



Upper Rissington's Newsletter

Summer 2022

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Welcome to Summer! Or to the summer edition of the *Breeze*, anyway! All we need now is some summer sunshine (and not too much breeze) to bless all the exciting events that are advertised in this issue - starting with the Jubilee Celebrations on Saturday June 4th (see poster on page 10). This sounds as if it should be great fun, so do join the rest of the community in marking this special occasion.

The Church in Upper Rissington also has various things planned over the summer, beginning with a Pet Service on Sunday June 15th (see page 11). Look out for publicity about other events on Facebook, or catch up with the team at the Village Fete for more information.

And, of course, do get the date for the Fete in your diaries too! It's on Saturday July 2nd (see page 13) and is guaranteed to be a great day (whatever the weather!). I'm sure lots of you are already busy preparing stalls and activities for the day, but if you're not involved yet and would like to be, do let the Social Committee know, they always welcome help.

Finally, so many of the good things that happen in Upper Rissington are down to volunteers - so thank you to everyone who gives their time, talents, and treasure to make the community what it is (and see pages 7 and 9 for more opportunities to play a part!).

Have a wonderful summer,

Sue Handy (editor)

Village News

SOCIAL COMMITTEE UPDATE

Easter Egg Hunt

What a fantastic turnout for this year's Easter Egg Hunt. We were hopeful that we'd overestimated the numbers at 300 children, because we absolutely wanted to be sure that every child who wanted to could take part. We weren't wild in our over-estimation though as we had more than 230 children take part this year which is a significant uplift in numbers from the last time we were able to run this event. There was a great response to both the Easter Bonnet and the children's colouring competitions which gave the day a wonderful community feel.



We had quite a few eggs left over which was terrific news for the local food bank who were able to distribute them to grateful families in time for Easter. We gave every child attending the hunt a goody bag with fruit and a few treats.



We prepared for 300 children so again, we had quite a bit of fruit left over. Under normal circumstances the food banks are unable to take fresh fruit owing to the challenges of organising distribution while it's still fresh. However, our timing was perfect so that the fruit was distributed at the same time as the eggs - so nothing went to waste and everything was appreciated, either by happy Egg Hunters or by deserving recipient families.

Summer Fete 2nd July

The Village Fete is back this year, with no restrictions. It's a great opportunity to meet up with friends and neighbours. There'll be the usual great food from our regular BBQ team as well as a bar (hopefully the weather will be warm enough to make Pimms a tempting prospect). There'll be games, stalls, raffles and tombola and we'll have one of the wonderful gliders we see coasting through the air above the Rissingtons, on land and available for a good look round. the Rissington School will open the show. They've practised their Maypole dance routine so we'll get to applaud their efforts and admire their work. The cafe will be there for teas, coffee and cakes - and on the subject of cakes, bake your hearts out as the cake competition is back. We'll have Primary School, Secondary School and Adult as the categories for the competition.



Our fun dog show is always a highlight and with nine categories again this year there's bound to be one to suit you and your best friend. There's no requirement to register for the show, just turn up to the arena when you hear the category you want to enter for. The nine categories are:

- ◆ Best Puppy (6-18 months)
- ◆ Prettiest Bitch
- ◆ Most handsome Dog
- ◆ Best Veteran
- ◆ Junior Handler (under 12)
- ◆ Waggiest Tail
- ◆ Best Rescue dog
- ◆ Owner most like their dog
- ◆ Best in show



The inflatable obstacle course plus games and challenges will keep the children entertained giving you chance for a catchup and a browse around the stalls so make sure the date is in your diary and we'll do all we can to ensure we've got great British Fete weather.

Future Plans

The Fireworks display is booked for Saturday 12th November. For those that are unaware, the Social Committee always organise the display a week after the generally accepted Saturday Fireworks Night. The two reasons for this are: it allows our villagers the opportunity of visiting other displays in the area; and the second important reason is that we get the display for half the money.

Committee News

In May we presented at the Parish Meeting. In doing the research for our update to the community we unearthed details of the event that started the ball rolling for the Upper Rissington Social Committee. Our first event was ten years ago and was the very first village fete which was run to celebrate the Queen's Diamond Jubilee. The village came together to provide all of the bits that were needed to run the event, we begged and borrowed gazebos, tables, stock, and just everything. Very different to today where we keep healthy reserves to fund future events along with our custodianship of gazebos, BBQs, Public Address and a whole host of assets used to deliver effective village events. The group managing our assets and activities are a great team of people drawn together by their desire to support the development of our community. We run regular events for the community and we always welcome new committee members or on-the-day support. If you'd like to help the committee in the organisation, management, or support of events, please get in touch at ursc@btinternet.com.

PIONEERS

Pioneers is a group who meet in the Community Room of the Village Hall on alternate Wednesdays, from 10.30-12.30pm for coffee, cake and chat. Anyone is welcome to pop in. It is a great way to make new friends!

Our meeting dates for June are Wednesday 8th & 22nd, and then every 2 weeks after that.

For more information, email: urpioneers@gmail.com



Upper Rissington Support for Ukraine

There can hardly be a heart that hasn't been moved by the grim images coming from Ukraine. These images show the dire life-circumstances for families hunkered down in devastated homes or undertaking dangerous and painful journeys to refuges away from their homes. The images of children are particularly difficult. Ukrainian refugees are finding their ways to the welcoming arms of neighbouring countries, whose own resources are stretched as a result.

Our community response has been heartening in its speed and generosity. Within days of the invasion Upper Rissington started its collection in support of Ukraine. We developed a collection/storage point and a small group of volunteers sorted and boxed up donations. The school acted as a second point for donations so that we transported a trailer loaded with boxed donations to a lorry bound from Evesham. Inevitably the weather set us a challenge, keeping the boxes dry, in a trailer, through the pouring rain. Astute tarpaulin work and rapid loading/unloading achieved the task expertly.



We were able to gather another two van-loads, which were taken to Northleach and combined with other donations in the region. Thirteen pallets-full were loaded onto a Hacklings lorry and taken to Ukraine.

Since then the community has continued to support refugees, including a tremendous number of shoeboxes filled with goodies for children and further trailer- and car-loads taken from the village down to the Bourton Vale Equine Clinic (who have done such a great job in coordinating the collection and transport). Further pallet-loads have been sent to Moldova and Ukraine and collections continue. This is all in addition to the many generous cash donations made by villagers through online services and collections made by Rotary and at the Easter



Egg Hunt. Bourton Vale Equine Centre continue to organise and send donations to Ukraine and Poland so please continue your generous donations by checking with them for their current focus for collections.

There are so many stories worthy of mention in a local community newsletter and we welcome your submissions for the next edition. We know that a number of families in Upper Rissington have generously opened their homes to families from Ukraine. These families have had to leave everything behind, meaning that they are arriving in Upper Rissington with little to nothing. The call has gone out to the groups in the village and, through Facebook, to individuals who have responded, in some cases with spectacular generosity. The kindness of strangers was never so tested and found. We know of donations made anonymously and through pure kindness including the purchase and donation of a new pram for an expectant mum.



Thank you Upper Rissington.



LAUNCHING INTO SUMMER

As I indicated in the last edition of the *Breeze*, **Rotary in the Rissingtons** has a full programme of activities lined up for the summer. We will be **Helping our Community** through fund-raising, practical activities and simply going out and meeting people.

However, we began our year by attending “**Volunteer Expo**” at the NEC in Birmingham hosted by Rotary in Great Britain and Ireland. This free, national event sought to bring together volunteers, organisations and the charity sector under one roof in order to introduce more people to the world of volunteering. We talked to some amazing organisations working together for the good of the international community and picked up some ideas we would like to try in the Rissingtons. We even packed boxes for Ukraine.

However, back in the Rissingtons ... you will see us at the **Summer Fete** assisting the young tots in the community to make “Pom-Pom” animals. I am not sure how far my imagination will stretch on this topic!

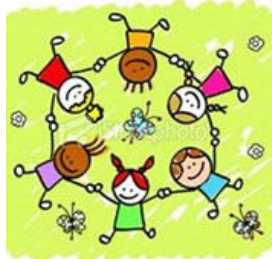
During mid-July we shall be asking you to hunt in sheds and dark garages to locate suitable **Tools for Africa**.

Words like “*I have all my dad's tools to get rid of*” have prompted us to run this worthwhile event again in cooperation with the charity in Wales.

The annual **Car Treasure Hunt** will take place on 17 July. An enjoyable day driving round parts of the Cotswolds you may not have known existed. 16 September brings our **Pizza and Quiz Night** in the Village Hall. Questions will be put by a “professional” quiz master and if you do not know the answers, have a pizza with a beer.

We can be found UR Village Hall on the 2nd. and 4th. Thursday of each month. Come and have a drink with us, you are very welcome.





Little Hurricanes

Baby & Toddler Group for the under 5's and their parents/grandparents/carers

Every Thursday during term time 9.30am to 11.30am
© Village Hall, Wellington Road, Upper Rissington GL54 2QW
littlehurricanes@hotmail.com

I can't believe it's a year since we tentatively re-opened after over a year of closure due to Covid. Although we've had to cancel a few sessions since September, Little Hurricanes has been busier than ever and we have welcomed, on average, 20 families each week! I'd like to thank everyone for your continued support and attendance!



In January, Little Hurricanes secured a grant from the Parish Council to support our group. With that money, we have welcomed Lingotot West Oxford, where Hattie sang songs and played games in Spanish. The grant also paid for the Christmas gifts which were distributed before Christmas, sadly not at our cancelled Christmas party (thanks Omicron!).



I'd like to thank some of the mums for suggesting that we bring all the babies, toddlers, parents and carers together at the end of each session. As such, since March we have been ending the sessions with group singing and dancing. It's been great to see all the little ones and their adults mix and enjoy themselves. Moving forward, I will be introducing parachute games and bubbles too!

We are about to welcome Dawne, from Aspire Foundation, to chat to our parents and carers about what support and sessions are available in and around our community. Aspire Foundation has been given government funding to deliver baby and toddler sessions to those babies born during the pandemic. If anyone in the community has any good ideas of sessions or groups which they think would be beneficial to our families with young children, please do get in touch and I'll happily pass your ideas on.



As always, you will find Little Hurricanes raising money for the group at Upper Rissington's village fete on Saturday 2nd July. Following the success of last year's pre-loved toy stall, I plan to replicate the idea. It's a great way to raise awareness of our group, whilst raising funds for next year and giving local parents the chance to buy pre-loved toys and books, saving you money too! If you have any toys or books you'd like to donate, please send me an email and I'll gratefully collect from you. Alternatively, bring them to playgroup on a Thursday.

With Summer around the corner, I'm busy planning the end-of-summer party, which will be held on Thursday 14th July at the Village Hall. It's guaranteed to be popular, with new and exciting activities on offer; more details will be published on Facebook closer to the time.





Here at Little Hurricanes we are always looking for ways to improve and evolve our group. If you have an idea of something you'd like to see happen at the group, please share your thoughts! If you've attended a creative, fun, or educational session elsewhere and thought it would work at Hurricanes, please let us know.

Finally, Little Hurricanes is a voluntary-run group. I am usually supported each week by some amazing parents, grans and members of the extended community but I always need extra helping hands at the start and end of the session. If you're able to help set up from 9am or stay and clean at the end of the session, I'd really appreciate your support!

Lizzie

A LETTER FROM BARNARDO'S

There have been big changes going on in your local charity shop recently. Wonderful Heather has moved on to manage a new Barnardo's store in Witney. This means that, until we find a replacement, we are very short-staffed here in Upper Rissington. Please bear with us through this time, as we may not be able to accept as many donations as usual and the shop will be closed on Sundays until further notice.

I would like to take this opportunity to thank Heather for all she has done for this shop over the last few years. She has made my job much easier and more enjoyable, so, "THANK YOU" Heather! When you are next in Witney do remember to take a look in our new shop to see the amazing range of merchandise on sale there and say Hello to Heather and her team.

I also want to thank all our lovely volunteers, without you all there would be no Barnardo's shop in our village. I particularly want to highlight the amazing group of young people who have stepped up to volunteer this year. You are all a credit to your much-maligned generation, "THANK YOU".

We always need more volunteers, so if you have a spare hour or two and would like to get involved, please pop into the shop for a chat. No experience is needed and, as long as you are over 14, we can find a job for you. We are a friendly bunch and there is always tea, coffee and biscuits on offer.

As you know the Village Fete is coming up fast. We will be back with our ever-popular tombola, so if you have any unwanted gifts at home, please consider donating them to Barnardo's for this event.

Thank you all for your continued support, we look forward to seeing you in store soon.

Nicola and the team.



WE NEED YOU...
to help us to continue our work with children and young people, by volunteering in one of our retail shops, children's services or fundraising teams.

- Learn new skills
- Meet new people

- Be part of the community
- Make a difference



Believe in children
 **Barnardo's**

Be a Volunteer
Visit barnardos.org.uk/volunteering
or visit your local store.

News from Cotswold Friends

Get out and about with our Day Club

Cotswold Friends' Community Day Club helps local people get together with others in a relaxed and friendly environment to develop social connections and reduce feelings of isolation or loneliness. The Club is open to all, including people living with memory loss, carers and the cared-for. We can also offer carers a break whilst the cared for person attends the club. Why not come and join us?

As well activities such as board games, cards, dominoes, jigsaws and reminiscence discussions, we have a planned theme for each day.

We would love more members to come along and join us. The Club runs on the second and fourth Wednesday of each month from 10.30am til 2.30pm at The Lounge, Market Close, GL54 2HE. All day with lunch £4.50, morning or afternoon with refreshments £1.00. Please Tel: 01608 652019 or email: carers@cotswoldfriends.org to find out more.

Or why not come along to the Bourton Men in Sheds?

Bourton's Men in Sheds group is inviting new members to come along and give 'shedding' a try at their workshop at the Royal British Legion site in Bourton. The group gives people the opportunity to make things for the local community or for themselves, and to socialise over a cuppa. It meets three times a week, on Mondays, Wednesdays and Fridays, between 9.30am and 12.30pm.

Rob Platts, Men in Sheds Project Worker for Cotswold Friends, said:

"We are looking for new members for our Bourton shed, so get in touch if you would like to join. All are welcome to join us – not just men. It's a great place to get involved with DIY projects in a friendly environment and learn some new skills. Our volunteers are here to support you and you don't need to have any DIY experience."



Following the pandemic and the lifting of Covid-19 restrictions, the Bourton group has continued to develop, holding regular meetings for its members. Some 'shedders' want to help their community with practical projects, some want to make things for themselves, and others just want the company.

Bird boxes made by the Bourton shedders, and by members of Cotswold Friends' three other shed sites, are currently available for a small donation to the charity to cover the costs of making them.

If you are interested in becoming a 'shedder', acquiring a handmade bird box, or in becoming a volunteer for Men in Sheds, contact Rob Platts on 01608 698557 or email sheds@cotswoldfriends.org.

Celebrating Volunteers

Cotswold Friends will be celebrating the difference volunteers make to their organisation and thanking them for their time and dedication during this year's Volunteers' Week (1st – 7th June).

Throughout the week, Cotswold Friends will be featuring case studies of volunteers who help them deliver their various community services on their website

www.cotswoldfriends.org, Facebook and Twitter, and raising the profile of the amazing contribution volunteers make.



Cotswold Friends has volunteer roles available now to support people who may be isolated in the North Cotswolds. Joanna Hammond, CEO of Cotswold Friends, said: "Volunteering with us is enjoyable and rewarding, so if you would like to drive, befriend, support full-time carers with respite, help at lunch clubs or set up a new social group, just let us know."

If you think you could help, contact George Halling, Volunteer Manager, on 01608 697007 email volunteering@cotswoldfriends.org.

The Rissingtons Local History Society

We have had a good turnout for all our talks and visits now that people are feeling more confident getting out and about. Our **March** talk on **William Morris and the car industry** in Oxford was interesting, a man of many facets and a great benefactor to Oxford.

The visit in **April** was to the British Motor Museum at Gaydon which was well attended and a fascinating place to visit.

Our **May** talk had to be changed due to illness – **Tea, Coffee and Chocolate, how we fell in love with caffeine** is the topic and I am sure will be well attended.

Forthcoming events

Friday 17th June @ 11am

We are visiting Witney for **The Blanket Trail** to discover the industrial heritage of the town.

THIS EVENT IS OPEN TO MEMBERS ONLY.

Details will be sent out to members nearer the time.

Have a good summer and hope to see many of you in person in the autumn for our new programme.

For enquiries, please contact Sue Brown on 01451 820233
or Sue Lee on 01451 822692 or email information.RHLS@gmail.com



UPPER RISSINGTON
PARTY
— IN THE —
PARK

SATURDAY 4TH JUNE 2022

4PM - 7PM

LIVE MUSIC

BRING YOUR OWN PICNIC AND DRINKS

BRING YOUR OWN CHAIRS AND TABLES

(LIMITED NUMBER AVAILABLE AT THE HALL FOR THOSE WITH MOBILITY ISSUES)

DOGS WELCOME ON LEADS

FREE EVENT

WE'RE COLLECTING DONATIONS FOR
THE PATRON'S FUND — PLEASE BRING
SOME SPARE CHANGE IF YOU CAN!



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**Saying Thank You to God for our
companion animals.**



On Sunday 19th June at 3pm

at Upper Rissington Village Hall

Your Pets are very welcome

(but please keep them safe!)

Any questions contact Revd Nina 01451 810309

Introducing ...

My name is Sue Frewin and I am a SMART BOWEN Therapist working in the Cotswolds and living in Upper Rissington.

I have an equestrian background which began as a child then working professionally with horses and instructing for +25 years. Postural alignment, core stability and suppleness for this sport, triggered my passion for understanding the best way to remain balanced and aligned. Through various falls and injuries I sought alternative therapies to relieve pain and continue doing the sport I loved. This is where I discovered SMART BOWEN THERAPY and the wonderful effects this treatment has on the body both physically and emotionally.

I work with the soft connective tissue, the 'fascial layer of the body' and the effects can be felt throughout.

Whilst the actual tissue beneath is directly affected, messages are also sent to the brain via the central nervous system, so the treatment is working on more than one level. Bowen Therapy can trigger powerful positive changes in the body. I simply give the body signals which allows the person receiving the treatment to start healing. It's non-invasive but powerful; one of the most satisfying parts of my job is

listening to client's feedback on relieving pain and discomfort from their lives. Many clients have found BOWEN THERAPY brings pain relief and balance to their bodies both physically and emotionally, like nothing else they have tried.

Fascia and connective tissue are an integral part of us. When tension in one area of the body is released, this has a knock-on effect elsewhere - like a set of dominos being knocked over. With the release of toxins, emotional trauma and old patterning, the moves begin to accomplish holistic balance almost immediately. BOWEN THERAPY addresses the body as a whole unit, rather than just the presenting symptom; it embraces the physical, chemical, emotional, and mental aspects of each person receiving a treatment. As fascia is thixotropic, the rolling and stretching motion of Bowen Therapy counteracts this stiffening, restores mobility, and reduces pain. Effects may also be felt in other areas of the body as equilibrium is restored. This demonstrates the brain is able to recognise further imbalances in the body and set up the appropriate responses to rectify them.

Poor posture and restricted movement, habits that may have taken a lifetime to acquire, can be addressed with a treatment plan, investing in your long-term health and well-being.

I am also training to be a Yoga instructor as I am fascinated by the benefits of yoga on the mind, body and soul, plus a corrective exercise and movement coach. I aim to help as many people as possible feel better in their bodies.

Sue Frewin 07786566700 www.smartbowentherapy.co.uk





UPPER RISSINGTON **VILLAGE FÊTE**



Village Hall

Saturday 2nd July 2022, 12pm - 4pm

TEAROOM AND CAKES • CAKE COMPETITION
VINTAGE CARS • BBQ AND BAR • DOG SHOW
DANCE DISPLAYS • SINGER • STALLS • PLANT SALE
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BOWEN THERAPY in the COTSWOLDS

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Smart Bowen Therapy can help recovery from many conditions including

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- Neck or shoulder problems including frozen shoulder
- Respiratory problems including hay fever and asthma
- Knee, ankle and foot problems
- Headaches and Migraines
- RSI, carpal tunnel syndrome and tennis elbow
- Sports and accident injuries
- Groin pain, pelvic tilt and uneven leg length
- Digestive and bowel problems including IBS
- Fibromyalgia and chronic fatigue syndrome
- Menstrual and hormonal irregularities.
- Holistically Smart Bowen Therapy can simply bring physical & emotional balance to overall wellbeing to anyone's life.



"I work with the soft connective tissue, the "fascial layer of the body" and the effects can be felt throughout. Whilst the actual tissue beneath is directly affected, messages are also sent to the brain via the central nervous system, so the treatment is working on more than one level. As a therapy it is quite unique and unlike any other treatment. Smart Bowen Therapy can trigger powerful positive changes in the body afterwards."

"I apply moves at specific point locations, over fascia, muscles, tendons and ligaments. We can help address posture imbalances, muscle dysfunction and recovery from injuries which is why I treat a number of sports people as part of their training program to prevent injury, aid recovery and improve performance."

Check out The Competitive Edge page at
www.smartbowentherapy.co.uk"

Special Offer for June and July 2022
Initial Consultation and Treatment £45 (normal price £55)
2nd week Follow Up Treatment £45 (normal price £50)

Call Sue directly on :0778656670 to book appointments

Free Your Pain — Free Your Body — Free Your Movement — Maintain — Train — Perform



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Classes
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www.experienceaustriatravel.com



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All of the above can be booked through the Great Experience Travel Office in Witney with Great Experience's usual levels of expertise and personal service. Call us, call in, or visit www.greatexperiencetravel.co.uk
Waterloo Walk, High Street, Witney, OX28 6EU Tel: 01993 627713; e-mail: info@greatexperiencetravel.co.uk



Useful Contacts In Upper Rissington

This is a list of people and organisations in Upper Rissington who provide goods or services in the village. Inclusion in this list is not a recommendation. If you would like your business included the cost will be £5 towards the printing costs of 'The Breeze'. Contact URNEWS@btinternet.com or call 07592 533596 for more details.

Other useful sources of information about the village include the facebook page and the independent website www.upperrissington.org. Please note that any opinions expressed on these sites are personal to the contributors and are not promoted by 'The Breeze'.

Name	Service	Web/email	Phone
Police	Non-Emergency Number		101
Albion Water	Water Service Emergency		0800 917 5819 03300 242020
Parish Council	Clerk	clerk@upperrissington-pc.gov.uk	01451 810839
Little Hurricanes	Baby and Toddler Group	littlehurricanes@hotmail.com	
Social Committee	Community Events	URSC@btinternet.com	07592 533596
Village Hall		Parish Clerk (as above) or PC website www.upperrissington-pc.gov.uk/village-hall	
The Breeze	Newsletter	URNEWS@btinternet.com	07592 533596
Pioneers		urpioneers@gmail.com	
John Surch	Great Rissington Cricket Club - Seniors	surch@gotadsl.co.uk	01451 820567 07808 307364
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The deadline for contributions is Friday 19th August 2022

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(Cranwell Road, courtesy David Harrison)