

Award Winning

Parish Post

Miserden, Whiteway, The Camp
Sudgrove & Wishanger

Spring 2020

A Parson's Pilgrimage

Val Thorne, the Parish vicar talks to Sally Shewring about pilgrimages she made on the route that links Rome to Santiago de Compostella

Val: Sally asked me months ago to write something about walking as a woman on my own. She eventually managed to collar me at the wonderful afternoon tea at Colony Hall recently – so we had a conversation (that went off the point many times) but here's the gist of the more relevant bits!

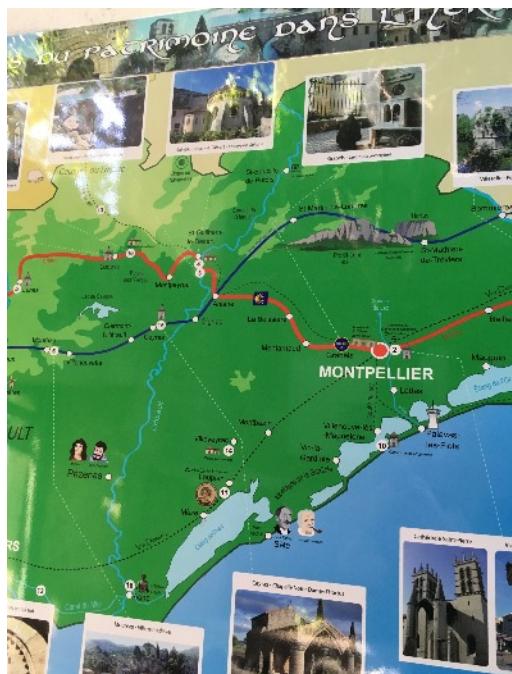
Sally: So I'm interested to know what made you decide to want to go off on Pilgrimage on your own this time.

Val: Part of it was necessity – I couldn't find anyone mad enough to come with me. But also, I'd seen women walking alone and I'd been envious of their bravery. I'd thought this was something I'd love to do but I was too much of a 'scaredy cat.' However at the end of a difficult year – my Dad had died and I'd been looking after my Mum who had dementia. I knew I

badly needed some space and felt that going for a long walk was the best way of getting it. A few days into the walk I had the opportunity to hook up with a couple of American girls. They were great fun and it was very tempting – but I made the conscious decision not to walk with them as I knew I needed to listen to my own body and go at my own pace. (I'd recently had time off work with a back problem and I was still only building my fitness levels back up. I knew if I walked with the girls it would be too easy to get drawn into their pace – which might not have been right for me.)

Sally: So it was a challenge in one way because you were on your own and because you wanted that clear space around you.

Val: Yes definitely a challenge. The first time I walked alone, I travelled to Paris on Eurostar then caught the train down to Arles. I arrived there on the 13 September 2018 and over the next 13 days walked west along the pil-



grimage route (that links Rome to Santiago de Compostella) and ended in a beautiful village called Lunas. The first hour of my walk was the most terrifying. I arrived in Arles in the afternoon, had a quick look around the Van Gogh Institute and headed out of town on the pilgrimage route. It indicated that it went along the main road – but ‘googlemaps’ was telling me that I could end up in the same place by walking along the river-bank. So thinking I was being clever I did this and ended up in the middle of a gypsy camp. Actually the worst thing that happened was that someone asked me for a cigarette – so no harm done - however it did knock my confidence right at the beginning.

I'd booked some expensive accommodation on that first night about 3 miles outside of Arles. This was because the following day had to be a long one – and 3 miles at the end of a day can make a big difference! I arrived at a beautiful house and was shown to my room by the owner. It was enormous with two double beds and the bathroom wasn't much smaller. I'd hoped I could buy something to eat on my way out of Arles but I'd seen nothing so arrived very hungry.

I asked the owner if he could make me a sandwich. With my limited French and his limited English I thought we'd agreed at a beef and tomato sandwich. I went downstairs at 7pm to eat this as arranged and was presented with a wonderful tomato and mozzarella salad, local beef steak and frites, fresh fruit and a bottle of wine – and he didn't charge me any more than I'd paid online for the room. I was so bowled over by his hospitality as he didn't officially serve supper. This then set the tone for the rest of my walk – everywhere I went I found people to be extremely kind.



Sally: Did you wear some kind of sign to say you were on a pilgrimage?

Val: Many people wear a shell on their back – but because I'm fastidious about weight I don't carry one. (I even cut the labels out of my clothes!) Perhaps because I was a woman walking on my own on this route people just guessed. I have to say the whole thing was a really positive experience. So much so, that the following May I went back and continued along the route from Lunas to Toulouse – I'd walked from Toulouse to Santiago de Compostella previously so now I've filled in the gaps.

On this second jaunt I wondered why on earth I was going alone as by this time my Mum had died – and I felt I already spent too much time on my own! However on the first night I went out to get a pizza in



the only place that was open and met about 8 other pilgrims. So this time I did choose to walk with others – although the group slowly diminished – one broke their ankle, another got bitten by a dog. By the time I go to Toulouse there were only two of us!

Sally: I was just thinking about the idea of Pilgrimage. I've just read 'The Unlikely Pilgrimage of Harold Fry.' Where does the idea of Pilgrimage come from initially?

Val: I think the idea of pilgrimage is found in many faiths and cultures. It often involves some kind of visit to something deemed to be a Holy Place – which is bizarre because we know that God is everywhere. I think for me it's less about the destination and more about the journey. I find it useful to get out of my normal mind-set and see the world from a slightly different place. I particularly love the fascinating people that you meet along the way and the sense of community that develops. It's a great levelling experience. It really doesn't matter if you're royalty or ratty – once you get on the route it's irrelevant.

Sally: So as for a being a lone woman traveller - you really only felt fear at the beginning.

Val: The only other time I felt uncomfortable was when I went into Montpellier. Often the outskirts of big cities are not very nice so for the first time ever I decided to cheat and use public transport – which the guidebook recommended. I managed to get on the right bus and tram combination because I met a lady at the bus stop who'd worked for the British Embassy and spoke immaculate English. I'd booked a hotel and knew where this was, so using the sat nav on my phone I got off when I thought I was close to the hotel. However I ended up in an area full of flyovers, under-passes and walk ways and I found it difficult to get my bearings and I went into a panic. There were lots of homeless people and people who I imagine were refugees. I felt vulnerable as some of these people were obviously in a desperate state.

So I considered cancelling my hotel room and thought I could just leave the city and catch a tram to the next village on the pilgrimage route. However I decided to get some lunch first and during this, I managed to calm myself down and found enough courage to stay. I'm so glad that I did this - because when I eventually found my way into the ancient part of the city it was really beautiful and well worth the slight panic and discomfort.

However on the whole I would say it was a very positive experience and that I felt really looked after all the way through – I stumbled into one fortuitous situation after another and felt very blessed!



Tried and Trusted Vegetable Varieties

By Sue Spielberg

I'm sure I'm not the only one who keeps packets of seed even when they have gone past their sow-by date. It's the photograph on the front and all that locked up potential held within those tiny grains that gets me every time... However, one year I did manage to whittle down a family-sized *Quality Street* tin brim full of intact and half sown packets and fit the slimmed down, edited contents into a much smaller plastic ice-cream container.

I figured those that were two years out of date and older simply had to go, as well as the parsnip seeds which I knew needed to be bought fresh every year, but I did hang on to others like beetroot and spinach, which came up very well, along with peas and beans, which I tested by sowing a few seeds onto permanently moist kitchen towel. If the seed coat split open to reveal a

tiny little radicle (the first embryonic root), I reasoned that there must still be life in the rest of the batch.

This served me well for a while and I was slowly using up older seed, but I came unstuck last August when we went on holiday for two weeks and left our sons in charge of watering the tomatoes in the greenhouse. “Just use the hose-pipe and splash the water around,” I said glibly, because at that stage in the game the tomatoes were thirstily drinking any amount of water one gave them. The lads, true to their word, did a sterling job with the tomatoes but I had totally forgotten that I had left my box of seeds, complete with its broken lid, beneath the slatted work bench in the greenhouse, so when I came to sow some quick growing spicy salad leaves at the end of the season, all I found was a mass of damp paper and sprouted seeds – the sort of thing one would buy in little punnets at the supermarket!

Still, it was my own fault and a good lesson learned, but it also gave me the opportunity to invest in totally fresh seed and made me

think about what I really wanted to grow. No more making space for golden beetroot simply to use up the seed, from now on I was only going to grow vegetables that I knew we enjoyed or were expensive to buy in the shops.

For instance, one year I had some weird hankering to grow celeriac, partly I think because they once said on *Gardeners' Question Time* that it required a fair bit of skill and attention to produce those large ugly but delicious roots. My first attempt was a runaway success because I religiously watered them every day which meant they didn't get a check in growth so at the end of the season I was able to play Miss Bountiful and give away most of the harvest to friends and neighbours. The following year I obviously rested on my laurels or got side-tracked, and of the sixteen plants that I put in only two were any good. But then it suddenly dawned on me



that celeriac – like swede and red cabbage – delicious though they are, are so cheap to buy and we really don't use much of them anyway! So they too will be struck off my seed list this year. The same goes for Florence fennel, the cultivation of which had always eluded me because you must sow it after midsummer to prevent it from bolting (running up to flower and seed without forming those distinctive swollen leaf bases). My July-sown plants grew well, looked exemplary in the veg bed but by the time they were ready, their summery flavour just didn't appeal because it didn't pair well with the hearty winter stews the taste buds were craving brought on by colder weather.

So, I start this new growing season armed with completely fresh seed and a naïve optimism that it will be the best one yet, weather and pests permitting! And I still harbour hopes of becoming self-sufficient in terms of fruit and vegetables, at least in the summer and autumn months.

Tried and Tested Seed Varieties

The following cultivars are those I've previously had great success with:

Tomato 'Sungold'—very sweet orange cherry type; ripens early

Tomato 'Santonio'—mini-plum type with good balance between sweet and acidic taste

Climbing French Bean 'Cobra' – prolific, early and heavy cropping. Most reliable in a hot dry summer

Broccoli 'Ironman' – superb, quick cropping variety. Wider spacing produces fewer large heads, but spaced closer you will get more baby heads over a long period

Broad Bean 'The Sutton' – this shorter growing variety is great on a windy site or if space is limited

Beetroot 'Boltardy'—reliable and delicious with classic deep purple spherical roots

Lettuce 'Grenoble Red' (or *Rouge de Grenoble*) –attractive frilled, red-tinged leaves. Continuous harvests from the same plant can be achieved by carefully stripping off the outer leaves, leaving the heart intact

Patty Pan – unusual scalloped fruit like little flying saucers which taste like courgette; eat whole when small or sliced when larger

Radish 'French Breakfast' –lovely mild and super quick to grow. Can be used as a catch crop between slower growing veg

Early Potato 'International Kidney' – uniform oval tubers with a lovely waxy flavour just like 'Jersey Royals'. Not particularly early though but so worth the wait

Maincrop Potato 'Jazzy' – Fantastic flavour and a good keeper provided you dig up the tubers as soon as the tops have died back around mid August before slugs have had a chance to invade

Seed Companies

- **MoreVeg** – www.moreveg.co.uk (very reasonably priced seeds)
- **Thompson & Morgan** www.thompson-morgan.com (good range of modern F1 hybrids)
- **Real Seeds** – www.realseeds.co.uk (open pollinated seed so you can save your own; no F1 hybrids or genetically modified seeds)



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Adept Tree Maintenance is a local, small 2-person tree surgery team who can cater to your tree related needs!

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What Services Do We Offer?

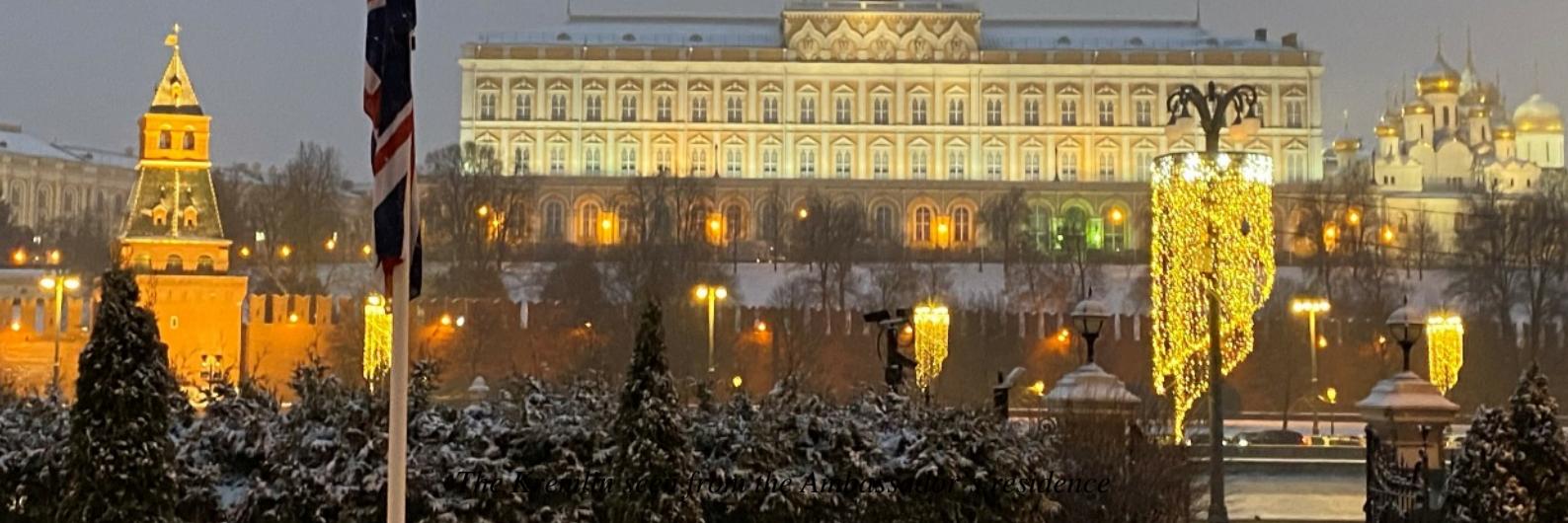
- Tree Reductions	- Hedge Reductions
- Tree Removals	- Stump Grinding
- Hedge Cutting	- Log Spitting

There is no job too big or too small for our team!

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The Kremlin seen from the Ambassador's residence

Miserden Texels By Sue Andrews

I'm not usually someone who wishes away part of their life, but I'm glad that we've moved on from January. Yes, the weather could have been a lot worse. We could have been knee deep in snow, but the endless wet and mud can only be called depressing.

Still Spring is just around the corner, and today was a beautiful day. Judging by the weather forecast, it won't last, but with lambing starting next week please just let it be a little dryer and warmer.

So far all we've had is a disaster. A ewe carrying triplets decided to barge her way into the feeders, getting badly squashed and throwing out a water bag. This was all quite unnecessary as there is plenty of space for the ewes to feed, but no, she wanted to be in a certain position in the feeder, and there wasn't room. Further down the feeder there was plenty of food and room to get to it, but try explaining that to a greedy Texel. Anyway, this means the onset of a birth, even though she wasn't due for another ten days, and because she wasn't ready to give birth naturally, it meant calling the vet to do a caesarean. We can't just leave well alone because at least one of the lambs will die and this in turn will be toxic to the other lambs and the ewe.

All three lambs were healthy and born alive, but gradually we lost them all, one lasting 36 hours. Premature babies don't have their lungs sufficiently formed to survive, and I knew I was fighting a losing battle, but in these situations I always have to try. At least the ewe is well and will lamb again next year, hopefully at the correct date!



Others are sitting around in the sheep shed, enjoying waitress service and a dry bed as the rain continues outside. We've been lucky this year to keep them out until a week before lambing, although it's been touch and go, the machinery making so much mess taking feed out, but the threat of Storm Ciara meant they came in last Friday. Then Ciara did her best to destroy the huge sheep shed, involving two days of repairs, so hopefully we won't see a repeat of that although the forecasters are now threatening that Storm Dennis could be just as severe if not worse.

Some of my Blue Texels, selected as possibilities for the Show Team, have been sheared, but are snuggly living in a small warm stable and seem quite happy with the situation. I did worry a bit when the weather turned colder, which was typical just after they'd lost their wool, but they seem quite unconcerned in their warm quarters, as long as meals arrive twice a day and top quality hay is available ad lib. The Blue Texels are sheared early as they are trimmed to show, so need more wool on them

to enable this. The Texels, who are just shown naturally after being shorn sometime after 1st April, are still happily playing out in the fields with their winter coats intact.

At the end of January we popped over to an Agricultural exhibition in Strogino, Moscow, where they were having the mildest winter since records began. This might tell Putin something about their pollution levels, a cloud of smog lying over us while we were there, but I doubt if he'll take any notice. When we arrived, it was minus one, with snow on the ground, but this was the coldest it got. From the exhibition we have had orders for both Texel and Blue Texel rams, who shouldn't find the climate too challenging after living on top of the Cotswolds. They will run with the indigenous Romanov ewes, but produce a lamb of far greater eating quality than their mothers, something that is certainly lacking in the Moscow restaurants!

After the show closed at 6pm, a Ukrainian friend who was on the stand took us to a traditional Russian restaurant, where the food was good, although the menu interesting, bear featuring in a number of dishes. We saw pictures of Putin, Gorbachev and Michelle Obama all dining there at different times. Aub chose to try the Elk, which he regretted as he thought it had been a very senior beast, but the Borsch was delicious. I still wouldn't go to Russia for a culinary experience!

By the second day on the stand I was well practiced with my four words of Russian, 'privet' Hi, 'eta horoshow' meaning 'this good' which I used when pointing to a picture of a Texel sheep, and 'spasiba' thank you. They're not spelt like this but you probably wouldn't understand them from the spelling. This was the day we had most interest in our British sheep breeds and hopefully sales will come from this.

That evening, as part of the UK agricultural delegation we were made very welcome at a reception at the UK Ambassador's residence, a fantastic house on the opposite side of Moskva River to the Kremlin. Originally built by a Ukrainian sugar merchant, it reminded me of Versailles on a smaller scale, its gilded French architecture once described by our Queen on a visit as 'the most beautiful British residence in the world.' As British farmers and breeders we were made most welcome, and the cocktails and canapes were superb!

Although we were about an hour and a half from central Moscow, we did manage to visit in the evenings where we wandered around Red Square, taking in all the festivities that were still running on from Christmas. The Russian Orthodox Christmas is 1st – 8th January, but the lights and celebrations seem to run for the entire winter. In the centre of Red Square locals were doing traditional dances to what appeared to be Russia's answer to Abba, but it was good to see them so happy. Most that we had met looked fairly grim and smiled rarely, but these were having great fun. I discovered that Red Square is cobbled, large flat rectangular cobbles, but having seen so many marches across it, I was surprised.

Although not too cold it was snowing, which gave a great atmosphere to the place. Back home it was colder than Moscow, with the winds blowing on top of the Cotswolds. As I write this we look forward to seeing what Storm Dennis can bring us, then a week of concentrated lambing, when we anticipate 95 ewes giving birth. We now look forward to some spring weather to turn the ewes and lambs out.



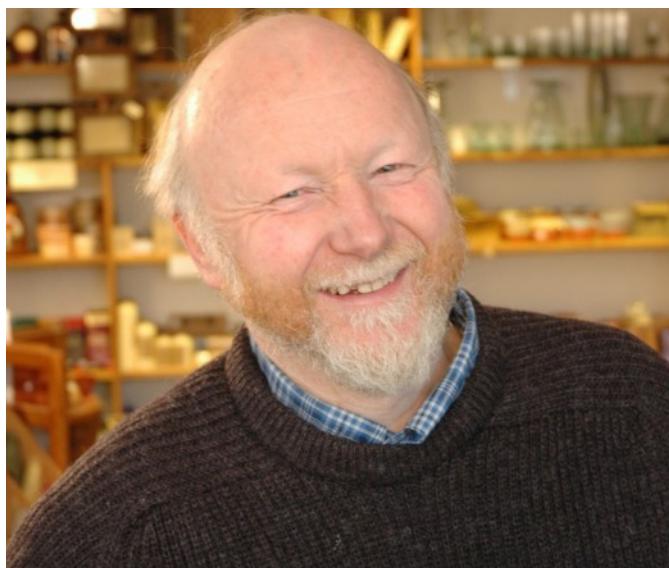
Sue in Russian sheepskin outfit



Life, motor cars and the environment

By Roger Budgeon

My early years were spent in Ashdown Forest, on my grandparents market garden and my father's garage. As with all of us growing up then we were told we needed to aspire to a higher life, so I went to Bristol to serve an apprenticeship as an electronics engineer with British Aircraft Corporation – and met Parish Post's current esteemed editor! Four of us apprentices moved into a flat in Cotham, the upstairs flat had four nurses from the BRI, one of them was a Whiteway girl, Ros, we married and moved back to the Colony in 1969. Unfortunately the aircraft industry suffered a downturn in the late 60's and many of us turned to other occupations. I commuted every day from Whiteway to Filton until 1971 when I left to do gardening and car repairs at The Retreat – I must have been better at the cars! The Retreat had a purpose built three-bay garage with an inspection pit, and being on the Colony was a good place to start from. I had the usual trouble with the Planners about having a car repair garage in a residential village but the community supported me and permission was obtained. I built the business up over the years, assisted by Ros, alongside living and gardening on Whiteway [Colony].



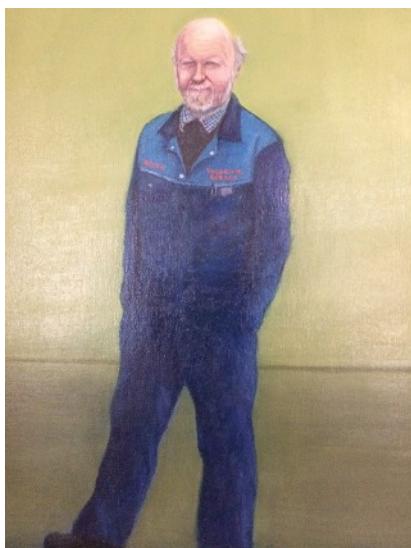
Over the years we made connections and built relationships with other businesses and people around us. In 1982 we bought Holbrook Garage, from Ron & Ruby Gay, Ron was getting too old to continue the business so at first we ran it as the petrol station and kept the workshop at Whiteway. My first apprentice was Steve White from Leebay, Whiteway, he moved on and was replaced by Ed Smith from Bisley. In 1984 we built a new workshop at Holbrook and moved the whole of the business there, leaving The Retreat as our home. Many of you will remember Ron and Ruby's little wooden bungalow, on rainy days Ron would shuffle up the path from the bungalow to



Retreat Garage, Whiteway

serve petrol, no self service, he would fill the car for you and chat about life, then you had to walk into the little kiosk to pay.

The business grew and I took on more staff both in the workshop and the shop, and in the late 1980's we started selling more sustainable, fair trade and local products. Helen Lomberg joined at this time to lead the "green push". At Holbrook the little wind turbine on what is now the Greenshop went up in 1989 to supply 12 volt for the workshop lead lamps, later it supplied low voltage lighting for the shop. This side of the business grew and around the turn of the century we formed Rainharvesting Systems to pioneer rainwater collection and reuse, and Greenshop Solar to develop renewable energy in the area. With the world gradually coming to realise the importance of us all living more sustainably the business was doing well and we built and moved into a new building, replacing Ron and Ruby's wooden bungalow.



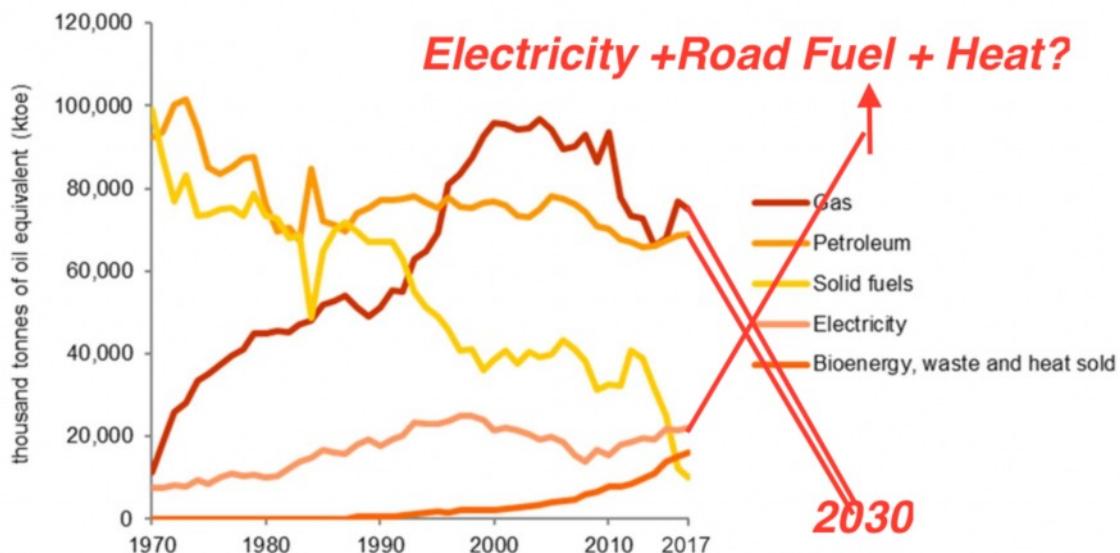
*All paintings by
Lawrence Roch*

I have always believed that the environment, nature, local, self sufficiency and sustainability have been important. In my childhood all the fruit and vegetables came from my grandfather's or our garden, the meat and milk came from the local farms, everything was from the local community. We ate what was in season or what we'd preserved. The future will be "Local" for many reasons. The first driver for this will be that there won't be enough energy to travel as we do today. We have to change away from petrol and diesel cars to electric but where will the extra electricity come from? There won't be the energy to transport food to us from all over the world so we will go back to eating local and in season – just like my grandparents generation. The current Government proposal to do away with fossil fuel heating in new builds by 2025 and replacement fossil fuel boilers by 2030 is a grand aspiration but again where will the energy come from? We are in for interesting times!

LOCAL and ENERGY By Roger Budgeon

Lets look at energy, electric cars are the future – or are they? On the graph from the Government BEIS department it is shown that petroleum fuels are currently 3.6 times that of generated electricity, this means that to maintain travelling at present levels we need to increase electricity generation by at least 3 times what we currently have. A simple calculation from 1 gallon of petrol having around 33kWhr of energy, or about 60 miles, illustrates that we need a lot more electricity than is likely to be available in the near future. A practical figure from a staff Nissan Leaf he gets about 3.8 miles/kwhr. Add to this the Governments proposals to stop all fossil fuel house heating by 2030 we obviously need to generate at least 7 times more electricity. This is patently unrealistic! Unless the building insulation improves and renewables sector increases very fast there is not going to be enough energy.

So where does that leave us? The obvious first impact is we are going to be more locally focused, for food, work and everyday life.



Source; BEIS ECUK Table 1.10

If fossil fuel for transport and farming has to reduce to zero plus fossil heating, gas and oil, that leaves a BIG ask for electricity to fill the gap. Perhaps this is future?

THE FUTURE IS LOCAL





We are campaigning to improve bus services in and around Stroud. We think that better bus services are essential, both for people without access to a car, and to reduce carbon emissions from road transport.

Get There!

During Earth Week (April 20th - 26th) we are planning two free events at the Subscription Rooms in Stroud:

- On Thursday 23rd April in the evening, there will be a debate on public transport. Representatives from our local bus companies, Gloucestershire County Council, the local council and the national organisation *Campaign for Better Transport* will give short presentations; following this, they will be available to respond to questions and discuss suggestions from the public audience.
- On Saturday 25th April in the morning, there is a family-friendly event on the forecourt of the Subscription Rooms, with the opportunity to speak to members of Transition Stroud Transport Campaign, as well as representatives from bus companies and other organisations.

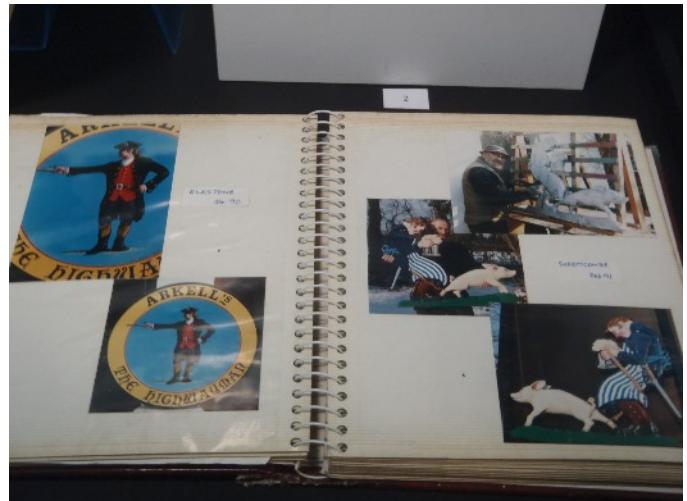
Whether you are an existing bus user or not, this event provides an excellent opportunity to ask questions, get information on existing services and find out about plans for the future. Come and share your ideas on how public transport in our area can be improved.

See You There!

Mike Hawkes, Pictorial Artist

Stroud Museum recently celebrated Mike Hawke's illustrious artistic career as a painter of pub signs with a display of some of his work. He started in 1961 working for the Whitbread Brewery as a Pictorial Artist, as they were known, in Stroud and then later as Artist Manager in the Malthouse in Cheltenham

Here he is seen pictured standing by the display. There is a Parish Post article, Spring 2016, about him that can be viewed on line at <https://miserdenpc.org.uk/newsletter/>



Pets Corner By Claire Coles-Jones

As a Vet Nurse for many years, and now a Vet Receptionist, there are many questions that are asked over and over again. Here I will cover some of them, and hopefully clear up some of the mysteries!

Why does my dog drag it's bum across the carpet?!



Contrary to popular belief, it's NOT likely to be worms. Instead, it is much more likely to be blocked anal glands..and yes, these are as smelly as you may think they are!!

The glands are a little sac either side of the anus - you may see a small hole, if you care to look. But you really don't have to!

When your dog defacates, the glands are squeezed, and the oily, strong smelling, sometimes fishy smelling liquid

goes onto the faeces. THIS is the reason dogs smell each others bottoms, and also sniff poo!! They get a lot of information from this... (Gross. And then we let them lick our face!!)

Why does it happen?

Occasionally, after a bout of diarrhoea or just soft faeces, the faeces aren't firm enough or big enough to push against the glands when your dog is pooing. If the glands aren't emptied for a few days, they can then become blocked, or impacted, and occasionally infected.

How will you know there is a problem?

So your dog will start to 'scoot' or drag it's bottom across your carpet in an attempt to relieve the pressure and to scratch the irritation. It may also nibble or excessively lick at the area. If your dog a little overweight, it may not be able to reach this area - instead it will nibble and bite at the parts it CAN reach. This is usually the area on it's back near it's tail - or as close as it can get. The fur in this area will become patchy/rough and broken, if this has been going on a while or the dog is particularly agitated.

So what should you do?

Very occasionally, the glands will spontaneously empty (you'll probably know about this by the smell!). If this doesn't happen and your dog is scooting frequently, they may well need to be emptied at the Vets. Most good Vet practices have Nurse clinics where the Nurse has the task of emptying the glands. Poor person.

Suffice to say, after working in a Vet Practice for over 20 years, I have emptied my fair share of anal glands!! But nothing is funnier than watching a new recruit squeezing particularly tricky glands, and if they refuse to heed the warning of 'keep your face away' then, well, lets just say they live and learn! And wear the smell all day on their clothes!!

If your dog struggles with this regularly, I would recommend looking at the diet. There are many things that you can do, including adding in raw chicken wings to the diet (MUST be raw - cooked bones are very dangerous) ..however you MUST get advice about handling and feeding these (feel free to email the editor with any questions for me!) Have a look at Natures Menu - a fantastic raw food company.

My elderly cat has lost quite a lot of weight, but she's really fussy and doesn't have much of an appetite. She drinks well, though.



This is a common problem, but a significant one. 1 in 3 senior cats will develop kidney disease. The symptoms include loss of appetite (over time), owners often report fussiness over food ('she just licks off the gravy or eats the jelly'), vomiting, and increased drinking and urinating. They can also look just generally a bit run down - stark coat, a little quieter than normal. Treatment is more supportive - however diet plays a VERY important part. The better and more appropriate the diet, the gentler and more supportive it is on the kidneys. There are many prescription diets out there, and also supportive medication.

What should I do?

Make an appointment to see your Vet asap. They may want to take a urine and blood sample to make a diagnosis. Kidney disease cannot be cured, it can be managed - BUT you CAN make their lives more comfortable. Wouldn't *you* want to be comfortable, if it were you?

My elderly cat is losing weight, but she eats all the time, she's always hungry. She's so hungry she's quite stroppy!



A lot of elderly cats develop Hyperthyroidism - in other words their thyroid gland becomes OVER active. This has the effect of speeding up the metabolism, so the cat burns off food very quickly. Sounds great - but actually, they get other symptoms of racing heart, anxiety/fear and intolerance (stroppy!) This puts huge strain on their organs, especially the kidneys and heart. It can make them feel particularly 'out of sorts' - anxious and highly strung, intolerant and hungry (or 'hangry' as my children say!)

What should I do?

You know the answer to this...Make an appointment to see the Vet! And before any of you accuse me of drumming up business for the Vets - I am not doing this for anyone, other than the good of your pet!! We have a responsibility to our pets, especially as they go into their Autumn years. We can make their later life so much more comfortable, with some little changes.

So - see the Vet. They will no doubt take a blood test, and when they have a diagnosis, they will give you the options. This condition is treatable.

My dog seems a bit stiff when he first gets up, but it soon passes once he starts moving around.

Or, my favourite (not) - My dog is lame on his leg/hip/backleg/frontleg - but I don't think he's in any pain!

So...if YOU limp, is it just because you feel like limping?!! Or is it, perhaps, because you are sore, or in pain?!

Apologies if I seem a little touchy about this - but honestly, I see so many lame dogs...their quality of life can be dramatically improved, if only some owners could see that the poor dog is uncomfortable! Natural products with Glucosamine and Chondroitin (often with

turmeric added in) are good at the early stages. Cod liver oil hasn't been proven to do much for joints, unlike the former natural products which are quite successful in the beginning.

Severe arthritis can be treated with anti inflammatory drugs. Your dog will likely need a check up to diagnose arthritis (to rule out other conditions) including a blood test before drugs being handed out, just to check kidney/liver function. These drugs can be given safely long term. A decent Vet will offer you a Nurse Arthritis Clinic, to give you some great practical ideas, like keeping weight down, changing the type of bedding, flooring, exercise, Hydrotherapy (we have a FABULOUS Dog Hydrotherapy in Miserden - Five Valleys Hydrotherapy, look them up)

Don't forget your cat, too! They often develop arthritis in their shoulders from jumping up and down. They also benefit from the above - but maybe not so much the hydrotherapy...

- *To be continued next issue*



Citizens Advice Stroud & Cotswold

Attendance Allowance



For this month's article we would like to give you information about Attendance Allowance: this is a benefit that helps with extra costs if you have an illness or disability severe enough and require someone else to help you with your personal care needs. The benefit does not cover mobility needs only.

Attendance Allowance is not means-tested, which means what you earn, or what savings you have will not affect any benefit you may be entitled to.

You can make a claim for Attendance Allowance if you have reached State Pension age, or are older, and you have an illness or disability, either physical or mental or both. The benefit is paid at two rates depending on the level of difficulties you have and help required, and is administered by the Department for Work and Pensions.

You do not have to have someone caring for you in order to make a claim. If you receive any Means-Tested benefits they may be increased if you are awarded Attendance Allowance.

In order to qualify for Attendance Allowance, you will need to have required the help of someone with your personal care needs for at least 6 months prior to making a claim, unless you have a terminal illness, in which case you can make a claim immediately under the Special Rules.

Please note the claim form for Attendance Allowance is extremely lengthy and complex so we advise you take expert advice before completing the form. To obtain a claim form call the Attendance Allowance helpline on: 0800 731 0122.

If you would like more information about this article, or any other matters please contact Stroud Citizens Advice on Freephone: 0808 800 0510. Further information can also be found at www.citizensadvice.org.uk/attendance allowance

Miserden School News By Miserden School Team

Lots has happened since the last edition of the Parish Post. As ever, it is difficult to know what to add in!

New Uniform

To start off, we had a visit from Nicholas Wills, who is a Governor at Miserden School. He presented the children with a rather smart new colour uniform, a gorgeous green that suits our rural surroundings very well. We think they all look very smart! The new uniform will be phased in slowly over the next year.



Delicious hot lunches

We have a wonderful new school cook! Emily Jones joined us before Christmas, and it's safe to say she has been a big hit with the children...The photos are from the Christmas meal that Emily cooked. Staff, Governors and children ate together - and the Teachers served the children! Emily's Gingerbread men went down a treat for dessert.

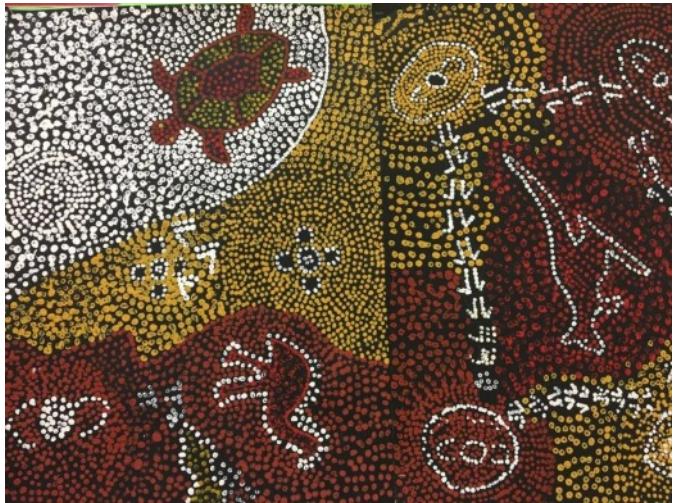


We are one of the very few schools locally, who has a cook to prepare and cook the food ON THE PREMISES! Most small village schools cannot offer this service, and so packed lunches are the only option. We are very lucky to be able to provide hot, freshly prepared meals every single day.

Music and Art at Miserden

We offer a variety of music lessons at Miserden - Piano, violin, ukulele, and of course, recorders. Music is important to us at the school. Recently the children were invited to watch String Quartet and a String Quintet at Painswick Church, which they all enjoyed. The children are also being taught by Miss Jones, who comes in once a week to practice some songs, ready for the coming performance at Gloucester Cathedral. We may be a small school, but their voices are mighty!

We had an Aboriginal Artist who came to teach the children Aboriginal Art - I think you'll agree that they did a wonderful job - such beautiful pictures from all the ages through-



out the school.

The children recently made Viking Runes as part of their current topic. They used only charcoal and pencil, and looked great - follow our Facebook Page to see more photos of what we get up to!

As a school, we believe that if children are relaxed, feel safe and nurtured, they will learn. We know that supporting the Arts as much as the academic side gives ALL children the opportunity to flourish and grow.

Feel free to come and visit us! You will receive a warm welcome.

 CHURCH OF ENGLAND
PRIMARY SCHOOL
AT MISERDEN

Why our pupils thrive

- Individual attention through small class sizes
- Family atmosphere
- Forest school for year-round outdoor learning
- Homemade meals cooked onsite
- Breakfast club and after school activities
- Free school minibus within catchment
- Outstanding rural setting, closer than you think
- Free car park

Discover our unique hidden gem



CALL 01285 821 463 www.Miserden.Gloucs.sch.uk


MISERDEN EASTER WOODLAND TRAIL
SUNDAY 29 MARCH, 10AM TO 2PM

BRING YOUR FAMILY AND FRIENDS FOR A PICTURESQUE WALK THROUGH MISERDEN ESTATE

FOLLOW BUNNY'S CLUES AND FINISH WITH A DELICIOUS CHOCOLATE TREAT! COLLECT YOUR TRAIL MAP AND START YOUR WALK ANYTIME FROM 10AM AT MISERDEN SCHOOL (GL6 7JA).
ON FINISHING, EXCHANGE YOUR COMPLETED MAP FOR A CHOCOLATE TREAT.

- * ADDED OPTION OF A BUGGY FRIENDLY SHORTER TRAIL.
- * £2.00 PER MAP, INCLUDES CHOCOLATE PRIZE.
- * DOGS WELCOME, BUT ON A LEAD AT ALL TIMES.
- * SELECTION OF REFRESHMENTS INCLUDING BBQ, HOT & COLD DRINKS, CAKES & TREATS.
- * LAST WALK STARTS AT 2PM.
- * RAFFLE (GIANT CHOCOLATE EGG!)

ALL PROCEEDS TO MISERDEN SCHOOL

PARISH COUNCIL NEWS

Wishanger; At a recent meeting when the P.C. discussed it's budget for the coming year, it was agreed that funding would be available to apply to the County Council for the imposition of a 20 M.P.H. speed limit through Wishanger. The speed limit was approved in principle a couple of years ago following speed checks throughout the Parish, however the process is expensive to carry out and it was not proceeded with at the time. I must caution that the application is not a foregone conclusion as the powers that be have to follow certain rules, and it has to be recognised that Wishanger is a small settlement with no record of road accidents. {Mercifully} The p.c. is however hopeful that the application will succeed, and is pressing ahead with it.

The very heavy storms that have occurred during the Autumn and Winter have highlighted the enormous amount of rainwater runoff flowing along the roads at both Wishanger and especially Whiteway (*see photos below - Ed*). In both cases the alarming amount of water does seem to end up where it should, but the runoff from the field at the northern end of Whiteway is a concern. On a previous occasion the County Council installed a kerb to a part of the road where one property was at risk of flooding, and that action has been seen to be successful this Winter.

The Parish Council is of the opinion that to try to divert the water at the field gate, could result in undesirable consequences. There are other suggestions such as tree planting put forward and could be considered. For the moment however we will be consulting with Highways on this matter. If any resident of this part of Whiteway has any views or ideas on how the problem might be addressed the P. C. Would be happy to hear from you.

The vacancy on the Parish Council has not yet been filled. The post is a responsible one, but really not too onerous, and need not be too time consuming. Meetings are regular and could be described as a mix of serious local issues and a certain amount of good harmless fun. I have heard it said that meetings are akin to a night out. Make of that as you will, but if you think being a part of the team is something you may like to do, please approach any of the names on the back page and perhaps learn a little more about what it entails to be a Parish Councillor.

Martin Ractliffe



Did you know...?!

That our Dental Practice in Miserden, offers all the same dental procedures that most dental practices do, including family plans? However we think our service is more than a little special... we are a team of enthusiastic professionals working in a creative and caring environment for you

The Hygienist or the Dentist?

Obviously, the dentist is crucial for all parts of tooth care - but did you know that the hygienist is the person you should see to PREVENT any problems? Hygienists are not here to just clean our teeth, but to help advise on the many different aspects of Dental Care.

Many people see the dentist when they desperately need treatment - be it a filling or an extraction. But seeing the hygienist regularly may *prevent* these sort of problems happening in the first place

Why *our* Hygienist is for you ?

We pride ourselves on being different. Our Hygienist, Debbie, understands that when new patients come to her, they are often fearful. A previous poor hygiene experience can be very discouraging. However, when **Debbie** first sees you for a Hygienist appointment, you will be pleasantly surprised at how much more clinical information, help and advice you can receive. But the other big difference is, that Debbie takes her time, she is gentle and builds trust. You are given a professional, experienced, dedicated consultation aimed at prevention, and you come away feeling confident about dental self care.

Prevention is the key to good oral health, including general health. Did you know that most tooth loss, dental decay, bad breath, and most importantly, gum disease, can be prevented by simply having regular contact with a hygienist ? Our hygienist will provide you with care along with helpful and current advice. Gum disease and the risks that go with this, can contribute to heart disease, amongst other things. Every single tooth is important to us, even the last one !

Your day to day health and wellbeing can count on your dental health, and yet we often ignore it!

The average charge for a basic Hygienist appointment is between approx £28 to £50 for just 20 mins, or £30-£75 for half an hour **EVEN WITH AN NHS DENTIST**

We charge £50 for 30 mins - within the range for local private AND NHS dentists.

But we would like you to experience this dental care for yourself - below this article is a voucher for £25. You do not have to be registered to see us. It doesn't matter if you have not seen a dentist or a hygienist for years - we do not judge.

We are here to help create a healthy mouth and to build up trust between our Hygienist and your family.

WHAT ABOUT DENISTRY AND CHILDREN?

We recommend that ALL children should come to visit the Hygienist, to have proper instructions on dental hygiene. Do we ban sweet treats to our young patients? No! As long as your dental care is good and correct, you can keep on top of things with our support. Within reason, of course! Do you regularly check your children's teeth, to see how the brushing is coming along? Could you spot an area of weakness - which could lead to a filling - BEFORE it's too late?!

This is WHY we need to see your children – let's prevent any issues in the first place.

Is it too late for your teeth? It's *never* too late to start looking after your teeth...please come along. If you are an anxious patient, and you haven't seen a dentist in some time, you will be pleased to meet our gentle and empathic dentist, Lucy Davis who is very familiar with worried or scared patients and has 3 children

Continued on next page

Cont. from previous page

under 10 herself.

There is no obligation to join our Practice - come and visit us! You will receive a very warm welcome from us all.

Please cut out the voucher and bring it along when you visit. If you do not want to use the voucher, please do give it to a friend - they don't have to be in the Parish to use it!

We shall look forward to seeing you and your family. Best wishes from the Dental Team at Miserden.



IMPLANT & CERAMIC DENTAL

New Patient Offer Half Price Hygienist Only £25

Offer Valid Until 29th of May 2020

Implant & Ceramic Centre Ltd, Miserden, Gloucestershire. GL6 7JA

Telephone: 01285 821 220

ceramiccentre.com



Miserden Parish Community Library

A TABLE-TOP SALE
plus Tombola and Teas

WHITEWAY COLONY HALL - 2.00 pm to 4.00 pm

SATURDAY 20th JUNE 2020

Crafts, arts, plants, knick-knacks etc

To raise funds for purchase of books, stationary and insurance

Fee - £10 per table

To book a table contact Penny White on 01285 821321

(Miserden Parish Community Library is situated in Miserden Village Hall Attic and is run entirely by volunteers. It is not part of the county library service, but is supported by the Parish Council. Its books are largely donated by a generous local community and other new books are bought with money made at fund raising events.)

PARISH COUNCIL MEETINGS

These are held on the last Tuesday of each month at 7.30 pm. All members of the Parish are welcome to attend. Participation is at the discretion of the Chairman.

PLANNING APPLICATIONS

Plans of any applications for property in this Parish may be viewed by appointment with the Parish Clerk.

Tel: 07525 746776, Email:
clerk.miserdenpc@hotmail.co.uk

DISCLAIMER

The views expressed in this magazine are not necessarily the views of the Parish Council except where specifically indicated. The Editor reserves the right to edit or omit material. No liability is accepted for any loss or damage arising from any omission of copy or advertising.

Letters

Dear Editor

My partner's mum (Joy Evans) gave me a copy of the Parish Post knowing I'd like the wonderful article by Ruby Knowles.

I loved it - its brilliant - congratulations!

I'd like to contribute one small addition: - home composting helps cut waste, helps reduce the purchase of commercial compost (often peat based) and helps grow your own nutritious vegetables and fruit.
(I help run Bisley Community Composting scheme so am passionate about compost!!)

Best wishes
Lesley

Lesley Greene
<https://www.bisleycommunitycompostscheme.org.uk>

YOUR PARISH COUNCILLORS

If you need to contact your Parish councillors for any reason please use the following contact details:

Martin Ractliffe (Chairman)
Spindleholm, Sudgrove, Miserden, GL6 7JD
01285 821322 // mcractliffe@outlook.com

Russ Coles-Jones (Vice Chairman)
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russcolesjones@hotmail.co.uk

Paula Whittaker [Clerk]
The Granary, Bidfield Farm, The Camp, GL6 7ET
Clerk,miserdenpc@hotmail.co.uk
07525 746776

Gideon Duberley
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Richard Dangerfield
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Tel 01285 821 872 (Hugh)
Tel 01285 821 137 (Lucia)

Please could anyone intending to submit an article, advert or announcement to the Parish Post that is not a regular item, let the editor know as far in advance of the deadline as possible to ensure that there is room for it and that it has been received. The editor will acknowledge receipt of all articles, so if you do not hear back chase it up. **The deadline for the next Parish Post will be May 15th 2020.**