

The Breeze

Upper Rissington's Newsletter

Winter 2023

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Welcome to the winter issue of 'The Breeze'! I can hardly believe that, by the time you get this, Advent will be upon us - wherever did the last year go to? (I must be getting old!) One thing is for sure, which is that plenty has been going on in Upper Rissington over that period - read the Village News for reports of some of the recent events.

Another thing that is clear is that there will be lots going on over the next few months too, including all the activities that are advertised in this edition - some of them seasonal, but also so many regular things that you can get involved with. You don't have to wait until the New Year to start something new. And if there's something you are involved in already that isn't included in 'The Breeze', why not write an article about it to go in the next edition? We're always pleased to receive contributions that are relevant to the village and offer something positive for the community, as well as any comments and suggestions you may have about 'The Breeze'. Just email us at URNEWS@btinternet.com - you don't have to wait for the deadline!

So, that's it for this time. On behalf of 'The Breeze' team, let me wish you a joyful and meaningful Christmas and a healthy and prosperous New Year.

Sue Handy

Village News

SOCIAL COMMITTEE UPDATE

- Winter 2023



Fireworks Display

On the 11th of November the rain and wind subsided to give us a whole day and night of dry, wind-free conditions just perfect for a Fireworks Display. Given that the forecasts this year have been so unreliable we planned for both wet and dry conditions and felt really fortunate to have been on the winning side of the forecast. It meant a great turnout as usual for a fantastic display. The band Paige and the Red Shift were brilliant as always and the warmth of the community spirit of the event took the edge off the sharpness of the cold air of the night.



There were a few glitches. The coldness of the evening meant that there was an unusual rush on for the hot chocolate and mulled wine. We were well-prepared for the mulled wine rush but the hot chocolate caught us a bit on the hop, so, sorry to those who had to wait so long to get your winter warmer. The other, much more serious glitch, was with our card processing system. We've sorted it out now, but with no warning the service was withdrawn pending some processes required for which we'd been given no notice. So many people managed to muster up cash which bailed us out for a while. The PTA rode in to rescue the situation by lending us their card systems. This was another great example of where Upper Rissington's community organisations pull together.

After last year, where the barbecue sold out, we increased the stock and just scraped in with sufficient to meet the demand. Some may have noticed our move to local suppliers with meat supplied by Lambourne Butchers in Stow.

The finances at the Fireworks Display are always a little difficult. Not helped this year by the card reader issues which we suspect affected takings on the bar and the sweet stall. The costs of the display are difficult to recover and we make a loss on the event most years. Last year a slight profit was unusual and this year we were back to drawing on reserves to fund the event. The costs of the event were in the order of £5,500 and the income from the barbecue, bar, sweets, collection buckets and glow-stick stall were around £4,400. It's not as big a hit on finances as it sounds as, due to the card machine issue, we're left with a significant amount of stock which is good for sale at future events. So we're still looking very financially stable, particularly after such a brilliantly supported village fete this year.

To the person overheard declaring that the fireworks display is a poor example of Council spending I should state that it is not. The Fete, Fireworks Display, Pantomime and Easter Egg Hunt are all pulled together by a group of volunteers. As a Social Committee we've built our own reserves which are used to fund the acquisition of assets such as large gazebos, commercial barbecues and all of the equipment and stock needed to organise these events. We tend to raise funds at the fete and then they dissipate a little as the Panto, Easter Egg Hunt and (quite often) the Fireworks Display, which all cost more to produce than the income they generate.

Next Event - The Panto

Every year we invite a small talented group into our village to come along and play their well-rehearsed and amazingly entertaining Pantomime. On Saturday 30th December at 4pm you can break the gloom of post-Christmas pre-New Year by bringing the children to the Upper Rissington Village Hall. Doors will be opened a little earlier so keep an eye out for the details on posters and Facebook. Last year the Panto was sold out so if you want to be sure of a seat email us at ursc@btinternet.com or click on the QR code here. We charge £8 a ticket for the show which is great value especially as that price includes some goodies for the children, which will consist of hot dog, popcorn and a drink.



Future Events

Look out in the Spring edition of The Breeze and for posters around the village giving details of the Easter Egg Hunt on Easter Saturday and the Upper Rissington Village Fete on the first Saturday in July.

Committee News

The Upper Rissington Social Committee has been going for more than twelve years and in that time the events it organises have gone from strength to strength. Some of the Committee have been around since the beginning but most of the Committee are more recent and this is absolutely essential to keeping our events current. Our events are largely organised by the Committee but it wouldn't be possible to hold the scale of events that we now do without so many on-the-day helpers and organisers. The strength of our events depends on both the strength of our Committee members and the amazing support from the event volunteers. We're always on the lookout to improve our events by strengthening the team. So if you want to be involved at any level please get in touch by emailing ursc@btinternet.com and you'll be assured of a warm welcome.

Church in Upper Rissington

The Church in Upper Rissington have been meeting once a month on a Sunday morning for breakfast and a time of reflection with some activities for all ages. Recently we thought about Harvest, going outside to gather some fruits from the bushes and trees round about.

We also thought about Peace and what that word can mean in different contexts. The photo alongside shows just some of what we considered.

Our next event will be our Carols by Candlelight service in the Village Hall on Saturday 23rd December, when we hope many will join us to sing familiar carols and hear the readings which remind us of the Christmas story.

Looking ahead to the New Year, we may meet at a different time. So, please look out for publicity!



Parish Council News

December 2023



Like many who read the 'Breeze', I cannot believe it is time to put pen to paper for the final article of this year. That said, reading back on previous articles, the trepidation and challenges that existed at the start of the year have now gone and the Parish Council (PC) feels that things are moving forward at an increasing pace. The saying goes: Action creates progress, progress creates momentum and momentum creates motivation. The fact is that there's a significant amount of action and progress is now taking place, both within the PC and from the wider resident support that is creating a momentum in getting things done. This is creating a motivation that is coming from all angles from an increasingly vocal and encouraging majority.

Attendees at the PC meetings are increasing every session and there are many parishioners who are voluntarily putting themselves forward to help out with the development of our community. We have a number of people who have expressed an interest in joining the PC, some who have lived in the village for many years and others who are new. At least one of these is anticipated to be co-opted onto the PC at the next meeting and we look forward to welcoming them onto our team. There is always room for more, so please come along to our meetings on the second Monday of each month held in the Village Hall at 7pm.

On the staff front, I am delighted to announce that Ruth Waller, the highly experienced Clerk who parachuted into our Council as a Locum in July, has accepted an offer to stay working as Parish Clerk to Upper Rissington on a permanent basis. Ruth has been a Locum Clerk for over 5 years covering various Councils and has received numerous offers to stay on in other Parishes. I believe that her decision is not a momentary lapse into insanity, but rather a positive sign that she is fond of our Parish and has found the Council that she wants to work for. In addition, the PC recently recruited a wonderful lady called Claire for a temporary Admin role. I am pleased that we have now been able to upgrade this to a permanent Assistant Clerk position with immediate effect. Claire and Ruth join Andy (our Caretaker) and Veronika (our Cleaner) to complete a coherent, friendly and motivated team who are getting things done for our village.

The start of December will also bring the planned transfer of the Village Public Open Spaces into its final phase. The PC will consider the offer and financial settlement that has been given to the Parish by Vistry at the meeting to be held on 11 Dec. Whilst the decision has yet to be finalised, the views of the Parish, as well as documented decisions of previous members of the PC, have made the preferred pathway abundantly clear. The Parish has affirmed its desire to control its own destiny and so the current members of the Council have sought to get the best deal for the Parish. Vistry's initial financial offers were rejected resulting in improved offers as well as compensation trees, missing facilities and other items. The Snagging List and the Transfer Plan has been shared many times on the web and at Parish meetings which has resulted in some excellent feedback from the Parish. This has enabled a robust exchange of views with Vistry meaning that we can get all items completed prior to handover.

To close on the actions and progress that have taken place since I last wrote in the Breeze:

- All Allotments are now full and being worked; we now have a number of parishioners on the Waiting List.
- The Tennis Courts have had a highly successful short first season and we look forward to them being well used in 2024.

- A tree survey is now underway with action already being taken to resolve issues on over 20 trees.
- Fencing repairs and development are underway around play parks and will shortly be started next to the Bowling Green.
- Rectification work to the older part of the village is underway. This has included the removal of a derelict building and the planned rebuilding of damaged walls in the spring.
- A new sound system has been put in place in the Village Hall.
- An Emergency Plan is currently being developed for the Parish.
- A full audit of files and records for the PC is underway – this had not been completed for a number of years.

Looking forward into 2024, further action will be needed to make the facilities that the village has work efficiently. I have previously asked for residents to consider whether they would be willing to help run the facilities of the Parish. We received some responses but not sufficient and so I need to ask again for you to consider whether you would be willing to help out in the running of the Parish facilities, in particular the Bowling Green, Village Hall and Tennis Courts. Your ideas will be welcome and so if you are interested please contact our Clerk on clerk@upperrissington-pc.gov.uk or come to a Parish meeting.

I think that is all so please let me wish you all a Merry Christmas, a happy, healthy holiday season and some well-deserved rest and relaxation! May the season be one of joy, celebration, and warmth and the year to come filled with health and new blessings.

Nick Maxey

(On behalf of the Parish Council)



**Time to spare?
Looking for new friends?
Seeking a new challenge?**

Why not try your local u3a?

The u3a is open to all retired and semi-retired people. Currently with over 25 special interest groups, there is something of interest for everyone. Group activities are spread throughout the week between our local communities in Bourton, Stow, Moreton, and The Rissingtons etc.

Monthly meetings are held on Wednesday mornings in
the Royal British Legion Hall in Bourton on the Water
and are ideal for prospective new members to sound us out.

Our December meeting is on
Wednesday 13th December 2023, from 10am to 12 noon,
Our guest speaker, Nigel Thompson, entertains us with
A Brief History of Popular Music - the Renaissance of Swing

Please come along, enjoy a tea/coffee, and see what we have to offer.
We will be very pleased to see you.

Or look us up on: u3asites.org.uk/bourton



Rotary

The Rissingtons



ANOTHER SUCCESSFUL YEAR

The last *Breeze* of the year allows me to sum up what has been happening in the past 12 months ... but before I do let me remind you of our annual **Community Award** which I launched through a video on Facebook in November. *Have you ever tried to be a TV presenter ... it's not easy!!* This is the fifth year that the award has been made and there are some "famous" names on the shield. We are seeking nominations from you of people who have made a difference to your life in 2023. By that I mean someone who has supported you in times of need, maybe taken you to the hospital or looked after your children. Helped you with a project at home, repaired something for you, or who simply brightens up your day by saying "good morning". Let us know on ritrinfo@gmail.com or call me on 07918 163960.

So a quick round up of what's going on ... the **Community Wellness Allotment** is moving along. We have secured initial funding for the project, more details in due course. Atsu is leading this initiative and can be contacted on ritrinfo@gmail.com if you wish to be involved. The **Rissington Rangers** will be leaping into life very soon. The first project is around the Village Hall so watch out for them and maybe offer them a hand. Our financial support for the **Home Start** charity continues, which supports families with children under 5; funds coming recently from the **Car Treasure Hunt** held in October. Through the generosity of **DXC**, a large corporate, we were able to gift **20 laptops** to Gloucestershire Young Carers and The Cotswold School. Thanks to the local community and Bourton we have had our best haul of hand tools yet and together with **nine** sewing machines they will soon be on their way to **Mwanza in Tanzania**. Finally, look out for **Santa on Christmas Eve**. He said he would arrive in Great Rissington about 5.30pm but this will be depend on reindeer feeding times.

We have many plans for next year to *Help our Community* starting with a **Quiz Night** on **27th January**. If you would like to be involved in 2024 then contact us at ritrinfo@gmail.com or drop into the UR Village Hall at 7.30pm on the 11th January.

Pioneers meet in the Village Hall on alternate Wednesdays, 11.00am–1.00pm. We have coffee, tea, cake & chats. There is also a book swap table.

PIONEERS

If you are new to the village (or have been here for a long time) and would like to meet others, then do come along. We ask for a £2 donation to cover our costs, although your first visit is always free. We look forward to meeting you.

Dates of our next meetings:

December 20th

January 3rd, 17th, 31st

February 14th, 28th

For more information, about our meetings or outings,
email: urpioneers@gmail.com



Who is your local hero in The Rissingtons?

Who in The Rissingtons has really made a difference to you in 2023?

They could be the fifth annual winner of the Brian Honess Community Award, judged by Rotary in the Rissingtons

Just email their name and why you think they should win, or for further details to ritrinfo@gmail.com



Rotary in the Rissingtons
Helping Our Community



Rissingtons Local History Society

We enjoyed a visit in **September** to **Sudeley Castle** where Katherine Parr is buried – this was a follow-on from the talk on Katherine given earlier in the year. There was so much to see in the castle and gardens, a very successful visit and well attended.

In **October**, we had an excellent talk given by Tim Barney on **Most Secret – Defford Airfield and the story of Airborne Radar** based at Croome Court in Warwickshire. He explained about the various developments in radar with very good pictures, and included vignettes of life in the RAF during WW2 at Defford Airfield. They had a great time.

In **November**, we will have had a talk by Richard Martin on **Cotswold Wool and Witney Blankets – What, When and Why**. He is an excellent raconteur.

There will be a special **Members-only event** on **8th December** (membership only costs £15pp) – details will be sent separately - so Merry Christmas and a Happy New Year to our members and future members.

Forthcoming events:

Friday 19th January 2024 @ 2.30pm. "Take a walk through the Societies Archives"

– given by our Archivists Don & Margaret Bowie. This should prove very interesting, and there will be refreshments afterwards.

Venue Village Hall, Upper Rissington GL54 2QW

Friday 9th February 2024 @ 2.30pm. "The Georgian Visitor – a vignette of garden visiting in the 18C"

– given by Richard Wheeler, who worked for the National Trust for 40 years as a Garden Historian. He is an excellent speaker.

Venue Village Hall, Upper Rissington GL54 2QW

Visitors Welcome £3.50 to include refreshments.

For enquiries, contact information.RLHS@gmail.com or Kate O'Brien



Come try out the Rissingtons WI. Exciting talks, craft demos and activities every month. We have

an active book club, pilates class and starting in 2024 a country walking group and walking netball! New craft classes including silk painting, jewellery and candle making classes. Come as a guest to any meeting for just £4 or join for a yearly subscription. We meet on the 1st Wednesday of every month at Upper Rissington Village Hall. 7:30pm start time. For more information email

rissingtonwi@gmail.com

Bourton Probus Club

Our next 2 meetings are on Monday 11th December when Peter Barnett will be talking to us about The Penlee Lifeboat Disaster, and on Monday 8th January when Mike Aggleton will be talking about Flying the Swordfish part 2. Our AGM is on Monday 22nd January and our Christmas Dinner is at 12 noon at the Sherborne Arms. All our meetings are held in the George Moore Community Centre at 10am on the 2nd and 4th Monday of the month.

The Bourton Probus club is for retired professional and business men and women, or anyone who is retired and is interested in hearing interesting talks and social events. If you are interested in joining us, come along to one of our meetings and meet with us.

Volunteers Urgently Needed!

Do you have parenting experience?
Can you spare 2-3 hours a week to help a family with young children?



Being a parent is hard for everyone. But sometimes it can be overwhelming, especially if you are dealing with other issues such as isolation, postnatal depression or multiple births. At Home-Start Cotswolds, we carefully match our trained volunteers with a family that they visit once a week, providing compassionate help and confidential support.

If you would like to help change the lives of families in the Cotswolds, access free, high-quality training and enhance your own well-being, please get in touch. Our next free, weekly training course starts on Thur 25th January and runs until Thur 21st March, 9.30am to 1.30pm.

There is more information on our website, along with an application form (details below). We look forward to hearing from you!



- Visit www.home-start-cotswolds.org.uk/volunteer
- Call 01285 885391
- Email office@home-start-cotswolds.org.uk

'My volunteer makes me stronger. If my mum was still here, she would be telling me the same things that my volunteer does.' (Mum supported by Home-Start Cotswolds)

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Behind the Road Names in Upper Rissington – part 19b

Former Road Names

A number of the old roads that were used on the airbase have now gone with the development of Upper Rissington but some of their names are still in use and the final part of this series (concluding this issue), covers some of these.

Folland Drive

(part of the road remains as the south entranceway, off Farman Crescent, into what is now called Folland Play Park)

Folland Aircraft was a British aircraft manufacturing company active between 1937 and 1963.

It had its origins in British Marine Aircraft Limited, which was formed in February 1936 to produce Sikorsky S-42-A flying boats under licence in the UK. The company built a factory on the western side of the Hamble peninsula with a slipway to Southampton Water, but ran out of money and liquidators were appointed. In 1937 Henry Folland, chief designer of Gloster Aircraft, was looking for a new opportunity to pursue his own ideas without management hindrance. He left Gloster, took over the British Marine site and set up the Folland Aircraft Company.

Folland began aircraft assembly at Hamble making parts for Bristol Blenheim and Beaufort bombers, then made 15,000 rear portions out of the 22,000 constructed for the Supermarine Spitfire. Folland later took on sub-contract work making parts for de Havilland Mosquitos and Vickers Wellingtons. The first aircraft of Folland's own design to fly was the Folland Fo.108 in 1940. Designed as a flying engine testbed for the Air Ministry, it was nicknamed "Folland Frightful" from its unusual appearance. Other aircraft were designed but projects got cancelled.

WEW Petter, who had designed the Westland Lysander, English Electric Canberra and English Electric Lightning, joined the company as managing director in 1950. He designed the Folland Midge as an unarmed proof-of-concept demonstrator. This was followed by the Folland Gnat: the prototype flew on 18 July 1955. Although RAF interest in the possibilities for using the Gnat as a fighter had waned, Folland identified another potential use for the type as an advanced trainer aircraft. The prototype Gnat Trainer conducted its maiden flight on 31 August 1959. Both were built at Hamble until the 1960s with the final Gnat T.1 for the RAF being delivered in May 1965.



*Privately owned Gnat T.1 displaying
at the 2008 Kemble Air Day*

In 1959 Folland was acquired by Hawker Siddeley who dropped the Folland name in 1963.

Fulton Road, Gerrard Road, Kirby Road, Lidderdale Road, Lithgow Road and Randall Road

None of these roads were kept when the maintenance area, which had become a business park, was redeveloped for housing (*see map on next page*) but there still is an old 'Lithgow Road' road sign and Randall was used as the name for the trim trail and some play areas.

A glimpse into Aviation History

This old photograph captures a significant moment in aviation history at the Central Flying School in Upavon, back in January 1913. The image showcases a group of distinguished individuals who played pivotal roles in shaping the future of flight.

Standing from left to right are: Captain EGR Lithgow, Assistant Paymaster JH Lidderdale RN, Major HM Trenchard DSO, Captain GM Paine MVO RN, Lieutenant and Quartermaster FH Kirby VC and Engineer Lieutenant C Randall.

Seated are: Captain JDB Fulton, Lieutenant AM Longmore RN, Captain JM Salmond and Major EL Gerrard.

These remarkable men were pioneers of their time – visionaries who pushed boundaries and defied gravity with their unwavering determination to conquer the skies above. The photograph not only highlights the camaraderie shared among these aviation trailblazers but also serves as a testament to their dedication towards advancing aeronautical science.



The CFS staff in January 1913

The CFS is the longest serving flying school in the world, a record to be proud of. The concept of a British military air force was born in 1911 when the Prime Minister, Herbert Asquith instructed the Committee of Imperial Defence to examine and suggest measures to create an efficient air force. The Committee recommended the formation of a Royal Flying Corps comprising a military wing, a naval wing, a reserve, the Royal Aircraft Factory at Farnborough and a flying training school, which became the Central Flying School (CFS).

The cost of the CFS was borne equally by the Army and Navy but administered by the War Office. In compensation, naval officer Captain Godfrey Paine RN was chosen to be the first Commandant. But he was told by the First Lord of the Admiralty, Winston Churchill, that he must learn to fly in two weeks to take up the position! He successfully completed this at Eastchurch under the eye of Lieutenant Arthur Longmore RN.

The CFS was formed at Upavon in Wiltshire on 12 May 1912. The primary aim was not to produce aviators but professional war pilots, so candidates already had to hold a Royal Aero Club Certificate before becoming a student at the school. They were taught to fly all types of aircraft, had a ground training syllabus: theory of flight, map reading, etc and practical work like aircraft repair. The standard for a pass was 50% in each subject and 60% overall. One of the successful students on the first course was Major Hugh Trenchard who was later to become Lord Trenchard and first Marshal of the RAF.



Old map showing original road names, about 2010, when it was the UR Business Park

*The Church in Upper Rissington
invite you to*



*Saturday 23rd December at 4pm
at*

*Upper Rissington Village Hall
Followed by Seasonal Refreshments*

Everyone Welcome!

The Children's Christmas Show!

Chaplins
Mini Pantos

The Adventures of

TREASURE ISLAND



Appearing

Upper Rissington Village Hall

Sat 30 Dec '23 - Doors open 3.30pm, show starts 4pm

Tickets £8 (hotdog & drink inc for under 11's)

To purchase tickets: email ursc@btinternet.com or use QR code above

URSC



Local Walks – Sherborne Village & Park circular

Distance: 3.9 miles

Estimated Time: 1hr 55mins

Terrain: moderate

Summary

Good walking even during wet months but there can be the odd muddy bit. There are no stiles or kissing gates on this walk, a lot of the route is on National Trust permissive hoggin-type paths. This route can be easily shortened or changed using more NT permissive paths. There are some excellent views north and opportunity to spot wildlife and wildflowers.

Parking

There is a good choice of start points, two within the village, roadside parking either near the village shop (east end of village) or near the allotments (west end of village) or there is the NT Ewepen Buildings pay & display car park (NT members free but please bring your card), south west of village, best reached via A40.



The Route

For this guide, I'll start the route from the west end of the village, near/by the allotments. But in the better months, you may wish to start from the village shop and the refreshments it offers (outdoor seating).

1. Set off west with the homes/allotments on your right and a view into the park on your left.
2. You will soon see a wood behind the high wall on your left (south) and a waymark post by a gap in the wall. Go through this gap.
3. On the wall on the other side of the gap is a map showing the permissive paths. Bear right, following the hoggin-type path, through the wood and up the hill as it winds through the trees. Keep a look out for deer.
4. There are odd benches on this section, to sit and enjoy the wood, including ones by the metal deer.
5. The route comes out by the carved shepherd and his dog, with a lovely view over Sherborne House, church and village. You'll



also see in the distance the white hanger and watch tower at Upper Rissington. The shepherd 'holds' different 'flower' arrangements over the year!

6. Continue to follow the path, now a more rustic path at the edge of the field. You will start to see the NT Ewepen buildings and the path turns towards them and flattens out.

7. Just before you reach the first building, you'll join a track going east/west. The east route behind you is another permissive route you could take, but for this guide we are heading west past the NT buildings and car park.

8. Head past the buildings, along the tree-lined track until you reach what use to be a side

gatehouse. Opposite the house is a track heading south past a garage and into the trees. Following this track up the small incline.

9. The track turns east (left) as you nearly reach the A40. Continue to follow this track east, onto the main gate and gatehouses (private).

10. Our route continues east, passing a track north through an avenue of trees, another permissive route.

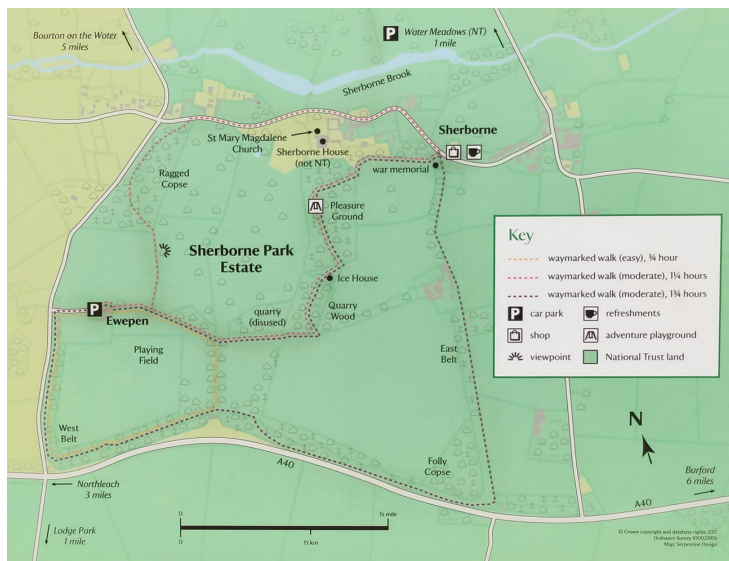
11. Continue along this track east, with the A40 on your right through a few trees and over a wall.

12. You will reach a house with a track in front of it; turn north (left) heading away from the A40. Good views open up to the north over fields.

13. Continue on this track going down into a dip and back up again, passing Home Farm on your left. You are heading back to Sherborne (village shop end).

14. This track, which becomes more access road, comes out by the school and War memorial, with the shop a short distance to your right.

15. Here we have another permissive route



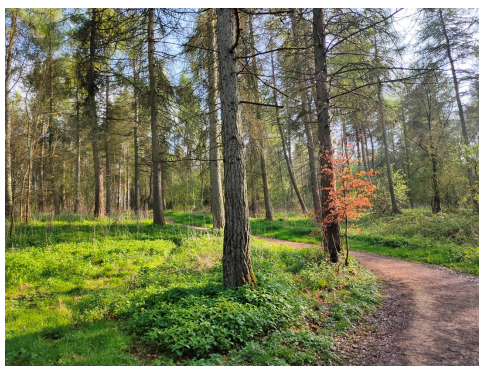
through the open (I've never seen it shut) door in the wall just past the telephone & noticeboard.

16. Cross over the road onto the footpath and turn left, heading west back to your car.

17. Passing the graveyard and footway to the church (well worth a look), you'll have good views north over Sherborne Brook, as you walk along the path.

18. Continue along the path, past the entrance to Sherborne House (which is private) and onto the allotments and your parking point.

That's it, I hope you enjoyed the route and the potential to modify the route at the points mentioned.



Soup and Roll Lunch

Enjoy good food and good company.

Upper Rissington Village Hall

12.00-2.00pm, alternate Wednesdays

Everyone Welcome!



*We will meet on: **Jan 10 & 24,***

Feb 7 & 21,

Mar 6 & 20.

No Charge, Donations Only

Soup and Roll Lunch is a joint venture between
Pioneers and the Church in Upper Rissington.

Soup and roll

A lunch of homemade Soup and a Roll is offered on alternate Wednesdays in the Village Hall, 12-2pm for ANYONE who wishes to come along. It is followed by homemade cake and tea or coffee. Soup is served until 1pm, after which time we may have limited supplies! There is no charge. But people are welcome to make a donation. **Last date for 2023 is 13th December.** We shall recommence in the New Year starting from 10th January. Why not make a resolution to try it?

Great Rissington Christmas Tree Festival

At St John's Church

SATURDAY, 9th DECEMBER

10.00am – 6.00pm

SUNDAY, 10th DECEMBER

12pm – 6pm

(following our Christingle service)

Tea, coffee & cake available both
days and on Saturday soup lunches

Christingle making on Saturday
morning – all ages are welcome to
help!

A prize will be awarded for the best
tree (as voted by the visitors)

Trees kindly supplied
by Phipp Feeds

Admission free,
donations welcome



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Naturally Dried Cotswold Logs

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Fire lighting nets £4.50

Each net contains enough wood to light approx. 7 fires

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All the above prices include VAT

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(takes just over 1 cubic metre of wood)

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Other sizes available to order

BOWEN THERAPY & YOGA IN THE COTSWOLDS

Available at the RB2 Runner Bean Health & Fitness, Upper Rissington GL54 2FL

Bowen Therapy can help recovery from many conditions including

- Back pain and sciatica
- 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 and overall wellbeing to anyone's life.



As a Bowen Therapist and Yoga instructor my aim is to help you feel better in your body and mind. Living with pain and discomfort impacts our emotional state and overall wellbeing. Bowen therapy can help with many pain issues.

www.smartbowentherapy.co.uk

Yoga is all about connection and feeling into our bodies with breath and movement. Yoga is great for strength, stability, flexibility, posture and wellbeing. 1-hour classes with me are running at the Runner Bean; 1-1 yoga sessions are available or zoom can be arranged.

1-hour Yoga Classes £10

Monday 9.15am

Friday Beginners 10.30am

Call Sue directly on :0778656670 to book appointments

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





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Useful Contacts In Upper Rissington

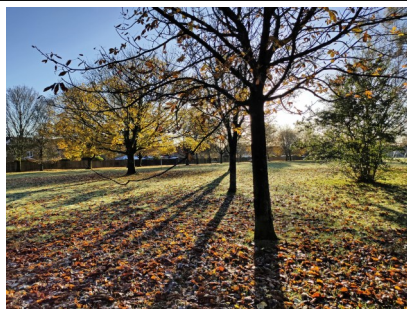
This is a list of people and organisations in Upper Rissington who provide goods or services in the village. Inclusion in this list is not a recommendation. If you would like your business included the cost will be £5 towards the printing costs of 'The Breeze'. Contact URNEWS@btinternet.com for more 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 Customer Services		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	
Village Hall		Parish Clerk (as above) or PC website www.upperrissington-pc.gov.uk/village-hall	
The Breeze	Newsletter	URNEWS@btinternet.com	
Pioneers		urpioneers@gmail.com	
Revd Nina	Church in Upper	revd.nina@gmail.com	01451 810309
John Surch	Great Rissington Cricket Club - Seniors	surch@gotadsl.co.uk	01451 820567 07808 307364
Pete Garrett	Great Rissington Cricket	Petegarratt117@gmail.com	07788 896496

The next issue of 'The Breeze' is due to be published at the beginning of March 2024. Please contact us at URNEWS@btinternet.com if you would like to contribute articles or news items. The deadline for contributions is **Friday 16th February 2024**

For advertising enquiries you can also email
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(keelinbracken@gmail.com)



(photo courtesy David Harrison)