

February 2023

Chaddleshworth News

Chaddleshworth Parish Council

Chaddleshworth have **three** vacancies for Councillors to represent Chaddleshworth Parish.

- ✓ Do you want to make a positive difference in the village?
- ✓ Would you like to influence decisions that affect your community?
- ✓ Do you have time or expertise which could benefit your community?
- ✓ Do you want to make a difference to all those around you?
- ✓ Are you concerned about your local area?
- ✓ Do you want to represent the views of local people?

You will be willing to give up some of your time – how much depends on you and your commitment to work for your community without being paid.

The Parish Council meets every other month (except August) on the **first Tuesday of the month at 7.30pm** in the **Chaddleshworth Village Hall**. Meetings normally last around 1-2 hours.

You must be 18 or over, an elector or been a resident or worked within 3 miles of the Parish for the last year.

If you would like to make a difference, and be involved in shaping the future of your local community, **why not step forward and apply to become a Chaddleshworth Parish Councillor?**

Please contact the Clerk to the Council on chaddleshworth.pc@outlook.com for further details.

**ENTHUSIASM AND COMMITMENT
ARE MORE IMPORTANT THAN
EXPERIENCE**

Included in this first edition of Chaddleshworth News for 2023:

- News from Revd. Miri and Chaddleshworth Parish Council,
- Reports and pictures from the recent Chaddleshworth Seniors' Christmas Lunch, Terrier Race, Chaddleshworth Entertainments and The Sloely Cup events
- and this edition also includes news from many more of our local organisations.

Please provide your letters, suggestions and contributions for the next February edition **by the 20th** of February to chaddnews@gmail.com Thanks! **Ed.**



www.chaddleshworth.net • chaddnews@gmail.com

Co-Editors: David Jennings & Grahame Murphy. Distribution Team: John Ballard, Ruth & Andrew Lee, Nikkie & Kevin Macnamara, Joe Mills, Grahame Murphy, Sue Ridgeway. Printing costs are paid for by Chaddleshworth Parish Council.

Electronic colour eCopy available on the village website.

Letters and Announcements

Deaths: I am sorry to have to share with you the sad news that **Christine Patterson** has died. Christine will be greatly missed by friends throughout the Benefice as she faithfully travelled round all of our churches for Sunday services. Christine had enjoyed a busy December with a family wedding, Christmas and her birthday before a short final illness. Please remember her family in your prayers.

Val Lloyd, keeper of the church key in Sheffield Woodlands has also passed away. She was a central figure in village life and so please pray for her family and friends and for the wider community. *Miri*

My Final Service as Rector of West Downland: I hope that you'll join me on **5th March at 10.30am, Brightwalton Church** to remember all that we've experienced together, the joys and the loved ones we've lost, and to celebrate all that we've achieved over the last five years. If you have friends or family who do not receive the pew sheet, but have had a special service in the church in recent years please invite them to come along as there will be prayers for the children who have been baptized, the couples who have married and the families who have mourned during my time here.

There will be drinks after the service, and a lunch for those who can stay, so please come. David and I would love to see you there. *Miri*

Parish Council Resignation: After more than 40 years on the Parish Council in one guise or another I have resigned. A Parishioner made a complaint about my behaviour at a Parish Council Meeting. Despite what I thought was a robust defence WBC have upheld the complaint. I would like to thank all my fellow Councillors both past and present for their support. I would also like to thank all the Clerks I have known through those more than 40 years. Finally, I would like to thank Clive Hooker our District Councillor and the 6 MP's I have contacted for help with PC matters the first being the father of our current MP Laura Farris. **Grahame Murphy**

A note from your Clerk: I just wanted to say it has been a great honour to work alongside Grahame Murphy as Chairman to Chaddleworth Parish Council for the last almost 10 years. I always saw a big send off for Grahame when he eventually decided to stand down from Council, sadly it has not worked out this way.

Grahame has simply been the best Chairman a Council and Clerk could possibly have. Grahame's local knowledge is remarkable, he would always give his time to the residents, listening to their views, even when he was up against it with local authorities, Grahame would still go that extra mile to help someone. He really cares about the community and the people.

I wouldn't be the Clerk I am today without Grahame's guidance. I thank you Grahame on behalf of all the village for what you have done for your community for over nearly 40 years of service and wish you well. **Kim Lloyd**

Chaddleworth Winter Club

Every Monday until the end of February, in **The Ilex Inn from 12noon to 3pm** and from **5pm to 8pm** you can enjoy a bowl of soup and a roll, and unlimited cups of tea or coffee during these cold winter months. It is free but we hope that many people will want to make a donation and there will be a bucket for this purpose. The initiative is being funded by two benefactors in our village.

Covid 19 Test Kits: The Parish Council have been supplied with test kits by West Berks Council Healthcare and there are still kits available.

Please contact Grahame via **01488 638628** or botmoorway@btinternet.com

The regular Councillor's Report is available via the West Berkshire website:

www.westberks.gov.uk/downloadsparishcouncilreport

Kind regards, **Councillor Clive Hooker**

Vacancy – Clerk /RFO to Chaddleworth Parish Council

Becoming a Parish Clerk is one of the most rewarding jobs in a local community. A competent Clerk underpins a good Parish Council. Parish Clerks usually pride themselves in having a good deal of common sense, confidence to handle a varied administrative workload, being a good organiser, IT literate and able to get on with most people. Underwriting these qualities is a sense of public duty, of wanting to help others in the community. The Clerk is the 'engine' of an effective Parish Council.

The role of Clerk is to ensure that the Parish Council as a whole conducts its business properly and to provide independent, objective and professional advice and support. The Clerk and Parish Councillors are mutually supportive and could not really exist without each other. Parish Councillors are elected by residents - the Parish Clerk is paid for by residents. The Clerk's salary is part of Chaddleworth Parish's Precept (Council Tax allocation). Parish Councillors are volunteers who are committed to trying to maintain/improve their communities and are passionate about trying to make a positive influence.

The Clerk is the 'Proper Officer' of the Parish Council. This is a legal way of saying 'point of contact'. A Parish Council needs a formal address to which legal papers and documents can be sent, and the Clerk is the person whose name and address is used for this formal role. The Clerk is the person to whom all correspondence should be sent and replies from the Parish Council will come via the Clerk. This makes sure that the lines of communication are kept simple and uncomplicated.

The Clerk is also the 'Responsible Financial Officer' (RFO) of the council. This means that in law the Clerk is personally liable for the financial probity of the Parish Council – in other words, that all Precept money is budgeted for, spent in accordance with proper powers, and

that the accounts are correctly drawn up and audited. The Clerk, in discussion with the Chair, draw up the Agendas for each Parish Council meeting. Usually there is a certain amount of background information to be read in advance of the debates, and the Clerk researches and collates these reports. An important aspect is to advise on any legal considerations that would have to be borne in mind. After a Parish Council meeting, the Clerk produces the 'Minutes' which is the legal document recording what was decided, and then sees to it that the decisions are implemented. This might mean anything from submitting the Parish Council's comments on planning applications to reporting highways defects, circulating information to residents or moving forward projects. Sounds pretty daunting doesn't it! – but like everything else in life once you know how, then it's all fairly straight forward and a very rewarding role.

If you are interested in the position, please get in touch with the Clerk, **Kim Lloyd on 07867 310121** or chaddleworth.pc@outlook.com for the full job description. It is for 6 hours a week, working from home, you will need to attend evening meetings. You will need your own office set up; expenses are paid for this allowance. Salary is negotiable on experience.

Closing date: **Friday 17th February 2023**

Chaddleworth Hardship Fund

The Trustees recognise that energy bills have dramatically increased and are set to go up again in the autumn. All applications are always treated with the utmost confidentiality. If anyone is having difficulty in paying their bills and or are in 'fuel poverty' (spending 10% or more of their income on energy) they are urged to contact the Hardship Fund Trustees via the Parish Clerk/Responsible Finance Officer on chaddleworth.pc@outlook.com

St Andrew's Church, Chaddleworth – part of the West Downland Benefice

As many of you know I shall be leaving my post as Rector of West Downland at the beginning of March so this is my opportunity to **thank all of you** who have helped and supported our churches, and me personally, over the last five years. As someone said to me the other day *"you've been here at the weirdest of times"*, but in many senses I think that it has been the most privileged of times to be a Christian minister. I've experienced the very best in people as we made huge sacrifices in order to safeguard one another. I've seen communities jumping into action to care for neighbours in need. I've stood in the street banging pans for the NHS with fantastic fancy dressers who made each other laugh with their get ups every week, however grim the news. I've shared video assemblies in my kitchen and led services in fields and churchyards. The beauty of the candlelit faces of families at home, on Zoom, with their Christingles will stay with me for ever. I've worked with weddings couples who have salvaged wonderful, intimate marriage services from their original plans and I've prayed with courageous bereaved families saying farewell to loved ones during restrictions on services. And then I've worked with committed professionals in our schools and preschools, and volunteers in our communities to put everything back together again.

After a very busy eighteen months I think we've caught up with the weddings and Christenings

that were postponed, but there are still ashes to inter, and hearts and minds to encourage and comfort on their journey to healing. People might say that we've got 'back to normal', but I rather hope that the sense of community that we rediscovered during the pandemic is the real normal. It's that very practical way of living out Jesus' command to *"Love your neighbour in the way that you love your own"* that will help us all to make peace with the events of the pandemic and to come out the other side of the cost of living crisis.

But supporting our churches through this next phase will be the job of the Churchwardens and your new Rector, once they have been recruited. As Jacinda Ardern put it, resigning from a role far greater than mine, *"I've got nothing left in the tank"*. I need to focus on my own family for a while and so my time to hand on the privilege of travelling with you through the highs and lows of your lives, reminding you that Jesus commands us to love God as well as our neighbour, is now.

I hope that you'll join me on **5th March at 10.30am** in **Brightwalton Church** to remember all that we've experienced together, the joys and the loved ones we've lost, and to celebrate all that we've achieved over the last five years. There will be drinks after the service, and a lunch for those who can stay, so please come. I would love to see you there.

Rev. Miri Keen

West Downland Benefice Service Dates

Sunday 5 th February	10:00am	United Benefice Service	Wickham
Sunday 12 th February	9:00am	BCP Holy Communion	Shefford Woodlands
	10:30am	Morning Praise + Holy Communion	Fawley
Sunday 19 th February	9:00am	BCP Holy Communion	Chaddleworth
	10:30am n	Morning Praise + Holy Communion	Leckhampstead Village Hall
Sunday 26 th February	9:00am	BCP Holy Communion	Welford
	10:30am	Morning Praise + Holy Communion	Brightwalton
Sunday 5 th March	10:00am	United Benefice Service & Reverend Miri Keen's Leaving Service , followed by refreshments in the church and a buffet lunch in the Village Hall.	Brightwalton

We are pleased to offer Zoom from Church for the services, please contact the Benefice Office for joining details via sarah.westdownland@gmail.com Details can also be found online at A Church Near You

www.achurchnearyou.com



Great Shefford Pre-School



**Pre-School, Tuesday, Wednesday,
Thursday 9:15am to 2:45pm**

Well, our Christmas celebrations seem a while ago now but I can share with you how beautifully the children participated and sang at both the Christingle service with Rev. Miri and at our traditional Nativity play, in front of a large congregation, at St. Mary's Church.

We are now learning a little about how the Police help us and hope that PC Lee Bremner will be able to visit us soon.

In between those gatherings we also managed to fit in a visit from Ofsted for a regular Inspection! We can now share with you the wonderful news that we were graded as **"OUTSTANDING"** in all areas for a second time and under a new Inspection Framework. This is a reflection of the hard work, training and dedication shown by the staff team and committee volunteers over many years.

A copy of our Report can be found here <https://files.ofsted.gov.uk/v1/file/50204964>

If you have a pre-school child and would like to find out more about the wonderful learning experiences we offer, please log on to our **Learning Diary** on our website www.greatsheffordunderfives.co.uk or contact us on **07867 934387**.



**Baby and Toddler Group, Monday
9:30am to 11:15am**

*The Baby & Toddler group is very popular with young families from the local area. If you haven't visited us before, please come along to **Great Shefford Village Hall** and let our staff, **Morven and Debbie**, make you most welcome with a cuppa, chat and plenty of activities.*

We have an excellent range of resources and most importantly, are looking forward to meeting parents and their very young children to offer support and friendship.



With best wishes,

Denise

denise.herrington@btinternet.com

Chaddleshworth St Andrew's and Shefford C.E.

Federated Primary Schools



We were so delighted to receive our SIAMS inspection report this term. This inspection focuses on the impact of the Church school's Christian vision on pupils and adults. We have been graded **'Good'** overall and **'Good'** for Collective Worship. Thank you everyone who has supported us to reach this fantastic outcome! They report:

- The school is a transformative community where the needs of all are met, and all are enabled to flourish.
- The children are inspired with exciting and relevant learning.
- The school offers a secure space for spiritual development, where thinking and considering the important questions of life is highly valued.
- Governors are successfully involved with the promotion and development of the school's Christian vision and character.
- Staff seize every opportunity to pause and ask thought-provoking questions.
- Parents champion this small school's inclusive nature.
- Relationships are harmonious and conveyed in mutual respect for all those around them.

The areas for development are already in the School Development Plan as we continue to ensure we move towards excellence! The reports for both [Shefford](#) and [Chaddleshworth](#) schools are linked.

Alison Stephenson,
Headteacher/DSL,
01488 648657
www.csfschools.org

We must also mention the Owls who visited Oakwood climbing centre in Wokingham last week. It was their first overnight stay with the class and they loved it! The Owls said:



- *"My favourite activity was the climbing because we got to try out lots of different climbs."*
- *"My favourite activity was crate stacking. I was so nervous but I got to the top!"*
- *"Working in a team for the low ropes was much harder than I thought it was going to be. Looking after everyone was really tricky."*
- *"I loved the breakfast this morning. I ate so much!"*

Our Christian value focus this term is **'Trust'** and they certainly showed this in abundance. Well done Owls!

And our Red Kites, who are learning about Islam, visited Maidenhead Mosque. They learnt so much more by seeing it first hand and our host, Zia, gave an excellent tour which included not only the features of the mosque but also how the mosque is used as a place of worship. Thank you!



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email Nathan@theibexinn.com

visit www.theibexinn.com

Terrier Race: First off was the open race, and what a close call that was! The dogs were so happy to be running that the front runners were actually ahead of the lure! It was extremely close and luckily there was photo evidence. Well done to **Axel** for winning that one for the second year in a row!

Then came the terrier race... all dogs took off from the start line and it was hard to know who was going to take the lead. As they came round the corner, **Tink** was in front and almost had it until she decided that the bush was more interesting than the finishing line. **Bullet** and last year's winner **Mackerel** followed suit and also didn't quite make it over. Carnage ensued

as all the other dogs caught up and owners were trying to get them over the line, but terriers being terriers they wanted to do their own thing. Eventually we had some terriers cross the line, and our winner was.... **Ivy!**

Thank You so much to those involved in organising the race – **Gary Pounds, Donald Heaven, Rosie Andrews and everyone else that took part!** We look forward to the next one!

Coming Up...

Valentine's Day: Treat your loved one this Valentine's! Exclusive menu for one day only!

Mussels Night: Cornish Mussels Au Marinere served with ciabatta **£14.95**. Pre-booking by 6th Feb please

Pancake Day: We are celebrating Pancake Day here at The Ibex. Choose between Classic Lemon, Georgetown (Mango, Passionfruit & Whipped Cream), Baileys & Chocolate, Banana & Nutella, or Toffee Apple! **£6.95**



*Thank you
from Gavin,
Nathan &
The Ibex
Team*

Seniors' Christmas Lunch 2022

A good time was had by all at the senior citizens Christmas lunch at the Ibex Inn in December. A lovely meal and a chance for everyone to catch up with people they hadn't seen for a while.

Thank You to **Nathan, Gavin** and the **Ibex team** and **especially to the volunteers** who gave up their time to wait on tables. ***The Old Gits***



Chaddleworth Entertainments

A big thank you to all that attended the Christmas curry and quiz. We were treated to an amazing selection of curries, and the Christmas themed quiz was enjoyed by all.

Chaddleworth Entertainment will be meeting on **8th February at 7:30pm** in the **Ibex Inn** to start planning the events for this year, which include the children's Easter Egg hunt, Summer Fete, and the Kings coronation. If you would like to get involved in any of these events, **please come along.**

The Sloely Cup

The 18th Sloely Cup was attended by ten competitors. After a couple of hours of sampling the winner was, once again, **Charlie Smith**. He becomes only the second person to keep the cup for a second, consecutive year!

5th place was **Jimmy Warwick**, 4th **Charlie & Rosie McDowell**, 3rd **Ben Barrett**, and 2nd place (by just the one point) was **Shane McAllister**.

The 19th competition will be, as ever, on the **last Sunday in January next year.**

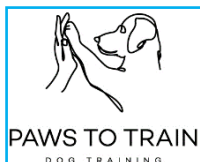
Congratulations to Charlie!





Chaddleworth Village Hall is a versatile venue with great facilities, plenty of parking, is well furnished and freshly.

Please contact us to view and book in for your children's parties, family events and any other functions. Contact **07827 309401** or ChaddleworthHall@gmail.com



Puppy Training Classes

Paws To Train is excited to announce **Puppy Paws Training Classes** will be starting on **Thursday 23rd February 2023** in **Chaddleworth Village Hall**.

Based on the APDT Code of Practice of 'kind, fair and effective training', the course is designed for vaccinated puppies from 10 weeks to 20 weeks, and offers your puppy a valuable start in becoming a best friend, companion and family member for life.

Our Puppy Paws classes comprise 6 weeks of practical sessions, with supplemental notes issued following each class, and as we operate small-group sessions to ensure maximum attention for each puppy, placements are limited.

To book you and your puppy on our **Puppy Paws Training**, or for more information please call **Michelle** on **07718 913177** or email mharris2006@hotmail.co.uk

Chaddleworth 100 Club

The latest winners of the 100 Club draw for December are **Carole Hince** with her lucky number 78 and **Glen Bourne** with her lucky number 27. The January winners are **David Jennings** with his lucky number 80 and **Mike Bodkin** with his lucky number 82. They all win **£43**. We are now at 86 Members so thank you one and all. Recently the 100 Club paid for the Hall's Fire Certificate Test. It is really worthwhile being a member to keep the Hall going and we implore every villager to join.

How do I join the 100 Club?

With "internet banking", set up a standing order for £2 per month (one number) or £24 a year. Payable to Recipient '**Chaddleworth 100 Club**', Sort Code **62-28-74**, Account No **00000000** (eight zeros), Reference **2856684010**.

Alternatively, by cheque or cash is fine.

Contact **Grahame Murphy** on **01488 638628** or botmoorway@btinternet.com to get your allocated lucky number!

Saunders Wynn and Coventry Educational Foundation

The three named benefactors set up the Trust to offer financial help to further the educational needs of the children and students (up to the age of 25) of the Parish of Chaddleworth. The Trustees meet four times a year with the next meeting scheduled for **9th February** to consider applications including any relating to the additional costs of home-schooling and remote study for students. Previous contributions have been made towards the cost of school uniforms, books for university courses, specific equipment and kit for courses, and residential courses.

If you wish to apply for funds please contact the Foundation's Clerk, **Heather Murphy**, Tower Hill Cottage, Botmoor Way, Chaddleworth RG20 7EU or email botmoorway@btinternet.com for an application form. All applications are treated in the strictest confidence. Any applications received after this scheduled meeting will still be considered for awards by the Trustees but there may be a delay before awards are made.

National Animal Welfare Trust

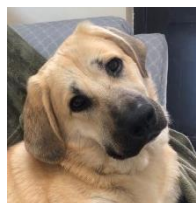
Trindledown Farm

Brrrr, is it Spring yet?! It's still very chilly here at Trindledown but luckily **Goodies Café** is on site with a wide variety of hot drinks and food to keep us warm in these colder months. They also have a lovely children's play area if your little ones fancy a play indoors.

As many of you know, we sadly had to cancel our Christmas Fayre back in December. This year, we are pulling out all the stops. We are currently in the planning stages for our events for the year and our first events are already happening! In January we ran a clothes sale from the 24th to 29th where all clothes, shoes, bags, and accessories were 25% off!

In February, we are bringing back our **Valentine's Day sponsorship**, where you will receive a Valentine from your sponsored animal of choice! We have lots of adorable faces that will be up for sponsorship – who will you pick?

Throughout the Christmas period, we naturally slow down rehoming, but we are pleased to say some of our wonderful animals have gone to their new homes!



Luna, a beautiful mixed breed who has been in our care since June has gone to her new home and is thoroughly enjoying life with her new family. They've messaged us since to say adopting her

was one of the best decisions they ever made, and she has settled in right at home.

In addition to Luna, the lovely cat, Jack has gone off to his new home and has really come out of his shell. Whilst at the centre, he was perceived as a very quiet and timid boy who didn't care much for the company of others however, since moving into his new pad, he has bonded tremendously with his new owner, following her about demanding affection and even sleeping in the same bed most nights!



Still searching for their *fur-ever homes* there is Kobe for the dogs and Sunny and Pickles for the cats.

Pickles is still looking for a new home. We are rather surprised this gorgeous girl has had little to no interest – just look at those beautiful markings, plus she is ever so affectionate and friendly. We have our fingers crossed that someone will snap her up soon.



Kobe, the French Bulldog pug cross in our care is doing excellent with his training and is beginning to trust people more and more with every day that comes, however he still has a long way to go but we are optimistic the right home that will provide him with all the training and love he needs is out there for him.

Sunny is also doing well and had the best Christmas ever! All of the animals here were able to open their presents on Christmas day and Sunny was completely overwhelmed by how many new toys she received – thank you to everyone who contributed! Sunny is still looking for her forever home and we are optimistic that the right home is out there for her who will love her for the companionship she offers.



If you're interested in applying for any of the above, make sure you check our website, which is updated regularly with the animals we have in our care.

Don't forget you can keep up to date with all of our animals and activities through our social medias by searching **NAWT Berkshire** on Facebook and Instagram or Trindledown Farm on TikTok!

Molly Hall

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*T&Cs apply, see website for details

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WILDLIFE PHOTOGRAPHER OF THE YEAR

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Chaddleworth Church Yard

During 2022, a volunteer group has formed and has begun looking after Chaddleworth's Churchyard. It is looking so much better! **Thank you to everyone who has volunteered** so much of their time and effort. The adjacent views are lovely too!

The Downland Practice

GP Leaving: Dr Victoria Ashall will be leaving the Downland Practice on 10th March 2023. This will cause some movement of patients who are on Dr Ashall's patient list.

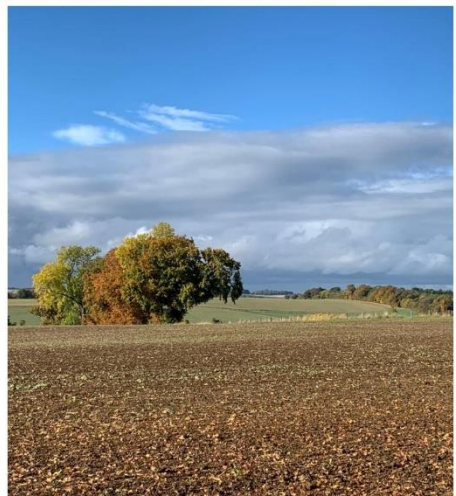
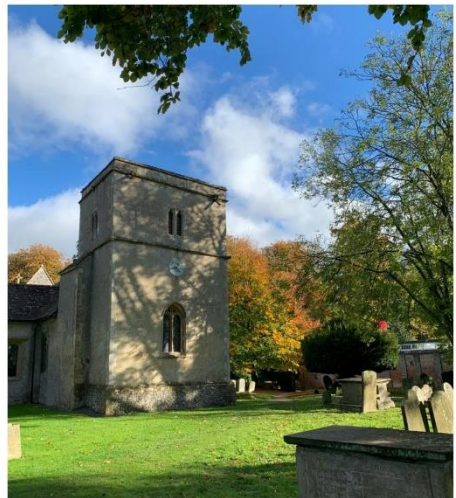
GP Locum: Dr Curtis will be working at the Downland Practice from 12th January 2023 as a Locum GP. He will be seeing patients from all of the Surgery GP lists in an aim to reduce patients waiting times. This is a NHS funded post and is short term only.

Recovery In Mind: We are holding our next one hour Introduction to Recovery in Mind workshop on **Tuesday 7th March from 2-3pm** at our training room in **Broadway House, 4-8 The Broadway, Newbury RG14 1BA**. Please encourage any adults aged 18 and over to come along to find out how our wide range of courses can help to improve mental health and wellbeing. All our courses are free to residents of West Berkshire and patients can self-refer. There is no need to book a place on this session, simply turn up promptly see link below for more information.
www.recoveryinmind.org

Christmas Gifts: The Downland Practice would like to send out big thank you to all the patients who sent in gifts of chocolates and biscuits over the festive period. It is much appreciated and a boost for all the staff.

Pharmacy Services: are under huge demand for medications as a direct result of patients waiting to be seen in Hospital (this list is well over 7 million patients). The Pharmacy are processing over 15,000 prescriptions a month, an increase of 25% since before Covid-19. So that services for patients can continue the Pharmacy will still be open from 13.00- 15.00 daily but there may be a longer wait so that the staff can prepare medications ready for collection

www.downlandpractice.nhs.uk





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Relevé Dance

by **Katherine Moore**, Glenn Miller Close

Spaces available for children's dance classes at **Brightwalton Village Hall, Mondays:** 3:30pm to 4:10pm pre-school class Acro, Ballet & Modern.

Tuesdays: 3:30pm to 4:30pm Reception & Yr1;

Tuesdays 4:30pm to 5:30pm Yr2 to Yr5 Tap, Acro, Ballet & Modern. Book your free trial.

Email katherine@relevedance.co.uk or call 07554 435737

Authentic Southeast Asian cuisine

Take away, delivery, open daily 5pm to 9pm. Call **June and Annie** on 01488 639544 or 07502 166131. Follow us on Facebook page 'Funky Noodles'



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Helen Fretwell

Silversmith & Jewellery Designer

Beautiful, handcrafted jewellery made to order to suit all budgets.

See the Facebook page or call 07551 775500



The Honey Pot

Chaddleshworth honey for sale. FREE local delivery. 8oz £3 12oz £4.50 16oz £6. Visit Purley Farm Stables, School Hill or call **Nikki Hills** on 07917 131330



Drop Off Food Company

Happy New Year! From January 2023 **Nick & Karen** have renamed the delivery food as the **Drop Off Food Company**. We will still operate in the same way, menu emailed on a Sunday for delivery the following Friday or Saturday. Call 01488 638269 or 07787 891945 for more details or to be added to the Sunday email to get the menu directly www.DropOffFoodCompany.co.uk

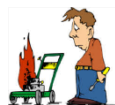


The Small Engine Guy

based in Weston, near Great Shefford

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Yoga In February

Monday evenings **6:15-7:15pm**

Classes **£10** (pay as you go)

all abilities welcome

Great Sheffield Village Hall

We are still in Winter, and Winter reminds us of the importance of retreating, rest as a form of repair, caring for ourselves through slowing down our rhythms, stripping back and understanding that less is nearly always more.

It is important to remember that the narrative we play in our minds and through our spoken word is key. So, for those who struggle in winter, try to approach it with the *Scandinavian Hygge*

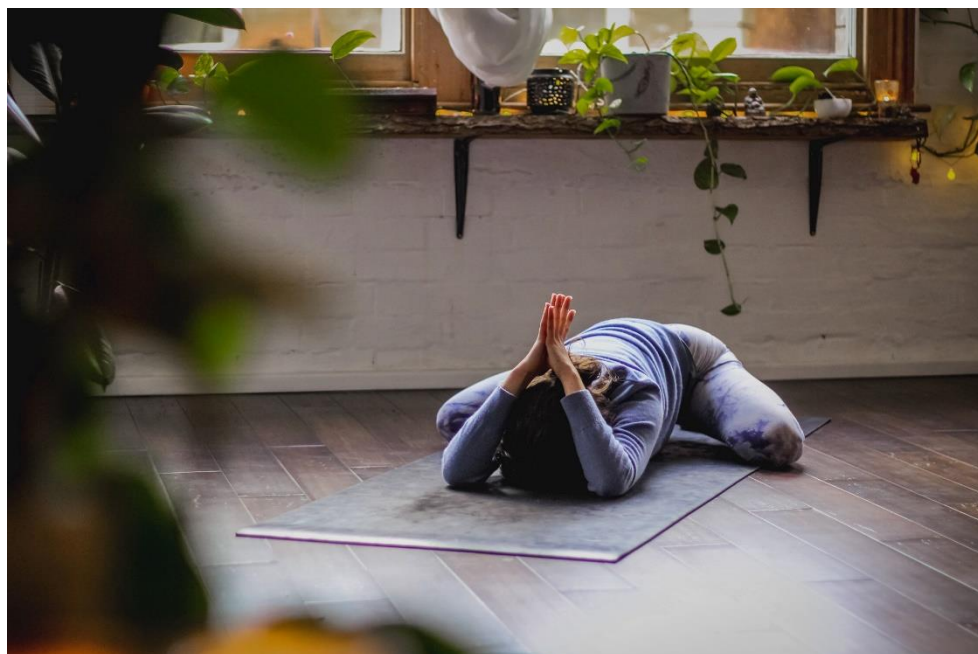
in mind, embrace it as a comforting, cozier, affirming season, draw on the positives as frequently as you can.

To help with a whirring or anxious mind, step back from seeking external stimulation and instead, draw inward, take time to revel in pottering, writing, healthy movement, breath work, a nightly Yoga Nidra/relaxation perhaps? Can you allow your Yoga practice this month to be an influencing antidote, to soothe, settle and centre you?

Spring isn't far away, so enjoy the lovely wintering season while it lasts.

Olivia Boydall

oliviaboydall@gmail.com



Please send articles, letters and announcements for the next

February Edition of Chaddleworth News

to ChaddNews@gmail.com

by 20th February 2023

Go well !

