Being a local:

LOCAL CLUBS & ASSOCIATIONS
Joining in and getting involved —
from cameras to tae-kwon-do and more

WHAT’s GOING ON LOCALLY?
Concerts, a Recital and a Choral Weekend
A Valuation Day and Exhibitions
Spring Walks and Daffodil Days

The Prof writes about Toll Roads

YOUR LETTERS —
Flooding update

Coming next month —
Stow’s Railway days — do you have memories, photos, souvenirs?

Photo kindly provided by Louise Bowles www.louisebowlesphotography.com
March Events

1st ~ 7th March: “St David’s Week”
8th March: Jazz Sunday Lunch
12th March: Ladies Lunch Club. £14.00 per person
16th ~ 21st March: “St Patrick’s Week”
22nd March: Mothers Day

Please telephone for details - booking essential

Look Out For April Events

E: info@thekingsarmsstow.co.uk  T: 01451 830 364  W: www.thekingsarmsstow.co.uk

New SET MENU
Monday to Friday
Lunch and Dinner
Two Courses £10
Three Courses £12

On Monday 9th March
Come and listen to the experts
At our
Cheltenham Preview Evening
From 7pm-8.30pm
Guest Speakers
Free Entry

MARCH EVENTS

1st ~ 7th March: “St David’s Week”
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From the Editor

My goodness! Where did February go? It went so fast!

The old wives tales tell us that March comes in like a lion and goes out like a lamb; that April showers bring on May flowers – at the risk of wishing the year away, won’t it be lovely to see the daffies bobbing in the hedgerows and to feel the warmth of the sun again!

April showers may not be something to look forward to if you are one of the families that still live under the threat of flooding – it only takes 1/2” under the door to do the damage!

With our new Flood Regeneration Group on the case, armed with Robert Dutton’s Memorandum and Action Points, perhaps THIS Spring will see the changes made to keep our lovely town dry.

For this month’s edition we invited our local clubs & societies to tell us all about themselves, and a number of them did, as you will see in our centre pages. The choice of how we spend our free time, our social time, is rich and varied. If you decide to have a go at something new, whether it’s quizzes or life-saving, we hope you will thoroughly enjoy yourself.

Thanks once more to our production team; Louise Bowles (photography) who forwarded our cover photo this month and to the deliverers who braved the snow to get the February editions out.

Best wishes, Jenni Turner Editor

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Telephone Moreton Times on
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(The phone will take your messages too – leave your name & contact number and we will return your call.)

email MORETON TIMES on moreton-times@dial.pipex.com
www.moretontimes.co.uk

Thank you to all our contributors, writers, sources of information and deliverers.
Extra copies of Moreton Times are generally available at Moreton Area Centre, High Street and in Moreton Library.
Market Commentary

As we approach the bottom of the market there are tangible signs of increased activity in specific areas of the UK property market. One of the principal factors is the readjustment in sterling against the euro and other currencies, in particular the US dollar. This in turn has had a positive effect on international buyers who are keen to invest in prime central London, the Home Counties and the most sought after rural areas such as the Cotswolds.

This is compounded when international exchange rates are combined with falling UK house prices and in some cases this combination of factors translates to a 40 – 50% saving for international buyers prepared to buy this year compared to 2007 when the market was at its peak.

It is now widely acknowledged by the most prestigious estate agents that these factors are beginning to kick start sales. Although some are taking the view that there is perhaps a little more to come off capital values, a growing number of people are prepared to deal now if the right opportunity comes along.

For home-based buyers disappointed by poor savings rates aligned to low interest rates, it is becoming clear that now is a good time to re-enter the market with a view to securing keenly priced, good quality property.

For those in rented accommodation who sold in 2007/2008, there is an enthusiasm to do deals before values stabilise: many cash buyers do not want to enter into competitive bidding for the house of their dreams in areas where prime properties are limited in supply. It is predicted during 2009 that the market will crack and values will steadily, albeit modestly, increase.

Taking on board all of these factors, confidence is beginning to return especially now that vendors are more realistic, accepting that prices have fallen significantly.

In summary, now is a good time to not only buy but to also consider selling, particularly if you are looking to reinvest back into the property market. For those looking to sell and buy with a view to moving upmarket, the forthcoming spring market could present a special opportunity to acquire a property previously beyond reach.

To find out how Smiths Gore could help you in 2009, please call our team on 01451 832832.

Robert Pritchard
Smiths Gore
Artisan chocolate for the connoisseur

Digbeth Street in Stow is renowned for its unique and individual shops, delicatessens and tea rooms. Last year Stow’s own resident chocolatier Katherine Pomfret, moved her pretty shop Miette from Sheep Street into the lovely old stone building next to Barclays Bank, with room to develop her busy kitchen and workshop. Now with a team of chocolatiers this is so much more than a sweet shop!

At Miette there is a passion – creating chocolate that is memorable, and that offers an experience – a challenge to the palette, a talking point. It’s the kind of creativity that has seen miette recommended in national press over recent months, including Elle Decoration and Fresh. “We use a sense of wonder and adventure when we put our flavours together. We produce by hand, in the tiniest batches (our average batch size is still only 120 chocolates) and the average age of a chocolate sold in our shop is just a few days. Often you’ll see fresh batches leaving the kitchen as you browse.

“We’re making all our eggs by hand, and customers have had great fun watching us in our demonstration kitchen, which is open most days.”

You’ll be spoilt for choice – so take your time. These are special decisions!

This Easter Miette has the biggest selection of eggs, chocolate animals and all things Easter-themed, with over 300 square feet dedicated to chocolate heaven. The range includes eggs made from dark rich Venezuelan chocolate decorated with gold leaf, cheeky marzipan bunnies and jelly eggs.

BEAUTIFUL & DELICIOUS – A PLEASURE TO GIVE AND TO RECEIVE.

Enjoy being local, peep in the pretty windows, go inside and watch the chocolatiers at work – you won’t be disappointed.

Miette artisan chocolatiers of Stow, Digbeth Street, Stow-on-the-Wold.
Tel : 01451 833 543        Buy online at www.miette.co.uk
Just a few of your snow pictures...
STOW ON THE WOLD PRIMARY SCHOOL
Extracts from the School’s monthly Newsletter.
Rebecca Scutt, Headteacher.

Class News
Class 1 have been learning about going to the fair and writing about their own favourite day out. They are continuing to learn about toys from the past and are making their own wooden spoon puppets. They are due to visit the Toy Museum in Stow next week.

Class 2 celebrated Chinese New Year by taking a trip to the Laughing Buddha, a Chinese restaurant in Evesham where they sampled food and were entertained by a traditional dancing Chinese dragon. The children then spent most of the rest of the week learning about Chinese culture.

Class 3 continues to work on their Viking long boats and are practising songs for their Viking assembly. They are also learning about paragraphs in explanation texts and about rounding numbers in maths.

Class 4 are writing and studying poetry based (appropriately) on snowfall and are learning all about gases in science.

Class 5 are studying Romeo and Juliet and are putting together The Verona News, where they videotape each other telling the latest news from Verona. They are also learning all about the life of William Shakespeare and the Globe theatre.

Floorball
A group of children took part in a floor ball evening at Chipping Campden School recently. They played well and although they did not win their matches they are through to the next round later this term. The children in the team are Eva Shoemark, Archie Gaden, Archie Bellamy, Jamie Nash and Phil Cross. Thanks to Mrs Gaden for accompanying the children to this session.

Snow Closure
The school staff all drove perfectly well to Stow on Tuesday (3rd February) from as far afield as Gloucester, Cheltenham, Tewkesbury and Evesham only to find that we were unable to get up St Edwards Drive to the school. The road was impassable at our time of arrival just before 8am and one car was already stuck. As other members of staff arrived for work they were unable to get past and up the road to the school safely. The problem was further compounded by the fact that there was nowhere else for us to safely park and leave our vehicles to walk the rest of the way. There was a real danger of an accident as cars were waiting on the main road so I had no other choice but to send members of staff away again and to close the school, despite the best efforts with shovels.

We do not take these things lightly and I have written to express my concerns to the Highways Dept and I strongly urge parents to do the same in order that we might get St Edwards Drive gritted. It is particularly pertinent now that we have a nursery and Children’s Centre on site that the roads are maintained and accessible to car users. I am sure St Edwards Drive was not alone in being very inaccessible unnecessarily. It has also been pointed out to me that the emergency services could also find moving around Stow difficult at such times.

Pennies for Concern Universal
We are collecting pennies again in March for Concern Universal. A speaker from Uganda will visit the classes to tell the children about the charity’s work in places where there is a problem with water supplies.
Maison Blanc is an authentic French Boulangerie, Pâtisserie and Chocolaterie originally created in 1981 by Raymond Blanc, master chef, television celebrity and owner of Le Manoir aux Quat’Saisons restaurant and hotel.

Today, Maison Blanc serves a great choice of speciality breads, viennoiseries, savouries and world famous patisserie! Not forgetting a fabulously delicious selection of irresistible cakes for special occasions. All made in their very own bakery.

There are currently 12 Maison Blanc’s in the south east of England – the latest opened last week in Burford and it offers a new dining menu along with a delicious range of freshly baked breads – there are over 15 varieties of the best French bread including the iconic baguette “tradition”.

There are also pastries – the flakiest and buttery croissants baked in the shop and many new sinful French patisseries will be added to the repertoire. There are fine rich coffees and indulgent cakes to enjoy in or to take home for a special treat.

The menu at Maison Blanc offers a great selection – fresh baguettes and sandwiches made to order, as well as soup of the day and salads. The quiches and savoury tarts are bursting with fresh vegetables and delicious puff pastry and the traditional Croque Monsieur is a favourite for a lunchtime snack or teatime treat.

Maison Blanc is perfect for a morning coffee and chat, a lazy lunch with friends, or a cup of tea and mouth-watering afternoon treat.

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Maison Blanc is perfect for a morning coffee and chat, a lazy lunch with friends, or a cup of tea and mouth-watering afternoon treat. www.maisonblanc.com

To celebrate the recent opening of the Burford store, Raymond and his team are offering one person and three friends an indulgent afternoon tea. The prize is subject to availability and should be taken before the end of July 09.

TO ENTER THE COMPETITION – WHAT IS YOUR DREAM TEA? In less than 20 words tell us what makes a coffee shop or tea room stand out from the crowd for you – the cakes? the decor? the people? Send your answer to Maison Blanc Competition, Stow Times/Moreton Times, P O Box 6, Stow on the Wold, GL54 1WD. To arrive by March 27th. The winner will be announced in the April editions. The usual terms & conditions apply.
‘30 THINK 3rd’

Officers working with the North Cotswold Safer Community Team are launching a new spring initiative to tackle the on-going problem of speeding motorists. We are all very aware of road safety and the need for the public to conform to the 30 mph limit, but unless motorists change their driving habits, then they will continue to speed and pose a threat to others.

The idea behind this project is to get drivers to acknowledge the speed limit, reduce their speed and select 3rd gear as the driving gear when in a built-up area. If you change back to fourth or fifth gear you will probably be speeding. Most modern cars need to be doing more than thirty to be comfortable in these higher gears. Using 3rd gear gives you greater flexibility to accelerate and use engine braking to slow you down, and remain within the thirty limits.

PC Skinner said “many drivers were taught to change up through the gears and that only top gear was a driving gear, modern gear boxes can be, and should be used to control the car and driven in all gears, always ensuring the correct gear is selected to match the speed of the car and the traffic situation and weather conditions”.

PC Skinner said “we have a campaign running from now into the summer across the North Cotswolds area, and we will be concentrating our efforts on areas that have been brought to our attention as a result of public consultation and road safety concern”.

“We would urge all car drivers to try this technique, see the 30 limit, slow down, select 3rd, and see how this physical change inside the car raises your awareness of the limit and keeps you safe within the limit”. I want to stress what we are doing is trying to save lives the facts speak for themselves.

Approximately two-thirds of all crashes in which people are killed or injured happen on roads with a speed limit of 30 mph or less. At 35 mph a driver is twice as likely to kill someone as they are at 30 mph.

At 30 mph, vehicles travel 44 feet (about 3 car lengths) every second.

Even in good conditions, the difference in stopping distance between 30 mph and 35 mph is an extra 21 feet, more than 2 car lengths.

**Hit by a car at 20 mph, 1 out of 40 pedestrians will be killed**

**97% will survive**

**Hit by a car at 30 mph, 2 out of 10 pedestrians will be killed**

**80% will survive**

**Hit by a car at 35 mph, 5 out of 10 pedestrians will be killed**

**50% will survive**

**Hit by a car at 40 mph, 9 out of 10 pedestrians will be killed**

**10% will survive**

Even a small amount above the limit makes a big difference.

It should however also be remembered that speed limits are not, in any way, target speeds. They are maximum speeds and lower speeds should be adopted in certain conditions.

PC Skinner added that the support of the Cotswold District Council has enabled us to issue speed detection equipment to all of our Police Community Support Officers and they will also be raising driver awareness as part of this new drive against speeding.
Out of this world Opportunity for Environmental Projects

DIY chain B&Q has launched their One Planet Living Awards for 2009, offering UK and Ireland-based groups the chance to net a first prize worth £10,000 to improve their local environment.

To mark B&Q’s fortieth birthday, 40 prizes are up for grabs for the charities, schools, community groups, and local sports clubs across the UK and Ireland that are doing their utmost to reduce their ecological footprint. The overall winner will receive £10,000 worth of B&Q products. Four other groups will scoop £5,000 worth of B&Q products, with another 35 entrants netting £2,000.

Interested organisations must be carrying out projects that fit into at least one of the following themes:

Save energy – projects that will contribute to a reduction in energy use and make an active effort to reduce the local community’s environmental impact.

Conserve nature – projects that will protect local natural habitats, such as community wetlands, meadows, rivers and forests.

Support local culture and heritage – projects that celebrate local heritage, including buildings, traditions, produce, and arts and crafts.

Grow your own – community projects that involve growing fresh produce.

Applicants must ensure that all relevant planning permissions and building regulations have been approved by their local authority prior to entering.

Interested groups are asked to submit an application form plus at least two photographs of the area where they plan to carry out their project by 27 March 2009.

Successful proposals will be revealed in June, with the winning groups having until 25 September to carry out their project.

For more information about the One Planet Living Awards, visit the B&Q website.

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Youth Funding A “Dog’s Breakfast”
Audit Commission, 28/01/2009

Government grants to provide sports and leisure activities for young people are “wasteful, inefficient and bureaucratic”, according to the Audit Commission.

The public spending watchdog’s new report, Tired of Hanging Around, argues that the £1.6 billion spent each year on schemes to help tackle anti-social behaviour is being strangled by red tape, with youth workers often spend up to a third of their time managing budgets and chasing new funding. In some cases, it was discovered that the administrative cost of bidding for grants actually exceeded the amount of funding being sought.

Michael O’Higgins, chairman of the audit commission, branded the current system a “dog’s breakfast”. He added “Prevention is better than cure, but project leaders are thwarted in their attempts to keep young people out of trouble by wasteful, inefficient and bureaucratic funding arrangements for diversionary projects.”

The report recommends pooling the funding, the majority of which can be traced back to seven government departments, to reduce administration costs. It argues there is strong evidence that providing arts, cultural and sporting activities can help steer at risk teenagers away from anti-social behaviour.

Figures show that a young person in the criminal justice system can cost the taxpayer £200,000 by the age of 16 – the watchdog claims if only one-in-ten young offenders was kept out of further trouble, it could save up to £113 million a year.

The Government claimed the report “ignored” the progress that had been made.

To read the full Tired of Hanging Around report, visit the Audit Commission website.

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Accessing specialist support for free!

Three Sector Match supports community groups, social enterprises and the voluntary sector throughout Gloucestershire in achieving their projects. We increase the provision of free professional advice and work with community and voluntary organisations to help them to enhance their service delivery.

Recent expansion means a greater range of support can be offered. Professional services are available in Law; Architecture; Surveying; Property services; Accountancy; IT and Marketing.

The scheme is aimed at community groups which are not-for-profit and have charitable objectives and who need support to complete a specific project.

To find out more please contact your rural adviser, Marilyn Cox (North Cotswold) or contact Carole Garfield from Three Sector Match.

E-MAIL: c.garfield@threesectormatch.co.uk
WEBSITE: www.threesectormatch.co.uk
GRCC – sources of funding

YOUR HERITAGE (HERITAGE LOTTERY FUND)

Your Heritage – grants of between £3,000 and £50,000 to support projects that relate to the local, regional or national heritage of the UK. Your Heritage looks for applications that help people to learn about, look after and celebrate heritage in a fun and enjoyable way.

There are three aims which relate to learning, conservation and participation. To receive a grant your project must help people to learn about their own and other people’s heritage.

Your project must also do either or both of the following:

• Conserve the UK’s diverse heritage for present and future generations to experience and enjoy.
• Help more people, and a wider range of people, to take an active part in and make decisions about heritage.

Heritage projects might include:

• people’s memories and experiences
• histories of people, communities, places and events
• cultural traditions
• historic buildings and townscapes
• archeological sites
• collections of items, archives or other materials
• natural and designed landscapes
• habitats and species
• sites and collections linked to our industrial, maritime and transport history.

Your Heritage is a rolling programme and there are no deadlines for applications. You will receive a decision on your application within 10 weeks from Your Heritage receiving your fully filled-in application.

GLOUCESTERSHIRE COMMUNITY FOUNDATION GRASSROOTS GRANTS (STATUTORY SECTOR IS INELIGIBLE)

The fund supports constituted, not for profit community organisations which are volunteer led or have a large volunteer input and have been in existence for 2 years.

This is a valuable fund which could be used for revenue income to help you achieve your projects which meet the needs of your community. You must have an average income of less that £20,000 per year over the last 3 years (or since you started if less)

Grants: you can apply for grants from £250 to £5,000

The deadlines are 12 noon on the second Wednesday of each month.

COTSWOLD CAPITAL PROJECTS FUND

For capital projects within the Cotswold District which demonstrate a clear community need for enhancement of community facilities or recreation/play. The application must be supported by the local district councillor, and is open to community organisations.

Grants from £1,000 up to a maximum of £15,000 but not exceeding 35% of the total cost of the project.

COTSWOLD CONSERVATION BOARD, THE SUSTAINABLE DEVELOPMENT FUND (SDF)

The scheme supports projects that bring environmental, social and economic benefits to the Cotswolds Area of Outstanding Natural Beauty. It aims to develop and test new methods of achieving a more sustainable way of life.

Achieving sustainable development normally requires working toward four interconnected goals:

• Social progress which meets the needs of everyone
• Protecting and enhancing the environment
• Ensuring a diverse and prosperous rural economy (which supports the conservation and enhancement of the area’s special qualities)
• The prudent use of natural resources.

Individual projects can place particular emphasis on any one of these four goals. Ideally they should seek to make progress on all of them but must demonstrate no negative impact on any.

Grants: You can apply for grants ranging from several hundred pounds up to £25,000.

If you would like further information about the funds listed or would just like to discuss your project idea further, please contact Marilyn Cox: marilyncox@grcc.org.uk or tel: 01452 528491.

This newsletter was put together by Gloucestershire Rural Community Council. All information was correct at time of publication. www.grcc.org.uk 01452 528491

BLOCKLEY VILLAGE SHOP & CAFÉ

AFFORDABLE BASICS • NEWSPAPERS • MAGAZINES
FRESH BREAD • CROSSANTS • PASTRIES
SOFT DRINKS • WINES & BEERS • CONFECTIONERY
BREAKFAST • LIGHT LUNCHES • CAKES
HOT & COLD DRINKS • TAKE AWAY SNACKS
DAIRY PRODUCTS • FRUIT & VEGETABLES
SAUSAGES • BACON • MEAT

The shop and cafe are manned entirely by volunteers, who are making sure that this heart-of-the-community project is a success. . .

Already customers are commenting on the bigger and brighter shop, giving greater choice at reasonable prices.

Mid 2009 should see a greatly expanded shop with easier access and freedom to browse. Most exciting of all... a café will open next door, selling good quality coffees and teas and a range of simple foods – homemade soups, toasted sandwiches, filled jacket potatoes and ploughman’s lunches.

The aim is to create a shop and café catering for both locals and passing trade, so that this delightful Cotswold village can retain its head and heart.

If you are interested in knowing more, or even helping out, call in at the shop and have a chat with the volunteers.

Fresh, Local & Yours
The Rotary Club of the North Cotswolds

Rotary Community Service Award 2008 presented to BRION TANNER

Each year The North Cotswold Rotary Club identifies a recipient for this Award – someone whose work in the community is worthy of recognition. Together with the award is a cheque which the winner can pass to the charity of their choice.

This year the award was given to Brion Tanner from Clapton on the Hill. Brion has been associated with the Scouting organisation for many, many years and was instrumental in raising funds and the building of the Baden Powell Hall in Bourton on the Water in 1988.

Brion’s links with the hall continue and he is often found there carrying out various general maintenance activities. The Baden Powell Hall is used by over 200 young people each week and Brion’s commitment to both the local Scouts and to the Baden Powell Hall are immeasurable! He is currently President of the Bourton Scout Group and Chairman of the North Cotswold District Scouts Council. The photo shows Brion receiving his award from Rotary President Will Mustoe.

General activities

January and February are recuperative months for Rotarians with plans being made for future events. Skittles in March - We shall be having a skittles match with the British Legion in Stow for the “Colin Brand Trophy” – this is a new activity in memory of Colin who as a Past President of the Rotary Club actively encouraged links between the North Cotswold Rotary Club and other local organisations. The Trophy will be “fought” for annually and will strengthen the links between our two organisations.

Youth Concert in April – On Saturday 18th April we are planning to hold our annual Youth Concert in St Edward’s Church, Stow. We invite finalists of the two Young Musician Competitions held annually by the Bristol Rotary Clubs and the Rotary Clubs in The South Cotswold District. Both competitions are of extremely high standard and the holding of this event for Rotary Foundation – Rotary’s own Charity, is becoming an annual activity that is well supported. Details of this concert will appear in the April issue of Stow/Moreton Times.

Annual Multisports Day on Sunday 26th April at Cotswold School. This is for children in our area and is supported by Cotswold District Council, and involves professional coaches working with the children. Local schools will soon be contacted directly by the Rotarians organising the event, seeking participants for the day, so any child interested must keep their ears and eyes open at school!

Annual Christmas Quiz

A close contest this year

The winner was Charles Worrel of Chipping Norton with 100% and the runner up Bob Moss of Gloucester with 99%.

Well over £1000 was raised from selling quizzes over the Christmas period and we thank all who supported us by buying a copy and then enduring some weeks of frustration trying to work out the answers!

Next Christmas the winner could be YOU!!

The Answers are now available by email from – Brian Honess – brian.honess@virgin.net or The Editor – stow-times@dial.pipex.com

COTSWOLD FESTIVAL

SEPTEMBER 26/27TH
STOW-on-the-WOLD

CALENDAR COMPETITION

Associated with the Cotswold Festival there is to be a calendar competition – details are below.

You are invited to submit photographs for The Cotswold Festival calendar, which will be on sale at and following the Cotswold Festival weekend of September 25-27th.

Briefly:-

1 Images may be taken over the coming months or drawn from photographs taken in previous years
2 Photographs should be taken preferably in Stow-on-the-Wold and its immediate vicinity or in the countryside of the Cotswolds within about a distance of 10 miles of Stow.
3 Submitted photographs should, where possible, reflect the spirit and nature of a particular month, and also portray the Cotswold countryside, its life, craft and history.
4 Photographs should be of digital format, of high quality with sufficient clarity to be enlarged to A4 size.
5 If photographs contain a small number of easily recognised individuals, written permission to use the image in the calendar must be obtained from the subjects. This does not apply to crowd scenes.
6 The deadline for submission of photographs is likely to be mid August.

Full details of how to submit entries for the Calendar Competition and confirmation of the final deadline are available on the Cotswold Festival website www.cotswoldfestival.com or from the Cotswold Festival Committee (Calendar Competition); P.O.Box No 31, Stow-on-the-Wold.
**HOLIDAY IN WALES?**

Beaches – Walking – Fishing
Many Places of Interest

20% off all bookings for 2009
Self catering

Newly renovated stone cottages in popular Pembrokeshire close to Cardigan Bay

www.valleyviewcottages.co.uk tel: Sarah Baker on 01239 841850

Valley View cottages are 2 recently converted cottages set in the delightful and unspoilt rolling countryside of Pembrokeshire with far-reaching views over the surrounding hills, farmland, woodlands and the famous river Teifi Valley, renowned for its fishing and scenery.

The proprietors of Valley View Cottages, Jim and Sarah, moved to West Wales in October 2007, re-locating from Maidenhead, Berkshire in search of a ‘Life in the Country’ with more space and freedom for our 2 year old son, Ethan. Another huge reason for the move was our dream to run our own holiday cottage business.

The cottages provide superb accommodation for 2 – 6 people and are equipped for all year comfort, with modern fixtures, fittings and appliances, from a corkscrew to a dishwasher and full central heating. Each cottage has its own private garden with patio furniture and secure play area for children.

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**NEWS**

The latest of Rebecca Tope’s murder mystery books has arrived. It’s a hardback called ‘Slaughter in the Cotswolds’. The action takes place, naturally enough, in one of the Slaughters, but which one? Pop in the shop to find out (though the book cover may give a clue). We have them at £5.00 off the cover price through March and April.

Black and White Ogre Country is a delightful little book containing ‘The Lost Tales of Hilary Tolkien’, brother to the author of Lord of the Rings. They are hardly ‘tales’ in the way that his brother would have used the term, more a collection of musings, but they contain great charm and are accompanied by quirky illustrations by Jef Murray.

The first print run will only have been small and so this may well become a collector’s item as well as being an unusual little gift, particularly for Tolkein fans.

**REVIEWS**

**Choral Society by Prue Leith**

Hardback at £15.99

Choral Society is a delightful book about three 50-something women, brought together by their membership of a singing group. Once the bonds of friendship have begun, they become involved in each other’s lives, discovering new interests and enjoying life in new and exciting ways. It is written with much realism and many people will share the feelings and emotions that run through the story. Inevitably, part of the plot involves food and many readers will recognise the author’s name as that of a renowned restaurateur.

This is a very good read, written with feeling and sensitivity and an understanding of how true friendships can enrich us all.

**Drood by Dan Simmons**

Trade paperback at £14.99

This huge brick of a book (nearly 800 pages) is supposedly written by Wilkie Collins and covers the period between the train crash in which Charles Dickens was involved and his death. I thoroughly enjoyed the wit and barbed comments that ‘Wilkie’ used to comment on his friend and co-author, Dickens. However, the book soon becomes darker and most of this long work is a mystery horror story in which the truth is hidden in opium laced dreams in which ‘Drood’ is a real and terrible enemy.

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**Phil’s Walking Group is re-doing**

**HADRIAN’S WALL – 8th-13th June**

Staying at the splendid Gilsland Spa Hotel, Gilsland. 5 nights DBB.

**MONDAY:** local coach pick-up. Ample lunch stop at York Railway Museum (visit Minster too)

**TUESDAY:** from Brocolitia (mile castle 31) to Vercovivium Fort. Lunch, then to Vindolanda (brilliant exhibition)


**THURSDAY:** Gilsland. Birdoswald. Lanercost Priory. Walton.

**FRIDAY:** Walton to Carlisle.

**SATURDAY:** coach home with non-motorway lunch break.

Four days wonderful walking, best L D paths in England! Lunchtime opt-outs. Coach throughout.

Do ring for further details.

£336.00 01386-832095

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**Be carried away with**

**THE VERY HUNGRY CATERPILLAR**

40th Anniversary

Ask about the FREE ‘Hungry Caterpillar’ bag

**COTSWOLD BOOKSTORE**

20 High Street, Moreton-in-Marsh 01608 652666
It’s Scientifically Proven – Walking Does it All!

Do you know that you use 200 muscles just to take one step?

Walking is much more of an active recreation than people realise. New research shows people who walk regularly gain huge health benefits. Walking burns similar amounts of calories to jogging and really does help you lose inches and pounds. It also lowers blood pressure, cholesterol and stress levels.

This is fantastic news – it means we are less at risk of heart attacks or cancer. Among post-menopausal women who stay active, studies show up to an 80% reduction in breast cancer.

Recent surveys results include:
- 80% of walkers reported improved levels of self-esteem after a walk
- Over 90% said it reduced their stress levels and they felt happier
- 90% would recommend it as a cure for depression
- 64% said walking helped them sleep better.

Why So? According to the science:
- Walking improves blood flow to the brain and helps us solve problems
- Sunlight helps our bodies produces Vitamin D, which combats Seasonal Affective Disorder (SAD Syndrome)
- Brisk walking lifts our mood and aids sleep by boosting Serotonin levels (the happy hormone) and helps us relax

So Wild Women, it’s time to get out there and walk! Transform the quality of your life now and in the longer term.

Contributor Lesley Long.
Lesley’s Banbury based company, Women Go Wild Outdoors, organises fun, EASY grade Treasure Hunt walks for women and Mum and Child Go Wild walks for mums and youngsters around the Cotswolds. Combine gentle exercise with map-reading skills made easy, make new friends and wind down with afternoon tea in a charming Cotswold country hotel.

It’s the perfect way to get fit and have fun!

To book 0845 094 8486 or info@womengowildoutdoors.com.
Alternatively see the full programme of walks at www.womengowildoutdoors.com

Talking Walks in the Cotswolds
Part of the University of Gloucestershire’s Commitment to Public Engagement

Join us in moderately paced walks exploring the landscape, its natural history, archaeology and history. As experienced leaders we aim to increase your enjoyment of country walks by sharing our knowledge and understanding of what you see around you. The walks are designed to be fun as well as informative. We take our time to discuss the range of different aspects that we encounter, be it landscape history, archaeology, geology, flora or fauna, or whatever is relevant to the theme of the walk and include stops for picnics or a drink/lunch at the pub.

The walks are generally between 6 and 10 miles long and take between 5 and 7 hours to complete.

Booking is essential. Fee: £15/person per walk.

Logistics: About one week before the walk we will send out details on the walk giving start point, state and type of terrain, lunch arrangements etc.

Saturday 7th March: ‘Woolly Money’

By the 16th century the Cotswold sheep was known as the Cotswold Lion and the fleeces as ‘Golden Fleeces’. During the 18th century the emphasis changed from wool to meat as the population increased. We see evidence of the wealth that the sheep industry brought to the area.

Start: To be advised
Distance: 6-8 miles
Grade: Moderate
Lunch: To be advised
Leaders: Margaret Burden and Anne Martis

Contact details:
Margaret Burden
Tel: 01608 641839
Mobile: 07747 775503
email: mburden@btinternet.com
Web: www.talkingwalks.co.uk

Anne Martis
Tel: 01295 811003
Mobile: 07718 660070
email: anne.m@walkthelandscape.co.uk
Web: www.walkthelandscape.co.uk

Local Walks with the Cotswolds Voluntary Wardens

Saturday 7th March. 10am – 3.5 hours
Woodland and Water Meadows – 6 miles. Easy
Optional lunch at The King’s Head, Bledington, or picnic on the green!
Meet at Kingham village hall car park (OS: 163/259 238 G4)

Monday 16th March. 10am – 3 hours
Manors and Houses, Hidcote and Foxcote – 6.5 miles – Moderate
Lunch at Hidcote, an option to visit Hidcote Gardens after the walk.
National Trust property with admission free to members.
Meet at Hidcote Gardens car park (OS: 205/173 429 F2)

Thursday 19th March. 10am – 2.5 hours.
A circuit of Batsford – 5 miles – Moderate
Meet at Blockley village green (OS: 45/164 350 F2)

Thursday 26th March 26. 10am – 3 hours
Manors and Houses, Snowshill – 6.5 miles – Moderate
Lunch at Snowshill Manor, an option to visit the manor after the walk.
Snowshill Manor is a National Trust property, free admission to members.
Meet at Snowshill village car park (OS: 45/097 339 E3)

Tuesday 31st March. 10am – 5 hours.
Vanished Villages 7: Going, going, gone – 7.5 miles – Moderate
A fine view over Neigh Brook but no-one left to enjoy it. Meet at
Paxford, Roadside parking near the brickworks. (OS: 45/183 368 F2)

The Voluntary Wardens run a full programme of guided walks throughout the Cotswolds and are actively involved in conservation work and the restoration of historic features. Walks are free – donations help to fund our conservation and improvement projects.

Full guided walks programme and information about joining the Voluntary Wardens www.cotswoldsaonb.org.uk, the Cotswold Lion (available from Information Centres) or call the Cotswold Conservation Board on 01451 862000
Turnpikes & Toll Roads

Roads were crucial to the generation of wealth, and to the pattern of life, in Stow and Moreton, and their surrounding hinterland. Man has always followed in man’s footsteps – the natural progression, making the walk easier and the route less of a worry. When the Romans came, the roads were made straighter and more direct – for the marching Centurians – and the Fosse Way is a well-known example – a name that many will remember from school, even if they did not know where it was….just like Watling Street, in Kent, or Ermin Way around Swindon, for example.

Wherever practical, the tracks and roadways kept to the higher, drier ground, and the land-owners generally kept trees and bushes back an arrow’s flight to make travel safer. Maintenance of tracks in the Elizabethan era was the responsibility of the local Justices of the Peace, who could conscript labour – but it was far from popular, with the concept of “free” labour. However, it was also unpopular as it seemed completely unfair that non-local travellers passing through could cause as much damage as local movement. Lines of travel and communication were then unsurfaced, undrained, unfenced and without signposts or milestones, and there generally were no maps, either. Most people could not read. Some enterprising landowners, recognising that muddy roadways made for slow and difficult travel, sought to keep the roads on their land in better condition and charged the users for the privilege. When this idea began to take hold, around the turn of the 18th century, the Government of the day thought that it was worth making such tolls legal and, over time, eventually introduced legislation, to create a network of well-maintained roads, which must surely have been one of the major achievements of that remarkable century. As can be seen from the map of roads, each with the date of it’s own Turnpike Trust (from 1731 through to 1792), Stow was ideally placed to take commercial advantage of the improved communication routes. Importantly, the speeding up of travel dramatically reduced costs, even after paying the tolls, and improved efficiency, so much so that even the design of stage-coaches and carriers wagons changed to make travel even quicker and safer on the new surfaces. The need for Inns and Post-Houses also increased, and we can still see their evidence today in our market squares and streets around.

The network of roads were not, though, planned centrally by Government, but by the free market economy, with local wealthy landowners, merchants and entrepreneurs coming together to become trustees of a Turnpike Trust, responsible for a stretch of road, usually about 20 miles, that lasted for a fixed period, usually 21 years. Later, further Acts of Parliament were introduced to extend the life of the Trust(s), until they were formally brought to an end around 1870. Various toll-gates existed around Stow, including on the Fosse Way, at the crossroads of Lower Slaughter – and Wick Rissington roads just coming traffic to stop the more reckless, or disgruntled traveller from ramming the gates to gain access to the road without paying the toll. Various toll-gates existed around Stow, including on the Fosse Way, at the crossroads of Lower Slaughter – and Wick Rissington roads just beyond the little bridge over the Dickler (so says Veronica Clapham in 1994), where the Slaughter Pike garage recalled the location. On the toll road from the Cross-in-Hands to Stow was a turn-pike gate at the Adlestrop turning where the road bridge now crosses over the railway and the River Evenlode. To the north of Stow, there were toll-gates at the Longborough turning, and also at Lower Swell. Many turnpike trusts were wound-up under general acts of Parliament between 1873 and 1878, repaying outstanding loans, toll-houses were sold, gates torn down and the responsibility passing to Highway Boards. Under the Highways Act of 1878, all dis-turnpiked roads became “main roads”, and by the Local Government Act of 1888 the entire maintenance of main roads fell upon the County Councils.

I have found it very difficult to learn anything much about toll roads and turnpikes around Moreton, so thought, out of interest, I would include a photo of the Market Fair, and other day tolls, from 1905, when that shilling’s value was only £2.87 in today’s money.

With thanks to

The Cotswolds : a new study, 1975, C & AM Hatfield
Stow-on-the-Wold a history of a Cotswold town, 1980, Joan Johnson
Stow-on-the-Wold, 1994, Joan Johnson
Stow-on-the-Wold Glimpses of the Past, 2000, Stow-on-the-Wold and District Civic Society
www.stowonthewold.net
www.turnpikes.org.uk
and The VB, my research assistant
**EVENLODE VILLAGE HALL**

**AVAILABLE FOR HIRE** at reasonable rates


**LONGBOROUGH & SEZINCOME VILLAGE HALL FOR HIRE**


**LITTLE VILLAGE HALL, BELL BANK BLOCKLEY**

Quiet rural venue with modern facilities for exhibitions, meetings, classes, conferences family parties, weddings, etc. suitable for 35-50 people. Reasonable charges, ample parking Tel: 01386 700 880

**CONDICOTE VILLAGE HALL**

The perfect setting for that special occasion

Recently built in Cotswold stone. Large car park, well equipped kitchen, on the outskirts of the village.

Tel: 01451 870385 Come & see what we have to offer!

**LOWER SWELL VILLAGE HALL**

Traditional Cotswold VH on picturesque village green. Recently refurbished – fully equipped kitchen, heating, tables & chairs, disabled facilities, seats up to 70. Competitive rates (inc heating) vary with use.

Tel: 01451 830578 Eml timk@mypostoffice.co.uk

**ST GEORGE’S HALL, BLOCKLEY**

Fully Licensed Village Hall available for hire.

Seating capacity – 160 A fine village hall, recently refurbished and in good decorative order. Large well equipped servery/kitchen. Toilets. Gas central heating. “Suitable for wedding receptions etc.

Enquiries: Brian Clayton – 01386 701528

**RURAL CINEMAS**

**THE PLAYHOUSE, ST GEORGE’S HALL, BLOCKLEY**

Thursday 26th March

Miss Pettigrew Lives for a Day

Film 7.30pm | TICKETS £3.00 booked £5.00 on the door

Advance tickets/queries 01386 701093

**OLD SCHOOL VILLAGE HALL, BOURTON ON THE WATER**

NO FILM IN MARCH

**VILLAGE HALL, BROADWAY**

Friday 20th March

The Boy in the Striped Pyjamas

Film 7.30pm | TICKETS £3.00 including choc ice

Advance tickets/queries 01451 831153

**VILLAGE HALL, CHURCHILL**

Saturday 14th March

The Duchess

Film 7.30pm | TICKETS £4.00

Advance tickets/queries 01450 870067

**SCREEN ON THE GREEN, VILLAGE HALL, ILMINGTON**

Friday 27th March

Miss Pettigrew Lives for a Day

Film 7.30pm | TICKETS £3.00

Advance tickets from the Red Lion & Village Stores

**VILLAGE HALL, LONG COMPTON**

Tuesday 10th March

The Boy in the Striped Pyjamas

Film 8.00pm | TICKETS £4.00 including tea/coffee

Advance tickets/queries 01450 674298

**VILLAGE HALL, LITTLE WOLFORD**

Thursday 19th March

The Boy in the Striped Pyjamas

Film 7.30pm | TICKETS £3.50

Advance tickets/queries 01451 830817 or 830403

**WYCK RISSINGTON VILLAGE HALL**

Friday 27th March

The Boy in the Striped Pyjamas

Film 7.30pm | TICKETS £3.00

Advance tickets/queries 01608 670234

**ST DAVIDS CENTRE, MORETON IN MARSH**

Saturday 21st March

The Boy in the Striped Pyjamas

Film 7.30pm | TICKETS £3.00

Advance tickets/queries 01608 812338 or 852666

**VILLAGE HALL, WYCK RISSINGTON**

Friday 27th March

The Boy in the Striped Pyjamas

Film 7.30pm | TICKETS £3.50

Advance tickets/queries 01451 820232

The Boy in the Striped Pyjamas (12A) 94 mins

The relationship between two boys divided by the concentration camp fence.

Miss Pettigrew Lives for a Day (PG) 91 mins

a light-hearted comedy set in 1939, starring Frances McDormand as ex-employer, Miss Pettigrew, and Amy Adams, as her glamorous new employer.
St. David's, Moreton

8.30 am  HOLY COMMUNION
(1662)
11.00 am  Morning Worship
(with Sunday Club)
7.00 pm  Sundays @ Seven
Sunday Club and Pathfinders for 3-14s meet every Sunday during the 11 am service at Moreton, except during the Family service.

A crèche called Mini-Scramblers meets every Sunday for children up to 3.

Sundays @ Seven is a more informal service led by a small band, using powerpoint projection for the service. Everybody is welcome.

Enquiries about weddings & baptisms via the Church Office. 0121 288 1906

St. James's, Longborough

1st Sunday  8am  HOLY COMMUNION
10am  Morning Service &
Sunday School
2nd Sunday  10am  HOLY COMMUNION
3rd Sunday  10am  Family Service
4th Sunday  10am  HOLY COMMUNION

A Sunday club will operate in church during the Morning Services on the 1st Sunday of each month. All are welcome.

St Mary's Battsford

1st Sunday  9.30am  1662 COMMUNION
3rd Sunday  9.30am  1662 COMMUNION

St Thomas à Becket, Todenham

2nd Sunday  9.30am  HOLY COMMUNION
4th Sunday  5pm  Evening Prayer

St Leonard’s, Lower Lemington

Services as announced. For further details contact the chapel warden Mike Rees on 01608 650825

Going Live with
STIFF UPPER LIP

Saturday 21st March
At Stow British Legion Club
in memory of David (Ponty) Davis.

£3 at the door  All welcome
In aid of KATES CARERS
Come and have a good night with a great band, and good company. Start  8.30pm pm

 Licensed to Thrill

Little Wolford Village Hall
Friday 20th March, 7.30pm

THE OPERA DUDES
bring opera, swing show stoppers and even impression to the stage, as well as letting the audience have a sing-along. Music from a variety of exotic locations: grand Italian opera and Viennese favourites, Las Vegas and the great musicals of London’s West End.

Tickets £10.50
including nibbles & first glass of wine (licensed Bar)
Early booking recommended – 01608 674200 or 01608 684962

MORETON CONGREGATIONAL CHURCH
OXFORD STREET, MORETON IN MARSH, GL56 0LA

Sunday Services
10.30 am FAMILY WORSHIP with JUNIOR CHURCH
1st & 3rd Sundays include Holy Communion
6.30 pm Bible Study and Prayer (3rd in Month)
Easter Services Fri 10th April and Sun 12th April

Weekday Activities
Tuesday  10 -12  Coffee and Tea served
Tues, Wed, Thur  10 -12  Church open for quiet prayer
Thursday  9.15 – 11  Parents & Toddlers Group
1st Thurs in month  12.30-1 30  “Drop-In” lunch

You are welcome…

Whether a local or a visitor to Moreton we look forward to meeting you and sharing a time of worship and fellowship together.

Minister – Rev. Ernie Hansen; Church Office: Tel no. 01608 651946
E-Mail: oretoncongregational@btinternet.com

FISH & CHIPS & BINGO

Saturday 28th March, 7pm
Little Wolford Village Hall
Tickets £10
In aid of St Michael & All Angels Church
Tickets – 01608 674396 or 01608 674389

STOW-ON-THE-WOLD

STOW-ON-THE-WOLD

BAPTIST CHURCH

In the Community for the Community
stowbaptist@gmx.co.uk

Sunday Services in
MARCH

SPEAKERS

Sunday 1st  John Appleton
Sunday 8th  Dan Foster
Sunday 15th  Alan Swann
Sunday 22nd  Michael Sellwood
Sunday 29th  Ron Kemp

OPEN DOORS FOR ALL

Join us on any Tuesday, 10.30 -12noon
Stow Baptist Community Hall
Companionship, conversation and coffee.
International Artists come to Oddington

Three superb artists come to Holy Ascension Church, Oddington on Friday 20 March at 7.30pm to give a wonderful programme of song and instrumental music.

The artists are Jane Leslie MacKenzie (soprano), who has sung many leading roles with major opera companies including Covent Garden; Michael Bochmann (Leader of the English Symphony Orchestra and the Bochmann Quartet); and David Watkins (internationally acclaimed harpist and formerly Principal Harp at Covent Garden). The music includes Dido’s Lament and Music for a While by Purcell, Where’er you Walk by Handel, Voi che Sapete from The Marriage of Figaro by Mozart, and Massenet’s Meditation from Thais, as well as traditional folk songs arranged for violin and harp.

Tickets are £10 (students half-price) from 01451 830414 or 01451 831917.

CAMPDEN AND DISTRICT MUSIC SOCIETY

This season’s final subscription concert -
“Treasure of the World of Music”

Emma Kirkby world-renowned soprano of early music, with James Lisney, piano.

The programme will include songs by Haydn, Mozart and Schubert, with Beethoven’s Sonata in E, op 109 and Mozart’s Rondo in A minor, KV 511 for piano. It promises to be an unforgettable music experience.

Chipping Campden School Hall,
Cider Mill Lane, Chipping Campden
8pm on Tuesday 10th March

Members and their guests will be welcome. Members also have opportunities to join group visits to ballet, operas and concerts at different venues. To ensure that you receive full membership details and programme for next season, contact Campden Music Society, c/o Treasurer, Saxfeld, Hoo Lane, Chipping Campden, GL55 6AZ or phone 01386 841520. www.campdenmusic.org.uk.

56th Annual Event
27th-29th March 2009

Musical Director: Gregory Rose

At ROYAL GLOUCESTERSHIRE COLLEGE,
CIRENCESTER
Residential/Non-Residential
Information & Booking Form from Cedric Virgin
01451 850796
Bonham’s Valuation Day
Friday 6th March in Bledington Village Hall
10am - 3pm.
Simon Davies, Senior Valuer from Banbury will attend along with a Jewellery specialist this time so dig out the tiaras and rings!

£2 per item in aid of Bledington Music Festival publicity

Lower Swell Village Hall has started a Drop In Coffee morning every Wednesday, 10am to midday.

Everyone is welcome. Denise McHale, Susan Doswell and Lindsay Horner will be waiting to serve you to a hot coffee or a good cup of tea and biscuits and cake. We are also hoping to start a book exchange.

George Hill (pictured talking to Denise McHale) is GCC’s Village Agent and will attend coffee mornings regularly. He assists older members of village communities in Gloucestershire with advice and access to information and services.

FREE

Health and Wellbeing Event for older people living in Cotswold district
including refreshments & buffet lunch
British Legion Hall
Bourton on the Water, GL54 2LX
Friday 6th March 2009
10.30am-2.30pm

Range of exhibition stands and demonstrations on healthy living to possibly include Tai Chi, complementary therapies, singing & much more!

For more information please call
Barbara Piranty or Vicki Hewlett
01452 528491
Transport may be arranged.

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**EXHIBITIONS and EVENTS**

**March 2009**

**FUNDRAISING**

**FULL INFORMATION AVAILABLE AT STOW & MORETON VISITOR INFORMATION CENTRES**

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**EXHIBITIONS and EVENTS**

**To 22nd**

**Design Elegance**

EXHIBITION by Peter Lovelock, Jane Tucker, Robin Furlong and Rob Ingram at The Gallery @ The Guild, The Old Silk Mill, Chipping Campden. 10am-5pm

01285 651862

**6-14th**

**PHOTOGRAPHING FOSSILS**

Exhibition from the Corinium Museum

Moreton Area Centre – museums@cotswold.gov.uk

01285 655011

**6th-10th April**

**PHOTOGRAPHIC EXHIBITION** by Muriel Swift.

Free entry.

01368 701441

**23rd**

**DAFFODIL WEEK**

at Batsford Arboretum, near Moreton

10-5pm – www.batsarb.co.uk

01368 701441

**28th-3 May **

**CREATIVITY**

Exhibition by Diane Fine, Caroline Green, Alice Shepherd and Robin Furlong at The Gallery @ The Guild, The Old Silk Mill, Chipping Campden. 10am-5pm

01285 651862

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**REGULAR EVENTS**

**MON**

**SCOTTISH COUNTRY DANCING**

St Edwards Church Rooms, Stow.

5.30-7pm and 7-9pm

**MON**

**CHILDRENS DANCE CLASS**

Chipping Campden Town Hall.

6-8 yrs 4-5pm, 9-11 yrs 5-6pm. Single class £7pp, Monthly membership £22pp

07527 750705

**MON**

**YOGA**

Chipping Campden Town Hall. 2pm

01368 438537

**TUES**

**COTSWOLD AONB WALKS**

www.cotsaorb.org.uk

01285 662000

1st WEDS

Free Martial Arts Lessons, Chipping Norton Leisure Centre

Separate adult & childrens classes – www.tkdsc.co.uk

07977 560086

**WEDS**

**WEDNESDAY WALK**

Easy/moderate walks.

Start at 10am.

01451 860366

**WEDS**

**CHIPPING CAMDEN BRIDGE CLUB**

7.15 for 7.30pm

Duplicate Bridge. Upper Town Hall. Non members welcome.

Partners no necessary

01608 664456

**WEDS**

**STEAK NIGHT**

at the Plough Inn, Stanton on Fosse. 6-9pm

Ring Matt

01608 661053

1st THUR

Free Martial Arts Lessons, Stow Primary School

Separate adult & childrens classes – www.tkdscs.co.uk

07977 560086

**THURS**

**LINE DANCING**

at Chipping Campden Town Hall

2.30-4pm

01368 438537

**THURS**

**QUIZ NIGHT**

at The Volunteer Inn, Chipping Campden from 8.30pm

01368 840688

**THURS**

**BELLY DANCING**

New beginners class. 11-12.30 The Church Rooms, Chipping Campden. Informal & relaxed classes suitable for ladies of all ages, shapes & sizes.

01608 663480

**FRI & MON**

**DANCE FUSION**

Adult dance class, mixed styles.

No experience necessary. Booking not necessary. All Welcome.

Chipping Campden Hall, 9.30-10.30 £4.50 (conc £2.50)

01608 663480

**FRI**

**ACTIVE & ABLE**

Fitness & Falls classes for older people

**FRI**

**BELLY DANCING**

New beginners class. 11-12.30 The Church Rooms, Chipping Campden. Informal & relaxed classes suitable for ladies of all ages, shapes & sizes.

01608 663480

**FRI & MON**

**DANCE FUSION**

Adult dance class, mixed styles.

No experience necessary. Booking not necessary. All Welcome.

Chipping Campden Hall, 9.30-10.30 £4.50 (conc £2.50)

01608 663480

**2nd & 16th**

**OLD CAMDEN HOUSE OPEN**

11-3pm via St James Church.

01451 821896

**27th**

**FURTHER info from Landmark Trust**

01628 825925

**5th**

**WILLIAM MORRIS & THE PRE-RAPHAELITES**

Lecture by Juliet Heslewood.2-4pm Moreton Area Centre. Book.

01608 650881

**6th**

**EARLY SPRING PLANT SALE**


01386 701441

**6th**

**WOMENS WORLD DAY OF PRAYER**

2pm. St James Church, Chipping Campden. Tea after the service.

01368 841206

**7th**

**ONE ON ONE**

Talk by Frank Johnson about silver.

1.30pm Court Barn museum, Chipping Campden

01368 841951

**11th**

**IN PRAISE OF FOLLIES**

Talk for Cots Antiques Study Group (NADFAS).

at 1.30pm at Bradwell V.Hall south of Burford.

01869 345332

**12th**

**CHARITY FASHION SHOW**

Talk by Court, Stow on the Wold

Rachelb989@hotmail.com

**11th**

**ENGLAND & THE NORMAN CONQUEST**

Lecture with Tim Porter. 2-4pm.

Moreton Area Centre. Booking essential.

01608 650881

**13th**

**SALMONSBURY CAMP**

Talk by Gail Stonen from Cotswold Archeology. Local History Soc. 8pm.Little Rissington V Hall

01451 821896

**21st**

**TABLE TOP SALE**

Red Lion C/P. Little Compton for V.Hall. Funds. From 10am. Space & Tables for hire. Susan Cox

01608 674298

**26th**

**QUIZ**

7.30pm, St Davids Centre, Moreton. In aid of British Heart Foundation. Teams of 4 £20 incl. refreshments.

01608 651220/01608 650021

**27th**

**TEA DANCE RBL**

Hall, Bourton on the Water.2-4.30pm.

£2.75 o the door includes tea & coffee

01451 822639
Litter-pickers across the Cotswolds will be doing their bit this spring to keep their towns and villages clean and tidy. CDC’s annual ‘Spring Clean’ event encourages community groups to get out and improve the appearance of their town or village by targeting known litter hot-spots within their area.

Groups taking part collect crisp packets, food cartons, drink cans and other litter, and the Council helps out by providing free litter-picking tools, high-visibility tabards, gloves and litter sacks – and arranges for hundreds of sacks of rubbish to be collected afterwards.

Any events held in March and April 2009 and organized through the Council are also covered by its insurance.

Scott Williams, the Waste Manager at Cotswold District Council, said: “The involvement from community volunteers and members of the public to help out with the annual Spring Clean event is always greatly appreciated. The Council has a limited budget to clean the streets and look after the upkeep of the District, and our waste teams cannot be everywhere at once, so it is hugely encouraging that so many volunteers are prepared to support our efforts to keep the Cotswolds clean.”

If you would like to organise a clean-up and would like to order bags and gloves, please contact Cotswold District Council’s waste department on 01285 623000 or email caroline.ballinger@cotswold.gov.uk

Road Closures | INFORMATION | Tel: 01452 425000
--- | --- | ---
Chipping Campden, Lower High Street | Road Closure | 19 Jan – 27 Mar
Notgrove to Turkdean Road | Road Closure | 16 Mar – 30 Mar

The National Blood Service
Willersey Village Hall
30 Mar

Milton-u-Wychwood
Village Hall – 26 Mar

Chipping Campden School
6 April
**FREE GROUPS for Adults**

Are you thinking of:
- Improving your email & letter writing skills?
- Doing your driving theory test?
- Getting a qualification in English/Maths?
- Improving your reading & writing skills?
- Would you like to increase your confidence?

YES offers small friendly classes where you can learn at your own pace... ongoing from September 2008

Everyone is welcome: please call Sally for a chat on 07988 531 774

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**PRIVATE TUITION**

If you have a child who would like help with **READING, WRITING and SPELLING**
I am available to teach after school.

Whether your child needs help for a year, a term, or just a few lessons to boost their confidence, I am happy to help. I have more than 20 years teaching experience in State and Private schools. I hold a diploma in Special Needs/Dyslexia. I am CRB checked.

For enquiries please telephone 01608 654027  
Mrs Judith Hartridge

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**LOCAL FASHION COMPANY is LOOKING FOR A**  
**STUDENT INTERN TO ASSIST WITH SPECIAL PROJECTS.**  
**YOU NEED TO BE CREATIVE AND GOOD AT WORKING IN DETAIL.**  

**WE ARE ALSO LOOKING FOR**  
**EXPERIENCED LOCAL DRESSMAKERS**  
**WITH THEIR OWN MACHINE TO MAKE SAMPLES AND ASSIST WITH PROJECTS.**

**PLEASE CONTACT US WITH YOUR DETAILS**  
vinandomi@vinandomi.com or call 077385 43774

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**DO YOU CARE?**

If so we are looking for full or part-time Care Assistants to work in our care homes for the elderly in Stow on the Wold & Bourton on the Water on a planned rota basis.

You will be based at the home nearest to where you live but will be required to work in both homes. Mileage and/or travel assistance will be paid to cover the cost of travel between both sites.

Experience of working with the elderly would be an advantage but not essential as full training will be provided.

Competitive hourly rates paid plus enhanced rates for NVQ level 2 in care, weekends & night working and overtime.

28 days annual leave, pro rata for part time workers, company pension scheme, a comprehensive induction and training programme provided along with free NVQ level 2 training plus a free uniform.

For further information please contact:-
Maggie Keyte – 01451 830843 or  
Beryl Ratcliffe – 01451 820821

All posts are subject to references, medical and enhanced criminal record bureau clearances

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**Cleeve Link**

Caring for you at home

A different type of community care service
- General care – washing, dressing, going to bed
- Nursing, domiciliary and respite care throughout Gloucestershire
- Meals prepared at your home and help with housework, laundry and shopping
- A carer could even live in with you in your home
- Manage your own budget – we can participate in the Social Services Direct Payment Scheme
- You choose the care you need and how often you need it. Care programmes can be arranged from daily, weekly, 1 to 24 hours a day, 365 days a year, whatever suits you.

Care at Home from 1 to 24 hours a day 365 days a year

Tel: 01242 672022  
www.cleevelink.co.uk

Cleeve Hill Nursing Home
Cleeve Hill | Cheltenham | Gloucestershire | GL52 3PW

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LOCAL CLUBS

We invited our local Clubs & Societies to send us information for publication.

STOW & DISTRICT CIVIC SOCIETY

The Society is established for the public benefit in the area comprising Stow on the Wold and the surrounding district (the area) –

1 to stimulate public interest and the promotion of things of benefit to the area
2 To encourage high standards in architecture and planning in the area
3 To secure the conservation, protection, improvement, development of the life and physical features of the area.

The Executive has the powers:

To promote research into subjects directly connected with the objectives of the Society and to publish the results
To act as a co-ordinating body and to co-operate with the local authority, planning committee, sanitary, drainage and all other local and statutory local authorities, voluntary organisations, and persons having similar aims to those of the Society
To promote or assist in promoting activities of a charitable nature throughout the area
To publish papers, reports and other literature
To make surveys and prepare maps and plans and collect information in relation to any place, erection or building of beauty or historic interest
To hold meetings, lectures and exhibitions
To educate public opinion; to give advice and information
To raise funds and to invite and receive contributions by way of subscription, donation and otherwise (provided that the Society does not undertake any permanent trading activities in raising funds for its purpose
To take and accept any gifts of property, whether subject to special trusts or not; to sell, let, mortgage or dispose of or turn to account all or any of the property or funds of the Society
To borrow or raise money for the purpose of the Society on such security as the Executive agree, but that the liability of members shall never extend beyond the amount of their respective annual contributions
To do all such things as necessary to achieve the above.

The Society has recently undertaken three major tasks.

1. A new ‘Stow Walks, a beautifully illustrated booklet showing a Menu of walks around Stow, to suit all tastes’. The booklet, produced by Tim Norris, a member of the society, is now available in the Stow Visitor Information Centre.
2. Dr. Dennis Jackson, a member and well known International Geologist, informed the Society that William Smith 1769-1839, regarded as the Father of English Geology, was born in Churchill and lived with Edward Webb, surveyor, from 1787-1769 in what was then the Manor House, now called Tudor House with Fosse Gallery, on the corner of Stocks Green and the High Street.
3. The Society has championed the installation of brand new modern signposts to replace the various clutter of existing signs in Stow. Identical posts can be seen locally in Burford. Drawings and location of the posts has been agreed with Stow Town Council. Funding for the first two posts will be met by The Civic Society. The installation costs will be met by the council.

Next meeting:

Tuesday 7th April at 7.30pm

“1200 Years in 60 minutes: A Cotswold village”

By Jeremy Bourbe

Meetings are held in
The Church Rooms, Church Walk

Non-Members Welcome

Further information –
Hon Sec. Nigel Surman 01451 833783

Reg. Charity No. 264597
& SOCIETIES

ART Club
For children 5-13 years.
Draycott,
Nr. Moreton in Marsh
After school classes.
Saturday afternoon.
School holidays.
Tuition for Art scholarships.

Children all work individually expressing themselves using a variety of materials – plaster, clay, canvas/ acrylic paint and silk printing.

After school classes include art history. The children discuss and compare artists and their style.

A cooked tea, is also provided for this two hour session.

The aim of all classes is to experiment and to have fun.

Gill Parkes.
Art and Design (Hons)
Gillianparkes@hotmail.co.uk
Tel: 01386 700991

Painting by a 6yr old

Fabric Collage

Painting by a 6yr old

Moreton Gardening Club
Meet 3rd Monday in the month
TALKS AND OUTINGS
Womens Institute Hall
New Road Moreton in Marsh
Frank Saunders 01608 650037

MORETON IN MARSH
INTEREST & LEISURE CLUB

This lively Club for the Over 55s began this year with a party in the Redesdale Hall, with entertainment by comedian/singer Chris Chaplin.

Mid January saw the Club holding its Annual New Year Lunch at Wychwood Gold Club, with an excellent carvery and raffle.

In February the Club held its monthly meeting in the Congregational Church Hall, inviting Rita Gerry, who gave an interesting talk on ‘Memory Lane’ with a number of nostalgic articles and photographs prompting members memories of days gone by.

In June & July we will be holding our very successful Coffee Mornings at the WI Hall in New Road, Moreton. The profits from these two events will be donated to charity. It is important that as many people as possible come along, and hopefully, that some will contribute a cake or two. The dates are 9th June and 7th July, between 10am and 12 noon.

Meetings with speakers are only some of our activities... we also have outings to various places of interest. This year eighteen people (so far) have booked for our Mediterranean Cruise on board the P&O ship ‘Oriana’, departing from Southampton on 30th August and visiting Rome, Monte Carlo, Barcelona and Gibraltar before returning 14 days later to Southampton – no flying!

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In March a 5 day holiday has been organised centred on Rhyl with excursions each day, including a drive over the Horseshoe Pass to Llangollen. A visit to Liverpool will follow ‘The Beatles Story’ .... and a visit to historic Albert Dock.

The Club is also going on a 5 day break to Bournemouth in September, and in between these holidays we are having day visit to Kelmscote Manor, a mystery trip plus a carvery and a visit to Little Dean Jail with a two course lunch.

There will also be meetings with speakers, held at the Congregational Hall. Topics include ‘Nelson’s Navy’, ‘Life in the Year of Two Photographers’ and ‘A Tudor Christmas’.

VALUE FOR MONEY
For a joining fee of only £5 the members are getting excellent value for money. New members (over 55 and residing in or close to Moreton in Marsh) are welcome and membership forms can be obtained from Mrs Audrey Wright, Secretary, on 012608 650279.

We look forward to new members joining this very vibrant Club.

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North Cotswolds Digital Camera Club

Meetings held on the 1st & 3rd Wednesdays monthly

A new and exciting club for Digital Camera owners who want a fun way to get more from these great pieces of technology. The NCDCC is for all digital camera enthusiasts from novices onwards who want to develop their skills, share experiences, participate in photographic events, master their camera and gain confidence in post-production techniques like image manipulation using a PC, and exploring output options.

We all aspire to taking artistically and technically flawless pictures but would be happy with taking better pictures more consistently. This is what we aim to achieve with our mixed programme of events, diverse membership and supportive club. All are welcome who enjoy photography and want to share and learn with, and from others, who can take constructive criticism as well as praise, and who like to participate at any level.

Started by James Minter, who has an interest in studio portraiture photography in particular and general interest in capturing images from around the Cotswolds, the club is a natural adjunct to his PC Support and Training business. He has been educating individuals in and around the North Cotswolds in a variety of PC related topics but with an overriding interest in digital photography. He is currently working on “My Cotswolds” a personal pictorial guide to this area of outstanding natural beauty.

Full details are available on the website at www.ncdcc.co.uk or call James Minter on 01451 824 175

North Cotswold Association of the National Trust

The North Cotswold National Trust is a friendly local association which raises funds for the National Trust.

Members enjoy regular coach outings to various places of interest including National Trust properties, other historic houses and gardens, museums, etc. and a couple of holidays a year. Pick-ups for excursions and holidays are in Moreton, Stow & Bourton. There are talks in Broadwell Village Hall in winter months on a variety of subjects, with other social events throughout the year.

Membership is open to all members of the National Trust. For further information please contact Dr Colin Ellis on 01451 822208 or Pat Poulton (Hon.Sec) on 01608 651372.

LITTLE COMPTON BOWLS CLUB

Welcomes new members

Sec. Sue Grantham
01608 642859
April – September
Beginners welcome, any ability. Mixed bowls. Mostly friendly matches.
Quiz & Social evenings
A very social club near the Village Hall. Clubhouse has a bar & kitchen (available for Hire)

Photographs contributed by N Cotswold Digital Camera Club
**THE FIRE COLLEGE LIFE SAVING CLUB**

The Fire College Lifesaving Club is affiliated to The Royal Lifesaving Society UK, and operates every Friday from 18.00 to 19.30 during term time. We have four regular, voluntary teachers and teach water based rescue, first aid, and self rescue skills to children and adults. Anybody can come from the age of about six upwards; there are courses to suit all abilities as long as you can swim 25 metres easily. If adults just want to learn 1st Aid and Resuscitation skills we can accommodate that as well. During the summer we run a weekend camp so members can try their skills in an outdoor, controlled situation. Cost of courses is very competitive as instructors are qualified and voluntary so, therefore, take no payment.

If you want to try this fun life skill come along and see the instructors. For details of cost call at reception 01608 812163. Club co-ordinator is Lynette Mantle 01386 882430. The club operates full anti bullying and child protection policies and staff are CRB checked.

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**North Cotswolds Ramblers Group**

**Would you like to get fitter and explore the local countryside in good company?**

The North Cotswold Ramblers is a friendly Group that offers a varied and interesting programme of walks throughout the year. Walks are normally scheduled for the 2nd Saturday and the 4th Sunday in every month, are typically 5-10 miles in length and are walked at an easy pace. Longer walks often include an option to opt in or opt out at lunchtime. We welcome new members of all ages and are happy for you to walk with us a few times before you formally join the Ramblers Association. Our walks are centred on a pub lunch encouraging a sociable atmosphere. In common with many other Ramblers Groups, we have a no Dogs policy. Our Group covers an area from Mickleton in the North to Northleach in the South and from Temple Guiting in the West to Adlestrop in the East and we hope that our walks programme reflects this geographical spread. Copies of the current walks programme can be obtained from the Secretary (Tel: 01386 700847 or email: salmonoldwell@hotmail.com) or by searching for our Group on the Ramblers website www.ramblers.org.uk). Other Group activities include an annual Minibus walk enabling walkers to tackle linear long distance trails such as the Cotswold Way and Short Breaks in picturesque countryside or historic areas. Group Members also created the North Cotswold Diamond Way, a sixty-mile circular walk centred on Moreton-in-Marsh. Copies of the Diamond Way as 30 Sparkling Short Walks are available from local bookshops and information centres.

North Cotswold Ramblers Group
Contact 01386 700847
or salmonoldwell@hotmail.com

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**Creating connections, inspiring success**

**Our aims**

- Providing opportunities to make strategic connections with professionals in a wide range of industry sectors
- Developing members business skills through a choice of interactive workshops and training courses
- Encouraging women in business to inspire and support others for greater success

Visitors are always welcome at our monthly lunchtime meetings. Contact:

Nicola Menage, Regional Director
t. 0845 833 9733  m. 07807 667348
Nicola@theathenanetwork.com

‘Cappuccino Connections’ – informal networking groups with no membership and no need to book. Just turn up, buy a cup of coffee and get networking! Stay for as long or as little as you like, it is open to members and non members. 1st Friday of every month.

**Friday 6th March/ 3rd April**
at the Manor House Hotel in Moreton in Marsh,
in the Beagle Bar. 10.30am -12.00
North Cotswold Probus Club

Gentlemen, welcome to a short but revealing synopsis of the North Cotswold Probus Club. Formed in 1978, the Club meets every second and fourth Thursday morning of the month at Stow on the Wold. If there is a 5th Thursday we are joined by our Ladies. As our name suggests, we draw on retired and semi-retired from a wide rural area. Small communities and distance are no obstacle as the main purpose of Probus is to promote fellowship and many long lasting friendships are formed.

The diverse interests of members are well provided for by the variety of speakers invited to our meetings. In 2008 talks varied from the RAF’s Early Nuclear Weapons & Christmas Island to The Fabulous World of Faberge (The latter on a Ladies Day). 2009 had a flying start with The Birds of the Galapagos Islands followed by the ambitions for the Airbus 400M. Both talks were illustrated by the best of digital photography. Susan Bretton of Stow then gave a most lucid presentation on The Towns War Memorials. Richness of choice will be continued, with talks on Antarctica, Locations for TV Shows and Jane Austen and the Theatre already confirmed, plus many more in the pipeline.

Social events include garden parties and various lunches, particularly Harvest and Christmas – generally in countryside settings. Theatre and special interest visits are arranged, often with our neighbouring Clubs participating. In 2008 members enjoyed a Steam Train Fish and Chip Special – a possible annual event? The Club also meets away from home – Broadwell and Oddington in 2008. There is also a sporting challenge – skittles at Guiting Power.

Should any of the above be of interest, you would be most welcome to attend meetings as a guest of the Club. Full details from James Grafton, Tel: 01608 650157.

MORETON IN MARSH PROBUS CLUB

The Probus Club of Moreton-in-Marsh is a friendly organisation for men who have retired from their profession, occupation or business and want to maintain a social network of like-minded people. It is companionable, non-political and non-sectarian.

The first Probus Club was started in 1966 in Caterham and the concept quickly spread throughout the world. Each Club is independent, but a network exists allowing clubs to exchange ideas. The Club elects a small number of officers each year to organise affairs and meets on the second and fourth Monday of each month at the Women’s Institute in New Road, Moreton at 10-30am. A short business meeting is followed by coffee and then a speaker, who has been chosen because of their experience and the interest of that particular topic to the members, sometimes historical, or relating to their occupation or hobby.

During the year a variety of social events are arranged for members and guests. These include visits to the theatre, concerts, stately homes and gardens. Other regular events are skittles matches, a luncheon for wives, a supper party and an afternoon tea party.

Anyone wishing to find out more about the Club may do so by contacting the Secretary at 01608 650326. (Anne)
Our Adult only Self Defence classes are designed to improve your personal attributes, with a mixture of Footwork, Weapons, Trapping, Energy Drills along with Lock and Restraint Training, allowing you to see and recognise attack lines earlier, giving you a better chance of looking after yourself and your family. This self defence class is ideally suited to adults who do not wish to join a traditional class and wear suits and take Gradings for belts. This class is run in a very structured, but informal environment, allowing students to explore within the system to get the training they need.

None of these classes require any previous Martial Art training, Strength or Fitness. Our oldest member is a 57 year old lady.

We train in Stow on the Wold and Chipping Norton, on the following days/times:

Tuesday: Stow On the Wold Primary School:
- Adults and Senior Grade Juniors 6:30 – 7:30

Wednesday: Chipping Norton Leisure Centre:
- Family Class 6:00 – 7:00

Thursday: Stow On the Wold Primary School:
- Junior lesson, ages 4 – 9 years 6:30 – 7:30
- Adults and Senior Grade Juniors 7:30 – 8:30:
- Self Defence Class (Over 18’s) 8:30 – 9:30

New beginners are always welcome to turn up to watch or just come and join in. (Wear a track suit and Tee shirt)

All new beginners get a minimum of a month’s free unlimited lesson training pass to properly evaluate if the classes are right for them.

Lessons start from £6.25 per hour; there are no contracts to sign and no minimum terms to sign up for.

All instructors are Police Checked, Insured and First Aid Trained.

You can call me, Lee Chapman for more details on 07977 560086 or e-mail me lee@tkdschools.co.uk

There are 2 web sites you can take a look at:
- Tae Kwon-Do information can be found at www.tkdschools.co.uk
- Self Defence information can be found at www.pfstraining.co.uk

**MORETON RANGERS FOOTBALL CLUB**

Moreton Rangers Football Club has been growing from strength to strength over the past 11 years since its inception as a small group of 8 year old players in 1997.

The club now supports 4 youth teams, an adult team and a veteran’s team and has been awarded a Football Association Charter Mark as development club making it the only club in the North Cotswolds with such an award. This award is only given to clubs who meet high standards in coaching, child protection and equal opportunities.

We have 10 coaches at F.A. Level 1 standard of whom 4 are under 20 years old who coach over 80 local boys and girls from the age of 6 to 15.

The work of the club is supported by the trustees for the Playing Field and Recreation Ground Charity and a volunteer committee. At present we have the old wooden changing rooms and the club house which is in disrepair and unsafe for any sustained use due to the leaking roof and dangerous electrics. We have explored repairing and improving these facilities but the cost involved has made this unsustainable.

So a decision was made to demolish the current facilities and build new changing rooms to serve the needs of the ever expanding club membership and become a modern community facility that all of Moreton can benefit from.

All at the club are fundraising, with Tournaments, Bingo, kit sales and running a Tea Room on match days. We are also actively seeking sponsorship locally.

Anyone who feels they can help in supporting the Club in the future we are looking for a Manager for a second Adult Team, a Ground Manager and Coaches for our Junior Teams.

Please Contact the Club Secretary
Martin Jones on 01608 650955

**Enjoying Being a Local**

Continuing our theme of Being Local, we hope readers will enjoy reading about some of our local Clubs and Societies, maybe finding a new interest and some social events too.

All these groups will enjoy welcoming visitors and new members, and they are on our doorsteps!

P.S. If a club isn’t mentioned it is because we didn’t receive any information from them, but we can add the club to our Contacts List at any time. Editor
At vinspired.com we help people who want to do something good – for nothing. It’s called a favour. If everyone started doing a few more favours, life would be better for all of us. They’re easy to do, they don’t have to take much time, and they make you feel better afterwards.

There are literally thousands of projects to get involved with. No matter how much time you’ve got, or where you are, there’s a favour for everyone. Find yours now.

**“V” Is For Volunteering**

The 5th round of VCashpoint – an initiative funded by youth charity “V” – launched in February 08 and the scheme has already pumped more than £325,000 into almost 400 projects across England, ranging from break-dancing classes to clothes-making sessions. VCashpoint can offer grants averaging £1,500 for 16-25 year-olds to run local projects that create youth volunteering opportunities in their community.

Funding is available for a wide range of ideas, providing they create new volunteering opportunities for young people across England.

One of the previously supported initiatives featured Anthony Charles who was part of the I.Love.Music “Stop The Violence” campaign, which used music to help raise awareness about the violence that was marring their community. He urged young people to follow in his footsteps and use the scheme to make a difference: “Young people are a lot smarter than we give them credit for. A lot of them have ideas and aspirations that they feel have been shut away because there aren’t more opportunities like VCashpoint.”

For more details about the fifth round of VCashpoint, call 0800 089 9000, email: vcashpointenquiries@bss.org or visit the “V” website.

**favours are free**

If you’ve ever wanted to get a real buzz, feel great and boost your pulling power without spending a penny, then do someone a favour... because favours are free.

If you’re a great listener, the next David Beckham, or just make a great cup of tea, we’re looking for you. Don’t keep your talents to yourself. Research shows that people who do things for others are happier and more attractive – and you could even develop the skills you need to get the job you’ve always wanted. Search now for local opportunities with free feel-good factor.

**fashion favours**

The Fashion Favours collection is a clothing range with a difference – every item is made by volunteers from recycled clothes. Buy customised cast-offs from Kate Winslet, Fearne Cotton, Ricky Hatton and others, or make something yourself – you could see it published in a fashion magazine.

**Search Vinspired.com**

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**Your Life, Your Decision**

How will you empower other young people to take control of their lives and make positive choices about their future?

Whatever you want out of volunteering your local vinvolved team can help you find it in your area. Your Youth Volunteer Adviser will provide a personalised service to match you with inspiring opportunities that fit into your life, further your ambitions and indulge your passions.

From 2 April 2008, you’ll find a local vinvolved team wherever you live in England. They’re part of vinvolved, the new national youth volunteering programme, which aims to revolutionise youth action in England. vinvolved has now replaced the Millennium Volunteers programme in England.

To contact your local vinvolved team and find out what they can offer you, search by entering your postcode, or nearest town or city.
**SAFER COMMUNITIES: CRIME & DISORDER PARTNERSHIP**

Moreton In Marsh Community and surrounds including Blockley, Aston Magna, Todenham and Longborough.

**Local Officers**
- PC Caroline Paxford — County Council Funded Officer
- PCSO Clare Ashley-Cox and PCSO Renee Morgan

**Priorities** — Moreton Community Panel Set the following 2 Priorities
1. Prevent Theft of Petrol by Drivers from local Garages.
2. Promote Crime Prevention among the Farming Community to tackle theft of metal, oil/diesel.

Next meeting at Moreton Area Centre, 10am Thursday 18th March.

**MORETON COMMUNITY PRIORITY UPDATE**

The ‘No Cold Calling’ campaign across the area has been hailed a huge success and crimes of distraction burglary have been substantially reduced.

As a result of further public consultation and in response to concerns expressed by farmers about unwanted callers at their premises, the scheme has now been adapted and extended to include every member of the Gloucestershire Constabulary’s local Rural Watch network.

The North Cotswold membership currently stands at nearly three hundred farms and rural businesses and each will be issued with new signs to display in a bid to deter criminals from driving into properties unchallenged, with a view to committing crimes.

PC Chris Skinner said, “Rural crime is a significant problem for us and, although the property stolen might vary depending on market trends, such as the demand for scrap or souring fuel prices, the result is great expense for the victim”. “The Rural Watch network has given us great results in catching criminals and deterring crime and we hope that this project will further strengthen our work in this area.”

Any farmer or land owner in the North Cotswolds who wishes to have further information on this scheme or to join Rural Watch should contact PC Chris Skinner at Stow On the Wold Police Station.

**NB A tack marker is available from the Police Station for marking metal equipment.**

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**VILLAGE Agents**

Do you want information, help or advice?

Benefits, Allowances, Pensions.
Fire Safety and Smoke Alarms.
Home Insulation and possible Grants for Insulation.
Volunteer organisations including a sitting or driver service.
Small job services.
Fosseway Housing.
Community Alarm Scheme.

Come to the MORETON AREA CENTRE (CDC Office) on: Tuesday 10th March 2009 between 10am and 3pm.

Have cup of tea or coffee and chat with people that can help you or just pop in and have a look around.

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**HOME-START (North Cotswolds District)**

The Home-Start Charity has been operating from its office at the Youth Centre in Stow for 15 months, headed up by Ms. Lesley Thorn. Nine Volunteers are helping local families at the present, and the team are looking for more Volunteers to extend support and friendship to more families in the North Cotswolds.

If you would like more information on Home-Start, or would like to join the Team please contact: Lesley Thorn, Home-Start North Cotswolds, Stow-on-the-Wold Office. Tel: 01451 831781 or e-mail: stow@home-start-cotswolds.org.uk

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**Vacancy for LINk Development Worker**

GRCC & Gloucestershire Local Involvement Network is looking for a bright, confident & motivated individual to work with the LINk team as the LINk Development Worker. Local Involvement Networks give communities an opportunity to have a say in the planning, shaping and delivery of health and social care services in their area.

**Full time Gloucestershire LINk Development Worker**

Salary: Up to £22,000 (2 year contract)

You will work alongside the LINk team and be responsible for developing relationships with strategic partners, county community groups and organisations. Experience/knowledge of health and social care, project management and/or community development essential, as is excellent IT skills and the ability to communicate at all levels.

Application pack from Naomi McMahon on 01452 528491, email: naomim@grcc.org.uk or online at www.grcc.org.uk.

Closing date for applications: Monday 9th March 2009 at 5pm

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**PLAYGROUND AWARD & YOUTH SHELTER**

Glos Playing Fields Association has awarded its Playground Award to Moreton for the new playing fields at Victoria Park, championed by Jenny Peterson during her time on Council. The Award will be displayed on the site.

The Youth Shelter championed by Cllr Rod Hooper will be officially opened and handed across to a new Youth Committee who will be taking responsibility for it. The Committee chose the equipment, which includes Bluetooth technology. Funding for the project, £13955 + VAT, came from £106 money. Glos Youth Education Service (YES) will be organising a BBQ there to celebrate the opening.

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**PCT FUNDING FOR A HOSPITAL FACILITY IN MORETON**

(From a report given to Moreton Town Council at the Council Meeting on 16th February)

The PCT has placed outline plans for a hospital facility on its website www.nhsgrglos.nhs.uk

Four sites are being considered, all green field.

Planning approval has been requested by the Fire College, which is seeking support for a hospital on its site, potentially leading to a larger proposal for a 50 bed hospital with ambulance station, assisted living accommodation and a care home (no surgery however).

The League of Friends is supporting the PCT, but is concerned that initial plans do not include a new surgery.

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**Stow Royal British Legion Branch & Club win The Jotcham Cup.**

Stow RBL Branch Chairman Derek Arthurs received The Jotcham Cup on behalf of all branch and club members at the Annual County Conference of the RBL in January. The award is assessed on how efficiently branches and clubs submit annual accounts, conduct poppy appeal events and generally allocate members monies to activities that support the RBL objectives.

Winning the Cup will act as a huge boost to plans for 2009 which include a Poppy appeal launch – look out for a flying start this year! Also a Veterans Day event and many others to raise funds for the very active welfare activities.

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Flood Prevention & Remedial Work
Letter from Dennis Thorneycroft, Moreton – a 2007 flood victim.

"Dear Editor

As an ardent reader of your excellent monthly paper/ journal I must praise your ongoing endeavours to bring together information on the issues that effect the local community and news on activities in town and the surrounding villages. Whilst the email channel of communication is widely used nowadays, and no doubt facilitates rapid links between those involved in business and local government, much is hidden from the eyes of the general public – so Moreton Times is of special value to the citizens who wish to browse over the printed word and gain an insight into what is going on. The issue no. 27/28, Jan/Feb 2009 is of great significance because it reveals, in a 3-page spread of ‘readers’ correspondence, the exchange of emails and letters between various councillors of the town, District and County organisations within Gloucestershire, and worthy citizens of Moreton-in-Marsh, on FLOODING.

Strong criticism is being made by citizens of the relatively small amount of progress that has been achieved by the experts in overhauling the drainage systems within the town, and rectifying faults in the land drainage channels beyond the town, which have become inadequate for the purpose of disposing of Moreton’s surface water at times of heavy rainfall. Immediately after the great flood of July 2007, a newcomer, Robert Dutton, took the initiative in exploring both in-town and out-of-town drainage networks, and was horrified to find much of the ‘system’ inadequate due to years of neglect. Since when he has laboured incessantly to get ‘local government’ and the key Environment Agency to set in motion plans to rectify deficiencies – his latest voluntary task has been to distribute a comprehensive analysis of the faulty systems that persist, and he has detailed recommendations for the remedial work that should be tackled, without further delay. A copy of his assessments was paced in Moreton Library, early November 2008, as a ‘Memorandum for Discussion’, available to the local community seeking understand what protection against further flooding is required for the safety of their properties and the town as a whole. To the further consternation of townfolk and neighbouring property owners, roads and gardens were extensively flooded 13th December 2008, south of Redesdale Town Hall – your correspondents have revealed the state of anxiety and fear that has been re-awakened by this invasion of surface water which was limited in extend simply because IT STOPPED RAINING!

Moreover, the volunteer chairman of Moreton Resilience Group has revealed the farcical situation that exists with a blocked culvert where the Bourton A44 main road enters the High Street – just one example of the need for Councillors and officials to urgently review any 2009 action plans for the speedy modification of town and adjoining land drainage.

One hope is that the newly appointed Land Drainage Engineer, other staff of the CDC, will concentrate on the matters so capably presented by Mr Dutton in his Memorandum of November 2008. Our elected representatives would seem to need this further ‘wake-up’ call to get on with the urgent task of setting remedial flood work in motion, as fears remain that corrective work may never be done.

Yours sincerely
Dennis Thorneycroft.

Letter from Robert Dutton to Peter Collins Esq. CEng MICE, Flood Risk Management Team Leader at the Environment Agency in Wallingford, and copied to Moreton Times.

“SAFEGUARDING MORETON-IN-MARSH

Further to our telephone conversation, I am writing to thank you for the detailed and well-presented response set out in your letter dated 8th January, 2009 to my Memorandum for Discussion dated 5th November, 2008. I believe it is really helpful to have this detailed response particularly as it will be a key input to the important Flood Forum convened by Cotswold District Council (‘CDC’) being held here in Moreton on Friday 6th February under the chairmanship of Cllr. Clive Bennett. Unfortunately I myself will be indisposed from the end of this week and, accordingly, have decided to write directly to you with my comments.

I hope my comments set out below are helpful for you and for those attending the Flood Forum. It is most important this results in a new Action Plan, with clear responsibilities and timescales, which can be shown to the people of Moreton to be a proper and meaningful response to the challenges highlighted by the events of July 2007 and December 2008. It is now time to stop having more studies and consultancy reports and to get some actual physical action taken around the town and on its river. I appreciate you limited your response to the action needed on the infant River Evenlode and we in the town consider ourselves fortunate that the river here has been designated as “main river” meaning we can benefit from the EA’s expertise and commitment. It is also appropriate at this point to comment that it is recognised the routine annual maintenance carried out by your Operations Team is vital and it was really most fortunate that the 2008 clearance was carried out just prior to the December event.

Recommendation One

I am content that the Moreton Town Council will carry out effective channel maintenance practices in Queen Victoria Park (‘QVP’) on a regular basis.

Recommendation Two

Agreement on responsibility for clearing the QVP trash screen needs to be clearly established at the Flood Forum. It is vital this critical screen is kept clear to prevent the northern end of the town flooding again. Valiant efforts were required during the December event. You mention the possibility of EA support on this and I am sure your input on this will be very welcome at the Flood Forum.

Recommendation Three

I am now persuaded that the QVP trash screen does need urgent replacement if only on health and safety grounds. We appreciate the design work undertaken by the EA but now the timing and responsibility for its replacement needs to be…..continued next page
clearly set out in the Action Plan. This is clearly an important project to safeguard Moreton and we look forward to the new screen being put in place.

**Recommendation Four**

Whilst your response on the 'Budgens' culvert is most welcome, it does seem to me it would be sensible to remove the silt now lying in the single bore section of the culvert before the new trash screen is installed. Surely in time this silt would, if not removed, tend to shift down into the dual section so restricting the flow capacity there.

**Recommendation Five**

The deepening of the river channel at the culvert exit was most welcome but I must confess I still find it remarkable that we can permit the ‘spoil bank’ here to continue to block significantly the brick-lined channel constructed 150 years ago when the railway was built. I am advised (by Mr. David Brown of the Resilience Group) that the exit portal of the ‘Budgens’ culvert was completely under water during the December event. Surely this suggests it is necessary to improve still further the flow capacity here – by removing the spoil bank which has accumulated over the years – so enabling water to flow better through and out of this long culvert. I know Mr. Mathews, Chairman of the Moreton Resilience Group, shares my view on this.

**Recommendation Six**

I note that you were planning by the end of January to have assessed the obstruction likely to be caused by the low girder bridge over the river erected by Thames Water to give access to its SPS site. This is a particularly critical point as it is just below where water from the main drainage channel for the town (running through the grounds of St. David’s school) joins the river. As you know I believe this bridge needs to be raised and/or repositioned. You also indicated you would be reviewing the positioning of a service pipe here. Hopefully you will be able to indicate the action which you consider is required to the Flood Forum.

**Recommendation Seven**

This redundant concrete bridge appears harmless but it certainly became an obstacle in the July 2007 event (as was shown by photographs I included in my original Flooding Memorandum). I will be pleased to see this disused structure removed.

**Recommendation Eight**

I am advised (by the resident living at 43 Primrose Court) that the river reached a critical height here in the December 2008 event i.e. the river nearly flooded again. The two spoil banks at this point do provide ground on which excessive vegetation can grow and, being readily accessible, I believe should be taken away. I am encouraged that the EA is reviewing the bed level here and we will be keen to learn what recommendations you will have for your ‘Operational Delivery’ team. The river turns to flow east at this point (because the Thames SPS site lies on higher ground) and I believe this is the critical place where some action is now needed to improve the flow capacity of the river around the Thames SPS site.

**Recommendation Nine**

The river bank running alongside the Thames site is very overgrown and, from the end of the road in Croft Holm, overhanging branches and vegetation completely span the river. Again Mr. Mathews can confirm this. Also certain riparian residents in Croft Holm continue to complain about overgrown riparian trees on the Thames site causing bank erosion on their side of the river. We look forward to learning the action to be taken by Thames Water as the responsible riparian owner of this land.

**Recommendation Ten**

I am sorry to read your conclusions about the river around the new footbridge. However I believe we can only accept your professional advice.

**Recommendation Eleven**

I am also sorry you don’t share my concern about the ‘chicanes’ just to the south of the new footbridge. Again I fear we have little choice but to accept your professional advice. Please note however that I remain of the view that more attention to this area is needed to encourage water to flow better away from the built-up town area onto the flood plain here.

**Recommendation Twelve**

Your response on my concerns about the ‘log jams’ south of the ‘sleepers’ bridge is significant. This does need to be discussed at the Flood Forum because it is clearly unhelpful to have the river impeded. Action by the riparian owners to clear away the blockages is needed and the question to be resolved is which agency will contact them. I will highlight this issue for Cllr. Bennett.

Again I would like to thank you for your response which is quite timely. I have copied this letter to Moreton Town Council, the Moreton Resilience Group, CDC and, for information, Geoffrey Clifton-Brown M.P. I am really sorry I will not be able myself to follow up on these issues for some time.

We thank you for what you and your colleagues are doing and will do to help safeguard our town.

Yours sincerely

Robert W. Dutton
An edited letter from Robert Dutton to District Cllr & Portfolio Holder Clive Bennett, CDC, and copied to Moreton Times. The letter was sent before the heavy snowfalls which caused the Flood Resilience Forum meeting to be cancelled.

“Dear Councillor

SAFEGUARDING MORETON-IN-MARSH

I am writing to you ahead of your Flood Forum meeting here in Moreton next week and pray you have a successful session. We have recently received a detailed and helpful response from the EA to my 5.11.2008 Memorandum for Discussion. I enclose a personal copy for you. I have sent the EA my comments and also enclose for you a copy of my letter. These deal with the first twelve of my twenty-five 5.11.2008 recommendations which all relate to the river. In particular, I draw your attention to the EA response to Recommendation Twelve; it is clear that the agency to take action on these log-jams needs to be established and I hope you can achieve this next week.

I believe the Flood Forum to be held here in Moreton next Friday to be most important. To be helpful, I have tabulated my twenty-five 5.11.08 recommendations on one page as it seems to me this could provide a useful checklist for participants at the Forum. I think it is vital that, to be considered successful, the Forum must result in a meaningful Action Plan with clear responsibilities and deadlines. (For convenience I annexed the existing CDC Action Plan to my Memorandum as Appendix One.)

I was most encouraged by the CDC response to my 5.11.2008 Memorandum for Discussion and I hope the December 2008 flood event will reinvigorate the current efforts to safeguard this town from the risk of further avoidable flooding. Clearly the main challenge facing CDC is how best to increase the capacity of the existing 1960’s flood relief channel which has now caused flooding in the town two years running. (The existing Action Plan sets a deadline for this being done of July 2009 and I am sure many here in this town would be pleased if that can be achieved.)

Yours sincerely

Robert W. Dutton

Editor’s Note: It is clear that the risk of flooding haunts many residents’ lives, a fact brought more sharply into focus by the flooding which rose so rapidly in December – less than two weeks before Christmas. Had prayers been visible I suspect Moreton would have been shrouded in them!

‘AVOIDABLE FLOODING’

Robert Dutton has used the phrase repeatedly...there is no need for Moreton to be still ‘at risk’!

Commenting on the December flooding last month Robert Dutton wrote “I think (it) was largely avoidable and can be attributed to the glacial progress made by and now near-criminal negligence of our local councils. We have been banging on for over a year now about the ditches and culverts which again failed to cope with less than 2 inches of rain.”

“The recent EA routine annual maintenance visit was well timed but again the river is reported to have failed to shift the necessary volume of water out of the town.

We are not asking for expensive drainage works to take place here but action, as set out in my 5.11.08 Memorandum, would in my view at very little cost greatly help to safeguard this town.”

So what, exactly, is the reason for the ongoing lack of action? It is regrettable that so many residents fear that our District Council will continue to sit on their hands, losing the respect that would readily follow good leadership, clear decision-making and positive action.

Let’s hope that spring will bring a change of attitude before it brings a change in the weather!

(A Blenheim resident asked MTC about a name/sign for the area between Blenheim and London Road. The area has been known by a few names in the past – perhaps it should be known as Moreton Flood Plain, as an honest attempt to deter further development.)

Edited summary of a letter from Gloucestershire Primary Care Trust (Jan 09)

With effect from 2 February 2009, Gloucestershire Primary Care Trust adopted the name ‘NHS Gloucestershire’.

We hope that the new name will help the public’s understanding of this role and our responsibilities for the population of Gloucestershire.

This new branding does not change the full legal name of Gloucestershire Primary Care Trust, which will continue to be used on legal and other formal documentation.

At the same time as the change of name to ‘NHS Gloucestershire’, the Arms Length Provider Organisation within the Primary Care Trust will adopt the name ‘Gloucestershire Care Services’. This will be the identity for the part of the organisation that provides clinical care across the county, through community hospitals, community nursing and therapy services.

A Summary of the latest information on new health facilities for the North Cotswolds

PCT Board members have approved an outline business case, which sets out the plans for the development of health services in the North Cotswolds. An assessment is underway to test which site in Moreton will be the best, which is expected to be completed in the next few months.

In Bourton on the Water, a wide range of outpatient services, community beds and community health and social care will be provided as well as providing care in people’s own homes. Facilities will be based on the current hospital site and also a new intermediate care unit on another site in Bourton.

Chairman of Moreton District Hospital League of Friends, David Glaisyer said “This is a positive step forward for the people of the North Cotswolds and we are pleased to be working in partnership with the Primary Care Trust.”

Chairman of The Friends of Moore Cottage Hospital, Bourton, Philip Winter said “We have had to accept the fact that people who need semi-acute treatment are sent to Moreton hospital. However the PCT has made the changes in accordance with government policy, with the emphasis on care in the community. We have also retained our outpatient services, which are being increased.”

For the full text, please go to our new website address, www.nhs-glos.nhs.uk
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GAIT ASSESSMENT & CUSTOM ORTHOTICS – Pain in your neck, hips, knees, heels, feet? Orthotics are a type of insole worn in shoes and are specifically made to each individual requirements. They help to realign the skeletal structure and aid the function of the foot, reducing stress and strain on joints and reducing the pain caused by dropped arches, plantar fasciitis and many more painful foot conditions.

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“You’re Worth It.”

Have you found yourself wondering whether “You’re worth it!” is that a good advertising strap-line or is it really worth spending more to buy this product? How can we tell? Will it help us to save the planet?

In the battle of the advertising guru versus the professional to influence our choice of hair products, I think the advice of the person who regularly ‘does’ our hair (quite possibly the only person who handles our hair regularly apart from ourselves) wins by a mile.

So with more hairdressers advertising that they are using organic products, there are probably good reasons for it - apart from either saving us, or the planet, from chemical overdosing.

Paul Metayer at HAIR BY METAYER in Oxford Street, Moreton started using organic products six or seven years ago, mainly to counteract allergic reactions and other problems that some clients were experiencing with regular products. Using alcohol-free and chemical-free shampoos and hair treatments fits naturally into Paul’s concept of good hairdressing: “It’s about offering a personal touch - your hairstyle should look great, feel natural and be easy to maintain. Your salon experience should feel as natural. We want you to feel at ease in our friendly salon.”

You will notice Hair by Metayer with its big bright window and blinds striking against the old Cotswold stone. Paul has carried the feeling of light and space right through the salon using simple black & white with bright touches of yellow and orange, and natural wood balancing the chrome and glass.

The Salon is both stylish and welcoming: friendly smiles, fresh coffee in the delightful little lounge with a coffee bar and deep armchairs, a TV and the latest glossies.

The Products: Organic Care Systems and Organic Colour Systems are “formulated to be as kind as possible to you and your hair, offering possibly the only permanent hair colour with certified organic extracts, and a range of after care shampoos, treatments and nourishing conditioners to protect and maintain your hair’s condition and colour. We can ensure that your hair and scalp are protected in the gentlest way possible, returning the hair to its natural pH, and giving it a natural feel and shine.”

The Team: Stylists Paul Metayer and Caroline, and Gemma and Chelsea who are doing their apprenticeships with Paul. They are cut and blow dry specialists, are delighted to talk to you about using organic products on your hair, and your appointment will offer you experience, expertise and personal attention in a friendly, comfortable environment. The price for a cut & blow dry is £36.50, and the salon is open until 7pm on Wednesdays & Thursdays, and until 4pm on Saturdays. You will need to book. Call -

01608 650788

5 OXFORD STREET,
MORETON IN MARSH, GL56 0LA
What is success? It's your call.

How to take a fresh look at your life and reduce stress
From Nicola Menage B.A.Hons., D.Hyp., HA.

Having just watched the British Film and Television Awards I was struck by the notion of success. Slum Dog Millionaire took the award ceremony by storm, winning 7 BAFTAs. The sheer enthusiasm, self-belief and passion of the director, Danny Boyle, and the outstanding cast and production team, was striking.

What is your own personal take on success?
Is success about winning, recognition, prosperity, material wealth, a wife/husband and children? In today’s society all of these are often benchmarks of success.

The conventional belief is that success is concerned with the end goal, the outcome of our achievements. It is generally perceived as a combination of hard work, being in the right place at the right time, determination and talent.

At what price do you sacrifice your personal happiness and your family’s to get to your perception of success?
I agree with Richard Branson’s viewpoint. “A business has to be involving, it has to be fun, and it has to exercise your creative instincts… Ridiculous yachts and private planes and big limousines won’t make people enjoy life more, it’s about having a balance.”

Success is enjoying the journey, having a sense of quality and purpose in what ever you do, because quality reflects care, passion and enthusiasm. Regardless of the outcome, failure is only an attitude of mind, it’s your perception.

How many people do you know who are constantly frantic, rushing to beat the clock, over stretched, working 24/7. Are you so busy focusing on what might be, that you can’t experience the pleasure of now?

At what price does success come to you?
As a motivational hypnotherapist I have worked with many people who are burnt out, suffering from loss of sleep, lack of self worth and who feel not quite in control. The perceived idea of success is always in the future, always slightly out of reach. Being aware at each stepping stone helps us feel in control and acknowledge our success.

Stress can affect us all. In some cases a controlled amount of it is good for us, it helps to get our adrenalin flowing, to perform at a higher level. However, if allowed to get out of control it can affect our effectiveness. We can lose our sense of proportion and an overwhelming feeling of being out of control becomes the norm.

The more stressed you become the harder it is to communicate, delegate and be effective, promoting more feelings of despair and alienation.

Generally men by nature are less likely to discuss their feelings and perceived shortcomings to friends and family. They are programmed to take it on the chin, and view seeking help as a weakness, woolly and soft.

Deputy Director for the Samaritans Joe Ferns says “Facing your problems and finding help to overcome them is something which denotes courage and strength. Dealing with problems at an earlier stage can help to prevent bigger and more far reaching difficulties.”

If unchecked stress can lead to depression, alcoholism even, suicide. Some high achievers tend to define themselves as a success or a failure. Again it is keeping a sense of proportion when up against it. Richard Branson reflects “Business opportunities are like buses, there’s always another one coming”

Five Top Stress Busting Tips
1. Keep a sense of proportion and aim for healthy work life balance.
2. Understand and practice the art of delegation.
3. If you are feeling overwhelmed …stop…and take constructive action. Ask for help. Alcohol and sleeping pills may soften the pain, but are not a long term solution.
4. Avoid living for work, work to live!
5. Occasionally we all come unstuck … reflect, move on and learn from your mistakes.

Nicola Menage is a motivational hypnotherapist who works with professionals and business owners who are affected by the credit crunch. Through hypnotherapy and other beneficial mind programming techniques she successfully works with people to help them get their lives back in control by allowing them to change the things they want to change in their business and personal lives.

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Food for thought
A new way to look at health and nutrition
by Sandra Clarke of SMADAR

Nutritional advice has generally been based on the premise that the particular nutrient we are deficient in is the one that needs to be supplemented...i.e. the problem was nutritional deficiency, the solution was to replace the one missing vitamin or mineral. Current thinking feels that our immune systems are being weakened by damage to our cells, causing us to fall ill. This applies to minor illnesses such as a cold or a flu as well as more serious, long-term conditions like heart disease, cancer and other degenerative illnesses. This can be explained by the oxidative stress placed on our cells by free radicals floating through our bodies, which are produced when the body experiences an inadequate diet along with pollution, stress and overmedication. A weakened immune system is always a problem, but is a particular issue this time of year when it is harder to live and eat healthily than in the summer months. Extremes of weather lead to us all suffering much longer from colds, seriously impacting on our energy and productivity levels.

Imagine a blow-up ball...if there is a hole in the ball letting the air leak out, no matter how hard and how often we blow it up, it will continue to deflate. It is unlikely that our diet provides sufficient quantities of every single vitamin, mineral and other nutrient we need, bar one. So being deficient in one vitamin would indicate that we have a ‘leak’ somewhere, that our cells are not absorbing all nutrients at the same level. Which brings us back to oxidative stress – the cells have been damaged to the point where a ‘leak’ has occurred.

It is becoming clear that there is a clear link between nutrition and degenerative diseases such as diabetes, high blood pressure and many others. So, what does this mean for us? This tells us is that if we can provide the body with the right amounts of nutrients, the cells will remain whole and undamaged, thereby reducing the risks to our long-term health.

Do you believe that a good diet is enough to provide our bodies with all they need?

This is a commonly held viewpoint based on our historical evaluation of a body's needs and the food available. However, living longer is demanding that our lifestyles provide sufficient nutrients to allow for that. With modern farming methods and pollution, which deplete the nutrition in the soil, we have a widening gap between our increased need for nutrients and reducing nutrients in our foods.

A good diet could protect us from deficiency diseases but is unable to protect us from degenerative diseases. The vast majority of us don’t get enough nutrition – latest statistics indicate that on average, only 14% of the UK population eats a healthy diet based on the government guidelines of 5 a day. That is about 1 in every 7 of us — and it is said to be getting worse, not better.

So, we need more, food provides less and we eat too little of the right foods — what can we do? A good diet could protect us from deficiency diseases but is unable to protect us from degenerative diseases. The vast majority of us don’t get enough nutrition — latest statistics indicate that on average, only 14% of the UK population eats a healthy diet based on the government guidelines of 5 a day.

SO – WE NEED MORE, FOOD PROVIDES LESS, AND WE EAT TOO LITTLE OF THE RIGHT FOODS – WHAT CAN WE DO?

A healthy lifestyle – plus a supplement:

The answer is to use nutritional supplements, vitamin and mineral tablets, in addition to our food intake. Sales of nutritional supplements are increasing, with about 75% of UK adults buying and taking nutritional supplements. Great, I hear you think, next time I’m in my local supermarket, I’ll pick up a bottle or two and I’m sorted. Unfortunately, it is not that simple. We need to ensure the healthiest possible diet — rich in nutrients, especially from fruit and vegetables, low in sugar and fats, and balanced, providing some of everything. Plus we need exercise, regular, appropriate exercise.

And finally, yes, we do all need supplements as well. However, beware — there are huge variations in the quality of the supplements on our shelves.

How to identify an effective supplement:

There are three key points that help us choose supplements that are actually going to help us.

• Each tablet should dissolve readily in our bodies

• The quality and purity of ingredients varies greatly — natural is not always best. Some ingredients can be contaminated by metals and other impurities

• Supplements can be either pharmaceutical grade or food grade. Both grades list ingredients, but pharmaceutical grade supplements are produced to the same standards as pharmaceutical drugs — and each individual tablet contains an exact stated quantity. (Generally, one way to identify them is that the food grade supplements will state that the ingredients are listed as average amounts. To be sure go to the manufacturer’s websites to find out more.

Sandra Clarke is a business and marketing trainer, who is also a market research expert. She has spent the last 15 years conducting research into healthcare issues in Europe and the US. She gives talks and runs workshops on marketing and business development, market research and health and nutrition.

Product Recommendation – USANA Health Sciences

My research and experience has led me to recommend USANA Health Sciences. The product range is concise, clear and easy to work out and their products meet all the highest standards. They repeatedly win accolades for their products and their business and there are countless stories and testimonials from users of the products. (A example – a 78-year-old man battled with high cholesterol for over 10 years; he changed his diet and took all the medication prescribed, but the cholesterol remained high. After 1 year of taking USANA supplements his cholesterol dropped within safe limits and he decided to halve his cholesterol medication. Another year on, his cholesterol is even lower and he halved his medication again – we look forward to hearing the outcome. 90% of all our arthritis customers have managed to reduce or eliminate their pain when using some of USANA’s supplements.

We are not claiming that supplements can treat, cure or prevent serious health conditions and we can’t promise success for everybody — but we have found outstanding results in the vast majority of people who have been taking USANA supplements for 6 months or more.

So, if you are simply looking to avoid getting colds or the flu, want to increase energy levels or have more serious health issues you want to act on, contact us. We have a UK-based medical team on hand, available for advice on which supplements are the most appropriate for you to use. For our details, see our advert on Brilliant Compensation or go to www.smadarhealth.usana.com. Sandra Clarke, FCIM, an independent USANA associate.

Mobile – 0774 703 5208

Do Something for Yourself and Others
Brilliant Compensation! Join the most successful supplement company by helping others
We help you create as much extra income as you want
Create your own opportunity by helping others
01451 837 206
sandra@smadar.co.uk
www.smadarhealth.usana.com
Does your child have an eating disorder?

As an experienced Psychotherapist working in this area for many years I am more and more aware of the increase in obesity, and also Anorexia and Bulimia. These psychological disorders have a massively negative impact on the person experiencing the condition and a knock on effect to parents, siblings and friends. These debilitating conditions threaten mental and physical well being and can push people to emotional limits.

However the subject is still surrounded by taboo. I wish more people would admit they have a problem and seek help.

Professionals have varying ideas on how to handle eating disorders but agree on one thing — if you want to treat these conditions successfully and aim for full recovery, you have to catch them early. To do this you must not ignore some subtle signs at the beginning — pushing food around the plate making it appear as if most has been eaten; He or She taking charge of the cooking and become obsessive about certain ingredients; exercising much more than usual. You may start to find food uneaten in the bin; food may be taken and eaten in private, away from anyone else.

When a person feels insecure about something it will usually show through behaviour. If a child is having a problem with food and weight, it is a symptom of an insecurity… and eating is something they can control!

As a parent it is important that you stay calm and appear in control even if you don't feel it inside! Treat meal times as a social catch-up and something enjoyable for everyone. Encourage conversations at table and promote healthy not skinny lifestyles. As the parent you have a role to play, and it isn’t best friend. Remember you were a teen once — and you survived!

Don’t pass on your issues surrounding your weight, and seek help to sort out your anxieties. Don’t encourage secrecy and never force feed — we all know when we are full. Don’t ignore continual/rapid weight loss — seek advice. Parental anxiety only fuels the condition, so try to be as confident as you can be.

Anyone with serious concerns should consult a professional.

A ‘quality’ kitchen depends on how well it fits!

A first class kitchen, poorly installed, will always look like a badly finished kitchen, you will always notice the flaws.

For similar money, would you buy a badly finished new car?

Built on solid foundations and with 40 years experience in the building industry, Chris Turner has specialised in kitchen installation for the past ten years.

Fitting Bespoke Kitchens means just that – your choice of kitchen chosen from traditional, farmhouse, ‘shaker’ and contemporary designs, by Poggenpohl, Wellman, Magnet and others. Quality appliances, lighting, accessories, tiling and flooring complete each totally individual kitchen, ‘topped’ with brand-name granite and corian worktops. Friendly personalised guidance will help you to achieve the kitchen you have been planning, with a realistic budget and timetable.

Chris has established a good working relationship with most major kitchen suppliers, building a reputation for quality workmanship and highly professional standards.

CHRIS TURNER
Bespoke Kitchen Fitter
Mob. 07798 602 113
Eml. Chris-turner@dial.pipex.com

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Counsellor & Coach
Professional help for psychological and emotional difficulties, helping you move on with life.
Depression and Anxiety Specialist
Home visits available by request.

Ms Dee Murray
MASC (a.p.th)(asc) MCA Hyp.
Call or text
0770 202 7410 (24hrs)
www.stratfordprivateclinic.com
A PHILOSOPHY FOR HAIR

"I truly believe that the essence of a woman is her hair; no accessory can impart as much confidence and feeling of well being as perfect tresses. Team a pair of old jeans and a t-shirt with beautifully cut, lusciously conditioned and cleverly coloured hair, and you will feel and look a million dollars.

We are passionate about giving you hair that feels sublime and makes you feel fantastic. We promise to use all our expertise and experience to make every day, whatever you’re doing, a great hair day."

- Tabitha James-Kraan, proprietor

As a home reflects its owner, so a business takes its life-force from its proprietors. Dennes and Tabitha James-Kraan have opened their second hairdressing business in Brewery Yard, Stow - it is spacious and thought-through, an elegant work-space designed for stunning results. Over three floors it also offers a private suite, for a bridal group perhaps, or a special birthday, with make-up professionals and full-length mirrors.

'Best experience’ is the concept flowing through Spirit Organic Hairdressing - the key words on the website are performance, progressive, indulgent and reliable. It feels classy, with a strong French romantic influence…a perfect palette for Tabitha’s philosophy.

Brewery Yard, Sheep Street, Stow on the Wold
Tel. 01451 831999 - www.spiritorganic.com

SPIRIT ORGANIC
HAIRDRESSING
01451 831999

Spirit of Spring

One new salon, six completely new looks – for free!

To celebrate the opening of our new Stow-on-the-Wold salon, we would like to offer you the chance to win a completely free hair and beauty makeover. Start the new season with a fresh look by going to our website, clicking on the Spirit of Spring link, entering your details* and correctly answering one question.

Two lucky visitors in each of three age categories will get a wonderful pampering session at Spirit Organic, including cut, colour, finish, makeover and makeup guidance, and will leave with a spring in their step, and a goody bag full of treats.

So come and visit us at www.spiritorganic.com, or even better at our new salon in Brewery Yard where you’re free to browse in our shopping area or have a coffee and a chat. We very much look forward to welcoming you.

*Open to anyone with a GLxx postcode.
Have you only ever dreamed of owning a bespoke kitchen?

Here are 5 reasons why you should talk to us...

- Our unique and stylish design will make your dream become a reality
- Fully accountable project manager to relieve your stress
- Reassuring 10 year guarantee on our hand built cabinetry
- Only ever expertly installed by us
- Wide range of appliances and accessories always available

"Thank you, you and your team are first class"
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Call us now on 01608 642266 to organise your free consultation

The Cotswold Country Kitchen Company
Unit 8 Worcester Road Industrial Estate
Chipping Norton, Oxfordshire OX7 5XW
www.cotswoldcountrykitchens.com

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NICEIC DOMESTIC RETAILER – PART P REGISTERED

24 HOUR EMERGENCY CALLOUT
RECLAIM, RE-USE, REPAIR and sometimes REPRODUCE

Open any homes and lifestyle magazine, catch a design and furnishings programmes on TV, and it’s clear that fashion in our homes has moved on. Lines are clean and simple, and new technology has given us new materials and new finishes.

But here in the North Cotswolds, where buildings of old stone rest peacefully in ancient valleys and cottages cluster on the hillsides, the enthusiasm for using old timbers runs true and is very visible, from floors to ceilings and roof beams, in doors of all sizes, with hinges, studs, knobs and handles, and statement internal panelling. Broad mellow wooden boards from the sides of old railway carriages are collected here to be stripped, patched and polished, ready to lay as floors in new farmhouse kitchens, smart town houses and trendy apartments, with recycled wooden doors made to measure. The old wood will add the depth of colour and texture that designers and developers look for when they dress a property.

Cox’s Architectural Salvage Yard in Moreton employs three men solely to make new doors from old, reclaiming and repairing the wood, re-working it the traditional way. Each door can be made to measure, customised, but it will always declare its arborial history with natural imperfections in the old wood, smooth and polished now and full of the character that comes with natural products.

Cox’s have been recognised as specialists for doors for twenty years or more, but the market has changed, with the internet playing a bigger trading role each year. They run an Ebay shop and trade online, buying and selling, with possibly 90% of business now being conducted through the internet.

Inevitably with some of the goods brought in to be reclaimed and repaired, there are the one off items such as a bank night safe, a church porch and a French roll-top bath. Whether you are looking for beautiful old doors, something one-off for your office or ‘just looking’, Cox’s Architectural Yard will fascinate you. Your purchase, should you make one, could outlast you!

Cox’s Architectural Salvage Yard
Fosseway Business Park, Moreton-in-Marsh, GL56 9NQ
Tel: 01608 652505

To view our latest stock visit: www.coxsarchitectural.co.uk

Floorboards
New and reclaimed
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Windows

Radiators... & much more!

When visiting please mention Moreton / Stow Times
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No job too small. Free quotations in the local area.
Kicking the competition into touch

Stow-on-the-Wold District RFC Minis and Juniors are preparing to kick the local competition into touch with a little help from one of the UK’s largest firms of rural property consultants: the Smiths Gore Stow-on-the-Wold office is proud to sponsor the junior teams within the club.

Robert Pritchard, Director at Smiths Gore, comments: “We were heartened by the ethos of the Club which has a particularly strong following. The Club’s mini and junior teams are especially well-subscribed and as a business we were particularly keen to get involved with an organisation where we could make a difference.

We are delighted to be able to help financially with the provision of equipment. I am sure that through our involvement, our brand will become firmly established and seen as an approachable and supportive business with a desire to build long term relationships.”

The Smiths Gore logo can now be found emblazoned on the rugby balls while the estate agency team will also be using the Club as an auction venue.

For further information, please contact Robert Pritchard or Pip Hill, Directors, Smiths Gore, Stow-on-the-Wold
01451 832832
robert.pritchard@smithsgore.co.uk or pip.hill@smithsgore.co.uk
Moreton Rangers U10’s have a new Formula this season...

their new Sponsor - Formula Fun Ltd.

Moreton Rangers Under 10 wishes to thank the new sponsors of their football kit Formula Fun.

The team at Formula Fun have over 22 years experience organising Multi Activity Events including Team Building, Quad Bikes, Racing Buggies, Clay Pigeon Shooting, Product Launches, Conferences and much much more.

Ray Lowe, Chairman and Chief Executive of Formula Fun Ltd told us, “My step son Jack Edwards or ‘Custard’ as he’s better known to his team mates, plays for Moreton under 10’s. We all went on tour to Torquay last year and had a great time. So when it transpired that their current sponsorship was coming to an end we were delighted to help.”

All the staff at Moreton Rangers are really dedicated and do a brilliant job. The kids get on really well together and give 100%. The kit looks fantastic, so let’s hope the results look just as good....!

Ray and everyone at Formula Fun Ltd wish Moreton Rangers the best of luck for 2009

From Martin Jones, Secretary
01608 650955.

New Team needs a Manager

Moreton Rangers are looking to start a reserve team to compete in the Cheltenham League. Many of our junior players are now old enough to play senior soccer but with competition for places in the first team very strong we are looking to start a reserve team.

We are looking for a manager to run this team and anyone interested in this exciting chance to mould our young talent into a competitive adult outfit, contact club secretary Martin Jones on 01608 650955.

Opportunity to celebrate unsung heroes

Have you any unsung heroes in your organisation?

If so, we want to know about them.

We are asking for nominations for our Pride of Gloucestershire Awards, which will take place at the Gloucestershire Rugby Club, Kingsholm, Gloucester, on June 19th.

We are particularly interested in nominations for our categories:-
- Environmental Hero,
- Public Sector,
- Young Community Hero,
- Community Project, and
- Braveheart.

This is a chance to honour those people that work tirelessly and often silently for the benefit of others, whether an individual or a group of people.

If you think you know someone who deserves to be recognised, please complete our on-line nomination form at thisisgloucestershire.co.uk/pride. We would love to hear about your nomination. Entries must be in by Friday, 6th March, 2009.
Local Clubs, Societies, Associations & Charities

Glos County Council
County Cllr. BARRY DARE
Shire Hall, Gloucester GL1 2GT
01452 425000 / 01386 701280
barry.dare@gloscc.gov.uk

CDC Office Cirencester
Trinity Road, Cirencester
01285 623000
www.cotswold.gov.uk

Moreton Area Centre
High St, Moreton 01608 650881
moreton@cotswold.gov.uk

District Cllr. BEN JEFFERY
01285 623852/3
Ben.Jeffery@cotswold.gov.uk

District Cllr. HARRY PAVIOUR
01285 623846
Harry.Paviour@cotswold.gov.uk

Glos Market Towns Forum
(Main office: 01452 425953)
Roger George – 07791 182450
www.town2town.org.uk

Glos Rural Community Council
Marilyn Cox – 01452 528491
marilyncc@grc.org.uk glosrcc@grcc.org.uk
www.grcc.org.uk

Schools
Blockley Primary 01386 700567
Compton 01608 684654
Dormer House 01608 650758
Longborough 01608 830097
St Davids Cole 01608 650521

MIM Business Association
Moreton Town Council Old Town,
Moreton in Marsh GL56 0LW
01608 651448
mimtowncouncil@tiscali.co.uk

Visitor Information Centre
Moreton Area Centre, High Street,
Moreton in Marsh Tel. 01608 650881
moreton@cotswold.gov.uk

MORETON TIMES
PO Box 6, Stow-on-the-Wold
GL54 1WD
Tel: 07789 175002
moreton-times@dial.pipex.com

MORETON IN MARSH INTEREST
& LEISURE CLUB
New calendar of events available from the
Sec. Mrs Audrey Wright., including speakers,
outings, events and holidays. Membership
E5/A, open to local people aged 55+. The
Club is looking for new members to join this
very vibrant club.
Contact Mrs Barbara Smith
01608 652089

Adlestrop Cricket Club
Nick 01451 831458 Eric 01451 830793

Bledington Toddler Group
Nicki 01608 658137
Mon 10-11.30am

Blockley Ladies Choir
Practice nights Tuesdays 7.30pm
Little Village Hall, Blockley
Contact Sec. Jean 01386 841253

Campden Music Society
Carol Jackson – concert Mgr
Cra.jackson@virgin.net

Condicote Playgroup & Toddlers
Leader Jo Abrams 07796 987173

Cotswold Choral Society
David South – 01451 870494
Thursdays 7.30pm – 9.30pm
Upper / Lower Slaughter Village Halls

Cotswold Investment Club
First Tuesday of each month.
Roger Turner 01608 658496

Cotswold Walkers
Jeanette Hughes 01285 623450
Every Thurs 2pm Moreton Area Centre

Cotswold West Gallery Group
Caroline Ungqoed-Thomas
01451 830537

Divorce Recovery Workshop
Denise, Peter Allen 01451 830653

Fair Shares
N.Cotswolds Community Time Bank
01608 812338
fairshares@phonecoop.coop

‘K’ Fitness
Barbara Kay 01386 833133

Kingham Choral Society
Derek Woods 01608 658738

MIM & District Local History
Contact Margaret Shepard
01451 830531

Moreton Badminton Club
Practice nights Tuesdays 7.30pm
Contact Sec. Margaret Peaston
01608 650526

Moreton Bowling Club
Margaret 01451 821399
Ian 01608 651761

Moreton Flower Club
Mrs N. Dickenson 01451 832199
ja.dickenson@virgin.net 4th Thursday
monthly, Broadwell Village Hall

Moreton Interest & Leisure Club
Meetings, outings & events
Ben Jeffrey 01608 650644

Moreton-in-Marsh Probus Club
Two meetings a month with talks and
social events for retired professionals and
business men. Ken Burder
01608 650157

Moreton Rangers Football
Tim Sedgley,Chair 01608 652696
Martin Jones, Sec 01608 650955
Clubwebsite.co.uk/moretonrangersfc

Moreton Tennis Club
Cecil Haslam, Chair 01451 830293
Sue Bull, Sec 01386 853298

North Cotswold Bee-Keepers Assoc.
Julie Edwards 01608 659396
Julia@ncbka.org.uk

North Cotswold Bridge Club
Meets Bourton on the Hill
Tues, Weds, Thurs
Alan Lamb 01386 701603

North Cotswold Disabled Club
Joan M Oughton 01451 830580

N. Cotswold Vol Help Centre
Contact Peter Alans 01386 853905

North Cotswold Friendship Centre
(Affiliated to Heyday)
01993 842820 / 01386 700656
colman@oxon1939.fsnet.co.uk

North Cotswold National Trust
Sec. Dr. Colin Ellis 01451 822208

N. Cotswold Neighbourhood Watch
Non-Emergency 0845 090 1234
Crime Stoppers 0800 555111
Child Line 0800111
www.northcotswoldnw.co.uk

Poetry Appreciation Group
Every Thursday 7pm.
In Moreton Mid Swift
07920 164676

Royal British Legion Branch
01451 831550 and 07779 452396
Club at Well Lane, Stow 01451 830242

R.N.I.L. North Cotswold Branch
Chairman Diana Porter
01451 830508

Save the Children
Moreton Branch Joyce Rees 01608 650825

Scottish Country Dance Group
Brenda Panons 01451 831876

Skills for Life in Moreton
Y.E.S. classes Mon and Tues 2-4pm
Sally Riches 07988531774

Stow & District Stroke Club
Margaret Peaston 01608 650526
Alternate Mons 10-12, Fisher House Stow

Stow Rugby Club
www.stowrfc.co.uk

Tai Chi
Redesdale Hall, Thurs 7.35pm
Joyce & Mike Rees 01608 650825

The National Trust
www.nationaltrust.org.uk

This contacts list
is being updated.

Please let Moreton Times know a.s.a.p. if your club/society/local
group information should be
here/be updated.
Stow Times & Moreton Times are building a new BUSINESS DIRECTORY

We hope to make it the most comprehensive Business Directory in the area, bringing local businesses' details together in a format that will ensure they are clearly presented, easily found, and at a price that makes sense. Entries will be for a calendar year (content can be changed within the year) and priced per business.

It is straightforward and simple –

2 lines (approx 10-15 words) £7.00 for a year – in black, greys & white
3 line Box (approx 10-20 words) £14.00 for a year – in black, greys & white
4 line Box (approx 10-25 words) £18.00 for a year – in black, greys & white

Business card sized Box £28.00 for a year – in colour

FOR INFORMATION or TO BOOK YOUR ENTRY
CALL 07789 175 002
Eml stow-times@dial.pipex.com or moreton-times@dial.pipex.com

Remember, Stow Times & Moreton Times are delivered to approximately 6,000 homes and businesses in the two market towns and the communities that use them as their centres. That includes the hotels, restaurants, pubs and clubs, B&Bs, holiday homes and second homes. Editions also go into Burford, Chipping Norton, Chipping Campden and Bourton on the Water.

With tough times ahead, what do I tell people about my business?

Tell them ALL about your business – the Who, What, Where and How to contact you!

The most dangerous time for a business in a small community is when the locals don't know about you or aren't sure if you're there! So now is the time to put your business into every house in the community, from Adlestrop to Bourton on the Hill, from Condorice to Fulbrook and Naunton to the Wolfords, through Blockley and Todenham, Wyck Rissington and the Swells.

Carrying local news and advertising Stow Times and its twin Moreton Times are established as an important means of sharing information with local people.

DID YOU KNOW? All the community information on our pages every month is carried free of charge (in exchange for villagers delivering ST/MT in their area) and our income comes entirely from local commercial advertising. Without the support of local businesses we couldn't exist, and that is why we always appreciate hearing that advertising in ST/MT has worked well. New business owner Pam Newman, of Martha's Coffee House in Moreton High Street, took a half page in the September editions – "It paid for itself on the first day!"

The final copy date for our next editions is March 16th – but don't leave it that late.

Get your message onto the pages of Stow Times & Moreton Times (all advertisements appear automatically in both editions)….

Tell Moreton Times & we’ll tell the WHOLE COMMUNITY!

For information about advertising prices, sizes, and on the campaigns/discounts we offer, contact us Tel 07789 175002. PO Box 6, Sheep Street, Stow GL54 1WD Email – stow-times@dial.pipex.co or moreton-times@dial.pipex.com

Or click through on our websites at www.stowtimes.co.uk and www.moretontimes.co.uk

All advertisements and most articles are included in both publications.

Copy dates are 16th of the month prior to publication (e.g. 16th February for the March editions) with delivery during the first week of the month. We don't publish a January edition, running a double edition for January & February which comes out at the end of January.

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WE DELIVER TO APPROXIMATELY 6,000 LETTERBOXES AND REACH 22,000 READERS – IF YOUR ADVERTISEMENT CATCHES THE EYES OF JUST 1%, THAT IS 220 PEOPLE.

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FOR INFORMATION or TO BOOK YOUR ENTRY
CALL 07789 175 002
Eml stow-times@dial.pipex.com or moreton-times@dial.pipex.com

Remember, Stow Times & Moreton Times are delivered to approximately 6,000 homes and businesses in the two market towns and the communities that use them as their centres. That includes the hotels, restaurants, pubs and clubs, B&Bs, holiday homes and second homes. Editions also go into Burford, Chipping Norton, Chipping Campden and Bourton on the Water.

With tough times ahead, what do I tell people about my business?

Tell them ALL about your business – the Who, What, Where and How to contact you!

The most dangerous time for a business in a small community is when the locals don't know about you or aren't sure if you're there! So now is the time to put your business into every house in the community, from Adlestrop to Bourton on the Hill, from Condorice to Fulbrook and Naunton to the Wolfords, through Blockley and Todenham, Wyck Rissington and the Swells. Our deliverers visit them all.

WE DELIVER TO APPROXIMATELY 6,000 LETTERBOXES AND REACH 22,000 READERS – IF YOUR ADVERTISEMENT CATCHES THE EYES OF JUST 1%, THAT IS 220 PEOPLE.

Carrying local news and advertising Stow Times and its twin Moreton Times are established as an important means of sharing information with local people.

DID YOU KNOW? All the community information on our pages every month is carried free of charge (in exchange for villagers delivering ST/MT in their area) and our income comes entirely from local commercial advertising. Without the support of local businesses we couldn't exist, and that is why we always appreciate hearing that advertising in ST/MT has worked well. New business owner Pam Newman, of Martha's Coffee House in Moreton High Street, took a half page in the September editions – “It paid for itself on the first day!”

The final copy date for our next editions is March 16th – but don’t leave it that late.

Get your message onto the pages of Stow Times & Moreton Times (all advertisements appear automatically in both editions)….

Tell Moreton Times & we’ll tell the WHOLE COMMUNITY!

For information about advertising prices, sizes, and on the campaigns/discounts we offer, contact us Tel 07789 175002. PO Box 6, Sheep Street, Stow GL54 1WD Email – stow-times@dial.pipex.co or moreton-times@dial.pipex.com

Or click through on our websites at www.stowtimes.co.uk and www.moretontimes.co.uk

All advertisements and most articles are included in both publications.

Copy dates are 16th of the month prior to publication (e.g. 16th February for the March editions) with delivery during the first week of the month. We don't publish a January edition, running a double edition for January & February which comes out at the end of January.

As community publications Stow Times & Moreton Times are produced & distributed almost entirely by volunteers.
Treat your Mum to a delicious Sunday Lunch this Mothering Sunday at Siam Cottage

Thai Buffet & Carvery
Now Available Wednesdays & Sundays

Thai Buffet
EAT AS MUCH AS YOU LIKE
£9.95
WED: 4pm - 9.30pm
SUN: 12 noon - 9.30pm

Traditional English Carvery
EAT AS MUCH AS YOU LIKE
£7.99
WED: 4pm - 8pm
SUN: 12 noon - 3pm

01608 654080 THAI RESTAURANT & COFFEE SHOP
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*Pictures for illustration only. Subject to stock availability

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