



# THE **Birches**

## **Community Matters**

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

*First published 1977 **June 2020***

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

Well, here we are again—or rather still!

### **Contributions**

Liz, the Editor, was wondering last month about what contents there would be for the Birches Newsletter. After all, the regular events had all been cancelled. We decided to ask some of our residents to tell us all how **'Lockdown'** was affecting them.

Liz has since been pleased to get a number of emails saying *“This is the best newsletter we have ever read!”*

With that in mind, we have more contributions, in this, the June issue. If you would like to add your own comments about **'Life in Lockdown'** next month, please send an email to:

[editorial@birchesnews.org.uk](mailto:editorial@birchesnews.org.uk) for the attention of Liz Hall.

*Thanks for all contributions - Mike*

Dates for Much Birch Community Hall Village Markets for 2020

Summer Market - 26<sup>th</sup> June 2020



Autumn Market - 25<sup>th</sup> September 2020

Christmas Market - 11<sup>th</sup> December 2020

All 2.30pm – 4.30pm

**Whether the weather be fine, or whether the weather be not.**

**Whether the weather be cold, or whether the weather be hot**

**We'll weather the weather, whatever the weather**

**Whether we like it or not!**

**Please send copy for the July Newsletter to  
[editorial@birchesnews.org.uk](mailto:editorial@birchesnews.org.uk) or written  
contributions to Liz Hall at Walmere, Wrigglebrook,  
Kingsthorpe HR2 8AW.**

**—by 18th June please.**

## **COVID-19—from Rev Mark Johnson**

### **A thought about our community.**

It was great to see so many people commenting in the Birches Newsletter last month. People thinking about all sorts of things, from community to pollution to gardens. A month on and we are starting to see something of a lifting of the lockdown. Some may say it's too early, some may say about time! We have to be careful, though. The chances of contracting COVID-19 and ending up in hospital (or worse) are relatively low, as long as you take care (rather than being alert!). However, the effects can be serious, especially if you are older, immune-compromised or have underlying health conditions. We are in danger of creating a two-tier society! The healthy and everyone else. That is not a good situation to be in. We must work to ensure that everyone has access to the community and if that means that the young and the healthy have to take more precautions so that those who aren't so young or so healthy have a chance to have a social life and meet and even mingle, then it is incumbent on the healthy to be careful. We are, as someone put it, boats on the same river rather than all in this together, and a good sailor doesn't put others at risk!



### **What next – steps into the future?**

The future is uncertain, of that we can be sure. We may have to live with this virus for some time to come – not just weeks and months but may be even years. It might be that we have to reorganise our society and our thinking to see us through. The good news is that is not the Black Death! That killed somewhere between 30% and 50% of everyone who got it. But the disruption shouldn't lead us to wallow in nostalgia. Now is the time to rethink where our society and humanity in general is going.

We have the slow march of global warming, and that certainly needs to be tackled if we are to a future for our children and grandchildren, and now this. May be we have to lower expectations – no more quick flights to the Costa del Sol, working not for material wealth but for the satisfaction of producing something, not endlessly wanting this new thing, car, computer, watch, but cherishing and treasuring what we have, repairing and renewing what we possess so that it lasts.

There is plenty up for grabs, and new visions of where we as a country, a county and as a community want to be. Let's be forward thinkers!

## A nursing home in lockdown

Loneliness is recognised as a cause of much suffering yet during these unprecedented times we have closed our doors to all visitors. The lack of visitors leaves a space that is difficult to fill. But try to fill it we do with a continued sense of humour, the use of skype, celebration, such as the VE day celebrations, poetry and online activities.

Everyone is longing to see loved ones but remaining pragmatic and stoical. Our residents are of a generation who have known worse and have proven themselves resourceful and resilient.

The challenge to protect ourselves from Covid 19 is relentless and we need to be constantly vigilant. Our estate manager installed a sink for hand washing in the entrance hall with a sensor tap and warm water. On arriving for work everyone has their temperature checked and washes their hands before entering the building. We then wear masks for all contact with residents.

Senior staff have spent hours in virtual meetings online, connecting us to the wider community and keeping us abreast of developments and latest guidance.

Residents now join each other for meals in small clusters, which many really enjoy, rather than gathering in the main dining room. We are fortunate to have beautiful grounds for residents to enjoy.

We would like to thank everyone for the many kind gifts of handmade uniform bags and masks that we have received. We have also received PPE from the NHS which means we have a good supply.

If a resident nears the end of their life we allow family to visit if they are themselves well, checking their temperature and asking them to wear some PPE only allowing access to the room of their loved one..

At the slightest suspicion someone is not well we isolate and barrier nurse them in their room as a precaution for at least 7 days. So far we have managed to avoid Covid 19 coming into the home but the risk remains. My heart goes out to those colleagues in homes who have witnessed and suffered the loss of many of their residents. It will have been unbelievably emotionally draining and heart breaking.

In April I developed a sore throat and cough and was immediately isolated at home as per the national guidelines. At the time testing was not available. We hope testing will mean less unnecessary isolation for residents and staff and help us live more safely with this virus which will be with us for a long time to come.

Naturally families are eager to see each other and we are allowing some social distance visiting with families talking through windows grateful to catch a glimpse of each other as some had feared they might never see each other again. Staff morale has remained high. As our own lives have been socially restricted the social pleasure and connection of work has become vital and I give thanks that I am able to work at this time. Leaving work on a warm evening instead of rushing to our cars as we usually do we linger as the light fades taking the chance to share some time and reflecting on these extraordinary times we are living through.

Antje Preston RN  
Working at Brockhampton Court Care Home

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

## ART & CRAFTS GROUP



Is unfortunately cancelled for now.

For further information please contact  
Val on 01981 540424 mob 07854 244656  
Maz 01981 541048

?????

*The day before two days after the day before tomorrow is Saturday. What day is it today?*

*Five people were eating apples, A finished before B, but behind C. D finished before E, but behind B. What was the finishing order?*

# 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.**

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.**

The practice will be closed for Bank Holiday Monday, 25<sup>th</sup> May.

Doctors and nurses are continuing to conduct telephone and video consultations but some routine work is starting to resume, for example cervical smears will be done at the practice from the start of June. Please contact the practice and speak to us first about anything if you are unsure whether you should be seen or not. To protect staff and patients we are not able to allow patients into the practice without prior screening.

There is now a practice in Hereford open as a 'Super Green' hub for shielding patients. This is a practice only used by shielded patients and the staff working there are shielding themselves to minimise the risk of infection. If you are shielding and require a face to face appointment you may be referred to this location by the GP or nurse.

During this difficult time it helps enormously if you can order your prescriptions online. If you need assistance in getting this set up please let us know. Please also let us know if you are in one of the vulnerable groups and have no other means of collecting medication and would like to be added to the delivery request. We have a list of volunteers who are kindly helping to deliver medication to patients.

Please can we remind you that the dispensary is only open for collection of medication between 10am and 4.30pm Monday to Friday. This is necessary in order for dispensary to continue to be able to work safely and dispense prescriptions ready for collection with reduced staff numbers during this busy time.

The NHS website is also really helpful for advice on minor illness and ailments, as well as coronavirus related advice: [www.nhs.uk](http://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](mailto: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](mailto: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](mailto:Admin.muchbirch@nhs.net) 01981 540310

## Much Birch Community Hall 100 Club

Result of the 100 club draw which took place on 13<sup>th</sup> April 2020 was as follows:

1 <sup>st</sup> prize – No.24	2 <sup>nd</sup> prize - 16
Mr. C. Grover	Mr. C. Grover
Much Birch	Much Birch

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The result of the draw which took place on 10<sup>th</sup> May 2020 was:

1st. Prize – No. 3	2 <sup>nd</sup> prize – 62
Mrs. L. Ashton	Miss. P. Dawson
Much Dewchurch	c/o Guildford, Surrey

Both draws were witnessed by Mrs. Cathy Peers.

The next draw will take place on 14<sup>th</sup> June 2020.

John Jones, Promoter

## 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](http://www.facebook.com/stmarylb)

**EVERYONE WELCOME**

## Extension to Violette Szabo Museum

The funds have now been raised for The Violette Szabo Museum at Wormelow to have a new extension to the museum to be called Violette's Reading Room. Planning permission has been approved by Herefordshire Council. In spite of the current Coronavirus crisis it is hoped the work will be completed in time to open at the Memorial Gathering on 11 July 2021, marking the 100<sup>th</sup> anniversary for Violette.

The extension will enable visitors to study some of the material on display more closely. Rosemary Rigby MBE, the founder of the museum, says “I am hoping next year to make this great day the most wonderful ever. It will mark the 100<sup>th</sup> anniversary of Violette's birth – and the 21<sup>st</sup> birthday of her museum”.

Violette Szabo worked for 'F' section in SOE, Special Operations Executive, during the 2<sup>nd</sup> world war. During a mission in France she was captured and imprisoned by the Nazis. She was executed in January 1945 and posthumously awarded The George Cross, the highest honour awarded to civilians. In 1947 her daughter, Tania, was presented with the medal on her mother's behalf.

## Coronavirus and me

Whoever would have imagined a situation where we don't go out, no travelling, can't visit family etc etc. Certainly not me. Murray and I are used to being out and about all the time and this has completely changed the way we live our lives. As luck would have it we had visited our little granddaughter in Anglesey and Murray had been able to visit his mother in Charles Court care home the week before the lock down, I had had a good haircut and we were ready for our trip to South Africa. The daily news wasn't looking good and we half expected a cancellation for our holiday and sure enough the disappointing news came. We were very lucky because had we booked just 1 week before we would have probably been one of those travellers who had difficulty getting back to the UK. Getting a refund is proving rather more difficult though.

We very quickly settled into a routine. As I can't go swimming or to the gym, or attend badminton club twice weekly I have taken up skipping in the garden. It's more challenging than I thought it would be and I'm not very good at it. Walks in the Aconbury and Athelstans wood have been beautiful and we have had the time to enjoy bird-song and watch the trees coming into leaf. As we all know the Bluebells have been stunning this year. I think the mild wet winter may have helped out too.

At the beginning of the lock down the Little Birch Parish Council decided to deliver a little flyer to every household with a list of names and phone numbers so that we could offer assistance to any parishioner who may need help with basic tasks such as prescription collection and shopping. I offered to deliver to every household in the parish knowing exactly where all of the houses are although I hadn't taken into account that so many of us have such long drives. So many residents stopped for a chat that it was a delightful task and I got the chance of a little peek into some of the gardens. All the walking and gossiping took me 5 hours. What a friendly community we live in.

There have been the good points about this new lifestyle. My veggie patch and garden have never been better. I have grown so much from seed (it's a thing I over indulge in every year) that I should have more delicious vegetables and flowers to pick than ever before. I am still enjoying the simpler life; less traffic going past, art, photography, cooking, gardening and best of all time to chat to neighbours.

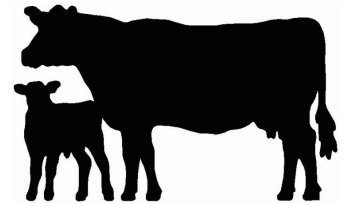
However, I am very much looking forward to visiting family and friends and hopefully taking a trip out in our motor home some time. I am not sure that we will ever return to the hectic ways we enjoyed before. Like so many of us the lock down has given us the opportunity to re-evaluate our lives.

Janet Gwinnett





# MERRIVALE ORGANIC BEEF



We have quality beef available direct from our farm in Little Birch to your doorstep.

It is organic grass fed Wagyu Cross beef which has been born and raised at Merrivale Farm.

The Wagyu breed is known for its beautiful marbling which gives a delicious flavour and texture to the meat.

The beef is available in mixed boxes which start at £65. Individual cuts and packs are also available.

Contact Lucy for more information on 07974 053804 or [lucymason@hotmail.com](mailto:lucymason@hotmail.com)

## Paraprosookians:

First time I heard about paraprosookians, I liked them. Paraprosookians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.



[www.greenleafarchitecture.co.uk](http://www.greenleafarchitecture.co.uk)

E. [info@greenleafarchitecture.co.uk](mailto:info@greenleafarchitecture.co.uk)

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Fred Bulmer Centre, Wall Street, Hereford, HR4 9HP

Registered Charity Number: 1086841



# Hereford Computer Help



Affordable IT support and computer training for Herefordshire and beyond

Remote computer support and lessons available for Windows, Macs, iPads and Android devices using screen-sharing technology.

Using applications, explained to you at the time, I can provide remote technical support, troubleshooting, and computer training over the internet. Many of my existing customers are already enjoying the convenience of this service.

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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](mailto:mark@herefordcomputerhelp.com)

Mark Giles



## 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](http://www.bbc.co.uk/iplayer/categories/films/featured)

ITV HUB – [www.itv.com/hub/categories/film](http://www.itv.com/hub/categories/film)

ALL 4 - [www.channel4.com/categories/film](http://www.channel4.com/categories/film)

MY 5 - [www.my5.tv/categories/films](http://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

At last, we have a cure for all!  
Ailments large and ailments small,  
Good health is not beyond my reach,  
If I inject myself with bleach.

Radiant, I'll prance along,  
Every trace of limescale gone,  
With disinfectant as my friend,  
Like him,  
I'm clean around the bend.

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*There is a barrel with no lid and some wine in it. "This barrel of wine is more than half full," says the woman. "No, it's not," says the man. "It's less than half full." Without any measuring implements and without removing any wine from the barrel, how can they easily determine who is correct?*

*I think mice are rather nice  
Their tails are long, their faces small and they haven't any chins at all  
Their ears are pink, their teeth are white, they run around the house at night  
They nibble things they shouldn't touch and no one seems to like them much  
But I think mice - are nice.*



**Bug hunt: Volunteers needed to spot insect's 'spittle' By Helen Briggs BBC News 26 May 2019**

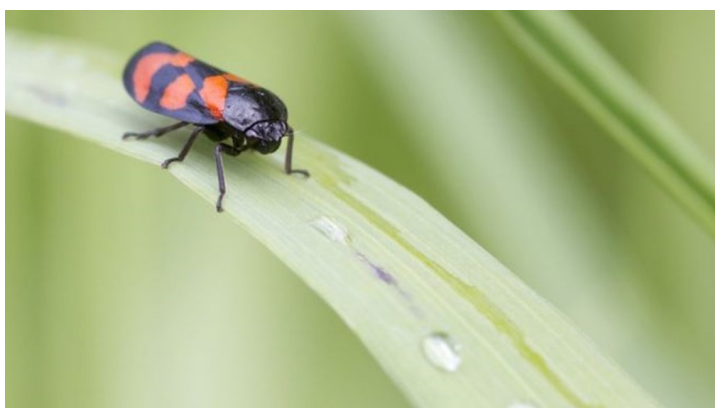
**Ever seen a blob of foam on a plant and wondered how it got there?**

The frothy spittle, sometimes called cuckoo spit, is actually a telltale sign that an insect known as the spittlebug is feeding on a plant.

Scientists are calling for thousands of volunteers to help record sightings of spittle and spittlebugs across the UK. The information will be used to map the distribution of the insect, in a pre-emptive strike against a deadly plant disease.

*Xylella* has struck several EU countries, blighting olive groves in southern Italy. The UK is clear of the disease but is on high alert.

Image copyright Getty Images



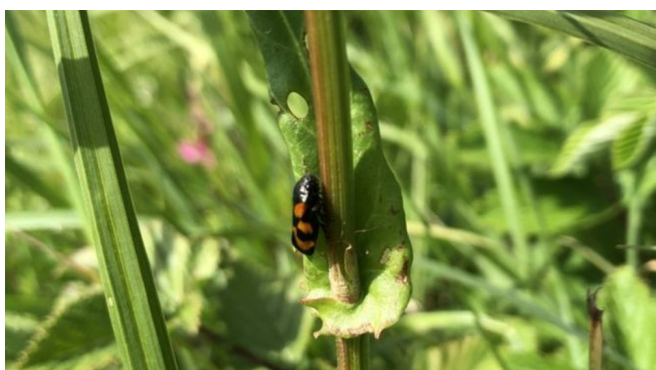
There are a huge number of plants the *Xylella* bacterium could affect, from garden plants like the rosemary and lavender to the oak, said Dr Rebekah Robinson, senior plant pathologist at the Royal Horticultural Society.

"*Xylella* has 563 different host plants worldwide, so it affects a huge range of different species," she told BBC News.

"One of the really devastating things that could happen is that it could actually affect our native tree species as well, things like oak trees, a number of different ash species, sycamore - key plants in our landscape."

Scientists are calling for volunteers to record where and when they've seen spittle or spittlebugs, in gardens, meadows, grasslands and woodlands.

Image caption Red-and-black spittlebug at the Sussex Wildlife Trust's Woods Mill Nature Reserve Image caption Spittle on a meadow flower at the reserve



**Facts about the spittlebug—Source: RHS**

Small, sap-sucking insects which are also known as froghoppers

Can be found in UK gardens, meadows, grasslands and woodlands from April to late June

The most common species in the UK is the meadow spittlebug (*Philaenus spumarius*). Adults are 0.5cm long and vary in pattern and colour from pale brown to black and can jump many times their body length

The red-and-black spittlebug hatches out on the roots of plants, rather than in blobs of spittle on plant stems

There are ten species of spittlebug in the UK and the young - called nymphs - all produce whitish, frothy blobs of spittle on leaves and branches.

The results will be used to map the distribution of the insect to better understand how *Xylella* might enter and spread in the UK.

Dr Alan Stewart, Reader of Ecology at the University of Sussex said we need to learn as much as we possibly can about what kinds of plants they feed on, what habitats they occupy, and where they are in the country.

"So, ultimately, if the worst possible happens, and the disease does arrive in Britain, we'll be able to make some really good predictions about how it's likely to spread and how quickly."

The spittlebugs are not pests in themselves and do not damage plants, said Dr Robinson.



We don't want you to go round squishing the spittlebugs, but we do want to understand where they're living," she added.

Below you see the damage done to olive trees Italy

If found in the UK, all host plants within 100m would need to be destroyed and there would be immediate movement restrictions on some plants within a 5km radius for up to five years.

You can report sightings at <https://www.brc.ac.uk/irecord/xylem-feeding-insects>.





## Photography Group

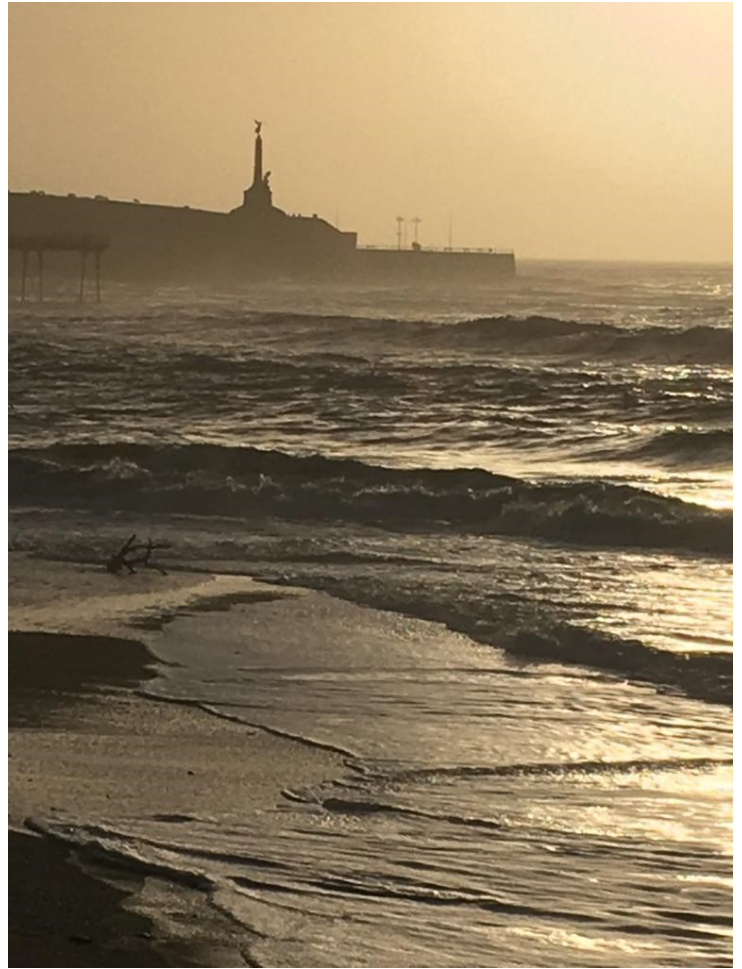
At group of ladies from the villages, and beyond, formed a photography group – pre lock-down – in order to improve our photography techniques, and to learn the technical side of using our cameras. These varies, from DSLR to Bridge Cameras, Compact and 'Phone cameras.

After the lock down we obviously were not able to do photography trips so we took on a 30 day challenge covering topics such as “black and white” and “leading lines” etc.

We shared and compared our photographs on “whats app” doing a different challenge each day.

This has been very successful and as well as learning a lot we have enjoyed ourselves and had a lot of fun!

Some of the photographs we have taken for various subjects such as shoes, reflections, and water have been shared below (!) We are just about to start another 30 day challenge. If anyone would like to join us, please contact Sally Nichol on 01981 540001, 07893032928 or Email [Sally.Nichol@btinternet.com](mailto:Sally.Nichol@btinternet.com) for more information. You would be most welcome.







## Pilgrim Takeaway Menu

<b>Mains</b>		<b>Sides</b>	
Chicken Tikka Masala & Rice	£11	Onion Bhaji	£3
Chicken Korma & Rice	£11	Poppadum	
Lamb Rogan Josh	£12		£0.50
Chicken Stir Fry [Noodles or Rice]	£11	Naan Bread	
Chicken Fajita Pasta	£9		£1.50
Fish, Chips & Peas	£9	<b>Kids</b>	
Crispy Chicken Burger, Chips & Coleslaw	£10	Sausage, Chips & Peas	£4.50
Beef Burger, Chips & Coleslaw	£10	Tomato Pasta	£4
Beef Goulash with Chips	£10	Plaice Goujons, Chips & Peas	£4.50
Beef Lasagne with Chips	£10	Chicken Nuggets, Chips & Peas	£5
Chilli Con Carne with Boiled Rice	£10		
		<b>Afternoon Tea Box</b>	
<b>Vegetarian</b>		Choice of Sandwich, Homemade Scone,	
Vegetable Lasagne with Chips	£8	Rodda's Clotted Cream, Jam & Cakes	£9
Vegetable Curry with Boiled Rice	£8		
Vegetable Stir Fry [Noodles or Rice]	£9	<b>Drinks</b>	
Mushroom Stroganoff with Saffron Rice	£8	Butty Bach 500ml	£3
Tomato Pasta	£8	HPA 500ml	£3
		Bulmers Original 500ml	£3
<b>Desserts</b>		Bulmers Berry 500ml	£3
Chocolate Fudge Cake	£4	Peroni 330ml	£2
Baked Vanilla Cheesecake	£4	Vagabond Brewdog GF 330ml	£2
Sticky Toffee Pudding & Toffee Sauce	£4		
Rowlestone Farm Ice Cream; Vanilla, Chocolate, Honeycomb & Strawberry	£3		
		<b>Available from 1pm to 9pm daily, including Sundays</b>	
		<b>Payment by card when ordering on 01981 540742</b>	

**Much Birch Parish Council**  
 Parish Clerk Mrs Alison Wright  
 Longfield House, Gooses Foot, Kingstone  
 Herefordshire HR2 9NE  
 Tel. 01981 250860... Email: [muchbirchclerk@gmail.com](mailto: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](mailto: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](mailto:turnersofcrossways@btinternet.com) and Tel. 01981 540090
- Cllr Andrew Crum Anfield House, Barrack Hill, Kingsthorpe, Hereford, HR2 8AX, e mail [a.crum@btinternet.com](mailto:a.crum@btinternet.com) Tel. 01981 540002
- Cllr Roisin Burge The Old Hall, Barrack Hill, Little Birch, Herefordshire, HR2 8AX [roisinburge@hotmail.com](mailto:roisinburge@hotmail.com) Tel. 01981 540724
- Cllr David Baldwin The Granary, Much Birch, Herefordshire, HR2 8HS [baldwin79@btinternet.com](mailto: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](http://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>

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*A man has 53 socks in his drawer: 21 identical blue, 15 identical black and 17 identical red. The lights are out and he is completely in the dark. How many socks must he take out to make 100 per cent certain he has at least one pair of black socks?*

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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](mailto: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

## 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.



A local group who want to bring people together, strengthen community links and provide relaxed and fun events for all ages.



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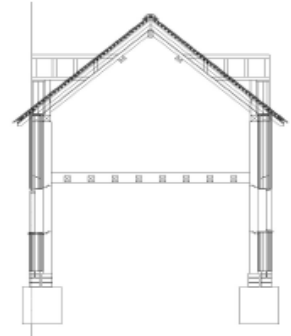
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# Little Birch Parish Council

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](http://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."



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

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I live locally at .....

My phone number is .....

**If you are self-isolating due to COVID-19 I can help with:**

- 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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