



THE POULTON EYE

COMMUNITY - NEWS - INFORMATION



Welcome to the February edition of The Poulton Eye

As we write this, we are full of hope that the news that Covid may shortly be downgraded from Pandemic to Epidemic brings better times ahead. Wouldn't it be nice to make plans without wondering "will this actually happen", or even to book a holiday without worrying about whether you'll be able to go?

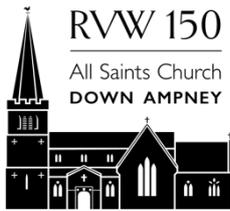
We are very grateful to all those within the village who have contributed to this newsletter. Last month's Cricket Club article by Will Bathurst was a remarkable reminder of just how much hard work goes into running "fun" activities such as a sports club. Most of us can give something, whether that's time, expertise or simply support and it does make a difference. Thank you, Will and your team, we know that the cricket pitch sits literally at the heart of the village – and we want to keep it there!

As John's letter reminds us, we don't have to look too far away for a role model of someone who has lived a life of hard work for others, service commitment and duty. As we celebrate the Queen's Platinum Jubilee this year, the actual anniversary of her accession to the throne is on 6th February. Next month's Poulton Eye will take a look at some of the celebrations being planned for, and in, Poulton

As ever, we hope that each one of you will find something to enjoy within these pages. If you don't, please think about contributing something that you would enjoy reading! This is a community newsletter open to contributions, news, views and comments from all in the village **Please send news, views, comments, photographs or adverts from time to time: simply send to: poultoneye@gmail.com**. The deadline for articles is the 19th of each month.

With best wishes

Rosie and Lizzy
Editors – Poulton Eye



RVW 150 ANNIVERSARY CELEBRATIONS

2022 marks the 150th Anniversary of the birth of Ralph Vaughan Williams at Down Ampney.

Here are some of the musical events that we are holding to celebrate this special year:

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!

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DEAR FRIENDS

BY THE REVEREND CANON JOHN SWANTON, VICAR OF POULTON



This year the nation will be celebrating the Queen's 70 years on the throne and this Platinum Jubilee year starts this month.

The 6th February is Accession Day and I imagine it is a bittersweet day for the Queen. Usually Her Majesty is at Sandringham (but not this year) which, I am told, she spends quietly and reflectively – remembering her father, King George VI, who died at the early age of 56; and I guess thinking about the responsibility of sovereignty passed to her at the tender age of 27. The baton of monarchy is passed on to the next generation.

Locally, we shall be marking Accession Day with a special service at Cirencester Parish Church at 3pm (please be seated by 2.50pm if you are coming) on Sunday 6th February, which is being attended by Their Royal Highnesses the Duke and Duchess of Gloucester.

We all know we have a finite time here on earth. Even God incarnate – Jesus – whose birth we celebrated at Christmas, lived some 33 years on earth before ascending to heaven. He passed the baton of earthly mission and ministry to his disciples; and this has been passed through the generations for some 2,000 years.

The Queen is widely respected for her dedication and service to this country and the Commonwealth. She has also been constant and faithful in her belief in God revealed in Jesus Christ – which she often refers to in her Christmas Day broadcasts.

This year, as we celebrate the Jubilee, perhaps we too might reflect on what batons we will be passing to the next generation.

Yours as ever - John

Vicar of Poulton

Our new church website is www.ampneychurches.info

New email address for church matters is ampneyrector@gmail.com

PARISH REGISTER

WEDDING

Harriet Willis and Harry Bingham 31st December

St Michael and All Angels, Poulton

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CHURCH NEWS

Wednesday 2 nd February <i>Candlemas</i>	6pm	Holy Communion	Harnhill
Sunday 6 th February <i>The Accession of Her Majesty The Queen to the Throne – 70th Anniversary</i>	10am	Parish Communion	Down Ampney
	3pm	Choral Evensong for Accession Day and Launch of RWV 150 Celebrations at Down Ampney <i>Please be seated by 2.45</i>	Cirencester Parish Church
Sunday 13 th February <i>3rd Sunday before Lent</i>	8am	Holy Communion	Poulton
	10am	Parish Communion	Driffield
Sunday 20 th February <i>2nd Sunday before Lent</i>	10am	Parish Communion	Ampney Crucis
Wednesday 23 rd February	11am	Coffee Morning	Down Ampney Village Hall, Dakota Room
Sunday 23 rd January <i>3rd Sunday after Epiphany</i>	10am	Parish Communion	Poulton
Sunday 27 th February <i>1st Sunday before Lent</i>	10am	Parish Communion	Ampney St. Peter
Wednesday 2 nd March <i>Ash Wednesday</i>	12pm	Holy Communion with Ashing	Harnhill

Mothers Union. Call Rosemary Franklin 654282 for information

Wednesday 2 nd February	2.30pm	AGM; Poems by Pauline Farman; Bring & Buy Stall	Watermoor Parish Room, Ampney Crucis Watermoor Parish Room, Ampney Crucis St Phillip & St James Church Hucclecote
Wednesday 9 th February	12 – 1pm	Soup Lunch	
Wednesday 23 rd February	1pm	Members Day (bring lunch)	

Ampney Crucis Gardening Club Ursula Evans 239629; udevans@gmail.com or Joanna Evans 762911; jmeinbxi@gmail.com

Thursday 17 th February	7pm	'The Scented Garden' by Gail Plant	Ampney Crucis Village Hall
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Ampney Crucis Women's Institute Call Anne – 652471

Thursday 24 th February	7pm for 7.30pm	'Living in Japan' by Caroline Plover Competition; Made in Japan	Ampney Crucis Village Hall
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Ampney Crucis Rural Cinema Call Anne – 652471

Wednesday 23 rd February	7.30pm	No Time to Die starring Daniel Craig	Ampney Crucis
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JIG Dance & Pilates Call Jenny on 07713 044702 or email: purplejen11@hotmail.co.uk

Tuesday evenings	6.30pm	Pilates	Ampney Crucis Village Hall
	7.30pm	Adult Ballet	

Cotswold School of Dance Call Bonnie on 07763596924 for more information

Wednesday evenings	7.30pm	Latin & American for Adults	Ampney Crucis Village Hall
Saturday mornings	9.00am – 12pm	Adult Ballet, Ballet for babies & children; Ballet, Tap & Modern Dance, Ballroom & Latin	



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AG  **INST**
breast cancer

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LISAJANE.MILLS@HOTMAIL.COM**



REFLECTIONS

BY NATALIE BAIRD-CLARKE

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Theodore Roosevelt.

One of my worst fears is being criticized. In my mid-20s, I joined an international relocations firm as a language training specialist. The company had relocated from London to Swindon, and almost every employee in the new location was brand new. As a way of introducing ourselves to our new team we were asked to put together a presentation about ourselves and our job roles. Cue a mini nervous breakdown - fear, anxiety, practical paralysis. Presentations are way out of my comfort zone. Luckily, in my previous role, I'd just completed a course in presentation skills, and I could remember some of the tips and tricks designed to make presentations engaging and memorable.

So off I went for the hour or two we had to prepare, wrote my cue cards, and then stood in front of my team, my manager, and my manager's manager. I gave the performance of my life and was really proud of myself. Afterwards my new team-mates and I congratulated each other, and we chatted and laughed and bonded. And then, my manager's manager came over and, in front of everyone, said that although I'd grasped the scope of my new role, my presentation skills were 'lacking'. I can't actually remember the words she used, but I know that they were shocking because of the way the room fell silent and eyes fell on me.

Of course, looking back, I assume there was something about me or the way I presented that triggered something in her. And she wasn't self-aware enough to realise that, so projected her discomfort my way. But for me, at a young age, this was damaging. The criticism, it seemed to me, had a very short, simple message: "You're not good enough".

I wonder how many of us have heard that message at some point in our lives? You're not clever enough, not talented enough, not confident enough, not educated enough, not experienced enough? This pervasive sense of shame makes us feel unworthy. And so, we do what we can to avoid letting our guard down, to avoid being vulnerable, to avoid taking any emotional risk – because doing so might mean that we get rejected out of hand.

The answer? Breathe. Take hold of your courage. Accept your vulnerability. Let yourself be seen. Live with the belief "I am good enough".



Natasha Hughes
Mortgage and Protection Advisor
07596 568336
natasha@kingsbridgemortgages.co.uk

Snowdrops at Cotswold Farm

Duntisborne Abbots GL7 7JS

February 2022

Weekend of 19th & 20th February (11:00am – 3:00pm)

Mondays– 7th, 14th, 21st, 28th (11:00am – 3:00pm)



£7.50 Entrance (cash or contactless)

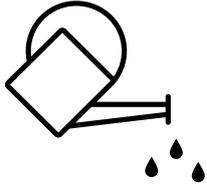
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BRIGHTER THINGS AHEAD

BY JACKIE PIGOTT

I know it's cold and wintery outside, but I've just got back from a walk on Offa's Dyke and I am truly excited about the wonders of nature... a barn owl swooping overhead; catkins dangling from hazel branches; a pair of robins joining in my picnic. Just amazing.

Two of my favourite plants will be **in full bloom over the next few weeks**.



The first is the daintily bobbing snowdrop, already peeping through the frosty ground.

The common snowdrop, *Galanthus nivalis* is sometimes known as the 'milk flower of the snow', or 'Candlemas Bells' and they are often considered to be the first sign of spring and 'a symbol of hope for better times ahead'.

Avid collectors are known as Galanthophiles and can spend over £1000 on a single bulb of a new variety!

In the past snowdrops were used to treat headaches; now they are used in treatments for dementia – and "snowdrops" was the nickname given by British citizens to US soldiers stationed over here, because they wore a green uniform with a white hat.

Plant new bulbs 'in the green' with their leaves still intact. For propagation, dig up and split overcrowded clumps of bulbs once the flowers have finished and replant where you want them to grow next year.

There are some fantastic snowdrop collections to visit locally, including Colesbourne Garden, Cerney House Garden, Rodmarton Manor and Cotswold Farm (see opposite!).

My second favourite February flowerer is witch hazel or *Hamamelis*.

This is a medium to large deciduous shrub best grown in well-drained soil in a sunny spot. It has spidery red, orange, or yellow flowers that are strongly scented, and these are borne on the bare winter branches. *Hamamelis x intermedia* 'Arnold Promise' forms a large vase-shaped shrub with dense sunflower yellow sweet, perfumed flowers. Perfection when under-planted with snowdrops!



Jobs To Do This Month

If you are lucky enough to have a **climbing wisteria**, there is an important job to do this month; for the most abundant flowering, wisteria should be pruned twice a year- first in July/August and secondly in January/ February.

In the summer, shorten the excess whippy growth to 5-6 leaves.

In the winter, further shorten this growth to 2-3 buds.

Finally, **cover emerging stems of rhubarb** with a terracotta forcing pot for an early crop of pink flavoursome rhubarb

Estd 2010

Poulton Hill

VINEYARD

Roses are red, Violets are blue,
There's nobody else I'd share my Bulari with but you!

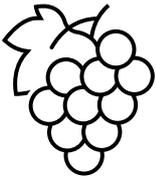
Celebrate this Valentine's Day with sparkling wines and brandy from your local vineyard.



Think Local, Drink Local

www.poultonhillestate.co.uk

Our Cellar Door is open 09:00 to 16:00, Monday to Friday.
If you wish to visit outside of these hours, please call 01285 850 257 to arrange.



GIVING OUR VINES A LITTLE PERSONAL LOVE AND ATTENTION

BY NATALIE BARKER

Poulton Hill's Natalie Barker explains how the vineyard team goes about winter pruning by hand

February is the month of love, with St Valentine's Day encouraging lovers everywhere to give tokens of their affection. This is also the time of year when we show the vineyard some love again.

Our vines are currently dormant, much like hibernating animals who sleep through the winter until warmer weather comes. Any growth now would be affected by low temperatures and frost, which would impact the yield later in the year. While the vines are dormant, we start our preparation for the growing season with winter pruning. This is a big task, which we complete by hand.



Although January and February are the normal months for winter pruning, we still must be careful to prune when the weather is right. We avoid pruning in the rain to stop disease transmission, which is more likely transferred during wet weather.

We select two strong canes and one spur for the year (which is about the thickness of a pencil). We remove the rest of the unwanted canes with secateurs, ensuring these are sharp for a clean cut. It is essential not to damage the vine as we do not want to reduce opportunities to produce canes in future years.

Then we trim the selected canes down so that between eight and ten buds remain on each. We tie down each of the remaining canes to the fixed fruiting wire. Very cold and frosty mornings make it difficult to tie the arms down. Instead, we need to wait until the air warms up and the vines defrost a little! The tie should not be too tight, or the cane will be strangled. We use eco-friendly, natural cane ties.

With the two canes (now arms of the vine) tied down, we treat any large wounds with garlic paste. This acts as a barrier and prevents disease from entering the vine.

The final job is to collect the cuttings from the middle of the rows of vines and take them to the top end of the vineyard to be removed. Just another 9,473 to go...!

If you would like a special wine for your Valentine's Day meal, or if you would like to give a gift of our award-winning wines and spirits, why not pop along to our Cellar Door in Poulton to buy them at Cellar Door prices? We are open Monday to Friday from 9am to 4pm. Or visit our website: www.poultonhill estate.co.uk.

You can read about the origin story of winter pruning, which involves a saint and his donkey, take a look at our blog here: <https://poultonhillestate.co.uk/pruning-stories-a-saint-a-donkey-and-seriously-chilly-fingers/>



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 sherries; 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 07894 528 580

All the best!



ON THE GRAPEVINE

BY MARK CHAMBERLAIN

It should surprise no-one that January is a quiet month for Wine Sales. The way that Christmas has been seen and celebrated in the recent past almost dictates it. Commercial forces have long encouraged people to overspend and overindulge in every way during the Christmas Season. Whilst I have always bemoaned that from an ethical perspective, albeit with a roll of the eyes rather than evangelical fervour, it would be churlish of me not to make two admissions. First, I work in an industry that depends on good Christmas Sales, so trying to pretend I'm not part of the problem when having a pop at Yuletide commercialisation would smack of prodigious hypocrisy. Secondly, I leap on pretty much any excuse to indulge myself ('another mince pie, you say?'; 'actually, I could manage another roast potato'; 'shall we open another bottle?'), so my own giant glass house precludes me from throwing stones at anyone else for yielding to temptation. Having said that, I do believe in the old adage, 'moderation in all things', attributed originally to either Aristotle or Hesiod, then latterly amended to include, 'including moderation itself'. There has to be a time and place for indulging properly, otherwise life becomes far too saintly and boring.

So after all that indulgence at Christmas, it's no wonder so many people feel that they need to rein things in a bit. Consequences for waistline and bank balance are inescapable after a while. I would like to refer back to moderation, though. There's an alarming hairshirt trend recently that espouses total abstinence (alcohol and meat being the most popular) in January, and occasionally beyond. While I can see that a counterpoint to indulgence ought to be restraint, in the interests of everyone's health, both mental and physical, I believe that such muscular ascetism could prove counter-productive. After all, January is the coldest, darkest, most depressing month of the year. Who would begrudge those who partake of a little comfort under those circumstances? A shred of enjoyment in otherwise depressing times? And yet we are pressed to embrace Veganuary and Dry January. Perhaps I could suggest an alternative? There already exists within the Christian calendar an opportunity for fasting and temperance: Lent. Lent tends to fall at the beginning of Spring, a time when all the World feels like Hope – Winter is behind us, the days are getting longer, the plants are sprouting, lambs are gambolling in the fields, there is New Life. Surely that's a better time to dispense with crumbs of comfort than the depths of Winter when all around is dark and dank? Plus, of course, if you're worried about your waistline, Lent lasts longer than January.

As a coda, I'll just mention that January in the Wine Trade is usually quite busy. With little action on the Sales front, everyone jumps on the opportunity to address other things. Much admin and housekeeping, naturally, but also this is the time for tastings and planning. It's no coincidence that January is the month when all the latest release from Burgundy is tasted.

I raise my glass and wish you all Good Health, and Best Wishes for 2022!

Did you spot the Poulton Eyes 🧐 in last month's newsletter? The January prize goes to Eddie who spotted 11... a box of chocolates is on its way to him!

How many Poulton Eyes 🧐 can you find this month? You will find Poulton Eyes 🧐 dotted around in unexpected places. See how many you can find!

Email answers to poultoneye@gmail.com.

All correct entries will be put into a hat and a winner will be drawn each month. All winners will receive a Poulton Eye prize.



THE FALCON INN
LONDON ROAD, POULTON

VALENTINES MENU

Starters

Scallops with cauliflower and black
pudding £11

Pigeon breast with Moroccan spices and
couscous £9

Stilton souffle £8.50

Mains

Ribeye with truffle mash, wild mushrooms and a Cabernet
jus £24

Sea bass fillet, shellfish risotto with fennel and preserved
lemon £23

Duck breast, dauphinoise potatoes, poached rhubarb,
heritage carrots and tenderstem broccoli £20

Desserts

Chocolate tasting plate for 2 £12

Tonka bean creme brulee £7

Orange and polenta cake £7

**OPEN FOR DINNER
MONDAY 14TH
FEBRUARY**



MISSISSIPPI CHICKEN ENCHILADAS

BY CAROLINE PERFECT

This recipe is easy to make and always a crowd-pleaser! I serve it with Mexican rice and margaritas...

Ingredients

2 tablespoons of butter	1 cup Manchego cheese, grated
1 medium onion, chopped	1 cup Cheddar cheese, grated
1 green chilli, deseeded and chopped	4 tablespoons double cream
12 oz Philadelphia cream cheese	8 flour tortillas
4 Chicken breasts, boiled and shredded	

Method

- Melt the butter in a large shallow frying pan over medium heat. Add the onion and green chili and sauté until soft.
- Remove the frying pan from heat and stir in the cream cheese until melted. Add the chicken and mix.
- Spoon 2 to 3 tablespoons of chicken mixture down the centre of each tortilla. Roll each tortilla up and place seam side down in a lightly greased 9 x 13 baking dish.
- Sprinkle both manchego and cheddar cheese over the top and drizzle with the double cream.
- Bake at 175 C for 30 to 45 minutes...or until browned and bubbly on top.



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NATURE NOTES

BY ROBIN SPILLER

SIGNS OF SPRING?

If you have been out and about around Poulton recently you may have noticed that there appear to be rather a lot of newly created molehills. Have you wondered why there should be so many at this time of year, or what is going on under the soil to make these familiar sights?

It is certainly an interesting story...



Moles are one of the commonest British mammals, with an estimated population of around 40 million. That's nearly one per member of the UK's human population.

Despite their numbers, they are rarely seen; being only about 11-16 cm long, weighing less than 100g and keeping mostly underground they are easily overlooked.

Most fields have around 3-4 moles per acre, well-spaced out to ensure enough food, and living a mostly solitary life. They are very territorial and vigorously defend their territory against other moles.

Moles are carnivores, feeding on worms, insects and their larvae which accidentally fall into their extensive feeding tunnels. Right now, there are few insects available, so their diet will largely consist of worms. They do not hibernate and need to eat nearly 50g (half their own body weight) in worms per day to survive the winter and fuel their constant activity.

Despite their poor eyesight and hearing, they are very sensitive to vibrations and use this to detect anything that intrudes into their underground world. Once detected, they will rush to identify the intruder and gobble it up.

Moles dig two sorts of tunnels: a deep tunnel, 2-3 feet below the surface in which they make a chamber lined with leaves to keep them dry when they are resting and, if it's a female, as a nest in which to rear their young. This deeper tunnel is connected to a more extensive, shallower tunnel system just a few inches below the surface, which they use for feeding.

Feeding tunnels may extend to 100 metres, and it's the excess soil from these shallow feeding tunnels that is pushed up above ground and makes molehills.

The depth of the tunnels, and hence the number of molehills, depends on where the food is. When it is hot and dry during the summer months the worms go deeper as they need to stay moist to survive. When it is wet and relatively mild, as it is right now, the worms are found just below the surface, so the moles dig there and produce a lot of molehills. If the weather gets cold and the ground freezes the worms will go deeper to avoid the cold. As our winters are getting milder moles will be more active in the winter months.

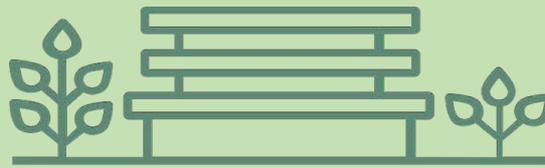
That is not quite the whole story, though.

The other factor is that soon, as spring approaches, the moles will start breeding. The solitary male needs to find a mate and will be digging extra tunnels in the hope of finding a female.

Mating is timed to ensure birth occurs when food is most abundant, which is usually around late April and May. Given that the gestation period is around 30 days the male needs to find a mate any time after early March – so look out for extra molehills as they start looking for mates this month!

After mating the male departs, leaving the female to rear the young. The young take about 30 days to mature. Once mature the home tunnel cannot support the whole family, so the female aggressively drives them out to start finding their own territories and make their own homes.

This is a time of high mortality as the young are easy prey for buzzards, foxes and weasels. However enough young must survive as the mole population numbers remain steady. It is this new generation that is responsible for the autumn burst of mole hills, as they create their own feeding tunnels, ready for the cycle to start again next spring!



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Please contact poultoneye@gmail.com



WHAT'S ON AND WHAT'S BEEN GOING ON AT THE VILLAGE HALL

BY HILARY ANTINGHAM

The Poulton Village Hall Trustees met on Monday 17th January and began to put ideas together for some 2022 events, more of which will be communicated in next month's Poulton Eye and via the village Facebook site or WhatsApp group.

But before then, we'd love to see you at the hall for one or more of our regular activities - see below for the dates.

DATES FOR YOUR DIARY



Do you enjoy watching films? If so, we'd recommend coming on **1st & 3rd Tuesdays of each month to the "Poulton One & Nines"** when cinema comes to the Village Hall.

Contact poultononeandnines@gmail.com to join the mailing list and hear about upcoming films each month. We show recent releases as well as revisiting old favourites and classics from time to time. Doors open 7.30pm for pre film drinks and conversation, with the film starting at 8pm.

Film dates in February will be Tuesdays 1st and 15th.



Each Tuesday afternoon – 1.30 to 3.30 pm – Post Office & Pantry

The 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.



1st Saturday of each month – 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 perhaps donate any (good condition) books you have finished with.

Our next BBB will be **Saturday 5th February** and read on for more about this event and how it came about.

WHAT IS BBB?

Books, Biscuits and Beverages, colloquially known as BBB is a coffee morning and book bring-and-buy held from 10.30am–12.30pm on the first Saturday of every month at the newly refurbished Village Hall.

The BBB concept was created in 2013 when the Village Hall Trustees were offered an inherited bookcase that was too big for its owner's home. By curious coincidence the Trustees were, at that time, storing many books left over from a village fete. Separately, the committee were looking for ways of offering opportunities for villagers to informally meet and chat in a comfortable setting, and for ways of using and showcasing the facilities available in the Hall. Three of the trustees put everything together...and so BBB was born!

On Saturday 7th December 2013, Books, Bickies and Beverages opened its' doors. Books were priced at £1 for hardbacks and 50p for paperbacks, with children's books at 20p (prices which remain the same today, nine years on!). Homemade biscuits from the kitchen of Dalby Cottage along with tea and coffee were also available. The doors opened and the new meeting place came to life.

We now include extra features from time to time - the recent Hot Chocolate Bar, for example, or the sale of Greeting Cards. The December date has broadened into the highly regarded Christmas Fair.



BBB has gone from strength to strength and is now one of the mainstay events of the Village Hall and ,we hope, for villagers and the local community. If you are a "regular", we thank you for your loyalty and support, and if you haven't given it a try yet, do please come along – it is a great place to meet and make new friends or have a catch-up with old ones and at the same time browse the library for some new reading matter.

Our next one will be on Saturday 5th February at 10.30am to 12.30pm – we hope to see you there – you'll find a warm welcome!

(Photo: The Library – fiction books alphabetically organised so it's easy to find a particular author you like and Children's books separately grouped as well as Non-Fiction subjects)

Judy Harmsworth Champion of BBB

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Please call
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email: volunteering@cotswoldfriends.org
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YOUR PARISH COUNCIL

FEBRUARY UPDATE

Following the December resignation of Phil Heneghan, and having had no volunteers stepping forward, Chris Davies has been unanimously co-opted to re-join the Parish Council. Chris, who has lived in Poulton for many years and has served on the PC and other village bodies, has a wealth of valuable knowledge and information that your “new” Council can take full advantage of. As the new Chair I had been speaking regularly to Chris for the last 6 months about many village matters and it seems silly not to take advantage of his knowledge and experience. Welcome back on-board, Chris.

Andy Young will be stepping-down at the end of the Council year in Spring '22 and we are **still looking for anyone interested in stepping up to help our village and community as a Parish Councillor.**

The PC continues to discuss the subjects of Traffic & Speeding, Sewerage & Flooding, Broadband Provision, Playground, Graveyard/Cemetery and other key issues. As soon as we can safely meet, probably in April, **we intend to hold a full open Village Meeting to discuss issues of concern** to you, and to us. In the meantime, we will continue to highlight and update you via The Eye.

On behalf of the Poulton PC can I say a **very BIG “thank you” to all the Village Hall Committee for generously paying for the village’s new defibrillator installation.** In particular “thank you” to Carolyn Sleight for co-ordinating the work alongside Neil Shackell. Training will shortly be organised for Village Hall-groups BUT be aware that very clear instructions are instantly available to anyone so you should not be afraid to activate and use the defibrillator in an emergency. Please store the code - **C159X**

Please, please, please drive slowly through Poulton. The police and the PC are now really getting on the case, and we don’t want Poulton residents being fined and collecting points. In turn, villagers driving below 30mph slows down others and sets a good example. Leave home a minute earlier...

The next meeting is on Monday 14th March @ the earlier start-time of 7pm

FLY TIPPING AND POLLUTANTS

So far, Poulton has largely escaped the scourge of Fly Tipping, but unfortunately, we recently had an incident where a substance identified by the Environment Agency as ‘used engine oil’, was thoughtlessly emptied by someone into a rainwater drain. Unsurprisingly, following winter rain, it found its way into a nearby drainage ditch and had congealed.

In addition to being an ugly intrusion, we were advised that if not quickly removed, it was also a danger to both plants and wildlife.

We ask that you remain vigilant regarding Fly Tipping or Pollution. If you need to recycle non-collected rubbish, please take it/oil to the Recycling Centre for it to be recycled/processed/disposed of.

VILLAGE SERVICES AND FACILITIES

We have now arranged for the Twin Towers to be dismantled and removed. All being well this should be completed by the end of February.

We would still like to hear from anyone interested in joining a working party to investigate funding and replacing the play equipment. There are some funding initiatives available to apply for through the district and county councils. If you can help or are interested in recycling any of the dismantled equipment, please contact poultonclerk@gmail.com. Thank you.

TRAFFIC/SPEEDING UPDATE

Our recent closer engagement with Gloucestershire Police and enrolment on the Speedwatch scheme has resulted in them attending more regularly in the village to conduct official speed enforcement checks. Just last week, PC Andrew Biddell came to Poulton one afternoon with a hand-held speed gun, and we have been informed he booked several offenders who will shortly receive penalty notices (fine/endorsement).

Hopefully this will deter future violations, and maybe word will start to get around that Poulton is not a good place to speed...

Gloucestershire Police have committed to attend regularly going forward, but this will be strongly facilitated if we can present useful data from the Community Speedwatch scheme, as to which...



Thank you so much to those of you who have already put your names forward as volunteers for our Speedwatch scheme.

We will be in touch soon to arrange training, and we look forward to working together to make a positive impact on speeding through our peaceful village.

We do still need more volunteers from the village. The more people involved, the less commitment is required from each. We anticipate it to be a very small time commitment.

PLEASE GET IN TOUCH TO JOIN OUR VILLAGE SPEEDWATCH TEAM - ed.hyslop@gmail.com

LITTER PICKERS – A BIG THANK YOU!!

Sometimes things happen to restore your faith in human nature. In the past couple of days (Mid January) I have encountered two people who went above and beyond on the subject of litter.

One person, unknown to me, was jogging through the Village and found a piece of paper with my name and address on it at the side of the verge. It appeared to be official and potentially contain personal data. I had inadvertently put it in the recycling bin and it must have been liberated when the recycling team emptied it. This person took the trouble to pick it up and return it to me.

Another person, who wishes to remain anonymous, was out picking up litter in the Village. They had collected two bags full of litter and a similar amount the previous week, in a fairly small area of the Village. They regularly do this for the benefit of the community.

I am sure there are plenty of good deeds that go unnoticed, we are fortunate to live in such a lovely caring community but I felt I needed to say a big thank you, particularly to our resident litter picker, for quietly doing these good things.

Carolyn S

Perry Bishop

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

Join Perry Bishop's VIP Buyers Club

- > Hear about new properties about to list before they hit the property portals Rightmove and Zoopla
- > Learn about properties being marketed on a 'low-key' basis that won't be advertised online
- > We may be able to source a property off-market for you because we have hundreds of local homeowners registered with us looking to move.

No matter how far you have got with your moving plans, we look forward to hearing from you and to welcoming you to the **VIP Buyers Club**. Our friendly and experienced team will look after you right from the start of your moving journey – from the day you start thinking about a move to the day you move into your new home.

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Gloucestershire, GL7 2BL

**We look forward to helping you
with your next move!**



HEALTH AND FITNESS

BY ADAM POWELL

DON'T BECOME A NEW YEAR'S RESOLUTION STATISTIC!

Having worked in the fitness industry for over 20 years I have met a lot of people who each year make a New Year's resolution to become fitter, lose weight and improve their health. As Personal Trainers we nickname this time of year 'silly season'. There is an ongoing joke about how all the regular members of gyms leave in January and come back in February once all the new members have quit. Unfortunately, the statistics are not kind for those of you wanting to make a change. In fact, around **80% of people will fail by the second week of February**. But you're doing well to get that far! 25% fail within the first week of January!

Why do so many people fail?

There are several reasons but for me the biggest are a lack of commitment and planning. People want to become fitter, healthier and lose weight. Great, but this, as silly as it sounds, is not reason enough to succeed. It is too vague. What is fitter and healthier? How are you going to measure that and when will you achieve this goal? Losing weight *is* measurable but how much do you want to lose? How are you going to do this? Why are you doing this? How long are you going to be dieting for? What diet are you going to go on, when are you going to go shopping, plan your meals on so on...

Throwing yourself into a new fitness or diet regime in the middle of winter after two plus weeks of excess over the festive period is never fun! By the second week you are back at work, doing school runs and life takes over again. Your best intentions of going for a run 5 times a week soon starts to slip especially when you realise Bell Lane is frozen and it's -2 outside!

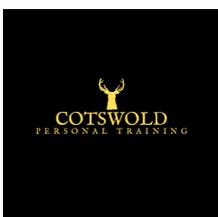
How to succeed

It is very important to **recognise why you want to start a new fitness regime**. Without this clarity your resolution is doomed to failure. How many times have you said to yourself, I am going for a run or going to the gym tomorrow and never gone? Tomorrow comes and life takes over so again you say I will go tomorrow...

Say, for example, you want to be able to run 10k. If you do not plan on what days and times you are going to go for a run each week, how long you are going to run for on those days, what routes you are going to run, what intensity you are going to run at, even plan for what you are going to wear and have it laid out ready to go. If you don't **plan your new fitness activities into your life**, then I guarantee you will soon be joining the 80% who fail.

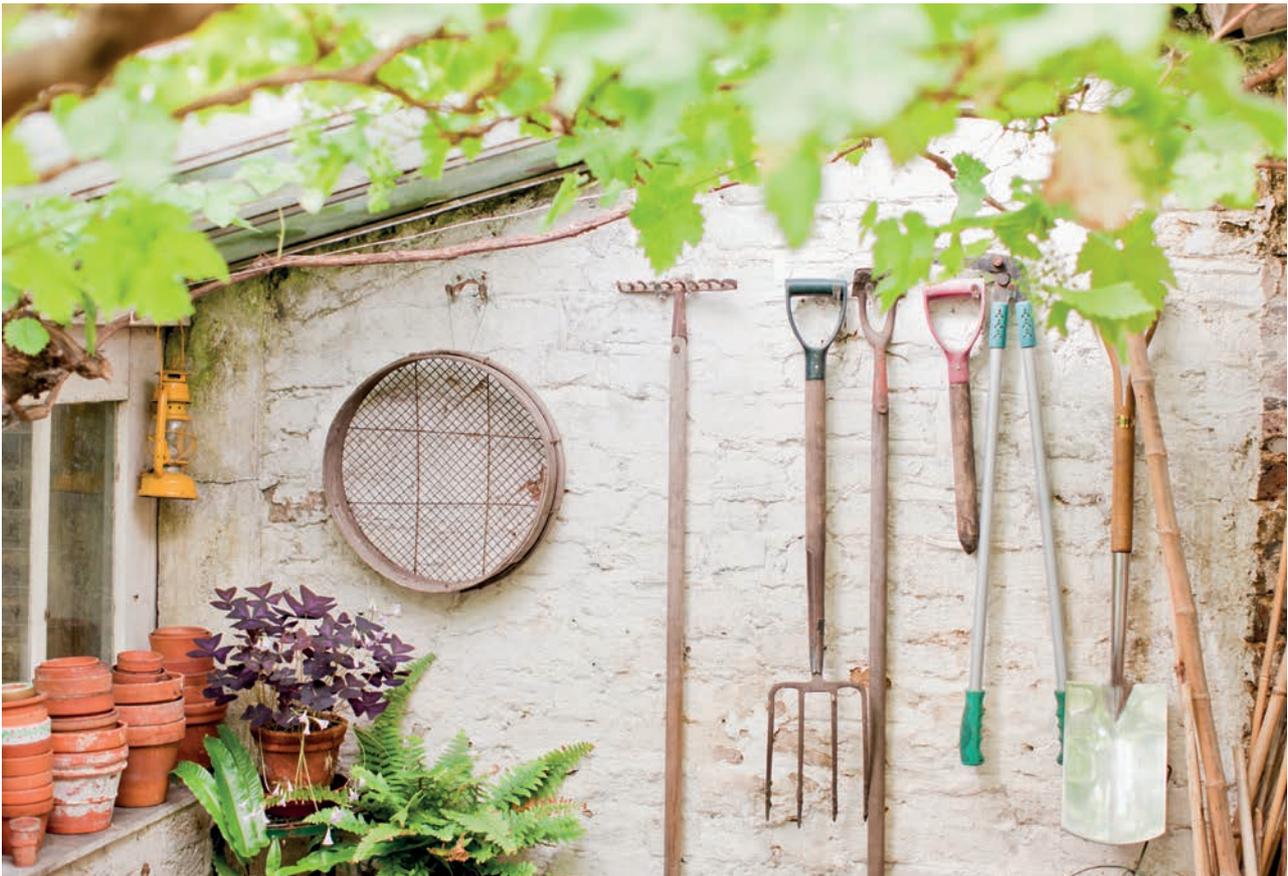
Be realistic and try to have fun. I had a client a couple of years ago who went from 20 stone to 12 stone. She wanted to achieve this in under 1 year, which was unrealistic, but we did achieve it in 18 months and managed to go from walking 500 metres and getting breathless to completing a 5k Parkrun.

Deciding to be fitter, healthier, and eating well is a great resolution to make at any time of the year. Don't wait for January to come round and end up like the rest of the quitters! Take some time to decide your reasons why & how and **you can succeed** where others fail.



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

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SJP11781 V1 (09/20)



NEWS FROM ENGLANDS

POULTON PLAYING FIELD AND ALLOTMENT CHARITY (PFAC) TRUSTEES

We've been so lucky with the weather recently – with some glorious dry, if chilly, days and clear blue skies. Despite the dry weather the ground underfoot on Englands is, in some areas, quite waterlogged and this is the case on the part of Englands that is marked out for Poulton Football Club.

The pitch is “moved” a few metres east/west and north/south from time to time but the right of way across Englands from the main gate at the entrance to the kissing gate at the southern boundary goes directly through the centre of the field of play and is having a detrimental effect on the playing surface.

The Trustees understand that this is a right of way but would like to **ask all walkers if, just while the ground is so wet, they could skirt around the football pitch either behind the pavilion or the longer route around the cricket outfield** this would help with the condition of the football pitch and also be hugely appreciated by the football players.



Remaining on the subject of football - the locking mechanism on the new goalposts is manually operated, so we would also like to **politely request that dog walkers do not allow their pooches to lift their leg against the goal posts and padlocks**. It makes unlocking and moving the posts quite an unpleasant task...

Thank you in advance

We have had some really interesting feedback since the last Poulton Eye, including thoughts around regenerative re-wilding and Miyawaki Forests. It's all very exciting. Next time we hope to share with you more about plans for the meadow.

We really hope that you will come out to support and help with the tree planting. Maybe you'd even like to sponsor a tree?

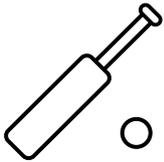
We look forward to hearing from you...



Getting in touch:

We would love to hear from you so if you would like more information about PFAC or would like to get involved in shaping Englands for the village in the future, join the waiting list for an allotment or plan an event at the pavilion please email:

pfacrustees@gmail.com



CRICKET CLUB – OUR NEW CHARITY PARTNERSHIP WITH FRANK WATER

BY WILL BATHURST

Happy New Year to everyone in the village! After last month's unexciting summary of the realities of cricket administration and costs, a potentially depressing month like January requires, I feel, the focus on the plans we have for 2022 to bring the **warmth and optimism that good times are ahead** especially now that the days are again lengthening and cold, clear Winter days leave Englands looking resplendent in sunshine. After some spectacularly early and frustrating work calls, I got in the car recently, made my way up to Englands to drink a coffee, regain my composure and watch the sun burst over the playing field covered by a hard frost. Only one dog walker would have seen the spectacle of a pretty unkempt 40 odd year old up there in the gloom but it was pretty magical and reminds me why it's so important to care for what we have.

This leads onto the news we promised last month that for the 2022 season as a minimum, **the cricket club is partnering with the Frank Water charity** based in Bristol. We will carry their logo on our shirts and have a fundraising cricket match in the summer. We are a charity too, but charities must look after each other.

The reason we have partnered with them is their link with one of our finest clubmen, Simon Gordon-Walker. Simon was heavily involved with village bodies and the club for 20 years before he died, far too young, in November 2018. Many people are given the label "legend" these days, but Simon really is one; those of us left to try to fill his huge shoes have no hope of matching his achievements. With Geoff Chapman he raised funds for the current pavilion, including being one third of a sponsored three-man tandem ride to Lords. He developed and ran our youth section with the modern Gloucestershire Cricket Youth Leagues, his brainchild. He did any job that needed doing in order to push the club forward and for the benefit of players of all ages, but especially the youth. On top of this he was a great friend. We believe that **the best way to mark his life is to carry on his work and to make his a living legacy.**

The youth section, which Simon built and ran continues to develop along the path that he created, but we wanted also to recognise and reflect the fundraising he did for Frank Water. Jamie, his son, maintains the family's active link with then trust and throughout 2022 we, as a club, will step up and stand next to Jamie.

For those of us who knew Simon, having the logo on our shirts will mean we carry a bit of him onto the field along with memories of the acerbic wit which would jump on a low score or dropped catch. For those who did not meet him and did not have the chance to hear his enthusiasm for **Frank Water, it is simply the most fantastic charity which provides clean water to impoverished and remote Indian and Nepali homes.**

Cricket has a volatile relationship with water, whether it refreshes on the three scorching weekends that make up an English "summer" brews the all-important tea on cold days or prevents us from playing on most of the others, we always love it or loathe it. We as a club are keen to move to a more sustainable approach to water and are our partnership with Frank Water will help us do this. It's the most brilliant early season win for us and the new kit will be up for sale by the time the Eye hits doormats. We've also got some rather smart re-usable co-branded bottles on the way with proceeds benefiting them. The partnership will be announced more publicly in the coming weeks but it's right to give you the news first.

Of other goals for the year, we have new members joining already including a young player from South Africa. Along with our partnership with Frank Water, we hope that this will also send a positive message to our youth about a village club's place in the wider world.

We are also aiming to have a ladies tour for the first time this year, to grow the offering to our girls and adapt our changing facilities to better suit our female players. Despite the headlines about cricket recently, I have never known a more **inclusive environment** but of course we have work to do still to look after all our members.

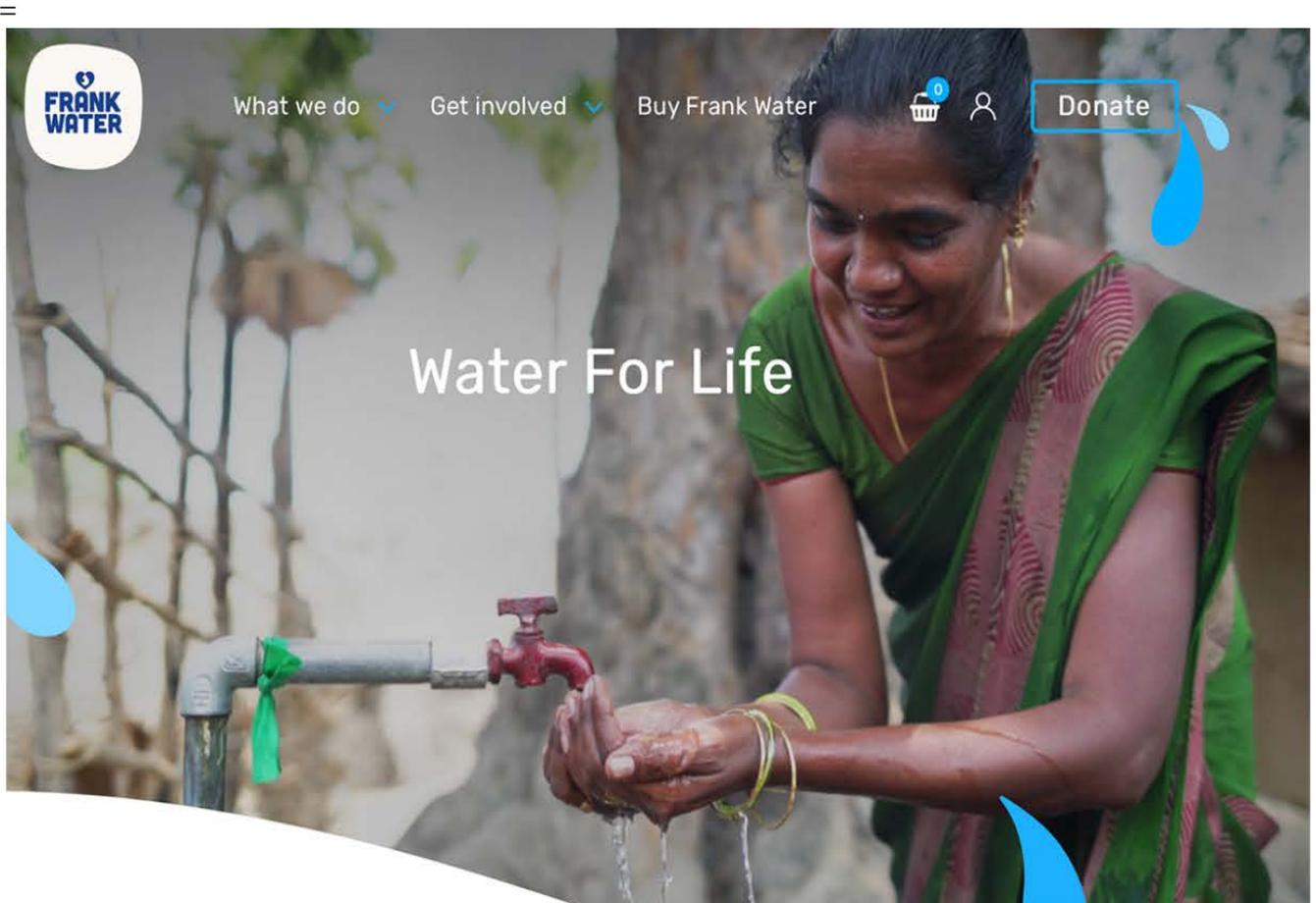
We have our part in the Queen's Jubilee celebration to plan and deliver and look forward to playing a role in hosting you for this

We are increasing our communication through Social Media so people can dip in and out as they wish and have started this on Twitter (@PoultonCC) and Instagram (@PoultonCricket) which will also carry fixture/team news in addition to our website (poultoncricketclub.co.uk).

We will invest in both our grounds, put the club on a more secure financial footing as part of a five-year plan and continue to improve our coaching offering, (both coaches and equipment). We aim to resurrect the social aspect of cricket so restricted by Covid.. All of this is dependent on the world not testing what happens to naming variants when our scientists run out of Greek letters!

Most importantly for us all, especially those of us lucky enough to live in Poulton, we hope this is a year we can make the most of what we have got.. That early trip up to Englands last week was the most fantastic reminder.

As always, we encourage you as a Poulton Eye reader to come and see what we are about, whether that's at a coaching session or an actual match. In the meantime, please read our five year club development plan that keeps us on track and will shortly be in the public section of our new website PoultonCricketClub.co.uk along with information, club news and club policies. If you are interested in joining us, please contact poultonsecretary@gmail.com



WHATS ON IN FEBRUARY

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 1.30 - 3.30 Post Office & Pantry Village Hall 8pm Poulton One & Nines Village Hall	02 <i>Candlemas</i> 6.00pm Holy Communion Harnhill	03 7.30pm Fighting Fit Boxing Village Hall	04	05 10.30 – 12.30 Books, Biccies and Beverages Village Hall
06 10am Parish Communion Down Ampney 3pm Choral Evensong for Accession Day & Launch of RVW 150 Celebrations Cirencester Parish Church - <i>please be seated by 2.45pm</i>	07	08 1.30 – 3.30 Post Office & Pantry Village Hall	09	10 7.30pm Fighting Fit Boxing Village Hall	11	12
13 8am Holy Communion Poulton 10am Parish Communion Driffield	14	15 1.30 – 3.30 Post Office & Pantry Village Hall 8pm Poulton One & Nines Village Hall	16	17 7.30pm Fighting Fit Boxing Village Hall	18	19
20 10am Parish Communion Ampney Crucis	21	22 1.30 – 3.30 Post Office & Pantry Village Hall	23 11am Coffee morning Down Ampney Village Hall Dakota Room	24 7.30pm Fighting Fit Boxing Village Hall	25	26
27 10am Parish Communion Poulton	28					

DIRECTORY

Poulton Eye Newsletter	Poultoneye@gmail.com Editors: Rosie Arkwright , rosie.arkwright@icloud.com ; Lizzy Roughton priorlizzy@gmail.com
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 hilaryant@btinternet.com (Chair); carolynjl@btinternet.com (Treasurer)
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 caddy 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/
Poulton WI	Elinor 01285 851218
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