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Tree Felling & Dismantling. Pollarding & Removal. Hedge Reduction & Trimming. Stump Grinding. Site Clearance.



Autumn is definitely in the air with our beautiful cafe table decorations and our Spiced Pumpkin Latte Coffees on the cafe menu.

We've started our enhancements to the shop and cafe. We moved our large feature table into the cafe to give more seating to our larger groups or families and we've invested in a smaller round feature table which will be dressed for each season with products and gift ideas.

Our Cafe counter extension is planned for mid October, don't worry the works are taking place outside cafe hours so you will still be able to come and enjoy your favourite hot drinks and cakes during the day. This counter extension will provide much needed service space and storage to purchase more crockery and ensure we have plenty of cups to serve you! Our new Weekend Team are settling in well and we welcome Jessica to our team working Sunday Mornings. Jessica is a familiar face in the village and is actively involved in St Leonard's PTA, so we are sure we will see more "Unity in the Community" events going forward. Please make Jessica and the rest of the team feel welcome when you see them. We have launched our new gift products from Gisela Graham. These will compliment our Crafter Products and give you more choice at a good price for candles, diffusers and small vases. We will be expanding this range further as we move into our Christmas Season. Our much loved Singalong Bingo is back on 11th October in the Village Hall. The music will be over 4 decades 60's to the 90's and we guarantee you won't be able to stop yourself from singing along. You can secure your tickets for £7 from the shop if you haven't already. We attended the Highworth Volunteer Expo Event on 20th September to attract new volunteers. We can never have enough volunteers. We are a fun place to work whether it's an hour on the shop till or serving hot drinks in the cafe, you would be a welcomed member of our growing team. We are a caring, supportive family serving and putting our Community in the heart of our business. We promise you will find volunteering both rewarding and a great way to make new friends if you are new to Blunsdon. If you are interested, please get in touch by emailing volunteering@blunsdoncommunityshop.co.uk If you are a Shareholder don't forget to make the most of your benefits by using your Shareholder Shop Loyalty Card and getting a stamp for every £10 spent in the shop. Those

stamps soon add up to £5.00 off your next shop purchase.

Please follow us on social media to know what's happening and new in our shop and cafe, whether it is on Instagram or Facebook, we're posting updates daily.

Dates for your diary

- Saturday 11th Oct 7.30 pm: Singalong Bingo 70s & 80s Ticketed Event on sale
- 7th October 2.30 pm: Tea & Talk from the Food Bank Collective
- 4th November 2.30 pm: Tea & Talk Bonfire Night Fire Safety

Finally, make sure you are in our Monthly Draw, it's a great way to support our fund raising whilst giving you the chance to win cash prizes.

Shop opening times are: Mon, Tues, Weds, Thurs, Sat: 8 am - 5 pm, Fri 8 am - 7 pm Sunday: 8 am - 4 pm. Cafe closes 1 hour before the shop.

Blunsdon's New Multi-Use Games Area – A Space for Everyone to Move, Play, and Connect

Blunsdon Parish Council are proud to unveil for October a brand new **Multi-Use Games Area** (**MUGA**) in Linley Road, Blunsdon, a vibrant new space designed to bring sport, fitness, and community spirit to the heart of the village.

This modern facility offers a flexible layout with multiple court options, making it suitable for everything from casual tennis rallies to football drills, bootcamps, and walking football. Whether you're booking a session with friends, running a fitness class, or just looking for a safe, well-maintained space to get active, the MUGA is built to support it.

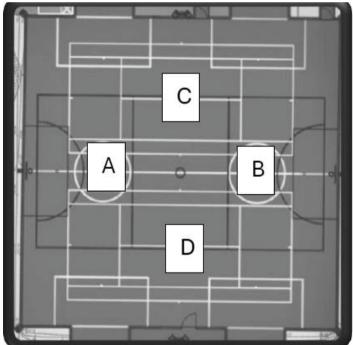
Why a Community MUGA Matters

A MUGA isn't just about sport, it's about inclusion, wellbeing, and opportunity. It provides:

- Accessible outdoor space for all ages and abilities
- Affordable, flexible bookings for residents and local groups
- Support for grassroots sport and informal fitness during the winter months
- A safe environment for children, families, and older residents to stay active
- A boost to local health and social connection

Blunsdon Parish Council are especially pleased to confirm that **St Leonard's Primary School** now enjoy **free daytime access** to the facility during school hours, giving children direct access to sport and fitness as part of their daily routine. It's a tangible example of how local investment can benefit the next generation.

Booking Categories Available:



Football - Pitch 1 & 2 (A & B) Size:

31m x 16.6m (each) Suitability: Ideal for five a side with friends, drills, warm-ups, fitness classes, and goalkeeper training

Football – Full Pitch Size: 31m x 33.2m Suitability: Perfect for 5-a-side games, youth football, walking football, bootcamps, and training circuits. Includes fixed 6x2m goals

Tennis – 2 Full Courts (C & D) Size: 33.2m x 15.5m (each) Suitability: Suitable for casual play (not competitive LTA matches)

Bookings can be made online via the Parish Council's website:

www.blunsdonparishcouncil.co.uk/bookings

There are some fantastic photos appearing in the Magazine and social media, but we'd encourage you to pop down and take a look for yourself. Whether you're a keen player or just curious, the MUGA is there to view and ready to welcome you.

Golden Gatherings

Fancy a cuppa and chat?



Dates for October, Wednesday 8th & 22nd from 3pm

At the Blunsdon Community Cafe where a warm welcome awaits

Meet fellow Blunsdon residents and make new friends

Dial-A-Ride transport there and back

Interested for yourself or someone you know?

Contact Hazel Wakefield on 07974 150250 or email goldengatheringsblunsdon@gmail.com

. FOOD FOR THOUGHT.
Outside Catering

Mobile fish & chip van
will be at Blunsdon, Blunt Rise from 5pm
Thursday 2nd and 16th October
If you would like a copy of our menu
please email grahamrowcliffe58@outlook.com
or WhatsApp 07515 288414
Pre orders welcome by WhatsApp or text 07515
288414.



From the Rector's pen

I've always had a fondness for the Autumn, not so much for the (ceaseless!) rain, but for the wind's bite on crisp sunny days. At the end of September many parts of the Christian world celebrated **Michaelmas**, I enjoy how strange the word sounds to

modern ears; it is a lost feast! Everybody knows about Christmas, but who was Michael, and why does he have his own Mass or Communion Service? I've long associated Michaelmas with the beginning of the academic year, (It used to be called Michaelmas term) and the new possibilities that lie therein. It is a time of crunchy leaves underfoot and tractors and blackberries and harvest festivals.

But in a world in which many people struggle to know what it might mean to confess faith in God, perhaps angels seem one step too far! Despite the concerns of the modern age, St Michael appears on a number of occasions in the Bible. He makes his debut in Daniel; in Jude we learn he's an archangel and that he was involved in a dispute with Satan. Revelation describes him kicking Satan out of heaven; a war on the penalty of sin won by Christ, but a battle still to be fought against sin's presence. It's no wonder the mediaeval Christians wanted St Michael on their side.

We've no sooner finished celebrating our Harvest when pumpkins start sporting grins. It's not uncommon to hear people complain about Halloween. "It's American!" or "It's commercialised" or even, "it's pagan". But the origins of Halloween are deeply Christian. I am not sure whether Blunsdon has realised that yet. We worship confidently in the knowledge that Christ has defeated death, and Satan has fallen. And so, we might gather, as the nights grow darker to celebrate the light of Christ brought forth by God. Jesus reminds us that it is only the death of a kernel of wheat that makes harvest possible.

In September I spoke about the importance of prayer (1 Tim 2:1) as a means of letting go or losing our lives in order to gain them. If we could let go of our need to control every moment of our lives, the parliamentary debates, world conflicts and even our everyday activities would look very different. These autumn months lead us into remembering that Life and death are a normal part of our human existence. St Michael reminds us that Christ overcame evil and death. So let us celebrate.

God Bless

Rev Phil Goodey

Blunsdon Baby and Toddler Group

We meet every Wednesday morning in St Leonards church from 10 to 11.30am, term time and holidays.

The group includes foster carers, parents and grandparents, so a good mixture and plenty of experience if you wish to pick people's brains!

We ask £1 per session to cover costs, and this includes hot drinks and biscuits. There might be singing and craft sessions as well so come along and see who we are.





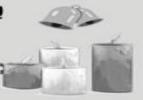


OUR REGULAR EVENTS AND SERVICES AT ST LEONARD'S

- Baby & Toddler Group every Wednesday 10am-12pm
- Lego Club 1st Saturday 9.30-11am
- Men's Breakfast 2nd Saturday 9am in the shop
- Coffee & Book Sale 3rd Saturday 10am-12pm
- Community Prayers Monday 10–10.30am Fortnightly
- Bell Ringing every Friday 6-7pm
- Communion Service 1st & 3rd Sunday 10am
- Morning Worship 2nd Sunday 10am
- Breakfast Church 4th Sunday 9am (with breakfast!)







Book and Craft Sale St Leonards Church

10-12noon Saturday 15th November

Search through the Books, crafts on offer and then relax with Coffee and cake

> If you would like to have a craft table Please contact: jane ockwell@hotmail.com for more details

BLUNSDON WI

This month's fascinating talk by speaker, Ruth Baker from the Wiltshire archive centre, was on Extraordinary Wiltshire Women and there certainly are some to be proud of. Starting back in the 1100's up to recent days they ranged from abbesses to 'racy' fly around the world pilots.

The next book to be discussed at book club will be 'Spitting Gold' by Carmella Lowkis (Judith Pearce's granddaughter).

"United Kingdom" was very well received by all at film club and is still available on Netflix. Our next film to be discussed, also on Netflix, will be Joy starring James Norton and Bill Nighy.

Future trips planned include the craft fair at Kelmscott with pub lunch, and the Everyman theatre. A couple of lunch trips have been organised to Swindon college and the Prospect Cafe. There are also exciting plans in the pipeline for craft events: - mosaics, pottery painting and baubles painting nearer Christmas.

The next meeting is on Wednesday 15th October at 7.30 in the large hall of Blunsdon village hall and will have a talk about millinery by a lady called Tina Mason To find out about our WI call Anna on 01793 706392 or visit our website jackie707.wixsite.com



Save the Date! Christmas Crafties



Wednesday December 3rd 2025

Where: Blunsdon Village Hall 7-10pm
Tickets: £16
Available from
Saturday 1st November
at Blunsdon Community Shop

Book early to avoid disappointment-mince pies, crafts, mulled wine and lots of fun guaranteed.



Parish Council News - October 2025

Winter draws on, as they say and it looks like the heating is going on soon. Boiler service time. It's also Breast Cancer Awareness Month so don't forget 'Coppafeel' and get screened if you have the slightest worry.

This month also sees the start of bookings for the new Multi Use Games Area in Linley Road. Although the School have been enjoying the use of the space school hours during September. I mentioned Antisocial Behaviour in last month's news and sadly we have had a terrible incident at the Recreation Ground — **your Rec**, whereby some mindless people have completely destroyed the cricket pitches by riding electric bikes all over, churning the pitches into mud. The Village Cricket Teams, the Football Club and the Parish invest hours preparing the pitches for summer and winter - all destroyed in a night of mindless violence. **Dictionary:** 'do violence to' - damage or adversely affect.

Last month we have had further and more harmful violence done to the Parish.

We were presented with less than a week to prepare our defence against the imposition of two housing applications totalling **225 new dwellings**. That is **100 on Sams Lane** and **125 on Turnpike Road**. These will damage and adversely affect the fabric and the residents of the Parish. These were applications awaiting decisions from SBC from the last few years and deferred by the Highways Authority (HA), because of, in their words, the 'unsafe' junction at the Cold Harbour.

National Highways have produced a model (Vissim), based on mitigation works to Lady Lane and the junction itself, that supposedly would allow:

- Traffic from the first **450 houses** on the Kingsdown Development
 - When supposedly the bridge over the A419 will be built
 - o And mitigation measures on Broadbush, pinch points and 20 mph
- Plus, traffic from a further 325 houses in the Parish

The infrastructure measures are minimal and will result in 'an extra 1119 seconds delay in the am peak and an extra 910 seconds delay at the pm peak.' To quote the traffic study carried out for the combined two developments.

SBC felt that AN EXTRA 19 minutes and 15 minutes delay was acceptable to you as residents. We could not believe that SBC would agree that this was satisfactory.

However, despite all our facts and protestations (all within 5 minutes!) the two plans were voted through – mainly through their fear of facing an appeal process. Never mind Blunsdon, think of the cost.

There are further applications outstanding from 2019 through to date and it seems that the precedent is set. The next Planning Committee is the 14th October so watch out for more news and please attend this meeting to express your views.

Blunsdon MUGA goes Live

We are opening the new MUGA to the public this month, the School have free term-time access up to 4:30 every school day and they are loving the use. Claire has done an article in

this magazine explaining the purposes, the layout and the sizes. Book the space in the usual way through our Parish website.

Tackling Loneliness and Isolation

The great idea from **Hazel Wakefield**, that we suggested last month to collaborate with Diala-Ride and the Community Shop to provide an opportunity for those who have difficulty getting out, to bring them to the shop for a 'cuppa, a cake and a chat' **is going live this month**. So, if you are interested or know of someone who might enjoy this, contact **Hazel**, either through the Shop or via me, or direct to Hazel as outlined on her article in this magazine. Don't forget you can meet up with your Borough Councillors at their monthly surgery in the **Blunsdon Community Shop and Café** on **the first Saturday of each month at 11:30 to 12:30**.

Village Caretakers

(4th October)

I am pleased to say that we have appointed two new Village Caretakers, **Karen and Jim**, and Karen started straight away and Jim will start this month. Please smile and be cheery when you meet them and I am sure they will be cheery back!

Resident Feedback Welcome - Recently, we've been encouraged to engage more closely with residents regarding parish matters. As you'll see from this newsletter and Facebook, we do regularly share updates about ongoing and upcoming projects. However, we're always keen to hear your ideas and feedback directly.

If you have suggestions about what projects the Parish Council should consider, please let us know by using the Contact Us page on our website: blunsdonparishcouncil.co.uk/page/contact You're welcome to submit your thoughts anonymously—simply enter NA in the name and email fields if you prefer not to provide those details. Alternatively, please pop your comments in an envelope and post it in the Village Hall post box marked for the Clerk's attention.

Ermin Street Project

It is finally underway and you will see contractors preparing the verges and hedgerows on Ermin Street and Blunsdon Hill. We are planting many trees and shrubs and wildflowers and bulbs all along the length of this road. This includes some significant trees — London Maples — to improve the rural village feel. We can look forward to floral improvements in the spring.

Village Hall

Claire our Assistant Clerk has reminded me that there are still some slots available for long - term bookings, so please call her on 01793 705617 or at Claireboles@blunsdon-pc.gov.uk to ask for details. (she works Monday, Tuesday and Thursday) Or you can look on our booking system on the website www.blunsdonparishcouncil.co.uk.

Planning Applications

Rivan Chemical Gas Production Plant planned for Little Rose Lane, resubmitted their application last month as a result of pressure from local activists and the PC. They included missing and 'remodelled' information which in some areas was totally different from what evolved at their consultations. Thank you to all the concerned residents for your further comments and contributions. The Parish Council submitted a further





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zumba class is on Wednesday 5pm till 6pm at the blunsdon village hall



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Hearing loss certainly leads to isolation, but it also leads to **loss of self-esteem** and **depression**.

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Mrs Laura A L Reed RN BSc MSc FdSc RHAD

Dr David J Reed BA MSc MBA AUD RHAD



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stockists

Small shop on site for your garden needs, seeds, gardening tools, feeds etc

Tel: 07946347233

From Cricklade follow the B4040 at the crossroads, follow the sign for Chelworth Industrial Estate to the left, take the 1st turning right for the Nursery into Blakehill Business Park objection to this application and we await the decision of the Borough Council Planning Officer.

S/HOU/25/1155 Conversion of loft to include increased roof pitch to rear section of existing roof, insertion of roof lights into side roof slope, associated works. 72 High Street Blunsdon. **PC agreed to Object**

S/25/1158 Extension and alterations to existing industrial premises (Variation of Condition 2 Approved plans from previous application S/25/0401). Wasdell Packaging Limited Groundwell Industrial Estate Stephenson Road Swindon SN25 5AX. **PC not consulted yet S/25/1130** Erection of 2no dwellings (Class C3) detached garages and associated works. Land To the West of Woodbine Cottage Kingsdown Lane Blunsdon SN25 5DL. **PC not consulted yet**

S/TPO/25/1122 Works to trees under TPO 2018 05. Broadacre Broad Bush Blunsdon **S/25/1072** Erection of 1 no. self-build dwelling with associated external works including new driveway off the existing access, erection of garage with home office accommodation. Land Adjacent To Bluebells Kingsdown Lane Blunsdon Swindon. **PC agreed to Object S/25/1067** Demolition of garage and relocation of summer house, and erection of 1no. detached dwelling, replacement garage and associated works (Variation of Condition 2) from previous application S/22/1266 regarding proposed plans. Land At The Ferns Front Lane Blunsdon. **PC agreed to support.**

S/PAG2R/25/1059 Prior Approval Application for the change of use from agricultural buildings to 5 No. dwellinghouses (Use Class C3) (Part 3; Class Q) Stubbs Hill Farm Broad Bush Blunsdon SN26 7ES. **PC agreed to Object**

S/HOU/25/1045 Demolition of existing garage, erection of one and half storey side/rear extension (proposed). 17 Turnpike Road Blunsdon Swindon SN26 7EA. **PC agreed to Object Planning Decisions**

S/OUT/19/1267 Outline application for the erection of up to 100 no. dwellings, open space, landscaping and associated works - Access not reserved Land East Of Sams Lane Blunsdon. Despite massive objections this was granted at Planning Committee. S/OUT/23/1443 Land North Of Turnpike Road Swindon. Outline Application for the construction of up to 125 residential dwellings and new access onto Turnpike Road; and associated road / footway / cycleway provision, open space, landscaping, surface water attenuation and ancillary works. Despite massive objections this was granted at Planning Committee

S/HOU/25/0920 Conversion of loft to include increased roof pitch to rear section of existing roof, insertion of roof lights into side roof slope, associated works and erection of 4 bay wooden carport to driveway. 72 High Street Blunsdon SN26 7AE. **Application withdrawn S/HOU/25/0861** Erection of single storey side extension. White Cottage Broad Bush Blunsdon SN26 7DH. **Application Refused.**

S/OUT/23/1499 Outline application for the erection of agricultural livestock buildings and workers accommodation - Access and Scale not reserved. Land At Little Rose Farm Blunsdon. **Application granted.**

S/25/0122 Erection of 2 no. dwellings together with associated ancillary development. Land At Burytown Lane Blunsdon **Application granted**

Your Speedwatch Needs You!



Our hardy volunteers are out regularly helping with road safety in the Parish. This has led to many prosecutions by local Police for those abusing the law. The team will always welcome anyone who thinks they would like to join them in protecting the Parish.

Date	Location	Vehicles	Speeding	%	Maximum	Speed Limit	Start	Finish	Area	
26/08/2025	High St	159	10	6%	30	20	15:55	16:55	Heart in Ha	nd
28/08/2025	Ermin St	90	6	7%	42	30	08:15	09:00	Minerva Heights	
02/09/2025	Ermin St	33	2	6%	45	30	08:30	09:00	Minerva Heights	
04/09/2025	Turnpike	61	14	23%	52	30	10:00	11:00	Opp. No. 16	5
16/09/2025	Ermin St	200	13	7%	43	30	08:30	09:30	Minerva He	eights

Parish Council Meetings – The regular Parish meetings will be on Monday 6th and Monday 20th September 2025, at 19:30 in the Village Hall. If you want to come along, please let us know, details are on the Parish Council, notice boards, Website in the Blog section and on our Facebook page.

Ian Jankinson – <u>ianjankinson@blunsdon-pc.gov.uk</u> – 07702 684281 Parish contact details – Tel: 01793 705617 – <u>clerk@blunsdon-pc.gov.uk</u>

BLUNSDON SURGERY Tel 01793 721254

Phone lines are open to book appointments from 8am Tues, Thurs and Frid and from 3pm on Mon and Weds. EMERGENCIES - Call NHS 111 (outside surgery hours)

OPENING HOURS

Day	Doctor Times	Reception
Mon	3.10pm - 4.40pm	3pm-6.15pm
Tues	8.30am - 10.40am	8.45am - 12.15pm
Weds	4pm - 7.10pm	3pm - 7.15pm
Thurs	8.30am - 10.40am	8.45am - 12.15pm
Frid	8.30am - 10.40am	8.45am - 12.15pm

Notes from the Editor

The magazine is run by volunteers from the village. All your ideas, comments and contributions will always be welcome.

Blunsdon Village Magazine is available to read online at Blunsdon Parish Council website: <u>blunsdonparishcouncil.co.uk</u>

EDITOR: Please email all items for the magazine to $\underline{\text{blunsdonmagazine@gmail.com}}$

Arlene tel. 07493 978388

ADVERTS: For advert enquiries please contact Penny on 01793 722073

Front Cover: Blunsdon's new MUGA at Linley Road

Your November Magazine will be delivered from: 31st Oct

Magazine issue	Deadline for items for inclusion
November	22 nd October
December/January	19 th November



Friday 14th November 2025

Large village hall, starting 7.30pm with doors open at 7pm

Entry £5 per person, payable in advance

Teams max 6 people

All proceeds to St Leonard's Church, Blunsdon

Please drop entry forms (see below) to 34 Malthouse Close,

Blunsdon,

SN26 7BG,

Enclosing cash or cheque, (made out to St Leonard's Church PCC please). RAFFLE – please bring cash for this! Bring your own drinks and snacks!

SEE YOU ON THE NIGHT- START YOU REVISION TOMORROW!

ENTRY FORM FOR BLUNSDON VILLAGE QUIZ 14.11.25
TEAM NAME
NUMBER OF TEAM MEMBERS
Monies enclosed
Email address
Phone number
PLEASE DELIVER TO 34 MALTHOUSE CLOSE, BLUNSDON, SN26 7BG



Beaver Scouts is for 6 and 7-year-olds and every week we meet to hop, skip and jump our way through lots of different games and activities – and have fun along the way. In the last 12 months we've had a sleepover, visited the fire station, had a go at archery and crate stacking at Scout Adventures Youlbury, been on a huge hike around the village and finished our summer with kayaking. We're looking forward to more of the same this year. Get in touch if you'd like

to know more or be added to our waiting list 1stBlunsdonBeaverScouts@gmail.com

Cub Scouts provide a fantastic opportunity for children from 8 to 10 ½yrs old to get involved in lots of activities and events throughout the year. This year the Cubs attended a camping and challenge weekend called Evolution at Cirencester Park where they participated in challenges with 980 other Cubs from around the UK. We also attended the Royal International Air Tattoo for the third year running, where they had great fun exploring the STEM experiences and watched the air displays. But that's not all, our weekly programme of meetings provides the Cubs with opportunities to participate in events such as kayaking, indoor climbing, hikes around the Cotswolds and of course building on skills for life. Email Nik Phillips planecrazy5@hotmail.com if you're interested.

Scouts are our go-getting group of young people aged 10 ½ to 14 who go on camps, hikes and bike rides galore. They've tried skiing and caving alongside more traditional knife skills and wood carving. This year is no different with first aid, navigation, indoor climbing, camps, fire lighting, and even more camps planned. If you'd like to find out more about joining as a Scout or helper, please email markanthonytredgett@gmail.com

Another year of **Explorer Scouts** (aged 14-18) is about to begin, and it's a perfect time to look back at all the amazing things we did over the last 12 months! We honed our scouting fundamentals, practicing everything from fire-lighting and wood-cutting to carving and knots. We also put those skills to the test with a two-day expedition to Dartmoor, an overnight navigation trip down the



Thames Path, and even a summer international trip to Norway. We're getting ready for another year of building skills and confidence in young people, and we'd love for you to join us! To get involved as a leader or to sign

up as a young person, email <u>esuAthena@gmail.com</u>. You can also follow our adventures on Instagram at <u>https://www.instagram.com/athenaesu/</u>

We prepare young people with skills for life





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- As a mortgage is secured against your home, it could be repossessed if you do not keep up the mortgage repayments

Blunsdon Walking Football 🏵

Now that the Multi Use Games Area (MUGA) in Linley Road is complete, we're hoping to run a weekly Walking Football session for over 50's. We just need to get enough of us.

Walking Football is a slower, minimal contact version of the beautiful game which benefits hugely both physical and mental health. Even if you've not exercised or played football in a good while, this could be a great way to restart.

So, whether you think you're Messi, or just Messy, phone or text Rich on 07702 900059 to register your interest.





Club of Swindon North & Thamesdown

Registered Charity No: 1023031 Website: rotaryswindonnorth.org.uk Email: rotaryswindonnorth@gmail.com

IF ROTARY INTERESTS YOU BUT YOU CAN'T COMMIT TO THE MEMBERSHIP REQUIREMENTS, IT'S NOT A PROBLEM

It's not a problem because we enjoy sharing our fellowship and community service with likeminded people who for one reason or another are not able to offer the time and commitment required of members. We call them "Friends of Rotary".

Friends of Rotary are people who support the values and activities of a Rotary club without becoming full members. They share our ideals and objectives without the responsibility or commitment required from a full member.

What our Friends of Rotary do is:

- Help us on our projects and fundraising events
- · Join us on our social gatherings and fellowship activities
- Support our local and international service initiatives
- · Come to some of our speaker meetings

What our Friends of Rotary do NOT do is:

- Come to ALL our regular Club meetings
- · Pay any membership fees

Some of our activities are not just to raise funds. They can be to assist in a hands-on working way, or they can be just to socialise. Rotarians call this fellowship. It's an opportunity to enjoy activities in each other's company, catch up with old friends and make or develop new ones.

Being a Friend of Rotary is a flexible way to get involved in community service, fellowship, and events. It's ideal for those who may not have the time or ability to commit to regular meetings or responsibilities. They just contribute when they can. Please get in touch to find out more:

- · Send an email to: rotaryswindonnorth@gmail.com
- · Or phone: 07710 228697 (Ken) or 07923 473261 (Kathy)



A Recipe from CookFoodFan

Simple Supper

Just sometimes you want food that is easy to make and will be eaten by all the family. Jacket potatoes are always a good staple and of course you can vary the filling. Cheese and baked beans, tuna mayo, leftover beef ragu, chilli, the list is endless. This recipe is simple and economical, delicious as a quick family

supper. It entails baking potatoes, taking out the potato and mixing it with other ingredients, spooning back into the jackets and cooking again.

I can recommend cooking double the quantity of these and freezing before the second cooking, as they are a great home-made ready meal.

Twice-Baked Potatoes (serves 4)

4 baking potatoes

Filling:

25g butter

1 onion, peeled and chopped 4x bacon rashers

225g cheddar cheese, grated

2 tbsp natural yoghurt (or milk)

1 green pepper, seeded and diced

175g button mushrooms, sliced

1 tbsp wholegrain mustard

Black pepper

- 1. Heat the oven to 220C/200C fan/gas mark 7.
- 2. Wash the potatoes, prick with a fork and bake for about 1 hour, until soft in the centre.
- 3. Melt the butter in a large frying pan. Add onion, green pepper and bacon. Cook for 3-4 minutes. Add mushrooms and cook for a further 3 minutes, or until vegetables are just tender. Remove for the heat.
- 4. When the potatoes are cooked, cut in half. Carefully scoop out the potato into a large bowl and mash with a fork. Add the mushroom mixture, half the cheese, mustard, yoghurt and black pepper. Mix thoroughly.
- 5. Spoon back into the skins and place on a baking tray. Sprinkle with the remaining cheese.
- 6. Return the potatoes to the oven and bake for 20 minutes until the cheese is golden and the filling has heated through.
- 7. Serve with a salad or vegetables.

Tips:

If you want to freeze them, prepare to end of step 5. When needed defrost and cook as in step 6.

You can replace the bacon with ham or use any coloured pepper if you prefer. For a crispy skin brush the potatoes with oil before baking.

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The Chatterbox – Going Forward

A gentleman I know who lost his wife earlier this year was lamenting his loss to me. He felt lost, missed her and felt little reason to carry on day-to-day. "What reason is there to get out of bed each day?" he asked me. Heartbroken for him, I struggled to find the right words. Whether I made the right choice or not, I responded with the reasons that I get out of bed each day. I feel joy in the simplicity of tending my garden and feeding the birds. I enjoy spending time with friends and family when possible. I love a good film, or an absorbing book with a gripping plot. The evening sky full of oranges, pinks and violet hues fill me with wonder and seeing a beautiful view or a spring lamb always makes me smile. None of these are replacements for a loved partner, a friend you no longer see or a life that has changed, but they are things that give me joy. "If you say so," was his despondent reply.

When faced with a life-changing experience, our sense of identity is left in tatters; what we knew has suddenly gone and even the ability to do things that we took for granted may have disappeared in the blink of an eye. When life is turned upside down, it may take years to find the right way up again and, even then, the horizon may have changed for ever. That takes some getting used to. An understatement, if ever there was one.

I've recently started following a man on social media whose life turned upside down in the most harrowing of circumstances. As an 18-year-old new Army recruit, an IED in Afghanistan caused Craig Wood to lose both legs and his left hand, as well as facial injuries. At an age when life should be starting to unfold the prospects for his future must have seemed unimaginably bleak. Surgery and many, many years of rehabilitation followed. Something inside that man, however, must have been sparked, whether it was courage, dogged determination or just sheer bloody mindedness as he returned to a hobby that he'd shared with his father at a younger age – sailing – and it gave him a reason to carry on living. Fifteen years on, this year he has become the first triple-amputee to sail singled-handedly across the Pacific Ocean. I can't really begin to comprehend the challenge for an able-bodied person! Today, he has a wife and children and raises funds to support other amputees around the world through the charities that helped him reach his goal. I can't help being blown away by his courage, his refusal to accept his physical limitations as a barrier to taking on such a massive challenge and raising the profile of charities who will, in turn, help other amputees in the future. Incredible doesn't even come close.

I'm not suggesting the elderly man take up a huge challenge to find a reason to get up and face each day, but I believe that we must find within ourselves something that drives us forward both in times of challenge and in everyday life. What was it that used to make you happy? Did you have a hobby? Are there things that can still make you smile? They may be as simple as watching an old comedy show or sitting on a bench watching swans on a river. It could be having your favourite packet of biscuits and a cup of tea or a phone call with a good friend. It may be picking up a paintbrush again after a gap of many years. These things aren't going to take away loss or compensate for great turmoil, but they are small steps forward in finding reasons to keep moving forward. Maybe today, a walk to the shops. Maybe tomorrow, sail the Pacific.

Going forward, I hope you have a great month ahead.





Blunsdon Village Garden Club

Our next meeting is on Thursday 9th October 2025 at 7pm, when our speaker will be Bill King, who will be

giving us his talk "The Poppy - Symbol of Remembrance".

This talk explains how, following the Great War of 1914-18, the poppy came to be recognised and adopted as the symbol of remembrance for those who died.

The speaker will be followed by refreshments and then our Annual General Meeting.

Visitors are very welcome to come to hear the talk for a small cost of £3 with refreshments. However, they will be asked to leave before the start of the AGM. Jenny







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