



Kingsland

News

September 2023

Dear Parishioners,

A new academic year and in the church there are some changes. Rosie introduced herself to you last month, and we look forward to getting to know her better at the "My life in Music" evening on Saturday 30th September in the Coronation Hall. Do book to come along.

Rev Katie Smith has finished her curacy with us, and has a new appointment in the Eardisley Group of Parishes ministering as an Associate Priest in the team there. We gave her an ikon of the Road to Emmaus by a Ukranian Artist as a gift to celebrate the gift she has of journeying alongside folk and sharing their spiritual journey with them. She will continue to live in North Road and be our friend here.

Wendy Maddocks will be licensed as a Reader at the end of her 3 years training in a service at Leominster Priory on Saturday 14th October at 12 noon, and you are all welcome to come along and share in that celebration of a valued part of our team here in the benefice. Wendy will then be entitled to wear a blue scarf with her cassock and surplice when she takes official services, and her role is to continue to work amongst families to sow seeds of faith, and teach about following Jesus

at which she is so gifted, to preach at our Sunday Services and to lead worship, and to further her pastoral work in the parishes and to lead funerals. We haven't had a reader in the Kingsland Parish for many years, though some of you will remember Albert Attwood, and Wendy will be a positive and able presence in our midst. We look forward to affirming her ministry in the service in October. Do put the date in your diary.

The Bishop has invited me to become a Prebendary in the Cathedral. This means that I will be assigned a stall in the choir of the cathedral, and the stall I have been assigned is known as de Pionia Parva. The stalls are named after parcels of land (often farms) which were known as "prebends" and which gave each stallholder an income: although the stipend has long since gone, the title remains. The title prebend is given to those serving in the cathedrals that were NOT attached to a monastery, and in those that were monastic foundations the title Canon is given. I will be entitled to wear a blue cassock, to preach at the Cathedral once a year at Evensong, and to be part of the College that chooses the next Bishop when that time comes. Anyway there will be a service for my installation on Sunday 24th September

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at 3.30pm in the Cathedral and I'm hoping that you will come and join with me on that day and celebrate. The invitation is open to all and it sounds like a good excuse for a party.

Well plenty to celebrate and plenty to do. I am struck as we all start to re-engage with "normal" life after Covid, that left to our own devices for too much time, leads us to too much "self" both in looking at ourselves and in wanting for ourselves. Our lives together as community, friendship groups and family knock the edges off us, and remind us what is important in life and that is care of each other. I know for myself that when I don't want to spend time with others this is a sign that I need to either get myself straight, or seek help from others. It is a sign of strength to ask for help when you need it, and if the help helps then all well and good. Please use the church for support when you need it, and if we can't help then we can signpost you to the right help. Look out for the new Good Neighbours Scheme being launched in the Autumn with a Coffee Morning in October. An able team of the community are doing the background work to get it going, and will help us be a better community together. Every blessing,

Julie

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Heritage Heroes – who they?!? – and other Project News

You may have seen fliers and announcements, but what exactly are Heritage Heroes?

Heritage Heroes is a wide range of school holiday activities held in Kingsland.

Heritage Heroes are also the children who've taken up 98 places on 8 different, professionally-led sessions since the February half term break!

- learning new outdoor activities, including how to light a fire safely and keep it going
- mini archery, in a nod to the skills needed at the nearby Battle of Mortimers Cross
- an amazing play-in-a-day using local folklore and traditions
- making their own 'zines' inspired by design features in the church
- learning wood carving skills to make their own take-home carving
- making gorgeous clay grotesques inspired by those on our church tower

Heritage Heroes are also people like Ella Mary Leather, born in nearby Dilwyn, who became a folklorist for Herefordshire. In the late 1800s and early 1900s she gathered rhymes, stories, traditions, songs, and dances from all over the county including Kingsland, eventually publishing them in a book *The Folklore of Herefordshire*. She was the inspiration for the children's tremendous Play In A Day in the church on 8 August.

The Familiar Treasures Project has been able to provide the Heritage Heroes sessions free of charge, thanks to the National Lottery Heritage Fund and Lottery players.

☞ NEW We hope to run another Heritage Heroes activity in the October half term break – watch out for news!

The coming months will see the strengthening of new partnerships and celebration of project activities with local organisations Leominster Meeting Centre, ECHO, Caring for God's Acre, Kingsland Millennium Green, and Kingsland School.

☞ NEW Watch out for an opportunity in the next few weeks to create a glass artwork – a collaborative piece alongside other Kingsland residents - which will be located in the Churchyard. This will incorporate a memorial to acknowledge Fanny Goss, who moved to Kingsland in 1871 and died a few months later in tragic circumstances. She was buried in

Kingsland Churchyard, though without any record of where. Her story has been uncovered by the new Kingsland History Group.

Clive and Kate Perryman of K8 Create, whose work many people will have experienced during the hands-on traditional skills day in the church at the end of January 2022, will lead and guide us. If you'd like to know more or would like to take part, please contact Jo, below, who'd love to hear from you.

You can keep up to date with events and news from the team at The Familiar Treasures Project over on our Facebook page www.facebook.com/familiartreasure. If you are interested in finding out more about the village and its heritage - including the new Kingsland History Group, with professional support and visits to the Herefordshire Archives and Research Centre, contact Jo Henshaw on activities.familiartreasure@gmail.com for more information.

Many thanks go, as always, to our funders, and to everyone who contributes their time, energy, and ideas to the project - including the volunteer helpers, who help ensure our events create happy memories. Additionally, many thanks to the trustees of Kingsland Millennium Green, for keeping the space so beautifully and for making it available for some of the Heritage Heroes activities.

Jo Henshaw, Activities Coordinator, activities.familiartreasure@gmail.com



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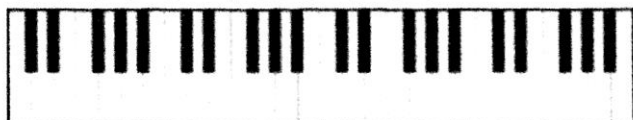
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News from the Chapels

This month's Wesley quote: "I believe in my heart that faith in Jesus Christ can and will lead us beyond an exclusive concern for the well-being of other human beings to the broader concern for the well-being of the birds in our backyards, the fish in our rivers, and every living creature on the face of the earth."

John Wesley

Heritage Skills Workshops: We look forward to welcoming those of you interested in lime pointing to the chapel on Saturday 30th September- for some of the practical bit!

GOOD NEWS! We have been accepted for a B&Q Neighbourly DIY project in the Community Garden particularly to improve the communal area and provide multi-purpose seating. This will take place towards the end of September and involves staff from B&Q and a grant for materials. As soon as we have the exact date we will put up a poster!

Craft Fair: This will take place on Friday, 13th October. If you are a local craftsperson or just wish to earn some Christmas money with your hobby please contact Lesley (Impitchford@btinternet.com) to book a table. As this is our first attempt there will be no charge for tables, but we do ask that if you do particularly well you give a donation. Refreshments will be available.

Christmas: The Christmas Card competition will take place again this year. Packs will be available in late September. Any medium welcome. Classes (and prizes) for children, young people and adults.

Contacts for Activities:

Art	Village Art Clubs	07938 563716	villageartclubs@gmail.com
Craft	Helen	01568 708026	
Bridge	Jean	07866 418488	
Knitting	Lesley	01568 798992	Impitchford@btinternet.com
Yoga	Zuzana	07428 095954	yogawithzuzi@gmail.com
Creative Writing	Fay	01568 708789	faywentworth268@btinternet.com

Services for September

3 rd September	Kingsland	Rev R Crew (Holy Communion)
10 th September	Shobdon	Mr S Dalton
17 th September	Lingen	Sharon O'Connell
24 th September	Leintwardine	Sharon O'Connell

Services are at 10.30 am unless otherwise indicated

If anyone would like further information about any of the above or transport please contact Sharon at: middlemarchmethodist@gmail.com or Lesley on 708992 or Impitchford@btinternet.com.

Lesley Pitchford

David Robertson

(Kingsland)

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Nature Notes

Autumn descended on us early this year. Even in late July Acers and other trees and shrubs, turned colour early, and though we did see the hawthorn (the 'May' tree) burst out on time in May with its display of white flowers, already in August the rowan tree is bursting out in red berries. Traditionally, they planted Rowan in Welsh churchyards, alongside Yews, to ward off evil spirits, but the berries are good for wildlife, providing autumn food for blackbirds, mistle and song thrushes. I gather you can also make rowan schnapps (one for next year's flower show?)

The damp weather seems to have encouraged the local mole population into great activity and several well-manicured lawns have been the subject of large mole hills appearing as they dig along, just under the surface in pursuit of earthworms. The other menace about the gardens are the grey squirrels, which this year have already stripped most of the hazel nuts off the nut trees, leaving a trail of leaves, twigs, and nuts all over the lawn and proceeding to store the nuts they want in some very unusual places. I even found a couple put up the garden tap!

I harvested a first pick of field Mushrooms in July, usually not due until September, (be careful, of course, if you are out foraging, to only gather field mushrooms and not some of what are poisonous varieties). Their early arrival, caused I think by a most unusual summer, with heavy rains, cold nights, a difficult stop/go harvest for our farmers gathering this year's rape and corn crops. It has also been so sad to see the unprecedented wildfires that ripped through communities in Rhodes, Hawaii and elsewhere in the world causing great suffering and tragic loss of life.

Out problem I think has been with the Jet Stream stuck south of the UK, blocking the normal warmer air coming up to us, but now as I write these notes, it's gone back up North of us, and cooler damp conditions now prevail. Will we get an Indian summer and good dry hop pickers' fortnight in September? Time will no doubt tell.

Our Orchards have had mixed results. The cold spring, I think, impacted on the flowers setting, so not a lot of eating apples about, yet green gauges, plums and sloes seem to have fared better, though most trees tend to yield bi-annually. I note that high winds have caused a lot of heavily laden plums and damson trees to break several strong branches, as though they were match sticks!

The wet weather might have had one good benefit in our potato crops with the annual Grand Potato weigh-in at The Corners Inn, at 6 pm this August Bank Holiday Monday. We should see some big yields and intense competition for the heaviest crop to win the silver spade !.

Enjoy your autumn gardening.

Jackdaw

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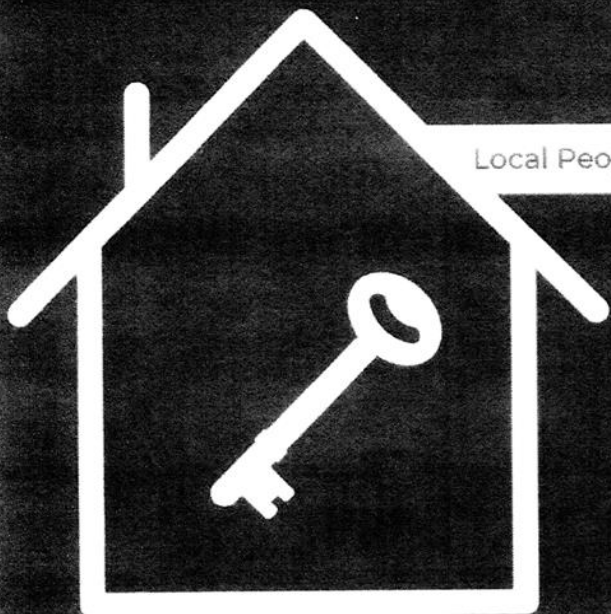
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Kingsland Flower Show

The Show was held in the Coronation Hall on Saturday 5th August and despite the inclement weather, was well attended by visitors throughout the afternoon. Given the extreme weather we have experienced recently, the number of entries in the Vegetable and Floral Classes was above expectation. There were particularly fine vegetable displays in the *Cherry Tomato*, *Courgette*, *Runner* and *French Bean* Classes. The floral displays in the *Perennials*, *Hydrangea* and *Outdoor Fern Stems* Classes were outstanding. The Frank Morgan President's Cup attracted four different, but extremely high-quality entries and the public vote decided the winner by a whisker.

Needless to say, the cookery sections were as well supported as usual, with 10 entries in the *Chocolate Brownies* Class and 7 entries in the *Savory Scones* Class – we clearly enjoy our cooking. The Beverages Division had a modest number of entries, although the *Fruit Gin* Class did attract 11 entries – we continue to be a nation of gin lovers! The Handicraft Division saw some very interesting and varied entries particularly in the *Picture any medium* and *Painting in oil, watercolour or acrylic* Classes. There were some excellent shots in the *Photography* Classes, with the “Sunset” theme attracting 19 entries.

The Children's Section was modestly supported, and thanks is due to Kingsland School for their continued support in this section. Almost every school child submitted an entry in the *Portrait of the King* Class, and many were hanging on display.

The cups and prizes were presented this year by John Morris, and we thank him for giving his time.

Thanks to all of you who came and visited the Show. We hope you enjoyed it and partook of “a cuppa” with some home-made cake to refresh you.

Although some of our “regulars” swept the board in winning Cups, we had a number of new faces submitting entries *and* winning prizes, so let us continue that vein next year!

If you did not submit an entry or visit the Show, please think about doing so next year - you may be surprised by the number and quality of entries and what a good overall event it is.

Finally, a huge thank-you to all our Sponsors who contributed towards the significant running costs of the Show, thereby helping towards the considerable success.

Kingsland Flower Show Committee

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30 September at Kingsland and 14 October at Orleton.

(Please note they are **appointment only** clinics - 'not walk in'.)

Those '**clinically at risk**' at the time of going to print have not yet been invited as the guidance and parameters has not been updated by NHS. As soon as these conditions are known those in this Group will be notified. Sufficient appointments are being held back to accommodate these patients.

Autumn Booster for COVID

Similarly at the time of going to print the Practice has not been advised how this program would be rolled out. If COVID vaccinations are to be done in surgery and if the vaccine is available, you will be offered it on the day of your flu vaccination. Updated information will be available on the Website and Facebook page.

Next Meeting – due on 14 September

If you have any points you wish us to raise, please let us know.

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Joan Woodfield (6th April 1924 - 15th July 2023)

All of Joan's family wish to thank everyone for their kindness and support at this time and to those who were able to join us to celebrate her life at the service in Kingsland.

Also, our thanks to the "refreshments team" who did a wonderful job supplying everyone with their needs.

This has been a great comfort to us all, and although a sad loss, to all who knew her, Mum had a wonderful life despite some hard times, enjoying it to the full.

Thank you all once again, and do please remember and cherish all those happy times spent with Joan.

Peter, Fi, and family.

Kingsland British Legion

Ladies and Gentlemen, we're back, and we would like to extend a welcome to the first of our meetings after the summer break. We have a very exciting programme for the remainder of this year which includes films, talks and our annual dinner.

As previously mentioned we are particularly lucky for our first meeting to welcome Rory McColl who is showing his film entitled "the Accrington Pals." Rory not only made this film but also had a relative who was a member of the "Pals". This film is not to be missed!!

Remember our meetings are free and all are welcome, it is not necessary to be a member. Our programme appears below, so please come and join us at the Corners. The Corners will kindly provide a meal for those that require it.



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PROGRAMME FOR 2023/24

2023

Sept 4 th	Film – The Accrington Pals.
Oct 02	Quiz
Nov 12 th	Remembrance day.
Dec 1 st	Annual dinner.

2024

Jan 8 th	Quiz
Feb 5 th	Talk – The Falklands.
Mar 4 th	Quiz.
Apr 1 st	Talk – Waterloo.
May 6 th	Quiz.

If anyone is interested in joining the Kingsland section they would be most welcome. We are currently needing a Treasurer and would be very pleased to welcome anyone who is interested.

Points of contact are:- **Richard Collishaw**
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Church Services in the Benefice for September

Sunday 3rd September		Trinity 13
9.30 am	Holy Communion	Eardisland
9.30 am	Messy Church	Kingsland
11.00 am	Holy Communion (BCP)	Aymestrey
11.00 am	Holy Communion	Kingsland
Sunday 10th September		Trinity 14
8.00 am	Holy Communion	Kingsland
9.30 am	I Sing Pop	Eardisland
11.00 am	Morning Prayer	Aymestrey
11.00 am	Holy Communion	Kingsland
Sunday 17th September		Trinity 15
9.30 am	Morning Prayer	Eardisland
11.00 am	Holy Communion	Kingsland
3.30 pm	Harvest Festival	Leinthall Earls
Sunday 24th September		Trinity 16
9.30 am	Holy Communion	Eardisland
11.00 am	Education Sunday with Kingsland School Open the Book	Kingsland

**Mid-week Communion 9.30 am each Thursday. Check venue at
Rev. Julie Read, 07826 194400, or Mrs Jean Barbour, 07866 418488**

The Parish Diary, 2023

*(Editor's note: Events for this item need to be submitted by 15th of preceding month with clear instructions on the entry – **place, time, date & title** are essential information. Where more than one month's notice is given, items will automatically be repeated unless contrary instructions are received.)*

September

2 nd to 10 th	hArt	Kingsland Church	11.00 am to 5.00 pm
4 th	RBL Film 'Accrington Pals'	Corners Inn	7.30 pm
9 th	Steel Pans, Pimms and Puddings	Church	6.00 pm
30 th	My Life in Music	Coronation Hall	7.00 pm

October

2 nd	RBL Quiz	Corners Inn	7.30 pm
5 th	Good Neighbour Coffee Morning	Bowls Club	11.00 am to 1.00pm
13 th	Craft Fayre	Methodist Church	tba
17 th	PPG Fashion Show	Coronation Hall	from 7.00 pm
19 th	Singing the Faith begins	Rectory	5-00 to 6.00 pm

November

6 th	RBL AGM	Corners Inn	7.30 pm
11 th	Vintage and Handmade Fayre	Coronation Hall	10.00 am to 1.00 pm
12 th	Remembrance Service	Kingsland Church	10.50 am

December

1 st	RBL Annual Dinner	Corners Inn	tba
5 th	Church Fundraiser Coffee Morning	Corners Inn	tba
513 th	RBL Widow/Widowers Lunch	Corners Inn	tba



Saturday 2nd to Sunday 10th September 2023

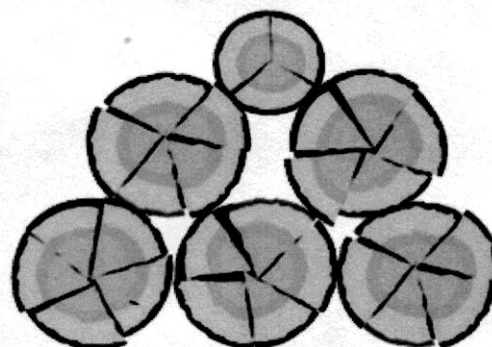
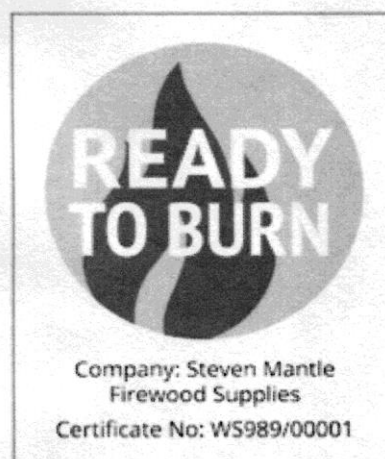
Once again, our village church – St. Michaels & All Angels Kingsland – is hosting a superb exhibition of local artists and craftspeople as part of h.Art. The exhibition will be open each day from **11 am to 5 pm** and entry is **free of charge**. Do come along – you will receive a warm welcome!

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Luctonians Sports Club

This report will cover a range of topics so read on. In July we celebrated our 75th Anniversary with a Black Tie Ball and after many years and meat pies I was delighted to find that I could still fit into my dinner jacket. The tickets were sold on a first come first served basis and 250 of us enjoyed the evening's festivities. We could have easily sold another 100 tickets but the remaining applicants were a bit slow out of the blocks and missed out. Let's hope they move a bit quicker for our 100th. I know for a fact that there will be at least one spare ticket available as the date on my birth certificate strongly suggests I won't be there.

As usual all the tables for next season's pre-match lunches were sold within a matter of hours. These lunches have become so popular that this season tables will also be available for some of our 2nd and 3rd team home games and for the first time due to demand and our increasing membership we are having to host two President's Lunches. The first will be on September 9th when we play Old Redcliffians and the second on January 20th when we host Bournville. After a second glance at my Birth Certificate I have opted for September 9th as I will have significantly more chance of being there.

Our U16's tour to South Africa was its usual success. Over the years this has evolved into far more than a rugby tour. Our lads continued their tradition of playing in the townships where they also coached and distributed rugby kit and for the first time we spent a day at a Trust that supports orphaned and underprivileged children in the Western Cape. This was the U16's fifth trip to South Africa and the name Luctonians is well known there not only for our rugby but for our concern for others and our ability to see

the wider picture. Our presence has always been recognized way beyond rugby circles including on one tour when the team met Archbishop Desmond Tutu.

There have been 50 or 60 senior players at training sessions including a further 30 or so Vixens, players from our senior ladies team. The first team squad played its first pre-season match against Leicester Lions and we looked confident and well organized. There were several new players on display and two in particular caught my eye - Caleb Montgomery a Number 8 who has come to us with some pedigree (his previous clubs including Cornish Pirates, Worcester and last season Amptill) and at the other end of the scale - 18 year old scrum half Reiss Price, a cheeky and inventive player from the Worcester Academy. As a Welshman I would like to think that his name should have been Rhys Pryce but the Registrar was either drunk or dyslexic. From what I saw the newly promoted Lions are going to find it tough in National One.

And finally I have been informed that someone was offended by something I wrote in my August offering. I have been contributing this column to the Kingsland News for over five years and almost 70 issues and in that time my sole objective has been to inform and hopefully entertain although my sense of humour is admittedly not to everyone's liking. I am solely responsible for what I write, not Luctonians, so if the person in question would like to contact me directly (01568 70845) then I will be given the opportunity of apologizing in person. I have talked to several ladies whose judgements and opinions I respect and the general consensus was that in this instance I got it wrong. Mea Culpa.

Huw Davies

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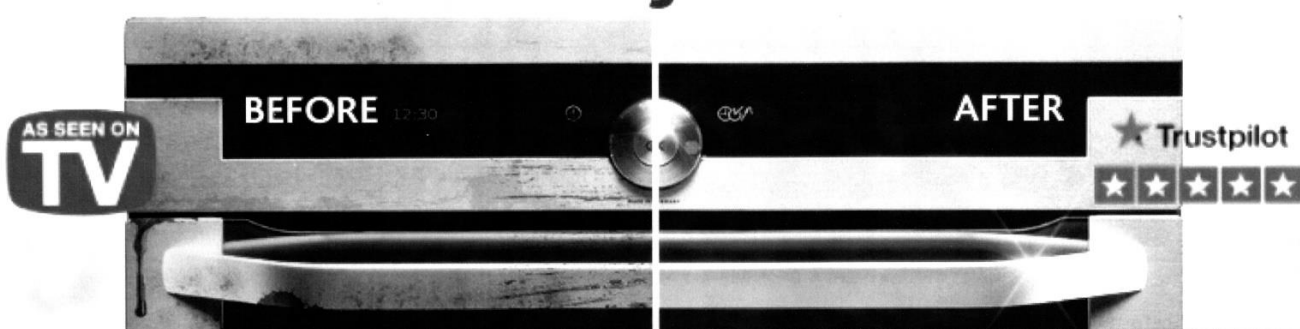
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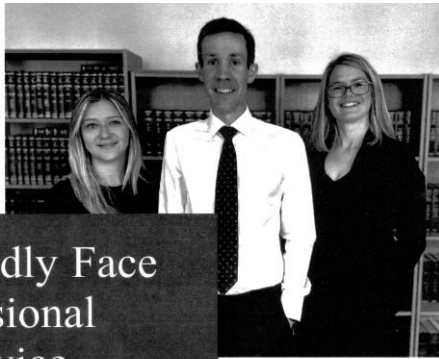
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Kingsland W I

We had a fine sunny day in August for our visit to Westonbury Mill water garden. The tower at the entrance, with the water wheel and system of little buckets driven round by the current which supply a gargoyle spouting water, is home to a flock of white doves. Further into the garden is a dome with coloured glass bottles embedded in it giving interesting reflections in the pool inside. A third folly is the water powered cuckoo clock and here we were given an interesting explanation of how the water driven mechanism works to make the doors open and the cuckoo to sing on the hour.

At our next meeting on the 6th Sept Elaine Lyke will demonstrate flower arranging and everyone is welcome.

Pat Hughes

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Hedgehog News

On Sunday the 23rd July I looked at the messages on my mobile to see that there was one from a neighbour. It read that there was a baby hedgehog in a carrier bag near our back door. On reading the message I knew why the dog we were looking after, was whimpering at the back door and very restless. It was a very small hedgehog and we rushed it off to Help for Hogs. Whilst we were there we were told that we could bring Harry who had been taken there a while ago, back with us because he had put on enough weight. He was put into a feeding station. Monday 24th July, we took another small baby to Shobdon. Tuesday the 25th July a little girl was heading towards our front door carrying a shoe box.....my husband shouted that he thought another hedgehog was about to be delivered. Sure enough, it was a tiny one that had been found on the road during the day. Off we went again to Shobdon. Thursday the 27th of July our neighbour brought over another baby, but it was sadly dead. On the 29th July my husband was filling up the feeding stations when he came in and told me that we had a dead hedgehog in our garden. It was quite bizarre; the hog was large, covered in maggots outside the tunnel of one of the hibernation boxes. It was very upsetting, and we could not understand why we had not noticed it before. Our only explanation was, that an animal had found it and carried it through the garden then decided to dump it. Unfortunately, we did not have our camera in that area to see what had happened. Also, it was left outside the hibernation box where I thought we had a nesting female, I no longer think that is the case and nothing has been in it for a while. Hannibal, the little one found at Stoneleigh came to us, much bigger and very feisty.

A neighbour reported to me that he had called at our house to deliver a hedgehog that had got tangled up in netting in his garden.

He had managed to free the animal but there was still some netting on it. We were not in, so he took the hedgehog back home and whilst it was left for a minute, it disappeared. On the 9th August we were seeing a friend to her car, when I caught sight of a tiny hedgehog lying in the sun, flies were laying eggs on the poor little things eyes.

Off we went again to Shobdon. Sue removed the eggs with a pair of tweezers, which as you can imagine proved quite difficult!

Clive phoned us to say that the baby hog that was delivered to us in a shoe box had died. It had increased in weight from 193g to 270g but then started to lose weight. It was found to have lung worm, ring worm and intestinal fluke, which hedgehogs get from their mothers apparently.

We have decided that we need to have a blue light for the roof of our car and hedgehog emergency services painted on the side of our car. Sue at Help for Hogs is convinced that I go out looking for hedgehogs. That is not the case, but I do seem to home in on animals in distress. On our last visit to Shobdon when we announced our arrival, Sue and Clive shouted that they had gone away on holiday. They are truly lovely people.

Recently I have seen many hedgehogs in our garden, and several at the same time, which is very pleasing.

Important:

- Please check any netting used to cover vegetables and fruit daily, to ensure that there are no birds or hedgehogs trapped.
- Remember that hedgehogs can climb well and move very fast.

PLEASE DO NOT LEAVE
HEDGEHOGS AT OUR HOUSE,
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HOME. Thank you.

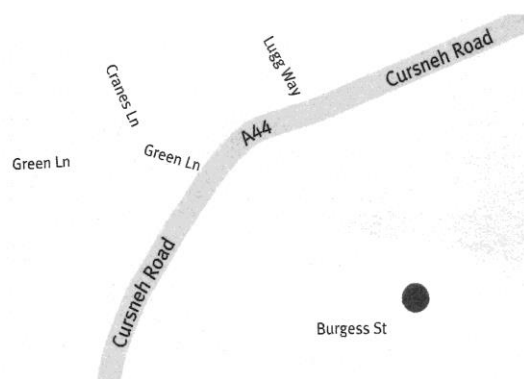
Christina

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Lorna Noon

A Roof over your head.....by Rick

A place to live, especially somewhere to call home, is so important to all of us. Older folk, like myself, are usually happily settled in a house or bungalow, which has been theirs – or perhaps was inherited from their family, - for years!

However, those who are currently looking for a house of their own, e.g. newly marrieds, refugees, retirees etc., face so many difficult hurdles such as, High Mortgage Rates, High Property Prices in their chosen area.... or they might be looking for a specific type of property – perhaps one with land...or of a particular style or location which could be rare! They could be looking for a new house or perhaps they are want a 'fashionable' lay-out with a large kitchen/diner, en/suite bathrooms etc....or a specific requirement such as a large garage or parking area... a conservatory, perhaps....or at least space to put one! Those working from home might need an additional room to use as an office

Whatever their dream house might be, there are other specific requirements such as 'easy travel to work' , handy for shops, convenient for bus or rail services etc,etc! In a rural area it is hard to find a property which meets all these requirements (especially within a tight budget).

So we come to the use of Estate Agents, some established in local shops, others

mainly on-line! These are very helpful... but remember, they need to be! competition is fierce and they are anxious to maximise their income! Give them some idea of what you are looking for ...indicate the size, location and the amount you are able to pay, and you will find yourselves inundated with details of properties for sale ...preferably on-line!

Then comes the interesting part – how flexible will you, the potential buyer be? Reactions might be:- 'Nice house but not in the right area' or 'right area but too small for our needs'.... or 'That's just right – but look at the price!' or ' Charming old cottage, but requires too much work and alterations'.

It's a daunting task, trying to find your ideal house! The buyers will probably modify their 'must haves' or be prepared to pay more, to get their dream house in their chosen area.

Finally, I suggest that before you sign anything, get the property inspected by a qualified surveyor. He will look at everything, from structural stability, insulation, dampness, drains and services..and much more...and give you a written report.

I hear that house prices are going down at the moment !!

Good Luck!

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Point to Ponder

The Chief Medical Officer recommends that the maximum safe alcohol limit for a man is 3-4 units per day and 2-3 units for a woman. If you've read beyond that opening sentence you're doing better than I would be in your position! The world is full of health and safety warnings and helpful advice designed to make us live longer, healthier (and maybe less enjoyable) lives. As a doctor, I am required to pass on these gems of wisdom and, of course, follow this wise counsel to the letter. Sadly, following a long weekend away, I am now in debt to the tune of several units and unlikely to be back in balance for some time! Of course, safe limits are guidelines. What is safe for one person may well prove harmful to another and there are some poor folk who quickly become very unwell even within these limits. It is generally best to avoid regular heavy drinking, since heavy regular drinking can cause health problems.

If you want to try, however – and as a doctor I must advise you to give it a go – you need to know how to calculate what you are drinking. Many bottles and cans have the units printed on them. This is not a lot of help in a pub where, at best, you will get the percentage of alcohol. So here's how to calculate units if you know how much you have drunk and the alcohol content.

One unit is 10mls of 100% alcohol, or 100mls of 10% alcohol or a litre of 1% alcohol. So if you drink a litre of lager at 5% alcohol, you have drunk 50mls of alcohol or 5 units. A pint is about 568mls so a pint of 5% alcohol beer is just under 3 units. For wine at 14% alcohol, a litre would be 14 units while a standard 125ml glass is just under 3 units. A standard pub measure of spirits is 25ml at about 40% alcohol – just over 1 unit. Got the maths? Now try doing it after a few drinks!

Chris Fear



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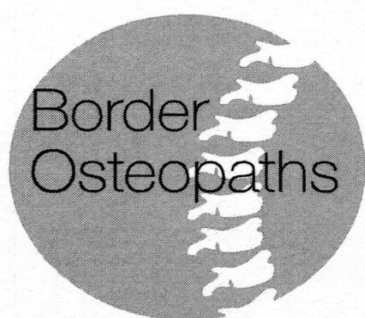
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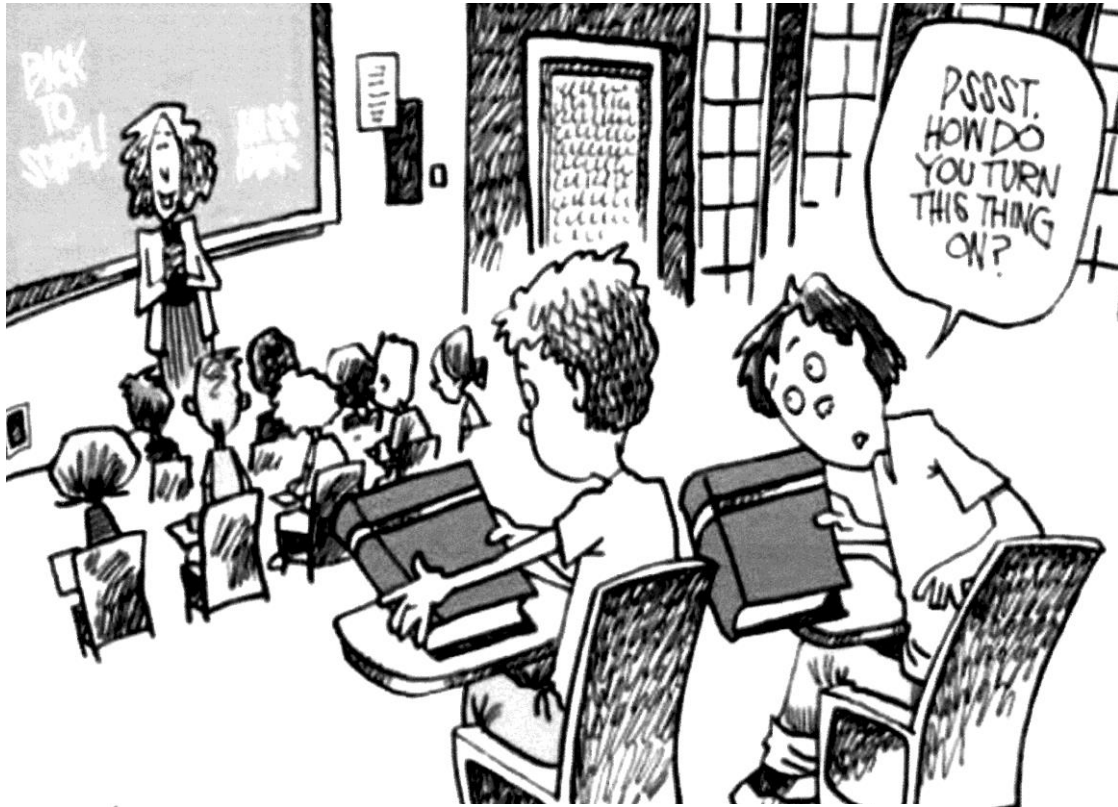
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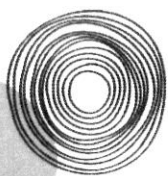
This monthly publication is circulated to every household in Kingsland Village free of charge. (Print run now 570 because of the new houses) Advertising is accepted on completion of a form available from me, (Tel: 01568 708672) from Kingsland P.O., or from the table at the back of the church, and payment should preferably be by cheque to "Kingsland P.C.C. Bookstall Account". or by BACS. Bank details are printed on the form. Please return the completed form to The Editor at 5, Highfield Close, Kingsland, HR6 9RS, or place in

the 'Hen Box' at West Mead, or email noondr@aol.com

The deadline for new adverts is the 15th of the previous month. Advertisers should be aware that the magazine is monochrome; the process used to print the magazine now handles all tones well and photographs may be included in adverts. Advertisers should make sure that the written content will be large enough to be legible.

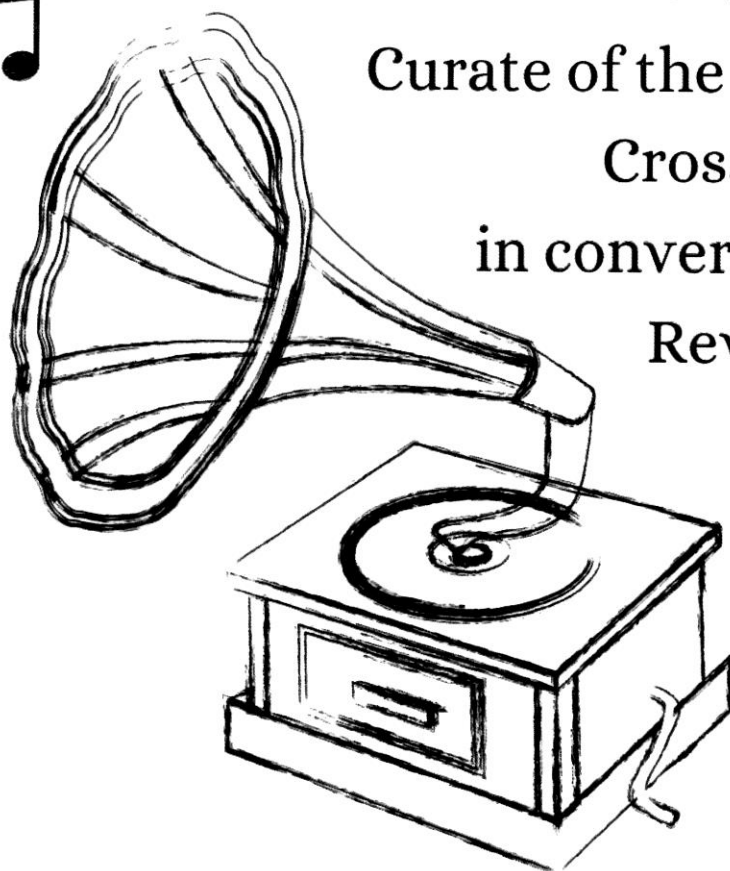
The cost of the advert depends on the size, and there is a substantial discount for paying for a number of adverts in advance. Details are in the table below

Size \ no. of insertions	1	6	12
Full Page	£17	£90	£140
½ Page	£10	£50	£70
¼ Page	£7	£30	£50
⅛ Page	£4	£17	£30



My Life in Music

A journey of life and faith



Featuring
 Rev Rosie Roberts,
 Curate of the Mortimer's
 Cross Churches,
 in conversation with
 Rev Julie Read

Saturday 30 September, 7pm

Kingsland Coronation Hall

FREE - includes dinner and a drink

Booking essential: tickets available at
[ticketsource.co.uk/the-mortimers-
 cross-churches](https://ticketsource.co.uk/the-mortimers-cross-churches) or 07720 333383



A decorative background featuring a repeating pattern of stylized tropical leaves, including large monstera leaves and feathery palm fronds, in shades of gray.

STEEL PANS PIMMS, PUDS & MOCKTAILS

On Saturday 9TH September
6PM

In the grounds of Kingsland Church
£10

All funds raised in aid of
Kingsland Church

Reg charity no 11201953