



THE POULTON EYE

COMMUNITY - NEWS - INFORMATION



Welcome to the May edition of the Poulton Eye.

When we started talking about producing a Poulton village newsletter, the comment we most often heard was: "What are you going to put in it?" And there were a few minutes when we thought gosh, that's a good point. But then we started a list (always good to have a list!) - and soon enough found the number of clubs, organisations, activities and businesses based in Poulton growing longer and longer. And that was before we started thinking about people in the village who are experts in something specific, have a keen interest in a particular hobby, or do amazing voluntary work in some capacity.

In this month's edition we have articles that reflect the full range of amazing people who live here in Poulton - from remembering the irreplaceable Wayne Tinson to talking to our very own Clarkson, Charles Horton, about farming life. And then we heard about Alex Thomas, whose father owns Poulton Hill Vineyard, a fluent Russian speaker who, on hearing about the invasion of Ukraine, went immediately to Poland to support refugees fleeing from the war.

What an amazing community we live in.

As ever, we hope that you find something to interest you, and we welcome contributions from all.

Rosie and Lizzy

Editors, Poulton Eye
poultoneye@gmail.com

IN THIS MONTH'S EDITION:
LIFE ON THE (FRONT) LINE - IN POLAND & UKRAINE WITH ALEX THOMAS
REMEMBERING WAYNE TINSON
CALVING & LAMBING - ON THE FARM WITH CHARLES HORTON

WE STAND WITH UKRAINE

FROM THE FRONT LINE - ON THE POLISH UKRAINIAN BORDER



Alex is coming back to the UK to fundraise in May. He will be contacting luggage suppliers about large scale donation of suitcases. If you know anyone who could help please contact us and we'll pass on the details.

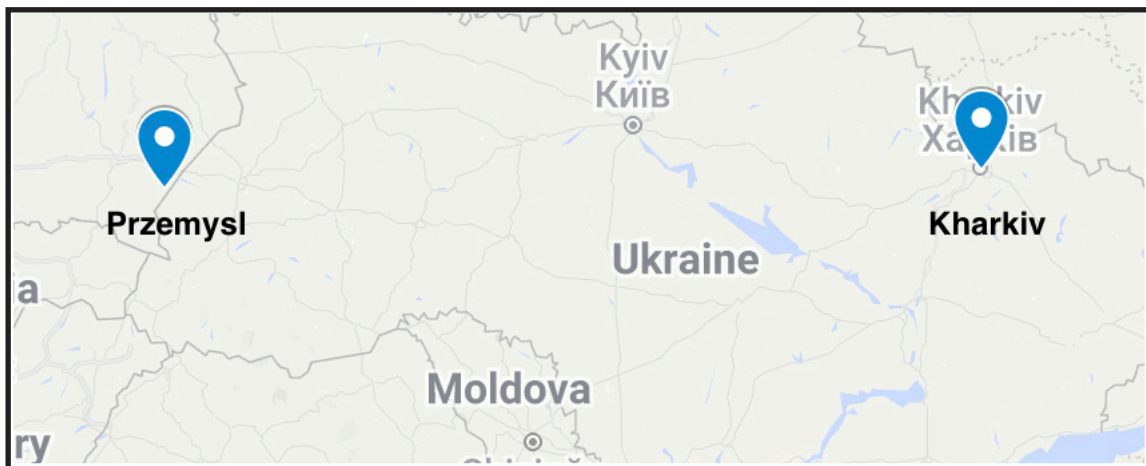
If you are interested in donating, please use the links below:

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Twitter [@KHARPPProject](https://twitter.com/KHARPPProject)

<https://justgiving.com/campaign/KHARPP>



FROM THE FRONT LINE - ON THE POLISH UKRAINIAN BORDER

Alexander Thomas, son of Poulton Hill Estate owner Max Thomas, has been working on the Polish/Ukraine border since early in the Ukrainian conflict.

Alex is a fluent Russian speaker who had just finished his PhD at Oxford and was on his way to take up a post-doctoral fellowship at Moscow University just as the conflict began.

He made his way, instead, to the border town of Kharkiv where he and others have founded the Kharkiv and Przemyśl Project (KHARPP). Their work, in collaboration with MAD Foundation, is focused on providing support and humanitarian relief in Ukraine's second largest city, Kharkiv, and in the Polish city of Przemyśl, situated on the Polish-Ukrainian border.

As cities on the eastern edges of their respective countries, both Kharkiv and Przemyśl are the epicentres of the crisis caused by Russia's invasion of Ukraine.

He and others in the team have in a remarkably short space of time established a well-run and tightly focused charity project that is daily making a huge difference to the lives of fleeing refugees

Here Alex shares with us a day in his life on the border:

My day starts reasonably early in our volunteer flat. It's a 1-bed flat which often sleeps 5 in the room. There is a chronic shortage of accommodation in the city and we don't want to take up any space which would otherwise be taken up by refugees, so there is a moral imperative to bunk up as much as possible.

Mornings are spent doing admin in the flat or in the café opposite. We work out what the medical requirements are for Kharkiv and we place orders for items from Western Europe. We collect supplies which were previously ordered and which have now arrived before arranging ongoing delivery into Eastern Ukraine. We buy suitcases and power banks ready to give to the next influx of refugees and follow on up refugees remaining in Przemyśl who still need our assistance.

Admin over, we head off to the station. There are usually three trains a day coming from Ukraine. There is no early morning rush to the station because of Ukraine's overnight curfew so the first train doesn't usually come in until early afternoon. Timings are uncertain and there are often long delays. This week we heard that the bombing in Lviv had affected the train lines so we were not sure that trains would make it through yesterday, but although very late, they did arrive. Sometimes trains don't make it at all, so we never know quite what to expect.

The trains are always full. Four-person carriages often disgorge 11 people. As the eastern regions of Ukraine are now officially being evacuated, arrivals are now largely made up of people who have been on the front line since the beginning of the conflict. They are visibly far more affected than earlier arrivals because they have seen and experienced so much and over a longer time. Many new arrivals are traumatised. Many are overtly suffering from PTSD. As they disembark I can see that they are shaking and dazed. Many refugees crossing the border now have been stuck in Mariupol in basements for the past **six weeks** as relentless bombing continued overhead. As humanitarian corridors open up (for short periods), so they arrive. There are no trained psychologists on site here to help them so we do our best, but it is extremely demanding emotionally and inevitably you know that your best is never going to be enough.

Obviously there is a language barrier which adds to confusion and difficulty. As Russian speakers we are in a unique position to offer help and support. We all have high vis jackets with 'Translator' on the front so we are easy to spot. Often we will have a long queue of travellers waiting for our assistance. Word of our services has spread widely in Eastern Ukraine so refugees know that we will be there and will help them to communicate and solve any immediate problems. We help them to decide where they want to go next, which country they want to go to, what work they might do, how they might get to their chosen destination. For people in a traumatised state, these are big decisions to make. Many do not know where they are going to go or what they are going to do. Some people will have friends and relatives in Europe, others will not.

As a charity we often arrange and pay for their first night's accommodation in the town, buying some time for recovery and for making plans before their refugee journey starts once again. Sometimes we also buy tickets for their onward travel. At the back of our mind is the need to free up accommodation in Przemyśl for the next trainload of arrivals so we are always juggling.

Continues on Page 5

Help us to raise money for Ukrainian refugees

Poulton Hill Estate is hosting a drinks and canapés reception to raise funds for The Kharkiv and Przemyśl Project (KHARPP), which helps refugees who are entering Poland from Ukraine. All proceeds from the event will go to KHARPP for its work to relieve the humanitarian crisis in the eastern regions of Poland and Ukraine, which have been heavily affected by the ongoing war.

The lunchtime reception will be held between 11.30am and 2pm on Sunday, May 15th. Alexander Thomas of KHARPP will be there to speak about his experiences before he returns to his work at the Polish-Ukrainian border.

Tickets can be purchased by donating a minimum of £50 per person on the KHARPP Just Giving page: <https://justgiving.com/campaign/KHARPP> Include your name and Poulton Hill as the reference. Don't forget to include Gift Aid if you are a UK tax payer.

You can also pay on the door in cash, but please try to let us know if you wish to attend by May 3rd by emailing poultonhill@gmail.com. If you cannot attend but wish to donate, you can also do so via the Just Giving link above.

FUNDRAISER FOR UKRAINE



DRINKS RECEPTION TO RAISE MONEY FOR UKRAINE

SUNDAY 15TH MAY 2022

11.30 AM (AFTER CHURCH) - 2PM (LUNCH TIME)

RSVP

POULTON HILL ESTATE
POULTON
CIRENCESTER

CONTACT: 01285 850700

GL7 5JA

POULTONHILL@GMAIL.COM

ALL FUNDS RAISED WILL BE USED TO HELP THOSE IN NEED THE MOST.

FROM THE FRONT LINE - ON THE POLISH UKRAINIAN BORDER

The other key contribution we make to refugees is a very practical one: suitcases. People step off the train clutching what remains of their previous life, often in one large shopping bag, so we provide the cases so that they can continue their journey more easily and with more dignity. This is particularly important for the large number of elderly who arrive on their own and are not physically strong enough to carry large bags - wheeled suitcases are an obvious and practical solution. Every day we buy more suitcases and every day we need more. We buy as many as we can carry, 20 or 30 at a time, and they are gone in minutes. We want to be able to provide thousands at a time.

The other immediate relief we provide is power banks. Refugees are, by the nature of their plight, on the move constantly at the beginning of their journey and need to communicate with loved ones left behind in Ukraine as well as to be able to plan onward journeys effectively. Keeping mobile devices charged is vital. There are no handy plug sockets available while travelling so a power bank is an essential way of keeping phones charged and communication lines open. The Ukrainians fleeing war are usually self-sufficient and know how to move around Europe, they just need the means of being able to do so. If we tell them which Apps to download and make sure they have power to be able to use their phones, they are resourceful and will often be able to do the rest themselves.

There's no shortage of nappies, baby food or paracetamol. These and similar items have been donated in such large quantities that there is a good supply for refugees. They are also in abundant supply in Poland. But donations of suitcases and power banks are really needed. The unit costs are high - £30 a suitcase and £10/£15 for a power bank, and that's why we offer such targeted support as these essential items are not being provided by anyone else. Our other main expenses are on emergency hotel accommodation and train, bus and flight tickets, along with the inevitable and unpredictable day-to-day costs of problem-solving issues with individual refugees as they occur.

Once those jobs of providing cases and power banks are carried out, and immediate onward travel arrangements are made, we are able to spend more time with those who are elderly, disabled or in shock and who need more help and guidance.

Seeing old, elderly people who are very immobile and in poor health is particularly distressing for me. They have been forced out of their homes, are often in their 80's, on their own and have been travelling for days on end, potentially not having slept for 5 or 6 days. When we see them they are often dirty, exhausted and traumatised, carrying their life in a plastic shopping bag. I find it unforgivable that they are being placed in this situation. It should never have happened. I can't imagine my own grandmother, who is a similar age and state of health, being forced out of this country on her own. A lot of the time these elderly people are travelling solo into a foreign country and can barely walk. They are totally dependent for survival on the kindness of those around them. Of course these are also people who will be less likely to speak foreign languages or accustomed to foreign travel.

We have had a number of people with dementia arriving. Some don't know where they are or why they are there. They are understandably very confused and disorientated, occasionally one or two become aggressive. We don't have dementia specialists on site so it falls to us to do our best. The local Polish people, including the Red Cross, do a bit but they are not Russian speakers and this limits their ability to offer the support and assistance that is so desperately needed.

We have built up some useful networks over the past few weeks. For example, we had lots of deaf people coming through at one point so have built links with a global deaf charity and are now better placed to help the deaf, but we are learning on the job. With people in trauma we do the best we can and the medics on site often take them to be looked after, but again, the medics are not usually Russian speakers so it is far from ideal. There was one woman recently who was so distressed that she became extremely aggressive and in the end the police had to arrest her. She was a little old lady in her 80's, completely on her own.

Our initiative focuses not just on the border crossing in Eastern Poland but also in Eastern Ukraine. We are supplying food, medicine and any other pressing needs – predominantly petrol and car repair parts. We co-ordinate the bulk buying of food pallets and medical supplies. We have a depot for deliveries and have established a tried-and-tested supply network. Drivers who were hauliers before the war now drive in and out of Ukraine 24/7. In my experience so far, everyone is helping each other and working together for the common good - for example the hauliers do not charge us for delivering supplies to the front line.

We usually get back from the train station at 1am exhausted and drained. Sometimes we have a beer and catch up on social media but often we just crash out. It is emotionally tough – but the point is that the war is not over. Bombing continues, dying continues and the refugees continue to arrive. I don't have time to think about myself until it's over.

Alex Thomas in conversation with Rosie Arkwright

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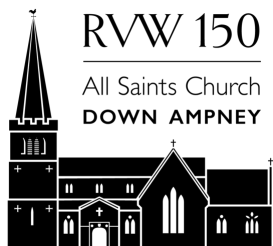
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MESSAGE FROM THE RECTORY



Dear Friends

'Music plays a significant part in the lives of many; and we have never had so much access to good quality music with iTunes, Spotify and other such platforms. Yet, I still find live performances really compelling – it seems to me that we can both listen to the music and feel it as well.

2022 is the 150th anniversary year of the birth of Ralph Vaughan Williams in Down Ampney; and he named one of his hymn tunes after the village. The son of the local vicar, he became an atheist at school and 'later drifted into cheerful agnosticism' as Ursula, his second wife, described it. This apparent lack of belief did not stop him from being a church organist (which he did not really enjoy because some of the music he had to play was pretty poor!) and editor of the English Hymnal (1906). He shared the view of the Salvationist General William Booth, who said, 'why should the devil have all the good music?' So RVW set about finding worthy hymn tunes for this new book – which included his composition entitled 'Down Ampney', sung to 'Come down, O love divine'.

Two of his hymn tunes and another piece of music were recently used at the Memorial Service for HRH The Duke of Edinburgh; and his music regularly features at royal events.

We are holding a series of eclectic concerts with outstanding performers during this summer and autumn to celebrate the work of RVW.

We are having a special fund-raising concert at 5pm on Sunday 8th May in aid of Ukraine - inspired by a courageous Violinist from Kyiv, who has had to flee the city with her children; a Choral Evensong at 3pm on Sunday 22nd May – followed by a Concert with Octavo at 6pm.

More details about these events can be found on the RVW Events page of the church website www.ampneychurches.info or from Ticket Source (search Down Ampney).

Yours as ever - John

The Rectory, Ampney Crucis, Cirencester, GL7 5RY | 01285 851309 | ampneyrector@gmail.com | www.ampneychurches.info

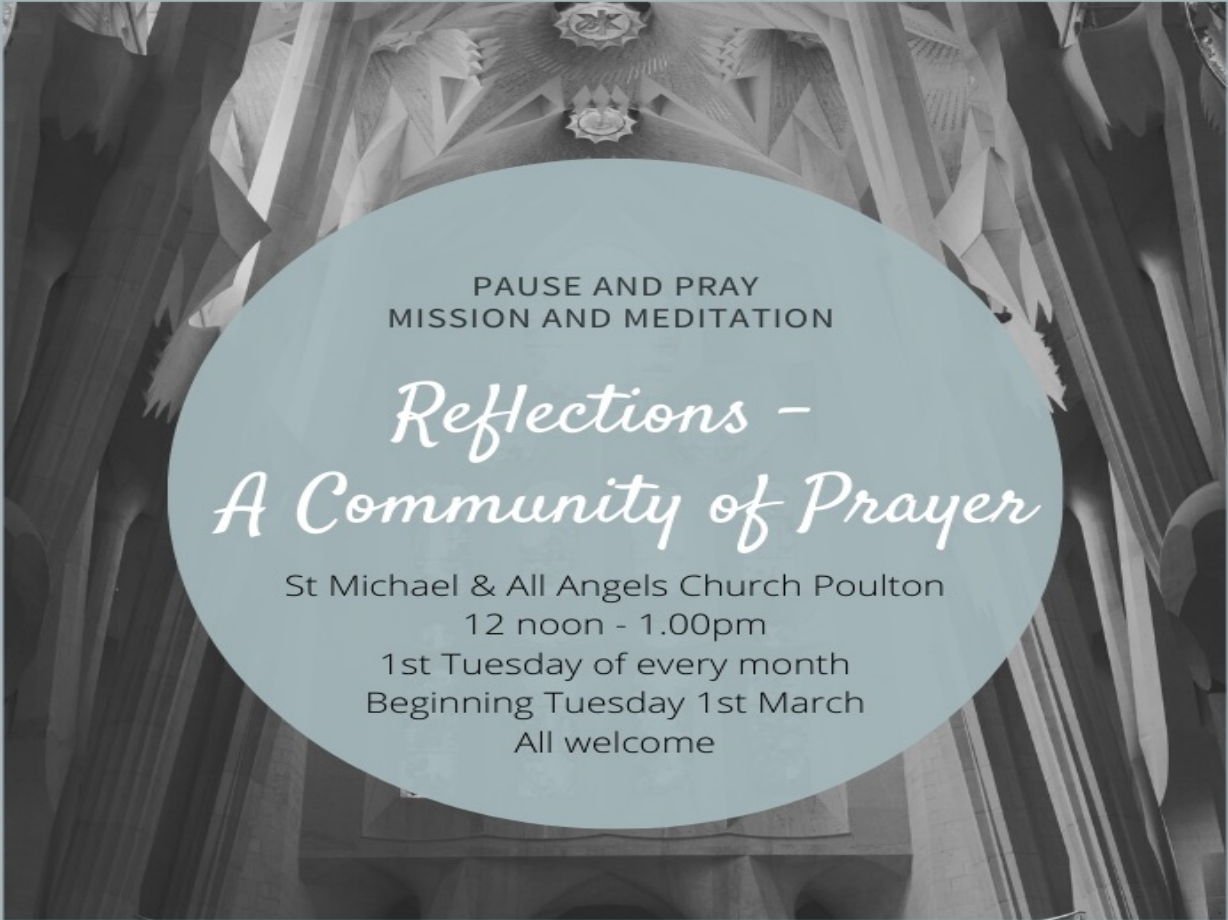
In Memoriam – Wayne Tinson

Wayne Tinson was a good friend and neighbour to me and to the church. It was with deep sadness that we learned of his untimely and sudden death at a relatively young age. One of his great joys and interests was caring for the grounds of Englands sports fields, next to the church, and making the car parking available for special events taking place at the church. I know there will have been times when I must have driven him to distraction – but he was always generous in his help and support. He served our community well in his own unassuming way.

Our hearts go out to his family – Joe, his dad, Tracey his sister and his two nieces – all of whom he loved dearly, and they him.

PARISH REGISTER

PARISH REGISTER			
Baptism	ARTHUR ILLING	24th April	St Michael & All Angels Poulton
Funeral	WAYNE TINSON	22nd April	Cheltenham Crematorium



PAUSE AND PRAY
MISSION AND MEDITATION

Reflections - A Community of Prayer

St Michael & All Angels Church Poulton
12 noon - 1.00pm
1st Tuesday of every month
Beginning Tuesday 1st March
All welcome

More information from Canon Tony Ross
e-mail: tonyrosstssf468@gmail.com



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CHURCH SERVICES IN MAY

Sunday 1st May <i>3rd Sunday after Easter</i>	8am 10am 6pm	Holy Communion Parish Communion Evensong	Ampney Crucis Down Ampney Ampney St Mary
Tuesday 3rd May	12pm	Communion & Meditation	Poulton
Sunday 8th May <i>4th Sunday after Easter</i>	8am 10am 5pm	Holy Communion Parish Communion Concert for Ukraine*	Poulton Driffield Down Ampney
Sunday 15th May <i>5th Sunday after Easter</i>	8am 10am	Holy Communion Parish Communion	Ampney St Peter Ampney Crucis
Sunday 22nd May <i>6th Sunday after Easter</i>	8am 10am 3pm 6pm	Holy Communion Parish Communion RVW Choral Evensong with the Rt Rev'd Andrew Rumsey, Bishop of Ramsbury RVW Concert with the Octavo Choir *	Harnhill Poulton Down Ampney Down Ampney
Wednesday 25th May	11am	Ampney Parishes Coffee Morning	Dakota Room, Down Ampney Village Hall
Thursday 26th May <i>Ascension Day</i>	6pm	Holy Communion	Ampney St Mary
Sunday 29th May <i>Sunday after Ascension</i>	10am	Parish Communion	Ampney St Peter

* Tickets available from the Down Ampney Village Shop or online via Ticket Source. Search Down Ampney and you will find events.



AMPNEY CRUCIS CAR BOOT SALE

Bank Holiday Monday 2nd May

Ampney Crucis Cricket Ground
Set up from 8am
Boot Sale Bookings £6 in advance; £8 on the day
Entry fee 50p; Car = £1.
Proceeds to the Village Hall

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DOWN ON THE FARM

We caught up with Poulton farmer Charles Horton to find out what's happening on his farm this month, and what issues are at the top of his agenda.

Charles farms 1,800 hectares of arable land on which he produces wheat, barley, beans, oats, oilseed rape, maize, turnips and triticale, in addition to 200 hectares of grassland. This provides grazing for 400 pedigree beef Shorthorn cattle and 800 breeding sheep. Charles is currently President of the Beef Shorthorn Cattle Society.

For the Poulton Eye, he will be sharing insights about farming life and what we should look out for in the fields over the year.

This month we focus on lambing and calving, which are now in full swing.

Charles, how does lambing and calving affect your daily life?

These are long days for livestock farmers. Mornings start from around 4am, when we will go round checking animals to identify any visible signs of pre-natal problems (like malpresentation) which mean that the mother may need help during delivery. Once all checks are completed, the day will be spent feeding, bedding up and keeping an eye on the herd. Cows are diurnal, which means that they are generally awake during the day and sleep at night, so mothers are more likely to give birth during the day. Once calving starts it comes thick and fast - each calf is tagged and then mother and baby are separated from cows which haven't yet given birth to prevent mismothering (more on this below).

Once the day is done there will be evening checks (often around 10pm - 11pm). Some farmers choose to bring their cows indoors to calf, and use monitors 24/7 to ensure that they are able to check for problems all the time, even at night, others leave the cows to give birth outdoors.

Over the next few weeks Charles's farm will produce about 85 calves and Howard Ford, another livestock farmer in the village, will produce around 120 calves. His are the black cows you will see around the village.

We know that it's important to keep dogs under control around livestock. Why is this particularly important when lambs and calves are concerned?

Always keep your dog under control around lambing or calving sheep or cows, or where animals are grazing. It's often difficult to spot calves in a field because the mother will instinctively hide her baby either behind her, under a hedge or beside a clump of grass. If disturbed, cows are very protective mothers and can become possessive over their calves. This is when attacks on dogs are more likely to happen.

The other reason that it's important that your dog is under control is that cows and sheep instinctively see dogs as a threat (think wolf). If frightened, panic can spread quickly through a herd or flock and in the melee mothers may run off and abandon their young, leading to mis-mothering.

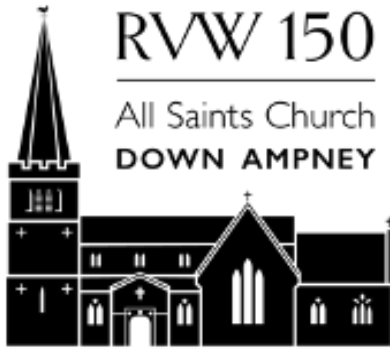
Aha. You talked about that earlier. Tell us what it means?

Mismothering is where a still-pregnant animal sees and adopts an abandoned calf or lamb as its own. This sort-of works until its own baby arrives, after which the new mother will leave the adopted baby to concentrate on its own. In the meantime, the abandoned baby's real mother has by now lost interest in its lost lamb or calf. If the youngster is not picked up and fostered it will quickly die through lack of milk. This ceases to be a problem once the babies are a month old.

OK. So we know that we need to keep dogs under control. Anything else we should be thinking about?

The other issue at this time of year with dogs, sheep and cattle is the spread of two particular and nasty diseases.

Continues on Page 7



RVW 150 ANNIVERSARY CELEBRATIONS

3pm Sunday 22nd May 2022

Choral Evensong
sung by Octavo Choir
preacher – The Right Reverend Andrew Rumsey,
Bishop of Ramsbury
4.30pm Tea/Refreshments available

6pm Sunday 22nd May 2022

Concert
Octavo
Music by RVW, English Renaissance,
other English early C20th and contemporary English composers
Concert ticket £15.00
in aid of the Organ Restoration Fund

7pm Friday 3rd June 2022

HM The Queen's Platinum Jubilee Weekend

'From Pub to Pulpit' -
Folk Music Concert
with Broomdasher and The Coracles
and the choir of Ross-on-Wye Parish Church
telling the story of how RVW turned folk tunes into melodies for hymns
Concert ticket £15.00
in aid of the Organ Restoration Fund
Refreshments and Beer Tent available!

7pm Saturday 2nd July 2022

Gloucestershire Youth Jazz Orchestra
in concert with a bit of RVW!
Concert ticket £10.00
in aid of the Organ Restoration Fund
Refreshments and Beer Tent available!

DOWN ON THE FARM

Neospora Canis is particularly serious. It is spread by dogs and foxes eating cattle placentas. About 70% of cows eat their own placenta, but the other 30% leave them in the field. If a cow carries Neospora Canis it will be in the placenta so when the dog or fox eats the placenta they ingest the bug and then expel them in their faeces. If left in grass or fields, this may be eaten by cows who are then infected.

Neospora Canis causes abortions and therefore a failure to breed.

Of course, we try to manage this as much as we can. Within our own herd we test for the disease. Luckily it's not infectious so one cow will not pass it on to another cow, but they will probably pass it on to their calf. This means that the family will be culled.

The real problem is when dogs pass the disease on, having eaten an infected placenta from a different herd and farm, pooping on a different farm and then infecting a new herd. So if your dog runs off and comes back chewing something that looks like cow placenta be very careful.

Dogs can also pass on disease (Gids) to sheep. Gids is a parasitic worm which gets into the sheep's brain, causing it to walk round and round in circles before dying (note - it does not affect dogs in the same way). As with Neospora, the disease is spread by the dogs ingesting the worm and then excreting it into pastures and grazing land. Best avoided, and a good reason to keep your dog regularly wormed!

What else is on your mind at the moment, Charles?

Spare a thought for the vagaries of a farming life. There are so many elements which affect farmers' life and work over which they have no control. We are used to worrying about weather and disease, milk and livestock prices, but now we also have to worry about Brexit and the Ukraine war as well.

The latter has had a dramatic effect on farmers' costs. With the increase in the cost of gas, which is used in the production of fertiliser, in the space of just 1 week, the price of fertiliser rose from £250 a ton to £1000 a ton. At the same time, and also as a result of the war, diesel tripled in price over the week from around 30p per litre to £1.20 a litre. This level of sudden and unforeseeable overhead costs can be disastrous.

For dairy farmers there is even more pressure; almost overnight the cost of feed has doubled (cows need feed during the winter months when they are brought inside). So now we face a situation where the cost of feed has doubled, fertiliser has quadrupled and diesel has tripled. In the longer term, these price rises will govern what farmers are able to grow. Charles believes a milk shortage is inevitable because dairy cows need grass, and grass needs fertiliser. If you can't afford the fertiliser, you won't get the grass and you can't feed the cows. The price of milk paid by supermarkets has increased recently but because costs have risen so greatly, there is no increase in margins for dairy farmers.

So when you admire the beautiful countryside, spare a thought for our farmers. They are having a very tough time.

Rosie Arkwright in conversation with Charles Horton

We will regularly explore farming topics with Charles, including (by popular demand!) muck spreading - if you have any farming issues that you would like to raise, please let us know - poultoneye@gmail.com

Open Gardens at Cotswold Farm

Duntisborne Abbots GL7 7JS

Weekend of 11th & 12th June 2022

2pm - 5pm



£7.50 Entrance (cash or contactless)

Children FREE

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GARDEN NOTES

For me, **May is all about blue flowers** - bluebells and wisteria. It's not only about the beautiful shades of bluey purple, but also the incredible yet subtle scents of these amazing blossoms.

Stand in the middle of a bluebell wood on a warm mid-May day and take in the sight and the smell... it's a perfect day out. When I lived in London I would take a trip to Christmas Common in the Chilterns for my bluebell fix. But now I have many fantastic displays to choose from in Gloucestershire. I've got my eye on Siccaridge Woods, Sapperton, and even closer to home, Harebrush Woods, Cirencester. Harebrush Woods is an actively managed woodland with an entrance opposite the Norman Bridge in the Abbey Gardens. See you there!

(...remember not to step on the bluebells as once the leaves are crushed under foot the plant dies)

Anyone tempted by 'No Mow May' this year? This is an annual initiative from 'Plantlife', a British conservation charity working to save threatened wildflowers, plants, and fungi. The idea is that you stop mowing from 1st May for a month and for the final week you survey your plot to identify the emergent wildflower species. I am going to give it a go in a small area of the garden, and I'll report back about how I get on. Anyone else?

More information is available on their website: www.plantlife.org.uk

We were lucky enough to inherit an established **asparagus bed** in the kitchen garden, possibly planted 10-15 years ago. The first asparagus tips are just poking through the soil, and we are hoping for a plentiful supply of stems throughout May. Probably for a different article in the Poulton Eye, but my favourite way of eating freshly picked asparagus is lightly steamed with melted butter and finely grated parmesan!!

If you are **starting from scratch, plant asparagus crowns in a trench in a sunny spot**. Top up the trench with fresh compost every spring, but don't harvest the stems for the first 2 years. Thereafter, harvest every 2-3 days for a period of 4-6 weeks. Once harvesting is finished, fertilise the soil and leave the frondy leaves growing until they die back in the autumn. Regular weeding of the bed is essential.

Another job for May in the kitchen garden is earthing up potatoes. This is when you gradually build up the sides of soil around the row of potatoes to protect the new growth from late frosts and to prevent the top of the potatoes from becoming green from sun damage. Either pull in surrounding soil with a rake or use a suitable mulching material like grass clippings.

Finally, **now is the time to divide overgrown Hostas**.

As the new growth starts to emerge through the soil, dig up the whole plant and use a sharp knife to cut into sections from the crown down, ensuring each section has at least one growing bud on it. Replant in fresh soil at the same depth as the original plant and water in well.

And don't forget the beer traps!

Jackie Piggott

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420 TREES - PLANTED AND GROWING!

In February, we sent out a plea for volunteers to plant over 400 trees in the meadow below Englands.

We called, and you responded. Over forty villagers (and non-villagers!) turned up over two weekends, armed with spades and forks and an enthusiasm to dig, and we now have the southern boundary of the meadow (the left-hand edge looking from Englands) fully planted with a very happy mix of hazel, crab apple, downy birch, hawthorn, goat willow and chestnut - all hardy native species.

The trees are already showing signs of growth, as you can see below, and we have rigged up a bowser to facilitate watering.

They will need regular watering over the summer. Can you help? If you can spare some time and lend a hand, please e-mail Roger Davies - rdmdavies@btinternet.com



With special thanks to Nigel Clapton for preparing the ground



Poulton Hill

VINEYARD

1952 - 2022

Celebrating the Queen's Platinum Jubilee
with Poulton Hill Vineyard

Visit our Cellar Door to purchase our award-winning red, white, rosé and sparkling wines – perfect for celebrating the Queen's Jubilee with loved ones.

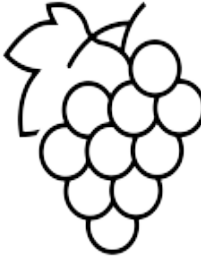


Think Local, Drink Local

www.poultonhillestate.co.uk

Visit us online or at the Cellar Door

FROM THE CELLAR DOOR



COUNTDOWN TO LAUNCH: FINAL PREPARATIONS FOR OUR NEW VINTAGES

NATALIE BARKER ON GETTING POULTON HILL'S 2021 WINES READY FOR SALE

May is when our vineyard is really starting to come back to life. After their winter dormancy, our vines are showing the first signs of new growth, with leaves unfurling turning our rows of brown vines into a sea of light green foliage.

This is a very exciting time for us as we are also doing the final preparations before we launch our new wines. First, we must finalise the blends and volumes for all of our still wines for the year ahead, which include Bacchus 2021, Phoenix 2021, Special Reserve White 2021, Rosé 2021, Pinot Noir Rosé 2021 our Arlington Red NV. It is really important to get the balance between the different characteristics of the varietals to get the best possible aroma and flavour.

This year, rising costs nationally mean that we are negotiating price rises for glass bottles, labels and boxes, and trying to establish how this will affect the price at which we sell our wines.

We then need to write the new tasting notes. This is a skill in itself as we have just a few lines on the back of a wine label to describe the appearance, nose and palate of the wine, plus its blend, ABV and the information required by UK law. It is always helpful to the consumer to add in possible food pairings as well.

This year sees the return of Poulton Hill Vineyard's Bacchus. This incredibly popular wine was not produced in 2020, so we are absolutely delighted to be bringing you this wine from our 2021 harvest. The grape is a German hybrid that is particularly suited to the English climate, producing a very crisp, dry white wine. Our Bacchus has previously been awarded Drinks Product of the Year at the Cotswold Food and Drink Awards.

After the success of our very first premium Pinot Noir Rosé last year, we are delighted to be releasing a second limited edition from the 2021 harvest.

We are hoping to hold a very special launch event for our new wines, so keep an eye out on social media or sign up to receive our newsletter by submitting your email address on our website <https://poultonhillestate.co.uk> to find out more.

In other news, we have been shortlisted for the Food/Drink Producer of the Year in the SoGlos Gloucestershire Lifestyle Awards 2022. If you love our wines as much as we do, please vote for us. Simply visit: <https://www.soglos.com/awards-lifestyle>

The May Day bank holiday at the start of this month is usually when many people hold barbecues and enjoy picnics. The double bank holiday at the start of June to celebrate the Queen's Platinum Jubilee will also be a time of garden parties and celebratory events. If you are looking for a special drink for your own celebrations, why not pop to see us at the Cellar Door here in Poulton to see our full range of still and sparkling wines?

Would you like to work at our multi-award winning vineyard? We are looking for part time help at the Cellar Door and vineyard, to include the selling and marketing of our wines and spirits, helping with the Tour & Tastings, outdoor work in the vineyard and general office administration. If you are interested in joining the team, please email natalie@poultonhillestate.co.uk

Natalie Barker



Date	National Events	Poulton Programme
Thursday 2nd June	Queen's Birthday Parade & Trooping the Colour Lighting of Beacons across the Country	Poulton's Got Talent
Friday 3rd June	Thanksgiving Service at St. Pauls Cathedral	Village Zumba Fitness Party Quiz
Saturday 4th June	Party at the Palace (Concert)	Family BBQ Village Party on Englands
Sunday 5th June	Big Jubilee Lunch Jubilee Pageant	Service at Poulton Church followed by Children's Treasure Hunt Village Picnic on Englands followed by Village Fun Cricket Match
Gin, Beer & Cider Festival Running from Friday 3rd June t		

Proceeds from each event will benefit from any proceeds raised. Please note that the Cricket Club who are hosting and arranging the





Hosts	Time/Location	DETAILS
PCC	Evening in the Village Hall	Calling Volunteers and Audience Members! Supper & Cash Bar Available
Cricket Club	5pm in the Village Hall Evening in the Marquee on Englands	Please wear gym kit; sadly, we can't include Under 16s With Quizmaster Phil James Beer Festival Bar Open
Village Hall Team	10.30 - 14.00 Village Hall	Extended BBB with Bar opening at 12.00 and BBQ from 12.30
Cricket Club	Evening in the Marquee on Englands	John Newman Disco from 20.00 Gourmet Burger & Pizza Vans, Beer Festival Bar, Poulton Vineyard Tent
Vicar & PCC	10.00 at St Michael & All Angels Church followed by Treasure Hunt at 11.00	
Cricket Club	From 12.30pm on Englands followed by cricket from 2pm	Bring your own picnics; Beer Festival Bar Open

to Sunday 5th June on Englands, hosted by The Cricket Club

larger events, have expressed a desire to make a donation to each of the other village organisations. This aim is very much appreciated.



CHAMBERLAIN WINES

Hello. My name is Mark Chamberlain, and I have lived in Poulton with my family for more than ten years. If we haven't met, you may have seen me walking the dogs around the village!



I am an Independent Wine Merchant. I have almost twenty years' experience in the Wine Trade, including living and working in Saint-Emilion. I have run my own Wine Merchant's business for more than a decade.

I list wines from all over the World, and in a wide range of styles: crisp, dry whites; richer, fuller bodied whites; pale and refreshing Provençal rosés; light, supple reds; full-bodied fruity reds; luscious pudding wines; an array of sparkling wines including some excellent Grower Champagnes; a selection of ports and sheries; classic Clarets, Burgundies, Riojas and Barolos; lots of interesting wines from off the beaten track. In essence, anything that I like and I think represents good quality and good value for its type and origin. I don't list anything I wouldn't drink. And I always try to be amongst the most competitively priced for the wines I list.

I don't have a shop, but I do offer a range of traditional Wine Merchant services – expert advice, naturally; free local home delivery (or I can send wine anywhere in the country using a reliable courier service); glass loan for events; gift boxes. If I don't stock a wine or style you're looking for, I will do my best to find it for you. In short, all you could want from a Wine Merchant, on your doorstep!

As I live in the village, Poulton residents get 10% off the list price of any order.

If you want to see a list of the wines I have currently, join my local email list, or have any other questions, please do get in touch: mark@chamberlainwines.co.uk or on the mobile, 07894 528 580.

All the best!

ON THE GRAPEVINE

March's article from the coal-face of the Wine Trade struck a rather bleak tone, with all the rising costs and Government meddling, so I promised myself I'd try to find something more uplifting to talk about this time. I hope you'll excuse me, then, if I begin by noting that there appears to be an awful lot of Covid about. I went to a couple of Trade Tastings, the first in London and the second in Bristol, at the beginning of the month, and I was aware that it was the first time in ages I'd been in sizable crowds of unfamiliar people. Sure enough, at the end of that week I had some mild cold symptoms, so I took a test, but it was negative. The Saturday of the following week I was due to give a talk at a tasting, so took another test in the morning, despite displaying no symptoms at the time, and was flabbergasted to see it go positive. I've since tested negative twice and have suffered no symptoms at any point, so it looks like a lucky escape for me, particularly as the possibility of losing my sense of taste and smell is simply too awful to contemplate.

All of this preamble though, is a roundabout way of explaining how I came to taste a wine that set me thinking. At the Bristol tasting a very nice lady was showing the new Prosecco brand from the celebrity modelling and socialite sisters Chloe, Poppy and Cara Delevigne, called Delle Vite. I think the name's rather cute, as it must be the Italian equivalent of the French Delevigne, both of which ought to mean 'of the vine'. And the packaging was pretty smart. I should say, at this point, that I'm not a great fan of Prosecco. The style tends to have a sweet peach flavour profile, which I can find cloying. Some of the real bargain basement versions I've tried are awfully insipid. The Delle Vite, though, was actually, genuinely, good - much drier than most Proseccos, with excellent fruit flavours and crisp balancing acidity. I'd happily drink it and, as I say, that's not usual for me with Prosecco.

The whole category of Prosecco, however, has built its reputation on being inexpensive when compared to other sparkling wines. Which is why the Delle Vite gave me pause for thought. The one I tasted (of the two available) has a RRP of £27.99. It might have been good, but selling a Prosecco for a similar price to a midrange Champagne? Or a very good New World sparkling wine? When most people aren't willing to pay more than a tenner? When I cautiously aired this issue, the charming lady mentioned 'Premiumisation', a word as execrable as the concept. I wished her every success with the project.

Afterwards, three main issues came to mind.

First, how does a product that has developed a particular niche in the public consciousness break those shackles? I'm reminded of the commercial problems that better quality Chianti suffers to this day because of the glut of cheap, poor quality Chianti that was flogged up and down this country in budget trattorias in the 70s and 80s, usually in those straw fiaschi. People quite naturally assume that 'Chianti' is cheap and not terribly good, so your £30 bottle of stunning Chianti Classico Riserva might be great value when compared to other wines of a similar price, but it remains a hard sell. Of course, the price question works the other way, too. Bordeaux red perennially struggles with the preconception that it must be expensive, because the famous names are very expensive indeed. But they account for a tiny proportion of the total amount of wine produced in the Bordeaux region. Most of the vineyard owners at the bottom end struggle to make money unless they produce very large quantities.

Secondly, is it all down to the power of Fame? I don't know much about the Delevigne girls – the most famous one is Cara, the model with the eyebrows, who has a big social media following, I believe. But if the Kardashian family are anything to go by, celebrity endorsement can sell pretty much anything, and the Delle Vite Prosecco is, at least, good. I'm assured that they didn't just sign their names and appear in a few well-lit photos, either, but were involved in every step of the production. I don't know how much to believe that, but does it matter? Recent history is littered with examples of wine brands given a massive boost by celebrity tie-ins – Brad Pitt with Miraval Rosé, for example. And celebrities seem to be falling over themselves to jump on the wine brand-wagon: Graham Norton, Kylie, Sarah Jessica Parker, Cameron Diaz to name just a few. Which leads me to...

Thirdly, and most personally pertinent, what place the Wine Merchant in this fame-obsessed circus? Well, surely it should be giving sage, impartial advice. If you want to spend £27.99 on a Prosecco that's endorsed by a model, then the Delle Vite certainly isn't a bad choice. But is it good value? Just by way of example, I sell a sparkling wine from Alsace that's really good quality and, in your correspondent's opinion, much more interesting than the Delle Vite. It's also under £20. What price fame?

*If anybody does want to try the Delle Vite, I can get hold of it easily

Mark Chamberlain

REMEMBERING WAYNE TINSON

Remembering and Celebrating the life of Wayne Tinson, by Sarah Townsend (Tucker)

I lived next door to Wayne during our childhood together. Wayne's family may not recognise my name as from an early age I was known as 'Sarwa Tutter' – Wayne and Tracy's cute but tongue tied version of my name. Wayne was loved by everyone. Especially for his kindness, helpfulness, generosity and never ending support for his family and friends. Wayne had such a kind heart which he humbly shared with everyone he met. He would help or do anything for anyone and never expected anything back.

Wayne moved to 4 London Road, Poulton in 1971 with his Mum – Sue, Dad – Jo and sister – Tracy. I think Wayne would agree that he enjoyed an ultimate 70s childhood with the fun and freedom that would help mould the great man he became. There were four kids on the London Road – Wayne, Tracy, Tracey Vincent and myself. When we were little we would shout aloud from our gardens "are you coming out to play!!" we'd then scurry over the back fences and either play in the field or in one of our gardens. We loved playing Robin Hood – which displeased our parents as we would rip branches off the trees to make bows and arrows. We would then take it in turns to be Robin Hood and the rest of the gang would be the Merry Men. Summers seemed to last forever, we would be out playing all day just popping back home when we were hungry. Wayne was excellent at making dens and became the master builder in wooded areas around Jack House and Bell Lane.



Like many boys in the village Wayne joined the Poulton Cub Scout pack in the village hall. Lots of fun was made although the boys were led by a very regimented Akela who I believe still sends shivers down their spines today!

Wayne went to the village primary school along with his life long buddy Mark Leadbeater, joined by The Pitts, Saunders and Tracey Vincent to mention just a few. Mark remembers many days off when the toilets were frozen and days when the boys looked hopefully out of the school window for good weather as football wasn't allowed if there were rain or puddles in the courtyard.

After Poulton Primary came Farmors at Fairford, with a short walk down to the bottom of Bell Lane to catch the school bus. It was at Farmors that Wayne's interest in electrics and lighting blossomed. Wayne would work hard with the teacher Mr Williams preparing the lighting for the school performances. He also did the same for the FADS at the Palmer Hall.

During his teenage years Wayne went along to Poulton Youth Club ran by his Mum and Christine McDermott. He also joined the kids in the village for Trick or Treating. Oh dear I must say, we were all VERY naughty! If we didn't get a treat Wayne would join us in removing gates, throwing eggs at windows, persistent door knocking.....and the odd potato up your exhaust pipe!

After leaving school Wayne did a YTS with Eccles and Bumford. He spent 4 days a week working with the firm and studied 1 day at Swindon College to gain some qualifications. He stayed with Eccles and Bumford for a few years and then got a job with Beam Electrical working alongside Tim, Squeak and Mike. Mike Smith fondly remembers the 'Van Episode'. Apparently Beam bought a BIG new van when everyone had little vans. Wayne and Tim both had designs on it and made a mad dash for it in the car park. It almost came to blows but after a hustle Wayne emerged victorious and from the driver seat said firmly 'MY VAN'. Mike also recalls that Wayne holds the record for fitting the most downlights in one day – a feat that he was very much proud of!

After Beam, Wayne went into partnership with Andy Blackwell and Jimmy Vincent and they called the business AJW. They worked together until Andy retired. Wayne then went on to work for Mr Sparkes and was pleased to be working with Squeak and Tim again along with some new work mates. Until recently he was completing work at Poulton Priory and Barnsley Park. He also did some work for Fairford Surgery and thanks to Wayne's electrical work the doors now open when you wave at them.

In the earlier years Wayne used to be a roadie for Andy Blackwell's band and drove them all over the place to perform their gigs. Andy has shared this story:- "Wayne was driving our band back from a gig in Swindon – the band name at the time was Visa. He was driving us along the back road by Braden, a long straight stretch with a nasty bend over a railway bridge. Wayne was doing about 60 mph and was unaware of the bend. Andy, Julia, Kim and Marie were in the back half asleep when one of them looked up at the last minute and shouted 'BEND WAYNE!'. Without a twitch we went over the bridge and I swear the wheels hardly touched the ground. By this time we were all wide awake and all Wayne said was 'FUDGE!' and carried on as if nothing has happened. It is now called, and has been ever since, 'Wayne's Bend'."

REMEMBERING WAYNE TINSON

Wayne loved his holidays. In the early days he would enjoy holidays at Butlins with his Mum, Dad and Tracy and sometimes the Uncles, Aunts and cousins would come too. He took several cruises around America with Mum and Dad when they met up with their relatives from across the water. Wayne continued with the American dream by taking Tracy, Sarah and Abigail to Disney Land Florida on several occasions. They also in recent years hired a Motor Home and took a couple of trips touring around the UK. Much to Wayne's despair he managed to scrape one on the way back and lost his deposit!

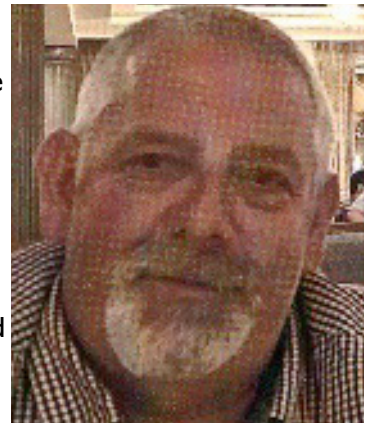
Wayne was one of the kindest people I've ever known and would do anything for anyone. He led a very full life and made many friends and we are so sorry it was cut short. We don't really know what happens when we depart this life but what we do know is wherever Wayne is now he will be sat on a roller in the sunshine, with a pint of cider in his hand. He can be proud of what a remarkable life he has had and be rest assured that he will never be forgotten. Wayne, Rest in Peace.

Mark Leadbeater

Wayne was a true Poultonian who loved village life especially helping at events like the annual Fete and Beer Festivals. He was a committee member on the Playing Field and Allotment Trust for over 10 years.

His first pint was probably in the Red Lion, like all the teenagers in the village, but he soon became a regular in the Falcon playing darts and skittles. He played skittles for Poulton Cricket Club for over 35 years many spent as captain and secretary. He was instrumental in keeping the club going when we had to leave the Falcon and we began our nomadic life playing in various Cirencester pubs. He was also a skittles league committee member for over 10 years. Ironically, he had his best score of the season - 53 - the week before he died

Wayne played football for Poulton Reserves on a few occasions and scored his only goal in a 5-0 win in a local derby at Down Ampney, but cricket was his passion. In his younger days he loved to play and became a stalwart of Poulton 2nds, opening the batting where he had the best forward defensive in the league. On a sunny summers day in 1990 at Avening and Cherington he scored his first 50 and how we all roared when he made it home after running a 3 on the last ball of the innings. Wayne loved to field at short leg (which is a position very close to the batsman for those that don't know) he would put his helmet, shin pads, box and arm guards on and intimidate the batsmen by laughing at them when he stopped a certain four runs with any part of his body. He took a fair few catches over his career but also a couple of hefty blows. He wasn't renowned for his bowling, but we went on tour to Bude in 1989 where we played a team called Buckland Brewer. It was a rural ground with the boundary being signified by an electric fence and the cows being moved before the game could start. We had scored nearly 400 runs batting first and Wayne was brought on to remove the stubborn tailenders with his slow off spin. Within two overs he had taken 5 wickets for 0 runs including bowling a chap who played in his Sunday best black shoes. We had a few ciders that night.



As kids we used to go and help Pat and Trev Shaw look after the wicket at Poulton on a Thursday evening mowing, rolling, and watering. Pat and Trev both passed on their knowledge and Wayne quickly went from being the apprentice to becoming the main man. He loved looking after the ground and getting the wickets ready for men's, ladies, and junior cricket. He would read books and go to seminars to ensure he learnt the latest techniques in pitch preparation. His hard work has given the club both international and county cricket recognition and made Poulton the most fantastic place to enjoy and play cricket. He ran the bar for many years and was always keen to get the best deal on a barrel of cider or lager. The club was his second home, and I am sure he considered the ground as his own front lawn. He leaves some massive shoes to fill, and I am sure he will be laughing at us from above as we try to do half the job he would have done, especially when we can't get the roller to start.

Personally, I have known Wayne for nearly 50 years and like everyone here I will miss him terribly. As Sarah mentioned he truly was the most selfless and humble person, and all our lives are better for knowing him.

Our thoughts and thanks are with Wayne's family (dad Joe, sister Tracey and nicees Sarah and Abigail). Thank you also to for sharing these tributes.



The Village Pub for Every Occasion



Open Tuesday - Sunday

Bookings@thefalconinnpoulton.co.uk | www.falconinnpoulton.co.uk
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REMEMBERING WAYNE TINSON



The Duck Pond, told by Mark Leadbeter

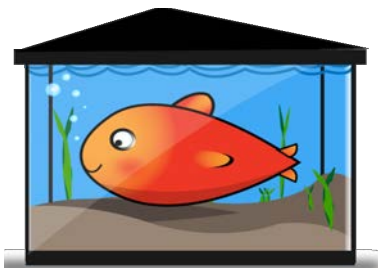
Wayne was driving from Poulton to Cirencester when a car pulled out of Ampney St Peter which forced him off the road and into a duck pond opposite the Park Horse pub. Wayne had to climb through the sunroof to get out but what made matters worse is that he knocked one of his front teeth out in the process. His Dad then got told off by a villager for parking on the grass – he then had to point out that his son and car were in the duck pond!

The Ford, told by Jim Vincent

Although I wasn't there, I heard the story of Wayne being sent to a job in Duntisbourne. Kim gave Wayne directions and said go past the Ford, up the hill and the house is on the left.....

Apparently Wayne couldn't find the house and rang back, saying that he didn't see a Ford, but there was a BMW?

He later told me that he really knew and was joking.....in truth I honestly don't know??



A Fish Called "Horse", told by Jim Vincent

We were working in Bibury in a cottage owned by Sir Chris and a goldfish in a small tank had been left in the property! It was destined for a long swim to the sea until I rescued the fish and tank and put it in front of Wayne's van. I named the fish 'Horse'.

Wayne received a call from Millets and had to leave immediately to sort out their problem. We all forgot about 'Horse'...

Anyway at about 7.00 pm that night Wayne turned up at my house cursing me that he had to hold onto the tank while he was driving!

Water had splashed all over his legs and he was frightened that Horse might have fallen out on one of the waves! I said I had forgotten about Horse and why hadn't he stopped and put the tank in the foot well? Wayne said he was in a huge hurry and couldn't stop, despite getting soaked!! He couldn't stop laughing about taking Horse for a ride! There was only about 5 inches of water left in the tank so he must have got soaked!!

Cable Tug of War! remembered by Jim Vincent

We were working at Canfield School when we were all pulling on a huge feed cable and we were all struggling! All of a sudden we went from barely walking to almost running! When we stopped, we all looked in amazement at the cause of the sudden improvement. Wayne had grabbed the cable and literally ran while pulling it! We had almost fallen over. Wayne on the other hand was led on his back in exhaustion! Strong lad was Wayne!!



FROM THE VILLAGE HALL



A SPECIAL BOOKS, BICCIES & BEVERAGES.... and BBQ
To celebrate the Platinum Jubilee at the Village Hall

SATURDAY 4th JUNE



From 10.30am to 2pm (BBQ open from 12.00pm)
Andrew Butler Burgers plus Vegetarian option - £5 (with all the trimmings)
Bar including Real Ale

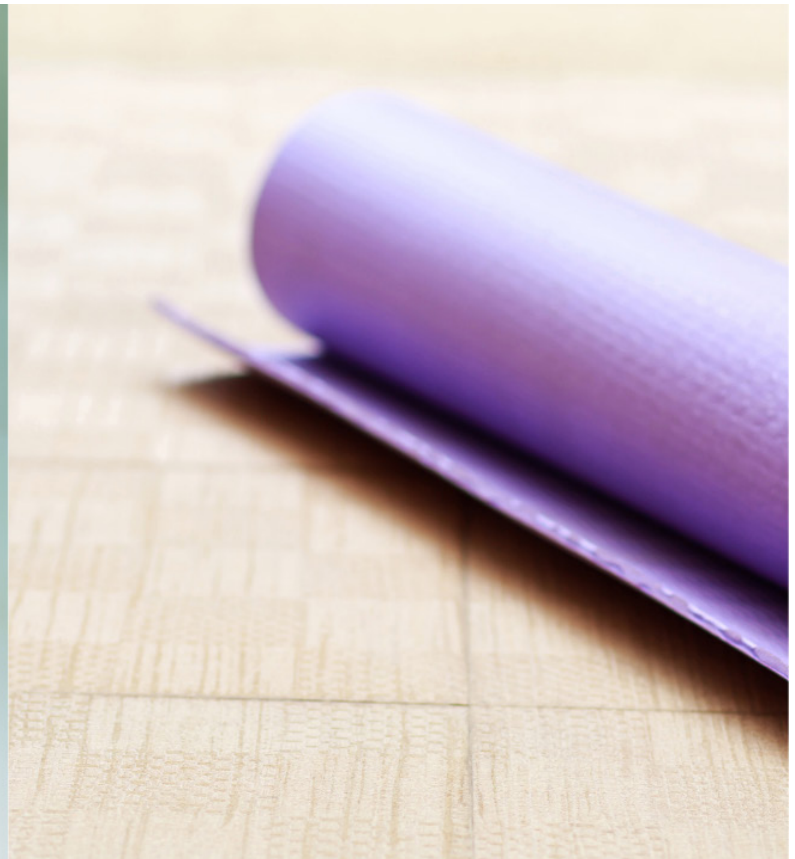


Yoga For All

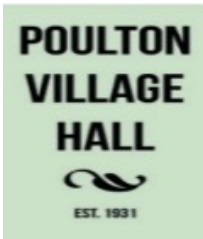
Mondays 9am - 10.15am

Poulton Village Hall

With Becky Barry
Heart and Soul Yoga and Therapy



FROM THE VILLAGE HALL



NEWS FROM THE VILLAGE HALL

Thank you to everyone who came to our Friday Film and Pizza evening. This was the first time we had run this event and as we think it was a success, enjoyed by all, then we plan to run a similar evening in future. So, keep a look out for a Friday, Film and Food evening in the coming months.

A Stall at BBB

Many of you will be familiar with the format of our monthly village coffee morning, held on the first Saturday of each month, where we offer pre-loved books for sale alongside serving refreshments. We're interested in extending the appeal of the morning by welcoming any local crafter or business who may like to hold a stall during one event. If this is of interest to you, please contact Judy (851230) for more information.

Keeping You Informed

Whilst we always advertise Village Hall events on the village Facebook page and via the village WhatsApp group and here in Poulton Eye, we are aware that some people may wish to receive information via email, so if you would like to join the village hall mailing list, then please send a mail to poultonvillagehall@gmail.com and we'll add your details.

Finally, if you are at or passing by the hall, you'll notice that there is re-pointing work underway which we expect to be completed soon. Meanwhile we appreciate your understanding whilst the repairs are taking place.

DATES FOR YOUR DIARY in MAY



Each Tuesday afternoon – 1.30 to 3.30 pm – Post Office & Pantry
Outreach Post Office is run by Matthew each week.

Take advantage of this local service for your postal and banking needs and stop for a while to enjoy a pot of tea/coffee and a homemade slice of cake.



Saturday 2nd April – BBB - Village Coffee Morning – 10.30am to 12.30pm – All welcome to drop in for a drink and a homemade biscuit or Eccles Cake and browse the library for some new reading material or donate any (good condition) books you have finished with. Homemade cards also on sale.



Film Nights will be Tuesday 3rd May and Tuesday 17th May – subscribe to the mailing list at poutonone&nines@gmail.com to be notified of the film details.

Films begin at 8pm, the hall opens at 7.30pm for pre-film drinks, which is a great way to meet people or catch up on news.



Financial advice made personal

We recognise that talking about money and finances is personal – sometimes sensitive. So it's reassuring to know that there's someone on hand who can help you address your needs, understand your goals and realise your dreams.

We offer a friendly and approachable service, backed by the strength and security of FTSE 100 company, St. James's Place Wealth Management; and being local means we're here to help whenever you need us.

We can help you with investment, retirement, tax and estate planning – but more importantly, we're here to support you for the long-term, guide you through life's challenges, to be your trusted adviser and confidante.

Let's start a conversation.

JANE DAVIDSON DipPFS
Principal

DAVIDSON FINANCIAL PLANNING

Associate Partner Practice of St. James's Place Wealth Management

01285 850567 | 07968115592

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The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

PARISH COUNCIL UPDATE

The Parish Council last officially met on March 14th but are in regular weekly contact regarding current village matters.

The Parish Council Annual General Meeting is on Monday May 9th @ the Village Hall commencing @ 7pm. All villagers and village organisations are invited to attend to report on their activities and/or raise any matters of note/concern.

The Parish Council invite all Poulton residents to attend a Village Meeting on Monday 23rd May @ the Village Hall commencing @ 7pm. The Hall will be open from 6.30pm and refreshments will be available to purchase. The meeting will discuss important current subjects regarding Speeding/Traffic and Cemetery space. We want to hear your (reasoned) thoughts.

A replacement on the Parish Council for recently retired Andy Young is still being sought. Anyone interested in volunteering to help our village and community please feel free to have a chat with any Councillors or the Clerk.

Annual Health & Safety Assessment

The Parish Council annual village health and safety assessment has recently been completed. The major issue remains the speed of traffic and number of heavy lorries passing through Poulton. There is also a significant problem with vehicles being parked on pavements and at road junctions. This and other traffic matters will be pointed out to the Police who will be asked to monitor accordingly.

Of the issues highlighted, 37 are the responsibility of Highways (mainly potholes which are especially hazardous to cyclists) and 7 the responsibility of the Police. They will each receive copies of the report. Three further items are the responsibility of Thames Water and BT and the Council will ask Highways to make contact with them.

Other notable concerns include keeping pavements clear for pedestrians. Parking on pavements and encroachment of bushes/plants/hedges over the footpath is a hazard to those walking along it. Where the risk is deemed to be significant, the Parish Council will write to those concerned. We also ask villagers not to park on (and damage) verges.

The playground is subject to a separate expert ROSPA inspection, which has been completed, and we are awaiting their report.

Finally, we have logged and remain focused on the continuing challenges regarding flooding and sewage overflow.

The full Assessment will be made available on the village website.

Speed & Traffic Update - Community Speedwatch

Tackling the speeding issue through our peaceful village continues to be the number one priority for the Parish Council, and this is even more important following the recent very serious accident in the village. An important part of this plan is the Community Speedwatch programme. We hope that this will not only begin to have a direct positive result in addressing the issue, but also it will help to raise awareness and to strengthen our collaborative relationship with Gloucestershire Police.

I am delighted to report that Gloucestershire Police have now formally enrolled us on the programme, and on 21st April they came to the village to train our team of volunteers in the proper use of the equipment. This means we will be able to kick off the programme during May.

Many thanks for those of you who have already volunteered. We are still looking for more team members, so if you want to make a valuable contribution to making our village a safer and quieter place to live then please get in touch by email me at ed.hyslop@gmail.com. It won't be a big time commitment. We will also be holding a follow up training session in the coming weeks for new volunteers, or those that could not attend on 21st April.

Simon Collyer-Bristow, Chris Davies, Ed Hyslop & the Parish Council Team

Perry Bishop

Thinking about a move in and around Poulton but struggling to find somewhere to move to?

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NATURE NOTES - THE POULTON LITTER PICK 2022

With brilliant weather and grass short enough to allow sight of the rubbish, the village litter pick took place on Sunday 26th March.

Many thanks to the village stalwarts who took part in collecting plastic bottles, snack wrappers, an old bucket, a tyre, an exhaust, roofing felt - and a 12-foot steel pole!

We managed to clear the verges of 7 stretches of road between Poulton and the surrounding villages.

As Litter Pick co-ordinator I ensure that we cover all areas within Poulton and I also arrange with our neighbouring villages who will clear the areas in between us, thereby ensuring that our joint efforts keep all surrounding verges clean.



This year 14 pickers collected 35 bags in total. My especial admiration was earned by Neil Shackell who, although unable to join us on the Saturday, collected 3 bags of rubbish from the Ready Token to Quennington road on Monday morning and returned the litter pickers to my door before 8.30am!

Special thanks also to Paul Haresign who kindly provided his capacious van to allow us to bring all the bags deposited at the roadside to the village hall car park, and to Ubico who promptly collected them on Tuesday. Thanks also to the members of the Poulton WI who provided the excellent tea and who contributed to the splendid array of cakes which we all enjoyed after our afternoon exercises.

It is encouraging to note that over the last 4 years that we have run this event the total number of bags has been falling. In our first year collected an impressive 58 bags including 4 tyres, 2 hub caps and several fly tips. The next year was somewhat less but still 43 bags. Last year (2021) we got 40 bags, so it does seem to be declining, which is encouraging.

Whether removing litter makes people feel more guilty about throwing their rubbish out of the car window is not clear, nor whether lockdown has reduced tourism and this accounts for the apparent decline only time will tell. However we can be certain that if we did not collect it there would now be 216 bags worth of plastic bottles and wrappers covering our verges. What they would look like is not hard to imagine, you only have to look at some motorway junctions where the council seem to have given up. Not a pretty sight!



The problem is that the life time of such refuse is at least 50 years! You may remember George McGavin did a programme on the BBC where he got an excavator to dig up a 1970's land fill which showed the plastic bags, sweet wrappers and bottles remained virtually unscathed after 50 years... So if we don't collect the rubbish our grandchildren will not be able to enjoy the beautiful country lanes that we currently have.

We usually do this earlier in March but the planting of the new trees in the meadow next to England's took priority, hence the later date. This needs to be an annual event so if you were unable to join us this year look out for the notices next February.

Robin Spiller



HEALTH AND FITNESS

BY ADAM POWELL

LET NUTRITION BE YOUR MEDICINE

Last month we covered the subject of sleep and how important it is. This month I will be talking about the controversial subject of nutrition. Why is it controversial? Because everyone has an opinion on it and even the top bodies and organisations cannot agree on what is best for everyone! Now I could write an article so long it would fill this whole issue going in depth on nutrition, diet etc. and the effect it has on our lives. I'm sure Lizzy and Rosie would not thank me for that so I will try to condense the topic into the usual article space.

A quick recap if you are new to Poulton Eye and my recent articles.

What are the four pillars of health?

The four pillars of health are:

1. Sleep
2. Nutrition
3. Mental wellbeing
4. Physical wellbeing

To quote Francois De La Rouchefoucauld, "To eat is a necessity, but to eat intelligently is an art".

Every day we are bombarded with adverts telling us how to eat, what to eat, and when to eat. So why is it that almost 2/3rd of the UK adult population is overweight?

Now, before I go any further, I would like to point out that I am not a qualified dietician or nutritionist. I have studied food and nutrition but not to a degree level and worked with clients, athletes, corporate companies, and gym members for over 20 years. This has given me a big insight into the way we eat and the effect it is having on our bodies.

If you are around 30 years or older than you will have been sold on the notion that fat is public enemy number one. You are probably putting low fat margarine on your white sliced toast for breakfast or eating a 'healthy' bowl of cereal along with some coffee or juice. For lunch it could be sandwiches, crisps, a bar and a sugary drink, evening meal meat and two veg? Super high carbs and sugars are not the way to go unfortunately.

The biggest problem is that everyone responds differently to food. One of the key things never mentioned when it comes to women and nutrition is your hormones. Guys for example can go on a Keto diet and drop the weight off week in week out. Ladies your menstrual cycle will allow you a couple of weeks of consistency and then wham, you will be craving carbs and no amount of will power or motivational quotes on Instagram will be able to stop you.

Then there is the challenge of choosing which diet to go on. And yes, we are all on a diet. Look the word up in the dictionary and you will see,

- a. Food and drink regularly provided or consumed.
- b. Habitual nourishment.

Do you choose fat free, low carb, 5:2, weight watchers, slimming world, keto, carnivore, vegetarian, vegan, the latest nonsense some celebrity is being paid to promote? Now is the time to ask you what is the public enemy number one when it comes to food?

Most of you will be thinking sugar, yes?

Wrong, it is seed oils. Sugar is a close second. Check the ingredients of your food and a lot will have sunflower oil, palm oil, canola oil (this is the worst!) listed. Why? Do some research into PUFAs (Polyunsaturated fats) and the effects it has on our bodies.

HEATH AND FITNESS

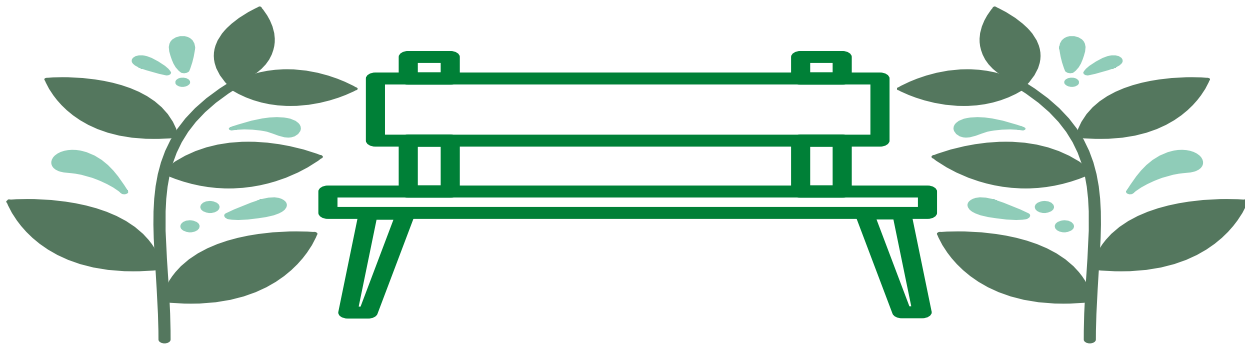
Oh, and I always get asked about juicing. Should you juice? My answer is if the bottle has 20 apples, 10 carrots, six kiwis, a small field of kale and a punnet of blueberries in them then probably not. Ask yourself this question. Would you eat that many apples and carrots etc. in one sitting? Of course not, so why drink it? The real problem is because of the processed nature most of the fibre that binds the fructose is removed, so your body has a larger glycogen spike compared to when you normally eat fruit.

The advice I give any client is to get some blood tests and a DNA test to find out your cholesterol levels, glucose levels and how your body responds to certain nutrients, food types, supplements etc. Workout your BMR daily calorie levels. Don't eat the same quantity of calories each day. You are more active some days compared to others, adjust accordingly. Ladies, please do not go on a 1200 kcal diet or lower! A lot of women I have worked with lose weight by eating more! Ideally track your CGM for a month along with your diet using an app like MyFitnessPal so you can see any eating habits that you have. Become accountable for the food and drink you consume every day. Then find a way of eating that works for you and your family that is sustainable. Portion control is important as is the quality of the food you eat. A lot of the vegetables we eat are not as nutrient dense as the labels suggest. Remember that for every day a vegetable is out of the ground it is losing its nutrients as it starts to degrade.

Excuse the pun but there is a lot to digest when it comes to your diet. It will take time to find out what works for you. Enjoy the journey and start with small changes.



Each issue of Poulton Eye I will be discussing fitness and health topics and sharing my knowledge gained from a long time working in the fitness industry. If you have any questions or subjects, you would like me to cover, please feel free to speak with me when I'm out walking/running with Digby (our black lab) or email me adam@cotswoldpt.com and Instagram @cotswold_pt



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POULTON CRICKET CLUB

This month of course the sole focus of the cricket club has of course been the loss of Wayne Tinson, another incredible club member. Our loss is of course nothing in comparison to that of his family and our thoughts are firmly with them all as we are all still struggling to come to terms with our loss, so their position must be multiplied several times.

The true measure of a character is of course the gap he leaves behind. The list of club volunteers is always quite small but to step into Wayne's shoes we are so far at about 10 different people who are trying to cover his work whether this is mowing, working on the square, figuring out how to serve and run the bar or general maintenance work needed in the pavilion. Cricket Ground work is a full time job in itself, and we are indebted to the County Cricket Foundation for providing us with excellent advice at such a crucial stage ahead of the cricket season. One groundsman gave up his Sunday to come and help us.

Our loss is coupled with the realisation that it is just quieter at Englands now. He's not there chugging up and down on the roller or whipping around the outfield with the gang mowers, keeping everything as pristine as a billiard table. For a coach arriving early for a session, Wayne was always there to talk to & laugh with. The club would be open and ready for business on arrival and now everything is silent, locked, blinds pulled & there's no smile waiting. It is terribly easy to feel very depressed until whatever youth squad it is that day rocks in through the gate to bring some laughter back.

Plenty of fun stories about Wayne have come flying in from all corners of the county. Many reminding of his love of playing cricket, his spin bowling being rather stronger than batting but, for most, his work on Englands for the two sports clubs was peerless and so many Gloucestershire clubs have sent kind messages about both Wayne and playing at Poulton.

Wayne must have been one of our longest serving groundsmen and several who have done long stints themselves were up at the club on the Sunday morning after he left us, struggling to be there, as for many Wayne was and is still the club. He had an incredible ability to spot when spirits were low and lift them, whether that would be pouring a struggling skipper an unrequested drink at the end of a tough game, bringing it over with a pat on the shoulder or for several of our youth members he turned bad days into memorable ones by giving them a lift on the roller, the sort of thing that can keep kids playing sport.

Clubs can't and don't want to replace a Wayne Tinson but as a cricket club we have to try and carry on his devotion to Englands as much as we can aided by what has been a tide of local village support for which we are very grateful. Several of us are trying hard to learn fast about things like fertiliser, his machinery & the bar in the pavilion. It's going to be a bumpy road and our solace is that he'll be up there laughing at our efforts alongside a mighty team of Poulton groundsmen and players led by Jim Nunn, Simon Gordon-Walker and Pat Shaw. We've had the first game with two more this coming weekend and it was great to be out there, especially on a glorious weekend but even with that optimism, it's going to be a long hard season without our friend.

May Fixture Date	Poulton Team	Playing Against	Start Time
Sunday 1st May	Under 11s	Cricklade Under 11s	10.00
Saturday 7th May	1st XI	Cheltenham Civil Service 1st XI	13.00
Sunday 8th May	Under 9s	Cricklade Under 9s	10.00
Friday 13th May	Ladies 1st XI	Cheltenham Ladies	18.00
Saturday 14th May	2nd XI	Lechlade 1st XI	13.00
Sunday 15th May	Under 13s	Cricklade Under 13s	14.00
Saturday 21st May	2nd XI	Cirencester 3rd XI	13.30
Sunday 22nd May	Sunday XI	Swindon United Churches	14.00
Saturday 28th May	1st XI	Chipping Camden 1st XI	13.00
Sunday 29th May	Sunday XI	Bayshill	14.00
Monday 30th May	Either Under 15s or Under 19s	TBC	18.00



ROUND & ABOUT

May Events

Wednesday 4th May	2.30pm	Mothers Union Meeting Speaker - Rev Katie McClure, Hospital Chaplain	Parish Hall, Watermoor
Wednesday 18th May	7pm	AGM & Diocesan Council Meeting	St Phillip & St James, Hucclecote
Thursday 19th May	7.25 for 7.45pm	Ampney Crucis Gardening Club joint meeting in Down Ampney Speaker - Reg Moule, Rare and Unusual Bulbs	Down Ampney Village Hall
Wednesday 25th May	7pm	Ampney Crucis Rural Cinema Tickets £3. Refreshments available Please contact Anne Bridges (652471) for programme details	Ampney Crucis Village Hall
Thursday 26th May	7 for 7.30pm	Ampney Crucis WI Meeting Speaker - Barry Hicks, Wildlife Rescue Competition - Royal Memorabilia Toast to Her Majesty; please wear a special hat	Ampney Crucis Village Hall

Regular Events

Tuesdays	6.30 - 7.30 7.30 - 8.30	JIG Dance & Pilates Pilates Adult Ballet	Ampney Crucis Village Hall
Tuesdays	9.30 - 11.00	Ampney Crucis Playgroup	Ampney Crucis Village Hall
1st Thursday monthly	7.30pm	Ampney Crucis Bridge Club	Ampney Crucis Village Hall



calling all would-be stars

POULTON'S GOT TALENT

Thursday 2nd May | Poulton Village Hall | Part of the Poulton Jubilee Weekend Celebrations

To enter or for further information please e-mail Rosie.arkwright@btinternet.com or pryorlizzy@gmail.com

WHAT'S ON IN MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 3rd Sunday after Easter	02 Bank Holiday	03	04	05	06	07
8am Holy Communion Ampney Crucis 10am Parish Communion Down Ampney 6pm Evensong Ampney St Mary 10am Englands Poulton U11s vs Cricklade	From 8am Csr Boot Ssle Ampney Crucis Cricket Pitch	1.30 - 3.30 Post Office & Pantry Village Hall 12.00 – 13.00 Communion & Meditation Poulton Church 8pm Poulton One & Nines Village Hall				1pm Englands Poulton 1st XI vs Cheltenham Civil Service
08 4th Sunday after Easter	09	10	11	12	13	14
8am Holy Communion Poulton 10am Parish Communion Driffield 5pm Concert in aid of Ukraine Down Ampney 10am Englands Poulton U9s vs Cricklade	9am – 10.15 Yoga For All Village Hall 7pm Parish Council AGM Village Hall All Welcome	1.30 - 3.30 Post Office & Pantry Village Hall			18.00 Poulton Ladies 1st XI vs Cheltenham Ladies Englands	1pm Englands Poulton 2nd XI vs Lechlade 1st XI
15 5th Sunday after Easter	16	17	18	19	20	21
8am Holy Communion Ampney St Peter 10am Parish Communion Ampney Crucis 11.30 - 2pm Drinks Reception for Ukraine Poulton Hill Vineyard 2pm Englands Poulton U13s vs Cricklade U13s	9am – 10.15 Yoga For All Village Hall	1.30 - 3.30 Post Office & Pantry Village Hall 8pm Poulton One & Nines Village Hall				1.30pm Englands Poulton 2nd XI vs Cirencester 3rd XI Englands
22 6th Sunday after Easter	23	24	25	26 Ascension Day	27	28
8am Holy Communion Harnhill 10am Parish Communion Poulton 3pm Choral Evensong Down Ampney 6pm RVW 150 Concert Down Ampney 2pm Englands Poulton Sunday XI vs Swindon United Churches,	9am – 10.15 Yoga For All Village Hall 6.30 for 7pm Village Meeting Village Hall All welcom	1.30 - 3.30 Post Office & Pantry Village Hall	11.00 Ampney Parishes Coffee Morning Dakota Room, Down Ampney Village Hall	6pm Holy Communion Ampney St Mary		1pm Englands Poulton 1st XI vs Chippiung Camden 1st XI
29 Sunday after Ascension Day	30	31	01 JUNE	02	03	04
10am Parish Communion Ampney St Peter 2pm Englands Poulton Sunday XI vs Bayshill	9am – 10.15 Yoga For All Village Hall 6pm Cricket TBC	1.30 - 3.30 Post Office & Pantry Village Hall		HM The Queen's Platinum Jubilee Weekend		

DIRECTORY

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Poulton Village Website	www.poultonvillage.co.uk
Poulton Facebook Page	https://www.facebook.com/groups/959278000806216/?multi_permalinks=4503302606403720
Poulton WhatsApp Group	Please contact Rachel Hutchinson to be added to group; 07557 006623
St Michaels and All Angels Church, Poulton	Vicar: The Rev'd Canon John Swanton 01285 – 851309; john@swanton.plus.net Church Wardens: Simon Collyer-Bristow scb@crfc.co.uk rosie.arkwright@icloud.com
Village Hall	Available to hire for parties, wedding breakfasts, clubs or meetings - kjclapton@gmail.com
Playing Field & Allotment Charity (PFAC)	pfacrustees@gmail.com
Post Office	In the Village Hall. Tuesday 1.30 – 3.30
Parish Council	Chairman: Simon Collyer-Bristow scb@crfc.co.uk Clerk: Heather Harris poultonclerk@gmail.com
District Councillor	Lisa Spivey: lisaspivey4@gmail.com
Poulton Action Group (solar farm)	poultonactiongroup@gmail.com .
Fix My Street	Report issues within Poulton: potholes, fly tipping, etc. www.fixmystreet.com
Refuse Collections	Food bin weekly Friday 7am. All other bins & bags on alternate Fridays.
Gloucestershire Police	The Forum, Cirencester GL7 2QY Mon-Sat 8am-8pm www.gloucestershire.police.uk
Poulton Sports Club	David Knight: knightd@hotmail.co.uk
Poulton Football Club	www.poultonfootballclub.co.uk
Poulton Cricket Club	Club Secretary: Will Bathurst w.m.bathurst@gmail.com www.poultoncricketclub.co.uk/
Heart & Soul Yoga Class	Becky Barry
Ampney Crucis WI	Anne Bridges 652471
Poulton One and Nines	Films in the village hall every 1 st and 3 rd Tuesday of the month. Contact poultononeandnines@gmail.com
Books Bikkies & Beverages	Village get-together 1 st Saturday of each month, 10.30 – 12.30 Poulton Village Hall Judith – 01285 851230
Ampney Crucis Mothers Union	Rosemary Franklin 01285 654282
Ampney Crucis Playgroup	Meet Tuesdays during term-time 9.30 – 11.00 Ampney Crucis Village Hall. £2 per family. Ella Milligan – daniellaceliamorris@yahoo.co.uk – 07815502463 or Sofia Richie – sofia.kluge@hotmail.com – 07540198151
The Falcon Inn	www.falconinnpoulton.co.uk email: bookings@falconinnpoulton.co.uk 01285 850878
Ampney Crucis C of E Primary School	Head Teacher Tana Wood – 01285 851440 www.ampneycrucis.glous.sch.uk

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