

LEONARD STANLEY NEWS

Issue No.418 4th February 2019

Next Issue: 18th February 2019

Items for inclusion in the newsletter can be left at The Old Post Office, 2 Seven Waters, Bath Road, GL10 3LN or email them to newsletter@nomansland.me.uk or telephone 01453 823275 (there is an answerphone, if there is no reply please leave a message). Please make sure all items are handed in before 5pm on the Friday before the next edition is distributed. Space is allocated on a first come, first served basis, so to guarantee that your item is included, please send it in as early as possible. Thank You from the Editor

A VERY HAPPY BIRTHDAY TO

6th Thomas Lydon 7th Flo & Lily Mac-Nab Jones

LEONARD STANLEY WOMEN'S FELLOWSHIP

We restart our meetings on **Wednesday 6th February**. This year they will be held on the **1st & 3rd Wednesdays** of the month. Here is our programme for the 3 months up until Easter.

February. **Wednesday 6th** Speaker Deacon Sue Peat

20th Graham Hobbs

March. **Wednesday 6th** Ruth Creighton

20th June Dolphin

April. **Wednesday 3rd** Members

17th Rev. Graham Miles

Meetings take place at **2.30pm** at Leonard Stanley Village Hall (Social Club). Please phone Ann 822435 for any further information.

LEONARD STANLEY W.I. Our next meeting will be on **Monday 11th February** at **2.15 pm** at Leonard Stanley Village Hall, when we will play traditional games bringing back childhood memories! This is always well enjoyed & something to look forward to & do tell us your best parlour game. We will also be discussing the future of our WI which unless we can get members willing to take on Officer's roles could be in danger of closing. We will also be listening & making a decision on the Resolutions so it is important as many members as possible try & attend.

LEONARD STANLEY FILM CLUB **Saturday 16th February** at **9.45am** at Leonard Stanley Village Hall. Come along & enjoy a film about a frail,

elderly couple who, despite medical problems, defy their family & take to the road in a campervan. Enjoy their last road trip in the sunset of their lives & laugh & cry with them! Starring Helen Mirren & Donald Sutherland. Coffee & biscuits available for £1 on arrival. Film starts at **10.15 am**.

LEONARD STANLEY WINE CIRCLE Members turned out in full force to enjoy Burns Night on 30th January & a great evening was had by all.

Our next meeting is on **Wednesday 27th February** at Leonard Stanley Village Hall when Philip Collins will talk about the History of Cheltenham through postcards. PLEASE NOTE THAT FROM FEBRUARY, MEETINGS WILL NOW START AT **7.45pm** NOT 7.30pm. If you wish to know more about joining the Wine Circle in 2019, please contact either Eric Winnington on 822260 or Chris Phillips on 826510.

COFFEE MORNINGS Held in the Social Club side of Leonard Stanley Village Hall. NB. They will now be held on the **1st SATURDAY OF EVERY MONTH**, from **10.15am to 12.00 noon**. The next one will be held on **Saturday 2nd March**. Entry is **£2** for coffee & biscuits (including a drink refill). There will also be the usual book stall. Please come along & enjoy a cup of coffee & a chat with old & new friends. Money raised goes towards the Village Hall Refurbishment Fund. Look forward to seeing you then.

LEONARD STANLEY TWINNING ASSOCIATION Quiz Night on **Friday 8th March 2019** at Leonard

Stanley Village Hall from **7:30pm**. Supper will be provided. Bar available. All welcome.

STAR SAFARI SUPPER 2019 Thank you so much to all the people who attended the Safari Supper on Saturday. We had an excellent turnout & once again had a very successful evening. We had 60 plus attendees & huge thanks must go to Wendy & Paddy Hanvey, Ann & Mark McTaggart, Jane & Adrian Roberts, Lynne & Stuart Craddock, Rev Steve & Olivia Harrison, Ruairidh Gaunt & Bryan McNab Jones & finally Fiona Warin with Suomil & Shetal who all hosted & produced fantastic meals. Without them the evening would not be possible. We weren't quite so lucky with the weather but quite a lot of people managed to dodge the showers. Afterwards we had a very lively auction which Philip Taubenheim managed with ease & humour. Who would have thought we would be bidding for such an eclectic mix of items including a Thai meal, an Indian Meal, an afternoon tea with croquet, a Dental Check-up & Teeth-Whitening, a garden makeover together with cakes, whisky, more alcohol, local reared beef & a family history. Thank you so much to Ali & Andrew McBride, Fiona, Soumil & Shetal, Sharon Taubenheim, Liz McNab Jones, Dave Camm, Steve Lydon, Drs Tom Jane, & Julian from JK Garden Maintenance for generously donating all the auction items. Thank you also to those who brought desserts which were delicious. Very shortly the committee will get together & decide where to send the money. In the next newsletter bulletin we will be able to say exactly how much we made. Thank you again. Safari Supper Committee.

INDEPENDENCE TRUST KEEP WARM, KEEP WELL
Cold weather can affect your health. When the temperature drops to below 8C, some people are at increased risk of illness, falls & hypothermia. Cold weather can also affect people's mental wellbeing. Protect your health in the cold. Find out if you can get the flu jab for free on the NHS. Wear several layers of clothes, rather than 1 chunky layer.

Use a hot water bottle or electric blanket to keep warm in bed, but not both at the same time. Have at least 1 hot meal a day, & make sure you have hot drinks regularly. Stay active, get up & stretch your legs every hour or so. Wrap a scarf loosely around your mouth when outdoors, add a hat & wear shoes with a good grip too. If you have a heart or respiratory problem, stay indoors during very cold weather. Further support in your area: **The Community Wellbeing Service – Stroud & Berkeley Vale** is a free, confidential service for anyone over 16yrs. The aim of the service is to connect you to local organisations & groups that can help you to improve your general wellbeing & meet your wider social needs. We can help with: Mental health & wellbeing. Long term health conditions. General health & fitness. Social isolation. Housing & environment. Debt & finance. CAN I SELF-REFER? Yes- call 0345 863 8323 (press option 2) or via www.independencetrust.co.uk

A NEW HOBBY FOR THE NEW YEAR? For over 30 years the Frome Valley Hand bell Ringers have met at the home of Richard & Sue Page to practise ringing, partly for their own enjoyment & sometimes to provide entertainment for others. Changing circumstances have meant that we have recently had to say good-bye to 2 of our regular ringers, & so we should like some new recruits. Reading music is not essential, though it is helpful. Practices are on **Tuesday evenings** from **7.30pm - 9.00pm** in Kings Stanley. Our sessions are friendly & sociable & no-one is going to criticise mistakes made by beginners. (We make plenty of those ourselves!) Further information from Sue or Richard on 826410 if you fancy giving it a try.

RON has Birthday, Get Well & Anniversary cards for sale at 50p each at 47 Brockley Road, Leonard Stanley in aid of Help a Hedgehog Hospital.

DRY FIREWOOD FOR SALE. Free local delivery. 1 x sack **£5** (45cm x 80cm). 5 x sacks **£20** (2 x soft wood, 3 x hard wood). Trailer load (6ft x 4ft x 2ft) **£80** (mixture of soft & hardwood, not sacked). Please call Denius:07950 312312.