lord God made them all.
The greenfly on the roses, the maggots in the peas,
Manure that fills our noses, he also gave us these.
The fungus on the goose-gogs, the club root on the greens,
The slugs that eat the lettuce and chew the aubergines.
The drought that kills the fuchsias, the frost that nips the buds,
The rain that drowns the seedlings, the blight that hits the spuds.
The midges and mosquitoes, the nettles and the weeds,
The pigeons in the green stuff, the sparrows on the seeds.
The fly that gets the carrots, the wasp that eats the plums,
How black the gardeners' outlook, though green may be their thumbs.
But still we gardeners labour, 'midst vegetables and flowers,
And pray that what hits neighbours' will somehow bypass ours.

From the ACE website

(pages 9 and 10)
PRAYER WARRIORS

This is a time that requires a ***profound prayer response from Christians everywhere.***

We are hearing daily of the huge health and social consequences the coronavirus outbreak is having across the UK and around the world. In fact, we are now confronting the challenge of no longer being able meet and worship together face to face; so, in response let us take a united stand in prayer together.

We are not victims of isolation but prayer warriors for the Kingdom.
More than conquerors.

³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written: 'For your sake we face death all day long;

we are considered as sheep to be slaughtered.'

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8.35-39 (NIV)

Some ideas for your prayers

- Pray for all young people, who will be unsettled by these extraordinary circumstances.
- Pray for everyone's health and safety, especially those who have had to self-isolate or who are showing symptoms of the virus.
- Ask the Lord to send the coronavirus away swiftly.
- Pray against people's fears and panic, and that we will be a strong Christian witness because of our confidence in Jesus.
- Pray for protection upon all our volunteers and staff, especially Peter Walker, as they seek creative ways to continue to provide ministry and support to us all and to our communities. Pray as we explore online and other methods of doing so safely.
- Pray for wisdom in how to effectively teach and entertain our children under these exceptional circumstances

“Oh my God, where are you?”

Why is it that I think I must get somewhere, assume some position, be gathered together, or separated apart in the quest of my study to pray? Why is it that I feel I have to go somewhere, or do some particular act to find you and talk with you. Your presence is here - in the city, on the busy bus, in the factory, in the cockpit of the aeroplane, in the hospital, in the patients' room, in the intensive care unit, in the waiting room, in the home at dinner, in the

bedroom, in the family room, at my workplace, in the car, in the car park and at the traffic lights. Lord, reveal your presence to me everywhere and help me become aware of your presence each moment of the day. May your presence fill the non-answers, empty glances and lonely times of my life.

Robert Wood, reproduced from the ACE website

NEVER JUDGE A BOOK BY ITS COVER

Charlotte was thrilled. She had saved up for a new car and - soon after it was delivered - she decided to take it to show to a friend who she hadn't seen for some time and who lived about fifty miles away. She set off one Saturday afternoon, and drove very carefully, thoroughly enjoying the new-car experience. It was smooth and comfortable, with a surprisingly quiet engine. Her friend was most impressed, especially when Charlotte took her for a spin. They enjoyed chatting over tea, overlooking the fact that the daylight was fading. Charlotte suddenly jumped up and said she must leave because she didn't relish driving home in the dark.

When she about half-way home, and the light was fading fast, she felt a strange juddering so she stopped by the side of the road to see if she could see what was wrong. There was just enough light for her to see that her car had a flat tyre. To make matters worse, in the excitement of making the journey, she had forgotten to charge the battery on her mobile phone. She was in a fix and started to panic. It was a quiet road, with very little traffic, but after a few minutes a motorbike stopped and the rider, dressed in leathers and sporting a beard, long hair and several tattoos asked if she needed any help. Charlotte was so scared she could hardly speak, but she pointed to the flat tyre. "No problem" said the rider, "we'll soon have that fixed." He found the spare and a jack in the boot and chatted to Charlotte while he changed the tyre. Even though the young man seemed so friendly and helpful, Charlotte was shaking with fear. In no time at all, the job was done. "Pleased to be of help," said the rider. And Charlotte managed to say, "Thanks for being so kind" as he mounted his bike and roared off down the road.

From the ACE website

SOMETHING BETTER THAN BISCUITS

One Sunday morning, at a small village church, the new Vicar called upon one of the congregation to lead in the opening prayer.

The man stood up, bowed his head, and proceeded as follows:

"Lord, I hate buttermilk and Lord I hate lard. Also Lord, I am not too keen about plain flour. But after you mix them all together and bake them in the oven, I just love the biscuits. So Lord, help us to realise that when life gets hard, when things come up that we don't like and when we don't understand what you are doing, that we need to wait and see what you are making. After you get through mixing and baking, it will probably be something better than biscuits. Amen."

From the ACE website

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EXHALL and WIXFORD

KITES OVER WIXFORD

The ancient Greeks, as well as the North American Indians, attached great importance to the appearance of a large bird such as a member of the eagle family. They felt that it was the harbinger of some favourable event.

Over the past few weeks, we have seen a pair of Red Kites patrolling the general area around St Milburga's Church and along the old Icknield Way between the former Three Horseshoes and the Knowle Barn towards Alcester. These magnificent birds have been reintroduced in the Chilterns and have spread out as far as Banbury, but their appearance in Wixford is definitely something new and remarkable.

The Kites, recognised by their forked tails, have been successfully saved from extinction by a lengthy protection programme. They are still a protected species under the Wildlife and Countryside Act of 1981.

They are sedentary birds, occupying the same breeding home throughout the year. Both birds in the pair build the nest and decorate it with bright oddments found nearby, such as paper, rags, crisp packets and the like.

The nests are refurbished each year and so can grow to a considerable size – frequently based on an old buzzard's or raven's nest.

The Red Kites would certainly be a welcome addition to the Wixford wildlife and, if they stay here, it would be most interesting to see how they co-habit with the Buzzard families in residence on the Oversley Castle Hill.

A good omen for Wixford ?

BRYAN KNIGHT

WAITING TO SEE HIS IMAGE

A verse in the Old Testament book of Malachi puzzled some women in their Bible Study. It says, "He will sit as a refiner and purifier of silver..." The members wondered what the statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and get back to the group at a future meeting. She called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest, simply her curiosity about the process of refining silver.

As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needs to hold the silver in the middle of the fire, where the flames were hottest, to burn away all the impurities. She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined. The man confirmed that he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed. The woman was fascinated, and asked the silversmith, "How do you know when the silver is fully refined?" He smiled at her and answered, "Oh, that's easy - it's when I see my image in it."

From the ACE website

(Pages 12, 13 and 14)
TEMPLE GRAFTON

NEWS FROM ST ANDREW'S CHURCH, TEMPLE GRAFTON

A big thank you to all those who contributed to St Andrew's Church Box collection for The Children's Society. A total of £209 was raised. This was less than last year: people use cash less so there is not so much spare cash for the boxes.

The Children's Society is a national charity that runs local projects, helping children and young people when they are at their most vulnerable and have nowhere left to turn. The funds raised through box collection amounts to £1.4 million. This helps children's lives, showing them that someone is on their side and the Children's Society will be there when they need help most. If you would like to support this charity, please contact me for a Box.

Frances Freeman 01789 772254

TEMPLE GRAFTON W.I.

At our March meeting we enjoyed a very interesting presentation by Mark Preston entitled "Warwickshire's Butterflies". We learned a lot about the butterflies which we may encounter locally, helped by slides, but still we can expect to find it quite difficult to accurately identify some species. I think we shall all be trying harder to look out for them as some blend so well with their surroundings or are very small.

Contact Eileen on 01789 773671 if you are interested in coming and you will be made most welcome.

Carolyn Pritchard

A BIT OF THIS AND THAT – GARDEN NEWS FROM TEMPLE GRAFTON

Sat down to write a few things that I have noticed. Looking out, the wind is getting strong again and how I hate it - perhaps due to taking "Polly", a part bred shire with a cartload of farm manure along some real narrow country lanes and for quite a distance. Polly was spooked and took off, a very frightening experience. That day was very windy, and that is I think why I hate rough weather.

My flower beds are in need of tidying up. Like everyone else, the weather hasn't been kind to us, but peeping through the weeds are lovely primroses, cowslips, polyanthus, crocus and fritillaries, which I count yearly as my late husband John planted a dozen bulbs, and at last year the total was 53. Many containers of daffodils, different varieties, cheer the place up. Birdlife is picking up now - so many blue tits feeding, so amusing to watch; great tits are appearing also, and one sweet jenny wren: he or she is about most days, darting and weaving amongst the clematis that I do not cut back on purpose to give some shelter for my feathered friends. Also coming are a pair of

chaffinches – he is so handsome, they feed mostly on the niger seed which the goldfinches drop to the ground, but I feel very sad when I see the misshaped claws and legs, they move around on their haunches which I feel must be painful, but their condition is good and their appetites great! Large charms of goldfinches, I have counted as many as 18, some feeding, and the others waiting their turn on the electric overhead wire, probably thinking ‘Hurry up you lot’. Blackbirds I hardly ever see, one hen is usually waiting on my front area also one robin which sits on the wall facing the kitchen window. He looks at me and I look at him, then I rush out with the bird seed, normally while still in my dressing gown. I don’t worry about my appearance as long as the birds are fed, silly me! Finally. a blue tit has been lodging overnight in my Battery box: let’s hope she decides to stay and rear the family - more news on that next month. My weeny garden pond is quite full of frog spawn, not any sign one day but plenty on the next. We are waiting for the swallows to appear in the church porch, let’s hope for calmer weather while they are returning to their homestead. A mystery now... Both my son and I have noticed a large bird of prey (can’t identify it), flying over the same area, beyond the church and straight over towards Ardens Grafton. Been sighted several times, does anyone have any thoughts on this mystery bird?

Margaret Kibble White

SMJ NATURE RESERVE UPDATE

Hello everyone.

Not my usual nature reserve update this time. But first, we have violets, daffodils, primroses, cowslips and the marsh Snakeshead Fritillaries, and blossom on the wild plums reminding us that Spring is here!

This summer, hopefully will turn life around, in many positive ways. For example, I am doing my artwork outside whenever I can. Listening to the birdsong and appreciating what we have around us as we self-isolate from the usual clubs, meetings etc. It is hard to do: I am not pretending its easy, but if, for example, you had a particular thing to do that has been annoyingly put aside – do it this spring/summer. A letter to write, a short story, even a life story about yourself! Gardening in a patch that desperately needs your attention, a phone call which should have been made long ago.

In the garden, try and establish a wild area, collecting the scrub blown down during the winter, cover it with dry leaves and wait for the bugs to arrive or a hedgehog! Plant Buddleia for the butterflies and wild flowers to enjoy whilst isolating. Take a photo of it and show the grandchildren/relatives/friends via your phones if possible, or post.

But most of all, stay in touch, and call out if you need help from a neighbour. A conversation over the fence or on the phone is better than a text. Don’t watch news programme again and again. Once a day is enough to update. Instead, watch comedies!

I wish you all a very healthy and productive summer ahead. Hope you enjoy the poem...

Jean Cholerton

`Smiling is infectious` by Spike Milligan.

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed it around the corner
and someone saw my grin,
When he smiled I realised
I`d passed it on to him!

I thought about that smile
then I realised its worth.
A single smile, just like mine
could travel around the earth.

So if you feel a smile begin,
don`t leave it undetected.
Let`s start an epidemic quick,
and get the world infected!

EVESHAM MEN IN SHEDS APPEAL - UPDATE

“Men’s Sheds” can be similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while “Men’s Sheds” are the opposite. They’re about social connections and friendship building, sharing skills and knowledge, and of course cups of tea and laughter.

GREAT NEWS – most of last year we were looking for a place to start up – we have now acquired portacabins in Evesham as our base, but they do need some work to bring them up to scratch. For obvious reasons the planned inaugural meeting has been postponed but we still aim to open as soon as we can, and when the current situation abates we would like help fitting them out (electrical, carpentry and decorating skills).

We are also looking to the general public and local businesses for monetary donations, also old hand tools, even workshop machines - anything that will help get us up and running will be gratefully received.

If you can help in any way or would like to join Evesham Men in Sheds, or know someone who might benefit, please contact evesham.mis@btinternet.com or ring/text Alan on 07771 533399. Visit & leave a message on our Facebook page.

For more information about *Men’s Sheds* please visit: menssheds.org.uk

Four bishops decided to keep in touch with each other in their retirement. They thought it would be good to play golf occasionally, so they met one morning as arranged, wearing various styles of golfing attire. They hired a caddy to drive the cart. After one particularly bad hole, the caddy asked, "Do you gentlemen happen to be churchmen, by any chance." The bishops were puzzled by the question, and one replied, "Yes we are, but why do you ask?" The caddy said, "Oh, that's easy; it's the first time I have come across such bad golf and such clean language."

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TEMPLE GRAFTON CHURCH OF ENGLAND PRIMARY SCHOOL - FOUNDATION GOVERNOR NEEDED



We are currently looking for a Foundation Governor to join our Governing Body to help promote and monitor the Christian values and ethos of our school. This is a lovely opportunity to join the Temple Grafton school community. The role will require two evening meetings per term and a visit to the school at least once a term. You will be able to meet with the pupils and staff of Temple Grafton and attend Christian assemblies. As a Foundation Governor you will represent the church and diocese on behalf of the vicar on our Governing Body and therefore will need to be an active member of the church community. No qualifications are necessary except enthusiasm and an interest in Christian teaching in primary schools.

We would love to hear from you and if you are interested, please do not hesitate to contact our Chair of Governors (Cathy Barron 07986 660217) or our Head Teacher (Sarah Hendry 01789 772384).

TEMPLE GRAFTON CHURCH OF ENGLAND PRIMARY SCHOOL - GOVERNOR NEEDED



The local governing body at Temple Grafton Church of England Primary School is currently looking for volunteers from the local community to join our friendly and supportive team. Being a school governor is a hugely rewarding role where you will have the opportunity to make a difference to the lives of the children in our local community.

You will be required to attend two evening meetings per term and to visit the school at least once a term to meet with the staff and pupils and become part of the Temple Grafton school community. No particular skills or experience are needed and what we really need are people who can bring their enthusiasm, different viewpoints, experience and fresh ideas with them to help us provide the best possible education for the children and to ensure that our school can flourish for the benefit of our community. We would love to hear from you and if you are interested or know someone who may be then please do not hesitate to contact our Chair of Governors (Cathy Barron 07986 660217) or our Head Teacher (Sarah Hendry 01789 772384).

EACH FOR EQUAL

At the time of writing, it's just been International Women's Day, with a theme of 'each for equal'. The last time I wrote about IWD was two years ago, and I wanted to share how far I feel we've come in such a short time. There is a long way yet to go, to include groups of people that are still under-represented and excluded even when they're at the table, but I wanted to highlight some reasons to celebrate.

1. This time two years ago, I would not have dreamed of discussing the menopause and/or perimenopause in my office environment (or even writing about it here). The perimenopause can start as early as our thirties (maybe even earlier), and the menopause itself can last years. It's not just for 'mature women' to talk about in hushed tones in the corner, it's for everyone. It's not just hot flushes, but also forgetfulness and mood swings, sleeplessness and anxiety (and many other things besides). We're beginning to talk about women's reproductive health and how every woman's experience is different: more akin to how we talk about general physical wellbeing, and it's about time too 😊
2. We're talking about parental leave for everyone, and not just assuming the mother *should* take the most. We aren't assuming mum *should* be back in work within a few weeks. We're talking about sharing the responsibilities of raising a family and making a living within the household. It's ok for men to want to take parental leave, and ok to have to go home to look after a sick child or go to a school game or play.
3. We're challenging misogyny, brutality and hatred so much more openly, and we're doing so together; the conversations are more easily started and there are more people prepared to listen. We cannot underestimate the influence that movements such as #MeToo about sexual assault have had. We can travel on a tube with less fear of being groped, we may call someone out where we may not have done before, and not be told, 'Well, what did you do to encourage him?' so much anymore. We're far from walking home after 7pm fear-free, but there are more safe places than there were before.
4. We're talking about diversity and inclusion more constructively. Currently, there are 220 women in the House of Commons – the highest number ever. The 30% Club now has over 15 Chapters in different countries around the world. There are more conversations with the LGBTQIA+ (Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Asexual +) community, people who identify as BAME (Black, Asian, Minority Ethnic), and numerous other minority groups; more people who are more willing to ask questions, truly listen, and understand each other. Again, it's only a start and there's so much further to go – but it's high time we were more active in acknowledging how everyone experiences the world differently.

The last couple of years have seen a lot of change, and we're moving in the right direction. So, keep asking, keep listening and always be ready to learn. There is still a lot of pain in this world, and it's up to each of us to acknowledge it and to do what we can, be that for our partner, neighbour, community or beyond.

#We'veGotThis #EachForEqual

Alice Claronino

(pages 17 and 18)

BINTON

NEWS FROM ST. PETER'S CHURCH, BINTON

The churchyard maintenance team swung into action. They took advantage of a rare, dry day in February and felled the 3 dead trees on the perimeter of the churchyard. The resulting wood is being cleared away, but the ground conditions have made this difficult. We have received a generous offer to replace two of the trees: thank you.

We welcome Ron and Celia Gladwyn, who have recently moved into the village. We wish them every happiness in their new surroundings.

Sue Joyce

FROM AROUND 60 YEARS AGO...

The following article, which we believe comes from an issue of The Evesham Journal & Four Shires Advertiser some time in 1964, gives a flavour of life in some of our villages at that time.

Editor

WATER BOARD ASSURANCE ON SUPPLY COMPLAINTS

Matter will be put right in near future

Numerous villages in the Stratford rural district are "fed up" with the discoloured water which comes from the Heath End bore hole at Snitterfield and if some improvement is not made soon a number of villagers are considering strong protests. The villages affected by the brown deposits in the water are Welford, Temple Grafton, Ardens Grafton, Binton, Wilmcote, Billesley, Bearly and Snitterfield. Recently, Snitterfield Parish Council decided to protest strongly to the South Warwickshire Water Board.

This week, a spokesman for the Water Board told a "Journal" reporter that all the villages affected should be getting a clear water supply again in the "very near future" once an aeration plant had been installed.

Mr Terry Wainwright, of "Coppers", Temple Grafton, who moved to the village last July from Knowle, takes home a two-gallon canister of water from Birmingham each day for his wife and three children to drink.

LIKE RIVER WATER

Bath water was like water from a river and it was "hard as nails", he said. "We either get a trickle of water, or a better flow and discoloured. Some days it is clear and quite passable. We get this business two or three times a week and we dread to think of the summer conditions. Last year, at the end of the season, we had to fetch water to put into the tank. At times the supply was cut off for several days."

Mr Wainwright maintained that not only was the water discoloured, but the pressure was low. He thought that when the system was installed years ago the local authority did not anticipate the amount of development which has taken place in Welford. "We are prepared to live in the country to get the benefits of the country and we are prepared to put up with some inconvenience, such as poor sewage disposal and inadequate transport, but we do not see why in 1964 we should live in conditions which existed in 1864 and have an inadequate water supply. If something is not done in the near future people are going to refuse to pay their water rate," he stressed.

Mrs Wainwright said the water stained the bath and clothing.

A few yards down the road at the Blue Boar, which is kept by Mr and Mrs Tony Carter, formerly of Evesham Road, Stratford, a petition may be started and sent to the Water Board. Mrs Carol Carter, who has three young children, said that when they moved in last September they all suffered from sore throats. Now they don't drink water at all. Instead she buys four pints of milk each day and the children have their school milk too. If there is no milk left the children drink lemonade.

"The water in the bar has often come out like beer. It is heavily chlorinated. We do not drink tea any more," she said. Some of the local customers who drink whisky, no longer have water from the tap with it, but use soda water. The supply was not always badly discoloured, Mrs Carter pointed out, but in recent weeks it had been quite bad.

CHIEF CAUSE

Mr William Horniblow, Temple Grafton's R.D.C. representative, said the chief cause of the deposit in the water was the pressure which built up at night and caused rust to come away from the inside of the pipes. At Welford, where a similar situation exists, Mr H D Kirk, the village R.D.C. representative, said the position was "very bad" and had been so for the past 18 months. He said the women complained most about the discolourment. "It is always worse on Monday – wash-day."

A spokesman for the Water Board said, "We hope that in the very near future the situation will be rectified. We had difficulty with the delivery of materials for the installation of an aeration plant, but now we are working full steam ahead and the plant should soon be in operation. The mains are being flushed out to get rid of rusty deposits. This is taking place at night. The main trouble is getting rid of dissolved gases in the water and this will be done by installing a plant to aerate and chlorinate the water. This will give us much more control over treatment."

The newest pipes in the mains supplying the villages affected by the present trouble are six years old.

COOKS' KORNER

Crab and Leek hash (serves 4)

200gm heritage potatoes	25g unsalted butter
3 tbsp olive oil	1 large leek, rinsed and finely sliced
100g streaky bacon, finely sliced	
100g cream cheese	300g fresh white crabmeat
Good pinch of cayenne pepper	Handful fresh parsley, finely chopped

Method

Place the potatoes in a pan of boiling, salted water, and simmer until cooked (15-20 minutes). Drain and set aside.

Heat the butter and 1 tbsp of the olive oil in a medium frying pan over a medium heat. Add the sliced leek and gently fry for 5 minutes until soft. Add the bacon and fry for a further 5 minutes until it is beginning to crisp. Remove from the pan and set aside.

Heat the remaining oil in the frying pan over a high heat, lightly crush the cooked potatoes then fry them until they are golden all over. Season well. Add the leek and bacon mixture to the pan along with the cream cheese, crabmeat and cayenne pepper. Cook for 3 minutes more to warm through, stirring occasionally, then stir-in the parsley and serve.

This makes an interesting starter or side dish.

Editor

(Pages 19 and 20)

MORE SCAMS TO WATCH OUT FOR

Believe it or not, the fraudsters are now cashing-in on the Coronavirus, COVID-19. Since February this year, the National Fraud Intelligence Bureau has identified 21 reports of fraud where Coronavirus was mentioned, with victim losses so far totalling over £800,000.

Of the 21 reports, ten were made by victims who attempted to purchase protective face masks from fraudulent sellers. One victim reported losing over £15,000 when they purchased face masks that were never delivered.

We have also received multiple reports about Coronavirus-themed phishing emails attempting to trick people into opening malicious attachments or revealing sensitive personal and financial information.

One common tactic used by fraudsters is to contact potential victims over email purporting to be from research organisations affiliated with the Centers for Disease Control and Prevention (CDC) and the World Health Organisation (WHO). They claim to be able to provide the recipient with a list of Coronavirus-infected people in their area. In order to access this information, the victim needs to click on a link, which leads to a malicious website, or is asked to make a payment in Bitcoin.

Other email scams linked to Coronavirus include:

- Offering the recipient of the email a Covid-19 tax refund – these scam emails are sent with very convincing-looking HM Government headings
- A confidential cure for the virus which is purportedly known by the Chinese and UK governments but which is being hushed-up.

Away from the Coronavirus, the scammers are still finding new ways to try to get hold of our personal details. Warwickshire Trading Standards have reported the following scams recently.

A Warwickshire resident reported receiving a phone call from someone claiming to represent their credit card provider. The caller asked the resident to download an app on to their phone in order 'fix' problems with their credit card. It is presently unclear as to what this app is or what it would do, but the resident did not follow the caller's advice and discontinued the call.

More scam recorded phone calls have been reported. A resident complained that they had received several recorded phone calls from someone claiming to work for HMRC and stating that a warrant had been issued for their arrest. The message directed the resident to phone a UK telephone number to discuss the issue with a 'case handler'. Another recorded phone message stated that her internet would be shut down due to 'illegal activity'.

A resident reported receiving a scam Virgin Media call. The caller claimed that there was a problem with the resident's WiFi, that someone overseas was attempting to access the resident's account and that the resident would be liable if their personal information was stolen as a result.

Other residents have reported receiving bogus phone calls claiming that they owe money and that bailiffs have been appointed and warrants will be issued for their arrest.

Warwickshire Trading Standards advises consumers not to engage in conversation with cold callers and to put the phone down. **Do not attempt** to contact these callers on the telephone numbers they provide, do not divulge any personal or financial information or follow any instructions they give or download any apps or other programs.

If you believe a phone call you receive is genuine, don't be afraid to put the telephone down and phone the company/organisation back on a publicly-listed telephone number. Genuine businesses will understand.

Don't let the scammers trick you, they are after your money. Follow the guidelines below, or make a scam/rogue trader complaint to Trading Standards via Citizens Advice Consumer Service on 0808 223 1133.

Protect yourself - watch out for scam messages:

Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

Protect yourself - shopping online:

If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.

From the Action Fraud website and Warwickshire Trading Standards

Puzzled by his first lesson on evolution, young Johnny arrived home from school and said, "Mum is it really true that I am a descendant of apes, monkeys and gorillas."

She replied, "I don't know darling, I never really knew any of your father's family."

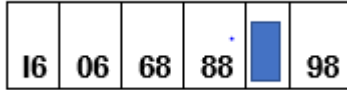
THINKING ABOUT IT...

You can't change the past, but you can ruin the present by worrying about the future.

You can give without loving, but you can't love without giving.

PUZZLE CORNER

What is the number of the parking space with the car in it?



What is the next number in this sequence? 1, 2, 5, 10, 20, ??

Two mothers and two daughters went out together for a meal. Everyone ate one hamburger, but only three hamburgers were eaten altogether. Why was that?

Julie's mother has three daughters. One is called Alice, the second one is Beatrice. What is the name of the third daughter?

Which five-letter word becomes shorter when you add two letters to it?

Three doctors said that Bill was their brother. Bill said he had no brothers. Both were right. How?

You need to time something for exactly 15 minutes, but you only have a 7 minute hourglass and an 11 minute hourglass. How can you time exactly 15 minutes using those two hourglasses?

Good luck! Answers in next month's issue. Sorry – no prizes!

Montagu Burford

HEARTBEAT – KEEP IN TOUCH

Do you know someone who would like to keep in touch with what's going on in the Heart of England Parishes?

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To arrange a subscription, just contact the Editor, Neil Smart, at goosecottage@btinternet.com or by telephone on 01789 400791

AND FINALLY...

There are two types of people; those who enter a room and say, "Well, here I am," and those who enter and say, "Ah, there you are!"