

# The Black Mountains Group Benefice NEWSLETTER

May 2024



**The Parishes of Clodock & Longtown with Craswall, Llanveynoe,  
St Margaret's, Michaelchurch Escley & Newton**

Part of the Abbeydore Deanery  
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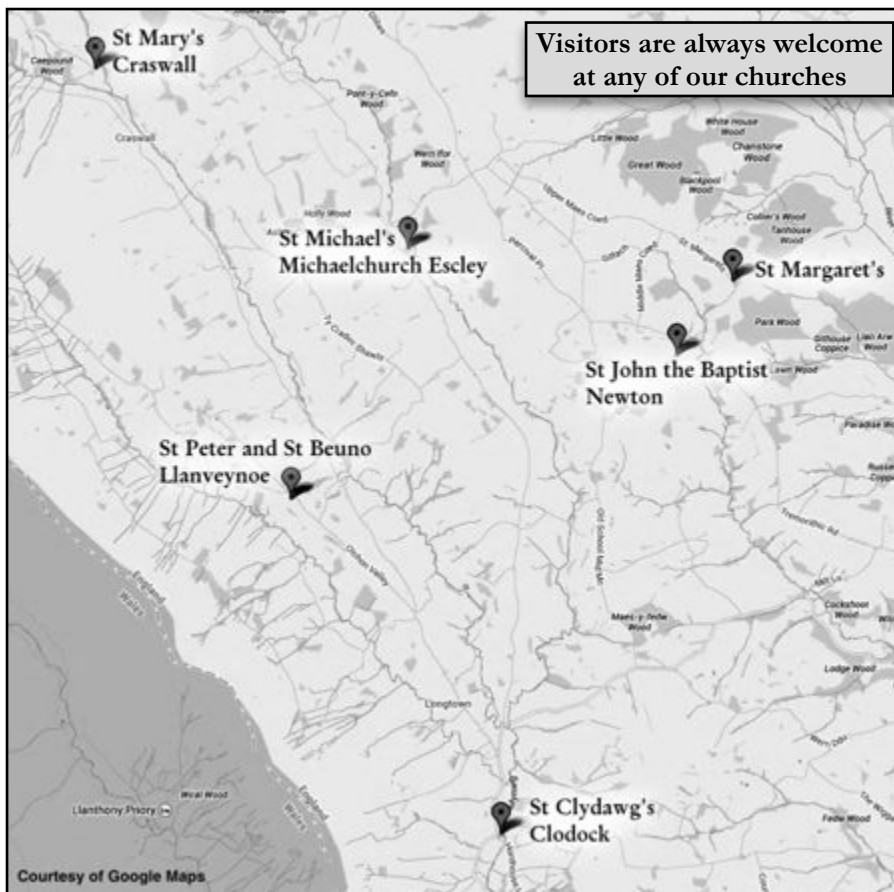
**[www.bmgparishes.org.uk](http://www.bmgparishes.org.uk)**

Please donate

**£1**  
min



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## Churchwardens

### Clodock & Longtown

Mr Nick Vaughan 01873 860201

### Craswall

Mrs Christine Cleaton 01981 510674

### Llanveynoe

Mr Donald Phillips 01873 860298

Commodore Peter Tribe 01873 860260

### St Margaret's

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### Michaelchurch Esley

Mrs Olive Howells 01981 510228

Mr Chris Atkins 07767 687242  
cdsatkins@gmail.com

### Newton

(Vacant)

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## From the Clergy

### THOUGHT FOR THE MONTH FOR MAY 2024

In mid-April Robert and I went on a tour of the First World War battlefields of the Somme and Ypres. We were in a party of 40 with two expert historians who brought the battlefields to vivid life. We saw how close the German and British trenches were – in some places no more than a few yards. We saw the dugouts and underground tunnels; how narrow the trenches were; how difficult visibility was at times because of the topography so the commanders of an operation couldn't see what was happening during the battle and inadvertently sent yet more men to their deaths unnecessarily. It was hell on earth. And more than a hundred years later battle like this continues in Ukraine!

The graveyards were full of young men from Britain and Ireland, but also from New Zealand, Canada, South Africa and Australia, often not identified, mostly aged between 18 – 30. It was heart-breaking. We thought of those families at home desperately hoping that their sons would come back. One particular wreath in St George's Church in Ypres caught my attention; it said 'Remembering all those who never went Home and also those who went Home but left the person they used to be over Here'. And our thoughts turned to bereaved families at Home who were never the same after the war. We were told about the Headmaster of Tonbridge School; 2,215 young men who had been at the School went to fight and 415 never came back. The Headmaster had known all these young men and he was broken by the deaths. I'm sure that happened many times over. We saw a plaque remembering the fallen from Hereford Cathedral School – no part of the country was unaffected. Particularly poignant were letters home, often received after the writer's death, describing a little of what they had seen and yet saying how important it was that they continued to fight.

We came home feeling so strongly that we should never ever go to war again; and that every teenager and every politician should visit the trenches and the cemeteries and understand what war really means. The conundrum is how to deal with aggressors such as Putin.

After his resurrection, when he appeared to his disciples who had abandoned or disavowed him, Jesus' first words were 'Peace be with you'. In other words, 'I forgive you'. What an example for us. We may not have much influence on the war in Ukraine, or Gaza or Israel or Sudan but we can do our bit in our local communities. How much better that we move on from our disagreements, agree to differ and forgive any rash words spoken in heat. And as Christ taught us – love our neighbours.

*Jane Rogers*

### MAY READINGS

#### Sunday 5th May – 6th of Easter or Rogation Sunday

Old Testament	Acts 10: 44-48
New Testament	1 John 5: 1-6
Gospel	John 15: 9-17
Psalm	98

#### Thursday 9th May – Ascension Day

Old Testament	Acts 1: 1-11
New Testament	Ephesians 1: 15-23
Gospel	Luke 24: 44-53
Psalm	47

#### Sunday 12th May – 7th Sunday of Easter

Old Testament	Acts 1: 15-17, 21-26
New Testament	1 John 5: 9-13
Gospel	John 17: 6-19
Psalm	1

#### Sunday 19th May – Day of Pentecost

Old Testament	Acts 2: 1-21
New Testament	Romans 8: 22-27
Gospel	John 15: 26-27; 16: 4b-15
Psalm	104: 24-34, 35b

#### Sunday 26th May – Trinity Sunday

Old Testament	Isaiah 6: 1-8
New Testament	Romans 8: 12-17
Gospel	John 3: 1-17
Psalm	29

#### Sunday 2nd June – 1st Sunday after Trinity

Old Testament	Deuteronomy 5: 12-15
New Testament	2 Corinthians 4: 5-12
Gospel	Mark 2: 23- 3:6
Psalm	81: 1-10

## Deanery Update

A quick update about what's going on in the Deanery, how to get involved and how to get in touch.

**Hedgerow Communion.** These involve yoga, meditation, sharing bread and wine, silence, poetry and ritual. Why not join the next one on Sunday May 5 at Snodhill Castle at 2pm and give yourself the opportunity for a time to pause, attend and celebrate.

**Family Favourites.** Please put 30th June in your diary for a special Songs of Praise Service at Madley Church at 4pm. Everyone is welcome to this service which will also provide an opportunity to celebrate our local ministry teams. If you'd like to choose a hymn, song or favourite reading for this service, please get in touch.

**The Gathering.** Tuesday 2nd July at St Peter's Hub. This will be preceded by a mini pilgrimage from Dorstone. Everyone is welcome – a chance to get a taster of The Golden Valley Pilgrim Way.

**Life Events.** We're always happy for people to get in touch about arranging services in our churches so please let us know if we can help with funeral, wedding or baptism arrangements.

For up-to-date information:

- Keep an eye on our website: [abbeydoredeanery.org](http://abbeydoredeanery.org)
- Follow our *Abbeydore Deanery* Facebook page or join Our Facebook group

*Cont'd*

- Subscribe to our regular email update:  
<http://eepurl.com/ggcfPj>
- Get in touch with the Deanery Office on **01981 620145**  
or [abbeydoredmc@gmail.com](mailto:abbeydoredmc@gmail.com)

## SALEM BAPTIST CHAPEL

Llanwonog Lane Longtown HR2 0LE



### SUNDAY SERVICES

5 May	6.30 pm	Mr Roger & Mrs Wendy Knight
12 May	6.30 pm	Mr Frank & Mrs Ann Mansell
19 May	6.30 pm	PENTECOST Revd Jonathan Greaves [Communion]
26 May	6.30 pm	Mrs Eunice Oram

ALL WELCOME

For further information, please email [lsbc@gmail.com](mailto:lsbc@gmail.com)

## Thanks

### CORNEWALL ARMS – QUIZ NIGHT

A huge thank you to everyone who made this such a success. Another one of Martin Cook's triumphs - we are awaiting the next one?

We raised £400 for Midland Air Ambulance. Thank you.

*Isobel*

## Forthcoming events



Longtown Library  
now open,  
Every first Wednesday of the month  
2.30 - 4.30 pm  
Swap books, tea and chat!

1st May

### NEWTON ST MARGARETS WOMEN'S GUILD

April Meeting: Matthew Engel donned his flak jacket to field questions from guild members. We are very grateful to him for giving us a bit of insight into his new role as our local counsellor.

### Thursday 9th May 2024 Outing to Madley Plants.

Meet there 2pm. *Please phone 07794920729 if you would like a lift or are willing to share transport.*

### Thursday 13th May at 7.30pm Newton Parish Room

Bev Ramsden a member of St Michael's Hospice Supportive Care Team has kindly agreed to come to talk about what they offer as a team including her role in Spiritual Care.

### Saturday 15th May PLANT SALE.

### SFI ACTIONS, FOR LIVESTOCK FARMERS IN SDA

Craswall Village Hall are hosting a meeting on Friday 10th May at 2pm. To confirm attendance please contact Neville on 01981 510344 or Lucy Levinge on 01981 550685



## ESCLEY CRICKET PAVILION

PROUDLY PRESENTS

### THE VILLAGE SUMMER SOCIAL

IN COLLABORATION WITH

YOWCHURCH VILLAGE HALL

Join us on the 2nd Friday of every  
month starting 10th May!

6PM TIL LATE

JOIN US AT THE CRICKET PAVILION IN MICHAELCHURCH ESCLEY  
FOR BAR, BBQ, FUN, GAMES AND CHATS  
GAMES AND ACTIVITIES WHILE THE SUN SHINES

## Skittles & Cards with Supper

Cornewall Arms  
Saturday  
11th May  
7:30pm

### FAIR OAK CIDER – 10TH ANNIVERSARY

Fair Oak Cider will be celebrating its tenth anniversary of making horse-powered cider by opening the mill at Fair Oak to visitors on both Saturday and Sunday of National Mills Weekend – **11th and 12th May**.

The new season's ciders will be available to taste and buy, together with delicious edible treats; our apprentice mill horse, Featherstone will be giving rides on an antique dray; and Hilary's new book, *Horse-Powered in Herefordshire*, will be on sale.

Donations to the Laurie Engel Fund for Teenage Cancer Trust. For more information call 01981 241 210.

## National Mills Weekend 11th and 12th May

National Mills Weekend is an opportunity to visit traditional watermills, windmills and horse-powered mills across the country. Five mills in south Herefordshire are taking part this year. Each of these mills is unique and well worth a visit.

**Free entry (donations to various charities)**

### Clodock Mill

**Saturday and Sunday 2.00-5.00pm**

A new waterwheel shaft, kindly donated by Oliver Watkins, is being installed. If completed in time, the mill will be grinding during the weekend.

### Fair Oak Farm Cider Mill, Bacton

**Saturday and Sunday 11.00-5.00pm**

Cider from the mill will be available for tasting and purchase, and you can meet Featherstone, the apprentice mill horse.

### Olchon House Farm Mill, Llanveynoe

**Saturday 11.00-4.00pm**

This recently restored farm mill is expected to be grinding corn on the day.

### Pontynys Mill, Longtown

**Saturday 10.00-4.00pm**

A nearly complete corn mill with a large high-breast waterwheel is under restoration. An unusual horizontal shaft drove 4 pairs of stones.

### Rowlestone Mill, near Ewyas Harold

**Saturday 10.00am-6.00pm**

The dramatic leat coming from a waterfall will be turning the external overshot waterwheel.

**Please respect the advertised opening times. For more information and directions visit [www.clodockmill.com](http://www.clodockmill.com) or [www.spab.org.uk/Mills](http://www.spab.org.uk/Mills)**



## LONGTOWN AND DISTRICT HISTORICAL SOCIETY

**Monday May 13 at 7.30pm**

Longtown Village Hall HR2 0LD

**Yvonne Chapman**

Attitudes to Babies and Bastards in the Parish of Allensmore in the Late 18th and Early 19th Century and How Do We Know?

Membership £6 for season until July

Guests £4 per Meeting

Contact [jerrydpdavis@outlook.com](mailto:jerrydpdavis@outlook.com) for details



### Breakfast under the Oak Tree

The Old Chapel Newton HR2 0QN

Saturday 18<sup>th</sup> May 2024

Open between 9 and 11.30am

Bacon, Eggs or Sausage Baps + Vegan & Gluten free  
Coffee, cakes and some crafts for sale

**ALL PROCEEDS TO BLACKHILL HOMES FOR  
UKRAINE SUPPORT GROUP**

Phone Hoppy 07794 920729 for more info.

## Longtown Thursday Club

**Spring Fayre**

Come and join us at Longtown Village Hall

Saturday 18th May, 2pm to 4.30pm

Tea & cakes | Stalls | Raffle



## THE SECOND CRASWALL HISTORY EVENING

**Saturday 11th May 7.30pm**

Craswall Village Hall

£5 Admission to include tea/coffee and biscuits.

An evening to look at displays of local historic documents and photos from local collections.

Do please let us know if you'd like to contribute anything to display on the evening.

Contact: Neville Powell 510344 or Joyce Richards 510276

## Rhodds Farm, Lyonshall

**VISIT 1.45pm, Wednesday 12 June**  
**Lyonshall, Kington, HR5 3LW**  
**£15 inc tour & tea**



Owner, Cary Goode (who will be our guide) started the garden in early 2005, and has continued to develop it since. A long, thin site (over 2 acres) her design is intended to link it on each side to the landscape beyond.

Pre-booking essential, email:  
[marilyngroves@littlerevee.co.uk](mailto:marilyngroves@littlerevee.co.uk)

**AS SEEN ON  
GARDENER'S  
WORLD**

## Newton St Margarets Women's Guild

**Community Coffee Morning**

**and**

**Tabletop Sale**

**Plants, Cakes, Books and More!**

**St John's Church Room, Newton HR2 0QR**

**Saturday, 15 June 2024**

**10.00 am to 12.00 noon**

**All Welcome!**





## Local Newsround

### LONGTOWN COMMUNITY PRIMARY & PRE-SCHOOL

The pupils at Longtown Primary & Pre-School enjoyed a short but very sweet Spring Term with lots of amazing opportunities to enhance their learning experiences including World Book Day, Sports Hall Athletics, participating in a netball league fixture and even being able to share their research and ideas with a personal trainer, from Abbeydore Retreats, not to mention a regular visit from our very own patron of reading and author, Catherine Barr, who shared her new book with the pupils and told us all about her adventures in Ghana.



including World Book Day, Sports Hall Athletics, participating in a netball league fixture and even being able to share their research

The children enjoyed celebrating World Religion Day with an exciting day of activities undertaken in their house groups and included Hindu diya tea light holder decorating, Star of David making, a school hall giant tree with leaves decorated in the 99 names for Allah in Arabic and some beautiful Buddhism prayer flags. In addition, the whole school spent an informative and enjoyable day at Cardiff Community Synagogue and then St Fagan's.

Pre-School & Reception children enjoyed learning all about Chinese New Year. They even had a go at using chopsticks!

During Children's Mental Health Week, the theme "My Voice Matters" was celebrated in assemblies and KS2 enjoyed a visit from Skirrid Productions to listen to "The Worry Birds" and use stories



to help overcome fears and look after our friends. Classes 2,3 and 4 also attended First Aid workshops at school and learnt how to administer basic first aid and resuscitation procedures. The course leader was impressed by

how much the older children had remembered from a previous visit.

Class 3 were invited to work with the 2 Faced Dance Company on generating ideas for a new performance. We were then treated to an amazing performance in the sunshine of "Fish Boy" at the beginning of the new term. It was a great way to kick start the Summer Term and hopefully the return of some much-needed dryer and sunnier weather!

We are so lucky to have had the help and support of the Longtown Village



Projects Group along with some very hard-working governors, who have done an amazing job of tidying our garden, and some very generous donations of new bedding plants. Our garden is looking amazing

"Thank you so much!" The staff and pupils are really looking forward to spending lots of outdoor learning lessons in the garden this term.



### MICHAELCHURCH ESCLEY PRIMARY & PRE-SCHOOL

Unbelievably, we are now, once again, in the final term of the academic year. These past 2 terms really have flown by! We ended the spring term with a few really exciting events. For starters, we had a drumming workshop and the whole school took part, though not at the same time - that would have been too much! The children had a great time learning different rhythms and worked together to produce different music compositions. Coincidentally, we also had a visit from another drummer, a peripatetic music teacher who gave a drumming demonstration to the children during an assembly. Unsurprisingly, we now have a long list of children keen to begin drumming lessons!

We are so fortunate not only to have a school set in such wonderful countryside, but also to have such a wonderful community around us. Julie Christopher is not only our wonderful preschool manager; she also farms just down the road at Rocky Fold farm with her husband, Andrew, and on Wednesday 20th March, the children from preschool popped along to the farm to see how the lambing was progressing. They were given a very warm welcome by Farmer Andrew and got to cuddle and feed a great many lambs! Pre-school have also been heading out with some visiting families on a number of wonderful Welly Walks. These have been extremely successful and a wonderful way to explore the great outdoors with your child. Keep an eye out for future walks.

Our final event of the term was our annual, whole school Easter Egg Hunt. Ten Year 6 Easter bunnies (well, 9 bunnies and 1 pig) set off up into the hills above school with Mr Crocker, laden with sacks containing many tasty Easter eggs, laying a flour trail for the rest of the school to follow. When they were finally caught, they happily handed out an egg to their eager pursuers.

Coming up, we have a whole host of very exciting events to look forward to. First, Sapling Class are off to the Pencelli Outdoor centre for an adventurous couple of days in the Brecon Beacons. Saplings are also off to the Elan Valley for a geography field trip, exploring the rivers and reservoirs of this beautiful area.

In addition to this, all of KS2 will be heading off to the Hay Festival to enjoy the free events laid on as part of the festival's school's day. This is always a great day and a chance

for the children to see some wonderful authors and enjoy a Shepherd's ice cream too!

After half-term we will be rehearsing hard for our end-of-year theatre production. This year the children will be performing William Shakespeare's 'The Tempest' – Misery acquaints a man with strange bedfellows and all that! We are also looking forward to our annual mountain bike ride to Hay on Wye, pedalling 18km over the mountains from school. Oddly enough, ice-creams feature in that too! We will also be holding our annual Highland Games Sports Day, which also features a picnic with our parents and wider families and rounding the term off with a water-fight. It's no wonder the term flies past so quickly.

Please note, we still have space in a few year groups so if you would like your child to be educated in an environment of kindness and respect, in a setting dedicated to giving children the broadest range of interesting and engaging experiences it can, then please get in touch. You can email us on [admin@michaelchurch-escleigh.hereford.sch.uk](mailto:admin@michaelchurch-escleigh.hereford.sch.uk) or call on 01981 510208. Alternatively, you can message us through our Facebook page.

*Louise Crocker, Headteacher,  
Michaelchurch Escley Primary and Preschool*

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## Round and About

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### THE MONDAY CLUB

This friendly little club is run at Peterchurch Village Hall every Monday serving Teas and Coffee. Everyone is welcome to pop in between 10am and 12pm.

It's been quite a busy month for this little club. We had a lovely meal from Sarah at Food for Thought; many thanks once again.

There was also the trip around Evesham on the Blossom Trail. Unfortunately there wasn't as much blossom as had been hoped for but I have heard that the driver would shout out whenever he saw some. The trip also included a visit to a local Garden centre. As far as I can tell many purchases were made so I think that made up for the lack of blossom.

I know that there has been much discussion about trips this coming year so no doubt I will be able to report when these occur.

**We are always looking for volunteers and if you feel that you would like to help us as a volunteer please ring Mrs. Kath Gaze on 01981 550579 or pop in you will be made very welcome.**

**You don't have to do it every Monday. We are happy with any time available. It's just making Tea and Coffee.**

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### PETERCHURCH VILLAGE HALL

It's that time of year again to start planting, baking and making for our Annual Summer Show on Saturday 20th July.

This year we also have a Fun Dog Show so why not come along for a great day out. Posters will be arriving soon.

Monday Club every Monday morning 10am-12pm. Pop in for Tea/Coffee and a chat.

Why not come for Gentle Dance exercise with Abbie Mason every Thursday morning 11.30 am-12.30.

Hatha Yoga is being held every Wednesday 7pm -8.30pm and 10.30 am-12pm from September

The Village Art classes are held every Monday evening 7-9pm and Wednesday afternoon 1.30pm-3.30pm.

Parish Council meetings every 3rd Tuesday of the month.

Our website is now up and running [www.peterchurchvillagehall.org](http://www.peterchurchvillagehall.org) The new booking form is now on the website along with what's happening at the Hall.

We are looking for people who would like to join our committee.

Peterchurch Village Hall is a community building, run by a small committee of dedicated trustees. It is the ideal venue for local events, and is available for hire from £10 an hour.

As well as hosting many a birthday party, the hall has a few regular user groups, including the Parish Council every 3rd Tuesday of the month. We always welcome new groups!

If you wish to hire the hall or have any other inquiries, please call any of these numbers:

The Booking Secretary (Sarah) – 07774 457887

The Chairman (Brendan) – (01981) 550 482

The Hall – (01981) 551 162

(Please leave a message if you are unable to reach anyone on the numbers above.)

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### VOWCHURCH VILLAGE HALL

#### Bowls

Resume in the Autumn. Contact: Richard Stokes 01981 250237 [rtastokes@hotmail.co.uk](mailto:rtastokes@hotmail.co.uk)

#### Pilates

Tuesdays 9.15 - 10.15 and 6pm - 8pm AND Fridays 9.15 - 10.15 Vowchurch Hall. Contact Hannah Thomas: [hannahmthomas@hotmail.com](mailto:hannahmthomas@hotmail.com)

#### Tiji

Tuesdays 10.30. Contact Jane Fleet: [janefleet88@gmail.com](mailto:janefleet88@gmail.com)

#### 5 Rhythms Dance

Sunday May 26, 5.30pm. Contact Ted Morris: [xtedmdx@gmail.com](mailto:xtedmdx@gmail.com)

#### V&T 50 Club

March winners were Alison Wallace (57) £70 Jane & Paul Rose (81) £20

The next Vowchurch Market will be on Saturday July 27, 10am - 12 noon

**The Village Pub** will resume in the Autumn. Meanwhile all are welcome at...

...**The Summer Social May 10**, from 6pm at the Michaelchurch Cricket Pavilion. Barbecue\* Bar \* Music!

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### VOWCHURCH & DISTRICT GROUP PARISH COUNCIL

At the April meeting Councillors co-opted Mr John Andrews to join the Parish Council and represent St Margarets.

Herefordshire Council will soon be contacting Parish Councils regarding verge cutting for the coming season. This was discussed in more detail at the April Parish Council meeting. If you have or know of a section of verge which you think is worthy of noting as a 'Roadside Verge Nature Reserve' do get in touch with Verging on Wild or contact the Parish Clerk for further information. Verging on Wild would be more than happy to come along and survey it.

Alternatively, if you would like to take responsibility to maintain 'your patch' and put-up signage, please again get in touch with the Parish Clerk who can pass this onto Balfour Beatty's contractor.

The Parish Council has a new email address, please contact Linda, the Clerk at [clerk@vowchurchgroup-pc.gov.uk](mailto:clerk@vowchurchgroup-pc.gov.uk)

Linda Cowles, Parish Clerk  
01544 321906 / [clerk@vowchurchgroup-pc.gov.uk](mailto:clerk@vowchurchgroup-pc.gov.uk)  
[www.vowchurchgpc.org.uk](http://www.vowchurchgpc.org.uk)

## Notices and Advertisements

### CRASWALL VILLAGE HALL

#### SFI ACTIONS, FOR LIVESTOCK FARMERS IN SDA

Craswall Village Hall is hosting a meeting on

**Friday 10th May at 2pm**

To confirm attendance please contact Neville on 01981 510344 or Lucy Levinge on 01981 550685

### St. Margaret's Church PCC and St. John's AGM

St. Margaret's Church PCC and St. John's Newton PCC are having a joint Annual General Meeting on the **2nd June** at 4pm at St. Margaret's Church.

This will be after the 3pm service being held at the church.

**All welcome.**

**HAY Music**

**Friday, 10 May at 7.00pm - St Mary's Church, Hay-on-Wye**

#### THE TIPPETT STRING QUARTET

"It's difficult to imagine finer performances than those delivered by the Tippett Quartet." *BBC Music Magazine*.

They will play quartets by Vaughan Williams, Tippett and Schubert.

Full details and tickets at [www.haymusic.org](http://www.haymusic.org)

Tickets also from the Hay Tourist Bureau and the door if still available.

A limited number of free tickets for under 25s (online only).



**St Michael's  
Hospice**

St Michael's Hospice has today welcomed visitors to the opening of its new charity shop in Hay-on-Wye.

Conveniently located at The Craft Centre, next to the Oxford Street car park, the shop is filled with a great range of pre-loved items, including clothing, books, craft items, and homeware.

Enthusiastic volunteers, shoppers and members of Hay-on-Wye Town Council joined the St Michael's team for the opening, with Councillor Alan Powell cutting the ribbon alongside Matt Fellows, St Michael's Hospice's new Chief Executive.

The shop will be open Monday to Saturday from 9am to 5pm, and donations can be dropped off during these times.

### ADVANCE NOTICE: Day of Singing with Fiona Evans

Another *Day of Singing* with Fiona Evans learning how to use your voice as an instrument and lots of light hearted singing for all abilities.

Saturday, **2nd November 10 am to 4 pm** at Longtown Village Hall. For further details contact Sarah Ashton 07968 371218.

EWYAS HAROLD CRAFT CENTRE

## GALLERY CAFE EXHIBITIONS COURSES



EWYAS HAROLD CRAFT CENTRE

OPEN WEDNESDAY-SUNDAY  
10AM-4PM

Pontrilas Road, Ewyas Harold, HR2  
0EL (behind the Memorial Hall)  
[ehcraftcentre.org.uk](http://ehcraftcentre.org.uk)

[Herefordshire.gov.uk](http://Herefordshire.gov.uk)



## Farm for the Future

Basic payments are reducing - would you like help understanding how this policy change will affect your farm?



### How can I get involved?

Any owner-occupied or tenant farm currently in receipt of BPS in England can take part.

To learn more about the Farm for the Future programme visit  
[www.royalcountrysidefund.org.uk/farmforthefuture](http://www.royalcountrysidefund.org.uk/farmforthefuture)  
or email [livy@herefordshireruralhub.co.uk](mailto:livy@herefordshireruralhub.co.uk)

Rural Hub  
Herefordshire





# WE ARE FARMING MINDS



**We are Farming Minds** registered charity has been set up by farmers for farmers to tackle mental health in the farming community within Herefordshire.

## How can we help?

### 24 Hour Support Line:

We run a **FREE 24 hour Support Line 7 days a week** for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonymously.

### Counselling:

We provide **fully funded counselling to anyone in the Herefordshire farming community** who may be in emotional distress.

### Training:

We offer **FREE mental health awareness training** to anyone living or working in or with the farming community in Herefordshire.

### Social Events:

We run a series of **FREE social events throughout the year** to break the isolation often felt by the farming community in Herefordshire.

### Befriending:

Befriending volunteers offer companionship and support to people who are isolated and lonely – they may visit you at home and/or phone for a regular chat. A befriender can offer conversation and a listening ear to those that need it.



'Taking the bull by the horns'  
to tackle Mental Health in  
the farming community

Call our Support Line:

**0808 802 0070**

Or text:

**07786 203 130**

General enquiries: [wearefarmingminds@gmail.com](mailto:wearefarmingminds@gmail.com)

[www.wearefarmingminds.co.uk](http://www.wearefarmingminds.co.uk)

Registered charity number: 1191461



WeAreFarmingMinds



01873 860 444

<b>Mon, Tues, Wed, Fri:</b>	<b>7.30 am - 5.30 pm</b>
<b>Late night Thurs:</b>	<b>7.30 am - 7.00 pm</b>
<b>Saturday:</b>	<b>7.30 am - 4.00 pm</b>
<b>Sunday (May - Oct):</b>	<b>10.00 am - 2.00 pm</b>
<b>(Nov - April):</b>	<b>10.00 am - 12 noon</b>
<b>Bank Holiday Mondays</b>	<b>10.00 am - 2.00 pm</b>

### Favourites to enjoy in May, making a trip to us worthwhile as every time

- ★ Satsumas are our top selling product, followed by ½ dozen free-range large eggs, semi skimmed milk, Hereford Times and Pink Lady apples – great to know you a healthy gang.
- ★ Our top selling magazines this year so far are TV Choice, What's on TV, Radio Times (England edition), then Woman's Weekly and Farmers' Guardian!
- ★ Cards from Helen Arthur, perfect for writing to a friend that you didn't manage to meet up with or think of often.
- ★ Hoping for Oakchurch strawberries if the sun shines.
- ★ My top tip for saving money on newspapers would be purchase vouchers, the Financial times if you have it everyday is a bargain – £50 for 3 months, do that over 12 months and you have a whopping £900 saving.

### Spend time looking

We love when customers come in and browse how much we have to offer and don't pigeon hole us to 'I just buy ..... there'.

The team is here to help, if you want something just ask and we can easily show you what we have to offer. Increasingly we order one product every week for a customer because it is tricky to get hold of.

### May Holidays

Open Bank Holidays Mondays in May 10am - 2pm. Post Office services will be closed. Royal Mail stamps will be available in the books at the shop counter as normal.

### Whoo hoo Sunday Summer Sunshine (fingers crossed) from Sunday 5th May

Buy a paper, get a hot drink and enjoy relaxed on one of our ordnance survey deck chair.

### LONGTOWN POST OFFICE

Saturday 9am ~ 11am & Monday to Friday 10.30am ~ 3.30pm

### Special and Presentation stamps

16th May – Peppa pig 1st Class stamps & presentation packs

We have been issued with only three presentation packs and 48 stamps, they look glorious so come and buy them early so you are not disappointed we are trying to order more.

Pick up a leaflet or check it out online, pretty please with either use or FAD code 265186. We get a big star and a little commission from the Post Office for saving and insurance policies.

### Personal & Business Banking needs

Come and chat with us. We can easily tell you we can offer from getting cash out of your account to printing a bank balance.

### Sign up with us for a Multi Currency Travel card at Longtown Post Office

A safe-to-use, prepaid, reloadable, multi currency card that's not linked to your bank account

- No Charges when you spend abroad\*
- Make contactless, Apple Pay & Google Pay payments
- Manage your account and top up or freeze your card easily with your travel app.
- Come and talk to us and if you sign up with £50 before the 12th May you are entered into a prize draw with a chance to win £5,000. One winner every week
- A great way to save monthly for a holiday

### Not sure if you are going to be at home?

Select Local Collect Royal Mail delivery to Longtown Post office or Amazon delivery to Longtown Post Office. Going away for a few weeks, set up a keepsafe.

To chase a letter or parcel please call Royal Mail Hereford on 01432 346100



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 Like our Hopes of Longtown business page to keep up to date with news  
 Tag us in your passion for food and community via Twitter / Instagram / Pinterest / Facebook

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**CHURCH SERVICES FOR MAY AND JUNE**

**Sun 5 May**

09:30 Craswall Celtic Holy Communion  
15:00 St Margarets Afternoon Worship

**Thu 9 May**

19:00 Craswall Priory Ascension Day Service

**Sun 12 May**

09:30 Clodock Holy Communion  
11:00 Michaelchurch Morning Worship

**Sun 19 May**

09:30 Llanveynoe Group Service for Pentecost

**Sun 26 May**

11:00 Michaelchurch Holy Communion

**Sun 2 June**

09:30 Llanveynoe Morning Worship  
15:00 St Margarets Holy Communion

**Sun 9 June**

09:30 Clodock Morning Worship  
11:00 Michaelchurch Holy Communion

**Sun 16 June**

09:30 Craswall Morning Worship

**Sun 23 June**

11:00 Clodock Holy Communion

**Sun 30 June**

16:00 Madley Deanery Songs of Praise  
including Commissioning for Local Ministry

EVENTS PLANNER			
Wed	01 May	2.30-4.30pm	Longtown Library, Longtown Village Hall
Wed	01 May	7.30pm	Esleyside Gardening Club: Ian Thwaite, <i>Cacti and Succulents</i>
Thu	09 May	2.00pm	Newton St Margarets Women's Guild: Visit to Madley Plants
Fri	10 May	2.00pm	SFI actions, for livestock farmers in SDA. Craswall Village Hall
Fri	10 May	6.00pm 'til late	The Village Summer Social, Esley Cricket Pavilion
Sat	11 May	7.30pm	Skittles, Cards and Supper. Cornwall Arms
Sat	11 May	7.30pm	The Second Craswall History Evening, Craswall Hall
Sat	11 May		National Mills Weekend. 5 mills open
Sat	11 May	7.30pm	The Second Craswall History Evening
Sun	12 May	2.00-4.00pm	Longtown WI Plant Sale, Longtown Village Hall
Sun	12 May		National Mills Weekend. 2 mills open
Mon	13 May	7.30pm	Longtown & District Historical Society: Yvonne Chapman, <i>Attitudes to Babies and Bastards in the Parish of Allensmore...</i>
Mon	13 May	7.30pm	Newton St Margarets Women's Guild: Bev Ramsden, St Michael's Hospice Support Team
Sat	18 May	9.00-11.30am	Breakfast under the Oak Tree. The Old Chapel, Newton.
Sat	18 May	2.00-4.30pm	Longtown Thursday Club Spring Fayre, Longtown Village Hall
Sat	25 May	10.00am-noon	Longtown Village Projects, Longtown Castle
Sun	26 May	3.30pm	Concerts for Craswall: Hope Cramsie. St Mary's Church, Craswall
Thu	30 May		Longtown Thursday Club trip: Mumbles
Sun	02 June	4.00pm	St Margaret's Church and St John's AGM. St Margaret's Church
Wed	05 June	2.30-4.30pm	Longtown Library, Longtown Village Hall
Wed	12 June	1.45pm	Esleyside Gardening Club: Visit to Rhodds Farm, Lyonshall
Fri	14 June	6.00pm 'til late	The Village Summer Social, Esley Cricket Pavilion
Sat	15 June	10.00am-noon	Newton St Margarets Women's Guild: Community Coffee Morning and Table Top Sale
Sat	29 June	10.00am-noon	Longtown Village Projects, Longtown Castle

**Village hall contacts**

**Craswall Hall**

Bookings: Janet Watkins 01981 510226  
General inquiries: Christine Cleaton,  
cleatonfamily@btinternet.com

**Esleyside Hall**

Rachel Pritchard: 01981 510368  
rachel.pritchard86@hotmail.co.uk

**Longtown Hall**

Mark Ewins, 01873 860829  
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**Newton Church Room**

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