

MAIDEN BRADLEY

NEWS

NOVEMBER 2023



**DAMON MOORE
CELEBRATES A PLANNING
SUCCESS FOR FROME-
SEE CENTRE SPREAD**

1	Wed	Blue bin and black box recycling
5	Sun	Catch up coffee morning in the Hall 10-11am
8	Wed	Household waste collection
11	Sat	Silent Remembrance and Wreath Laying at the Hall 10.45 am Underwoods fish and chips van 4.30-5.30pm
12	Sun	Remembrance Service led by LLM Jane Hurd 10.40am
13	Mon	Green recycling
15	Wed	Blue bin and black box recycling
19	Sun	Service of The Word led by Celia Blay 10am
20	Mon	Copy deadline for MBNews
22	Wed	Household waste collection
25	Sat	Underwoods fish and chips van 4.30-5.30pm
26	Sun	Parish Communion led by Rev. Harold Stevens 10am
27	Mon	Welcome Club Bingo 7 for 7.30pm Green recycling
29	Wed	Blue bin and black box recycling

MAGAZINE AVAILABLE ONLINE ON THE VILLAGE WEBSITE:
WWW.MAIDENBRADLEYVILLAGE.ORG.UK

USEFUL TELEPHONE NUMBERS

Speed Watch Co-ordinator	Simon Wager	simon.m.wager@gmail.com
Neighbourhood Watch Co-ordinator	Derek Stevens	01985 844428
Community Garden	Sam Ribeck	sam.ribeck@btinternet.com
Book Club	Jessica Johnson	01985 844174
Cookery Demonstrations	Rosie Brown	01985 844236
Luncheon Club	Margaret	01985 844756
Welcome Club Outings	Pearl	01985 219289
Scrabble Club	Sue	01985 844919
Memorial Hall bookings	bookingsmaidenbradleyhall@gmail.com	01985 845303
Dr Andrew Murrison MP	murrisona@parliament.uk	01225 358584
Bill Parks (Wiltshire Cllr)	bill.parks@wiltshire.gov.uk	07712 490075.
Mere Link Scheme		01747 860096
Bell Ringing Tuesday 7.30pm in the Church Bell Tower - beginners welcome		01985 845397
Church contact	Diana Bourne	01985 844500
Environmental issues	greenermaidenbradley@gmail.com	
Nadder Oil Buying Club	Email:richard.willan@me.com	www.oilbuyingclub.com

Having spent a number of years on a planning committee, I understand the magnitude of the success of Damon and Kate's challenge to overthrow a successful planning application and wish them well in their future proposed project – see inside for more of this story.

Congratulations to Sarah Neish and friends of the Church for a very successful fundraiser with the Auction of Promises. Community life in Maiden Bradley is certainly on track and if by chance you may be in need of fitness guidance we now have our very own trainer, injury rehabilitation expert and physiotherapist, Kriss Hendy, whose studio is here in The Rank. Christmas Wreath making will be on Saturday 2nd December in the Hall, so bring yourself and friends, this year it would be good to see some men in attendance tuning into their creative side.

Patricia Kennedy 845397

pat@visa-office.com

**WE NEED VOLUNTEERS TO HELP TIDY UP THE CHURCHYARD
AT 2PM ON SATURDAY, 11TH NOVEMBER.**

Some of the jobs that need doing:

- 1) Pruning the yew trees
- 2) Removing ivy from the Churchyard wall.
- 3) Cutting back the overgrown shrubs and low hanging boughs.
- 4) Weeding the rose bed and edging the border
- 5) Dead head the roses.

Secateurs, bow saws, wheelbarrows and hoes will be needed. Please wear waterproof clothes, boots and gloves.

A hot cup of tea and biscuits will be provided to the volunteers in the Church after 4pm.

Many thanks,
Martin Brown



Maiden Bradley Memorial Hall

FUTURE EVENTS

Sunday 5th November Catch up Coffee Morning 10-11am

SATURDAY 11TH NOVEMBER SILENT REMEMBRANCE AND
WREATH LAYING 10.45AM



Saturday 11th November Underwoods Fish & Chip Van 4.30-5.30pm
Saturday 25th November Underwoods Fish & Chip Van 4.30-5.30pm
Monday 27th November Welcome Club Bingo

*DONATIONS OF TOMBOLA, RAFFLE PRIZES AND CAKES NEEDED FOR THE
CHRISTMAS CELEBRATIONS. PLEASE DONATE AT FRIDAY COFFEE MORNINGS*

FRIDAY 1ST DECEMBER CHRISTMAS CELEBRATIONS
AT THE HALL FROM 6PM
SATURDAY 2ND DECEMBER CHRISTMAS WREATH MAKING 10-12



Sunday 3rd December Catch up Coffee Morning 10-11am

MONDAY 4TH DECEMBER VILLAGE BINGO EVENING.
DOORS OPEN AT 7PM EYES DOWN FOR 7.30PM

Friday 8th December Mo Wright - Stepwright Footcare

MONDAY 11TH DECEMBER
CAROL SINGING WITH DONATIONS TO DOROTHY HOUSE 6PM

*THANK YOU TO THOSE OF YOU WHO CAME TO 'THE TEMPORARY MEASURE'
IT WAS THOROUGHLY ENJOYED BY ALL AND WILL RETURN SOMETIME IN THE NEW YEAR*

01985 845303 leave message
www.maidenbradleyhall.co.uk
maidenbradleyhall@gmail.com

REGULAR EVENTS

MONDAY	9.30 - 10.30 17.00 - 18.00	Pilates Dr's Surgery
TUESDAY	9.30 - 10.30 13.00 - 15.00	Bradley Babies Post Office Service
WEDNESDAY	18.15 - 19.15	Yoga Flow
THURSDAY	9.30 - 10.30 11.00 - 12.00	Pilates Restorative Yoga
FRIDAY	10.00 - 12.00	Coffee Morning

**ALTERNATE SATURDAYS 16.30 - 17.30 FISH & CHIP VAN
BOOK LIBRARY AVAILABLE DURING HALL OPENING FRIDAY MORNINGS**

CHRISTMAS WREATH-MAKING AND MINCE PIES
SATURDAY 2ND DECEMBER, 10.00-12.00

Please join us to make your homemade Christmas wreath together, have a cup of tea or coffee, or mulled wine, and get into the Christmas spirit!

- Recommended materials to bring to make your home-made wreath:
- Wire coat hangers for the frame (or buy a metal wreath frame online)
 - Bring wire so you can attach decoration to the wreath
 - Secateurs/scissors for cutting
 - Evergreens, fir cones, moss, ivy, berries to decorate
 - Christmas ribbon, Christmas balls, material etc. to decorate

Donations to the hall gratefully received
Please email Alex Channer (adrchanner@gmail.com) if you plan to join us.

BULB PLANTING VOLUNTEERS NEEDED

The community garden is spearheading a scheme to plant a succession of spring bulbs into the new commemorative tree area. The hope is that the area will provide a beautiful resting spot for villagers and visitors alike. The view here is already a sight to behold and we hope to enhance this area even further with snowdrops, narcissi and scilla to provide a colourful spring carpet, which will then be followed by the natural wildflower meadow.

We have been given a grant from the parish council and have bought 3,500 bulbs to fill this area. We would really welcome any volunteers who could spare some time to plant them and help enhance our wonderful village. The plan is to hopefully plant them either the first or second Sunday of November (depending on weather and when the bulbs arrive).

Please contact sam.ribeck@btinternet.com if you are interested in helping.

No expertise or experience necessary. Refreshments will be provided.

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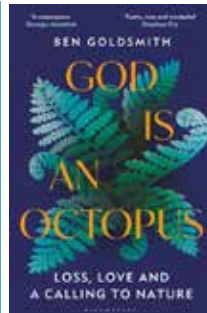
Available remotely or in person Ideal for anyone without IT experts easily on hand.

IT terrified to advanced - silver surfers a specialty.

Contact Nigel on:
www.computing-at-home.co.uk
01985 844637

Ben Goldsmith

is coming to give a talk in the village hall on Friday 9th February titled "A wilder future" - a talk about rewilding. He will also be promoting his new book "God is an Octopus".



Village Hall Lottery

SEPTEMBER

1st	Diana Green	£25.60	2nd	Tom Hain	£12.80
3rd	Jo Gilbert	£7.80	4th	Dave Dewings	£5.05

OCTOBER

1st	Henry Sheppard	£25.60	2nd	Tom Allday	£12.80
3rd	Hannah Sturgess	£7.80	4th	Karen Saunders	£5.05

THANK YOU !

To all those contributors to the Hall Lottery, a very big thank you for helping maintain this vital social hub. Over this year alone £600+ has gone to you in prizes and £600+ to the maintenance of the Hall.

If you would like to help support your Village Hall, please get in contact with John Priestner on 844244 who has some spare numbers. Only 50p per number per month, you can have more than one number. Half the draw's income goes to the Village Hall and half goes in prizes.

LUNCHEON CLUB NEWS

Half way through our autumn term, where does the time go?

Luncheon Club now has a total of forty members and two new cooks and helpers. We are very lucky to be supported by several cooks and helpers, with Fran, Jean and Carole who are there every Thursday. Four dinners now go out each week to Horningsham residents who are unable to get to the hall.

Last week we had two very special guests, Hazel and Tim Gillingham from Norfolk. Hazel and Tim lived in Horningsham for many years and it was Hazel with her friend Brenda who started the Luncheon Club way back in 1983. Unfortunately they couldn't be with us for the 40th celebration we held earlier in the year due to ill health, but promised to join us when they were again in this area. It was lovely to see them both and for them to catch up with old friends and see how the club is thriving.

We have increased our cost for lunch to £4, due to the rise in food costs. This is still very good value for a home cooked lunch and pudding, followed by tea and coffee.

Our thanks also to the Horningsham Hall Committee who make every Thursday available for us.





WE ARE GRATEFUL THAT OUR MAIDEN BRADLEY NEIGHBOURS THE NATIONAL FARMERS' UNION (NFU) AT PERRY FARM AGREED TO TALK TO US ABOUT THEIR VIEWS ON SUSTAINABILITY IN FARMING.

THE NFU HAS AROUND 46.000 FARMER MEMBERS.

Katie Davies who is the NFU county advisor had a zoom chat with Sharon Edney & Kate Moore.

1. FARM LAND REPRESENTS 71% OF LAND IN THE UK (SOURCE: DEPT. FOR ENVIRONMENT AND RURAL AFFAIRS DEFRA), THE UN SAYS THAT "BIODIVERSITY IS OUR STRONGEST NATURAL DEFENCE AGAINST CLIMATE CHANGE, CONSERVING/RESTORING BIODIVERSITY IS ESSENTIAL FOR LIMITING EMISSIONS & ADAPTING TO CLIMATE IMPACTS". WHAT ROLE DOES THE NFU PLAY IN EDUCATING FARMERS & LOBBYING GOVERNMENT TO ADOPT REGENERATIVE METHODS SO THAT FARMERS CAN BE CLIMATE CHANGE HEROES?

Thankfully, in the UK we have far less of a monoculture approach to farming than in many parts of the world – Wiltshire is a bit like one big mixed farm with areas suitable for cereal crops, grass growth, fruit & veg growing and increasingly protection/enhancement of habitats. Wiltshire has lead the way with "farm clusters" to establish countywide biodiverse corridors.

The NFU doesn't tell members how to farm but we champion the farming industry to improve how our members do business in terms of sustainable food production as well as protecting & enhancing the environment. We host local meetings, events & webinars, one of our most popular events is on regenerative farming – sharing best practice, talking farmers through the journey & celebrating success. This helps farmers, alongside their consultants, agronomists & other allied trades to incorporate regenerative practices into their routines. Some are starting the journey, some are very established, others may be incentivised by grants for eg. herbal field leys, but production methods are definitely changing. The term regenerative farming has, however, no measurable & auditable definition so will mean different things to different people.

2. IT WOULD BE GOOD TO UNDERSTAND THE POSITION OF THE NFU IN RESPECT OF THE ENVIRONMENTAL CRISIS AS A WHOLE THAT WE ARE FACING. WHAT IS IMPORTANT TO ITS MEMBERS, WHAT ARE THE FOCUSES & INITIATIVES IN TOWARDS BEING PART OF THE SOLUTION?

The NFU was one of the first trade organisations to set a Net Zero target for 2040 as an industry baed on: carbon sequestration, renewable energy generation (& storage), & improving productivity/efficiency in food production. While daunting for some farmers other have sprung into action. We try to help all farmers understand where they are in the journey & how they can improve – for some this has been using our traffic light system to find simple actions, for others we undergo more detailed analyses. It is clear that we need to use business friendly language to keep farmers on board. For example, we recently ran a series of meetings under our Net Zero banner called "Cutting cost & carbon out of your business" – focusing on the decisions that move us towards Net Zero but also save the

farm money. For many the driving force for change is from retailer supply chains while for others it may be about maximising the opportunity for stewardship schemes. One challenge to highlight is measurement. Whichever tool is applied, it is important to use the evidence to inform decision making & stick with it. There are many areas where farmers can be part of the solution – farmers are absolutely rising to the challenge of showing that care for the environment & successful food production are not mutually exclusive.

3. WHAT ARE THE NFU'S PRIORITIES IN RESPECT OF BIODIVERSITY & DO THEY COLLATE DATA TO ENABLE THEM TO ANALYSE IF PROGRESS IS BEING MADE?

The NFU doesn't collect or collate data from our members on biodiversity but we do encourage members to take part in monitoring initiatives. Many of the DEFRA schemes that are replacing historic payments (we're in the last year of the Basic Payment Scheme) require quite detailed & specific actions that include monitoring, so the baseline data is growing rapidly. Involving farmers in measuring the success of stewardship schemes really helps them to buy into the outcomes.

4. ONE OF PEOPLE'S BIGGEST CONCERNS IS ABOUT DAMAGE TO WATERWAYS & POLLUTION OF OUR RIVERS. GOVERNMENT FIGURES FOR 2022 NOTE THAT THERE WERE 300 OCCASIONS WHEN LIVESTOCK FARMS POLLUTED RIVERS CAUSING 30 MAJOR INCIDENTS. HOW IS THE FARMING INDUSTRY WORKING TO ERADICATE THESE ISSUES?

This important topic is of great concern to farmers. Since 2009 when 55% of UK land was identified as Nitrate Vulnerable Zones, farmers have had to focus on ensuring that nitrates & phosphates are taken up promptly by crops to avoid seepage into watercourses. This reduces pollution and is economically sound farming practice. Major incidents are usually due to a mix of poor practice, operator error or underinvested farms whose slurry storage is creaking at the seams for a variety of reasons such as cashflow, tenancy challenges & more. DEFRA have recognised this by investing in more Catchment Sensitive Farming officers who give trusted advice locally & by launching the slurry infrastructure grant to improve the volume & quality of storage on farm so that slurry is applied to the land when the crop can take up the nutrients, rather than due to over full storage. Poole Harbour Nutrient Management Scheme is an exemplar of agencies coming together to limit damage and restore habitats.

5. WE ARE IN A FINANCIAL CRISIS WHERE FAMILIES ARE GENUINELY STRUGGLING TO MAKE ENDS MEET. THIS IS ALSO THE CASE FOR MANY FARMERS. BY WHAT MEANS CAN FARMING CONTINUE TO PROVIDE FOOD BUT ENSURE THAT CORNERS ARE NOT CUT IN ANIMAL WELFARE. HOW CAN THE FARMING COMMUNITY MONITOR THESE ISSUES RATHER THAN BEING DEPENDENT ON THE RSPCA TO DO SO?

Food production is carefully regulated. Much of this is legacy regulation from the EU but there are newly emerging approaches to enforcement. The Environment Agency has recruited many staff to assess compliance for everything from water quality, nutrient/waste management, storage of fuel, crop protection products. Trading Standards have a role in monitoring compliance. For most farms who are part of a supply chain (for example selling their milk to one processor or to a supermarket) these organisations carries out auditing & compliance with the threat of removal from the market. This means that for the majority

of produce, the requirements of the buyer exceed legal minimums. In many cases this additional level of compliance is carried out through assurance schemes such as Red Tractor, RSPCA. As consumers we have a role in letting retailers know that we do not demand eg. shapes of produce to be overly standardised. We have come to expect all produce to be available all year round. Part of the solution to this is in schools and we have an arm called NFU Education which went to Downing Street recently with a group of children to lobby for school curricula to include more on this topic.

6. HOW HAS THE CHANGE FROM THE EUROPEAN SUBSIDIES TO NEW SYSTEMS ALTERED THE FINANCIAL CONVERSATION FOR FARMERS? WHAT DO YOU SEE AS THE LONGER TERM CONSEQUENCES OF THESE CHANGES?

Farmers are beginning the transition from the EU legacy schemes to domestic agricultural policy through schemes like the Sustainable Farming Incentive (SFI) which reward best practice in grassland, arable, soil, hedgerow & woodland management & more. SFI is new & evolving but has reached a position where it should eventually see the majority of farmers sign up. Under our domestic agricultural policy DEFRA is investing in grant productivity schemes to drive best practice to help farmers to deliver cleaner water & air. This is good news. Under previous European schemes, while they didn't always entirely fit local priorities, there was at least some degree of certainty in terms of the size of the budget & how long the program would run for – the implications of changes of government & parliamentary cycles are still unclear. There is concern since Brexit about such things as hormone grown beef and chlorinated chicken imports potentially undercutting home grown produce. Trade deals are being made on an individual basis which makes this a complicated question but the NFU are lobbying for the best for its members which should also maintain the highest animal welfare standards we currently have, as well as being good for the consumer.

7. CAN YOU TALK ABOUT CATTLE & METHANE? WHAT IS THE NFU POSITION ON THIS ENVIRONMENTAL IMPACT?

This is a really tricky topic to articulate in a few lines & while methane is undoubtedly a problem, there is also value in the role that livestock plays in the management of tricky-to-farm areas. The climate crisis is a global problem & many of the statistics are based on global averages that fail to pick out local nuances. There are 265 million dairy cows around the world, if they were all managed & bred as efficiently as cows in the UK, we would only need 83 million to produce the same amount of milk.

On methane specifically, it is important that we measure in a consistent way & understand what the impact is in terms of the food being produced (thinking in terms of nutrients per kg of production vs greenhouse gas emissions is one way of doing that). To avoid the interchange of multiple methods to calculate methane emissions the NFU asks government for:

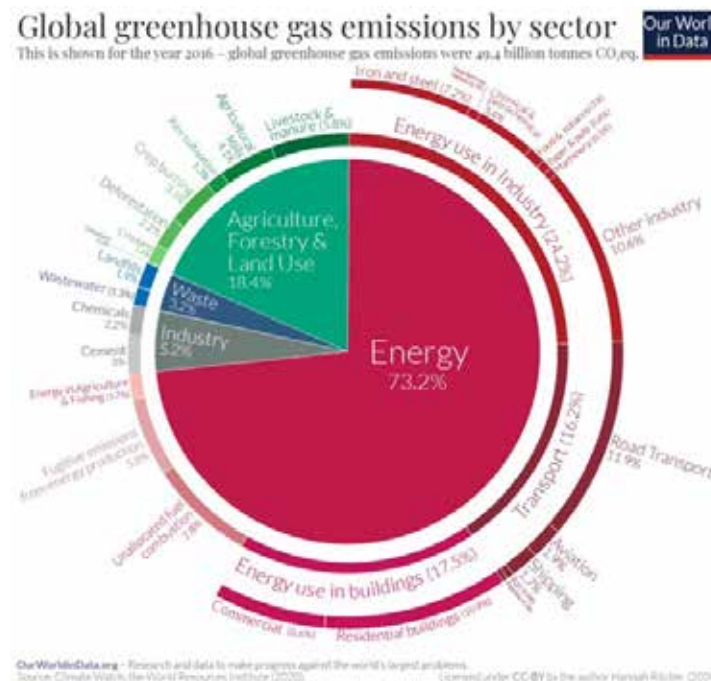
- A unified approach to accounting with government & industry reporting on emissions.
- Solutions for incorporating Global Warming Potential into on-farm Green House Gas (GHG) calculators.
- Consistent & simple messaging to consumers on the temperature impacts from methane & finding a more suitable way for the carbon footprint of a food product to be measured
- Measuring of the impact of genetics & selective breeding on reducing methane emissions.
- A joined up approach to GHGs across government departments.

Having livestock reared & farmed following best practice & managed in an efficient way reduces the impact. Ultimately, the NFU position is that we see livestock playing a role in farming & land management but the potential impact is something that needs to be better understood with accurate baseline data rather than simple, but not locally accurate global averages.

8. WHEN SOIL IS CLEAR & EXPOSED TO THE AIR CARBON LEECHES OUT AT A MUCH GREATER RATE THAN WHEN IT IS PLANTED. DOES THE NFU HAVE STRATEGIES THAT ENCOURAGE FARMING TO MINIMISE THE CARBON IMPACT OVER THE SEASONS?

Yes. Not only that, but the chance of soil run off from heavy rainfall is also increased when soil is exposed. Part of regenerative farming practice is about making decisions that look after your soil. Farmers are realising that having some kind of “cover crop” improves water penetration & soil structure, earthworm activity & more. Many farmers are choosing to adopt planting techniques such as minimum or zero tillage; seeds are planted straight into soil with minimal soil disturbance & without ploughing. For those not fully adopting these techniques, they might be using ploughing selectively instead of as the default procedure or are using new machines such as “strip-till” where instead of disturbing the ground in the whole field, the machine just does it in the “strips” where the seed will be planted. To encourage take up of best practice, the Sustainable Farming Incentive includes rewards for things like under-sowing crops with a second plant – so that perhaps once maize is harvested grass might already be established underneath, or even a nitrogen fixing crop such as a legume. Farmers are also rewarded for ensuring that a cover crop is in place over winter once a crop has been harvested.

Thank you Katie for taking the time to talk to us.



FROME JUDICIAL REVIEW WIN!

From the upstairs rooms of our house in High Street, we look across the fields towards Frome where a plan for Saxonvale; the huge 12.5 acre brownfield site in the town centre, next to M&S, was lodged in 2018 by developers Acorn on behalf of Mendip District Council to build a high density 300 strong housing scheme.

We knew what a disaster this would be for this special town. Consultees Frome Town Council, the Civic Society and the Chamber of Commerce all said 'no' three times. There were an unprecedented 500+ private individual objections to the scheme. This huge apartment block plan to turn Saxonvale, a few metres away from one of Somerset's richest historic centres into a version of Gotham City was to be imposed against the democratic will of the town. Planning permission was however granted, twice! A done deal.

Our alternative Mayday Saxonvale campaign was launched in August 2019 and in September 2022 we achieved outline planning permission for a scheme that includes amongst many other exciting and innovative things, alternative technologies throughout, landscape led design, not-for-profit structure, 220 houses (of which at least 30% affordable), 11,000+ sqm of commercial space, a lido, a local power grid, undercroft parking, cycle parks & routes, car share schemes and most importantly will be developed in detail by the community via a genuine process of consultation rather than the fake box ticking exercises that are the norm.

One of our key strategies was a Judicial Review challenge: Damon Moore v MDC about the employment space in the Acorn plan. Following a hearing on 3rd October 2023, Judge Jay ruled that the Planning Officer for Mendip District Council had erred in granting the Acorn Planning Permission. This ruling in our favour quashed the Acorn consent, there is now only one planning consent for this site - Mayday Saxonvale.

Mayday Saxonvale is an alternative model for ensuring environmental, social value and community asset outcomes. It will be the first community-led masterplan at scale in the UK. Profits made from the sale of new homes are retained within the development. These can then be reinvested to raise commercial mortgages sufficient to finance the construction of essential community assets. We have partnered with social impact funding organisation Stories who were responsible for the recent Kings Cross regeneration.

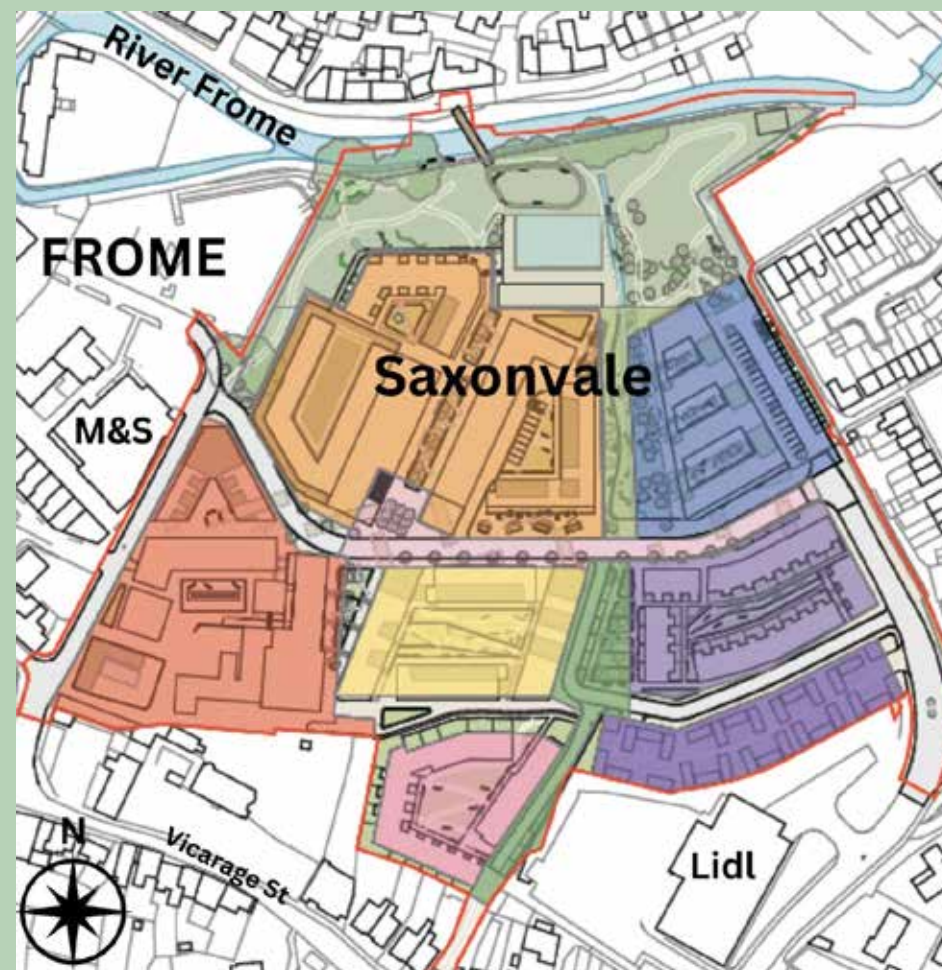
We are not home and dry yet as we still have to persuade Somerset Council that Mayday is the best option financially, environmentally and strategically, but they

now have very limited options and have stated publicly that they can walk away from the Acorn deal.

What does this feel like? For me it feels like life returning to normal. That I can brush my teeth in a more peaceful frame of mind without glancing towards Frome every day or counting rainbows in the sky. No-one wants a planning battle in their lives but sometimes there is no turning back. If you want to save something and believe it can be done, it's not really a choice, it's a destination.

Damon Moore

If you want to know more go to
maydaysaxonvale.co.uk



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crispy new potatoes + greens
whipped cheesecake, hobnob, blackberries

**this is a sample menu and subject to change*



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LINK NUMBER 8 - LAURA RAYNER



1. HOW LONG HAVE YOU LIVED MAIDEN BRADLEY?

I moved to Church St with my husband, Jerry, in 2007 and then we moved to Barcroft in 2015. We both grew up in Longbridge Deverill living next door to each other.

2. WHAT IS THE FURTHEST YOU HAVE TRAVELLED IN YOUR LIFE AND WHY?

We have been lucky to go on safari twice to the Masai Mara in Kenya which was breath-taking and surreal. In 2013, Jerry and I cycled from St Malo, France, to Santander, Spain in 6 days. It was very enjoyable challenge and a great way to see the beautiful French countryside as well as making memories together.

3. TELL US SOMETHING OF YOUR WORK PAST AND/OR PRESENT

I have worked as a primary school teacher for 13 years and have taught reception for 10 of those. I have a passion for early year's education and am now a specialist in this area advising other reception teachers in their pedagogy. After 12 years full time, I now work two days a week and spend the rest of my time racing around after our hugely energetic 20 month old son, Arthur.

4. TELL US SOMETHING ABOUT YOUR LEISURE ACTIVITIES

I am passionate about keeping fit and enjoy a range of sports and athletic activities. I run as often as I can and am a keen cyclist. I raced for a team in bath competing in circuit races, time trails and road races and I am very proud of the points and results that I achieved.

I love being on the stage and have taken many lead roles in shows at the Woolstore Theatre in Codford, some shows at the Salisbury Playhouse and of course the Maiden

Bradley Panto. I have also had some experience of working as an extra in some BBC TV series.

I enjoy the countryside immensely and whilst running, cycling or walking I like to follow in my dad's footsteps taking a keen interest in ornithology.

5. WHAT ARE YOU MOST PROUD OF IN YOUR LIFE?

I am very lucky to have multiple things in my life that make me proud. My family is my number one and Arthur makes me exceptionally proud every day when he smiles and reminds me of his daddy. I am very proud to be part of a talented musical family where I have been given a plethora of musical opportunities throughout my life. We enjoy performing as a folk band together with my dad on acoustic guitar, my brother on piano accordion and I play the fiddle and sing.

6. TELL US SOMETHING THAT YOU THINK WILL SURPRISE MOST READERS?



It may surprise you to know that I used to play scrum half for the Wiltshire ladies

7. WHAT IS YOUR FAVOURITE SEASON?

My favourite season has to be summer as I love being outdoors for the entire day keeping active and busy. I also enjoy winter with crisp sunny mornings, warm cosy fires and family roast dinners. I love Christmas and turn my house into a tasteful winter wonderland every year. I love a sparkle!

8. TELL US ABOUT A CRISIS IN YOUR LIFE.

Sadly in 2017, my father in law had a nasty accident where he fell off his bike and was left with a twisted brain stem. He was in hospital for a very long time and is now brain damaged as a result. This moment changed everything for us and our families and has changed our perspective on life.

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THE PAIN, INJURY, REHAB 'CYCLE' - ARE YOU STUCK?

Whether it's a current injury or an old one that keeps rearing its ugly head, getting over pain and the subsequent immobility or inactivity often associated with injury, can be a frustrating and confusing time for even the most optimistic of us.

Unfortunately just doing the right exercises is not going to be enough to achieve long term positive change. We need to look at the whole picture with a holistic mindset otherwise the repetitive cycle of pain, injury and recovery will continue.

Here are a few things to consider...

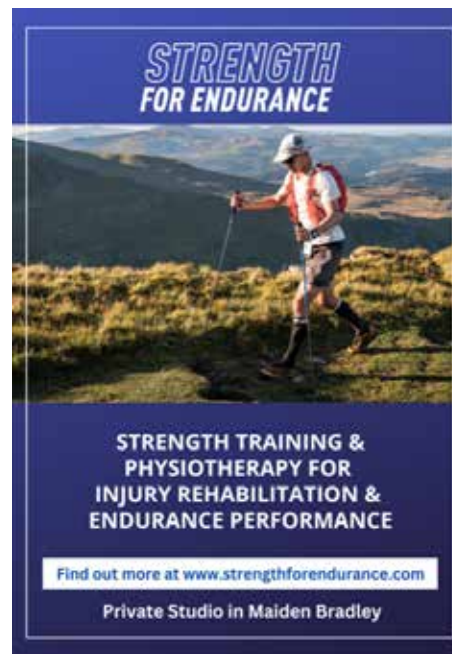
INFORMATION VS EDUCATION - There is a huge difference between receiving information and taking that information in order to educate yourself further. The ability to visualise how your body is working, or not working, is incredibly valuable. Many practitioners will give you overly medical or technical answers, don't be afraid to ask them to explain it in a way that you can understand.

INTEGRATING IT INTO YOUR LIFE - How many times have you been to see someone about an injury and they've told you exactly what you need to do, what exercises, how many reps and how often? But how often have you then let your good intentions slip, found yourself running out of time again and your exercises have gone to the bottom of your priority list. Integration is one of the most common stumbling blocks that prevent consistent/sustainable work. One of our biggest focuses with clients here at SFE is How is this going to fit into an already busy work, training and family life? What do I need to sacrifice or re-arrange in order to make it a non-negotiable?

MOTIVATION & MOMENTUM - If a rehab program lacks essential 'entertainment value' it's unlikely that you'll 'buy-in' to it. There needs to be a balance between education and entertainment. This is where initial testing and retesting becomes such a powerful tool. Those small wins will allow you to track your progress and see how far you've come. Remember if you're not testing, you're guessing. When following a program that effectively addresses your weaknesses and imbalances you're going to see a return on the work you are putting in.

ACCOUNTABILITY IS KEY - One of the most essential components of a good program (especially when coming back from injury) is having the accountability of others. These are the individuals who aren't afraid to be honest, tell you when you might need to step up or back off and support you when things aren't perhaps going as smoothly as planned. They might be the ones who don't always tell you what you want to hear, but you know they have your best interest at heart. Accountability plays a big part in the relationship we have with our clients here at SFE; having the ability to exchange feedback in a mutual way on a daily, weekly, monthly basis is essential to the success of your rehab program.

If you want to find out more about getting over injury and how we work with individuals both remotely and face to face then head over to www.strengthforendurance.com or contact us at info@strengthforendurance.com



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There will be poppies on sale from 28th October in the Memorial Hall and the Pub until Saturday 11th November. Money raised through the Poppy Appeal goes directly to the Legion's welfare work, providing through-life care to anyone who is either serving or has previously served in the British Armed Forces and their families.

The Remembrance Service will be held in the Church on Sunday 12th November, and is an opportunity to commemorate those in Maiden Bradley who died in the 2 World Wars. Jane Hurd will be taking the service during which the bells being rung and a bugler plays the Last Post. All are welcome.

ONLINE AUCTION FOR THE CHURCH ORGAN

Huge thanks to everyone who donated items to the auction and to everyone who took part in the bidding. It wouldn't have been such a success without so many people giving up their time and offering their skills to be auctioned off. This was a first for Maiden Bradley and it was great that so many people logged into the Jumblebee site and had a look at what was on offer. We raised over £4000 which means that initial work on the organ can start imminently.

THE FRIENDS OF MAIDEN BRADLEY CHURCH



Rural Business Services was established in 1997 to provide professional book-keeping and administration services for small to medium sized rural based businesses. In addition we offer first class Project Management, sound sensible Business Administration & Financial Solutions together with Board Level Financial Management Experience. No matter how small or big your requirement is we can tailor support to suit your business needs either on or off site.

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WELCOME CLUB

On Tuesday 17th October the Welcome Club went on their last outing of the year. We were very few in numbers due to illness or hospital appointments but we set off in beautiful sunny weather and headed for our coffee in Marlborough. The journey through the lovely Wiltshire countryside was delightful and we even saw horses out for their morning gallop on the downs. We arrived in Marlborough at 10.15am and stayed 2 hours because people wanted to be there for longer. We then set off for Newbury arriving just after 1pm and stayed there till 4pm. Everyone set off to do their own thing people were pleased most of the shopping area was flat and pedestrian so we did not have to worry about traffic. Everyone seemed to enjoy Newbury with plenty to see around the town. We left at 4pm stopping at the solstice park Amesbury for a comfort stop and raffle. Tom thanked Lionel our driver for a lovely day out and did the raffle with Lesley and we got home at 6pm after a lovely day out, the weather stayed fine all day.

Can I remind members that the AGM is on Thursday 16th November at Horningsham Hall at 2pm. At the AGM we will discuss outings for next year so we do need members input, so please attend. We would also like to remind members to bring Bingo prizes for our Christmas Bingo at Maiden Bradley Hall on Monday 27th November at 7pm for 7.30pm.

Pearl Hudson 0198 5219289

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MERE AND DISTRICT LINK SCHEME

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01747 860096

9am – 5pm Weekdays Only

Welcome to Autumn! I went out in a clean car this morning and came back with it looking a slightly different colour from all the mud on the wet road. This undid all the good work of the car cleaners in Zeals whom I can recommend as they had done a very good job on it at a reasonable price. I may have to go back.

Thanks again for all your efforts. We continue to average 90 trips per month with 92 in September. Again, Odstock with 24 was our busiest destination.

You may have seen from September's Mere Matters that we took up the Editor's suggestion that it would be good to hear from people who use or drive for the Link. Judy Stutchbury kindly stepped up to the plate and did us proud. Thanks Judy. Gwil Hitchcock, a current user and former driver is drafting a piece for November's contribution. Please let me know if you are happy to write something for a future Mere Matters.

We have placed our first order for the new MDLS clothing and hope to get these to drivers by the end of the month. If you are interested in getting a jacket, gilet or polo please let me know. After lengthy negotiations with the Treasurer, the Link will pay for a polo shirt and/or a jacket or gilet so that we can provide clothing that can be worn in summer or winter. If you would like more than one of each item there would be an at cost charge of £20 for a polo shirt, £30 for a jacket and £26 for a gilet.

All the best

John FitzGerald,

Link Chair

Mere and District Link Scheme

01747 860867

07795606426

Link phone 01747 860096

www.merelink.org.uk

**Additional drivers are needed
to join the LINK team**

To find out more call our co-ordinator
on 01747 860096.

COMMUNITY SPEED WATCH NEWS

Police Community Volunteers working on behalf of
the Wiltshire Police and Maiden Bradley



HIGH STREET

This project is now completed. Just awaiting approval from Wiltshire Constabulary to restart CSW activity in the New 20mph area.

BACK LANE / KINGSTON LANE

We have re-applied for the reduction of the speed Limit to 20MPH on Back Lane and the section of Kingston lane from the junction with Back Lane to the junction with the B3092. LH FIG Meeting on the 25th October to discuss.

B3092 TRAFFIC CALMING BY THE CHURCH

As you know we have requested removal of the traffic calming by the church This is in progress and will be on the agenda and discussed with some urgency at the LH FIG meeting 25th October. Still awaiting the engineers report

SECOND SID

To support B3092 traffic Calming by the church a second SID is on order and will be set up in a similar way to the one on Frome Road that has been and continues to be so successful in calming traffic. Mounting posts approval will be given at the LH FIG meeting 25th October

CSW

The dedicated CSW team work hard and sometimes abused, (As I said last time "Dirty disposable nappies seem to be the weapon of choice at the moment") to try and keep the roads around the village safe with little recognition and thanks.

WE WORKED BACK LANE LAST WEEK.

Monday 16th October 28 cars with 2 booked for speeding 17:00 to 18:00 hrs
Wednesday 18th October 5 cars in 30 minutes No speeders only 2 members of CSW attended
Friday 20th October Event cancelled because of ill health of CSW operatives.

THE FUTURE

Not a very good month. When we started in 2018 we had no less than 19 volunteers trained and operating. As we stand we have possibly 6 operatives at most that are always available. This makes it extremely hard work on those left and a little unfair. We have operated for over 5 years now with some success as statistics show. With basically the original core members. However, the time has come when decisions need to be made.

1. Does the village still want the CSW operations in the village and if so support it?
2. Does the village consider it is no longer required and we will close it down.

**Just let us know, Maiden Bradley Village and Community.
We do it for the village, NOT because we are fanatical about collecting
speeding vehicle registration numbers.**

Simon Wager

*Community Speed Watch Co-ordinator.
Chairman Maiden Bradley Parish Council*

Community Christmas Celebrations



FRIDAY 1ST DECEMBER

6PM - 9PM

MAIDEN BRADLEY

MEMORIAL HALL

REFRESHMENTS

LICENSED BAR

STALLS

GAMES

RAFFLE

TOMBOLA