

**Aley Green Pepperstock
Slip End Woodside**

PARISH NEWS

October 2015



Autumn is almost upon us and the leaves are beginning to drop already.

We are busy preparing for Harvest, with Festivals at the School and the Church plus the annual Harvest Supper—an event welcomed by many and a good chance for the villagers to get together to enjoy entertainment and a welcome supper. Hope to have a report next month.

Harvest

Thank you for the harvest
When fruit and berries grow.
Thank you for the ripening corn
Planted long ago.

Thank you for the autumn
And a warm and sunny day.
Thank you for the harvest
And crops to store away.

Thank you for the sugar beet
And fields of new mown hay
To feed the cows and horses
When winter comes to stay

By Brenda Williams

The Autumn Garden

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, safe perhaps in Daffodil time, do we get such superb colour effects as from August to November."

Rose G. Kingsley

The Parish Council has received the speed data from various locations throughout the Parish and once we have analysed it we will be meeting with the Highways Department's design engineer to review the existing calming features and consider what, if any, additional work is needed.

Ken Crossett would also like to pass on his thanks to all those who have been in touch to let us know their thinking on the work that has been carried out so far.

Faster Broadband for Crawley Close



After months/years of trying to get faster Broadband, Crawley Close and nearby have finally got their wish. It meant quite a bit of upheaval for the residents as you can see above, but we are pleased to confirm that the faster connections are now in place. (Just need to get the rest of the village sorted now!)

No news from Community Projects Group this month but hopefully an update next month. Please can everyone ensure that news gets to us on time. It has been a difficult month again. Thanks, Sue Briggs
(Front cover shows the children from Slip End School At Woodside Care Home)

Luton Hoo Walled Gardens

Following our report in the last issue, I popped along to the Walled Gardens at Luton Hoo with some friends to see how the restoration project is progressing. I first visited it several years ago and there is certainly a big difference to the gardens now. There are about 16 volunteers who help in the gardens during the week and then some more on Saturdays. They are making big improvements in the outbuildings, flower beds and vegetable gardens. There is even a little stall where they sell fresh produce and flowers, well worth a visit. The Open Days for September have now come to an end but look out for further events. There is also a Children's Workshop taking place on 29th October between 10am and 12noon. Email office@lhwg.org.uk to book. The website is www.lutonhooestate.co.uk



Cacti greenhouse and gardens



Fresh produce and flower stall and some of the volunteers having a well-earned rest.
Walled seat in the Conservatory Gardens.



Dear Parents/Carers,

Welcome back to a new school year. We have had a very busy summer working on both school sites in order to improve our facilities and make sure we have a great environment for pupils to learn and flourish.

Slip End is now firmly on the road to becoming a primary school and welcomed back Year 5 children into the new classroom complete with a huge interactive TV. We are sure you all noticed the new sign proudly proclaiming 'Slip End Village School' with its bright colour and stylish logo.

Many of the children have been proudly wearing the new Slip End uniform – complete with new logo – but SELS uniform is perfectly acceptable.

Much of the school was painted during the holiday and it all looks clean and fresh. Thanks to the artistic skills of Duncan Seaton, we now have a BFG painted on the wall by Year 1. The EYFS area is also looking ship shape and is ready to welcome in our youngest pupils.

Caddington's EYFS has also been relocated, swapping over with the Year 1 classrooms – staff have taken the opportunity to make both areas tidy and welcoming. The kitchen has been completely modernised at Caddington and Hobbs catering have made Healthy eating even tastier by introducing a salad cart – a request put forward by the student council. Parents will be invited into school to sample the food shortly – look out for a separate letter from Mrs Butler.

Solar panels were installed on the roof at Caddington, so we are now generating electricity – some of which we use and surplus is fed back to the National Grid. Our pupil 'Eco team' will be monitoring production and consumption over the coming year.

As you can imagine all of this has been a lot of work for our site and support staff – so huge thanks to Mr Mead, Mrs Webb, Mr Casamian, Mrs Wright, Mr Horne, Mrs Steele and Mrs Butler for all of their work over the holidays.

Both schools completed training sessions together on the 3rd and 4th September; parents may be interested to know that these included safeguarding (all staff), phonics, curriculum and assessment developments (foundation subjects), improving the quality of pupils work, preparing for primary and first aid training (as appropriate). Staff spent time at both schools and enjoyed sharing ideas and thoughts for future developments as well as sharing good practice.

The support of parents and carers is critical for academic success and personal wellbeing of children and your thoughts and opinions are valued by us. We will be running a number of workshop sessions and would welcome your attendance in order to help us hone our policies and procedures to ensure your children get the best possible education and enjoy their time at school. The first two are listed below, you can just turn up but we would appreciate the return of the reply slip where possible – just so that we have an indication of approximate numbers. (being sent out with the children)

**Tuesday 29th September – Promoting good behaviour – how to help your child at school.
7pm @Caddington Village School and Slip End Village School**

(continued overleaf)

This session will explain the behaviour policies and procedures at both schools and what happens if a child misbehaves. In addition we will explain what you can do at home to support your child and the school.

Thursday 15th October - Working at age related expectations – how to ensure your child makes progress and succeed at school. 7pm @Caddington Village School and Slip End Village School

This session will clarify new assessment practices and give strategies for helping your child progress – especially if they were not at ARE (age related expectations) at the end of the last academic year.

Future sessions will include

- Being a 'critical friend' – how to work effectively with the school when you have a concern or complaint.
- Using phonics and helping your child with reading.
- Homework – how to help your child at home and promote a love of learning.
- E- safety – keeping your child safe on the internet, using social media.
- Bullying – what to do and how to cope if you think your child is being bullied.
- The Governing Body; its role and strategic vision for both schools

We would welcome your thoughts on any sessions you would find useful.

Amanda Howes

Operation Christmas Child



Suddenly it's that time again and I wonder where this year has gone? It doesn't seem that long ago that I was over in Belarus helping with the distribution of the shoeboxes and it brings back some happy memories (plus a few sad ones too). The children were all so grateful for their boxes and really enjoyed opening them and showing their friends— some couldn't believe we had travelled all that way just to take them a gift.

In November we will be back at Heathfield's Community Centre checking, packing and sending the completed cartons to a warehouse in Cambridge, ready for their long journey to Eastern Europe or perhaps further afield. If you would like to do a shoebox I have some leaflets available, just send an email or drop a note through the door, (details at the back of PN) or contact me through St Andrew's Church. Our children receive so many gifts it is good to think of some that do not. One of my precious moments in Belarus was Lana who said it was 'The Best Day of My Life' The joy that she felt from a simple shoebox was extremely humbling.

Sue Briggs.



Flamstead Scarecrow Festival

Another successful year of scarecrows for Flamstead and hope many of you were able to get along and visit the many exhibits. Some are featured below including the first and second winners.



Dragon won the coveted 1st prize



Ozterminate won 2nd!

Thanks to Bob Terry from the photographic club, who managed to take some photos, we can show you a few more (opposite). It is always interesting to see the different scarecrows and the imagination used by the participants of Flamstead Village.



Caddington Show

The Caddington Show chose a great day once again with the sun making a welcome appearance. Lots of stalls around to choose from, animals to view, the Dog show attracted many entries and some excellent exhibits in the hall to look at.



Aley Green produce running out!!

Josie Marley made the lovely bear and got 1st prize



Operation Christmas Child for the shoebox appeal—thanks to all who visited us.

Sue Briggs

Dates for St Andrew's Church— October

Sun 4th: 10.30am: Informal Communion – Family Life

Sun 11th: 8.30am: Said Communion – Richly rewarded

Sun 11th: 10.30am: Cafe Church – Uniforms – Rugby World Cup (band) –



Breakfast from 10.15am



Sun 18th: 10.30am: Holy Communion – Serving Like Jesus (organ & singers)

Fri 23rd: 2pm: Woodside Care Home Service

Sun 25th: 10.30am: Morning Praise – Never too hopeless (band)

Little Stars for October



Weds 7th: Refreshments from 10am with a 10.30 start: Little Stars: Animals in the Bible – Noah's Ark

Weds 14th: Refreshments from 10am with a 10.30 start: Little Stars: Animals in the Bible – Jonah & the whale

Weds 21st: Refreshments from 10am with a 10.30 start: Little Stars: Animals in the Bible – Daniel & the lions

Weds 28th: Refreshments from 10am with a 10.30 start: Little Stars: Holiday Club Theme



Little Singing Stars meet Tuesday mornings at 10am prompt



A Message from St Andrew's

elsewhere in this magazine.

How do you fancy a trek round the North Pole? That's what we at St Andrew's are going to do this half term (well, pretend to). Yes, it's the St. Andrew's holiday club time again, when we will be inviting all the primary school age children in the village to join us to have a lot of fun and games.

This year our theme is Polar Explorers. It will be led by the world famous explorer, Sir Random Finds (aka me) and his assistant, Bare Feet (aka Charlotte Kelly).



I'm sure many of you have children who really look forward to our annual holiday club. If your kids haven't tried it yet, let them come and find out for themselves this year.

Chris Barnes, Reader, St. Andrew's

Vicarage Family BBQ

Few photos from the excellent family barbecue at the Vicarage where a good time was had by all.



As you can see, Cathy, our vicar, is already getting ready to be a Polar Explorer and join the expedition.

All the children will be invited to go on various expeditions within the church, play some daft games, some great team games, make some craft items and have a bit of quiet study time where they can ask all sorts of important questions.

The emphasis will be very much on fun for the children. After all you can't play our famous parachute games on a computer! – see the next picture.

The club lasts from 10.00am to 3.30pm on Thursday 29 and Friday 30 October. For more details, see the advert



SLIP END GARDENING CLUB

The August visit was to Wrest Park, Silsoe. It is one of the few places in the world where visitors can see the evolution of landscape gardening over the last 300 years. Taking ownership in 2006 English Heritage launched a 20-year master plan for Wrest Park which started with the Revitalisation Project. The project was funded by the Heritage Lottery Fund, the J Paul Getty Jnr Charitable Trust and English Heritage. Work included new visitor facilities, new interpretation in the mansion, and the restoration of the rose garden and the Italian garden. In 2012 the French Parterre was restored and a new sculpture gallery opened. Most recently the Ladies' Lake was restored to its former glory with reinstated paths and repairs to the waterworks.

There were hidden gems in the gardens, which included an ornate marble fountain, the 18th century Bowling Green House, a Chinese Temple and Bridge and [over 40 statues dotted around the grounds](#). The Chinese Temple and Bridge originally formed part of a tableau imitating scenes found on Chinese willow pattern plates. The Long Water is encased on either side by walkways leading to the spectacular Archer Pavilion. Built by Thomas Archer between 1709-11, this baroque pavilion, with its stunning interior, is the focal point of the gardens.

The last garden visit of the year under the National Gardens scheme was to Rustling End, Codicote. Report next month.

PN Gardening Correspondent

Wrest Park



GARDENING CLUB Mon 16th November

8pm (Village Hall)

Speaker
Andrew Sankey

“The Royal Botanical
Gardens of Kew”

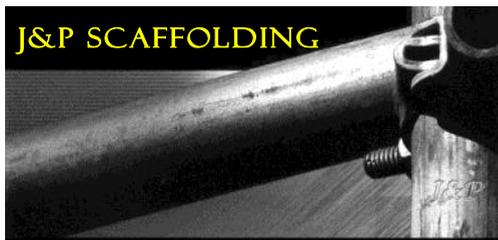


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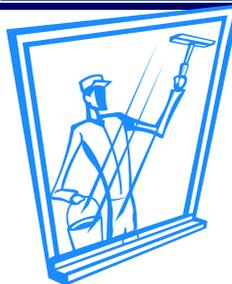
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Friends of Woodside Care Home

On the July day we picked to have the Teddy Bears picnic the heavens opened and it poured with rain so it was inside. Sue Wilson from the local photography club in Slip End took some amazing photos some of which I will share with you. It was a fabulous afternoon indoors. The children had drinks, sweets and popcorn donated by the Skew Bridge pub in Southdown. We had the face painter, Nina Oakes who donated her time and the children had paintings done on their arms, which they judged to be 'wicked'! David Clement Horton and Mia Chevias, professionals in the music business, gave us a wonderful performance. The children played their ukuleles and the professionals watched the youngsters with admiration.

The residents had a wonderful time. There was much laughter, fun and the garden, although it was wet, still looked amazing. All the staff wish to thank all the donations of time.



Many residents were still smiling at bedtime. Thankyou!



Woodside Home



Mia dances with a resident



From the sensory garden

The walk down to the home just after 7am is often very pleasant especially on a Sunday when there is very little traffic about; everyone in the village is still asleep. The sun in the summer is often just coming up over the green lane, the new crossing has been an asset especially when wheeling the wheelchairs to the village. It is certainly safer,

The other day I took two of the residents blackberry picking. They so enjoyed something that brought back childhood memories. We then took them back where I made blackberry and apple crumble, a favourite of the residents, they all enjoy the old fashioned fruits and I am lucky to be given rhubarb from Gordon Burton's allotment for them, I use the rhubarb for crumbles, pies, rhubarb and ginger cake. Most of our residents come from a 'waste not' era; they saw rationing, the depression years, and most knew hard times.



They come from an era when you repaired and mended everything, so different from the throwaway society of today , most of them grew up with no phones, no kitchen appliances like washing machines, freezers or fridges, clothes were made. Knitting was high on the list of priorities. Footballers from big clubs were paid small wages, sport was more important not the money that forecasts results , school was only till they were 12 or 14 years old then you worked. Factory hours were long, food was organic which you grew yourself or was grown by the local farmer. There were less chemicals. Today life for anyone with dementia is therefore very complicated, not only everything for you is confused but technology has made everything even more different. You live in a twilight zone where sometimes you can remember for moments through a trigger of a reminder, i.e. an

old song or book. Everything is totally strange as the disease progresses. You may not recognise a husband or daughter yet they are familiar but your brain mists over the reality. You may find it is hard to swallow or your mobility is taken away by the disease. The only thing I believe that can help you is music, stimulation to give you joy in your life.

Recently the Vicar invited the residents to a summer tea party. They all loved this. Cathy and her helpers make the residents feel special and they enjoy their treat out of the Home. Wheel chair visits to the village are very popular, as are the small concerts David Clement Horton puts on for the residents he donates his time.

We have many treats for them lined up for Christmas = the Christmas cracker party when we hope to invite resident seniors from the village.

Janet Crawley

Thank you

Thank you's such a little word
Often thought, but seldom heard.
It doesn't take that long to say
Yet on our lips it fades away.
A gentle word, a casual hand,
A caring thought to understand.
A droplet in this cold world's pond
That sends its ripples far beyond.
For who's to know the joy it brings,
The comfort from another's wings,
Unless the word that lies so small.
Becomes the greatest of them all
Unless we learn to take and give
Appreciating who we're with:
It doesn't take too long to say
But thank you goes a long, long way!

by Lynn New

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Our recent meeting found us with Tony Woodhouse talking about The Star of Bethlehem. He told us many stories of the Highway Robbers in and around our area. Fascinating - from the Chalk Hill in Dunstable; The Five Bells in Stanbridge; John Zouch of Zouches Farm; Markyate Cell; the Wicked Lady at Wheathampstead; to Caddington Hill, which was apparently called Gallows Hill for that reason, and many more mostly authentic stories and members enjoyed asking Tony questions afterwards.

Our competition was A Pretty Bag was won by Enid Campbell, Jean Turner and Sallie Stonestreet second and myself, third.

Yet again, our Darts Team has won all their matches - not lost one yet this season. Well done ladies. Keep it up.

Dunstable Priory Church held a flower festival to celebrate the 100 years Centenary of the W.I. Lovely displays each with a different theme. Sue Martin helps organise this event with some of the members of Caddington and other W.I.'s, along with other organisations. A very good and successful event.

Next month I will give a report on our Afternoon Tea and Birthday Party to celebrate our 60th anniversary.

Sandra Lawes will be our Speaker in October speaking about her trip to Peru. We have many events in October to keep us busy.

We meet at the Baptist Church Hall, Dunstable Road on the third Tuesday of each month commencing at 7.30 p.m. Come and join us - the talks are good and the social life great.

Linda Edwards

Future dates:-

20th October - Peru with Sandra Lawes

The Bedfordshire Quilter held their Bi-annual Quilting Exhibition recently. There were many quilts exhibited along with many hand crafted articles from wall hangings to hand bags. Teresa Willson and Linda Edwards who are local ladies were among those who had Quilts on show. The members of the Quilters created a sampler quilt which was raffled in aid of the Charity East of England Air Ambulance, which raised the grand total of £1000. For those who bought raffle ticket the lucky winner of the quilt lives in Epping.

The Quilters meet on the 2nd Monday in the month at Luton Bowls Club, Stockingstone Road, Luton. 7.30pm to 9.30pm. They also have a sewing day every 3rd Thursday in the month at Farley Hill Methodist Church Hall, North Drift Way, Luton 10am to 4pm. If you are interested in learning patchwork or quilting contact Karen Harrop Lut 729192.



Teresa Willson has been attending for a few years and has just finished the beautiful quilt featured above. Well done Teresa

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Lexophile

"Lexophile" is a word used to describe those that have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless." A competition to see who can come up with the best lexophiles is held every year in an undisclosed location. This year's winning submission is posted at the very end.

When fish are in schools, they sometimes take debate

A thief who stole a calendar got twelve months

When the smog lifts in Los Angeles U.C.L.A.

The batteries were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

A boiled egg is hard to beat.

Police were summoned to a daycare centre where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

When a clock is hungry it goes back four seconds.

The guy who fell onto an upholstery machine is now fully recovered.

He had a photographic memory which was never developed.

When she saw her first strands of grey hair she thought she'd dye.

And the cream of the twisted crop:

Those who get too big for their pants will be totally exposed in the end.

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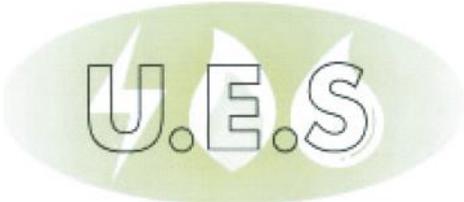
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Gardening Tips

by Russell Sprout

Not the best summer on record, nevertheless it suited some things and I have to say that my freezer is full of fruit and vegetables for the winter months. Time now to get the garden sorted for the winter so you are ready for next season. Remove all annuals before they become too bedraggled. Most hardy perennials should be planted this month unless the soil is very wet in which case wait for a dry spell, or the soil will compact where trodden on. Cut Dahlias down to about six inches above ground level as soon as the frost blackens the leaves, then dig them up using a fork and try not to damage the tubers, dry in a frost free shed for about a week and plant in shallow trays with just enough peat or ash to cover the tubers and keep slightly damp, shoots will appear next spring. Plant border Carnations and Pinks, space border Carnations about 15 – 18 inches apart and Pinks 12 inches apart.

Chrysanthemums can either be left in the ground to over-winter but do not cut the tops down until spring, or lift the stools, cut the tops down and plant them at the same depth they were growing in a cold frame or greenhouse and take cuttings in the spring. Do remember to label them before lifting. Gladioli do not fare well if left in the ground to over-winter so lift them about the second week of the month and dry them off thoroughly then cut the stem just above the corm, the roots can be removed as soon as they are dry. Store them in a frost free environment and replant in the spring.

Sweet peas can be sown direct into the ground now or in pots from the middle of the month in a cold greenhouse, plant tulips and Hyacinths this month and into November. Tulips planted earlier may be

damaged by frost and may suffer tulip fire disease.

Cut out the canes that carried this year's fruit from blackberries and loganberries and tie in the new shoots to a wire or frame. Complete the planting of strawberries this month for fruiting next year and clear all rubbish from established beds. Towards the end of the month plant all types of hardy deciduous trees and shrubs but not in frosty weather or strong winds.

If you have a pond you should be thinking about preparing it for the winter by drastically thinning out underwater oxygenating plants and remove old water lily leaves. This will avoid the presence of a great deal of decaying vegetation on the base of the pond when the water is iced over, and will minimise the formation of toxic gases and prevent a shortage of oxygen. If the water looks dark green or blackish, drain off half the volume and replace with fresh water.

If you would like to take up an allotment,



ring Derrick 736892 or Steve 423622 to see what is available. The Gardening Club welcome visitors to their meetings in the village Hall (£2). Why not make a note in your diary for 16 November and go along to hear Andrew Sankey talk about The Royal Botanical Gardens of Kew.

Russell Sprout

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Slip End Photography Group

Wedding Congratulations

August's visiting speaker was Andy Sands who lives locally and owns a camera shop in Chiswick. He told us he had a hankering to be a botanist or zoologist when he was younger but instead worked in a camera shop. He now spends much of his spare time photographing rare species of insects and other creatures.



He showed us some amazing macro photographs of rare bees and wasps and other "bugs", some in flight. He explained the techniques used to get these photographs and later demonstrated some of the equipment he uses. It was amazing to see full screen pictures of insects that are only a few millimetres in size.

If you are interested in finding out what we do or listening to one of the speakers, come along to the Social Club on a Tuesday evening. From October, we will be meeting on the first Tuesday of the month to look at and discuss photos taken. On the third Tuesday of the month we will usually have a visiting Speaker. Future dates are 20th October and 17th November. The Christmas party will be on 15th December, tickets for this will need to be purchased in advance. Guests are welcome.

Edward Avern and his family lived in Claydown Way and were members of St Andrew's Church before they moved to Berkhamsted, following the sad death of his mum Valerie. My sons Peter and Ian are still close friends of Edward and his sister Charlotte.



Edward was married to Beatrice Limbert on Saturday 5th September at St John the Evangelist Church in Upper Norwood, London. Peter was proud to be his best man.

Alison Wilson

*Below—Ian,
Peter, Bea, Ed
& Charlotte*



The Little Princess Trust

My name is Zoë Plummer and on the 18th of July, I cut 18 inches of my hair off (just under my belly button!) and posted it to the Little Princess Trust. The Little Princess Trust is a charity which makes wigs specially for children who, sadly, have lost their hair due to cancer treatment or alopecia. Alongside of this, I have also raised just under £550 from sponsors and would like to thank everyone who donated to this worthwhile cause and I would also like to thank the Cutting Crew, in Caddington, for making the final chop!

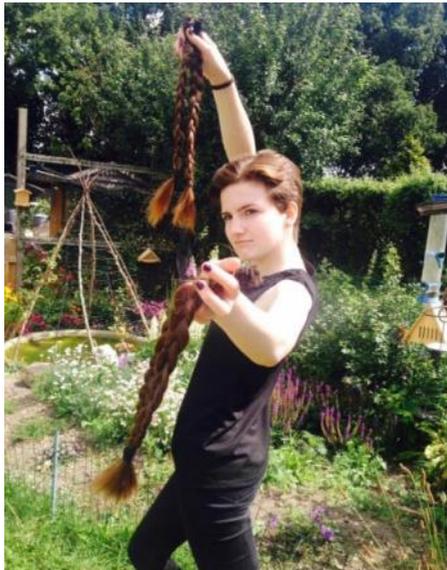


Before:



During:

After:



Little Princess Trust

A charity to provide real hair wigs for children suffering hair loss. For more information go to their website:

www.littleprincess.org.uk

Well done Zoe, an excellent effort — from the Parish News team

Aley Green Methodist Church .

Services and Diary dates - October

Sunday 4th

- 11.00am Morning Service - Rev Bob Forrest
11.00am Sunday School Communion

Tuesday 6th

- 7.30pm Bible Study - Words of Faith
Rev Bob Forrest

Friday 9th

- 2.30pm 'Take Time'
Jim O'Connor MBE from NOAH
with Trustee Rev Rob O'Neill
Followed by afternoon tea at 3.30pm
Offering for NOAH

Sunday 11th

- The South Beds Circuit Banner arrives
11.00am Morning Service - Rev Phil Horner
11.00am Sunday School & Youth Group

Tuesday 13th

- 10.00am/2.00pm 'Cakes & Company'
Brunch & Browse

Saturday 17th

**Please note the planned Autumn Fayre
has been cancelled**

Sunday 18th

Junior Mission for All Sunday

- 11.00am Morning Service - Jo Prowse
Sunday School Superintendent

Monday 19th

- 7.30pm Fellowship Led by Mike Bull

Sunday 25th

- 11.00am Morning Service - Lesley Hopwood
11.00am Sunday School & Youth Group

Wednesday 28th

- 7.30pm Coffee Evening
In aid of Keech Hospice Care

Sunday 1st November

- 11.00am Morning Service - Rev Bob Forrest
11.00am Sunday School Communion
-

Our thanks to those of you who joined us at 'Cakes & Company' and our Coffee Evenings over the holiday period. In August we raised £80.00 for World Vision.

Aley Green invite you to join us at our third 'Take Time' meeting on Friday 9th October at 2.30pm followed by tea at 3.30pm. We look forward to hearing Mr Jim O'Connor MBE telling us about his work with NOAH. Our planned Autumn Fayre on 17th October has been cancelled, but we do hope to see you at our extended 'Cakes & Company' on Tuesday 13th October, 10.00am - 2.00pm. There will be stalls, home made cakes and preserves for sale together with bacon rolls and sausage rolls. From midday there will be soup with buttered roll, jacket potatoes, pasties and a choice of desserts. All money raised will go to our Church Re-pointing Fund. (The recent quotes have made our treasurer go very pale) Come for breakfast and stay for lunch!

A warm welcome from Team AG assured We are always grateful to our village friends who support our little church and the various charities we raise funds for. Your donations of sugar and fruit and vegetables from your gardens is a great help with our preserve making, 'Thank You.' In 2014 we were able to help twenty eight charities raising a grand total of £7,531.42. As well as this we raise funds to support the everyday running costs of our church and are 'saving up' to have the building re-pointed. We could not do this without **your** help and support. As a church our fundraising is very important to us. As Christians and indeed human beings we feel that we should do all we can in all the ways we can. Our preserve making is not an easy option, it takes time, effort and hard work but we enjoy seeing the finished product on our shelves and by the way the jars fly off the display you enjoy eating the finished product!! Did you know the new season piccalilli is now on sale? *God Bless you all
from Aley Green
Ann Meader.*



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Contribution from Markyate Surgery

With 'Self Care for Life' the Self Care Forum wants to bring awareness of how we can support people to be healthy for all their life. Whether it is about preventing ill health by choosing healthy options that will impact positively on their physical health and mental wellbeing, taking care of their own minor ailments at home or understanding how to manage more serious conditions; it is vital that we improve people's health literacy – to help them remain healthy for their whole life.

When will I feel better? Treat yourself better with pharmacist advice. Speak to your pharmacist first for advice on what is best for you. Symptoms can last longer than you think:

Ear infection: at least 4 days

Sore throat: 1 week

Cold: 1½ weeks

Flu: 2 weeks

Nasal congestion: 2½ weeks

Cough: up to 3 weeks

Remember antibiotics DO NOT help common winter ailments.

20 Tips for self –care:

- 1) Don't spend four hours in A&E with a cough or cold – treat yourself or take advice from your pharmacist
- 2) A&E is for life threatening emergencies only – understand which health service is suitable for your health needs
- 3) Activity is key to long term physical health and mental wellbeing.

30 minutes of activity a day, keeps the hospital bed at bay. Move more – live well!

- 4) Speak to a pharmacist about how your common ailments might affect your long term condition
- 5) Don't run out of your medication– be prepared
- 6) Know how to stay healthy for all your working life
- 7) Make sure you read instructions on medicines especially if you are driving or lifting heavy machinery
- 8) You don't need to stay away from work with sore throats, coughs or colds
- 9) Antibiotics don't work on sore throats, coughs or colds
- 10) Did you know overuse of antibiotics is making them ineffective?
Understand when you should and shouldn't use antibiotics

(continued)

- 11) Know how to be healthy for all your life
- 12) Self care for the important people in your life
- 13) Stay healthy in body and soul by eating well and being active
- 14) Feel good about yourself – take care of your health — take control of your health – be in control of your life
- 15) Self care from the cradle to the grave
- 16) Know how to be healthy for all your life
- 17) Self care from head to toe
- 18) Make self care a life long habit
- 19) Be mindful of your self, health and happiness this winter
- 20) Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.



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Pub Pages



The Rising Sun

The Rising Sun played Host to the annual August Bank Holiday fete on Sunday 30th with BBQ and Live Band, Stalls included Tombola, Face Painting, Magic Tricks, Cakes and Sweets, Football, Bouncy Castle and Kids Sumo Wrestling. **Almost £1000** was raised with Proceeds divided between Local Children (for a panto trip perhaps?) and Ovacom, the Ovarian Cancer Awareness Charity. Kevin Stephens, who lost his first wife Loraine to the illness, brought along his Aston Martin with a James Bond Theme and bedecked in Teal Blue Ribbon — The colour of Awareness.



Kevin said “I am so grateful to the wonderful generous community of Slip End and beyond for giving Lesley and me the platform to help raise Awareness for Ovarian Cancer which, if the symptoms are recognised early greatly increase the chance of survival, and would particularly like to thank Anne and Adrian and the staff of the Rising Sun, Lisa and Phil , Lesley and her band of helpers who put together a wonderful Teal Blue Ribbon Ovacom stall, and all those who gave

their support to the organisation and attendance of a lovely day.”



Kevin Stephens



What's On:

Sat 3rd October Live Music 'Kerry George

Fri 16th October Music Quiz

Sat 17th October Karaoke

Sat 31st October Halloween Live Music
'Banned' (*Prize for best dressed*)

Every Sunday between 12noon and 4pm
"Find the Joker" and have the chance to win a cash prize! Check the board for current prize fund!!!! Every Wednesday and Friday between 5pm -7pm "Throw the Dice"! Throw an even double and the landlord pays.

We cater for all special occasions, large or small. For more info about bookings and forthcoming events, please call (01582) 721212 or pop in for a chat.

The Frog & Rhubarb

It is time to start planning your Christmas festivities and the Frog & Rhubarb has menus ready for both Christmas Parties, Christmas Day and New Years Eve.

They are available from the pub or the internet at www.frogandrhubarb.co.uk.

To make your celebration extra special why not book for one of the pub's party nights when there will be a five-course meal and DJ for an extremely reasonable price. These are taking place on Fridays and Saturdays in December.

The Plough

Parties catered for: Birthdays, weddings, Baby Showers, Christenings, Funeral etc. Venue free. For more info call Melissa or Doug 01582 720923

It has been a very busy summer at the Rising Sun. Congratulations to Del and Shirley Stanbrook who celebrated their recent marriage with friends and family in the marquee. Everyone had a fabulous afternoon and evening, enjoying a sizzling 'Hog Roast' and 'Cocktails' served by Andrew from the outdoor bar. The children thoroughly enjoyed the large inflatable slide & bouncy castle, whilst entertainment was provided in the marquee by the fabulous flamboyant 70's band "Looking Back". This was followed by an indoor disco, which had everyone dancing late into the night.

We wish to thank everyone who supported our charity fun day on Sunday 30th August 2015. This year we raised money to support an ovarian cancer charity and the Slip End Youth Club. Once again it was a great day out for all the family!! Everyone enjoyed the various fun stalls, raffle, face painting, bouncy castle and magic Paul, although some preferred to relax and watch live Premier League football in the bar! A delicious BBQ supplied hot food throughout the afternoon and live music provided early evening entertainment, followed by a disco.

Slip End Social Club

Jason Cunningham is counting the days until the biggest fight of his career when he steps into the ring at Birmingham Barclaycard Arena on October 17th to fight for the British Super flyweight crown.

Recently in Leeds he defeated the Nicaraguan called Marlon Prado in a busy 6 rounder. Jason won every round, nearly achieving a knock-out on his opponent in round 3. His superior form stands him in good stead for his prospects when he fights Khalid Yafai for the prestigious Lonsdale Belt over 12 rounds.

Yafai based in Birmingham, will probably start as favourite and have the majority support but Jason remains confident that he will take the title. He has prepared hard for the fight and at the end of September flew to Spain to spar in a gym there where he will be meeting some international opposition. He wants to ensure he is raring to go—and ready to rumble!

Tickets are for sale at £40, £60, and £100 and are available from Tony Strong on 07739295228 but be quick as the show is attracting a lot of interest and seems certain to be a sell-out. Jason would appreciate your support for this fight and is very keen to topple Yafai and believes he can do it. Sky Sports will be showing the fight but if you would like the chance to see Jason in person contact Tony. Transport is being arranged from the Social Club so call Tony for all the details.

Tony Strong

Slip End Post Box

In case you haven't spotted it the post box times have finally been updated. The times changed about one year ago and it has taken this long to get a new plaque!



Despite the postman informing Royal Mail and countless emails and photos from me it has still taken months to amend! **Collection Monday to Friday now at 4.00pm. Saturdays 12noon.**



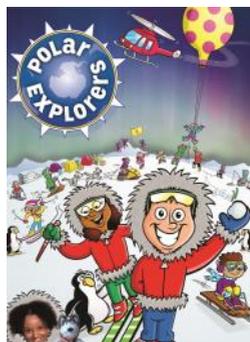
Editor

"Polar Explorers" registration form	
<i>Child's full name:</i>	<i>Sex: M/F</i>
<i>Date of birth:</i>	<i>School:</i>
Please register my child for the holiday club <i>Parent's/Guardian's signature:</i>	
<i>Parent's/Guardian's full name</i>	
<i>Address:</i>	<i>Phone number:</i>
<i>I give my permission for our details to be entered on the Church data base</i>	<i>Yes/No</i>
<i>I give my permission for my child to appear on group photographs</i>	<i>Yes/No</i>
<i>please state if your child is allergic to anything</i>	
<i>please state if your child has a sensitivity to flashing lights</i>	<i>Yes/No/ Unsure</i>

**St Andrew's, Slip End
Autumn Half Term Holiday Club
Thursday 29th & Friday 30th October**

Holiday club is most suited to children from reception to Year 6, but others are welcome, if the numbers allow. We would also wish to advise you that this year we would appreciate a minimum donation of £10 per child - but this is for BOTH days. For more details contact either Jill Saunders (452539) or Mary Barker (738435). Further details and consent forms will be distributed on receipt of the registration form (above). Feel free to photocopy this form and complete one form per

child, thank you. Completed forms can be dropped at Jill's house near the back gate of the school or given to Lynne Sandle or Karen Smith, whom you may know as they are both parents of children at the School.





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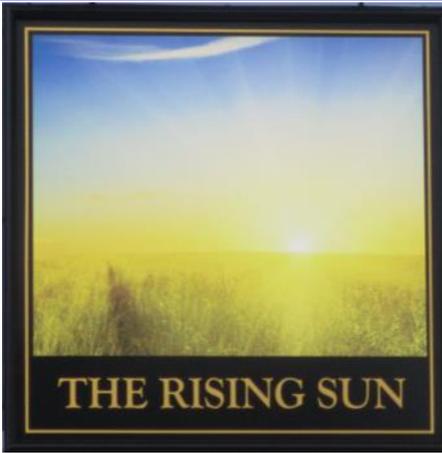
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**DIARY - If you would like your events included
please contact the Editor**

October

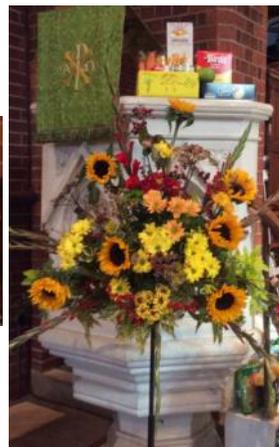
- Mon 5th Parish Council Meeting Village Hall 7pm
- Sun 11th Café Church, St Andrew's Rugby World Cup from 10.15am
- Tues 13th CPG Meeting Slip End Social Club 7:30pm
- Tues 20th Caddington WI Baptist Church Hall 7:30pm
- Thur 29th "Polar Explorers Holiday Club St Andrew's Church
- & Fri 30th (See information & registration form in magazine)

November

- Mon 16th Gardening Club Meeting "The Royal Botanical Gardens of Kew" Village Hall 8pm
- Tues 17th Caddington WI Baptist Church Hall 7:30pm
- Sat 28th Craft Fayre (in aid of Keech Hospice) Village Hall



HARVEST 2014



Bin collections

Black bin and Glass Friday 9th & 23rd October

Recycling bins Friday 2nd, 16th & 30th October



Don't forget to advertise your events here!

Please contact us with details of events to add to our diary so that everyone in the community can read about what is on in the Parish and hopefully avoid any clash of dates for events!



YOUR PARISH & CENTRAL BEDS COUNCILLORS

Clerk to Parish Council — Peter Segal 526594 (9am to noon weekdays)

clerk@slipend.co.uk

Parish Councillors:-

Steve Baird	738205	Steven.Baird@cooperindustries.com
Paul Cooper	07703 599006	paul-cooper@indigo-tiger.com
Ken Crossett	414168	kencrossett@slipend.co.uk (<i>Chairman</i>)
Keith Holme	07969 154783	holme@keithjan.fsnet.co.uk
Simon Patterson	07767 615714	smp@amida.fsworld.co.uk
Carol Brennan	453049	carolbrennan74@aol.com
Sarah Minnighan	07868 742904	s.minnighan@outlook.com

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Water leaks	0800 3765325	Cold Calling	0345 4040506		
Out of hours noise	0300 300 8098	Street Lighting	0300 300 8049		

Your Central Beds Councillors

contact details



Cllr Kevin Collins
01582 417933
Kevin.Collins@centralbeds.gov.uk



Customer Services
0300 300 8000



Cllr Richard Stay
01582 402602
Richard.stay@centralbeds.gov.uk

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Doctor	Markyate Surgery 841559
Schools:	Slip End Lower 720152 Caddington Village School 726058
Streetfield Middle 613421	Ashton Middle 663511 Manshead Upper 679400

Churches:-

St Andrew's Church 01582 725061
Rev. Cathy Pullinger—vicarage 480391
 or 07425 148046
Wardens: Nick Sandle 723029
Vacancy

Aley Green Methodist Church

Minister: Rev Philip Horner
Senior Steward: Ann Meader 733668

Sport:-

Bowling Club 412506
Darts League 425323
Football 517042 or 07515687160
Pepperstock Archers 615216
 Email LBP121@aol.com (Lee Prebble)
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Gardening Club 423622
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Youth Club Lise Poultney 07772 198 275
 Caroline Rizza 07852 192 747
Women's Institute 01582 737036
Chatty Club pja32@outlook.com
 Jean Anderson
Slip End Veterans Football Wayne Leslie
wayne@dngsales.co.uk

Slip End Parish Community
 is now on



Items for the next issue to us by 15th October

(Editors—both next month) Adverts by 10th please

Any delivery problems? Contact Alan Buttery at 1 Claydown Way
 (01582 724527), alanjan@buttery400.fsnet.co.uk.

Anything interesting to report about village activities, photos, holidays, etc?

Please contact us, letters and e-mails are encouraged.

Views expressed by our contributors are not the Editors' own.

Articles should be sent by the 15th of the preceding month to Sue Briggs, 4 The Oaks,
 Slip End or Alison Wilson, 23 Claydown Way, Slip End or e-Mail parishnews@slipend.co.uk

Advertising queries to Jo Moss 01582484373 or PNAdverts@slipend.co.uk

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