

# PARISH & COMMUNITY MAGAZINE

For the communities of Coed-y-Go, Llanyblodwel, Nantmawr,

Porth-y-Waen, Treflach, Trefonen and places in between and beyond



Produced by All Saints and St Michael's churches

Free of charge - please take one

Vol 34; No.3      April 2024

# Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



**Rector: The Revd. Kathy Trimby**

The Rectory, Rectory Lane, Pant, SY10 9RA [kathpant@aol.com](mailto:kathpant@aol.com)

01691 590025 / 07944 504330

**Benefice Administrator: Michelle Scott**

[bordergroupadmin@hotmail.co.uk](mailto:bordergroupadmin@hotmail.co.uk)

01691 590025

*Michelle works from home some of the time, but responds to emails to the above address. She and Revd Kathy are usually in the office (now in the Rectory) each Thursday morning, 9.30 - 11.30. Callers are welcome, but please phone first to let them know you're coming.*

**Benefice website:**

[borderparishes.org.uk](http://borderparishes.org.uk)

**Webmaster:**

Jeff Court:

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**Principal church contacts:**

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**Churchwardens:** Bob Kimber [bobnkkimber@btinternet.com](mailto:bobnkkimber@btinternet.com) 01691 679646

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The magazine can also be read online and downloaded as a pdf file (in full colour) at either [borderparishes.org.uk](http://borderparishes.org.uk) or [trefonen.org](http://trefonen.org)

## ***From the Editor:***

Happy Easter, to those who are reading this magazine when it first comes out – Easter Sunday is the very last day of March and I'm sure many of you will already have your copy.

This month we have all our regular features, plus a new one. With Reverend Kathy's departure for the Antipodes (see p.18 for details of her leaving party), we shall be missing her friendly seasonal thoughts each month. We've therefore decided to begin a new feature, which we're calling Thought for the Month. This will be contributed by various theologically qualified personages around the Benefice, probably a different person each month. The first of these has been written by Linda Gladman, Lay Reader, who lives in Trefonen and often leads services all round the Benefice. (Anyone who doesn't know what an Anglican Lay Reader is, please 'Google' it.) We will also continue to publish contributions from the Lichfield Diocese on a variety of spiritual and church topics, along with their popular 'God's Acre' articles.

As usual, our communities continue to be busy with a variety of activities. At the Trefonen WI, as well as holding their AGM, members have been learning about soft-tissue exercises and planning future events including an Open Evening in May (p.11); the Trefonen Community Café is slightly changing its opening times but continues to offer refreshments and a space to chat, plus hosting occasional 'extra' events (p.22); the Trefonen Garden Club highlights the National Garden Scheme and its importance (p.32); the Tanat to Perry Community Wildlife group give details of their Curlew Survey (p.37); while Lizzie Lawrence has kindly taken over the Sofa Club report (p.27). Our new 'On Your Doorstep' feature, begun last month, continues with a walk on the Montgomery Canal (p.44); and the OUT AND ABOUT photos on the back cover show the Café Blodwel doing brisk trade on the first Wednesday in March, the forlorn aspect of Trefonen's Barley Mow Inn, closed for the present and much missed, and two spectacular landscape/skyscape photos.

Upcoming events to take note of include: the monthly Flicks in the Sticks film (p.41); a one-woman show about Agnes Hunt (p.11); an organ day for keyboard players in St Michael's Llanyblodwel (p.14); a Table-Top Sale in Llanyblodwel & Porthywaen Institute (p.19); and Jane Anstey's Book Launch, of her new novel *Priest Hole* (p.23). The organisers have sent us the details of May's Hill Walk Weekend programme (pp.5, 6 & 7), which also forms the subject matter for Ann Hindley's lively blog (p.4).

An anonymous Letter to the Editor this month (but the editorial team do have the details of the writer of it) concerns a topic important to all of us, the NHS (p.48). It would be good to see some replies to this in our next issue. As always, please send those to our email address, [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com)

Our Facebook page continues to post updates, including the weekly diary of events. Where venues have had to change (for example with the temporary closure of the Barley Mow Inn) after the magazine went to press, these should be correct on Facebook. Advertisements for local events will also appear here attached to our weekly post. You can click on a link to read this magazine in full colour (the link takes you to either the Trefonen village website or the Border Benefice website). If you want anything posted on our page that hasn't for some reason found its way into the printed magazine, please send it to our email address, [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com), and we will do the rest.

*Janey*

## IT'S SHOWTIME!

Hello everyone! Well, it's that time! You have been forewarned!



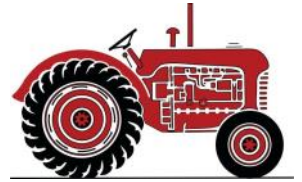
I am calling on all of you lovely talented local people to come and astound us all with your undoubted talents! Last year we had a brilliant evening to round off our amazing Hill Walk weekend so this year it will be STUPENDOUS! (won't it!) Singing, dancing, comedy, conjuring – you don't have to be a professional, but enthusiasm, good humour and an ability to enjoy the evening is all it takes! You have ages to practice – it's not until the end of May – but you know what time does??



Please contact me if you are 'up for it', either by PM on Facebook or by email at [annhindley8@gmail.com](mailto:annhindley8@gmail.com). Agents not necessary!

## AND THATS NOT ALL!

This year we are going to have a GRAND WHEEL PARADE! Yes that's right and all you need to take part is something with wheels but it must be decorated (including yourself if you want to go mad!): wheelbarrows, prams, pushchairs, skateboards, bicycles, wheelchairs and whatever else you can think of! I will let you into a secret too - it will be headed up by an esteemed member of the community. Happy Noise will be compulsory (shakers will be supplied by Trefonen Arty Group!) There will be prizes for those who impress the judges!



Our world is a bit challenging at the minute so we are aiming for an extra fun filled weekend while raising money for our charities again.

This year's charities are:

The Movement Centre, Oswestry

Mirembe Clinic, Uganda

Mkoba Clinic, Zimbabwe

The Trefonen Monday Night Club

Looking forward to hearing from you very soon! Keep checking the websites for latest updates.

*Ann Hindley*

*More information on Hill Walk events opposite and on pages 6 & 7.*

*Ed.*

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## **Future of the magazine:**

We were very pleased to receive positive feedback on last month's issue. However, it has been suggested that we should have greater regard for local geography and history. Our two parishes were once in the Welsh diocese of St Asaph, much of the territory we cover lies to the west of Offa's Dyke, and we have many readers with at least some Welsh blood in their family heritage. We therefore propose that, in future years, the March issue will be published entirely in Welsh. You can read more about this on p.41.

*Ed.*



## **Trefonen Hill Walk 25th - 27th May 2024:**

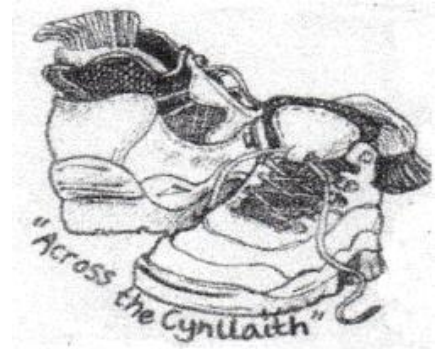
The weekend will this year be raising funds for The Mkoba Polyclinic in Zimbabwe, the Mirembe Clinic in Uganda, the Movement Centre at the RJAH Hospital and the Monday Night Club in Trefonen.

The theme for the weekend is **"IT'S SHOWTIME"**.

### **Saturday 25th MAY**

#### **Across the Cynllaith**

A fabulous 16 or 10 mile walk starting from the village hall at 8.00am. Enter via [SiEntries.co.uk](https://SiEntries.co.uk) or on the day.



#### **The Motor Bike Trial**

2.00pm New Barns Farm

Mynydd Myfyr often hums to the sound of trials bikes but, thanks to Pete Morris and his workforce, this trial is especially for The Walk Weekend. It's a sport of skill and balance ...spectators are more than welcome.

Entry on the day. All classes catered for .

#### **The Hill Walk Quiz**

Trefonen Village Hall 7.30pm  
Teams of 4 (£5 per person). Book your team in at Trefonen Shop (pop £20 in an envelope and put the name of your team on the front).

Cheese and Biscuits Supper

Always a great night!



**Sunday MAY 26<sup>th</sup>**

**Family Service ('The Hillwalk Service')**

**9.30am All Saints Church Trefonen**

A time to sing your socks off, and also take a quiet moment. Now is your chance to learn about the good work we are supporting this year, here and overseas.

Everyone 100% welcome



**Mynydd Myfyr Run**

Start at Trefonen Village Hall SY10 9DY. Start time 11.00am.

Great introduction to off-road running and racing. Approx 6.5K (4 miles) of mixed terrain on trail paths, through farmland, wooded areas and country lanes, including climbs totalling 150m (500ft).

Entry on the day £7; FRA rules apply. Prizes for first three men and women plus age group prizes: 40+, 50+, 60+, 70+.



**Duck Race**

Start time 2.00pm.

To watch your duck follow the signs down School Lane.

£1 a duck Available from the shop or Janice. Prizes for fastest duck, slowest duck and random ducks in between!



**HEY TREFONEN! IT'S SHOWTIME**

**3.30pm The Parade**

A Grand Wheel Parade ..... all you have to do is decorate yourself and your wheels (tractor, wheel barrow, pushchair, wheelchair, skateboard, bicycle, horse and cart .... let your imagination run wild!!)

Entry £3, Children £1. Register with Ann Hindley 01691 661656

Followed by a crazy afternoon on the playing field and in the hall, organised by Trefonen Football Club and Trefonen WI .... not to be missed!!





**Monday MAY 27th**

**The Family Walks Day**

Three signed routes:

Buzzard Walk 6 miles

Curlew Walk 3½ miles

Jungle Walk: Mud and more Mud!!

Register at the tent on the green  
and collect your map.



There's a churn at the top of the hill for your donation.

Apart from 2002 (foot and mouth) and 2020 (pandemic), this part of the Trefonen Hill Walk has happened since 1991 ... it's the hub of the event.

**Evening of Talent**



The Village Hall at 6.30pm

The finale to the weekend is a concert show casing our amazing local talent. It will be fabulous!!

And after that ..... sleep!!!!



*Helen Francis*



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## Trefonen WI:

Our March meeting featured Heather Smith who gave the group a demonstration on how 'soft tissue therapy' could help us with everyday aches and pains that could make our working lives difficult.

Heather explained that for the past 10 years she has been a self-employed sports and remedial massage therapist, gaining a BTEC level 5 diploma qualification. Her main areas of involvement are sports injuries, giving massage therapy and advising on lifestyle practices such as what pillows to use to improve sleep. She asked the group if anyone suffered aches and pains, the most common areas being in the shoulder, neck and back, and as you can imagine there were quite a few members nodding their heads in agreement!

Heather then asked for a volunteer to 'hop' onto her portable couch so she could demonstrate a range of exercises, which Gill very bravely offered to do. We were then shown various exercises for shoulder tension, lower back pain and for loosening up tight spots. The next volunteer on the couch was Julie and we observed further exercises. Heather explained that soft tissues are muscles, tendons and ligaments and that tones and tensions are controlled by the brain, and systemic exercises such as yoga can help.



We were then asked to walk around the hall checking that we were moving properly and that no side, left or right, was dominant as this could give imbalances, especially on hips and shoulders. Heather advised us that a good brisk walk within an hour of getting up helps enormously with discs in the back. She also confirmed that swimming helps to relax muscles giving a more liberal and free movement.



Members then asked Heather specific questions on individual ailments, the answers to which included advice on carpal tunnel syndrome, arthritic knees and leg cramps!

Heather was thanked for all her advice and for showing us exercises on how we can reduce our daily aches and pains.

Next we held our AGM with reports from the president and treasurer. We made plans for our role in the Hill Walk Celebration and even looked forward to the August outing. But before that we would like to invite everyone to our open evening on Thursday May 9th. It's a great opportunity to enjoy live theatre in the village hall with a very highly recommended one woman show telling the story of Agnes Hunt, co-founder of the Orthopaedic Hospital and Derwen College. See the poster opposite for all the details.

For more details please contact Victoria on [v.gemmell@hotmail.co.uk](mailto:v.gemmell@hotmail.co.uk), 07773 364992.



**theWI**  
INSPIRING WOMEN

Trefonen WI presents

# *Aggie*



**The extraordinary story of Dame Agnes Hunt told in her own words**

**Performed by Alison Utting**  
with kind permission from Derwen College

**Thursday 9<sup>th</sup> May 7.30pm (doors open 7.15pm)**

**Trefonen Village Hall SY10 9DY**

***£8 on the door (to include tea and biscuits)***

***All welcome***



## Trefonen and District Garden Club

**Trefonen Garden Club Monthly Meeting**  
**7:30 p.m. Thursday 18th April at Trefonen Village Hall SY10 9DY**

### **Organic Gardening by Rachel Strivens**

*The April meeting is a good occasion for everyone with garden of any size to become more involved in Organic Gardening. Rachel Strivens is Chair of Shropshire Organic Gardeners.*



*Organic gardening is becoming more important as compost costs rise and gardening methods change.*

*Bring your friends and neighbours to what will be another encouraging evening of great interest to anyone with a garden, allotment or even house plants!*

*Everyone is welcome at the Trefonen Garden Club.*

*And a reminder, the Garden Club's Plant Sale is not that far away - Saturday 18<sup>th</sup> May from 9:30 a.m.*

*Contact: 01691 583 012; [trefonengardenclub@gmail.com](mailto:trefonengardenclub@gmail.com); [www.trefonengardenclub.org.uk](http://www.trefonengardenclub.org.uk)*

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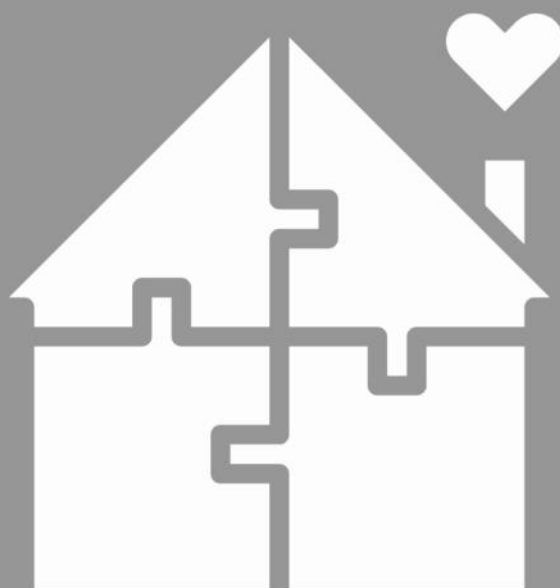
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## ***International Organ Day - a FREE event:***

**April 20th 2024**

An introduction to the 'King of Instruments' (or at least, his little brother): Come and meet the organ at St Michael's church, Llanyblodwel on Saturday 20th April.

Each hour there will be a short demonstration followed by an opportunity to play the organ with the guidance of an experienced organist. Sessions will start at 10am, 11am, 12noon and 1pm and will last 50 minutes.

Sessions must be booked in advance to ensure a playing slot. Keyboard players might like to bring along some sheet music or just enjoy improvising and exploring the unique sounds of a 19th century historic pipe organ.

For more information and to book a place at your preferred time please email [jahoare21@gmail.com](mailto:jahoare21@gmail.com), or call 07957 498947.

Sessions will be limited to five players and up to ten observers. This event is for adults and accompanied children, who must be supervised at all times.

Please note: The organ is in a gallery which is accessed via a wooden staircase and footing is uneven. However the body of the church and toilet are fully accessible and will be open throughout the day.

**This is a FREE event but donations to help pay for a new pedal board will be welcomed.**





The background of the entire page is a photograph of organ pipes, showing their metallic texture and vertical arrangement. A semi-transparent purple rectangle is overlaid on the top left, containing the RCO logo. Another semi-transparent purple rectangle is on the top right, containing the event title and a small icon.

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# International Organ Day



Saturday 20th April

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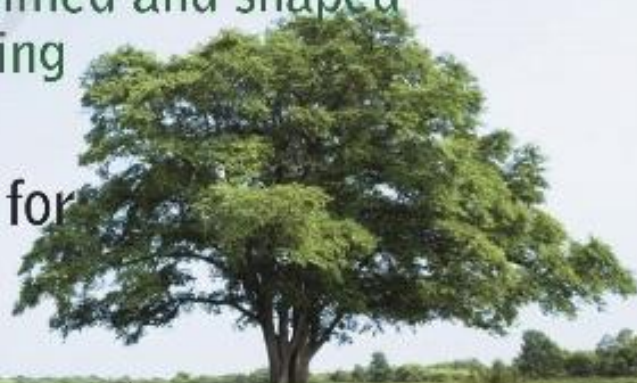
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**Fb: Barley Mow**

*Editor's note: The Barley Mow is closed temporarily. As soon as it's known what's happening, there will be an announcement on their Facebook page.*



# **Farewell & Thank You Rev Kathy**

**Join us at  
Llanyblodwel & Porthywaen  
Memorial Institute**

**Thursday 4th April 2024  
from 7pm**

**Light buffet**

**Bar available**

**All Very Welcome**

**RSVP - 28th March 2024 to Churchwardens please**

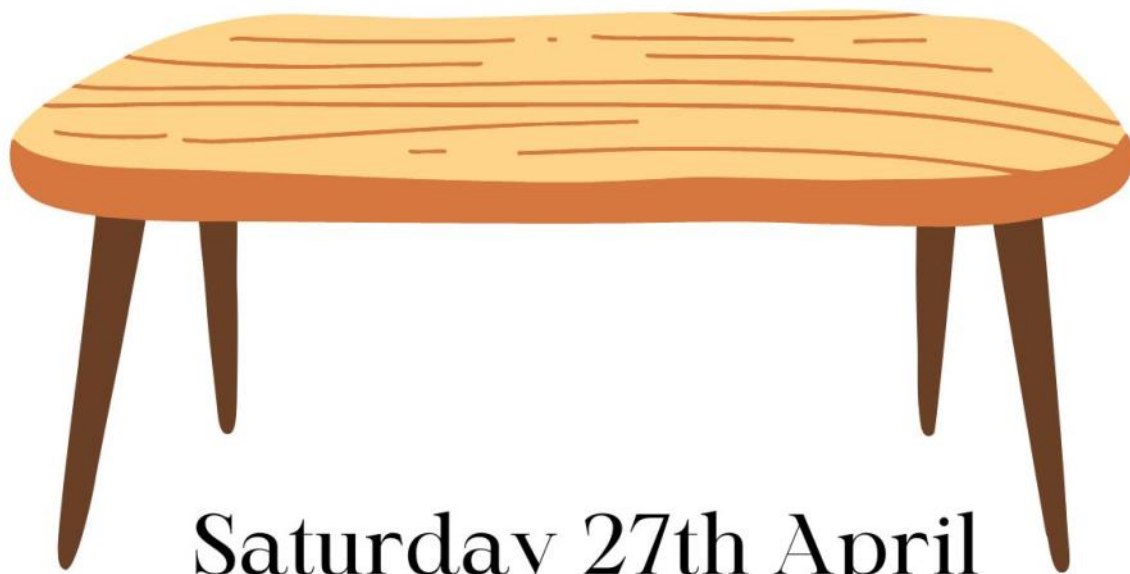
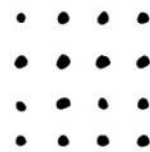
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# Table Top Sale



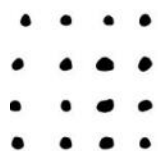
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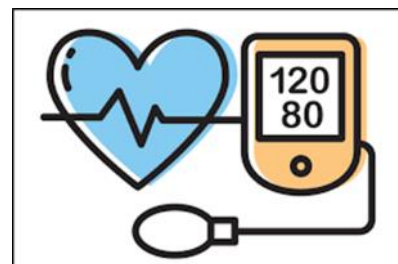
Tuesday mornings, 9.45am - 11.30am

A place to meet with friends and enjoy a cup of tea or freshly brewed coffee and homemade cakes. If you have never been before or are new to the area we would love to see you.

~~~~~

In conjunction with Qube the next Pop-up blood pressure testing will be on 26th March and 30th April from 10am.

Ideal opportunity to have your blood pressure checked.



~~~~~

Could you spare a couple of hours on a Tuesday morning to help at the cafe every 4 to 6 weeks? We would really appreciate it if you could.

Please contact Chris Kirk on 688595 or email [kirk.garden@btopenworld.com](mailto:kirk.garden@btopenworld.com)

## Café Rota:

Date	Open	9.45	10.15 - 11.30	Close	Cakes
9 <sup>th</sup> Apr	Peter	Rosmarie	Pat, Ruth, Marilyn	Pat	Rosmarie, Pat
16 <sup>th</sup> Apr	Jeremy	Nyria	Val, Dawn, Rita	Val	Nyria, Rita
23 <sup>rd</sup> Apr	Malcolm	Chris	John, Diane, Kath	John	Chris, Diane
30 <sup>th</sup> Apr	Peter	Carol	Jill, Joan, Helen	Jill	Carol, Michelle

**Foot Health Clinics:** April's date to be confirmed.  
Contact Lorraine on 07714 244359 to make an appointment.

## Café news:

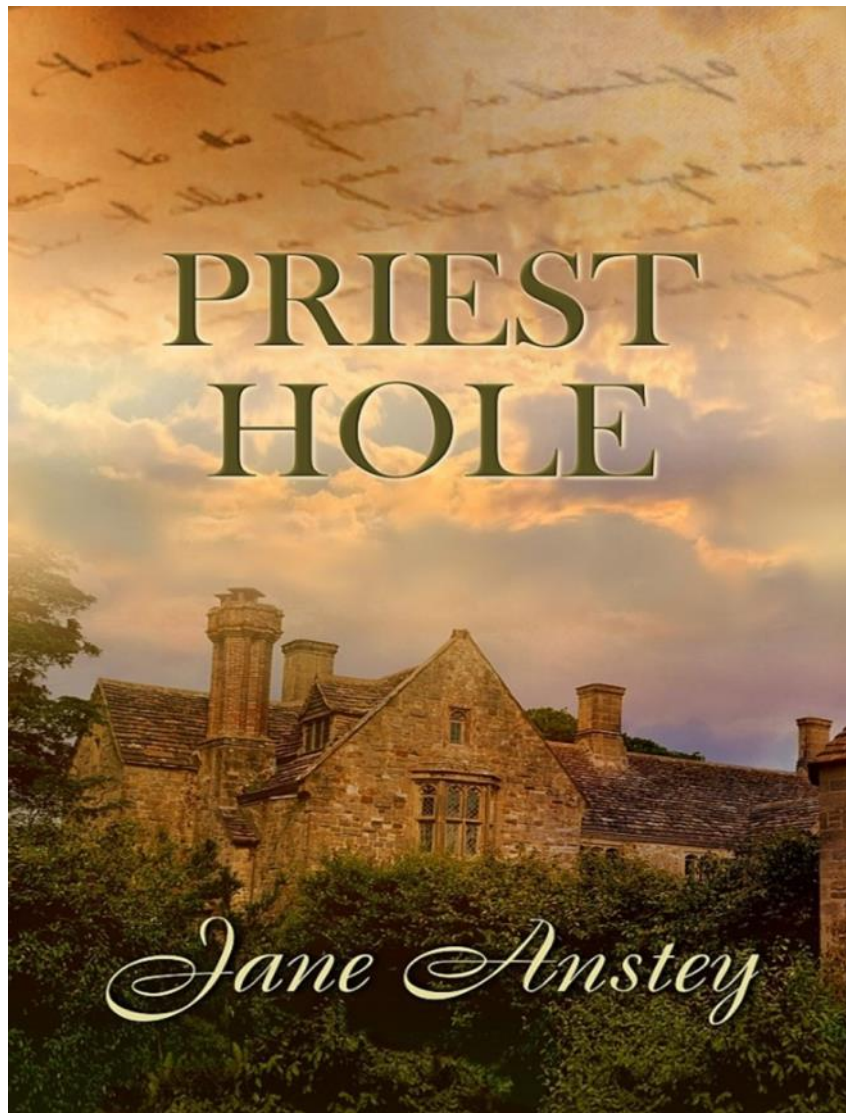
Firstly thank you to all those who supported the Community Cafe Fair Trade stall on 5th March. The proceeds from the stall amounted to £107.70, and have been sent to support the farmers, producers and craftspeople in the developing world, plus a further £67.35 raised from the sale of gifts and cards.

After much thought and with reluctance it has been decided, because of the lack of support for the earlier opening time, during the school term, the cafe will now open from 9.45am as from Tuesday 9th April, i.e. the start of the summer term. This in no way affects the rest of the morning, when the cafe is well supported, lively and a great place to meet. We will monitor the situation to see if demand returns for the earlier opening.



# BOOK LAUNCH

**Jane Anstey's new mystery novel *Priest Hole*  
at Community Café, Trefonen Village Hall  
Tuesday 23rd April 2024, 10.00–11.30 am**



What is the book about? *'Dark family secrets in an ancient Cornish manor house create a spooky mystery for Jeremy Swanson to investigate during Lockdown 2020.'*

Come and meet the author, who will happily sign a copy for you. Tea, coffee, cakes and biscuits will be available as usual at the café. If you prefer a digital book, visit [wingspress.com/products/priest-hole](https://wingspress.com/products/priest-hole)

## Know Your Numbers

### When did you last have your blood pressure checked?

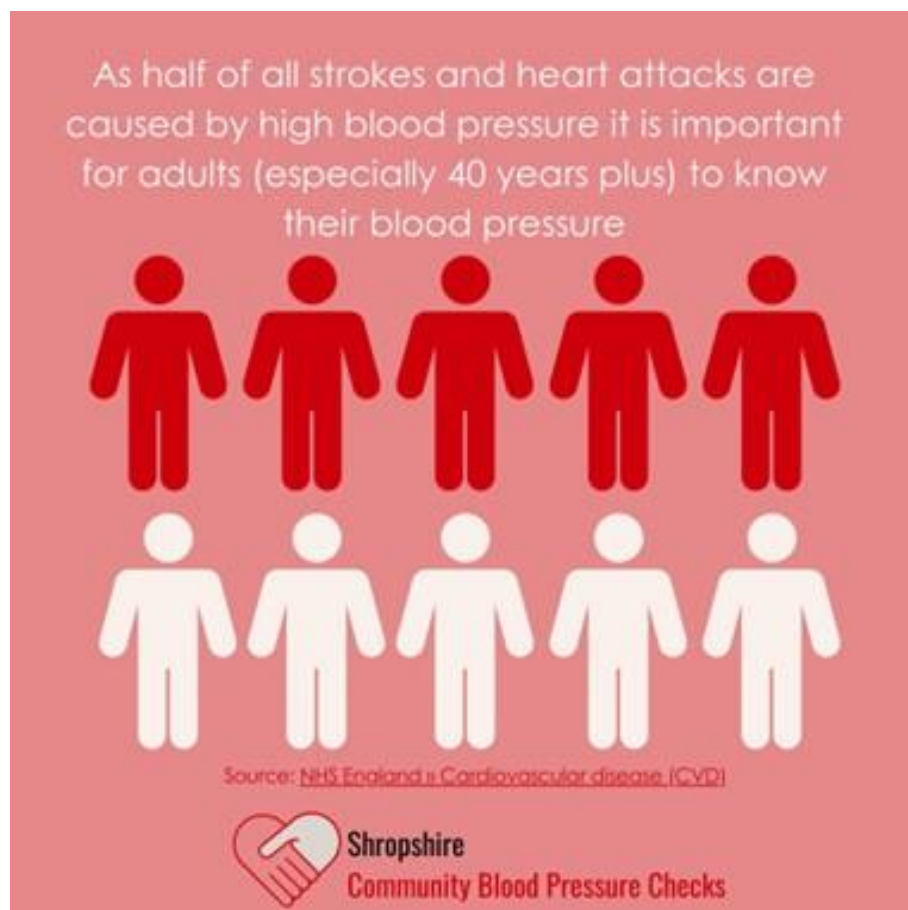
Come along to one of the clinics the **Shropshire Community Blood Pressure Checking** project is holding at the Trefonen Community Café. Our friendly volunteer blood Pressure Champion, Fran, who is a former nurse, has been holding popup BP checking sessions at the cafe for the past 3 months and can help with advice on what to do if you have a high reading or other concerns relating to your blood pressure.

The project, which operates around the whole of Shropshire, is an initiative managed by local Charity Qube in conjunction with Shropshire Council and NHS services. We aim to bring blood pressure checking into the community and make it more convenient for residents of rural areas to get theirs checked and understand how to improve their health outcomes through lifestyle changes.

High Blood Pressure is one of the major health risks and is often referred to as the 'silent killer' as it doesn't have symptoms. In the UK, **1 in 4 adults over 40 have high blood pressure** with half of these people being undiagnosed and at sever risk of heart attack or stroke. Certain forms of dementia are also caused by high blood pressure.

The event takes place at 10 -12 noon the last Tuesday of every month will allow residents to spot any risks early and to be fast tracked at their surgery for any necessary medical follow up. Come along; no appointment necessary.

*Jo Longetti*





## Quiz:

Oh dear! No one has sent us a quiz for this month. But you've had plenty of warning – your editors are running out of ideas for these. There's a risk that this could be the last one to appear in these pages unless you step up to the mark and submit one – the email address to use is given on the inside front cover. Oh, and please don't forget to send us the answers as well – we're not all that clever, you know.

This month it's abbreviations. They're everywhere, and it could be true to say that barely a day passes without most of us using one. But do we always know what they stand for? What are each of the following in their full form?

### Military:

1. HQ
2. NAAFI
3. NCO
4. RSM
5. AWOL
6. DSO
7. REME
8. KSLI
9. LtCol *You get a point only if you spell it correctly.*
10. QARANC *OK, difficult for many. Included for those with some military experience.*

### Medicine/healthcare:

1. ECG
2. NSAID
3. MRSA
4. BMA
5. BMI
6. AIDS
7. MMR
8. SARS
9. MRI
10. CT (as in CT scan)

### Citizenship/government:

1. DEFRA
2. COBRA
3. DUP
4. DWP
5. HRH
6. DVLA
7. PAYE
8. PCSO
9. LGBTQ
10. GCHQ

### Business/commerce/industry:

1. CAD
2. JCB
3. BP
4. CEO
5. RAAC
6. HSE
7. RPI & CPI
8. APR
9. OEM
10. HS2 (and what/where is HS1?)

### Church/religion:

1. CofE
2. RC
3. BCP
4. PCC
5. DBS
6. CTOD
7. OT & NT
8. RSCM
9. AD & BC
10. DD (Clue: a bit like PhD)

### Sport:

1. LBW
2. MCC (The English one)
3. QPR
4. DNF
5. PGA
6. IOC
7. VAR
8. FIFA
9. IBF, WBA, WBC & WBO
10. WPBSA

### Other:

1. ml
2. kWh
3. CV
4. RSVP
5. CC / BCC
6. PhD
7. YMCA
8. BLT
9. RADAR
10. ASBO
11. GOAT
12. DAB
13. WAGs
14. SSSI
15. ABTA
16. NATO
17. CAMRA
18. GBH
19. MI5
20. PPE

Answers on page 49

## ***Thought for the month:***

At the end of last year, the word 'adventure' just kept coming into my head. It seemed that God was encouraging me to see the future as an adventure. I personally found this helpful as it enabled me to have a more positive, less fearful attitude towards the things I was facing. So often it's about our attitude, isn't it? I'm sure we have all heard it said that what's important is not what happens to you in life but how you react to it.



The word 'adventure' has a positive vibe about it. The Oxford English Dictionary defines it as 'an unusual and exciting experience' and 'a daring enterprise'. It is also defined as 'a hazardous activity' which is a bit more scary! It makes me think of Enid Blyton's Famous Five books which I read avidly as a child. The five always seemed to embrace adventures rather than run away from them. I will always remember a good friend saying to me, when she knew she was getting close to the end of her life, 'I'm looking forward to my next adventure', which was, I thought, an absolutely lovely way of viewing life after death.

Little did I know, whilst the word 'adventure' was dancing around in my mind, that Reverend Kathy had been contemplating her own adventure for a number of months and would be telling us about it only a few weeks later. We send her our very best wishes for her new life and work in Australia and thank her for her huge commitment to our benefice over the last ten years.

As for us in the benefice, we are embarking on our own new adventure where the way ahead is not clear and we don't know where we will end up. But isn't that how life is? Full of twists and turns, challenges, joys, the unexpected, the wanted and the very much unwanted ... difficult to navigate at times ...



Jesus said that He had come to give life in all its fullness. It seems to me that to live life fully means taking risks at times and embracing the sense of adventure in life but sometimes, because of our circumstances, it is very difficult to have a positive attitude. However, if we trust that the Lord is walking right beside us, as He promised, then we know we aren't facing things on our own. He is right there with us and will guide and strengthen us.

Seeing the future as an 'adventure' to be embraced has helped me personally. I share this with you in case it helps

you too to embrace all life brings us, the pain as well as the joy, and to live life more fully as our God intends. May God be with Reverend Kathy and with us all as we step forward into new adventures.

*Linda Gladman*



**SOFA Club:**

Last month we said our goodbyes to the Revd Kathy. She was given a small gift by the members, a forget-me-not brooch, along with the obligatory cake (Butterfly Buns), made by Margaret from Llanyblodwel. Now as we move forward with SOFA Club, we look to our commitment. This year we will endeavour to grow our small group with perhaps more involvement from across the Benefice, and to have a dementia champion in each church. From the very beginning we have had a group of committed members and others who have joined along the way.



Dementia is all around us and takes on many different forms. Our group is just waiting to walk with anyone in our villages who is living with dementia or caring for someone with dementia – which in itself is extremely demanding, and just a couple of hours with others who have or are experiencing or have experienced the same, means you are not alone.




We meet about twice every month, and all the dates are published in the parish magazines. Our activities vary, including a chat about life's experiences, and craft when we escape by thinking only about what we are doing at that moment. We have had virtual outings, the last one to the seaside complete with fish and chips and a sing-song. There is usually a Christian message tucked in somewhere – sometimes just the knowledge that you are loved, valued and cared about is enough.

If you would like to know more, please contact Lizzie (Churchwarden Morton) 07713 083002. Alternatively, just come along. There is just one meeting in April: the 18th, 2.30–4pm, at Llanymynech Church Hall.

**Café Blodwel:**

Café Blodwel will open on the first Wednesday of April (3rd), 10.30 to 12.30. Everyone welcome for a chat and a piece of cake.





**Prayer Chain**

If you would like prayer for an immediate need, e.g. an emergency situation, you can ring any one of the people below. Your message will be passed to each person in the chain (who is available at the time) and we will pray for your need in complete confidence.

Rev. Kathy Trimby	590025	Rita Mathias	657934	Jill & Joan	656456
Betty Steele	652170	Carol Pickering	238561	Linda Gladman	671363
Chris Kirk	688595				

## ***From the Diocese of Lichfield: Diocesan Synod***

So often diocesan synods are perceived as boring, dry and bureaucratic. This should not be the case!

### **What is Diocesan Synod?**

Diocesan Synod is the primary elected, representative body and brings people together across the Church of England in Staffordshire, north Shropshire and the Black Country. It holds the diocesan vision, drives mission, sets strategy, elects and appoints a range of positions on boards and committees and shapes priorities.



It may respond to questions put to it by the General Synod and is an advisory and deliberative body. It considers the important topics facing our diverse and unique diocese and the wider Church. It is a statutory institution which serves not only our diocese but influences and helps to direct the national church on matters of church, public and government policy. It also includes some mandatory governance items such as approval of the budget and the annual accounts. The membership consists of three houses: the House of Bishops; the House of Clergy; and the House of Laity. Meetings are held in March, June and November.

The current three-year term for representatives is due to end on 31st July. The next synod members will be elected in the summer of 2024 and serve a term of three years. To be elected to Diocesan Synod you need to be over 16, an active communicant member of your church, and on the church electoral roll.

### **The agenda for 2024–2027**

Themes for the next three years will include embedding our diocesan vision and strategy, taking forward the Growing Faith initiative in relation to schools and families; a continuing focus on growth in numbers and depth of discipleship, including new Christians, and new worshipping communities; actively engaging with our local communities; and a determination to continue to focus on safeguarding, diversity, racial justice and the environment.

### **What skills and qualities do representatives need?**

- Vision for a flourishing Church and a passion to work with others to share the Christian faith and deepen the discipleship of those in the churches;
- Commitment to seek God's will through prayer and reflection, with a heart for growth, mission and engagement across boundaries;
- Openness to trying new approaches while learning from others, embracing change and the bigger picture and to sharing inspiring feedback with the deanery, PCC and wider church family;
- Enthusiasm to speak and challenge confidently, enabling change whilst leading and encouraging others;
- Good communication skills such as a listening ear, receptiveness and open-mindedness, and the ability to share a passion.

If any readers have — or feel they could develop — some of these qualities to serve the Diocese of Lichfield, I would be happy to talk to anyone considering this and answer any questions or concerns you may have. More can be read at [lichfield.anglican.org/diocesan-synods/](https://lichfield.anglican.org/diocesan-synods/)

Julie Jones, Diocesan Secretary/Chief Executive Officer for the Diocese of Lichfield, [julie.jones@lichfield.anglican.org](mailto:julie.jones@lichfield.anglican.org) or on 01543 306291.

*NB. This article has been edited for content – Ed.*





# Bryn Offa Church of England Primary School

Rockwell Lane, Pant, Oswestry, Shropshire, SY10 9QR

admin@brynoffa.shropshire.sch.uk

Tel: 01691 830621

The month of April signals the beginning of the summer term and I must admit that it is my personal favourite. It is undoubtedly the busiest, but there are so many things for the children to look forward to both inside and outside of the classroom.

At Bryn Offa, our Christian value for this half term changes from truthfulness to forgiveness. Last month the children recognised the importance of being honest and how important it is in everything that we do. I am sure you are all familiar with the story, 'The Boy Who Cried Wolf.' The moral of this tale resonated with the pupils, as one of our younger children mentioned to me as they were leaving the school hall, 'Once you tell a lie Mr Jones, nobody will believe you when you do tell the truth!' Forgiveness can be a difficult concept for children (and adults) to understand. As a school, we hope to teach the children that it is not a weakness but a strength to give someone a second chance to rectify their actions.

After Easter, we begin the John Muir Award for our Year 5 pupils. This environmental award was first introduced to Bryn Offa five years ago and it focuses on conserving, protecting and restoring wild places for the benefit of all. It was highlighted as a strength in our recent Ofsted report. This environmental award allows children to develop their green credentials in addition to linking to the awe and wonder aspect of spirituality. In recent years, our children have mapped out the Heritage area in Llanymynech; created shelters on Llanymynech rock; undertaken butterfly surveys; removed dead branches from trees to promote regrowth and worked alongside the greens staff at the golf course to remove the invasive species - Himalayan balsam. The children really enjoy these sessions and take great pleasure in sharing their work during a celebration assembly with their parents and carers at the end of the academic year.

Class two also have plans to make use of the Heritage area during the month of April as they start their new science topic. We are so fortunate to have this facility on the doorstep as it is amazing how much learning is possible outside of the classroom. If you see any of our groups about and about, please do stop and say 'hello' and speak to the children about their learning.

I would like to sign off by quickly mentioning our Easter trail which will be running over the Easter holidays. This is an ideal opportunity for families to get out and about. You may well see some brightly coloured eggs around the village of Pant. If you can unjumble the letters and write the mystery word on the entry form found on our website, then you could win a prize. A map of the route will also be posted on the school's webpage before we break up for Easter. Happy egg hunting!

Keep Your Light Shining,

Mr Gareth Jones

Acting Head teacher – Bryn Offa C of E Primary School.





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## **TREFONEN INDOOR BOWLING CLUB**

We are looking for new members to join our friendly club.

Would you be interested?

We meet at Trefonen Village Hall on Wednesday evenings at 7.15 until 9.15,  
starting on 6<sup>th</sup> September 2023

For further details contact Kath Barclay on 01691 828587 or just come along.

First evening free.



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**NATIONAL GARDEN SCHEME: POWYS GARDENS OPEN FOR CHARITY  
March/April 2024**

The beginning of March marks the start of spring. Well on a very cold, wet, and windy day I have to say it doesn't feel very springlike. However, the garden is changing and on the rare sunny and warmer days it is lovely to take a walk around the garden looking and listening to what is going on. The birds are in fine voice, and I've downloaded an app which records the song and identifies the bird. I love it but have to say I'm spending more time listening than doing! It has made me far more aware of the variety of birds in our garden which I thought should be here, but I hadn't spotted.

The bees too are venturing out from the hives as some early spring sunshine tempts them to forage. Taking time to see where they land gives me a better understanding of which plants I need to grow more of at this time of year. White Hellebores, crocus and the snowflake variety of snowdrop, have been their flowers of choice in early March. So, I must remember to divide these clumps later to create more plants around the garden ready for next year.

We've taken our first booking for a 'By Arrangement' visit in May and I've been trying to visualise what the garden will have to offer by then. It's all very weather dependent, but it's lovely to look forward with anticipation to more colour and new growth. Cakes will be baked and contingency plans made in case of inclement weather!

These smaller group openings all help The National Garden Scheme raise much needed funds for our many beneficiaries. The scheme has supported Hospice UK since 1996 donating over £7 million in that time. In 2023 a total of £450,000 was donated, which will enable them to continue supporting over 200 hospices in the UK that provide care for people facing terminal and life shortening illnesses, and their families. This funding is used in various ways to enable the hospices to undertake research, improve their ageing buildings and listen to the needs of children and young people.

Fifteen hospices in the network opened their gardens for The National Garden Scheme in 2023, inviting the local community to enjoy these special places and to engage with hospice staff and volunteers to better understand the role of hospices.

If you are a member of a group that enjoys visiting gardens do look out for our leaflets or visit [ngs.org.uk](https://ngs.org.uk) and click on 'Find a Garden' which will take you through to a link giving all the details of gardens Open by Arrangement by county. We have twenty-five such gardens in Powys including two new gardens this year.

I hope you have the opportunity to visit some of our gardens this year and enjoy these special places.

Sue McKillop  
Assistant County Organiser, North Powys



## Wild Daffodils:

At this time of year, the yellow trumpets of daffodils brighten up even the dullest spring day. Most of what we see are planted garden varieties, but a real treat is to find wild daffodils (*Narcissus pseudonarcissus*).

Once widespread, the wild daffodil is now much rarer, having mysteriously declined during the 19th century. It now has a disjointed distribution – for instance it is found mainly in south Devon, pockets of the Black Mountains in Wales, stretches of the Gloucestershire–Herefordshire border country, the Sussex Weald, Farndale in Yorkshire, and the Lake District. Elsewhere, even in suitable habitat, it only occurs in small patches, many miles apart; for example, in churchyards.



The wild daffodil's status as a popular flower was particularly celebrated in the area around Newent, Dymock and Ledbury on the Gloucestershire–Herefordshire border, which acquired the nickname of 'The Golden Triangle.' In the 1930s the Great Western Railway ran 'Daffodil Specials', from London for weekend tourists to walk amongst the 'golden tides' and to buy fresh bunches at garden gates. Many farmers and orchard-owners used to have them as a cash-crop, harvested on a 'Pick Your Own' basis. At the end of April, the meadows went back to their function of growing hay or fruit.

A 1930s guide to a village in the Golden Triangle wrote: 'They are picked by the local women and children and were sold to an agent, who sends them to South Wales, where they find a ready sale for Mothering Sunday and also for Palm Sunday, for many places the old (Welsh) custom of 'flowering the graves' on that day still persists. The daffodils are also sent to northern industrial towns.' (Information from *Flora Britannica* by Richard Mabey)

How to spot a wild daffodil: the wild daffodil is smaller than horticultural varieties, with paler petals and a deeper yellow trumpet-like tube. The leaves are grey/green, flattened and around 15mm wide. It is relatively short (30–35cm) and forms clumps which carpet the ground. A top tip is that unless there are several hundreds of them looking particularly small and washed out, they probably aren't wild!

Please help us to map the churchyards containing wild daffodils by taking a photo on the iNaturalist app and posting it on our Beautiful Burial Grounds project within iNaturalist.

All the best, Harriet, Diocesan Churchyard Environmental Adviser,  
[harriet@cfga.org.uk](mailto:harriet@cfga.org.uk).

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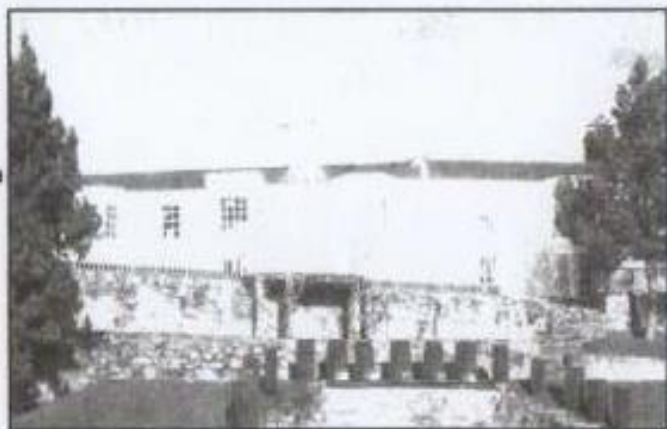
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## **Whittington Open Gardens**

**Monday 6 May 2024, 10.30 - 17.00**

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Church St, SY11 4DT (2 gardens + refreshments)**

**(follow signs in village)**

**(Entrance by donation covers all three gardens)**

**More details: [whittingtonopengardens@gmail.com](mailto:whittingtonopengardens@gmail.com)**

---

### ***Footnote to Open Gardens At Whittington:***

Ian and Mary Braithwaite, who live in Little London Lane, Trefonen, have asked us to publicise the Open Gardens scheme in Whittington organised by Barbara Molesworth (aged 91), who has kept the scheme going in memory of her husband. All the proceeds go to Save the Children. I'm sure some of our keen gardener readers will be interested to go along.

*Ed.*



## ***Save our Curlews:***

The first Curlews returning to the area to breed were heard in early March. Have you been lucky enough to see or hear any yet? If so, please let us know.

It's not too late to help with our Bird Survey, and Save our Curlews. There are about 12 breeding pairs of Curlew in our area. The Tanat to Perry Community Wildlife Group is looking for them all again this year, and we will also be working with Shropshire Ornithological Society's *Save our Curlews* Campaign, which aims to find as many nests as possible, protect them from predation and trampling with an electric fence, then fix a radio tag to the chicks that hatch and track them to see how they use the landscape, and what happens to them. Finding out why breeding productivity is so poor is key to working out an effective conservation plan.

If you would like to do something to help stop Curlew and Lapwing disappearing from the local countryside, we would like your help, please. A bird survey to look for them is due to start at the end of March. Our area extends from Oswestry in the north to Kinnerley in the south, and eastward. Our bird survey is the first stage of the *Save our Curlews* project, as it locates the pairs of Curlews to focus the efforts of the nest-finders. Surveyors are not expected to look for nests.

The survey involves three 3-hour visits, between the beginning of April and mid-June; simple instructions and a map to record your observations are provided, and there will be a training session if you want to come.

For more information, please see the Tanat to Perry pages on the Community Wildlife Groups website <https://www.shropscwgs.org.uk/tanat-to-perry-wildlife-group/>

If you want to help, please email me: [leo@leosmith.org.uk](mailto:leo@leosmith.org.uk)

*Leo Smith*



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## ***Culture pages:***

Two offerings for you. This page: poetry; opposite: cinema.

Home Thoughts, from abroad - Robert Browning

Oh, to be in England  
Now that April 's there,  
And whoever wakes in England  
Sees, some morning, unaware,  
That the lowest boughs and the brushwood sheaf  
Round the elm-tree bole are in tiny leaf,  
While the chaffinch sings on the orchard bough  
In England—now!

And after April, when May follows,  
And the whitethroat builds, and all the swallows!  
Hark, where my blossom'd pear-tree in the hedge  
Leans to the field and scatters on the clover  
Blossoms and dewdrops—at the bent spray's edge—  
That 's the wise thrush; he sings each song twice over,  
Lest you should think he never could recapture  
The first fine careless rapture!

And though the fields look rough with hoary dew,  
All will be gay when noontide wakes anew  
The buttercups, the little children's dower  
—Far brighter than this gaudy melon-flower!

*(written from Italy in 1845)*

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## ***The Trefonen Poetry Society:***

Trefonen has a group which meets to share and discuss favourite poets and poetry, on a different theme each month. The April meeting will be on April 9<sup>th</sup> (the group meets regularly on the second Tuesday in the month at 2 pm. The topic for this month is 'Travellers' delights'. Members take it in turns to host the meeting in their houses, and each member brings along a poem they feel illustrates the theme. It should be emphasised that we read and discuss other people's poetry – no one is expected to write their own!



For more information and the month's venue, please contact either Eiluned Parry on 01691 655667 or Carol Pickering on 01691 238561.



## One Life

Saturday 20th April, 7.30pm  
Trefonen village hall



*One Life* tells the incredible true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to the Second World War, rescued 669 children from the Nazis. In December 1938 on a visit to Prague, Nicky found Jewish families who had fled from Germany living in appalling conditions, hungry and without shelter, and fearing the Nazis were about to invade.

For many years, Nicky lived with the guilt of not being able to save them all. But in 1988, a BBC TV programme about the children's rescue brought Nicky face to face with some of those whom he had been able to help.

Starring Anthony Hopkins, Helena Bonham Carter and Johnny Flynn, as the young Nicky, the film is both moving and disturbing, a tale of courage in the face of evil, and also of a race against time as borders closed across Europe.

---

### ***Future of the magazine:*** (from p.4)

Whilst we have huge respect for Welsh language and culture, the proposal outlined on p.4 was, in fact, an April Fool. We have no plans to publish in Welsh.

*Ed.*



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## On your doorstep .....

The Montgomery canal, 33 miles long from Lower Frankton (between Whittington and Ellesmere) to Newtown, passes through two of the parishes in our Benefice - Morton and Llanymynech. Some of it is navigable, much is not, and it is slowly being restored. Why not go and take a look and enjoy a pleasant and interesting walk along the towpath?



From the direction of Llanyblodwel, drive to Llynclys crossroads and go straight across towards Knockin. After nearly three-quarters of a mile, take the second turning to the right - signposted 'Crickheath' and 'Unsuitable for HGVs' (the turning is on a sweeping left hand bend in the road). After about a quarter of a mile, and just before you cross the Crickheath canal bridge, there's an

unsurfaced lay-by where you can park. Walk over the bridge and take the path down to the canal-side.

To your right is the most recently re-opened section, with mooring points and a 'winding hole' where narrowboats can turn around. By all means follow the canal in this direction if you wish - you'll get a view of a solar farm and the rear of the Lloyds Animal Feeds site.



But going the other way, where the restoration work is underway, is perhaps the more interesting. I suggest you go for at least half a mile to the brand spanking new Schoolhouse Bridge. The towpath has a fresh gravel surface for about half of this distance - the rest can be muddy and is uneven in places where badgers have been burrowing.



On the way you'll see reconstruction of the Crickheath wharf, temporary dams built to allow short sections of the canal to be filled with water to test for leaks, re-lining of the channel where necessary, and a section that is still partly overgrown and awaiting final clearance. The new bridge raises the road to

provide headroom, where previously the channel had been filled and the lane crossed the line of the canal at a constant level. It was built by Beaver Bridges, the same Shrewsbury firm responsible for the new footbridge at the Mile End roundabouts, but much of the other work is being undertaken by volunteers. If you go beyond the bridge, you'll get an idea of the scale of the task involved in further restoration.



If you know anything of the history of our canal network, you'll be aware that there is often a long story surrounding the development and 'The Monty' is no exception. It began with proposals in 1791 for a canal from Ellesmere to Llanymynech, extended the following year to reach Welshpool, and a year later to Newtown, though the full route wasn't completed until



1819. We usually associate canal building with industrial centres and the need to transport raw materials and finished goods. Here, though, the driving force was the opportunity to extract limestone from the Llanymynech quarry and process it at any of the several kilns along the route, yielding lime to be used as fertiliser. Much of the capital needed came from local landowners whose motive was a return from increased agricultural production rather than tolls from passing traffic.

Canals became unprofitable with the arrival of the railways and the development of road transport. When part of the bank between Rednal and Lower Frankton collapsed in 1936, the decision was made not to repair it and the canal was closed. In 1969, part of the route through Welshpool was scheduled to disappear completely under new roads, but enthusiasts organised a weekend 'Big Dig' when a section was drained, cleared of rubbish and silt and re-watered. A boat was launched to carry the Mayor and Mayoress through the town and the long process of restoration of the complete length began.

The canal offers a haven for wildlife and is of considerable ecological interest, having some rare water plants. It has Sites of Special Scientific Interest along the way and 127 listed structures - more per mile than any other part of our canal network. You'll find many recommendations for walks along other stretches of the towpath via your usual internet search engine. You could do worse than the section from Llanymynech to Arddleen, which you might have seen featured on the BBC's 'Countryfile' on March 3rd - available on catch-up TV if you missed it.

*Meanderer*





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Saturday:	9.00 - 1.00
Sunday:	10.00 - 1.00

Telephone 01691 671208



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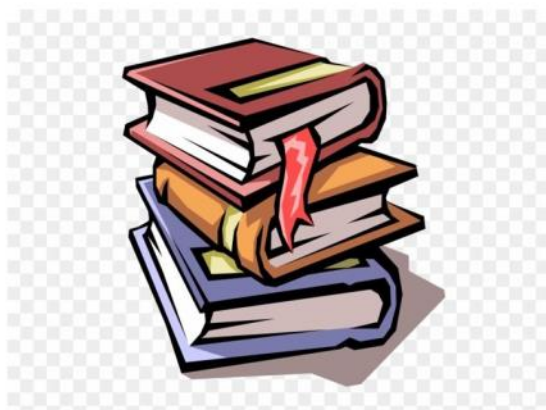
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## Letter to the Editor:

Dear Editor,

I stumbled across an article recently that raised thoughts in my mind that I've had in the past. It concerned a new drug that has been developed which promises to extend the life of those with a terminal illness. You don't need to know the particular medical condition in this case as the issue has more widespread implications.

On learning of a diagnosis, patients are often told not just that the condition is terminal, but that they may have only about a year to live. The condition is relatively rare so, even on a global scale, the drug will never be required in large quantities. Add to that the fact that manufacturing process is complex, and you end up with a very expensive treatment – we're talking thousands of £££s for each weekly injection over an extended period. And the prognosis is that life expectancy will be increased by between three and six months. A patient pressure group is lobbying the Government hard for it to be approved for use by the NHS.

I don't have any medical training or qualifications, but a slightly unusual set of circumstances led me to sit at the back of a lecture theatre during a conference for Consultants and Senior Registrars (btw, the term 'Junior Doctor' can be so misleading). A highly respected surgeon observed that the healthcare industry was producing more and more drugs which cost more and more to produce for the treatment of a smaller and smaller group of patients that offered less and less by way of benefits. He bemoaned the fact that financial constraints were making it harder and harder for him to gain approval for less expensive treatments that would improve the quality of life for juvenile patients who had the prospect of long lives ahead of them.

That conference took place over 20 years ago. I wonder – are we getting our priorities right? Do we really expect the NHS to offer everything to everyone? Do we, as a nation, need to talk about this? Do any readers have their own thoughts on the matter?

*Anon (name & address supplied)*





## Answers to the quiz:

### *Military:*

1. Head Quarters
2. Navy, Army & Air Force Institute
3. Non-Commissioned Officer
4. Regimental Sergeant-Major
5. Absent WithOut Leave
6. Distinguished Service Order
7. Royal Electrical & Mechanical Engineers
8. Kings Shropshire Light Infantry
9. Lieutenant Colonel
10. Queen Alexandra's Royal Army Nursing Corps

### *Medicine/Healthcare:*

1. ElectroCardioGram
2. Non-Steroidal Anti-Inflammatory Drug
3. Methicillin-Resistant Staphylococcus Aureus
4. British Medical Association
5. Body Mass Index
6. Acquired ImmunoDeficiency Syndrome
7. Measles, Mumps, Rubella
8. Severe Acute Respiratory Syndrome
9. Magnetic Resonance Imaging
10. Computed Tomography

### *Citizenship/Government:*

1. Department for Environment, Food & Rural Affairs
2. Cabinet Office Briefing Rooms
3. Democratic Unionist Party
4. Department for Work & Pensions
5. His Royal Highness
6. Driver and Vehicle Licensing Agency
7. Pay As You Earn
8. Police Community Support Officer
9. Lesbian, Gay, Bi-sexual, Transgender, Queer
10. Government Communications Head Quarters

### *Business/Commerce/Industry:*

1. Computer Aided Drawing
2. Joseph Cyril Bamford
3. British Petroleum
4. Chief Executive Officer
5. Reinforced Autoclaved Aerated Concrete
6. Health & Safety Executive
7. Retail Price Index / Consumer Prices Index
8. Annual Percentage Rate
9. Original Equipment Manufacturer
10. This country's somewhat troubled nascent High Speed rail link, scheduled to run from *(insert place name here)* to *(insert place name here)*. HS1 is the line from London (Paddington) to the Channel Tunnel

### *Church/Religion:*

1. Church of England
2. Roman Catholic
3. Book of Common Prayer
4. Parochial Church Council
5. Disclosure & Barring Service
6. Churches Together in Oswestry & District
7. Old Testament & New Testament
8. Royal School of Church Music
9. Anno Domini & Before Christ
10. Doctor of Divinity (aka Theology)

### *Sport:*

1. Leg Before Wicket
2. Marylebone Cricket Club
3. Queens Park Rangers
4. Did Not Finish
5. Professional Golfers Association
6. International Olympic Committee
7. Video Assistant Referee
8. Fédération Internationale de Football Association
9. International Boxing Federation, World Boxing Association, World Boxing Council, World Boxing Organisation
10. World Professional Billiards & Snooker Association

### *Other:*

1. millilitres
2. kilowatt hour
3. Curriculum Vitae
4. Répondez S'il Vous Plaît
5. Carbon Copy / Blind Carbon Copy
6. Doctor of Philosophy
7. Young Men's Christian Association
8. Bacon, Lettuce & Tomato
9. RAdio Detection And Ranging
10. Anti-Social Behaviour Order
11. Greatest Of All Time
12. Digital Audio Broadcasting
13. Wives And Girlfriends
14. Site of Special Scientific Interest
15. Association of British Travel Agents
16. North Atlantic Treaty Organisation
17. CAMpaig for Real Ale
18. Grievous Bodily Harm
19. Military Intelligence (section 5). *Begs the question: what are MI1, MI2, MI3 & MI4?*
20. Personal Protective Equipment

Church services in April:

<u>LLANYBLODWEL</u>		<u>TREFONEN</u>	
<b>Sun 7</b>	<i>Blessed Virgin Mary</i>	<b>11.00am</b>  <b>TBA</b>	<b>9.30am</b>  <b>MORNING WORSHIP</b> Welcomers: Barry & Sue E Jean R Jeremy G Leader: Chris K
<b>Sun 14</b>	<i>3rd of Easter</i>	<b>11.00am</b>  <b>MORNING WORSHIP</b> Leader: Abie T & KK	<b>9.30am</b>  <b>TBA</b> Welcomers: Jean R & June B Janey F Victoria G Leader:  Flowers: Victoria G
<b>Sun 21</b>	<i>Mark the Evangelist</i>	<b>9.00am</b>  <b>TBA</b>	<b>9.30am</b>  <b>MORNING WORSHIP</b> Welcomers: Jeremy & Nyria G Barry E Sue E Leader: Linda G
<b>Sun 28</b>	<i>St Philip &amp; St James</i>	<b>11.00am</b>  <b>MORNING WORSHIP</b> Leader: Rebecca C	<b>9.30am</b>  <b>TBA</b> Welcomers: John & Diane W Rita M Peter W Leader:  Flowers: Shirley H-J

The above details were, we believe, correct at the time of going to press, but we suggest you keep on the lookout for changes in e.g. Pew Sheets.



### Local contacts:

Jubilee Club	Alwena Martin	652791
Jubilee Field	K Kimber	679646
Llanyblodwel Parish Clerk	Amy Jones <a href="mailto:llanyblodwelpc@gmail.com">llanyblodwelpc@gmail.com</a>	829571
Llanyblodwel & Porth-y-Waen Village Hall Sec.	Bethan Cross	829368
Oswestry Rural (Trefonen) Parish Clerk	Kathryn Lloyd	07534 687663
	<a href="mailto:clerk@oswestryrural-pc.gov.uk">clerk@oswestryrural-pc.gov.uk</a>	
Pre-School: ring 07817 641528 or	Shropshire Council	01743 254452
Trefonen Garden Club	Chris Kirk	688595
Trefonen Indoor Bowling Club	Kath Barkley	828587
Trefonen School	Cathy Dunleavy (Head Teacher)	652960
Trefonen Village Hall bookings	Val Smout <a href="mailto:valsmout@btinternet.com">valsmout@btinternet.com</a>	657011
Trefonen Village Hall Caretaker	Clive & Kath Roberts	671360
Trefonen Village website	<a href="http://www.trefonen.org">www.trefonen.org</a>	

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### Some useful services:

Electricity (Scottish Power)	0800 027 0072	Citizens Advice Bureau	0800 144 8848
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Dwr Cymru (Welsh Water)	0800 052 0130	Childline	0800 1111
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RJ & AH Orthopaedic	01691 404000	National Domestic Violence Helpline	0808 2000 247
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Wrexham Maelor	01978 291100	Victim Support (National)	0808 168 9111
Princess Royal Telford	01952 641222	National Missing Persons Helpline	116 000

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### Mobile Library:

Every other Thursday, 9.05 - 9.40am at the Barley Mow Inn.

Next visits: 7th & 21st March



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***Deadline for copy for the magazine is the 10th of each month.***

This is important! It allows time for the editorial team to compile the contents, followed printing in time for publication at a weekend towards the end of the previous month. The magazine can also be viewed online, usually a few days earlier, via either the Trefonen Village website ([www.trefonen.org](http://www.trefonen.org)) or the Benefice website ([www.borderparishes.org.uk](http://www.borderparishes.org.uk)).

## Out and about ...

Please send your photographs to [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com). The best of these will appear on our Facebook page and on the colour back cover of the magazine each month.

We've had a few mornings like this recently with the Tanat, Vyrnwy and Severn valleys shrouded in mist, seen here from the slopes of the Moelydd.

*Ed.*



Good coffee, wonderful cakes and friendly conversation were to be had at the Café Blodwel in March.

*Ed.*

A sad sight: the Barley Mow in Trefonen, closed 'until further notice'. An enquiry from the Editor elicited the response: 'When we open again, we will announce it on our Facebook page'.

*Ed.*



No, this has not been photoshopped - the sky over Treflach really was this colour one evening.

*Ed.*