

PUCKLECHURCH NEWS



SUMMER 2016

FUNDED BY THE PARISH COUNCIL

www.pucklechurch.org

Pucklechurch

REVEL



Less than a Month to Go!

With just a little while to go to Revel week it's quite literally all hands on deck for the committee and its volunteers. Months of planning are now coming to fruition and with YOUR support the day will be a jam packed and sun filled day of fun!

The week and day at a glance looks like this.

Revel Service	St Thomas a Becket	Sun 12th June
Revel Day	Rec	Sat 18th June
Majorettes Show	Village Hall	Thur 16th June
Crib Drive and Darts	Village Hall club	Thur 16th June
Don Webb Trophy	Village Hall Club	Tue 21st June
Poetry in the Garden	49 Homefield Road	Thur 23rd June
Beer and Cider Festival	The Recreation Field	Fri 24th and Sat 25th June

ARENA EVENTS

Brass band	12:00
Parade	12:30
Tang soo doo	13:15
Magicians	14:00
Dog Show	14:45
Races	15:30
Chilli eating Contest	16:00
Six Five Specials	17:00
Groovy Gravy	18:00

Beer Festival Big News!

As you may have heard, the Beer and Cider Festival is moving but don't worry it's not going far. Due to the refurbishment of the Star Inn the festival is being relocated to the Recreation field. The format will be the same. However there will be more security around the event and it will not interfere with the Cricket Pitch or playground and glass is banned from the event.

It is the 40th year of the beer festival and we intend to celebrate with a bang! The event which will run over the weekend of the 24th June promises to bring a vast selection of beer, cider with two excellent Bristol based bands.

Friday - Van Burgundy - pop, rock, soul, ska and reggae

Saturday - 2Rude - The UK's #1 Ska Tribute Band

Tickets are on sale with limited early bird special of; FRIDAY £6, SATURDAY £10 and BOTH £14.

After these have sold the prices will be:- FRIDAY £8, SATURDAY £12 and BOTH £16.

Tickets will be available from: The Post Office, The Fleur, The Star Inn, Pucklechurch Sports and Social Club and Pucklechurch Village Sports and Social Club.

Finally, a big thank you to Pucklechurch for its continued support of this event. The Revel raises lots of money each year for ALL local groups. We have helped the Majorettes buy costumes, the Brownies new flags and helped raise much needed funds for Cricket and Football. We could not do any of this without your support so thank you and we hope you will continue to support us!

Pucklechurch Parish Council Chairman's Report

Summer 2016

The summer is here and we are all looking forward to Revel, including for some no doubt a visit to the Beer & Cider Festival, which this year will be held on the Rec: the Parish Council was approached for permission to do so by the festival committee since the Star car park is not available.

Pucklechurch: a need for growth?

Fact:

South Gloucestershire Council needs to identify additional land for the development of about 1000 extra houses to meet its five-year land supply

Fact:

The lack of an identified five-year supply means that the Green Belt could be subject to review and rural areas are at risk

Fact:

Some of the land required to supply these houses has been offered up for development in Pucklechurch Parish although nothing has been agreed

Fact:

The lack of a five-year supply could mean open season for developers

Fact:

Parish Councils are best able to control what happens where and when by preparing a Neighbourhood Plan since this will enable the local community to exert influence on the:

- scale of development
- location
- type and purpose
- design
- services required
- management of traffic
- impact on the community

Fact:

An increased proportion of Community Infrastructure Levy is payable to local communities with a completed Neighbourhood Plan

Fact:

A plan does not stop development, but will ensure more control and better outcomes

The Parish Council strongly believes that we need to create a Neighbourhood Plan and to that end we need volunteers from the community to help make it happen! If you are interested, please contact the Clerk as below.

Councillor needed:

We still have a vacancy for a Parish Councillor. You might find it a very rewarding role. If you feel you could be of benefit to the community and have the time to be a Councillor please contact the clerk at: parish.council@pucklechurch.org

Village Orderly:

For some time now the Council has not had the benefit of employing a Parish Orderly and has been keeping the parish up to scratch using local contractors to deliver work as and when required. After reviewing the regular tasks required year on year, as well as the costs involved, Councillors decided to offer the work up for tender as a single package. Several contractors responded to the tender and we are pleased to have now appointed Huw Morgan as the successful contractor. You will no doubt see Huw around the Parish looking after the burial ground, play areas and general open spaces.

Address Change:

For information these are now the current contact details for our Clerk:

Jodie Bailey
Clerk to Pucklechurch Parish Council
Email: parish.council@pucklechurch.org
Tel: 0117 2140551
Mobile: 07525 842 095

New Address: 51 Fouracre Road, Bromley Heath, Bristol BS16 6PG

Please note: Normal working hours are:
9am until 5pm Thursday and Friday
BoB Symons, Chairman 0117 9374105 Mobile Library

Mobile Library

Despite all the publicity about the future of South Gloucestershire libraries, the Mobile Library is still running at present and should continue until at least September 2017.

The dates for the visits to Pucklechurch are:

3 & 17 June
1, 15 & 29 July
12 & 26 August
Village Hall 2.35 – 2.50
Homefield Rd Bungalows 3.0 - 3.20
Homefield Rd 3.25 - 3.40



St. Thomas a Becket Pucklechurch

Sunday Services:

1st Sunday in Month

8.30a.m. Holy Communion

10a.m. Café Church

6.30p.m. Evensong at Abson

2nd/3rd/4th Sunday

10a.m. Family Communion.

Special Services

Sunday 12th June 6.30p.m. Thanksgiving Service for Queen's 90th Birthday & Revel Service.

We wish to invite everyone to come along and join us on this occasion.

Sunday July 10th Patronal Festival

10a.m. Family Communion

Sunday 17th July Music Sunday

10a.m. Family Communion

The Revd. Stuart Young has just begun a 3 month study leave. Please refer all Church enquiries to Mrs.E.Webb Tel: Bristol 9372516 email david@davidwebb.orangehome.co.uk or Mrs. Trueman tel: Bristol 9373134 email wtrueman@btinternet.com

The Scarecrow Competition and Trail raised £2170.00.

The winning Scarecrow was won by the Skidmore Family . We would like to thank all those who supported this event by taking part, making scarecrows and all those who helped to make the occasion so successful. It was lovely to see so many families and people in and out of Church and around the village.

Further information about service on 12th June

This year will be a special service to celebrate the Queen's official birthday, combined with a Revel Service. The bells are going to be rung and there will be a video link to the Church tower so that people can come into Church before and during the service to watch the bells being rung.

We would like to hear from people who are ninety years old and over with their reminiscences.

We can include some interviews in the service if family can bring them to Church, but also if that is difficult, reminiscences could be written down and sent prior to the Service.

Contact Rosaline Trueman 0117 9373134 or Elizabeth Webb 0117 9372516.

Unveiling of the Pucklechurch

Heart start Commemorative Plaque

Councillor BoB Symons Chair of Pucklechurch Parish Councillor invited Angela Hallett to unveil the plaque which recognises the people who were instrumental in ensuring the installation of 6 defibrillators across the Parish.

The Chairman welcomed all who attended the unveiling of the Plaque which was commissioned to recognise the good works and donations that were key to the Parish of Pucklechurch being probably the safest parish in the UK with regard to first response to cardiac arrest.

The Parish recognised Angela Hallett for her vision and drive to ensure we have life sustaining opportunities in the parish. She galvanised the parish to raise funds through coffee morning, raffles, Revel day stalls and sheer perseverance and was ably supported by a dedicated team.

This plaque recognises the donations made on behalf of loved ones and those with a high sense of community spirit. The Parish recognises the efforts and donations, both in time and money, of those people named here and the plaque will be a lasting commemoration of them."

Pucklechurch Cricket Club

Our season is now underway with a mixed bag of weather meaning a number of cancellations, but also some really exciting games.

We are always interested in talking to anyone wishing to play cricket, any age and gender. We're particularly keen to talk to parents of children under the age of 13 as we are short on numbers at U13, U11 and U9. Please contact Dean or Vicky on 01179 373227 or visit our website at www.pucklechurch-cc.co.uk

Pucklechurch News

Funded by the Pucklechurch Parish Council

Produced by

Sarah Nunez (editing & proofreading)

07540 243627

editor@pucklechurch.org

Claire Dolman (layout and printing)

07855 061735, 34 Hawthorn Close

Helen Toghill (collection, collating & distribution)
1 Orchard Road

Please email articles to editor@pucklechurch.org or drop them off any one of us at the addresses above. Please include your name and telephone number in case we have questions about your article. We reserve the right to edit all articles. We cannot be responsible for the accuracy of articles submitted for publication.

Copy Deadlines:

10th August for September edition (Autumn)

10th November for December edition (Winter)

10th February for March edition (Spring)

BEAVERS

1st Pucklechurch Beavers

1st Pucklechurch Beavers have had an exciting start to the year with a sleepover at @t Bristol! We joined other Beavers from all over the county for 'Beavers in Space' night. We watched an astronaut show and learnt how to wee in space (did you know astronauts wear nappies? We thought that was very funny!) We also watched an amazing 3D film in the planetarium, made our own rockets, did science experiments and explored as much as we liked until we went to bed... on the floor next to the Wallace and Gromit exhibit! It was an amazing night and we are very grateful to Avon County Scouts and @t Bristol for giving us the opportunity to go.

Back at the Scout hut we've been working on our Cook's badge, we cooked a stew from a recipe sent to us by a Scout leader in Gambia, it was really tasty!

The Beavers had an exciting weekend of camping at Woodhouse Scout Activity centre, where they and joined the Cubs in celebrating 2016 being the 30th Birthday of Beavers and the 100th Birthday of Cubs. They enjoyed some Archery, orienteering, crate stacking and a big birthday BBQ amongst all the other fun things we do on camp.

CUBS

1st Pucklechurch Cubs

Claire Bishop has now taken over as Akela in the Cub Pack and the Cubs have been working on their Chef's badge, culminating with a tea party with Mr Forrester (the Headteacher from Pucklechurch Primary) as the VIP guest. 18 Cubs attending the Beacon lighting at Dyrham to mark The Queen's 90th birthday and enjoyed a slice of cake to celebrate. The Cubs went to camp with the Beavers recently where they celebrated 100 years of Cub Scouts and 30 years of Beaver Scouts. Many of the younger Cubs had not camped with Cubs before so this

was good practice before the longer summer camp when they will join the Scouts at the Group Summer camp at Longridge on the River Thames to take part in water sports.

SCOUTS

1st Pucklechurch Scouts

Rachel Smith has now moved from Cubs to become Scout leader. The Scouts have enjoyed practising their fire lighting skills and a night hike. At their request we held a pub quiz with cocktails. Now that the lighter evenings are with us we are planning activities out of doors, and have a bike ride planned for the end of term. We also been creative with paper planes, rockets and cargo drops to test accuracy and distance.

6 Scouts will be attending the "Strategy" weekend camp at Cirencester in June where they will need to navigate themselves around various challenges to collect as many points as they can.

Scouts are also looking forward to their summer camp with the Cubs at Longridge and the visit to Harry Potter which is planned.

For more information please contact Rachel Smith – 07736 320003

EXPLORERS

Vulcan Explorers are now meeting at Pucklechurch Scout Hut every Thursday evening. At Easter they camped at Biblins: the highlight was a day-long canoe down the River Wye, including the rapids at Symonds Yat. They all attended the Queen's Birthday Beacon Lighting at Dyrham Park and have completed their Young Leader training.

This term most of the activities have an outdoor theme, including attending camps at Cirencester Park and Longridge (with the rest of the scout group). If you are a scout or guide who has recently left these groups and would be interested in joining the explorers, then please get in touch with the explorer leaders at scouts@pucklechurch.org

PA Pucklechurch Community Association

Attention all residents of Pucklechurch! Do you know that the Community Centre is available for you to hire?

If you are looking for a place to hold a wedding party, engagement party, end of term disco or some other 'do', why not use your local village hall?

The Community Centre is able to cater for up to 160 people and there are plenty of parking spaces available outside. We can provide a bar, disco and catering, and if you wish, can even arrange for the hall to be dressed up to give it that special touch.

If you are interested booking the hall for a special event, please contact our Booking Secretary Karl Fuerstenberg on 07938 972069. We will do our best to accommodate all your requirements in order to make the event a memorable experience.

Please also contact Karl if you would like to discuss booking the building on a regular basis.



Pucklechurch Playgroup would like to say a big thank you to Paul Warren and his group of helpers for organising a darts competition at the Social club in the Community centre. The event was well attended and the final match saw David Kiddle and Ian Carter in a close game. The competition raised £178.00 for playgroup which we will be putting towards some sensory equipment.

Pucklechurch Playgroup will be celebrating its 50th Birthday this year and we are looking to hold a party in September. We would like to see anyone who worked at playgroup and whose children attended the playgroup or who came to playgroup themselves. We are looking forward to meeting you all to celebrate our half century. Further information to follow over the next few months.

Rogue Traders in South Glos

South Gloucestershire Trading Standards would like to reiterate the warning given recently to residents to be **extra vigilant** when dealing with unexpected callers at the front door.

Officers are aware that rogue traders are currently operating in the area and are offering to carry out, amongst other things, garden maintenance work. After refusing the offer of services at her door, one resident returned home to find work had been carried out without her agreement and payment was being demanded.

There are a number of steps residents can take to try and avoid becoming the victim of a rogue trader.

Be wary of traders who cold call and the deals they offer you – it is unusual for genuine tradesmen to need to cold call to drum up work!

Do not allow any unknown and unexpected visitor into your home. If possible, try to deal with them through a window or use a door chain.

Ensure your front and back doors are closed and locked if your attention is elsewhere.

If you are unhappy or feel intimidated by the visitor – shut the door and call the police.

If you find work has been completed without your permission and payment is being demanded, ensure you are safe inside your property and telephone the police or Trading Standards immediately. It is not advisable to confront the trader or to try negotiate the price and pay up just to make them leave.

Remember; Not Sure, Don't Open The Door.

If you think you or someone you know has fallen victim to a rogue trader, please report it to Trading Standards by contacting the Citizens Advice consumer helpline on 03454 04 05 06 or telephone the Police on 101.

Telephone scam reported

South Gloucestershire Trading Standards would like to remind residents to be wary of unexpected telephone calls.

Officers are aware of calls being received by residents in South Gloucestershire where the caller implies they are from the Telephone Preference Service and go on to ask for debit or credit card details.

There have been many scams over the years using the organisation's name with the aim of obtaining personal and financial details from members of the public. It is free to register with the Telephone Preference Service and they will never ask for financial or bank card details.

Instances such as these highlight the need for people to be vigilant when they receive unsolicited telephone calls. If you receive such a call, **be suspicious**. Never give out your personal or financial details over the telephone.

If you are at all in doubt, hang up!

If you feel you have fallen victim to such practices, or would like further advice, contact the Citizens Advice consumer service on 03454 04 05 06 (Monday to Friday, 9am to 5pm).

Pucklechurch Community Association Social Club

(Abson Road Village Hall)

The Social Club continues to deliver great value-for-money activities, that are both varied and interesting as well as being excellent social evenings with friends. March, April and May has seen the 6 Nations Rugby televised, the Grand National and the FA Cup Final. Paul Warren organised a Darts tournament in aid of Pucklechurch Playgroup. In addition, our regular activities such as skittles, the Community Cinema Film nights and Quiz nights continue to keep us busy.

After the success of the Take That tribute night, the Social Club hosted an Abba Tribute Act with a 70's-themed disco and fancy dress. It was a fantastic evening with many taking the trouble to get into fancy dress. The bottle of Prosecco was dubiously won by Pucklechurch's own answer to Ozzie Osborne. A big thank you to Kate Millward and all those who helped make it a great night.

Roll on 3rd September when we host a tribute evening to the 'Fab Four' with a Beatles Tribute Band – tickets available in the Social Club.

Dave's Quiz nights continue to be popular – keep your eyes on the notice boards, emails, the Social Club Facebook page for dates. With Cricket being well under way, the Revel Beer & Cider Festival and other events these nights have had to be varied during the coming months. Dates to note are 5th June, 3rd July and 14th August.

More film nights are planned. Again, due to the high summer usage of the club, Revel activities and Quiz nights these have been difficult to slot in to the programme. However, we will be showing Connie and Carla on 12th June and the hilarious Dad's Army on 17th July. Keep an eye on the notice boards, Pucklechurch.org web-site and the club's Facebook pages for more details. All films start at 8:00pm and are free to Members.

The Pucklechurch Cricketers will be holding a Race Night on Saturday 4th June, it's an 8:30pm start and all are welcome to join them.

For Revel, the Social Club hopes to host a Skittles challenge on 14th June and a Darts and Crib challenge on 16th June. Check out the various notice boards and Facebook page for more details.

If you have any ideas that you think can improve what is offered please let one of the committee know about it. If you want to join you can get a membership application form from the social club bar – great value at just £5 per adult resident.

Greg Bate
pucklechurchsocialclub@gmail.com



1st Pucklechurch Rainbows celebrated the Queen's 90th birthday by pretending they were receiving their latest badges from Her Majesty and curtsayed most elegantly as they were presented. They have also been enthusiastic cheerleaders, and learned about the Union Jack. May celebrations include being May Queens, making daisy chain garlands for their hair and maypole dancing on the rec. What lovely traditional activities to teach our children today. Not content with all this, they took part in the scarecrow competition and have planted sunflower seeds. I wonder whose will grow the tallest?

To join this lively group please contact Simon Harris on simonmartinharris@hotmail.com who will put you in touch with Ruth, the leader. They meet on Wednesdays during term time from 3.25 to 4.25pm in the Scout Hut.

3rd Pucklechurch Rainbows have been out and about. The Rainbows enjoyed walking to Marsh Farm to see the baby animals, and going around the farmyard with Mr Simpson and his family. We also saw the new calves and the piglets. In the orchard, Mr Simpson showed us the first signs of mistletoe growing on his apple trees. And our parent helpers shared their own childhood memories of camping at the farm with Ros Abbott's Guide Unit – how time flies!

Some of the Rainbows – and their tireless mums – were also part of the gathering at Dyrham Park for the lighting of a beacon in honour of the Queen's 90th birthday. After a long walk from the car park to the far side of the park, we waited with the Beavers, Cubs, Scouts, Explorers, Brownies and Senior Section Guides until it was time – at exactly 7.30pm – to light the beacon. There was also birthday cake, and a chance for Rainbows – and mums – to roll down the hill. Then, as it grew dark, we all walked back home for our tea – just like the Queen who went off for her dinner at 8pm exactly. It was great to be part of the Queen's birthday celebrations – thank you to Dyrham Park for inviting us, and to Dale Dennehy for making the arrangements.

The Rainbows have also been making a card to send to the Queen to say 'Happy Birthday Ma'am'

To join us on Tuesdays from 4-5pm in the Scout Hut, please contact Joanna at joanna@wallisfamily.plus.com



The brownies made a birthday card for The Queen and sent it to Buckingham Palace, for her actual birthday. We're currently sewing a patchwork for her official birthday and planning a garden party for her official 90th when lots of the girls will do their Hostess Badge. Brownies will also complete a syllabus to gain the special Girl Guiding commemorative 90th birthday badge.

We are also working towards our Senior Section Centenary badge: this involves earning 2016 points from 8 different octants, a huge variation of activities go into this badge.

We attended the beacon lighting at Dyrham Park - which the girls really enjoyed, despite the wind.

If you are aged 7-10 years we would love you join in the fun on Tuesdays from 5 – 6.30pm; please contact Phil Devey on phillypoosis@hotmail.com or Lyn on lynrford@hotmail.com



This term we have been team building. An example of this is when the older girls helped the younger members decide the best way to make their scarecrow. 'Emmeline Pankhurst' turned out very well despite the fact that she insisted in turning her head to the right; perhaps she was looking out for the police! We meet on Tuesdays in the Scout Hut from 7pm – 8.30pm and would love some more girls aged 10 – 14years to join us. Contact George at wynter397@gmail.com



DYRHAM SENIOR SECTION (RANGERS)

This Section of GirlGuiding started 100 years ago to fill the needs of older girls who wanted to continue their Guiding and is now an excellent way to try different, more adult activities. If you're aged 14+ please contact Judith on Judith.louise@hotmail.com as she'd love to hear from you. This is a very transient Section as many girls leave each year for university and therefore we would love to welcome some new members. We meet once a fortnight, either in the Scout Hut or at Dyrham House

Our current highlights include the lighting of the Queen's birthday beacon high up in Dyrham Park, and car maintenance! We have completed the South West Region Senior Section Challenge which included an evening led by the Rangers for Wick and Pucklechurch Guides, who enjoyed games with chocolate (mmm!) and went on a torchlit penny hike at Dyrham. This term will continue with an evening of Mindfulness, tractor driving and boating. How diverse is this!

TENTS FOR REFUGEES

Scout and Guide leaders recently opened the 'Tardis' which is our tent store in the Scout Hut. What came out covered the entire floor of the Hut. After a lot of sorting there was a large pile of obsolete tents – the good old fashioned light green canvas ridge tents with the heavy wooden poles, plus spare guy ropes and pegs, etc. I am delighted to report that these have been dispatched to Greece to help the refugees there. So much better than being thrown away.

Ros Abbott Guider

Hello from Pucklechurch CEVC Primary School

Kidzania

Sounds like a crazy theme park that most adults would consider avoiding doesn't it? In fact it was the venue for all of our KS2 children on the 22nd April and was probably one of our most successful school trips. The children came back buzzing with excitement about what they had learnt, why it was important and why it was such fun.

The site is a Children's 'City' in Westfield, London. The focus is on the 'children being in charge'. Effectively the day is one of experiencing life choices, where children take a role such as a Firefighter, a pilot or a banker. There are up to 60 different roles that children can play. Through these they start to consider some of the issues of real-life: Earning, saving or spending money; taking responsibility for decisions; understanding the real impact of working in a team. The aim is to help them begin to appreciate the importance of the decisions they make about their lives and how they live them.

It was an expensive opportunity but the children themselves raised a lot of money through 'businesses' that they ran in school. They learnt a lot about planning a business activity and what actually makes money. All the profit they made was used to subsidise the cost of the trip.

The day out was the culmination of significant work over two terms but every one of the staff thought it was worthwhile, the children absolutely loved it and learnt things and many of our parents were really impressed with the impact it had on the children.

If you are looking for something different to do with the children or grandchildren during the holidays then it's worth considering. It is expensive but could form part of a really great day out.

Clerk to Governors

We are very fortunate to have a great Governing Body and a key role within this team is the Clerk to Governors. The current post holder, Val Seaman, will be retiring in July and we are therefore seeking a replacement from September of this year. If you are interested in finding out just a little of what the post entails please contact the office in the first instance on 01179372579 or on admin@pucklechurchprimary.org.uk and they will pass your details to Bob Symons our Chair of Governors to contact you. We look forward to hearing from anyone who would be interested in this post.

GARDENERS' CLUB



Our March meeting was well supported when Duncan Coombes, who is a regular visitor to our club, gave a very interesting talk on "The Shaded Garden" with lovely slides to accompany it. The competition of "A Humorous Flower Arrangement" was won by Dave Harris.

Our April meeting was spent at Fonthill Garden Centre in Bitton, where we were able to browse and purchase plants. Afterwards, Luke the Manager and his staff, invited us into the lovely refurbished restaurant for refreshments, including a yummy chocolate brownie! Luke then gave us an informative and interesting talk on composts, pesticides and fertilisers that give the best results at Fonthill. Everyone enjoyed the evening, and thanked the friendly staff for making us most welcome. We shall definitely visit again!

Our AGM was held on May 4th, which was well supported. Our Summer Trip July 2nd-4th is a two night stay in Eastbourne, where we will be visiting Denmans Garden at Fontwell, Borde Hill House & Garden and N.T Nymans at Handcross on our way home.

Our summer programme ends with our Summer Supper on Friday July 22nd, and this year it will be held in the garden of Mike & Lyn Wallace.

Our Autumn/Winter programme will begin on the first Wednesday in October.

For more information about our meetings & activities, please contact:

Lynn Bate on 01179 374297, Val Seaman 01179 372095 or Ann Smith 01179 372030

Calling all people who have a heart for the Youth in Pucklechurch!

The Youth Club committee are looking to expand their committee and are in desperate need of new people to join the team that supports the youth workers. The committee do not have to have direct contact with the Youth but are there to fundraise and support the Youth Club. We meet once a term to catch up with youth leaders, discuss activities and discuss and fill out grant applications. We are a small but fun team that really want to help keep the Youth Club running. The youth provision is so important in this village as youth often feel isolated from their peers and it gives the youth a focus and somewhere to go that is safe and fun. If you are interested in getting involved then please contact Rachel Goodchild on 01173039190

Tri a triathlon in 2016

Join us for this year's 1st Annual Players Sprint Triathlon on Sunday 2nd October 2016 at The Players Golf Club, Codrington. The Players Sprint Triathlon is aimed at all levels of fitness and ability and is the perfect event for newcomers to the sport and for the more experienced athlete. The event starts with a 750m open-water swim in the golf course lake, 20km bike ride along the country lanes of Codrington and finishes with a 5km run along the championship golf course itself.

The event includes secure bike racking, chip timing, medal and goody bag for all finishers, changing and shower facilities. The Clubhouse will be serving hot refreshments throughout the day. You can enter either as an individual, a relay team of two, or a relay team of three. Relay entries can be all male, all female or mixed. To find out more about the event and to register visit mstherapybristol.org.uk/triathlon or <http://mstherapybristol.org.uk/triathlon.html>

Organisers call for entries for top Cycling Sportive

Organisers of the Saddleback Sodbury Sportive are calling for entries for the 2016 event that takes place on 21 August. With wonderful countryside as well as quiet lanes and breath taking views the Sportive offers a choice of a 30 mile, 60 and 100 mile route catering for all levels of cycling ability.

100% of the profits made at each Sodbury Sportive are donated to good causes and entrants are promised a fully supported event with technical assistance and mechanical help available at the start and along the route, a broom wagon to collect struggling riders and plenty of refreshment stations.

Starting and finishing in Chipping Sodbury the Sportive is organised by the members and friends of the Rotary Club of Chipping Sodbury.

Entry to the 2016 Saddleback Sodbury Sportive is now open and the organisers report that entries are already well ahead of this time last year. The event takes place on Sunday 21 August and entry forms are available online at <http://www.sodbury-sportive.co.uk>

Hand Bell Ringers are Recruiting!

Now is a great time to join our merry band of ringers. We meet in Pucklechurch on Tuesday evenings from 7pm – 8pm (term time only). We have great fun learning new tunes and you don't need to be able to read music. If you would like to come and see how easy and enjoyable it is to play with us, please call Marion on 9373528. We welcome all ages but in order to join in all our activities, we would prefer members to be over 16. Do get in touch!

Could you volunteer for Carers Support Centre?

Could you make a difference to someone who is ill or disabled?

Do you want to give a carer a break?

Carers Support Centre runs a sitting service in South Gloucestershire which gives companionship. The local charity links volunteers with family carers and the person they care for. They provide this service free to carers in South Gloucestershire, but currently have a long waiting list and they urgently need to recruit more volunteers.

A carer is someone who cares, unpaid, for a family member or friend who is ill, frail, disabled or has mental health problems.

Volunteers are motivated by their desire to help carers; and they give their time regularly and build a relationship with the cared for person. They typically volunteer for 2- 3 hours per week or fortnight. They are given training and ongoing support. Their help means a carer can take regular time out to meet friends, go shopping, or simply enjoy a hobby.

Marilyn Crump, Sitting Service Co-ordinator explains: "A volunteer needs to be someone a carer can trust and who wants to build a relationship with the cared for person. We take time to find out about and train volunteers so that we can match them carefully to a family. This means that carers can take a regular break in complete confidence that the person they care for will be happy and safe."

The service relies on volunteers who offer companionship, care and compassion by spending quality time with the cared for individual. If you are a sensitive, friendly and reliable person, with a few hours a week to spare this could be the perfect opportunity for you. To find out more about volunteering please contact: Marilyn Crump, Sitting Service Co-ordinator, on 0117 937 5622 or mobile 07722 283 672. Email: Marilync@carers-supportcentre.org.uk

Carers Support Centre also offer a variety of free tailored training courses and workshops for 2016. The charity helps people who care for someone, whether it is a friend or family member. They offer advice, information and support; as it can often be difficult for carers to know what they are entitled to and what help is out there for them.

Their courses are open to anyone caring for a family member or friend in South Gloucestershire or Bristol. They could be looking after someone who is ill, frail, disabled or has mental health or substance misuse problems.

To find out more about training and workshops for carers, call Pauline Edwards-Samuels on 0117 958 9988, or email training@carerssupportcentre.org.uk.

More information can be found on the website: www.carers-supportcentre.org.uk