

THE **Birches**

Community Matters

**NEWSLETTER FOR KINGSTHORN, MUCH BIRCH
LITTLE BIRCH, ACONBURY & WORMELOW**

First published 1977 **May 2020**

A note from the Editorial Team of “The Birches” Newsletter

**Well, this must be the oddest Newsletter we have
ever produced!**

We have been talking to the Community and have asked them to contribute. Which they have and many grateful thanks. Far from being the shortest Newsletter ever it has turned out to be just about the longest, to my knowledge!

And many thanks to the rest of the “team” who have been ringing round everyone and encouraging all Community groups to contribute.

My abject apologies to anyone who has submitted “copy” which is not in this edition. There were a great many contributions and only a limited time to produce the Newsletter.

Obviously, this edition will be in an “online” or “digital” format only which can be viewed on the Much Birch and Little Birch Parish Council websites.

But we look forward to the time when we can come round to your doors and post the “paper” version through your letterboxes!

With best wishes to all
Editor

Our local “hostelries” are open for business for take-out menus. these are shown on the following pages.

Also, some great thoughts from Rev Mark and many, many others.

Our regular advertisers have mostly agreed to continue their advertisements and will do their utmost to fulfil any orders they receive.

Our grateful thanks to everyone

ART & CRAFTS GROUP



Is unfortunately cancelled for now.

For further information please contact

Val on 01981 540424 mob 07854 244656
Maz 01981 541048

What a dreadful time we’re living through.. with tragic deaths, courageous frontline staff risking their health, employees and businesses full of worries. Surely, staying home, with all it brings, must be the least we can do for the good of all.

I prefer to look on the ‘Bright side of Life’. Week one and two, I struggled to stay off the phone as everyone kept ringing each other to care and share. I dodged the news on TV and radio as the broadcasts seem to be full of counting deaths and sadness. Instead, I made the most of the sunshine and got stuck into the garden, weeding, pruning, dozing in the chair... and all that.

A daily walk has become part of my routine, invariably meeting several friendly faces along the way and shouting across the 2 metre gap by way of conversation!! Keeping in touch with members of the Art & Craft group via WhatsApp has made a real difference as we share our creative works and encourage each other to do more of it. Making greetings cards was a brilliant idea – particularly as not being able to get to the shops, the cards proved invaluable for sending Birthday wishes that came due. Humorous videos doing the rounds bring much hilarity into the house while friends and neighbours have occasionally brought some delicious meals to the door! Shopping might have been a problem but for the considerate friends who have brought me groceries on demand (thank you).

How lucky I feel – busy, sociable and well looked after – such are the joys of living in Kingsthorpe with the wonderful community that resides within! I hope you are staying positive in the face of adversity. Keep well and carry on!

Best wishes,
Maz

Reflection on CONVID-19

Life in lock-down has challenged us all in lots of different ways. We may be spending way more time with our families than we are used to, we may be working from home, we cannot pop next door for a cup of coffee and a chat. It has made us realise that we are more “social” than perhaps we admit. How often have we said – I don’t want to go to that event and chat with those people!

We are pre-programmed, it seems, at a genetic level to be together and this social distancing puts a real strain on who we are and our view of the world. Like those who become carers for the seriously ill, our world shrinks until it is only the four walls of the room we are in.

Once this is over, and it will be over, it gives us a chance to reflect and re-connect. To look at our society and community and think – how can we make this better, more resilient. This mean more investment in social capital, rediscovering the “old” community, not just of neighbours but of recognising that we are part of an interconnected and complex world.

Running the lanes!

As you know, I am a bit of a runner and can sometimes be seen puffing and panting my way along the lanes and paths of Kings Thorn, the Birches and surrounds. Usually I wave to the cars that pass, as they slow down, a thanks for careful driving, and often I recognise the person behind the wheel or in the passenger seat.

These days, though, I seem to be zig-zagging along the roads as I encounter others, out for a walk or a run, with dog sometimes in tow. We seem to re-claimed our streets and lanes! It also has the advantage of a quick “how are you” that was never possible for when behind the wheel.

So, when out for your stroll, to experience the skies, fields, flowers and fauna of this lovely area, don’t forget to say “Hi!”, at a safe distance. Have a quick chat and re-inforce those links between neighbours and friends that never get the chance when we are all whizzing from place to place.

There aren't any church services at the moment and probably won't be until the start of June but I will update you on that as soon as we have something.



[Carrot and Wine Stores remains resolutely open. Well done to everyone there](#)



POST
OFFICE

About Us

Carrot&Wine Stores is brand new to the Hereford area. Our family run company aims to offer all the convenience and family friendly service of a local store with the added benefit of locally sourced produce.

We stock local groceries, meats and cheese to local award winning cider, wine and all the daily essentials such as bread, milk, eggs and newspapers.

Open 7 days from 7am to 9pm
Find us at Wormelow on the A466!

(Postcode for Sat Nav: HR2 8EJ)

CARROT & WINE STORES



WORMELOW

Cont....

I am doing a video service on YouTube each Sunday - please ask people to search for the Wormelow Hundred Benefice on FaceBook and there will be a link for the service.

With every blessing,

Mark

Revd Mark Johnson
Rector - Wormelow Hundred Benefice
&
Rural Dean - Ross and Archenfield Deanery
Diocese of Hereford

&

Prebend de Bullinghope

MUCH BIRCH SURGERY

INFORMATION REGARDING THE COVID-19 EPIDEMIC

If you think you have symptoms of Coronavirus please follow the NHS England and Public Health England advice.

The current advice is as follows:

Anyone with symptoms and any members of the household are to
PLEASE STAY AT HOME for 14 days.

Symptoms are:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

We are open!

As advised already, please know that we are still available for non-Covid related medical advice. We can arrange telephone appointments with the GP or Nurse and are happy to help via telephone or video link.

The NHS website is also really helpful for advice on minor illness and ailments, as well as coronavirus related advice: www.nhs.uk

Dispensary Deliveries

We would like to advise patients that we have a medication delivery service available for patients who fall into one of the following categories:

- Patient who have been advised to shield for 12 weeks
- Patients who are over 70, or in a high risk category
- Patients who are in self-isolation due to covid symptoms (your own or member of households)
- Patients who have a family member who has been asked to shield for 12 weeks

We are able to offer this, thanks to some wonderful local volunteers, for which we are very grateful.

If you require this delivery service please let the surgery know. This could be via email to admin.muchbirch@nhs.net, phone or when you order your next prescription.

Dispensary Collections

Please be reminded that Dispensary are open for prescription collections between the hours of **10am and 4.30pm** and please allow a week from ordering, before picking up your repeat medications.

Dispensary Orders

You can continue to order repeat prescriptions by telephone between the hours of 11am and 1pm, however the phone lines can be very busy. If you would like to be set up for online ordering please let us know by emailing the admin team on admin.muchbirch@nhs.net and we will call you to set this up.

Thank you!

And lastly, a thank you, as always, for everyone's support and understanding and in particular for all those patients who have sent messages of thanks and support to us, which really help us all.

Admin.muchbirch@nhs.net

01981 540310

Notes from King's Thorn.....

So, we bought a motorhome (Molly) last year, and planned our 2020 trips to the Gower; Coast line of Cornwall, Devon and Dorset; Pembrokeshire, Norfolk and Hadrian's Wall. Then it happened..... "no unnecessary trips" said the Government, so Molly now sits on our drive thinking she has done something wrong....

So, our attention turned to our largish garden and all those jobs we haven't had time to do in the last 4 years since we moved here. The grass is cut at least once a week, edges edged to within an inch of their lives; seeds have been sown and are now proudly producing their seedlings – cucumbers, courgettes, 3 different types of beans, a variety of flowering shrubs, tomatoes, peppers, sweetcorn, carrots (we've never been so organised); Garlic and onions enjoying the sunshine are now standing proud after such a wet winter. The pathway from the greenhouse to the new potting shed has been started, but not finished as we can't get a bag of sand or cement for love nor money to finish the job; the formwork for a path in front of the raised beds has finally been started (had the materials for a year) but not finished either because we can't get the varnish we need to do the job – according to the lady at Bailey's everyone is painting/varnishing everything that stands still in their garden....

As I sit writing this the rain sounds wonderful on the roof of our conservatory. After a month of sunshine the plants and vegetables are having a well earned drink. A day off from starting jobs we can't finish, being thankful and lucky to be able to sit in our garden or conservatory overlooking Little Birch & Ross and the surrounding countryside that we call home, instead of a 12-storey flat in London.

One hi-light of all of this is at 8.00pm on a Thursday we stand in our garden joining in, and listening to cheers, clapping and sounds of people banging pots and pans in support of everyone who is on the frontline.

When we can get out and about in Molly, the jobs we have started will no doubt still be there when we return.....

Stay safe everyone and keep cheering – we can hear you on our 'hill' in King' Thorn.

Lesley Chapman
Show Secretary
King's Thorn & Little Birch Gardening Club.



LITTLE BIRCH CHURCH "BRINGING THE CHURCH TO YOU" BROADCASTS

With the church in lockdown, Little Birch Church is "Bringing The Church To You"

Every Sunday and Wednesday evening at 9pm for about 20 minutes.

Join us on the St. Mary's Church, Little Birch facebook page by liking and following.

www.facebook.com/stmarylb

EVERYONE WELCOME

Please send copy for the June Newsletter to editorial@birchesnews.org.uk or written contributions to Liz Hall at Walmere, Wrigglebrook, Kingsthorpe HR2 8AW. —by 18th May please.

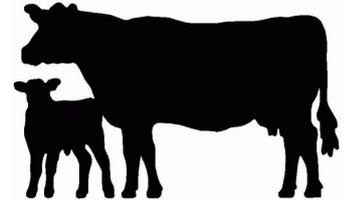
*A man goes on a trip with a fox, a goose and a bag of corn.
He encounters a river with a very small boat on the shore
The boat will carry only him and one of the others – the fox, the goose or the corn.
He cannot leave the fox alone with the goose, or the goose with the corn. In either event something will be eaten!
So how does he get them all safely across the river?*

Dates for Much Birch Community Hall Village Markets for 2020

Summer Market	- 26 th June 2020	?
Autumn Market	- 25 th September 2020	
Christmas Market	- 11 th December 2020	
All 2.30pm – 4.30pm		



The Masons at Merrivale



The last paragraph in my previous article wished you all the best for 2020. How things have changed since that date with no premonition of what was to come.

The farm and work on it has, of course, had to continue as normal. Animals have to be cared for and crops grown. We all still work on the farm and isolate as one unit. All deliveries and collections of milk have carried on as normal thankfully. Everyone we see is still in employment and grateful to be so.

How magical spring is this year. Bumble bees, butterflies and birds everywhere. Even the Cuckoo has turned up fairly early to try and add a little cheer.

The milking cows went out day and night in late March as there was enough grass to start grazing. I think I've mentioned the timetable before for the cows but I'll repeat it to explain our working day.

All cow go out to daytime grazing from 6.30am. They return to the milking robots from the night time grazing in a steady stream when they feel they need milking again. They are given a top up of a mixed ration of silage, concentrate and minerals inside to keep them happy while they wait.

All cows have usually gone through the robots by 2.30pm ish to the daytime grazing. By this time the cows that went out at 6.30am start to drift back to be milked again. At 3pm gates on the robots direct the cows back into the shed. By 6.30pm all cows are housed for another feed of silage and from 11pm the robots send them out to night time grazing again, when they have been milked. This is a fantastic regime with some very chilled cows, loving the warm weather because there are no flies to bother them at the moment.

Lucy measures the grass regularly to see how it is growing and which paddock they should be grazing next.

The younger cattle who are not milking yet, have been put out to graze in various locations from Little Birch to Little Dewchurch. The only cattle kept in are calves and young heifers who are too young to graze yet as they need feeding more to keep them growing. One other group still housed are a bunch of heifers who we are watching and inseminating for the first time. They will go out as soon as the vet checks they are in calf.

Field work has been going on at a pace. The poor old winter oats just had too much wet and so have been ploughed up and the field re-drilled with peas and barley which will be used for whole crop and under sown with a grass ley. This is a very successful way of re-seeding the silage ground within the rotation. All we need now is a **bit** of rain to help them germinate and grow. It seems madness to say this after the horrendously wet winter we have had but inevitable in this crazy world.

Today Bob drilled beetroot, parsnips and carrots. We have brassica, onion, leek and celeriac plants due for delivery tomorrow and we hope to plant them by Thursday to begin our vegetable production again. The grandchildren can't wait to work on the planter so we should have an excellent team.

Once the vegetable plants are in we should hopefully have a couple of quieter weeks before silage making begins. The summer then turns into a cycle of cutting and manuring for the regrowth.

You will have seen on the news that some farmers are having to throw their milk away. Unfortunately, they supply processors who supply milk into the catering and restaurant trade where business is now nil. With this being the time of year where milk production is at a peak, it has meant that there has been no alternative market or manufacturing capacity for some of this milk.

So far we know we must not produce milk over the allocation (basically a quota) set out for us by the co-operative we supply our milk to as it will not find a market. We just hope that if anything changes our co-operative will let us know in plenty of time so we can reduce our supply. There are alternative ways of doing this, we could feed less concentrate to the cows so they yield less or dry cows off earlier than normal so they have a longer rest before calving again. It is important to remember that once the spring flush is over, we will need the milk to supply the demands of shoppers for liquid milk, yoghurt, cheese, butter etc.

We all here wish you well for the next few months. It is going to be a very difficult time for us all but how grateful we are to live in such a beautiful county. Take great care of yourselves. Sue Mason



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Telephone: 01432 268883

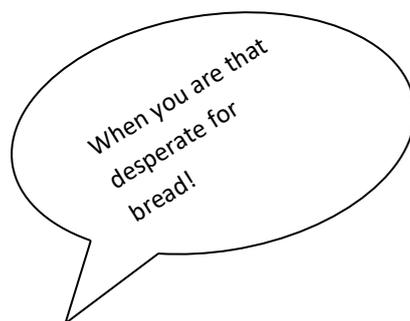
For further details about my services, background, and experience, please visit my website:

<https://herefordcomputerhelp.com>

I'm also on Facebook: <https://www.facebook.com/hereford.computer.help>

email: mark@herefordcomputerhelp.com

Mark Giles



Quiz

Which of these Shakespearean "famous" quotations is actually correct?

"Alas, poor Yorick, I knew him well"
(Hamlet)

"Friends, Romans, countrymen – lend me your ears"
(Marc Anthony – Julius Caesar)

"Oh Romeo, Romeo, wherefore art thou, Romeo?"
(Juliet – Romeo and Juliet)

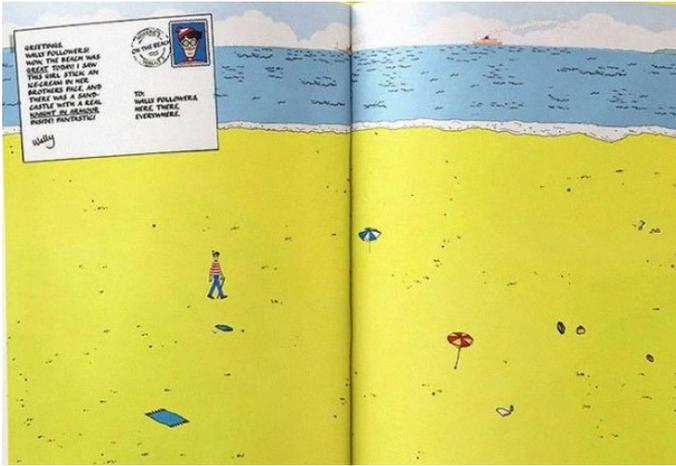
"All that glitters is not gold"
(Portia – Merchant of Venice)

"Methinks the lady doth protest too much" (Hamlet again!)

Answers, corrections or castigations to the Editor please!

Editorial@birchesnews.org.uk

Where's Wally—The Covid 19 Edition



Poem - Covid 19 - Village Life

*On my 'one allowed' daily walk I really have to say
Everyone in the village wants you to have a good day*

*A cheery hello as we 'keep 2 meters away'
But always have time to stop and say*

*"Aren't we lucky to live right here"
Such lovely people to share a word or a tear*

*I've seen books and plants put out to share
Willow hearts and origami all made with care*

*Neighbours come to the rescue and say
"can I get some shopping for you today"*

*Thank you to our village for all doing our bit
Staying in safe and keeping the nation fit*

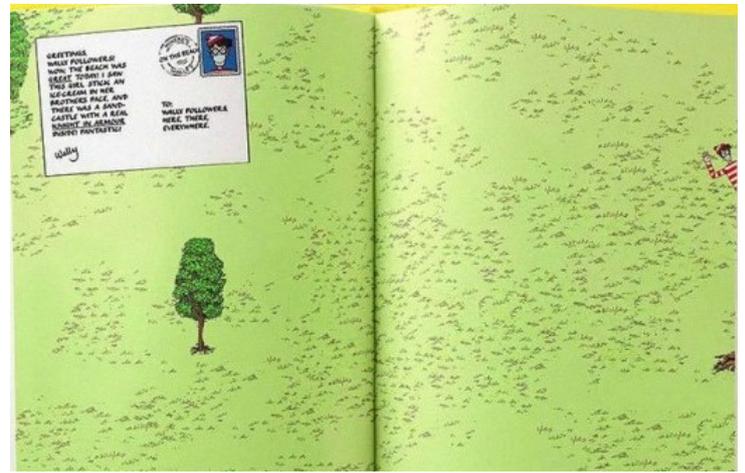
*To all the key workers who work so hard
We 'thank you' and hold you in the highest regard*

*Much Birch Surgery Docs and staff are amazing
For them and the whole NHS we clap and sing*

Stay home, stay safe and protect our wonderful NHS

What do we all say? Yes, Yes, YES

Lynette Roberts



The Covid pandemic has changed the way we live and work. I work as an architect at local practice Archtype and before the pandemic my daily routine would involve a commute to our office in Upper Twyford. Since the government lockdown, me and my twenty odd colleagues have transitioned to home working. Designing buildings involves a lot of communication within the architect's practice as well as between other consultants. Face to face discussions and sketching on tracing paper have now been replaced by virtual meetings and screen sharing. Driving for hours or taking early morning trains to meetings is a thing of the past. It is incredible that with a few adjustments we can continue to provide quality architectural services to our clients. At times the capacity of our rural broadband has been really tested to its limits, especially when receiving and sending large files.

I also continue to help Ecocon promote the straw panel building system in UK and I'm pleased to say that more and more people are enquiring about this sustainable and healthy way of building. We've lived in our straw house for nearly three years now and wouldn't change it for the world.

We realise we are very lucky that we live in a rural area with easy access to generous green spaces, allowing safe daily exercising. The lockdown arrangement is here to stay for another few weeks, and it's likely things will go back to some sort of normal, but I can see that the pandemic will affect the way we go about our lives regardless. We are already enjoying fewer cars on the road, improved air quality, louder bird songs and more frequent sightings of wildlife. I'd like to imagine we can keep these benefits with some small adjustments to our lifestyles.

Keep well & safe and perhaps see you on a walk sometime.

George Mikurcik
Old Holloway Cottage, Little Birch

Unprecedented is a word that we have become well used to hearing in recent weeks and I think everyone reading this will have their own version of what unprecedented means to themselves and their family. For myself and Lucy, it has meant huge change with a mixture of anxiety but also unexpected joy.

Both of our jobs are involved in education – but at the extremes of the age range. Lucy is a nursery manager that provides care for children from 6 months of age until primary school age. I work in the secondary sector at one of our local high schools. Whilst Lucy's nursery has officially closed, I have continued to work, providing distance learning for the students and on odd days being present in school for the children of other key workers. This pause to our jobs has meant that we have been pretty much house bound and along with our three young children, we have needed to find ways of both continuing to be calm parents but also "teachers" to our children. I think most people would say that this should be a doddle – with our backgrounds home teaching will be a cake walk. I have to say with a smile on my face...it hasn't. It has been stressful and testing to say the least!

However, we have found many unexpected brilliant moments and having been asked to compose this – we decided to focus on more of the positives sides of our lockdown.

Firstly, exercising together as a family has been a wonderful experience and one we shall very much continue after these difficult times end. Joe Wiks deserves a knighthood and I, Lucy and our three children have all joined in to his online PE lessons with full enthusiasm. As a family we've always eaten evening meals together; since the lockdown, nearly every breakfast, lunch and tea have been shared around our dining table. This has led to our daughter losing some of her, shall we say "fussiness" with regard to food and our youngest son trying all sorts of vegetables – something that he has never been that keen on. Another benefit!

Gardening has been another unexpected joy of our lock down experience. Lucy and I will never ever been green fingered. We live between neighbours who have exceptionally nice gardens and we do have garden envy, but with a young family – our weekend time has always been spent rushing about with a quick walk up the woods if we can. Well, I can tell you now, our garden has never looked better. We won't be sending any pictures off to Monty Don, but we have made significant progress. The rushing about has also stopped.

Speaking of woods, I think the villagers of Little Birch and Aconbury must be some of the luckiest in the county. To have such fantastic countryside right on our doorstep is wonderful and although we as a family have always appreciated the ability to walk in such pleasant countryside, never have we been so thankful to have this access to nature. Whilst walking in Aconbury woods we have explored new paths and taken different routes – something else that has been an unexpected joy.

Lastly, another great experience has been the Thursday "clap" for helpers. Personally speaking standing out (socially distanced) with our neighbours and recognising the national effort has been both positive and up lifting. A small thing, but with significant meaning.

I will finish here with our best wishes to you all. May we look forward to better times when we can return to a normal life – but I hope that all the positive things we have found or experiencing are not forgotten and we move forward with renewed vigour and a healthy respect for all the fantastic things that have been right in front of us, but perhaps haven't found time for or remembered to appreciate fully.

Best wishes and stay safe

David and Lucy Cook

For those not so keen on Shakespeare—how about Hollywood Movies?

Which of THESE quotes is correct?

"Play it again, Sam" – Humphrey Bogart in Casablanca 1942

"I want to be alone" – Greta Garbo - attributed

"Buddy, can you spare a dime"- Al Jolson and later Bing Crosby

"Frankly, my dear, I don't give a damn!" – Clark Gable in "Gone with the Wind" 1939

"Luke, I am your father." – Star Wars

"Me Tarzan, you Jane" – Tarzan, the ape man (1932)

"Mirror, mirror on the wall, who is the fairest of them all?" – Wicked Stepmother in Snow White.



CROSS ROADS CARE
Forest of Dean & Herefordshire

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If you are caring for a family member, friend or neighbour, our Health and Wellbeing Service may be able to assist you. We offer a range of services

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info@crossroadshereford.org.uk
Fred Bulmer Centre, Wall Street, Hereford, HR4 9HP
Registered Charity Number: 1086841

carerstrust
a Network Partner

A message from Gordon Miller
Carrot and Wine Store.

Covid-19 came out of nowhere for us all. Not in my wildest dreams could I have imagined such a scenario. Such restriction on a day to day life we took for granted, such sadness and grief for so many and such prolonged worry and uncertainty.

For us personally, at Carrot and Wine, as for everyone else, it's had varied impacts.

For me, I cannot see my children (Ted, 10 and Buntly, 8). They both have asthma and therefore need to be isolated and kept safe, something I couldn't match them in doing and still do what was needed at the shop. I miss them dreadfully.

The staff have all seen their social lives (very active in some cases) halted and also have family members who they cannot see and continually worry about.

All of us have to live with the constant worry of being infected or worse still transmitting infection unknowingly.

But....every tunnel has a light at then end. We will of course get through this and a normality will return. As Churchill said 'When you are going through hell, keep going'. We are all doing that, one day at a time.

As a team at Carrot and Wine, we have stumbled across many positives despite everything:

We have managed to quickly get a delivery service up and running and to do this we have been able to employ two new staff whose usual employment had stalled.

The sense of community in and out of the shop is overwhelming. People shopping for those who cannot do so themselves. People concerned that if they ask for more than one or two of something they might be stopping someone else from getting what they need. Humanity at its best.

We have been able to make people happy and brighten some days. Be that because we can get flour to them so they can do some family baking after all or because a wave through the window is the only human interaction of that day or just because they look forward to doing a newspaper crossword. Maybe as simple a pleasure as delivery of a chocolate bar in amongst the groceries.



THE AXE & CLEAVER MUCH BIRCH 01981 540203

Takeaway menu available 5-8pm
Wednesday – Saturday

Order & Payment by Telephone, Collection ONLY from sanitized table inside front porch, NO outside contact for everyone's safety.

MAINS

Chicken Tikka Masala & Rice	£9.95
Steak & Ale Pie & Chips	£9.95
Chicken with Bacon, Cheese & BBQ sauce with Chips	£9.95
Sausage (2) & Mash Potato & Gravy	£8.95
Cheeseburger & Chips	£8.95
Beef Lasagne Chips	£9.95
Breaded Scampi & Chips	£8.95
Hand Battered Cod & Chips	£9.95
Sweet & Sour Chicken with rice	£9.95

VEGETARIAN

Roasted Vegetable Lasagne	£9.95
Cheese, Leek & Potato Bake & Chips	£8.95

CHILDREN

Breaded Chicken Strips & Chips	£5.50
Breaded Scampi & Chips	£5.50
Sausage (1) & Chips	£5.50

SIDES

Chips	£2.95
Onion Rings	£2.95
Crusty Bread Baguette	£2.50
Bake Beans / Mushy Peas / Gravy	£1.00
Garlic Bread with cheese slices (4)	£2.95

The biggest positive however, for all of us at Carrot and Wine, is knowing that we are helping to keep people safe and well at home. Knowing that they are not worrying about how to get supplies or the risks of having to go out to do so.

Before I finish my rambling, I would like to thank everyone who continues to support the shop in this difficult time. We try hard to be a useful asset for the communities around us. But, without the staff, their hard work and their willingness to put themselves at risk in order to help others, there could be no shop at all at this time.

Thank you Ella, Hannah, Amy, Becca and new recruits Sophie and Sophie.

Pilgrim Country House Hotel
&
Valley Restaurant

The Pilgrim Hotel,
Much Birch, Hereford, HR2 8HJ

01981 540742

Pilgrim Takeaway Menu

Mains		Sides	
Chicken Tikka Masala & Rice	£11	Onion Bhaji	£3
Chicken Korma & Rice	£11	Poppadum	£0.50
Lamb Rogan Josh	£12	Naan Bread	£1.50
Chicken Stir Fry [Noodles or Rice]	£11		
Chicken Fajita Pasta	£9	Kids	
Fish, Chips & Peas	£9	Sausage, Chips & Peas	£4.50
Crispy Chicken Burger, Chips & Coleslaw	£10	Tomato Pasta	£4
Beef Burger, Chips & Coleslaw	£10	Plaice Goujons, Chips & Peas	£4.50
Beef Goulash with Chips	£10	Chicken Nuggets, Chips & Peas	£5
Beef Lasagne with Chips	£10		
Chilli Con Carne with Boiled Rice	£10	Afternoon Tea Box	
		Choice of Sandwich, Homemade Scone,	
Vegetarian		Rodda's Clotted Cream, Jam & Cakes	£9
Vegetable Lasagne with Chips	£8		
Vegetable Curry with Boiled Rice	£8	Drinks	
Vegetable Stir Fry [Noodles or Rice]	£9	Butty Bach 500ml	£3
Mushroom Stroganoff with Saffron Rice	£8	HPA 500ml	£3
Tomato Pasta	£8	Bulmers Original 500ml	£3
		Bulmers Berry 500ml	£3
Desserts		Peroni 330ml	£2
Chocolate Fudge Cake	£4	Vagabond Brewdog GF 330ml	£2
Baked Vanilla Cheesecake	£4		
Sticky Toffee Pudding & Toffee Sauce	£4		
Rowlestone Farm Ice Cream; Vanilla, Chocolate, Honeycomb & Strawberry	£3		

Available from 1pm to 9pm daily, including Sundays
Payment by card when ordering on 01981 540742

Linda and I started Aconbury Shepherd Huts in January, 2014 and although the first few years were slow, once we became established in the market place, the business took off. For the past three years we have been fortunate enough to report a full order book. Prior to the Corona Virus outbreak at the beginning of March, 2020 we had already secured orders for this year up to September, 2020 and the year looked as though it was going to continue successfully. However, as the outbreak has impacted on all businesses, not just ours, things have taken a change for the worse.

Our helpers Martin and my brother Richard have both been stopped from coming to work, as we follow and support the Government's guidelines. This has meant that I am now single handed and there is only a certain amount you can do on your own. It is very hard to stay focused and motivated.

A lot of our orders are for huts to be used in the glamping business. These are fitted out with showers, toilets etc. These clients are also running a business and they have seen their holiday bookings plummet which has impacted on us resulting in some orders being placed on hold until things improve.

Regrettably, we have also had one cancellation so far which meant that we had to return their deposit. This was for a site over in Bideford, North Devon.

The other major impact on us is the lack of materials being available with trade outlets temporarily closed. We fear that some of our smaller suppliers will not survive the lockdown and not re-open when this is all over. Although grants / loans are available we are trying hard to keep going without asking for support. So far we have managed but how long for we do not know. It all depends on the material suppliers and maintaining the order book.

The important thing though is thanking the Lord for where we live in deepest rural Herefordshire and for keeping us all safe so far.

Stay safe, Linda & Steve Turner. Aconbury Shepherd Huts. 07768 206296



Much Birch Parish Council
Parish Clerk Mrs Alison Wright
Longfield House, Gooses Foot, Kingstone
Herefordshire HR2 9NE
Tel. 01981 250860... Email: muchbirchclerk@gmail.com

Dates for further 2020 Parish Council Meetings are to be advised. Please check websites and social media as below for further information.

A reminder that:-

Your Much Birch Parish Councillors are:-

Cllr Alison Cook (Chair) Jasmine Cottage, Wrigglebrook Lane, Kingsthorpe, Hereford, HR2 8AW, e mail thecooks@wyenet.co.uk Tel. 01981 540703

Cllr Steve Turner (Vice Chair) The Underhills, Hollybush Lane, Much Birch, Hereford, HR2 8HX, e mail turnersofcrossways@btinternet.com and Tel. 01981 540090

Cllr Andrew Crum Anfield House, Barrack Hill, Kingsthorpe, Hereford, HR2 8AX, e mail a.crum@btinternet.com
Tel. 01981 540002

Cllr Roisin Burge The Old Hall, Barrack Hill, Little Birch, Herefordshire, HR2 8AX roisinburge@hotmail.com Tel. 01981 540724

Cllr David Baldwin The Granary, Much Birch, Herefordshire, HR2 8HS baldwin79@btinternet.com Tel. 01981 541198

Cllr Veronica Thomas 4, Queens Close, Wormelow, Hereford, HR2 8FD Tel. 01981 540646 (no e mail)

Full minutes of the meetings and information etc. can be found on the Parish Council website following the link found in this summary. www.muchbirchparish.org.uk.

You can also find us on Twitter at <https://twitter.com/MuchBirchPC> and Facebook at <https://www.facebook.com/groups/Much.Birch.Parish>

Science Bit!

Dear Adults—this is for the children!

For those who did not see the excellent Horizon programme on the BBC....

A coronavirus (not THE coronavirus) is a virus which, under a very powerful microscope, looks like a crown. Hence—"corona" from the Latin for crown.

There are quite a few of those around—flu, MERS, SARS, Ebola and many others. The correct designation for the one we are all currently concerned about is Covid 19

A virus is dangerous because the bits which stick out (like the jewels in a crown) can attach themselves to our body cells. Like a key in a lock. Then the dangerous bits of the virus can enter inside us and do harm. The recent research, as I understand, is not to try to eliminate the virus, nor to make us humans unaffected by it. It is to change the "pointy bits" on the virus - otherwise known as protein spikes—so they no longer fit the lock!

And the really great thing is, scientists are all working TOGETHER. From many Countries across the World to come up with a solution as fast as possible. Scientists are very clever people. They will find a way.

Do not worry. Just keep safe

Logic....

A man comes to a fork in the road. One path leads to safety - the other to danger. He knows this

At the junction are two brothers, both know the path to safety. Problem is, one brother always tells the truth and the other always lies. The man knows that too but he doesn't know which is which.

He can ask one question only.

So what is the question and which brother does he ask?

In the light of recent panic buying, UK supermarkets have introduced purchase limits as follows:-

Asda: 2 hand sanitisers, 24 toilet rolls max

Tesco: 1 hand sanitiser, 18 toilet rolls and 2kg of rice

Co-op: 12 toilet rolls and 1kg rice

Aldi: 2 Trumpets, 1 diving suit and a MIG welder

LOCKDOWN

Lockdown for me means that life has lost its savour. It's as if the doctor has told you that you can't have any more seasoning on your food. It doesn't matter how many jobs you get done or how many distractions you put in place, there comes a time when you just want to see other people and enjoy their company.

I'm missing so many things: the Book Exchange, Coffee Morning at Little Birch Hall, the History Group, Flicks in the Sticks and so on. Other people will have their own lists.

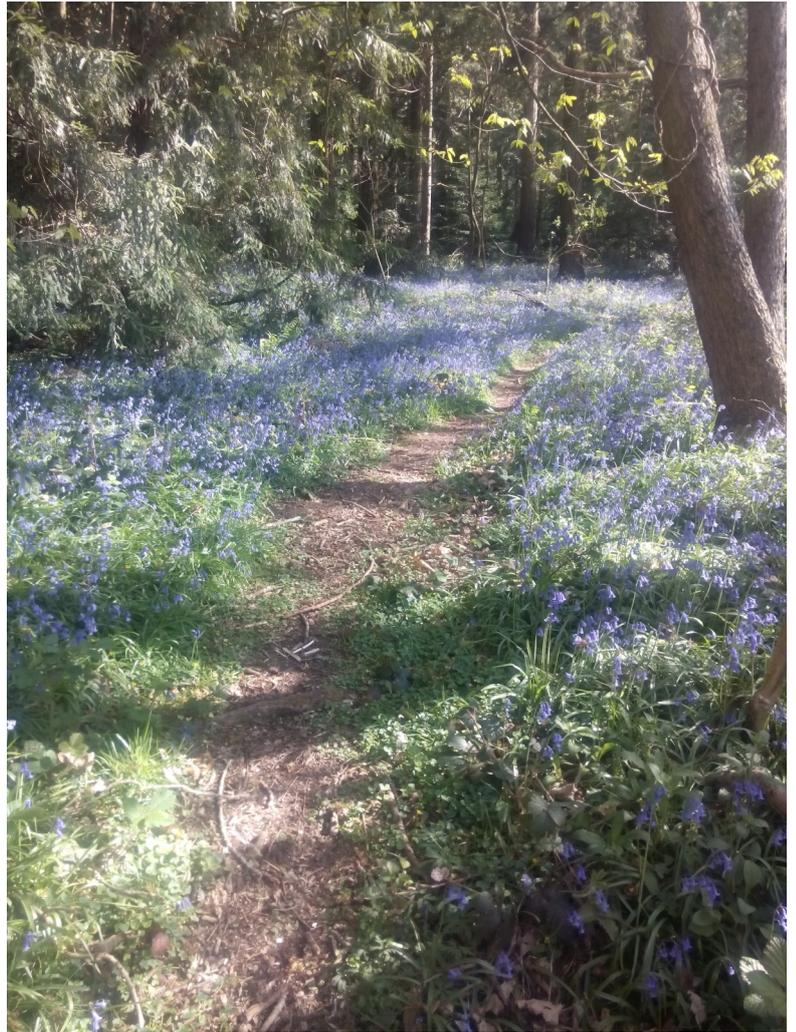
Isolation is beginning to hurt, but I realise that other people are so much worse off than I am. I try and stay positive. We live in a lovely area and a great community. As the Queen said in her broadcast: We will meet again.

Jennifer Jones

I'm normally a social girl
 I love to meet my mates
 But lately with the virus here
 We can't go out the gates.
 You see, we are the 'oldies' now
 We need to stay inside
 If they haven't seen us for a while
 They'll think we've upped and died.
 They'll never know the things we did
 Before we got this old
 There wasn't any Facebook
 So not everything was told.
 We may seem sweet old ladies
 Who would never be uncouth
 But we grew up in the 60s -
 If you only knew the truth!
 There was sex and drugs and rock 'n roll
 The pill and miniskirts
 We smoked, we drank, we partied
 And were quite outrageous flirts.
 Then we settled down, got married
 And turned into someone's mum,
 Somebody's wife, then nana,
 Who on earth did we become?
 We didn't mind the change of pace
 Because our lives were full
 But to bury us before we're dead
 Is like a red rag to a bull!
 So here you find me stuck inside
 For 4 weeks, maybe more
 I finally found myself again
 Then I had to close the door!
 It didnt really bother me
 I'd while away the hour
 I'd bake for all the family
 But I've got no flaming flour!
 Now Netflix is just wonderful
 I like a gutsy thriller
 I'm swooning over Idris
 Or some random sexy killer.
 At least I've got a stash of booze
 For when I'm being idle
 There's wine and whiskey, even gin
 If I'm feeling suicidal!
 So let's all drink to lockdown
 To recovery and health
 And hope this awful virus
 Doesn't decimate our wealth.
 We'll all get through the crisis
 And be back to join our mates
 Just hoping I'm not far too wide
 To fit through the flaming gates!

A tribute to Pam Ayers

Bluebells in Athelstan's Wood—Angela Middleton



 A business card for 'Emily's Cakes and Bakes'. The card has a light green background with a repeating pattern of small white flowers and green leaves. At the top, there is a decorative illustration of a pink and green cake. Below the illustration, the text reads:

Emily's Cakes and Bakes
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Emily Mason
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 Little Birch, Hereford
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 emilyfranklin1@aol.com

 The bottom half of the card has a dark red horizontal band. Below this band, the text reads:

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 sponges, scones and cupcakes.
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Footprints

My brief venture into Hereford last week was to collect a DIY Filling Kit from the dentist. With most shops closed, Hereford felt sad and in need of a big hug. Around the cathedral mowers were out cutting the grass so life carries on.

In contrast around here, in Little Birch, life is bursting in the warm spring sunshine. Athelstan's Wood is particularly beautiful - firstly with the wood anemones, cherry blossom, wild garlic and now the bluebells in their full glory. The dawn chorus is truly uplifting and the cuckoo was heard by us on April 14. I have noticed that both the oak and ash are coming into leaf at the same time - but not sure what that indicates.

The footpaths around here are all looking well used by local folk. Aren't we lucky to have so many choices of walks in woods, along lanes, through fields, some with far reaching views and with now dry mud free paths? We have so much to be grateful for!

I have found a third bridge that has been affected by the floods and washed away. The little Wriggle Brook must have been very full and active earlier in the year. All three bridges are now reported to Balfour Beatty and will hopefully be mended in due course.

Enjoy your walks in the sunny weather this week!

Angela Middleton
Volunteer Footpath Officer



Stay at Home / Stay Safe / Save Lives / Watch Films

With no Flicks in the Sticks community gatherings in the region for the foreseeable future we just wanted to share with you a few of the many ways that you can enjoy movies from the relative comfort of your living room FOR FREE.

To start off with, there are plenty of free streaming services that accompany your regular tv channels, where you can catch up on movies:

BBCiPlayer – www.bbc.co.uk/iplayer/categories/films/featured

ITV HUB – www.itv.com/hub/categories/film

ALL 4 – www.channel4.com/categories/film

MY 5 – www.my5.tv/categories/films

And even though our friends at *The Courtyard Cinema* have also had to close their doors for the time being, they have secured an offer from the movie streaming service MUBI, where you will find classic, independent, and award-winning movies from around the world – for FREE, for three months:

<https://mubi.com/thecourtyardcinema>

And beyond film, the good people at Arts Alive are updating their website homepage weekly with what the National Arts organisations (Theatre, Opera, Ballet, Exhibitions and more) are offering up FREE across Facebook, YouTube and other Social Media platforms:

<https://www.artsalive.co.uk/>

Stay at Home, Stay Safe and catch up on those movies you were always meaning to see.

See you soon,

The Much Birch Flicks in the Sticks Team

Best Sports Commentator “gaffes”

"The new West Stand casts a giant shadow over the entire pitch, even on a sunny day." *Chris Jones*

"If history is going to repeat itself I should think we can expect the same thing again." *Terry Venables*

"I'm going to make a prediction - it could go either way." *Ron Atkinson*

"What I said to them at half time would be unprintable on the radio" *Gerry Francis*

"If we played like this every week, we wouldn't be so inconsistent" *Bryan Robson*

"He's one of those footballers whose brains are in his head" *Derek Johnstone*

"For those of you watching in black and white, Spurs are in the all-yellow strip" *John Motson*

"That's great, tell him he's Pele and get him back on." *John Lambie, Partick Thistle manager, when told a concussed striker did not know who he was*

"I've told the players we need to win so that I can have the cash to buy some new ones" *Chris Turner, Peterborough manager*

"There's going to be a real ding-dong when the bell goes." (*David Coleman*)

"That's inches away from being millimetre perfect." (*Ted Lowe*)

"I can't tell who's leading. It's either Oxford or Cambridge." (*John Snagge - Boat Race between Oxford and Cambridge*)

"The Queen's Park Oval, exactly as its name suggests, is absolutely round." (*Tony Crozier*)

"We didn't underestimate them. They were just a lot better than we thought" - *Bobby Robson, after the 1990 World Cup Final match against Cameroon*

"The doctors X-rayed my head and found nothing." - *Dizzy Dean explaining to the media how he felt after being hit on the head by a ball in the 1934 World Series.*



You have a basket containing ten apples. You have ten friends, who each desire an apple. You give each of your friends one apple.

Now all your friends have one apple each, yet there is an apple remaining in the basket.

How?

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Community Café @ Much Birch Community Hall

Sadly there will not be a Community Café for the time being, but we will look forward to getting back to it as soon as we can.

In the meantime, if you need any help with shopping, picking up of medication from the surgery, posting letters or would just like a chat on the phone occasionally, please let us know!



Ring Kay on 01981 540666 and she will find someone to help.

We would like to say a big **THANK YOU** to all the volunteers helping at this time.



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Herefordshire

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Driving safely through the Lock-down

Demand for courses helping to improve safer driving are on the increase, as drivers become more aware of the need to maneuver safely in today's traffic.

However, as a leading local Road Safety charity, we followed Government advice and suspended our support services which means that, until further notice, we may not provide in-car guidance, nor run our popular Driver Refresher courses, all of which aimed to help drivers get up to date with rules and regulations, cope better with modern technology and feel safer, driving in today's traffic.

Meanwhile, our team of volunteers will be ready to help you over the phone or by email so that, immediately the lock-down is lifted, it will be safe to benefit from their personal experience, advice and practice.

Until then, we are providing a "Safer Driving" hotline; ring Stella Boyd-Carpenter, Group Contact, on 01432 840835, or email group-contact@advanced-drivers.org.uk. She will then contact your nearest team of advisors, so that you can discuss how we could help when things return to normal.

Or, take a drive round our website <https://advanced-drivers.org.uk>

Stay safe and healthy, on and off the road . . .

Adrian Barlow
Chairman
Herefordshire Advanced Drivers

The strange thing for us with the lockdown, is having our son and family next door and also a daughter and her family 100 metres down the road and only seeing them at a distance. We usually have two grandchildren at breakfast time and another one joins them after school. Mum's and Dad's then collect them, so we see them all every day. Jenny then cooks a big roast on a Friday night, so we are used to a houseful all of the time. Now, we wave through windows and talk at a safe distance, it is most strange, but we do see them and know that they are all safe and well. Our other daughter and family are in Gloucester, so we are all keeping in touch with WhatsApp, including Evie's 8th birthday on Thursday, when we were able to watch her opening her presents and cut her birthday cake. We have always said how lucky we are living in the village, now, more than ever. We go for our daily walk and everybody is in good spirits, people are leaving out books, plants and flowers. Meg and Chris next door bought us a cream tea from the Pilgrim and everybody is genuinely concerned for each other, every act of kindness reaffirms the fact that people are really nice.

The Church is closed, normal service will resume as soon as possible. Steve Turner and I have cut the churchyard before it gets out of control. We have had to postpone the Lent lunch, where we raise money for Sight Savers and also the annual Fete, we hope that we will be able to do something once this is all over. My other mowing duty is the bowling green behind Asda, this I have cut a couple of times, the Government deeming this essential maintenance. I can't wait to go and bowl on it, it is looking really good at the moment.

We hope that everybody and their loved ones stay safe and well. Give us a wave as you go by, we are usually in the conservatory with a cup of tea and a book.

John Caton



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ALL ASPECTS OF TREE WORK UNDERTAKEN

Much Birch WI

Unfortunately we had to cancel our meeting of 21st April 2020 about 'Birds of Prey'. We were looking forward to meeting people from other organisations in the village and people from the village itself. We hope to have a 'Birds of Prey' meeting and open it to the village next year. Sadly, our May meeting will have to be cancelled and we may have to re-arrange our programme depending on lock-down procedures. All we can say is that, once the lock-down is lifted, we will endeavour to set the WI on its feet again as swiftly as possible so watch out for future plans and above all KEEP SAFE

My individual 'take' on the present situation

I am so lucky to be well, fed and near (next door) some of my family. So far, we have had most of our orders delivered from supermarkets and local shops so we, my son, daughter-in-law, eleven year old son and I are fighting fit. We have a large garden and a paved drive to walk or scoot up and down. Our medicines are being delivered after a week, too. Of course, we miss our family and friends as do most people but the telephone and internet are there for us to use.

The upside of all this is that the garden is looking fine although mine has more weeds than plants! I can hardly believe that almost five weeks in I am still well, the ironing pile is still as high and goodness knows how high the telephone bill will end up! So keep safe and now I am off to find some stitching to do as I am nearly out of knitting yarn! PS. The outside of my bungalow has been painted, too. Thank you to everyone.

Joy Button

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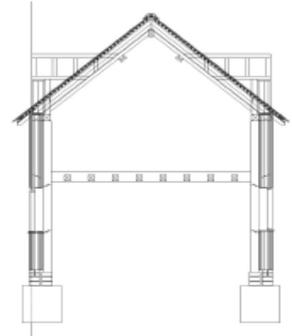
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Little Birch Parish Council

Your Little Birch Parish Councillors are:

Cllr Peter Rees Chair

Cllr Janet Gwinnett Vice Chair

Cllr Kate Dillon

Cllr Michael Davies

Cllr Kate Robbins

Angela Middleton Volunteer Footpath Officer

Sophie Glover Clerk 01432 617306 lbpcclerk@gmail.com

For updates and notifications of future meetings please check out the website – www.littlebirchparishcouncil.org.

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Little Birch Parish Facebook Group



Find the latest news, events and business listings all in one place.

You are welcome to promote your local business, advertise a local event or post news or information of interest to the village and surrounding area.

Search for *Little Birch Parish Group* on Facebook



Statement from Chief Constable Anthony Bangham

Following the Bank Holiday weekend and the national release of the policing data in relation to the new Covid-19 legislation, I wanted to add my thanks to our many and varied communities across West Mercia for following the guidance and for doing the right thing: staying at home in order to help save lives.

My officers continue to be out in their communities, dealing with crime and keeping people safe, and at the same time they are now dealing effectively with the new responsibilities and risks presented by the virus. The statistics we have been able to share on use of fines by way of Fixed Penalty Notices (FPNs) show that we are using these new powers proportionately.

30 FPNs have been issued in West Mercia between 23 March and 13 April. I believe this demonstrates that our supportive approach of engaging, explaining and encouraging, and only using enforcement action as last resort, is working.

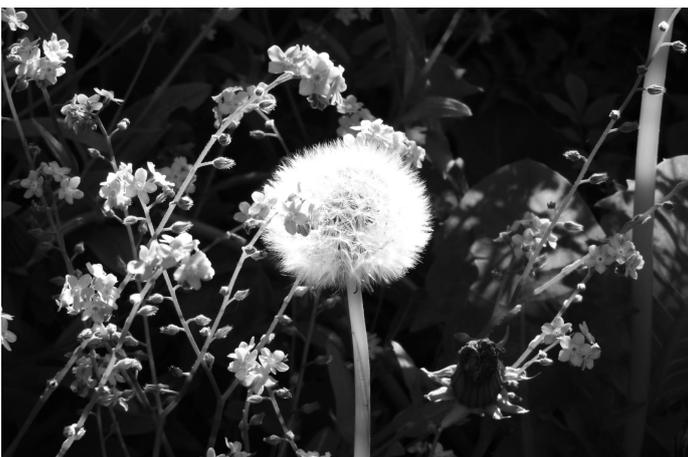
The vast majority of people are abiding by the guidance and the rules, and we appreciate their support and cooperation.

However, we have had a small minority of people who, despite our best efforts, have refused to follow the instructions and officers have needed to use their enforcement powers. Where there is a clear breach of the regulations and no reasonable excuse, then we will take action.

The vast majority of fines - eight in 10 - are given to young men, with two-thirds being aged between 18-34. I therefore appeal directly to our younger communities: please stay at home and do not put either yourself or us in a position where we are having to take enforcement action against you. The 'stay at home' measures are there to limit the spread of the virus and to keep us all safe, so please play your part. You are not immune and neither are those you come into contact with.

This virus affects us all in one way or another. Let us continue to work together as effectively as we have been so far to minimise the impact on us all. Thank you for your continued support."

Sally Nicoll has been out and about with her camera and sends us these lovely pictures.



HELLO! If you are self-isolating, I can help.

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My phone number is

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- Picking up shopping Posting mail
- A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

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