

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.7 September 2024

Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



Rector: Currently vacant

Benefice Administrator: Helen Parish

bordergroupadmin@hotmail.co.uk

01691 590025

Helen will be in the office (in the Rectory) each Thursday, 9.30 - 2.30. Callers are welcome, but please phone first to let her know you're coming.

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borderparishes.org.uk

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Note: We warmly welcome all your contributions, but please be aware that on occasion these may need to be edited for length or to ensure relevance to our readership. I will always consult with the author if any substantive changes are needed, but in these cases please note that the editor's decision is final.

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

From the Editor

I hope you all had a really good break over the summer holidays and are refreshed for the coming autumn and winter activities. Some of the regular contributions in the magazine this month are shorter or missing altogether as a result of organisations not meeting over the summer, or not having geared themselves up for the Autumn season, but we have something from most. Thanks to others for writing more than usual to make up for the shortfall!

In this issue you will find a wonderful summer-themed blog from Ann Hindley (p.4), who brightens up our pages every month with her reflections (thank you, Ann!); news about the Trefonen Community Worship service held in July (p.20); contributions from Trefonen WI (p.8), Trefonen Garden Club (p.32) and the Sofa Club (p.27); plus an update on progress in filling the Vacancy (p.27). The Shropshire Community Blood Pressure project returns to Trefonen Community Café in September, and we have an interview with Fran Robinson, volunteer Blood Pressure Champion, about her work with the pop-up project (p.40). St Michael's Llanyblodwel have a number of events this month (p.22), including taking part in the Shropshire Ride + Stride fund-raising event (p.24); Alec Gordon reports back on the success of their sponsored walk in July (p.23), and Hilary Hall explains how the popular Café Blodwel came into being (p.17). There are Harvest celebrations including meals both at St Michael's (Friday 27th) and at All Saints Trefonen (Sunday 29th) Thought for the Month is written by Janet Brown (p.26). Lichfield Diocese has provided a number of useful contributions this month, including the Bishop of Shrewsbury on the subject of the recent riots and efforts in our local diocese to bring healing to local communities and celebrate diversity (p.28); Harriet Carter, the Diocesan Conservation Officer, on Swifts (p.37) and Ladybirds (p.33); and the Diocesan Education Officer, Mark Davis on Foundation School Governors (p.29). Those who can still remember anything of the July/August magazine may recall that Trefonen School is presently looking for School Governors, so this is a useful reminder to anyone who might be considering taking on that vital role.

A new series of short features starts this month, on the Bible – a book that has influenced individuals and society across the world for many generations but seems now unfamiliar, perhaps even alien, to many people in this country. Whether you are a believer or not, it is part of our cultural and intellectual heritage, so I thought a brief introduction might be useful. This month the Bible itself is introduced (p.25), by Betty Steele, and in following months we are hoping to highlight different sections from within it, probably in the form of: 'My favourite book in the Bible is ...', written by different contributors. I'm hoping this will help those who have never read the Bible before, as well as those who know it well, to find something of value, whether literary or spiritual, in its pages.

K Kimber has written a thoughtful article on the Trefonen Village Shop and the need to support it (p.13) Other contributors include the Meanderer, 'On your doorstep' in the Tanat Valley (p.48); an update on the Save the Curlews campaign (p.36); and an insight into the history of parish magazines in the local area (p.44) – I'm grateful to Chris Woods of Trefonen for permission to include part of this Facebook posting on Trefonen History and Heritage. I very much recommend Chris's regular local history posts on Facebook and hope to include more from them in future issues, for the benefit of readers who don't have access to the posts themselves.

Our own Facebook page posts a weekly diary every Saturday to remind you of the events of the coming week – we use the published magazine as a source for this, so please, if you have an event coming up which hasn't got into the magazine for whatever reason, do send us details to our email address, trefonenparishmagazine@gmail.com, and we will publicise it via the Facebook page.

As always, feedback (positive or negative) on our articles is welcome, via Letters to the Editor. You can send your feedback by email to trefonenparishmagazine@gmail.com, or by snail mail to 'Magazine Editor, Glenthorne, Trefonen, SY10 9DZ; for those who know where I live, please feel free to deliver by hand – there is a box for mail by the conservatory door.

Janey Fisher

Summer - or not!?

Did we have a summer this year or NOT – that is the question? What would Shakespeare make of it all I wonder. I suppose during his lifetime summers were not viewed the same way and imagine wearing all those doublets and tight pants not to mention the big hats and cloaks! Personally, I like my shorts and tee shirts. They dry out pretty quickly and I don't have to worry too much about my smell!!

I hope you have all managed a holiday and are now refreshed to face the Autumn and whatever our new government has in store for us. That's as much as I will say on politics!

Have you ever been to the World Egg Throwing Competition? It's held in a small village called Swaton in Lincolnshire. The rules are very simple but probably questionable! It involves six eggs, five of which are hard boiled. Stay with me! Two competitors take it in turns to pick an egg and smash it against their forehead – the winner of course is the one who gets the wet egg!! About 15 pairs do the same until there are just two game competitors left who take great delight in the crown 'egging them on!!' (Sorry!) I did wonder if it was an idea for the next Hillwalk? What do we think - let me know!! It attracts a worldwide following apparently.



The gardens exploded this year with so much growth, I began to despair of ever finding my way to the bottom of the garden without a machete or a compass. I did manage to grow quite a few vegetables that weren't eaten by rampant hungry slugs although it was a close-run thing!



I just got a nice little haul into the freezer (the vegetables – not the slugs) and then the freezer gave up the ghost I didn't panic although you can imagine what I might have said (or perhaps not!).

I read in the last Parish and Community magazine about the restoration work going on along the Montgomery canal, with great interest. Ray and I used to own a narrowboat and dreamed of cruising all the way down the Monty but we gave up waiting for the work to start, sold the boat and bought a campervan – well, the roads are mostly there already!!! I do hope the canal is completed in our lifetime but I can only cross my fingers and hope!



Here's a scale model of our narrowboat *Bonnie Lady* which reminds us of our past adventures, of which there were many. She was obviously named after me!! No seriously, she was built by a Polish man (Ken Bonikowski) who came to England after the war and the boat was named for his wife which was a lovely tribute to her.



Well, tea is imminent so see you next month.

Ann Hindley

A huge thank you from

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to the local businesses who have made the purchase and installation of the new noticeboards in Llanyblodwel Parish possible.

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STAR Housing also supplied 50% of the funding for the new Bench in Bryn Melyn, with the other 50% being raised by the **Llanyblodwel Community Fund.**





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Trefonen WI

Trefonen WI has been busy as usual since the last magazine was published in July. If you're reading this early in September, you might like to join us at our meeting on the 5th when we have a very interesting speaker on Attingham Park. More details are on the poster elsewhere in this magazine.

July meeting

Our July meeting was held in The Barley Mow while the village hall was being used as a polling station. Thanks to Haley and her team for welcoming us so warmly and looking after us so well.

Our speaker was Angela James and her talk on local waste collection was entitled 'Veolia - Resourcing the World'. Angela showed us the journey our rubbish takes from the time it is collected from our doorsteps.

The trucks we see, equipped with CCTV for safety and evidence, are split between general waste and recycling. They all go to the Household Recycling Waste Centre (aka the tip) in Oswestry where there is a transfer station.

General rubbish goes from here to the Energy Recovery Centre in Shrewsbury where it is incinerated with no further sorting. The energy generated is sold to the National Grid and can power 10,000 homes. More than 90,000 tons of rubbish is burned every year at temperatures in excess of 850 degrees. There is no rubbish currently going to landfill in Shropshire. Ash from the incinerator is sold for road building aggregate and recovered metal is recycled. Toxic gases are cleaned or stored in underground facilities in old salt mines until a use can be found for them. Apparently, government papers are also stored there!

Our green waste is taken for outdoor, cold composting. For this reason we are currently not able to recycle food waste but this is due to change by 2027. Other parts of Shropshire have indoor heated facilities for composting and they can take food waste.

Paper and cardboard from our blue bags is turned back to paper by other companies. No tetra pack should be put in with the paper. It has to go to the tip directly.

Our purple-lidded bins take cans, hard plastic and glass via the Oswestry transfer station to a materials recovery centre in Wolverhampton. The recycling is picked over for things that shouldn't be there eg washing up bowls, broken glass and saucepans. The metal is reused for more cans in as little as 12 weeks. It can also be used for car parts. The glass is recycled into new bottles, jars or wall insulation. No Pyrex or broken glass should be put in the recycling bin.

Plastic waste seems to be more of a problem; Veolia recycles plastic milk containers which are sold to makers of other food quality plastic containers. Other plastic goes to other companies and is traceable according to Angela. She didn't know what happens to it. No black plastic should be put in our recycling bin as it can't be seen on the black conveyor belts. No plant pots as it's the wrong type of plastic for our recycling company. No soft plastic can be recycled by Veolia. Angela told us to take it to the collection points in supermarkets. We were told of a scheme run by a local volunteer who collects the soft plastic and tetra packs once a month. Details on the Trefonen community Facebook page.

In answer to questions, Angela told us to take labels off if possible and remove soft plastic but there is some leeway for little bits (including the metal ring left at the top of the wine bottle!)

We can put batteries in clear bag next to the bin to be collected and they are put into a separate compartment in the bin lorry. Aerosols can go in the metal bin with the lid going as plastic.



August meeting

In August we had our summer meal out at The Dolphin in Llanymynech, enjoyed by all as the pictures show!

Hope to see you on September 5th at 7.00pm in Trefonen Village Hall for our talk on Attingham Park. (*see p. 12 Ed.*)

Victoria Gemmel



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**Trefonen WI
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September Open Meeting**

**When local archaeologist Nigel Baker
will be talking on
the undiscovered secrets of Attingham Park**



**Trefonen Village Hall SY10 9DY
Thursday September 5th
7.00pm**

All are welcome £5 to include tea and biscuits

**theWI
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Just a thought...

Do you ever find yourself musing on how things are changing? I wonder about the impact of the internet on our lives, our ability to converse, the way we relate to people, and how much it is encouraging a 'I want it and I want it now' attitude. I fear the drift towards everything being managed on-line and how this is increasingly disenfranchising those who do not have the means or the expertise to use IT or whose disabilities and circumstances make it difficult for them.

However, we cannot expect society and its norms to stand still and I have been thinking more about that following a conversation about our Village Shop. The way we use it is changing. When Hazel took it over, I was delighted to think we had such a facility in the village and I agreed with her three things I would always buy there, even if I could get them more cheaply in the supermarket. So, my free-range eggs come from the Shop and that's why you find Assam tea on the shelves!



We really benefited during Covid, when our shopping was brought to the door and we were very grateful. But electricity has gone up for shop owners, not just householders, and things wear out. The big freezer has broken down once too often and losing all the stock in it is not a viable way to run a business. So how the shop can best serve us is being reviewed. Look out for the pamphlet summarising all this which will be available very shortly.

Meanwhile, perhaps we can reflect on what we see happening. The Post Office is doing very well and for many people it serves as their main bank. Ruth is taking its services out to other villages and so eight POs are being run from here – but the commission is low, very low. It does not go any way near paying someone to work there and, chillingly, the PO made it clear that the profit from the Shop had to carry the PO provision. So, if all we use is the PO, its days may well be numbered. And perhaps we can picture how many people welcome the fact they can get their newspapers there. What must it be like in the middle of winter to open up the Shop, sort out all the newspapers and have them ready to hand over – with a smile? Perhaps if that is all we get from the Shop, and pay with a token, we can work out if there is much profit, if any, to be made in those transactions. There must be something on the shelves we need or would like to buy?

Hazel, Ruth and Tracy are very happy to take orders and listen to our ideas. Indeed, for perishable goods they would prefer to take as many orders as possible, as this reduces waste. Loss leaders are not part of a village shop marketing strategy; they cannot be. That's for the big stores. Basics are continuing to go up in price, bread and coffee being two obvious examples. So, for our Village Shop purchasing stock will remain a challenge. If you have alternative sources of supplies to suggest, or can volunteer to help transport things from cash and carry occasionally, please do let Hazel or Ruth know. And if you support the Food Bank, you could buy things from the Shop (deliveries are made every two weeks to the Food Bank) or you could give the Shop a donation and they buy what is needed. Some people already do this.

Next time you go in, see someone you know, exchange a cheery word It's just a thought.

K Kimber

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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.

~~~~~

On Tuesday 24th September the Community Cafe will be holding a special coffee morning with a cake and produce stall in aid of Macmillan Cancer Support from 10am - 11,30am.

Do come and join us. All proceeds going to the charity.

~~~~~

For news on blood pressure testing, see the article on p.36.

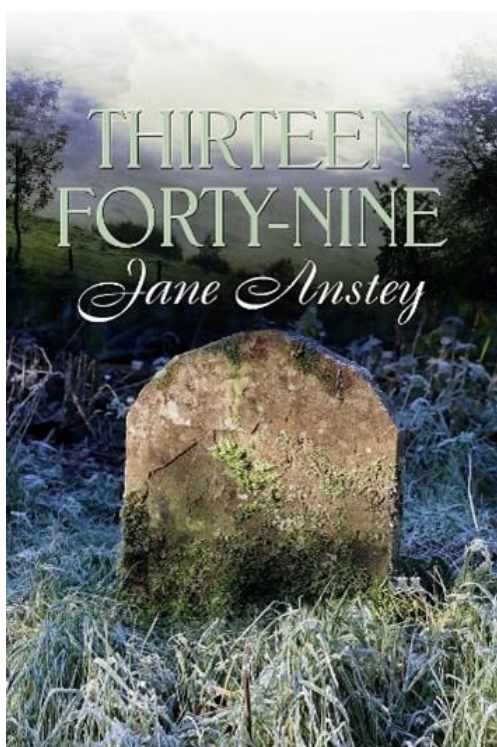


Café Rota:

Date	Set up & open at 9.45	10.15 - 11.30	Close	Cakes
3rd Sept	Peter, Carol	Carol, Marilyn, Michelle	Carol	Carol, Michelle
10th Sept	Malcolm, Chris	Malcolm, Chris, Rita	Malcolm	Chris, Rita
17th Sept	John, Diane, Kath	John, Diane, Kath	John	Diane, Kath
24th Sept	Peter, Rosmarie	Rosmarie, Pat, Ruth	Pat	Rosmarie, Pat

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The origins of Café Blodwel

Café Blodwel is a community café held in St Michael's, Llanyblodwel on the first Wednesday of every month. The idea came about one evening at our book club, when the conversation came around to discussing ways to bring local people together for a regular, informal social occasion as opposed to a specifically fund-raising event. The church seemed an obvious venue. So the idea was born and through the valiant efforts of volunteers the vestry was transformed into a cheerful and welcoming space. That was back in 2019, and the first café opened on Wednesday 3rd April.

From that day on, with the interruption of the pandemic, the café has gone from strength to strength and is as popular as ever. In fact, it has brought in so many 'customers' that the café will now be held in the church itself, having outgrown the vestry! This has provided a much more spacious and comfortable environment.

Everyone who comes is very generous with the donations they give in payment for the coffees and cakes. In fact so much so that funds have been given to the Parish Council towards churchyard repairs and also the Church to go towards a new noticeboard. The donated money also pays for heating costs and accessories and provisions for the café itself.

Thank you to all who support the café and especially the volunteers who provide delicious cakes, serve the teas and coffees, set it all up and clear away afterwards. Anyone who would like to join us in helping with the café would be made very welcome.

The café is open on the first Wednesday of every month from 10.30am to 12.30pm. (The September café will be on 4th September – Ed.). The café on the 3rd October will be a fund-raising event for Macmillan Cancer Care, with a raffle and bring-and-buy stall.

Hilary Hall

Poetry Group

The Group met too late in August to send us a report on their discussions, so I've chosen a simple, light-hearted September poem to keep us going until October! – Ed.

September

by Annette Wynne

Golden in the garden,
Golden in the glen,
Golden, golden, golden
September's here again!
Golden in the tree tops,
Golden in the sky —
Golden, golden, golden
September's going by!



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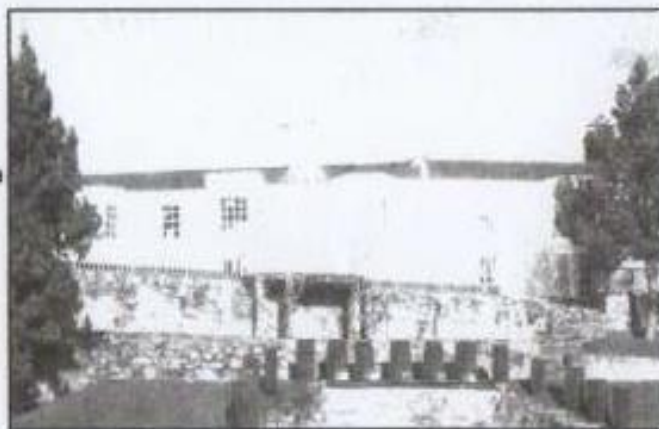
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Community Worship in July

All Saints' outdoor service on Chapel Green was well supported by around 40 folk, from the young to the very old. The weather was perfect – not too hot, and dry!!

The theme of the service was 'looking more closely', with music, poetry, drama, prayer and sharing of personal stories to encourage us to take time to appreciate all that is around us, in particular God's wonderful creation, and to listen out for God's voice in our everyday lives.


We were joined by some holidaymakers, who were made welcome, and we all enjoyed sandwiches and cakes in the Barley Mow afterwards; thanks to Hayley and Andrew for their hospitality.

To those who came – thank you and we trust you enjoyed it. To those who contributed in whatever way – thank you too.

Look out for our next community event – Sunday 29th September – which will be a Harvest Service in church followed by a Harvest Lunch in the village hall. See elsewhere in the magazine for details of this.

Linda Gladman





All Saints' Church, Trefonen

Harvest

Saturday 28th September

10.00 a.m. Decorate church

We need gifts of some fruit and vegetables for the decorations and donations for the Food Bank, please.

Sunday 29th September:

11 a.m. Harvest Service

12.30 p.m. for 1.00 p.m. Lunch in the Village Hall

No charge; donations accepted on the day. Please get a ticket if you can from Church members and the Community Café or Shop to help us with planning.

We look forward to seeing you.



Food allergies: contact K 01691 679646

News from St Michael's Llanyblodwel

We had a successful sponsored walk in July (see separate article on p.x). In September we are taking part in the Ride & Stride event on the 15th (see elsewhere in the magazine - Ed.)

First Friday social evening this month is on Friday 6th September, a talk on Swifts and other birds by a member of the RSBP, at 8pm at the Church; refreshments will be served after the talk.

Our Harvest Supper will be on Friday 27th September at Porth y Waen and Llanyblodwel Institute at 7.30pm. Tickets are £12 per adult; children under 12 free. Tickets are available from Gwyneth Wigley (01691 828282) or Eirlys Williams (01691 659906). There will be a raffle on the night. Assistance in preparing for this event or help on the night will be very much appreciated – please let us know by ringing one of the telephone numbers given above for tickets. Thank you!



Our Harvest Service will be on Sunday 29th September at 11am, and there will be a guest speaker. We are also holding our annual gift day on that day for the upkeep of the church. There will be a bottle at the back of the church for any donations. Thank you in advance from Llanyblodwel PCC.



This month's Cafe Blodwel will be on Wednesday 4th September from 10.30am to 12.30pm. The October Cafe Blodwel will be in aid of the Macmillan Cancer appeal. There will be a bring and buy and a raffle. Please come and join us to raise funds for this very good cause.

Eirlys Williams



Prayers for the Month

The prayer team suggest these focuses for September:

- Praying for those young people going to a new school or into further education
- Giving thanks for the bounteous harvest, for farmers and all who bring us our food
- Praying for those who work to make our communities a safer and better place to live
- Giving thanks for the little things in life, the things we take for granted, the beauty and colour of the changing season.

From the Registers

Baptisms: Trefonen 14th July Lexie Ayla Fiona Ellis.

Funerals: Trefonen 23rd July Dennis Malcolm Johnson.

St Michael's Llanyblodwel's First Sponsored Walk

Llanyblodwel held its first Sponsored Walk on Saturday 27th July with over forty participants and a good number of dogs from the village and surrounding areas taking part. With two courses setting out along the River Tanat, walkers passed Aber Tanat before climbing out of the valley for magnificent views south across the Severn Valley and over to the South Shropshire Hills. Crossing the border into Wales the longer walk became truly international and after some sharp inclines walkers were rewarded with more amazing views, this time to the Berwyn Hills.



It was wonderful to see just how many people lingered about the church grounds in the late afternoon sun with their post-walk tea and cake, sharing their experiences and lobbying for the event to be repeated next year. Walkers paid a £5 entry fee and brought sponsorship. In all and with some heroic individual efforts, £1300 was raised towards the running costs of historic St Michael's Church in Llanyblodwel. A big thank you and a round of applause to those who helped in briefing participants, marshalling, car parking and providing lashings of cake, tea and coffee. Job well done.

Alec Gordon



Ride+Stride – 14th Sept 2024

Ride+Stride is an opportunity to raise money for your Church. Anyone can join in: collect sponsors, then plan your own route - walk, bike or car - visit some churches, and enjoy the day!

Or go another day if busy on the 14th.

The sponsorship money raised is split 50/50 between your local Church and the Shropshire Historic Churches Trust (SHCT), which awards grants for repairs and improvements to our Churches and Chapels. So 100% goes to our places of worship. This is definitely a 'Good Thing'.

'Ride+Stride' is a national event by the National Churches Trust and we, at SHCT, are pleased to support it. The basic idea is twofold:

(1) Churches try to be open for visitors on Saturday 14 Sept from about 10 to 6, ideally with light refreshments (biscuits, squash; cake maybe).

(2) Anyone can visit as few or as many churches as they wish.

Go anywhere ... on foot, by bike, or by car, using our Sponsorship Form to collect sponsorship for your church and for the Trust.

R+S is NOT an event where church visits are centrally organised. The Trust does *not* have a 'central team' that plans any walking, cycling, or car rides. NO ... It's something that Churches do for themselves.

You can get a Sponsorship Form and more details from our website, www.shropshirehct.org.uk, or contact me and I will get one to you.

The next 'R+S Day' is Saturday 14th Sept. But, if you can't manage that day, then you can go out on any other day – which is what a lot of people do.

It is important to maintain or increase the visiting aspect otherwise the event will cease. The county raised £37,082 last year, so we, the Trust, are encouraging it to continue - even in parts of the county where it has fallen 'off the radar' and, at present, there are few visitors to the open churches.

This event has the potential to raise much more ... For example, Dorset raised £98,000 last year. This is 260% more than us, where the population is only 30% bigger.

Thank you to everyone who helped in previous years, and please 'have a go' this year. Help preserve our Churches in good repair; and help to keep them open for the future.

David Hardham (Trustee and County Organiser for Ride+Stride),
dhardham@yahoo.co.uk, 01588 650362.



The Bible: An Introduction

When you go to a library, where do you start to look for a book that will interest you?

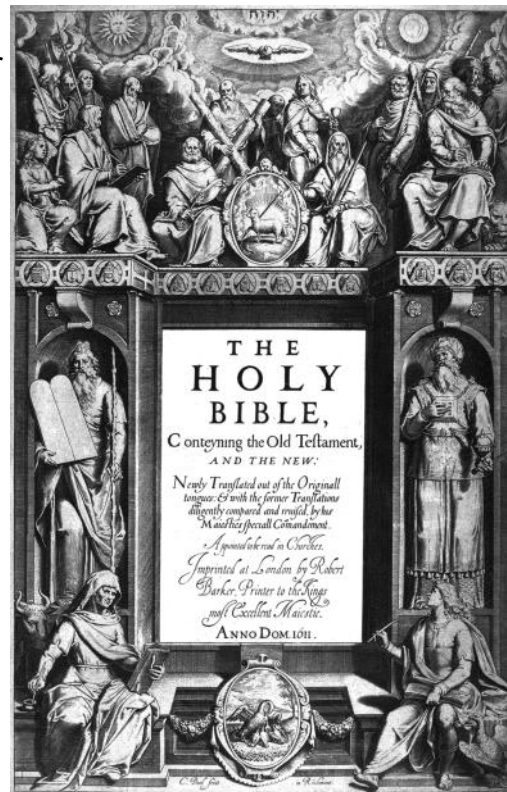
The Bible is a library. It is divided into two parts: writings before Jesus Christ was born (which we usually call the Old Testament) and writings after his birth (the New Testament).

Each of these sections is a library in itself. The first section has 39 books to choose from and the second section has 27 books! There are a variety of authors and of subjects. There are prophecies (some of which have come about), there are factual tales, love stories, adventures, poems, songs and much more.

The Old Testament books were written over many centuries, probably beginning about 4,000 years ago. The New Testament books, which are the most recent, were probably written between 50 and 120 CE (Christian Era). However, the time-line of the Bible doesn't mean that these writings are irrelevant today.

When we read them we often sense the essential humanity of thought and feeling that speaks to us over the millennia in spite of many changes of culture.

The Bible was originally written in Hebrew and Greek. Translations have been produced in a wide variety of languages, and in English there are many different translations, some of which are difficult for some of us to understand, being in 'old fashioned' English, while some translations use more modern language. Some, like *The Message*, are written in continuous prose, without verse numbers, and these are easy to read. The King James Bible (sometimes called the Authorised Version), which was first published in the early 17th century, is famous throughout the world as a wonderful piece of English literature. But it is not always as accurate as modern translations made from more recently discovered and edited Greek and Hebrew manuscripts.



Because of the way the Bible is put together, most of us do not read it from beginning to end, but pick the pieces that will help us in any given situation. In this series, we will introduce a book each month, starting with St Mark's Gospel, which many scholars believe is the earliest of the New Testament writings.

Our verse for this month comes from the Book of Revelation (the last book in the Bible), chapter 22, verse 17, which says: "Whoever is thirsty, let him take the free gift of the water of life."

Betty Steele
Retired Lay Reader in the Borders Benefice

Thought for the month

Dear Benefice friends,

At the beginning of August there always seem to be many blank days on the calendar – we look as though we have so much time ahead that there is no need to plan anything for holidays. Loads of time to visit friends and family. We will sort that later. Perhaps looking for a long rest might be good – we won't have to put that date down. Usually catching up with those household chores and an overgrown garden are needed but that can be sorted anytime so we leave that until later in the month.

Then all of a sudden our Summer is racing by us and there never seems to be any day with time to breathe! So where does our time go?

Already in August there are young people awaiting their examination results for which they have worked hard in order to take up a place in a university or college or other further certificated work placement. We must think of those very young people who are starting school for the first time and the teachers who have the pleasure to meet the children and put any anxieties or shyness to rest. As well, we should consider those who are leaving primary school and who may be looking eagerly to this step up to secondary school; they may have enjoyed the days they trialled but some may be apprehensive, so we hope that the changes will be smooth. There are always the smiles and welcome faces of the teachers and senior pupils waiting to welcome all children and offer support.

And all the while this hustle and bustle and changes there is God's nature quietly moving from Summer time towards Autumn. The gathering of fruits and harvest is such a very busy time where good weather is crucial. Our farmers work throughout wind, heat and rain. So when we complain about the weather let us reconsider how our farmers manage to keep up their spirits through nature's heat, drought, rain and floods. Let us pray for their patience and their forbearance.



So here we are hurtling into September: 'Season of mists and mellow fruitfulness'. Our green leaves changing to brown dry leaves silently tumbling to the ground resting on a rich carpet.



One gem associated with September, the blue sapphire, has an interesting story. It has been cherished for thousands of years as a symbol of trust, nobility and sincerity. For centuries the sapphire adorned countless royalty robes and clergy robes. The elite of ancient Greece and Rome believed that blue sapphires protected their owners from harm and from their enemies. The other, more traditional birthstone for September is the mystical moonstone, which has many legends attached to it.

May September 2024 bring us all hope, happiness and fruitfulness after our happy August time.

Janet Brown, Lay worship leader in the Border Benefice

Sofa Club

In the coming months, if we are to remain as Dementia Friendly Churches, we have to complete a number of tasks for the year 2025, one of these tasks is to:



'In our regular magazine articles about dementia in the coming year, share something about people's lived experience of dementia.'

As we travel this journey together, I will be using extracts from a book by Wendy Mitchell who was diagnosed with dementia at the age of 58, in the midst of a demanding career in the NHS. Also, I will include others who have travelled this road, either living with dementia or cared for someone. This at times maybe a hard read, sometimes it will be funny, but hopefully we will gain an insight of how to make our churches as dementia friendly as possible for the years to come.

Sadly, Wendy died in February of this year, aged 68. She said she first experienced symptoms at 57, when she came out of her office and 'didn't have a clue where she was', and had to wait for the 'fog to clear'.

Steve Milton FRSA, director of Innovations in Dementia, said:

'Wendy was a person of true bravery. She had been fearless in sharing her experience in order that others may learn from it.'



'We certainly did. She was a beacon, and so many people have told us over the years that her work has changed their view about dementia - and enabled them to live their lives that little bit less afraid. What more can one ask of a life?'

If you have anything you may wish to share to help others who are on this journey or would like to know more, please contact Lizzie (Churchwarden Morton) 07713 083002. Alternatively, come along to a meeting in Llanymynech Church Hall.

In September these are on the 5th and 19th from 2.30 – 4.00pm.

Benefice Vacancy update

We are seeking a new Rector – and much is happening!

The four parishes of Llanyblodwel, Llanymynech, Morton and Trefonen together form the Border Benefice, and are part of the Diocese of Lichfield. We are led by a Rector. Following the Rev'd Kathy Trimby's departure for pastures new, the Diocese has decided that the Benefice should stay together and a new Rector be sought. We are therefore working our way through the proceedings laid down by the Church of England. This involves several formal meetings of the four parishes, two of which we have held and a third will be at the end of August. We are aiming to ensure that by the autumn we are in a position for an advert for the post to be placed.

Realistically, it is unlikely that we shall have a new Rector before the new year. Meanwhile, all the parishes are working together; there are services in all the churches every Sunday; special services and events continue; the community cafés flourish - and lots of plans for celebrating harvest are in hand. The Benefice website: www.borderparishes.org.uk gives details. We look forward to seeing you join us. You will be very welcome.

*K Kimber
Benefice Convener of the PCC Lay Chairs*

From the Bishop of Shrewsbury

The tragic deaths of Elsie Dot Stancombe, Bebe King and Alice Dasilva Aguiar in a knife attack at a dance class in Southport on the 29th of July are a heartbreaking tragedy and our prayers continue to be with the families and all those who have suffered as a result of this horrifying act.

It is shocking to see how this appalling crime is being used by some people to stir up violence, intimidation, rioting and division across our country and in some of the communities of our diocese. Violence is not a legitimate form of protest and violence and racism have no place on our streets or in our society.

We are hugely grateful to the police and all the emergency services who have put themselves in danger to protect and serve the public and to all who have come together to serve the good of our communities: clearing up, caring for one another, providing food and shelter, support and sanctuary.

In the Diocese of Lichfield we rejoice in our diversity and are committed to combatting racism and building strong and respectful relationships across communities of all faiths and backgrounds. We strive to make our places of worship and our wider communities places of joy, peace and flourishing for all and we stand with people of peace from all faiths and none as we engage in this together.

As we work together to bring peace and healing to our communities let us be united in prayer:

A prayer from the Church of England:

Following the unrest and violence across towns and cities in the United Kingdom in recent days, we pray for all the communities affected. For all those left injured, traumatised or afraid; for the police and all at national and local level, seeking to restore public order and bring perpetrators to justice. For places of worship in the affected areas and all people of faith and goodwill, seeking to promote peace and respect in the face of violence and hatred.

+ Sarah



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.

Betty Steele	652170	Carol Pickering	238561
Chris Kirk	688595	Jill & Joan	656456
Linda Gladman	671363	Rita Mathias	657934

Could you be a foundation school governor?

In the Diocese of Lichfield, we have 206 Church of England schools. These are made up of primary and secondary schools and in some areas, we have first and middle Schools.

Approximately half of the schools are in academy trusts and half are still local authority schools. All local authority schools and most academy schools need individuals who will act as local governors. Could you help us by becoming a local governor in a school or an academy? Those people who are appointed to represent the interests of the Church of England are known as foundation governors, because they are there to ensure the Christian foundation of the school is upheld.



What do governors do?

Governors take strategic decisions about the school and oversee that its statutory duties are met. They support the leadership team of the school but also hold them to account. Governors need to ask difficult questions, ask leaders to explain certain situations and decisions, and scrutinise a range of information from different sources to ensure what they are being told is accurate. There are plenty of resources, training and support available to help governors fulfil their role.

You will be expected to sometimes visit school, so that you are aware what is happening in classrooms and to talk to a range of different people.

Governors are not there for the day to day running of the school. That is the role of the headteacher. Sometimes, governors may be called upon to sit on committees around complaints or pupil suspension and exclusion panels or staff disciplinary panels.

Who can be a local governor?

You need to be over the age of 18 and have a skill set that would support the group. Skills in finance, education, HR, law and local community to name a few are all helpful.

You do not need to have a background in education. Whilst it always useful to have someone who does understand education is also helpful to have a variety of backgrounds so that the group has skills from a wide range of areas.

You do not have to be a member of the Church of England to be a Foundation Governor for a Church of England school. Although the first preference may be someone from the Parish Church, we are grateful for the support of those who may be outside the parish and/or from other Christian denominations.

If you are interested in becoming a Foundation Governor and want more information, please get in touch with us as education@lichfield.anglican.org

Mark Davis, Lichfield Diocese Director of Education

(Before taking up this role, Mark taught in primary schools, provided support and training to schools on health and PSHE and spent ten years as a headteacher.)

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Trefonen and District Garden Club

It's September already, and I'm wondering where the year has gone and trying to make some sense of the weather and what has been happening in the garden. Chatting with various people, most of us would agree that it has been rather a mixed bag with what has and is doing well and what has been struggling, and it varies from garden to garden.

This year I managed to get to the Oswestry Show where I was admiring the various vegetable entries wondering how do they manage to achieve, with the weather we have had this year, such good results. I remind myself that there are a number of factors involved in getting a good crop, whether it is fruit, flowers or vegetables. Yes, weather can play a big part, but some plants do not like it too hot and dry, others need the warmth to ripen, but soil, aspect and altitude also play their part.



Apparently, speaking to a cherry grower from Kent, this year has been a good year for cherries, with the wetter weather helping to swell the fruit. Further afield, in the Dordogne, our relatives experienced a late frost resulting in there probably being no figs or quinces this year.

Having said all that, there are those gardens, open to the public, two of which are in Trefonen, that have looked amazing and one has to admire the hard work and dedication put into keeping them like that. Others have benefited from them by raising considerable amounts for charity.



Colours start to shift from Summer heading into Autumn with late flowering perennials and those earlier plants that flower over a long season. It's around this time that *cyclamen hederifolium*, the hardy Autumn cyclamen, appears, with its dainty little flowers and attractive leaves lasting well into next Spring. Where space allows Spring bulbs can start now being planted.

The garden club monthly meetings resume this month on Thursday 19th September with Tessa and Ian Moss giving a presentation on Salvias. These are not just the red bedding type, but cover a wide range of plants from hardy to tender, and herbs. See our advert elsewhere for more information. Visit our website

www.trefonengardenclub.org.uk

Chris Kirk

Ladybirds: Tiny Heroes in Polka-Dot Armour

The ladybird, with its stylish and cheerful polka dot outfit, holds a special place in our hearts. Few other insects, apart from perhaps the butterfly, evoke as many positive emotions and superstitions as the ladybird. Many cultures believe that ladybirds are a symbol of good luck and new beginnings. In fact, the belief that ladybirds are associated with positive qualities is nearly universal – from Slavic, European, and Asian cultures to Native Americans.

There are 46 different species of ladybirds in the UK and about 5,000 species worldwide. While some sport the classic red-with-black-spots look, others come in shades of yellow, orange, or even black with red spots. All ladybirds are beetles and have a larval and adult form with the classic round and colourful ladybird being the adult whilst the larvae tend to be thin and black.

Many species of ladybird hatch from pupae in August or September so look out for a new generation of adults feeding up ready to overwinter. Ladybirds are voracious predators of aphids and other garden pests, serving as natural pest-control agents and helping to keep plants healthy. In fact, a single ladybird can devour up to 5,000 aphids and other plant-eating pests in its lifetime, making them invaluable allies to gardeners and farmers alike.

Despite their diminutive size, ladybirds are not without their challenges. Predators, parasites and even rival ladybirds pose threats to their survival. Birds, spiders and other insects prey on them. They do have defences against predators however: their bright red colour is a warning that they don't taste nice and when attacked they give off a yellow liquid which is rich in toxic alkaloids.

Churchyards and cemeteries can be great for ladybirds as these tend to be free of insecticides and full of food. There are lots of places where ladybirds can find a safe place to spend the winter, often in large clusters where they remain inactive until about March when they emerge to feed and breed. Monuments including chest tombs, gaps made by tree roots, wood piles, spaces beneath flaking bark, leaf litter, tussocky grass and drystone walls are full of potential places to overwinter.



With their rounded bodies and distinctive markings, ladybirds are easily recognisable. If you see a ladybird, take a photo, count its spots and make a note of both spot and background colours. The spot number indicates which species it is, not some people believe, how old it is. Please let us know what you find in your local churchyard or cemetery, and enjoy hunting for these iconic creatures.

Harriet Carter, Diocesan Churchyard Environmental Adviser: harriet@cfiga.org.uk.

(Photo of ladybirds on a tombstone ©Andrew Mason)







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Save our Curlews

Our bird survey has now finished, and the results are being analysed. The survey area extends from Oswestry in the north to Kinnerley in the south, and eastward from the Welsh border to Ruyton-XI-Towns.

Preliminary results suggest only 5 or 6 pairs of Curlews returned to our area this year, compared with 8 in 2023. Certainly one pair has been lost from near Trefonen. If you've seen or heard Curlews anytime since March 2024, please let us know. Don't assume we know about them. Surveys can miss some pairs, particularly if there are two close together.



We have also been looking for breeding Lapwing, Kestrel, Cuckoo and Red Kite since late March. Again, if you've seen or heard any of these species, please don't assume we know about them. Please report all your observations, especially any Curlew ('the most important bird conservation priority in the UK') to me on 01694 720296, or leo@leosmith.org.uk. Also contact me if you would like to be kept informed of our activities, or would like to help with the survey next year.

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. Once a nest is found, it is protected with an electric fence, then when the chicks hatch they are fitted with a radio tag, and tracked to see what happens to them. Low chick survival rates are a major factor causing population decline, and we need to understand the causes to develop an effective conservation plan.

The Three Parishes (Weston Rhyn, St Martins and Gobowen) Community Wildlife Group also participated in the *Save our Curlews* project, managed by Shropshire Ornithological Society (SOS). In the two areas combined, seven nests were found, an excellent result. Two of the nests were replacement clutches by pairs that had their first nest predated after finding, so nests of five pairs were protected.

In summary, six of the seven nests were lost, three to corvids, two to fox and one to badger. Two chicks hatched from the remaining nest, but unfortunately, both these chicks were predated, one about two weeks old and the other about three weeks (no more than 25 days old). Thanks a lot to the farmers and landowners who gave us permission to search their land, and put fences up.

Leo Smith

Goodbye to the Swifts

Swifts are one of our most enigmatic birds, and if you live in an area where they are still nesting then the last three or four months may have been characterised by their breathtaking aerodynamics and their shrill screams.



Cuckoos and swifts are the earliest of our migrants to leave the UK but whilst cuckoos do not rear their young, swifts do so quickly, starting to breed in May, feeding young until they fledge in July or August, after which adults and young head south!

By August most are en route for the warm south, stopping to refuel in southern Europe, and they will travel about 7,000 miles to equatorial or even southern Africa. Swifts are fantastic fliers, living entirely on the wing apart from when nesting. Swifts feed on tiny flying insects and spiders, often going to great heights to find them and bringing back a ball or *bolus* of food in a throat pouch for their young. They have been known to fly high and fast, travelling up to 70 mph and soaring over the Himalayas in Ladakh when on migration. They eat, sleep, bathe and mate on the wing and cannot take off from the ground as their legs are small and set far back on their bodies. Instead, they launch from a high-up hole or ledge, swooping straight into flight. In nature they nest in holes in tall trees or cliffs and our buildings make a good alternative with churches and chapels particularly good for swifts as they are tall and have space around the building for the swift to launch in to. Swifts can nest on the top of the wall under the eaves or within the tower or spire, perhaps in a swift box behind the louvres of the tower windows or in a small hole or crevasse.

It is quite possible that swifts nest on your nearest church without anybody knowing, as unlike swallows and martins (with which they are often confused), they rarely visit their nests and leave no droppings below. Swifts will fly around screaming as the evening draws in and then quickly swoop into their nests in a split second and so sharp eyes and patience is required to spot them.

Swifts need our help, they have reduced in number by over 60% since 1995, in part due to improvements in our buildings, making them more weather-tight and better insulated. This good work can have the unfortunate effect of removing swift nesting sites so installing nest boxes is a great idea. If your church does not have swift boxes in the tower and you know that there are swifts in the area then perhaps you might try and arrange for a box to be installed over the autumn and winter, in time for next year's epic migration. You'll find information on swift boxes on the Caring for God's Acre website and take a look at the website of Swift Conservation to learn more.

(Remember that individuals and groups in the diocese receive 20% members discount on all CfGA materials, at www.caringforgodsacre.org.uk. Use the discount code **diomem22**)



All the best, Harriet
Harriet Carter, Diocesan Churchyard Environmental
Adviser: harriet@cfga.org.uk

This article arrived too late to go in our July/August issue, but given the local interest in Swifts this summer, we have included it here. - Ed.

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Blood Pressure Testing Returns to Trefonen Community Café

The Shropshire Community Blood Pressure project is returning this September to the Trefonen Community Cafe to offer a monthly opportunity for local residents to raise their awareness of the risks of high blood pressure, get tested and, where necessary, be sign-posted to their GP or community pharmacy for further treatment. Fran Robinson, who is a volunteer Blood Pressure Champion on the project, will resume sessions on Tuesday 24th September between 10 and 11.30am. Jo Longetti, Blood Pressure Champions Co-ordinator, asked Fran a few questions about her work with the project.

What made you decide to volunteer with the project?

I am a retired nurse and wanted to use my knowledge and experience of blood pressure testing to help my local community. Sometimes, people in more rural areas are put off regular screening because it is difficult to get an appointment or to travel to the doctor's surgery. Other people will get tested at a pop-up on the spur of the moment when previously they had not considered getting tested.

Why is it important to get your blood pressure tested?

High blood pressure is often called the 'silent killer' as it has no symptoms. Over half of all strokes and heart attacks are caused by undiagnosed high blood pressure. It is important to get tested to ensure early detection and get access to the right medical advice and treatment before it becomes a more serious issue.

What happens if someone has a high reading at the pop-up?

We don't diagnose high blood pressure at a pop-up. If your readings are high on the day, we will advise you to ask your GP for 7-day monitoring or to go to your community pharmacy for follow up monitoring. High blood pressure can be temporary and caused by factors like drinking coffee or smoking before the test, needing the toilet or being stressed. To find out if your blood pressure is usually high and therefore causing concern, you will need to be tested regularly over a longer period.

Why can't I just test my own BP at home?

Many people have a monitor at home now but it is still important to understand the best way to use it to obtain an accurate reading. We can give you this information at the pop-up and you can get tested and compare our reading with that of your own machine to check it is working properly.

How can I avoid having high blood pressure?

Avoid smoking, limit alcohol intake to recommended levels, try to be more active and follow a healthy diet which is lower in salt and bad fats. You should steer clear of processed foods wherever possible. Little changes make a difference over time and you will be encouraged to try other changes to improve your health outcomes.

What other pop-ups does the project offer around the Oswestry area?

There are pop-ups at Oswestry library, Osnosh, Oswestry foodbank, Albert Road Church and the Oswestry Market café. For more information email info@qube-oca.org.uk or telephone 01691 656882





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***Trefonen Garden Club Monthly Meeting
7:30 p.m. Thursday 19th September at Trefonen Village Hall SY10 9DY***

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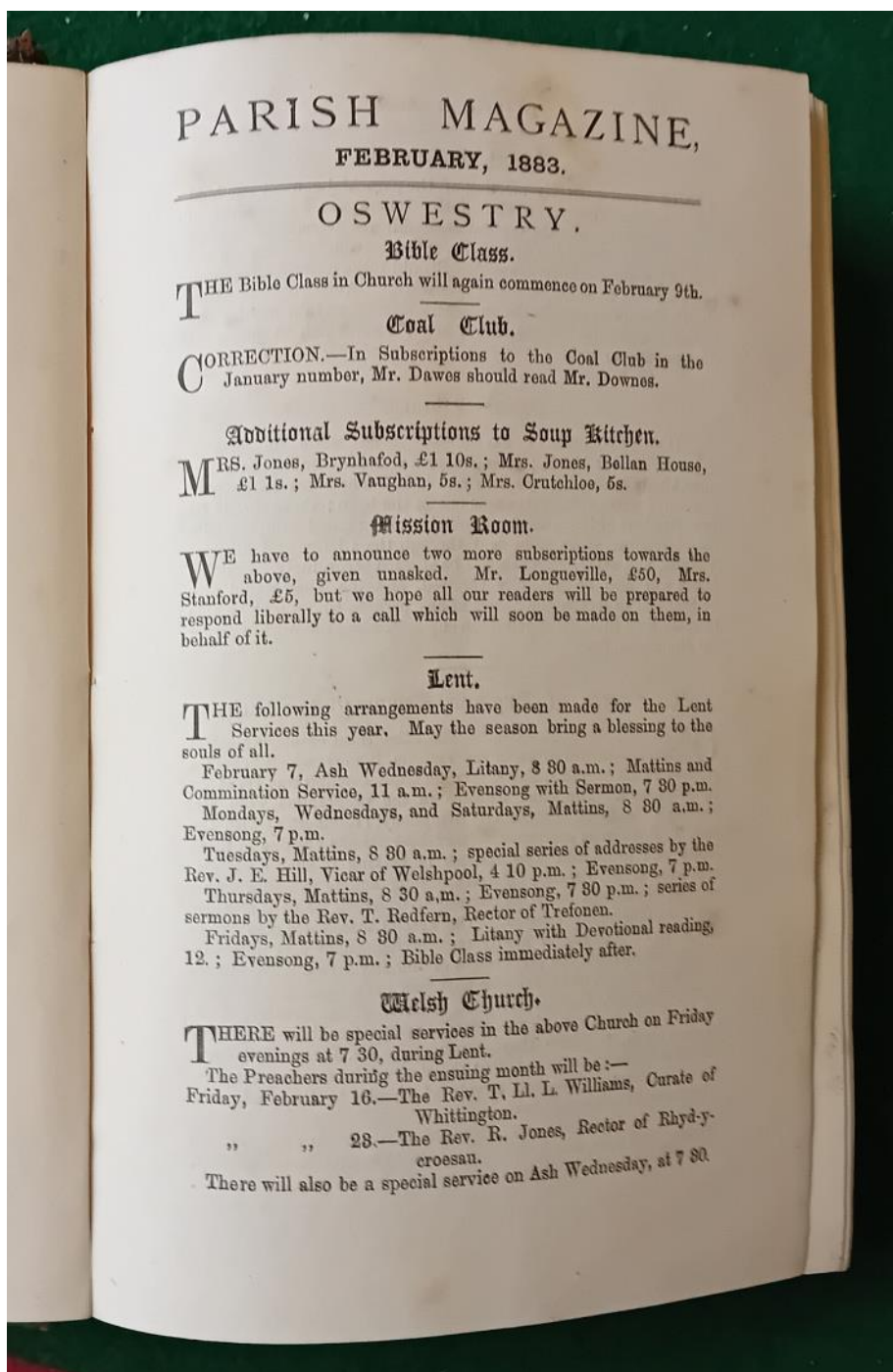
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Trefonen Parish History and Heritage

Here we look at Parish Magazines and their roles in the late 1800s and explore their use by figureheads in the local community. The following information was taken from Oswestry Rural Parish Magazines kept at the Shropshire Archives and from some volumes kindly lent to me by Derek Jones of Llwyn-Y-Mapsis.

Parish magazines began life in the 1850s issued to the local community by parish clergy or by the more senior clergy and found very occasionally amongst 19th-century parish archives. There is a general consensus amongst historians that the first Parish magazine was started in January 1859 by Rev. John Erskine Clarke, Vicar of St Michael's, Derby, although some prefer to think that 'The Old Church Porch' issued at Frome in 1854 by the Rev. W. J. E. Bennett was the first. These publications contained mainly material of general interest including historical and religious stories often with a strong moralising edge. The idea was that this format should be offered to parishes to include within their own localised covers and information. The Oswestry rural parish magazine began life in the early 1870s....



The parish of Trefonen was to join the publication in 1875 at the instigation of the newly appointed Rector Daniel Pugh Evans who served the parish for four years until 1878 and who had replaced the former Rector David Lloyd who had served the Church as first Perpetual Curate (1850-1866) then Rector from 1866 until his death in 1874.

The introduction to the Parish Magazine for the area of Trefonen was recorded in the 1875 January edition:

‘Dear Friends and Parishioners, - I have arranged with the editor of the Parish Magazine, that Trefonen shall be allowed a page or two for its own local news, upon the condition that we take at least 50 copies monthly. This I am sure we will have no difficulty in promising to do, considering the low price of the magazine, and the high character of its content. I take advantage of the opportunity thus offered me of wishing you all a happy new year. It is a source of some regret to me that in the four months I have been among you, to become personally acquainted with you all. This year will be happy year to me, if it enables me to make all my parishioners my personal friends. You have lost a good friend in your late Rector, and it shall be my endeavour, with God’s help, to make up that loss to you. One way in which I hope to help you is, by allowing a portion of the Glebe land to be used for the enlargement of our overcrowded churchyard: but while I make provision for our dead to rest in peace, we must not forget to give the living means to prepare themselves against the day when they to will be laid in their graves. By the addition of a chancel to our church we intend to provide 78 additional sittings so much has been done in the past for the improvement of our “House of Prayer” that I feel confident we shall all join hardly in the pleasant task of improving it still further. Our subscription list has been very well started, and kind friends have arranged to give a Grand Amateur Concert at Oswestry on Monday the 11th, which cannot fail to bring in a handsome addition to our funds. Our schools I rejoice to say are in good working order and well filled. I do trust parents will bear in mind that home training is of even greater importance than the school teaching:- an untidy home will often undo the work of the best school. If the working man of Trefonen would spend more time with their wives and children around their own firesides and less time in public houses I should feel more confidence in wishing them and their families, as I now do with all my heart, a “Happy New Year” Believe me to remain, your true Friend and Pastor, D.P. Evans.’

The introductory letter clearly shows the intentions of the Rector to increase the size of the congregation and to warn of the moral consequences for those participating in the demon drink! ... A letter in response to the Rector’s New Year greeting from a parishioner with similar concerns undoubtedly led to the forming of the local temperance movement.... The Rector replied: ‘ ...Shortly after Easter I hope to call a parish meeting when I shall ask all good Christians of Trefonen to join hand in hand against the spoiler of our hearts and homes.- Believe me, gratefully yours, D P Evans.’

Chris Woods,

Trefonen Parish History and Heritage Facebook page, 9 March 2024

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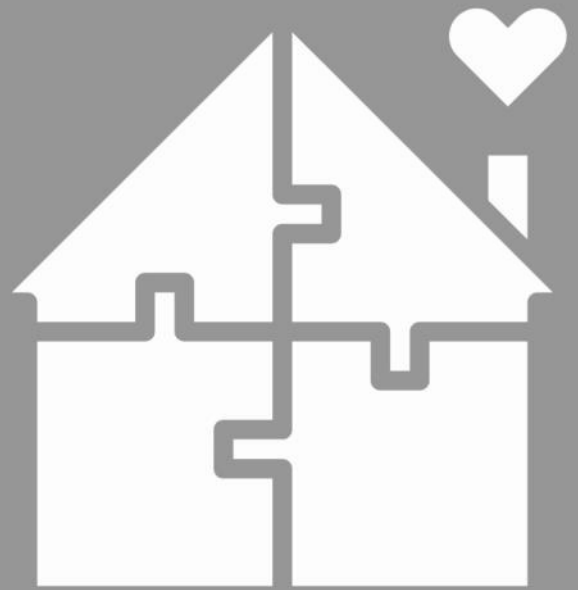
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Sunday:	10.00 - 1.00

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On your doorstep

Are you feeling in an argumentative mood? If “yes”, you’ll probably want to take issue with the title for this, the latest in our series of suggestions of places to go/ things to see. That’s because the destinations this time are not very local. What follows isn’t a ‘jolly’ to last an hour, or maybe two – better to think of it in terms of almost a day trip.

The first place on the itinerary is the Tanat Valley. You may well have taken the road to Llangynog in the past. “Familiarity breeds contempt” goes the proverb, so this time I want you to make a special effort to look around you and admire the gorgeous scenery that unfolds en route. You might think it’s a good idea to find somewhere to park occasionally so that the driver can take it in properly as well. Don’t know the road? Starting from Llanyblodwel, it’s 13 miles to Llangynog. Follow the B4396 through Penybont and Llangedwyn to Penybontfawr. Keep to the right in the middle of this village, ignoring the signposts for Lake Vyrnwy, putting you onto the B4391.

When you arrive in Llangynog, turn left in the middle of the village – opposite the New Inn – signposted for Pennant Melangell. You’ll immediately get a flavour of the road you’ll be following for the next two-and-a-bit miles. There are passing places, though you might end up wishing there were more of them positioned closer together!

I’m not going to attempt to give a description of Pennant Melangell here. You really have to experience it for yourself - everything about this church is remarkable. And you don’t have to call yourself a Christian – anyone, of any faith or of none, will find their visit worthwhile. You’ll find an account of the history of the shrine on the notice board in the porch. Make sure you take a look at the yew trees in the churchyard – the website (<https://stmelangell.org/>) tells us that some are around 2,000 years old.

Once you’ve taken it all in, it’s back to the car and retrace your route along the lane to Llangynog. You could just go back home now, but my recommendation is that, on arriving back at the main road, you turn left. This road goes ‘over the top’ to Bala and you’ll climb from about 150m above sea level up to about 500m and then go back down again, a distance of 13 miles. It doesn’t make it onto lists of the top 10 scenic roads in the UK, but it’s certainly a favourite of mine. As before, it’s really worth stopping from time to time and getting out of the car to enjoy the view. If you’ve timed your day properly, you could now have lunch in Bala before your return journey – back the way you came or along the A494 & A5. You choose.



Meanderer



Church services in September

		LLANYBLODWEL		TREFONEN		
Sun 1	14th after	11.00am	MORNING WORSHIP	9.30am	HOLY COMMUNION	
	Trinity		Leader: Abie T		Welcomers: Pat & Graham D	
					Song of Solomon 2: 8-13	Shirley H-J
					James 1: 17-end	Helen P
					Rev Adrian Bailey & Peter W	
					Flowers: Chris K	
Sun 8	15th after	11.00am	MORNING WORSHIP	9.30am	MORNING WORSHIP	
	Trinity		Leader: Rebecca C		Welcomers: Barry & Sue E	
					Proverbs 22: 1-2, 8-9, 22-23	Jeremy G
					James 2: 1-10, 14-17	Sue E
					Leader: Chris K	
Sun 15	16th after	11.00am	HOLY COMMUNION	9.30am	MORNING WORSHIP	
	Trinity		Rev John Tranter with Abie T		Welcomers: Helen F & Jean R	
					Proverbs 1: 20-33	Barry E
					James 3: 1-12	Jean R
					Leader: Rebecca Colpus	
					Flowers: Pat D	
Sun 22	17th after	11.00am	MORNING WORSHIP	9.30am	MORNING WORSHIP	
	Trinity		Leader: Pam C		Welcomers: June B & Victoria G	
					Proverbs 31: 10-end	Helen F
					James Ch.3: v14 - Ch.4: v3, 7-8a	Rita M
					Leader: Linda G	
Sun 29	St Michael & All Angels	11.00am	HARVEST SERVICE	11.00am	HARVEST SERVICE (followed by Harvest Lunch in village hall)	
			Leader: Rebecca C / Abie T		Welcomers: John & Diane W	
					Genesis 28: 10-17	KK to arrange
					Revelation 12: 7-12	KK to arrange
					Leader: KK	
					Flowers: KK + Jill & volunteers	

Local contacts

Jubilee Club	Alwena Martin	652791
Jubilee Field	K Kimber	679646
Llanyblodwel Parish Clerk	Amy Jones	llanyblodwelpc@gmail.com 829571
Llanyblodwel & Porth-y-Waen Village Hall Sec.	Bethan Cross	829368
Oswestry Rural (Trefonen) Parish Clerk	Kathryn Lloyd	07534 687663 clerk@oswestryrural-pc.gov.uk
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	valsmout@btinternet.com 657011
Trefonen Village Hall Caretaker	Clive & Kath Roberts	671360
Trefonen Village website		www.trefonen.org

Some useful services

Electricity (Scottish Power)	0800 027 0072	Citizens Advice Bureau	0800 144 8848
Severn Trent Water	0800 783 4444	West Mercia Police	0300 333 3000
Dwr Cymru (Welsh Water)	0800 052 0130	Childline	0800 1111
National Rail enquiries	03457 484950	Samaritans	116 123
HOSPITALS:		Drugs & Alcohol Helpline	0800 776600
RJ & AH Orthopaedic	01691 404000	National Domestic Violence Helpline	0808 2000 247
Royal Shrewsbury	01743 261000	Wales Domestic Abuse Helpline	0808 801 0800
Wrexham Maelor	01978 291100	Victim Support (National)	0808 168 9111
Princess Royal Telford	01952 641222	National Missing Persons Helpline	116 000

Mobile Library

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

Next visits: 5th & 19th September



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 by 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) or the Benefice website (www.borderparishes.org.uk).

Out and about ...

NOTICED NOTICES

Where
are
they?



See page 5 !