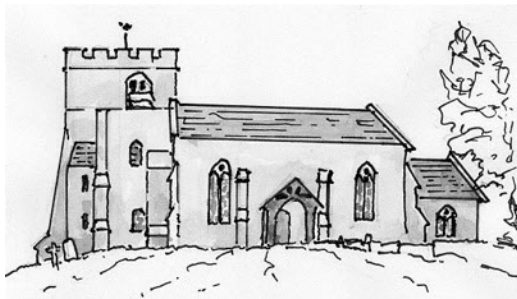
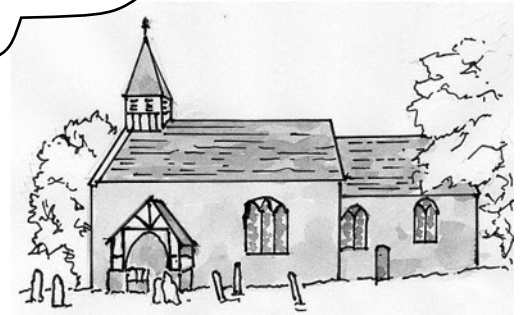


Frome Valley News

The Parish Magazine for Acton Beauchamp, Bishops Frome, Castle Frome, Evesbatch, Fromes Hill, Much Cowarne, Ocle Pychard & Stanford Bishop.



Newsletter
May 25



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**This advertising space
could be yours**

Contact Sarah Sevastopulo
email: fromenews@gmail.com

Rates per issue:
£3.00 eighth page, £6.00 quarter page,
£10.00 half page, £20.00 whole page

Frome Valley Church Lottery for April

£25	343	Annabel Bufton	Jill
£20	106	Anna Shakespeare	CI
£15	83	Nick Parker	CI
£10	208	Olivia Kirk	CI
£10	20	Jenson Jones	CI
£10	341	Sally Watkins	JO
£10	15	Jill Cooksley	JC

HELP IS STILL AT HAND

There is a Bromyard Support Group number -
07824 660480

**is there to help anyone who is isolating
or just feel like some support**

Editorial:

If you lose your paper copy of the newsletter
It's always available on the new facebook
page: **Frome Valley Churches**

Or website of **the village centre**
<http://www.bishopsfromecentre.co.uk/>

where it can be seen in full colour. It can
also be emailed to you, contact the parish
office for this service and you will be added
to the list of recipients.

**We no longer have our own website, we
have a facbook page instead.**

Sarah's email

fromenews@gmail.com

**OR contact the Parish Office
for more information.**

Fromevalley@icloud.com

Associate Priest's Letter

Dear Friends,

As people who live and work in the countryside we are bound by the seasons in ways that city dwellers can rarely be. If you are a farmer or gardener it is part of your nature to be aware of the time of year, the season, the weather and the soil. Even those of us who simply live here are connected to the season, we just have to look around us. As the seasons turn and signs of new life appear all around us—in fields, gardens, and even in our own hearts—I find myself reflecting on the quiet strength of hope. In our rural communities, where we're deeply connected to the rhythms of nature, we understand that growth often begins unseen, that healing takes time, and that light always returns after darkness.



Many of you may feel that we are living in a time of darkness. We only have to look at the news to see disquiet and unrest right around the world as well as in the UK. Hope may seem like a very fragile bloom at the moment, buffeted by winds of change and violence.

Hope isn't always grand or loud. Sometimes, it's as simple as a neighbour's helping hand, a shared prayer, or the resilience we see in our children. It's in the small moments that we find grace and the gentle reminder that we are never alone.

In this edition, I invite you to notice the signs of hope around you. Whether it's a crop pushing through the soil, the joy of birdsong, or a renewed sense of purpose, may these glimpses lift your spirit. And may we continue, as a parish family, to carry that light of hope to one another—especially to those who need it most.

For those who need some extra help at this time of year may I encourage you to remember that there is a very active benefice pastoral team that are always willing to visit, chat and provide support. Steven our rector and myself are the clergy representatives of the team, but we also have non clergy members, Mrs Judy Orgee, Mrs Sarah Wheeler and my wife Helen. My telephone number and Steven's are on the back of the parish magazine but if you would prefer a lay visitor then we can put you in contact with them. Rest assured all visits are conducted in complete confidentiality, if you think we may be able to help please call.

A joyous late spring and early summer to you all
Richard

Frome Valley Group of Parishes – Safeguarding

Please could anyone who takes part in organising, leading and/or helping with any church activity involving children, young people or vulnerable adults, ensure that they have a valid DBS check i.e. one carried out by the Frome Valley Benefice within the last 3 years.

**The Diocesan Safeguarding Adviser is now Carl Steventon 07593 817717
or carl.steventon@hereford.anglican.org Parish Safeguarding: Reverend Steven Baggs.**



BISHOPS FROME VILLAGE CENTRE

The Green, Bishops Frome, WR6 5AR

bishopsfromecentre.co.uk

for much more information & hiring charges



To arrange to have a look round

contact Wendy Roberts on 01885 490327

or email bishfromecentre@aol.com

WHAT'S ON WEEKLY May 2025

Please contact group leaders before attending

Monday

- Pilates with Sally, 9.30, 07909 754 039
- Internet Café, 10am to 12, 01531 640 981
- Board Games, 2- 4pm, first Mondays, 12 May, Susanna 01885 490 440
- Tae Kwon Do, White Phoenix 6.30pm, 07814 778 112

Tuesday

- Pilates with Sally, 9.30, 07909 754 039
- B Fit for Life, stretch & mobility class, 2.30-3.30pm, Angie Box, 07530 420 554
- Zumba with Laura, 7.30pm, 07411 765 272

Wednesday

- Needlecraft, 2-4pm, Judy 01531 640 358
- Kazuko Kick Boxing, 7pm, 07495 427 993

Thursday

Coffee morning,

10 – 12, 1st May

First Thursdays, just turn up



- Valley Voices, James, alternate Thursdays, 1 & 15 May, 07963 754 873,
- Bingo with Jo, for various good causes. 8 & 22 May, start 7.30pm 07804 045 366
- Ward Councillor Surgery, Rebecca Tully, First Thursdays, 1 May, 10-12. 07792 882 052

Friday

- Pilates with Sally, 9.30, 07909 754 039
- Shanties, 2 – 4 pm first Fridays, (2 May) Richard 01531 640 768
- Tae Kwon Do, White Phoenix 6.30pm, 07814 778 112

We are now taking bookings online

to streamline the admin for you and us!

Start at the bishopsfromecentre.co.uk

BOOK HERE button or tab.

At the bottom of the page, you will find the schedule. Click the + next to the date you would like.

It's simple and full instructions are there.

Please email or call if you have a special event in mind or need help to book.



MONTHLY COFFEE MORNING FIRST THURSDAYS 10am – 12 noon

ALL VERY WELCOME
JUST DROP IN



COFFEE
CAKE
CHAT

Same time as Post Office and
Ward Councillor Surgery with
Rebecca Tully



Mon	13.45 to 16.45
Tues	13.00 to 14.30
Wed	9.00 to 12.00
Thurs	9.00 to 12.00

Conquest Theatre

Films

May 2nd Paddington in Peru PG 7.30pm

May 16th Conclave 12 7.30pm

Event Cinema

May 3rd NY Met Opera Le Nozze di Figaro 6pm

May 4th Bonnie & Clyde - The Musical 12a 7pm

May 17th NY Met Opera Salome 6pm

May 18th Royal Opera & Ballet (recorded live) Die Walküre 2pm

May 20th Exhibition on Screen: Michelangelo Love & Death 7.30pm

May 22nd Royal Ballet & Opera - The Royal Ballet: Ballet to Broadway: Wheeldon Works 7.15pm

May 31st New York Met Opera: Il Barbiere di Siviglia 6pm

Live on Stage

May 10th Dead on Cue - Giles Shenton Productions 7.30pm

May 15th Ladies Pop Up Shop and fun fashion show 6.30pm

Full programme available on line <http://www.conquest-conquest.co.uk> or call the box office 01885 488575

ST. GILES' CHURCH, ACTON BEAUCHAMP

30th APRIL 2025

The AGM, for St. Giles' Church,
being held by Acton Beauchamp
PCC, will take place at Coppice
House, Acton Beauchamp, at 7pm.

If you would like to be part of the
team, that cares for St. Giles' Church,
you would be met with a very warm
welcome.

We are also very keen to receive any
new, fund raising, ideas.

Contact Sally on Tel: 01886884727
or
Email: maryann.ed.tom2@btinternet.com

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Notice
Mission and Pastoral Measure 2011
Draft Pastoral Church Buildings Scheme

21st March 2025

The Church Commissioners have prepared a draft Scheme in respect of proposals sent to them by the Bishop of Hereford for:

the union of the parish of Bishop's Frome and the parish of Frome's Hill, being two of the parishes within the area of the benefice of The Frome Valley Group of Parishes in the diocese of Hereford, for the parish church of the parish of Bishop's Frome to be the parish church of the new parish and for the parish church of the parish of Frome's Hill to be declared closed for regular public worship.

A copy of the draft Scheme may be inspected at the churches in the benefice

The draft Scheme is on our website www.churchofengland.org/consultation or you may obtain a copy from me. **Large print and/or audio copies are available on request.** Anyone may make representations **for** or **against** all or any part of the draft Scheme (please include the reasons for your views) by post or, preferably, by email to reach me no later than midnight on **Tuesday 6th May 2025**. If I have not acknowledged its receipt, please ring or e-mail me. For administrative purposes, a petition will be classed as a single representation and we will only correspond with the sender of the petition, if known, or otherwise the first signatory for whom we can identify an address – “the primary petitioner”.

- When making a representation, please indicate the nature of your interest in the proposals (e.g. parishioner, member of parochial church council, etc) and whether you would like an opportunity to speak to the Commissioners regarding your representation if they decide a hearing should be held regarding the case. Please ensure we have contact information so that we can be in touch with you regarding later stages of the process.
- If we receive representations against the draft Scheme, we will send them, and any representations supporting the draft Scheme, to the Bishop whose views will be sought. Individual representors and the primary petitioner will then receive copies of the correspondence with the Bishop (including copies of all the representations) and will be told whether a hearing is to be held. They and individual petitioners may comment further to the Commissioners. Copies of all of the representations received (which will include your name but not your contact details) and associated correspondence will be published on the Commissioners' website if the matter needs to be considered by the Commissioners.
- If a hearing is held, anyone may attend the meeting of the Commissioners' Committee that considers the case and representors may have an opportunity to speak to it. Otherwise, if a hearing is not to be held, the case will be considered in private and you will be informed accordingly.
- When we acknowledge representations we will let individual representors (and the primary petitioner) know the next few dates of our Committee's meetings. We will confirm the actual date if a hearing is to be held nearer the time.
- The Committee will decide if the draft Scheme should proceed when it considers all the representations on the basis of a paper prepared by the Commissioners' staff and any points raised at the meeting. The Commissioners will notify all representors of their decision and give a statement of the reasons for it.
-
- Please see www.churchofengland.org/consultation for further information about the procedure.

Matthew Crowe, Case Officer | Tel: 020 7898 1784 | Email address:
matthew.crowe@churchofengland.org

Church Commissioners, Church House, Great Smith Street, London SW1P 3AZ

Acton Beauchamp Group Parish Council
Minutes of the meeting held 24th March 2025 at 8pm
at Stanford Bishop Village Hall

Present: Councillors D. Best, D. Reynolds, D. Holly, G. Baynham, Clerk M. Alexander

Apologies: Councillor A. Elliot, County Cllr R. Tully.

Declarations of Interests: No interests were declared at the meeting.

The minutes of a meeting held 3rd February 2025 were agreed as a true record. Proposed Cllr Reynolds, seconded Cllr Holly. All agreed. No matters arising.

DEMOCRATIC PUBLIC TIME: No matters raised.

The County Councillor report: There was no report made to the meeting.

Financial matters – payments were approved as per the agenda proposed Cllr Holly, seconded Cllr Reynolds. All agreed. A vote of thanks was given to P. Mansell, the Parish Lengthsman for his work in distributing and collecting Neighbourhood Development Plan surveys. The payslip for the Clerk has not yet been received as due at the end of the month but will be paid once received along with HMRC quarterly payment.

80th VE Day Celebration at Bishops Frome – it was agreed to contribute £250.00 towards this event but with a note that the PC cannot afford to keep contributing towards this type of event due to local funding commitments. The PC would also prefer to fund forward looking events which enhance the parishes. Clerk to liaise with Bishops Frome PC.

Planning matters – Current planning matters were discussed and submissions noted –

250510 – Ridgeway Farm, Bromyard Rd, Cradley WR13 5JW – application for prior approval re change of use of an agricultural building to one larger dwelling house (Class C3) – No objections submitted 17/2/25

250375 – Green House, Acton Beauchamp WR6 5AA – application for removal or variation of planning conditions 222582/F – objections submitted as agreed 22/2/25

SABRE Updates - No further update received.

Neighbourhood Development Plan – The Consultant is currently processing the survey results, and his report is awaited. A meeting of the Steering Group Committee is planned for 12th May at 7pm once draft reports are received and have been circulated.

Highways matters – Lengthsman tasks have been completed as requested. Cllr Best has spoken to the landowner re the footpath opposite Pippin Hill Cottage and will liaise with the Hfds CC Officer. The PC noted that there have been local concerns about rubbish and farm waste being burnt at Acton Beauchamp which Cllr Best is monitoring.

Parish & County Council Matters – Notice Boards – L. Rogers has agreed to instal the new notice boards. Cllr Reynolds is currently doing some additional works to the roofing. Cllr Elliot is to confirm the new location at Action Green this week. New notice boards to be in place prior to the next agenda being posted to them as the Evesbatch notice board is now unable to be used at all.

Stanford Bishop Village Hall –Cllr Holly offered to undertake the liaison between the PC and the existing Trustees going forward to enable resignations and appointments to be progressed more quickly. The Clerk is to forward all current documents to Cllr Holly asap.

A letter of resignation as a Trustee has been received from Jetta Hawkins.

Correspondence – none.

Councillor Reports and Items for the next agenda – none.

Meeting dates for 2025 –Meeting dates for 2025 –

May 19th (Annual Meeting of the PC & The Annual Parish Meeting).

July 28th /September 22nd /November 24th

All starting at 8pm and to be held at Stanford Bishop Village Hall.

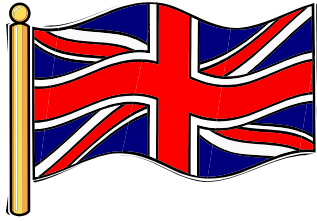
There being no further business the meeting closed at 8:50pm.

Michelle Alexander, Clerk.

****FOR ALL PC NEWS PLEASE VISIT OUR WEBSITE AT: www.acton-beauchamp-gpc.org.uk**

Bishop's Frome and Fromes Hill Parish Council

VE Day 80th ANNIVERSARY Celebrations



The Parish Council is proposing to celebrate the 80th Anniversary of the VE Day Celebrations with a community event on Ward Hill. 8th May 2025

At this event we will burn a strawman as part of the beacons being lit to commemorate the day.

This will take place at about 9pm -9.30pm

The Parish Council will support the event a noncharged on entry event.

There will be buckets for donations on the evening.

As well as the Strawman and Fireworks there will be food outlets, a bar and music.

Come and have a picnic the gates will open at approx. 5.30

St. James, Stanford Bishop – AGM Update

The Annual General Meeting of St. James, Stanford Bishop, was held at the church on Wednesday, March 19th, at 7 PM. A new Church Parish Council (PCC) was elected, as all previous Council members wished to step down after many years of dedicated service.

We extend our sincere gratitude to Rachael and Jetta Hawkins, who have worked tirelessly as Church Wardens for many years. Taking over this important role is Chris Coombes, and we are truly grateful for his willingness to serve. The outgoing Treasurer, Clare Howells, and Synod Representative, Elizabeth Potter, are also due sincere thanks for their hard work and helpful handover meet ups and notes.

The retiring Council members have all been incredibly supportive and encouraging to the incoming PCC and have assured us that they are only a phone call away for any questions—which we almost certainly will have!

Chris will be ably supported by the rest of the new PCC:

Peter Buckley (Treasurer) Tony Wallis (Secretary)

Alison Blank (Synod Representative)

Fiona Francis Gillian Herbert Alex Grassick

A list of upcoming services has been planned. Please see the timetable below. Further information about events will follow in the next edition of Frome Valley News, but for now, please save these dates and come and support your local church and community. You will be assured of a warm welcome.

6

Sunday 4th May Choral evensong with the Amici Quorum choir

Sunday 27th July 11.30am Holy Communion, St James Day.

Sunday 31st August, Holy Communion Group Service for the Benefice.

Friday 3rd October 7pm Harvest Festival and supper

Sunday 9th November 11.45am Remembrance Service



Castle Frome

May 2025

News, Views & Muse

Nature Diary

During my lunch break last week, I took a walk around St Michael and All Angels Church in Ledbury. Around the back of the Church is a magnificent Magnolia tree that was out in full bloom. It is one of my favourite trees and this time of year they are so beautiful.

The Magnolia is one of the oldest flowering plants on Earth, and dates back to over 100 million years ago. They are a genus of flowering trees and shrubs that have large and fragrant flowers in white, pink, purple, green and yellow.

An interesting fact about Magnolias is that beetles pollinate them and not bees. Their tough petals & carpels have evolved to resist insect bites.



New Prayer Tree

We had been without our Prayer Tree for several months and it had been sorely missed. We're glad to inform you that we have re-instated the Prayer Tree and it is in Pride of Place at the top of the Alter steps. We very much hope that it will be used as well as our previous Prayer Tree and that visitors will feel that they can, too, add a Prayer.



Communion Service

Sunday 11th May
10.00am



Family Service

Sunday 25th May
10.00am



This is a reverent and informal service for the family of the Church. All are welcome. Coffee, tea and squash served at the close of the service, offering a time to socialise.

ACTON BEAUCHAMP ST GILES

PLANT SALE

SATURDAY 3 MAY

11am to 1pm

AT

SEVINGTON

ACTON BEAUCHAMP

WR6 5AF

Card payments accepted

TEA, SCONES & CAKE

FANTASTIC VEG & FLOWERS

RAFFLE

A CHANCE TO MEET & CHAT

SEE YOU THERE!



PROCEEDS TO ST GILES CHURCH

Bromyard & District Local History Society

invites you to a talk to be delivered by the
award-winning buildings archaeologist
James Wright

HISTORIC BUILDING MYTH BUSTING



Go to any ancient building and there will be interesting, exciting, and romantic stories presented to the visitor. They are commonly believed and widely repeated – but are they really true? These stories include those of secret passages linking ancient buildings, spiral staircases in castles giving advantage to right-handed defenders, ship timbers used in the construction of buildings on land, blocked doors in churches which are thought to keep the Devil out and claims to be the oldest pub in the city. James will explain the development of such myths and investigate the underlying truths behind them. Sometimes the realities hiding behind the stories are even more interesting, romantic, and exciting than the myth itself...

Talk to be held on Wednesday 14th May 2025

at the Conquest Theatre, Tenbury Road

7.30 pm

All Welcome

Members free. Guests £10.00. book online: <https://conquest-theatre.co.uk>
or Tel: 01885 488575 - Saturday and Wednesday mornings

**Frome Valley Group
Service at St James the
Great, Ocle Pychard
Sunday 29th June 10.00**

**Holy Communion led by
Rev Richard Allaway**



**St James the Great at Ocle Pychard
invites one and all to**



BURLEY GATE PRIMARY SCHOOL

ON Saturday 28th June

At 7.00pm

in aid of
St James, Ocle Pychard roof repair



St Mary's Bishops Frome – Music Recital Series 2025

All the following recitals will be performed in
St Mary's Church, Bishops Frome.

These recitals are free, but please do give generously to help
cover the costs. Tea & cake served after the recitals

Saturday 26th April Tea Time Concert at 4pm

Hazel Landey, bassoon and James Wall, piano/organ (Director
of Music at St Mary's, Bishops Frome)

Saturday 3rd May 1.15pm

Kate Cheetham, organ, (Director of Music at St Michael's Ledbury)

Saturday 7th June 1.15pm

Piers Maxim, organ, (Director of Music at Great Malvern Priory)

Saturday 19th July 1.15pm

Peter Shepherd, organ (Director of Music at Chesterfield Parish Church)

Saturday 23rd August 1.15pm

Roger Judd. (Director of Music at St. Michael's Tenbury)

Saturday 6th September 1.15pm

Andrew Caskie, organ (Managing Director of Nicholson Organs)

Saturday 18th October 1.15pm

A Taste of Tudor Tunes

St Mary's Bishops Frome

Choral Evensong and Supper

Sunday June 1st at 6pm



St Mary's is delighted to welcome

The Cambrian Singers

Established choral group of professional and
semi-professional singers from around the UK
singing under Director: Peter Wagstaff (Bristol
Cathedral) and Organist: Paul Trepte (Organist
Emeritus Ely Cathedral)

Lasagne supper afterwards at the Village Centre

Please call or text James Wall to confirm supper
numbers on 07963 754873

St Mary's Bishops Frome

Music Recital Series 2025

Saturday May 17th at 1.15pm



Kate Cheetham

Director of Music St. Michael's Ledbury

Programme to include works by Handel & Ireland



Concerts Across the Countryside: Music in Country Churches in 2025 - Coming to Ross-on-Wye

For 36 years, Music in Country Churches has been organising concerts of exceptional music in rural churches in England and Wales. This year, the Charity will hold a total of eleven concerts, with visits to nine churches in Gloucestershire, Herefordshire, Northamptonshire, Suffolk, Oxfordshire, Devon, Somerset, and Norfolk. Music in Country Churches was set up in 1989 with the active support of the Prince of Wales, who is now His Majesty The King and remains the Charity's Patron.

The Charity aims to support the arts, culture, and historical heritage of countryside communities. Following each concert, a donation is made to the church to help with maintaining the building and carrying out essential repairs. Since it began, Music in Country Churches has made donations to more than 60 country churches, distributing £615,000 to support the maintenance work needed on church buildings.

Full detail of our concerts and are available at musicincountrychurches.org.uk

Music at Ross-on-Wye, Herefordshire, 31 May at 6.30pm and 1 June at 4.00pm

St Mary the Virgin Church, Church Street, Ross-on-Wye, Herefordshire

what3words: ///shifters.flux.baguette

The two concerts in Ross-on-Wye will feature music for winds and strings. The English Chamber Orchestra and Music in Country Churches have a long history of collaboration, and an ECO concert is always one of the most popular of our concert series. The Orchestra's wind ensemble will perform at Ross-on-Wye, and they have selected a programme of music by Beethoven and Mozart, including the latter's much-loved 'Gran Partita' Serenade.

englishchamberorchestra.com

The London Chamber Ensemble was formed in 2019 and has quickly gained a reputation for their outstanding performances and also won awards for their recordings of a wide variety of repertoire. Their programme explores music written for string quartet from different times and places, starting with Haydn's 'Bird' Quartet of 1781, followed by Charles Wood's appealing quartet of 1893. The concert concludes with Ravel's masterpiece of 1903, to celebrate the 150th anniversary of the composer's birth.

madeleinemitchell.com/londonchamberensemble

ST. MARY'S CHURCH MUCH COWARNE

On Saturday April 5th we held a coffee morning whose prime purpose was to welcome recent new residents to the parish and it was really good to see those who came and took the opportunity to meet some of their neighbours and look round our beautiful church. Members of the congregation had provided an amazing variety of cakes and the beautiful weather showed our church and churchyard at its best. We hope to see more of our newcomers to the parish on future occasions.

COMMUNITY "FETE AT THE GATE" Saturday 5TH JULY

Following the success of this joint venture in the last two years, St Mary's will be playing its usual part by manning Produce and Bric-a-Brac stalls. Any suggestions for other stalls and offers of help to run them will be very welcome.

Your churchwardens and PCC members are always willing and available to hear your views on any church related matters, contact numbers are on the church notice boards and in the Frome Valley News and the Community Newsletter.

Following the success of this joint venture in the past two years. St Mary's will be playing its usual part by manning stalls: cakes, produce and bric a brac, as well as several sideshows: Tombola, Skittles, welly wanging and splat the rat. All suggestions for other stalls and offers of help to run them will be very welcome.

Councillor Update – Rebecca Tully Bishops Frome and Cradley

April 2025

Good wishes to everyone in a month with so many spring signs and plenty of sun AND rain...

In the Ward:

‘Forgotten’ Roads Update

Having now spoken to Head of Highways about the rural roads I’m aware of a helpful map for pointing specifics. I’ll share with you in case it’s new for you too! It’s a long link so if you google ‘Herefordshire Highways Map’ you’ll get right to it.

<https://www.herefordshire.gov.uk/travel-transport/highways-public-rights-way-map>

I’m still working on getting the roads onto priority lists! It’s been good to see some sizeable patches of Acton Green / Acton Beauchamp having been done.

Traffic Calming

The traffic management team will be doing some speed surveys and reviewing the road markings on the junction opposite **Bishops Frome Village Centre** – residents have been getting steadily more anxious about the speed of vehicles approaching this junction. I have requested Speed Indicator Devices for this portion of road. I’ve also requested for **Munderfield**, now the change has been made in speed. This may help all locals notice the shift – a few have been surprised!

The traffic management team will be doing speed surveys on Cowleigh Road too – they tell me that these have been done previously and that there is no evidence for any change in speed, I’ve pushed for more up to date checks.

Drainage on the A4103 - Red Lion Stifford’s Bridge

Since the helpful drainage engineer came out, multiple gullies have been cleared down at the Red Lion spot. This is great news and we’ll keep looking at how longer term measures can alleviate in future.

Bus Stop Safety

Thanks to a resident drawing it to my attention, First Bus have now risk assessed a safer place to stop for the 674 bus and it will now stop by Old School Church which some are currently finding much safer for their kids.

Ward Surgeries

May’s surgery falls on a bank Holiday in Cradley so the only surgery this month will be first Thursday (Bishops Frome) 10-12. June’s surgeries will be back to normal.

In the Council:

Support for Farmers

A motion was brought to our Full Council meeting last month about Agricultural Inheritance Tax – I was interested to see it and excited to be able to speak on a topic close to my heart. Unfortunately, due to circumstances far beyond my control, the motion was pulled by the proposer and we never got to talk about these important matters for our county! I’m sharing my thoughts with you in this newsletter, see below, and as a group we have written to Rachel Reeves about both inheritance tax and the wider issues for farming. (You can see that at hereford.greenparty.org.uk/updates)

“I have talked to many farmers producing great food and regenerating our countryside who are on the threshold of this proposed tax and worried. I should say that ‘Family Farm’ is a phrase worth having a think about.

- Is the Duchy a family farm?
- What about a brother and sister, neither of whom have had children?
- A tenant farmer who doesn't own their land?
- Or a landowner not currently farming land that *could* produce food?

Taxes keep local and national services running. But taxes that **put food producers out of business** need to be reconsidered.

Food is the most universal issue there is. Some of us will be lucky enough to avoid needing other services in our lives, but we can't avoid needing food. Daily.

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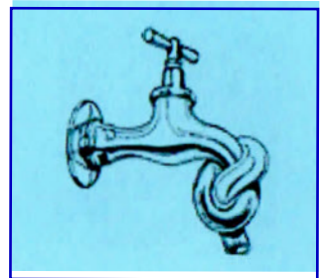
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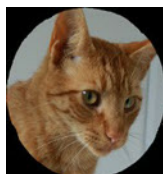
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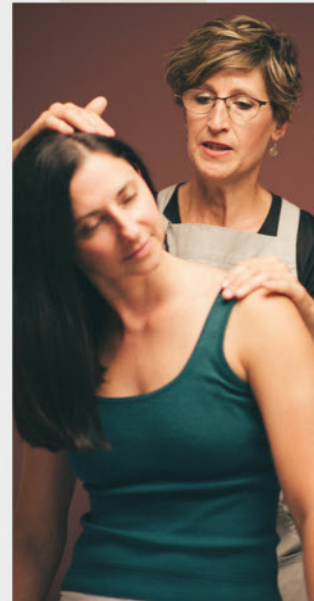
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The house is ideally situated for bird watching, walking (the coastal path is at the end of the terrace road) and the beaches. Boat trips for fishing or to see the local colony of bottle nose dolphins and wildlife are available from the quay. Water sports hire and instruction are available in the harbour for all levels of experience.

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Nunwell Surgery Patient Participation Group - Life style support

We are fortunate to have a Health and Wellbeing Coach, based at Nunwell Surgery every Thursday, also a drop-in service at Bromyard Community Hospital on Friday, (9am-12noon).

A Health and Wellbeing coach works alongside you to identify life changes you might want or need to make to improve your health, for example weight loss, dealing with social isolation, quitting smoking, selecting and taking part in suitable exercise, improving your diet etc.

They then support you to make those changes.

We all know how difficult it can be to take that first step to a healthier you, and how hard maintaining change can be. Our coach will strengthen your motivation by helping you identify specific actions, broken down into manageable tasks that you can achieve. Equally, he/she may help you identify any barriers that prevent you making progress that you need to address, and will then explore options to overcome these challenges. Having a Health and Wellbeing coach means having someone who will be there to encourage you, celebrate your successes with you or even help you hold yourself to account if you are not following through with what you planned.

Having someone firmly committed to the changes you have agreed is often the difference between success or failure. We all need someone in our corner, and it can be helpful if it is someone outside our family and friends who has a clearer, not biased perspective and no hidden agenda. Those that love us most may find it difficult to encourage us to change.

You may be referred to the Health and Wellbeing Coach by your GP or other health professionals, but if you feel you could benefit from having time with a coach you can refer yourself via the surgery reception. You will jointly decide how many sessions you need, typically around 6, and may have follow up phone calls to help you maintain progress.

In short a Health and Wellbeing Coach is someone who works alongside you helping you to make healthy lifestyle choices and behaviour changes.

The Bromyard Patient Engagement Group works in partnership with patients, patients, carers and GPs at Nunwell Surgery to:

- help patients to take more responsibility for their health.
- contribute to the continuous improvement of services and quality of care
- foster improved communication between the practice and its patients
- provide practical support for the practice, and help to implement change.

If you wish to contact the PEG to find out more details about the group or volunteer to be part of the group, please email us at hwicb.nunwellppg@nhs.net

Social Prescribing

Social Prescribers connect people to non-medical community-based activities, groups and services that meet practical, social and emotional needs, including specialist advice services and the arts, physical activity and nature.

A member of Bromyard Patient Engagement Group met with the Social Prescriber at the surgery. Here's what they found out ... Like many people, I had heard of social prescribing but wasn't really clear what it involved, so I met with Amy Roberts, the Senior Social Prescriber for Nunwell Surgery and Cradley Surgery to find out more. We all know that problems or worries about things such as finance, concerns over benefits or feeling lonely or out of control, can adversely affect our health and mental well-being. By taking a more holistic approach and offering support to access a range of groups or advisors, the Nunwell Surgery team hope to improve the situation using a range of activities as an alternative or in addition to, medical services.

You can meet with Amy, who is based at Nunwell Surgery, on Wednesday mornings, either by being referred by your GP, or you can make an appointment yourself by phoning the surgery. Amy provides a link between you and the group or community service that might be most helpful. After an initial meeting she will help you choose what support best suits you, and will help you make contact - often the most difficult part. Amy acts as your friend and guide, but the decision is yours.

Some of the services or groups that might help you include:

- Befriending, talking therapies and support groups
- Benefits and money matters
- Education and Learning opportunities
- Gardening and Horticulture
- Access to specialist services and support, e.g. domestic, drug or alcohol abuse or mental health issues
- Veterans support
- Employment training and volunteering opportunities
- Art, music, dance, sport or other group activities
- Healthy Lifestyles advice

Taking control in your own life really benefits your physical and mental health. Social prescribing is a way of helping you do that.

THE FROME VALLEY GROUP					
May 2025					
	4 th May	11 th	18 th	25 th	1 st June
Acton Beauchamp	11.30am Holy Communion SB				11.30am Holy Communion SB
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB 6pm Choral Evensong SB
Castle Frome		10.00am Morning Prayer Lay Led		10.00am Family Service Lay Led	
Evesbatch					
Much Cowarne		10.00am Matins Lay Led		10.00am Holy Communion RA	
Ocle Pychard					
Stanford Bishop	6pm Choral Evensong				
	Easter 3 White Acts 9.1-6 Psalm 30 John 21.1-19	Easter 4 White Acts 9.36-43 Psalm 23 John 10. 22-30	Easter 5 White Acts 11.1-18 Psalm 148 John 13. 31-35	Easter 6 White Acts 16.9-15 Psalm 67 John 14. 23-29	Easter 7 White Acts 16.16-34 Psalm 97 John 17.20-26

Correct as at 14.04.25

‘From the Archives’ is taken from the back-issues of the various magazines that have been produced over the years, copies of which are held in the Parish Office. Steve is the Parish Administrator, and selects the article each month. (see overleaf)

He’d like to know of the article reproduced brings back any memories for anyone.

Did you get merry at the W. I. that month?

Have you photographs of the Bromyard Gala from that year?

Do drop Steve an email with your memories and recollections: fromevalley@icloud.com

ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS	COFFEE
May 4 th	Sarah	Susie	Lyn and Sarah
May 11 th	Lucy	T.B.A	Chris and Sue
May 18 th	Martin	Lucy	Romey and David
May 25 th	Joan	Maureen	Jan and Joan
June 1 st	Sarah	Susie	Lyn and Sarah

Correct as at 14.04.25

FROM THE REGISTERS

Funerals

The funeral of Alan Cowan, who died on 31st January 2025, took place on 26th March 2025 at St Mary the Virgin, Bishops Frome.

May he Rest in Peace.

11/04/24

FROM THE ARCHIVES

It seems as if the Bishops Frome W.I. very much enjoyed this meeting, as reported in the May 1983 edition of 'The Quintet':

"A merry time was had by all when Mr I. Rose handed round samples of home-made wines. He had given a lively and informative talk on making wine from the abundance of the countryside such as dandelions and elderberries and the surplus of his garden such as damsons and peapods. By coincidence, we then discussed the names of our pubs, within a mile of the hall, as this is the theme depicted at the W. I. Entry at the Bromyard Gala. The next meeting on May 11th is to discuss the Resolutions coming up at the London A.G.M., but it is to be livened up by an entertainment!"

The vicar, Rev George Talbot, also gave some very important news in this issue:

"From the 1st April 1983, the Parishes of Bishops Frome, Castle Frome and Fromes Hill, have by confirmation of an order in council of The Queen, been made a legally binding United Benefice."

Frome Valley Pastoral Group

Childline: 0800 1111

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Mind 0300 123 3393

Age UK 0800 169 6565

Careline team on 01432 384100.

Herefordshire Careline is run by the Independence Trust, part of the Herefordshire Housing Group.

The Pastoral Group are all very actively engaged in emailing and telephoning people through out this difficult time. If you have any concerns or would just like to speak to someone please call one of the group;

Rev'd Steven Baggs 07490 533720
stevenbaggs@me.com

Rev'd Richard Allaway 07969 699270
rja5204572fco@gmail.com

Mrs Judy Orgee 01531 640525

VICAR Rev. Steven Baggs tel: - 01885 490582
e-mail: stevenbaggs@me.com

PLEASE NOTE: Friday is now Steven's day off.

ASSOCIATE PRIEST Rev. Richard Allaway tel:07969 699270
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	Martin Hewitt	01432 820282
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OCLE PYCHARD	Janet Bartlett	01432 320485.
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FROME VALLEY GROUP OF CHURCHES

The Diocesan Safeguarding Adviser is now Carl Steventon 07593 817717

or carl.steventon@hereford.anglican.org

Safeguarding: Reverend Steven Baggs.

Editor & Advertising: Sarah Sevastopulo e-mail: fromenews@gmail.com

PARISH OFFICE OPEN - Monday ,Wednesdays & Fridays 9 - 12am.

LAST COPY DAY for the June'25 issue of
THE FROME VALLEY NEWS is: **Monday 19th May**
And the collection date will be : **From May 30th**