

JUNE 2011



SUCKLEY NEWSLETTER

In this issue....

The Annual Parish Meeting was held on 16th May and three pupils from Suckley School gave a short but professional presentation. They took turns to speak, loudly and clearly, and used PowerPoint to demonstrate what they had been doing over the past year. We are delighted to have their first article in the Newsletter and look forward to reading more in the future.

The last slide of their presentation highlighted several key skills they had taken from their classes and various projects over the past year - **commitment - communication - creativity - responsibility - teamwork and budgeting**. Pretty important skills to learn so early on, and skills that are essential in our adult life, not only on a daily basis but also for and on behalf of the village and its inhabitants.

Whether this is in the quiet but invaluable endeavours of the Parish footpath wardens, the impassioned efforts to keep the church alive and supporting the village or in the caring efforts of the Health & Wellbeing group and their new publication. There are many different people giving small or large amounts of time, and enjoying using their talents, meeting new people, picking up new skills and learning about the village they live in - did you know about the secret resistance army that trained in the Suckley Hills in WWII? (for this and more see inside for details..)

If you would like to get involved there are a wealth of opportunities in the village that could use your talent, your skills, your sense of humour and your you-ness. Take a look inside and see what you could do. The author David Brooks recently reported on BBC Radio 4's Today programme 'Joining a club that meets once a month produces the same happiness gain as doubling your income.' That sounds a pretty worthwhile reason to get out there and get involved.

And it's tax free...

FREE Newsletter to Suckley Residents

JUNE 2011

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Next Issue: First week in August

Content for newsletter to be submitted **25th July 2011**.

Suckley Post Office: Roger & Barbara Blackburn - 884201.

Shop Open: Mon – Fri 7.00am – 6.00pm, Sat 7.00am – 1.00pm

Post Office Open: Mon – Fri 9.00am – 5.30pm (till 1.00pm Weds)

Sat 9.00am – 12.30pm

Village websites – for up to date information on what is happening in the village as well as a list of businesses and trades: www.suckleyppo.co.uk & www.suckley.net

Village Hall: Steve Boughton - 884210

Suckley School: Mr Matthew Meckin - 884283

Suckley Pre-School: Jo Hall - 884766

Church: Wardens: Dr Anne M Lewis – 884552

Parish Clerk: Mrs Diana Taylor - 01684 569430

District Councillors: Mr D Hughes - 833049, Mr A Warburton - 832753

Playing Fields: Bookings & Pitches Mr & Mrs Luton – 884558

Skateboard Arena: Mr P Beaumont – 884550

West Mercia Constabulary: Emergency 999. Other matters 0300 333 3000

PC3381 Sarah Ransome-Williams, CSO 6494 Tracey Caldwell,

CSO 5481 Collin Davies.

Have YOU something to say?

We welcome all contributions to the newsletter and are very grateful to those who have written for this issue. If you would like to write something (or ask a question) for the newsletter, whether it is about a Suckley past or what the village needs for the future, please get in touch – call Hilary on 884355 or email suckleynews@gmail.com

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If you go down to the woods today....

As you walk the woods around Suckley, there are plenty of visual clues as to activities – including debris from the odd picnic – carried out by previous and current generations. These include stone quarries for road building, coppiced hardwood, commercial conifer plantations (albeit small), pheasant runs, etc., as well as the footpaths used by walkers.

But you may be surprised to know that the woods around here were used as a training ground for a secret underground army during World War 2. Suckley's 'resistance army', codename 'Jehu' was made up of villagers who had a good knowledge of the local terrain, were physically fit and handy with machinery, tools or weaponry.

Members of Jehu had to sign the Official Secrets Act and their identities and responsibilities kept secret – even their families were unaware of their involvement. Their role, in the event of invasion, was to 'destroy lines of communication and supplies, assassinate key enemy figures and cause mayhem behind the enemy lines.' It was a potentially dangerous assignment and if caught, members of their families would also be endangered.

Still living in Suckley, Jim Griffin, 91 years of age, is the last surviving member of the Jehu patrol. During the early part of the war, Jim was working at the Worcester based engineering firm, Heenan & Froude, manufacturing munitions. He worked 12 hour shifts, thirteen nights out of fourteen. Although he received call up papers, his boss deemed his effort 'too valuable to us' and convinced the authorities to let Jim continue with the firm. Then, in early in 1942, Jim received a telephone call asking him, in addition to his munitions work, to join the Auxiliary Services, the official term for resistance activities, in preparation for any invasion in preparation for any invasion by the Germans.

Jehu patrol had a base underground inside a hill - Jim's not telling where it is only that "it is in private property". These bases had walls two feet thick and were set 12 feet into the ground. Jim's training was in the use of explosives – phosphor bottles, grenades, rifle shooting, and unarmed combat, including how to tie up prisoners, both hands and feet, and lay them on their fronts so they could hardly move. Jim was a fine shot, coming sixth in a .22 rifle shooting county competition and quite often the Auxiliary Services were given the latest or innovative weaponry or equipment to trial, even before the main army and

commando units. Jim jokes, “I can’t tell you too much about that – or I’ll have to kill you!”

Jim remembers going out every Sunday morning on his motorbike, for exercises and training. He had been given a petrol ration and instructed, if stopped by the police, to say simply that he was ‘on secret work’, as going out for pleasure on a bike in those days was not permissible. However, he was never stopped, as there weren’t many police around the countryside then.

Prior to the D Day landings of June 1944, Jim was sent, along with many of his colleagues, to the Albany barracks on the Isle of Wight. They were to act as a standby force if the events in Normandy had not gone according to plan. Luckily their help was not needed. Jim was eventually awarded the Imperial medal for services to his country, after working at RSRE (part of which later became QinetiQ) for almost 33 years.

Today we may think it unlikely that Suckley was of strategic significance to have a local resistance unit. However, recently revealed invasion contingency plans of 1938/40, show that in the event of an invasion or breach of defences in Kent that threatened London, the whole UK government would move to Worcestershire, with the Royal family residing at Madresfield. This coupled with the munitions factories in Hereford and Worcester, railway line, A44 and A4103, meant the Jehu patrol would have played an important role in disrupting enemy movement.



Jim with his Imperial Medal awarded for services to his country.

Although times were tough during the war, Jim remembers his experience with the Jehu Patrol with fondness. Training was serious but camaraderie was strong - and nobody ever questioned the sound of explosions in the Suckley Woods.

Hilary Pitt - *with thanks to Julian Brown who contributed to much of this article; to Jim, my neighbour and good friend, for letting us print it and to Wikipedia.*

Our Parish Footpath Wardens

Peter Markins and Richard Harward are Suckley Parish Footpath Wardens. You may see them regularly walking the paths in the Parish and so we put some questions to them about their activities.

Do you know how many miles of footpaths are there in Suckley parish?

In the parish of Suckley there are 45 miles of footpaths.

What is a footpath warden?

Parish Path Wardens are nominated by the local parish council and appointed by Worcestershire County Council. They are expected to actively support the policies and working practices of the County Council. This includes the regular inspections of public rights of way in their parish.

How much time is required to keep the footpaths well maintained?

It could be limitless! But between the two of us, we put in about 8 hours a week, on a volunteer basis.

What are the responsibilities of a footpath warden?

- Contact landowners to provide information, to discuss and seek to resolve obstructions on public rights of way on their land.
- Carry out clearance of minor vegetation.
- Carry out way marking.
- Attend occasional meetings and appropriate training events.

What skills / physical qualities are needed?

The PPW should be reasonably physical fit, diplomatic and unbiased.

How did the footpaths come into existence?

Procedures to record the public rights of way on a definitive map and statement were introduced under the National Parks and Access to the Countryside Act 1949. The Definitive Map and Statement provides conclusive evidence of the public rights of way. A definitive map, which should be read in conjunction with the statement, shows the status and locations of public rights of way. Definitive statements are part of the legal record and describe each

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public right of way and provide additional detail about the route, limitations and conditions such as gaps, gates and stiles at field boundaries.

What is the 'countryside code'?

The Countryside Code: Respect, Protect and Enjoy

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under control
- Consider other people
- Always wear suitable clothing.

What responsibilities do landowners have to undertake when a footpath crosses their land?

Landowners have a legal requirement under the Highways Act 1980 to manage public rights of way that cross their arable fields. The following conditions should be met:

Although it is permitted to disturb the surface of cross-field paths in the course of agricultural work, this should be avoided where possible. If a path is disturbed the surface must be reinstated and the line of the path made apparent on the ground within 14 days of the first disturbance and within 24 hours of any subsequent disturbance. Field edge paths should never be disturbed.

The Highways Act sets out minimum widths that should be maintained by the land owner, for cross-field paths it is one metre and a minimum of 1.5 metres for a field edge.

How can villagers / users of the footpaths support you in maintaining the footpath network?

Local footpath users can support us in maintaining any paths by carrying out minor cutting back of vegetation on the paths they use frequently and reporting any problems to us by phone.

What is the best way to get in touch if there a problem arises with a footpath, stile or gate or signage?

Contact either Richard Harward on 01886 832289 or Peter Markins on 01886 884474.

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A vision of the Future for Suckley Church

Suckley Church is at the very heart of our lovely village of Suckley. The current church was built between 1878 and 1889, replacing an earlier smaller church, which held the first Suckley School within its walls.

Our village school is now growing in numbers and reputation; but needs more space if it is to offer the full curriculum. To maintain our church as a viable building and to increase its usefulness for the school and the whole community of Suckley, we need to take action.

Our plan

Our vision is to see the adjacent village primary school return to use the church building for activities such as large assemblies, PE, additional classes, concerts etc., and for this space to be available for other village activities that need a large hall. The plan will be to open up the main body of the church as a multi-functional space with removable stackable seating. In addition, toilets and a professional quality kitchen will be installed. In order to do this we propose extending the church on the western end both sides of the tower. Partitioning the Lady Chapel and the vestry could provide further meeting rooms.

These plans have the enthusiastic support of the headmaster and governors of the school and the Diocesan Advisory Council (DAC). Clearly any extensions and alterations will be sympathetic to the historical character of the current church building and the surrounding environment.

Funding

Similar projects have successfully taken place in other comparably sized communities such as St Martin's Church in Horsley near Stroud. We have the advice of a professional fundraiser and will be approaching various Trusts and grant giving bodies, such as the National Lottery, for the majority of the necessary funding.

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St Martin's Church Horsley, near Stroud which recently undertook a similar project

There will be an **open public meeting** in the church on **Wednesday June 8th** at 7.30pm to discuss these ideas and to hear what other ideas Suckley folk may have. Please come along, and encourage others to come too.

Anne Lewis (Church Warden – 884552)



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Curriculum at Suckley

Tara Graham - Year 6 - at Suckley School writes of the varied and exciting projects the school has been engaging in this past year. Certainly sounds like they are having lots of fun whilst learning.

Lately every class in Suckley Primary School have had a very interesting and fun curriculum, here is what they have been doing!

Class One had been focusing on farming and farm animals, they did many great things; they had a tea party, they made bread and soup and created a bread stall. Now they are focusing on chocolate. Recently they visited Cadbury's world and learnt a lot about packaging, making chocolate and how it begins!

This term Class Two have been learning about puppets; they visited a local pre school to find out what they enjoy doing. They then made their very own puppets and fairy tale stories, and then put them in a story sack. They visited the pre school once more and gave them their sacks and left them there for them to enjoy furthermore. Class Two are now learning about World War 2 this term!

Class Three were learning all about treasure hunts this term. They produced their very own challenge and invited schools to take part in it. Four schools participated. To make this treasure hunt we had to create clues, riddles and challenges and also had to make up our very own secret society. The actual day was very successful and one school won the prize. The whole day went very well and was certainly good fun!

Each class in Suckley Primary School have thoroughly loved their topics and all of them have learnt many important lessons and values. They have all benefited from the new curriculum and have had lots of fun!

By Tara Graham (Year 6)

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Recipes from the Suckley Masterchef

Local resident, Chef and Restaurateur, Pat McDonald has enjoyed a distinguished career in fine dining lasting over thirty years. In the early 1990's with his wife Claire, they opened their first restaurant "The Epicurean" which was awarded a Michelin star in 1992. Pat's cooking style has been described as "classic foundation, modern, eclectic and simple". He has very kindly offered to write a few recipes for the Newsletter. Here's the first delicious offering...

Char - Grilled Salmon Fillets with Coriander and Lime Pesto

Serves x 6

100g x picked Coriander leaves
1 x green chilli, de-seeded
2 x cloves crushed garlic
100g x cashew nuts (blanched)
Zest of 6 fresh green Limes
Juice of 2 Limes
25g x clear honey [preferably local]
20ml x miso sauce
10g x fresh grated ginger

100ml x peanut oil

Place all of the above ingredients into a food processor, blend the ingredients to a fine paste whilst dribbling in the oil. When blended refrigerate for 4/5 hours

6 x 225g salmon fillets
50g x olive oil
Maldon Sea Salt flakes and fresh milled black pepper, to season

When ready to serve char-grill or BBQ the seasoned salmon fillets with the olive oil on both sides just until the centre of the fish is barely cooked, as you must remember that although the fish has been removed from the heat it will still continue to cook.

Serve on fresh salad leaves and spoon over the fresh pesto.....

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Suckley Village Hall

Suckley Village Hall upcoming events for your diary. Tickets are normally available from Suckley Post Office or on the night if places remain available.

...	<p>Saturday June 18th: Family Quiz night...</p> <p>** NEW **</p> <p>Starting at 6.30pm, a fun event for all ages. Teams of 4 should include at least one child under 16 years of age. There will be prizes for the highest and lowest scores and the best team name.</p> <p>Please bring you own drinks and nibbles (glasses provided).</p> <p>A family ticket will cost £12 and tickets will be available from Suckley Post Office in June or at the door on the night.</p>
...	<p>The ARTY FARTIES - We have been meeting regularly on Monday afternoons to enjoy a couple of hours doing art work. Although we mainly do "our own thing", we have, recently, had a set project – "Create a cover for a favourite book". It soon became obvious that our reading material was as diverse as our art styles. Covers were produced for such books as "Schindler's List", "Sleepers" and "Colours of Africa".</p> <p>New members are always welcome and details can be obtained from Carol – 01886-884210 or just pop in to see us and enjoy a cuppa.</p>
...	<p>CAMERA CLUB - meets first Tuesday of the month at 8.00pm. Learning together, our club is very informal and for all levels of creativity and skill. We are planning to visit various locations over the summer so please contact Steve on 01684 564510, email stephen.welch@bigfoot.com to check details.</p>

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Events in Suckley over the coming months

Holloways Greenhouse Café

Limited Edition Lunches - 2 courses £14.95 - 3 courses £16.95

18th June

Join us for our Italian lunch

28th June

Join us for our Spanish lunch

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Wanted! Mature ladies and gentlemen for local keep fit class.

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Mobile Library Timetable 2011

Dates:

Fridays only at	10th June 1st July, 22nd July, 12th
Suckley - Cross Keys 1.45-2.00pm	August, 2nd September, 14th
New Road Estate - 2.10-2.25pm	October, 4th November, 25th
Longley Green Post Office 2.40-3.35pm	November, 16th December

Enquiries about this service should be made to Malvern Library, Graham Road Malvern or telephone 01905 822722, or email malvernmobile@worcestershire.gov.uk

Make a note for your diary!

A "Summer Canapés and Drinks" evening will be held at The White House, Suckley (by kind permission of Mr & Mrs Persey) on the evening of 15th July. In aid of Suckley Church and Suckley and Alfrick pre School. Entrance by paper donation.

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Plants for Bees and other insects – Summer is here.....

Adrian Holmes writes his second article on plants for insects, as we prepare our gardens for summer - again packed with ideas and knowledge for floral abundance for both you and bees. Now, if we could just have some rain....

The weather over spring has been both a blessing and curse. Lovely warm weather in April and few frosts have been tempered by very dry weather and for farmers this has far more serious consequences than for us gardeners.

But let's look on the bright side and consider what we can be growing to encourage wildlife to our gardens. The choice is so wide that it is more a matter of what you have got space for and what you have to leave out.

Herbs

Where better to start then, than looking at herbs. Borage has already been highlighted (Robin's article in a previous newsletter), and how about, on a larger scale, an angelica. Normally reckoned to be biennial, it can in fact keep going for 3 or 4 years, but to be safe, it would be worth collecting and sowing the seed year on year. (But it may be that allowing it to set seed takes up so much energy that the plant dies any way!) The commonly grown angelica (*A. archangelica* – named because of its habit of flowering by Archangel's Day) can reach 2.5m (8 feet in old currency), but there are lower growing species that will top out at under 90cms, and one (*A. gigas*) that has a red flower wow factor.

Other herbs that are good for insects are chives (resist the temptation to add the flower heads to your salads or they'll not help the insects much), fennel, hyssop, rosemary, thyme, mint and marjoram. Comfrey is great too, and has the added advantage that you can make your own liquid fertiliser from it by soaking the leaves in a bucket of water. Tuck it away somewhere remote though, because while it is breaking down, the aroma emitted is a bit different from that of a honeysuckle or night scented stock!

We can easily include lavender in this list. Once established it is, like other herbs from the Mediterranean, most at home in a poor soil. It thrives on neglect and

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the hotter and drier it is, the more pungent the oil it produces. Basically trouble free, it makes an excellent low hedge that requires very little maintenance other than removing the flower spikes in late summer for lavender bags and so on, and an overall prune in spring to maintain shape. Don't cut back into old wood though, as it will not regenerate. They are long lived, but if you have a favourite that is looking a bit weary, simply take some cuttings in summer or early autumn and place them, uncovered, in a sandy, gritty compost somewhere sheltered and they should root over the winter.

Annuals

This group needs no introduction. It includes wild flowers that will self sow year on year – particularly useful if you have been successful in nurturing a wildflower meadow or a wild patch. The common red poppies come into this category, as do others such as ox eye daisies, red campion, St John's wort, meadow cranesbill, teasels, field scabious, campanula, mulleins and foxgloves. All these may occur naturally in any "wild" parts of your garden, or they can be purchased as plug plants from specialist suppliers or grown from seed. An easy way from seed is to simply scatter some mixed seed in a seed tray filled with a general purpose compost (any nutrients will soon be used up and there is no need to feed as most wild flowers are happiest in poor soils) and once seedlings are quite well established split into clumps and plant out.

Not all the gaudy annuals sold for bedding, borders, hanging baskets and so on are any good for wildlife, as they have been bred and hybridised for our enjoyment. However, there are some which have retained their nectar and pollen bearing capabilities. Marigolds are good – African, French, calendula and tagetes - and they can also do a good job mixed into the vegetable plot as "companion planting" to protect vegetables from pests. Ageratum, allysum, heliotropes, stocks, verbena and zinnias will also attract wildlife. Looking ahead to next year, you could sow honesty, Sweet Williams, foxgloves, mulleins and wallflowers this summer for flowering next year. And a packet of evening primrose seeds will supply you with flowers for years to come – even if some appear in places you would prefer not to have them.

Hardy perennials

You may already be awash with hardy perennials in your garden and no doubt have your favourites. Given the choices available now, it really is not difficult

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to have beds and borders billowing with colour and different shapes and sizes. Starting at the bottom with ground cover plants, alyssums, aubretia and arabis are all good. Given a sunny spot they'll provide a splash of colour, keep the weeds down, and only need an annual hair cut after flowering to prevent them becoming straggly. Moving into a mid height range, sea hollies, hardy geraniums (although care is needed: Rozanne, a relatively new cultivar blooms for weeks because it is sterile – so, no grub for the grubs), Jacob's ladder, day lilies, scabious and thrift will all attract a variety of creatures. Pushing up through these you can grow alliums which I have found to be extremely popular with bees. OK, a bulb rather than a herbaceous perennial, but they multiply readily where I have put them and come up year on year. What more can you ask of a plant? Moving up to eye level, some plants will stand out as being a magnet to insect life. Goatsbeard (*Aruncus diocus*) produces clouds of billowing white flowers on wiry 5 foot stems which seem to shout here I am. It obviously works. A down side is that the spiraea sawfly loves the leaves and will strip them to skeletons in no time. Golden rod provides a strongly coloured backdrop to a border, and Verbena bonariensis has found fame because of its properties as a "see through" plant (although personally I prefer to see them in clumps in their own right rather than dotted around) and its copious supplies of insect food.

Next time

Of course, there are many, many more plants that will attract bees, butterflies, moths and so on into your garden. The ones I've covered here have been selected since they should do well in our local environment. Next time we'll look at a few of the later flowering ones and shrubs which can go on into the winter.



Suckley Church

Suckley Services in the next few months are:

June 5th All Age Service 11am (a lively informal service)

June 12th (Pentecost) Celtic Service 6pm (a quieter more contemplative service in the celtic style)

June 19th we go to Alfrick for their All Age service at 11am

June 26th Holy Communion with Sunday School 11am (a more formal service)

July 3rd All Age Service 11am

July 10th (Sea Sunday) Evening Prayer 6pm

July 17th we go to Alfrick for their All Age Service at 11am

July 24th we go to Alfrick for their All Age Service at 11am

July 31st Holy Communion, followed by a Teddy Bears' Picnic at Pewcroft (the Hammonds' farm). Please bring your teddies!

In August the only service in Suckley is Holy Communion on 21st at 11am

September 4th we join all our local churches in the Marquee in Alfrick for a 'Songs of Praise' at 4pm

September 11th Healing Service 6pm (a quieter more contemplative service)

Also, in our group of churches, the 'specials' coming up are:

"Little Lambs" in Alfrick Church on FRIDAYS **June 10th** and **July 8th**. This is a popular very informal worship time for babes, toddlers, and their families.

"Celebrating 400 years of the King James' Bible" at Alfrick Church 6pm on **Sunday 3rd July**. Look for the leaflets at Suckley church and post office and take part!

For further information please contact Anne Lewis (Suckley Church warden) on 01886 884552 or annelewis@doctors.org.uk

JUNE 2011

Health and Well Being Group

We are pleased to say that the Health and Well Being Group are holding a meeting at **7.30p.m. on Tuesday the 12th July** at the Village Hall.

We have invited a guest speaker who has set up and put into operation a "Good Neighbour Scheme" in her community. We thought her experience and knowledge would be very helpful in getting our own scheme off the ground.

This meeting is open to anyone who feels that they would like to contribute in any way, or just wants to know more about the aims and ideas of the group, as well as being an excellent opportunity to introduce ourselves. We hope to see lots of faces!

Also we have compiled a Health and Well Being Directory which has now been printed and will be delivered to everyone in the parish early next month.



Look out for the The Health and Well Being Directory coming through your door soon.

FREE Newsletter to Suckley Residents

JUNE 2011

Big Event update

The plans for the Jubilee celebrations are starting to take shape. A further meeting at the village hall brought in many new faces keen to support the event in whatever way they can. Margaret Davies brought the Suckley Parish Council 1953 Minute book to a recent brainstorming meet on Monday 22nd May which made very interesting reading. The Parish Council in 1953 organised a number of events, such as children's sports day, whist drive, cricket match, concert, football match, bonfire, fireworks and a dance (with free beer and cider!) - all of which raised money for the village.

During our brain storming session, a good many ideas were put forward and are still being refined. Discussions took place on whether the event should be an opportunity for a 'get together' celebration for Suckley village or a more ambitious approach of encouraging visitors from Worcester and Malvern. Our plans are still in the early stages but we are keen to organise an event to match the 1953 celebrations - if you would like to help make it a memorable occasion for the village we welcome any effort (big or small) or your support in any form - please get in touch - call Hilary on 884355 or email thebigeventsuckley@gmail.com



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SURGERY NEWS - ISSUE 2

SPRING / SUMMER 2011



Registering as a Patient

We are currently accepting new patients. If you live within our catchment area and would like to register please call in for further information and registration forms. The Reception Staff will be able to advise whether your address falls into our area.



NEWSFLASH.... NEWSFLASH....

Knightwick Surgery has a website!
Visit www.knightwicksurgery.co.uk

Marie Curie Morning Tea

Knightwick Surgery is hosting a morning cup of tea on Friday 10th June - all proceeds to Marie Curie.

FOCUS ON:

Foreign Travel

If you are thinking of going abroad then please look on our website www.knightwicksurgery.co.uk for advice and travel form to download, ready to hand in at the surgery. It includes recommended travel vaccinations and advice.

Why do I need to fill out a travel form at the surgery?

This works in two ways – it provides us with an opportunity to check that your medical record is up-to-date regarding past immunizations, and secondly it is a quick reference for the practice nurse who can plan when any vaccinations needed are to be administered.

Why do I need to see a nurse – I know I am up-to-date?

The Practice nurse is able to provide you with any current health issues in the country you are visiting, that you may not be aware of. It is a way of ensuring you are fully prepared for travel risks such as sunstroke, diet, water etc. After all, we all want you to have a fantastic holiday and come back safe to us!

Health Awareness Campaigns this quarter:

Diabetes Awareness Week June 10 – 17th

Race for Life 5km run/walk June 12th at Worcester Racecourse in aid of Cancer Research

Race for Life 10km run July 3rd Cheltenham Racecourse in aid of Cancer Research

SURGERY NEWS - continued

SURGERY NEWS cont/...

SPOTLIGHT ON:

Nadia Avis-Lee

Nadia is our youngest member of staff who joined the surgery in 2008 as a part-time Receptionist and Medical Secretary. She quickly became a very popular and valued member of the Knightwick team. In May, Nadia transferred to the Dispensary team where she will be studying to become a qualified dispenser. We wish her every success and enjoyment in her new role.

News from the Departments.....

Health Care Assistants: In the last 6 months, patients on our weight management scheme have lost: 112kg (that's 246.4lb or 17.6st). This is equal to: 448 packets of butter or 112 bags of sugar or 15 sacks of potatoes. *Congratulations to all of them on their fantastic achievements.*

Smokers we have helped quit over the last 6 Months

We hold smoking cessation clinics at the surgery, the clinics are run to give support and advice to those people who wish to give up smoking. We have various different products to help you quit. Our success rates over the last 6 months are: 72.5% quit smoking for 4 weeks. The percentage that went on to quit for 12 weeks was 80%. *A very well done to you all.*

Dr E. Hinton:

WOULD YOU LIKE TO HELP SHAPE THE FUTURE OF KNIGHTWICK SURGERY AND THE SERVICE WE PROVIDE? We are looking for people who are willing to help us by completing a short on-line survey approximately twice a year. The responses will enable us to provide a service which best meets the needs of our patients. If you are interested, please enter your details on our website www.knightwicksurgery.co.uk under the Patient Survey button and we will let you know when the first survey is ready. If you would like to take part but do not use the internet, please let Sharon know by phone 01886 821279.

Reception: TEXT MESSAGE INFORMATION SERVICE

We are in the process of setting up a new service for our patients that will enable us to send information regarding appointments, flu clinics and other health information via texts or email. If you would be interested in participating in this scheme, please contact Kate Parkinson at the surgery or via email at kateparkinson@nhs.net with your details.

For feedback / comments about this Newsletter, please contact Sharon Salter on 01886 821279 or email sharon.salter@nhs.net A large print format is available on request.

JUNE 2011

2011 Suckley Annual Parish Meeting

The annual Suckley Parish Meeting took place on 16th May to an unusually packed hall.

- Headmaster Matt Meckin and 3 very bright pupils presented a very positive and entertaining summary of the school curriculum and the creative projects they have been working on. The schools future looks very promising with a growing intake and lottery funding for more computers.
- The benefits of the village creating its own formal Statement of Landscape Character were outlined. This could help protect the village against unwelcome planning decisions, and will be taken up at a later meeting.
- Festival Housing described the Flood Barrier deflection fencing that will be erected once cabling has been repositioned on Woodland road.
- A call to action for help brain storming, organising and manning events for the Diamond Jubilee in June 2012 was made by Hilary Pitt on behalf of Councillor Andrew Grieve.

In addition there were annual reports from our local County Councillors Footpath wardens, the Church's Visions for the Future, the Playing Fields and the Village Hall.

The evening ended with questions on speeding in the village and really very nice wine and cake.

ITEMS FOR SALE

- * 2000ltr single skin oil tank, green plastic approx 4yrs old, £100.00 ono
- * Velux window 55x78 cm - offers
- * 'Croft' Dog Crate 58x28" (ideal for holidays) - £60.00 ono
- * Fantasia ceiling fan 42", purchased from Holloways - offers
- * Electrical consumer unit - offers

for more details telephone 07990 501498

FREE Newsletter to Suckley Residents



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to keep up with news and events on a day to day basis

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