

THE **Birches**

Community Matters

NEWSLETTER FOR KINGSTHORN, MUCH BIRCH LITTLE BIRCH, ACONBURY & WORMELOW

First published 1977 April 2020

General Notice from the Newsletter Team

Sadly we have been advised that all forthcoming events at Little Birch Village Hall have been cancelled until further notice. To the best of our knowledge the same applies to Much Birch Community Hall and other local places where community groups meet.

We will, of course, advise in this Newsletter when the situation changes.

For all advice on health matters contact Much Birch Surgery by telephone. 01981 540310 If possible, please do not attend in person.

A message from the Editor

I am sure everyone will understand that events featured in this April edition of the Birches Newsletter may be cancelled—or have already been cancelled.

I can only remove those where I have had definitive instructions to do so.

It is therefore recommended that anyone wishing to participate in those events checks with the organisers before attending.

Those events for which I have received no advice to remove but I believe will most likely not take place I have marked with

?

As the Coronavirus outbreak worsens and isolation and social distancing measures become more widespread, it is more important than ever that we offer support for all members of our community and in particular those who are in the at-risk groups:

People over 70 years old Pregnant women People with underlying health issues

On the last page of this newsletter you will find postcards that you can cut out and post through your neighbours' letterboxes offering support. If you are able to help your neighbours then please ensure that you don't put yourself or others at risk when doing so.

If you would like further copies of these they can be printed from the LB and MB websites

Diary Dates

It was thought wiser not to publish a Diary for this month as forthcoming events may change. A list of forthcoming Church services has been omitted for the same reason.

It is understood that the Pilgrim Hotel remains open but the bar and restaurant are closed. They are, however, providing a take-away service from their usual lunch menu. The Axe and Cleaver may also being providing this service shortly.

Please contact them by telephone for more details

Wormelow Stores remains determinedly open!



Little Birch Village Hall Committee Newsletter notices

Unfortunately all events at LB Village Hall are cancelled until further notice.

ART & CRAFTS GROUP

Is unfortunately cancelled for now

For further information please contact Val on 01981 540424 mob 07854 244656 Maz 01981 541048



LocalCarer

Over15 years of experience

For all aspects of care within the comforts of your own home Call Kim for advice 07944 745853







GARDENING CLUB

It was great to see so many members at our February meeting and a good number of non-members too. Janet Gwinnett gave a talk about her circumnavigation of Iceland, last summer - along with some amazing photos.

Please note:

All future meetings cancelled until further notice!

For further membership details call our Membership Secretary on 01981 540 327.





Beginners Yoga



Little Birch Village Hall

Fridays 10 - 11am

Starting 6th March 2020

£7 per class

Or £40 for 6 weeks

Contact: Juliet on 07866565082

Or email yogahouseuk@gmail.com

Every Body Welcome



This charity provides therapeutic riding lessons for disabled individuals.

Herefordshire Riding for the Disabled was established in 1991, on the grounds of Holme Lacy College and is the only purpose built centre in the West Mercia region. Annually, with the help of a superb team of volunteers, we provide riding lessons to over 250 disabled individuals from Herefordshire and the surrounding borders.

Email: admin@rdahereford.org Tel: 01432 870 831 Herefordshire Riding for the Disabled Association Holme Lacy Therapeutic Centre

Holme Lacy Hereford HR2 6LL

| Company Number: 4897295 | Charity Number: 1100675 |

www.bgbuk.com

info@bgbuk.com

Your one-stop design and planning solution

With over 10 years Industry experience

- Planning Drawings & Homes, extensions & Applications
- & Design
- listed buildings
- of Historic Buildings
- Historic & Timber Architectural Drawing
 Repair & Conservation
 Building Survey
 Conservation sultancy

We specialise in Planning drawings/applications

& 3D architectural design.

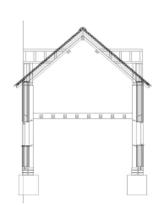




Design & Consultancy

www.bgbuk.com info@bgbuk.com

Tel: 01432 607 407



Dates for Much Birch Community Hall Village Markets for 2020

Regrettably the Easer Market has been cancelled

Summer Market - 26th June 2020

Autumn Market - 25th September 2020

Christmas Market - 11th December 2020

All 2.30pm - 4.30pm

Much Birch Community Hall 100 Club

Results of the 100 club draw which took place on 15th March in Much Birch Church are as follows:

1st prize – No.60 2nd prize - 38

Mrs. C. Miller Miss E. Vaughn-Williams

Little Birch Little Birch

The next draw will take place on 19th April 2020 at 10.30am in Much Birch Community Hall.

John Jones, Promoter



Coleford Community Choir

It is with regret that we have to postpone the concert scheduled to take place in Much Birch Church on 4th April, due to the coronavirus. It is hoped that we will be able to hold the concert instead in the Autumn.

Much Birch Village Market

It is also with regret that the decision has been taken to cancel the Village Market due to take place in the Community Hall on 27th March. The next market is scheduled for 26th June 2020

Treasure Island 2020

In 2007 Hilary Gould partly wrote, produced and directed Treasure Island a very different version of this year's pantomime of the same name. In introducing her production she proudly announced the birth of her first grandson Ronan. Thirteen years later he played Sea Dog Sam – a nice pirate and made a very good job of the part.

Richard Green (Mrs Hawkins), the pantomime dame caused great amusement with his flirtations with certain gentlemen in the audience. Unfortunately this is not included in the DVD. However, anyone who missed the performance of this very lively and entertaining pantomime can get a copy of the recording from Mike Morley 01981 540510.

Some of the younger members of the drama group were given adult parts this year and were excellent. As usual Bob Chance did a fantastic job with the scenery.

Well done the drama group and special thanks go to Jane Bolam who produced and directed this years version of Treasure Island. We look forward to your next production.

Herefordshire better, safer —

Feel safer, driving in today's traffic . . .

Join in one of our **Driver Refresher Days** which aim to help you feel more confident and enjoy driving more by:

- getting up to date with the rules of the road
- learning safer driving tips and techniques
- putting them into practice in your own car

Or assess how good your driving is on an informal *FREE* Assessment Drive. No testing involved.

We hold these popular events throughout the year, from locations including Much Birch, Hereford, Leominster, Ledbury and Ross-on-Wye. Group discounts apply.

For details please contact our:

Events Coordinator on 01981 540382 or email events@advanced-drivers.org.uk or take a tour round our website: https://advanced-drivers.org.uk



Ring 01981 540382 today

We are your local Road Safety Charity (Reg. no. 049679). Official Provider of the IAM RoadSmart Advanced Driver Course

St. Mary's Church, Little Birch.

We will be having a church clean, and tidy up outside, on Saturday April 4th. starting at 10am. This will mean that everything will be looking nice for the Easter celebrations. If anybody can come along and help it will be much appreciated, the more the merrier, there are lots of jobs to do that will make a difference to our beautiful church.

Happy Easter to everybody from St. Mary's.



FOOTPRINTS

Sadly the **Dawn Chorus Walk,** on Easter Day, is being cancelled but we hope to do another one sometime in the future!



Angela Middleton Volunteer Footpath Officer 01981 540377

Ping's

Hairdressing & Barbers

Experienced hairdresser

and stylist located in own salon at Thorn Lodge, Aconbury Close (old Post Office site).

Home visits can also be arranged.

Weekend and evening appointments available.

Reasonable rates. Fully C&G and NVQ certified.

For appointments and further information

Ring Mobile 07450 343454 Or Home 01981 540876

RECEIPTS AS PURCHASES AS PURCHA

EJ PARTINGTON BOOKKEEPING

Bookkeeping & Accounting Specialist
Woodfield, Hollybush Lane, Much Birch, HR2 8HX

07989 854593 / 01981 541109

emmadeer@hotmail.co.uk

Bookkeeping	VAT Returns	
Invoicing	Management Accounts	
Payroll	Self-Assessment Re-	
	turns	

Emma Partington has over 10 years experience in the finance industry both in practice and in industry, a local business that is able to help with all your bookkeeping needs.

Call or e-mail today for a no obligation discussion

BRENDAN MORRIS

CONSTRUCTION & CARPENTRY SPECIALISING IN uPVC WINDOWS, DOORS & CONSERVATORIES

call now for a free quotation on; 07855760912 email

brendanmorris05@gmail.com









Virtual Tour of Britain

A year-long exercise challenge taking a group of St Michael's Hospice patients on a virtual tour of Britain has been successfully completed.

The Hospice's Physiotherapy team devised the virtual Tour of Britain which allowed patients to take it in turns using exercise bikes or treadmills to help complete a 7,723-mile journey around the British Isles – all without leaving St Michael's.

Starting and ending in the Cornish town of St Ives – a favourite place for one of those taking part – the journey lasted throughout 2019, ending just before New Year's Eve.

Rose Livesey said: 'I've really enjoyed taking part. You really feel as though you e contributing to a worthwhile cause.'

The exercise helped improve the cardiovascular system and strengthened legs and arms.

For more information contact Paul Broome, Communications Officer at St Michael's Hospice, on 01432 852 643 or email pbroome@smhospicehereford.org



at Much Birch CKS Community Hall

Arts Alive and Flicks in the Sticks have taken the decision to cancel all screenings and live events for the rest of the current season.

We will be back in September with more screenings - watch this space!



FB: Murphy's Paw

Doggie Services

Murphy's Paw

The home of happy woofers!

Doggie Daycare
One to One Grooming
Home Boarding

Tump Lane, Much Birch
Tel: Tricia 07732 286069
murphyspaw2005@gmail.com

www.murphyspaw.co.uk

Providing a true "home from home" environment.

We welcome friends, old and new!



Arbor Architects is a local practice offering a high quality design service and extensive expertise in sustainable construction, to help you unlock the potential of your building project.

We can add value at every stage of the process:

- Feasibility studies
- Planning applications
- · Detail design and tender packages
- Construction detailing and contract administration

Contact Elly Deacon Smith and Matt Hayes for a free 45 minute consultation:

e: info@arborarchitects.co.uk

t: 07890 051252

w: www.arborarchitects.co.uk

COMMUNITY CAFÉ @ Much Birch Community Hall

Sadly there will not be a Community Café for the time being, but we will look forward to getting back to it as soon as we can.

In the meantime, if you need any help with shopping, picking up of medication from the surgery, posting letters or would just like a chat on the phone occasionally, please let us know!

Ring Kay on 01981 540666 and she will see if any of us can help.



A local group who want to bring people together, strengthen community links and provide relaxed and fun events for all ages.

ROSS CIVIC SOCIETY invite all interested to an illustrated Talk on Wednesday evening 8th April with the historian DAVID WHITEHEAD. The topic will the '250th ANNIVERSARY OF GILPIN'S BOOK 'OBSERVATIONS ON THE RIVER WYE'. The venue is the Larruperz Centre, the time 7.00 for 7.30 p.m. Members: entry free, visitors £5 each or join the Society (annual sub. £15.). For further information on the current Celebrations of this 'Anniversary' look at the

website: www.gilpin2020.org

?

décor solutions

Tim Jones
Painter and Decorator





Kings Thom, Herefordshire, HR2 8AW Tel: 01981 540242 Mob: 07810 895355 <u>tjsj@me.com</u>

Three generations of experience specialising in Painting and Decorating services.

General property maintenance duties carried out.

Fully insured. Good competitive rates.

A high standard of workmanship and customer satisfaction guaranteed.



healthyfeet

Mobile Foot Clinic

Experienced, Fully Qualified and Registered Foot Health Practitioners, First Aid Trained and DBS Police Checked



- Nail Trimming
- Thickened Nails
- Corns
- Callus (hard skin)
- Cracked Heels
- Verrucas
- Fungal Nails & Infections
- Ingrown Toenails
- Diabetic Foot Care

Checked ✓
Disclosure &
Barring Service



Sophie Limming Dip FH MCFHP MAFHP
Qualified & Registered Foot Health Practitioner

Tel: 0749 309 2960

sophie@healthyfeetclinic.co.uk www.healthyfeetclinic.co.uk



www.greenleafarchitecture.co.uk
E. info@greenleafarchitecture.co.uk
Tel. 01981 257180 M. 07946457251

Friendly and reliable, chartered Architectural Practice based in Wormelow.

All Architectural work undertaken. General advice; Planning applications; Detailed design for Building control and Tender;

Project management



AQUASSIST LIQUID WASTE SOLUTIONS

Septic Tanks & Treatment Plants

- emptying
- jetting
- blocked drains
- servicing
- installations
- emergencies

Locally based company 01432 353 888 book@aquassist.co.uk www.aquassist.co.uk



KILPECK ART CLUB

Our spring Season will begin on February 24th 2020. We meet on Mondays from 2pm—4pm in Kilpeck Village Hall, HR2 9DW except for bank holidays. Please contact Jenny Davies (Secretary) at jen64davies@gmail.com for details.

?

LINE DANCING FOR BEGINNERS NOW BEING INTRODUCED AT MUCH BIRCH

I am a fully qualified linedance teacher with over 20 years teaching experience and 30 years dancing. Currently I run an established linedance class in Much Birch Community Hall - Wednesday evenings-7.30 - 9.30

As from 6th November I am changing the structure of the class and would welcome any beginners to join us. The first hour will be dedicated to teaching Beginners linedance steps followed by easy dances'

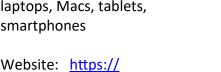
This is a great chance to learn one of the most popular forms of dance, to socialise and to have fun. £4 all night or any part thereof
Jean tel:07506718907



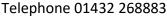
Hereford Computer Help

Hereford Computer Help, serving the county of Herefordshire

affordable help, computer coaching, and IT support for PCs, laptops, Macs, tablets, smartphones



herefordcomputerhelp.co.uk/



My fees are simple: £15 per hour, plus travelling. I will be happy to fix the mileage fee at £5 per visit, for travelling to Kingsthorn and the communities at the top of this newsletter.

Mark Giles

Please send copy for the May Newsletter to editorial@birchesnews.org.uk or written contributions to Liz Hall at Walmere, Wrigglebrook, Kingsthorne HR2 8AW.

—by <u>18th April</u> please.





Avalon Tree Surgery

WE CARE FOR YOUR TREES

MATTHEW THOMAS OVER 10 YEARS EXPERIENCE NPTC QUALIFIED FULLY INSURED

www.avalontreesurgery.co.uk

07794 569284

All Aspects of Tree Work Undertaken

Horse/pony/animal help available -

Very helpful, young, teenage girls are looking to help on a local yard in exchange for a ride (or help with other animals for some pocket money)

07866 006582



TEA ON THE TRAIL

AT ST MARY'S CHURCH, LITTLE BIRCH

Refreshments for walkers

Enjoy a break for a cup of tea or coffee



Donations to cover costs and for much needed renovation work at St Mary's Church.

Thank you

BAYLEY'S WINDOW CLEANING SERVICE

WATER FED POLE AND TRADITIONAL

WE ALSO CLEAN:-

- ⇒ GUTTERS AND FACIAS
- **⇒** CONSERVATORY ROOFS

FREE QUOTATIONS

* REFERENCES CAN BE GIVEN *

* ESTABLISHED IN AREA *

PHONE ANDREW

HOME: 01432 508979

MOBILE: 07771 870891

EMail: bayleyscleaning@gmail.com

Hereford Centre For Natural Health



THE Centre in Hereford for Complementary Therapies

18 different therapies provided by highly trained and experienced staff.

The Very Best Help for Your Health

Eastholme Avenue, Belmont, HR2 7XT Hereford Tel: 01432 279 653 www.herefordcentrefornaturalhealth.com

W.M. PARTINGTON

GENERAL BUILDER

MINI-DIGGER & EXCAVATOR HIRE

RENOVATIONS BARN CONVERSIONS NEW BUILD EXTENSIONS ROOFING CONCRETING PLASTERING GROUNDWORK

UPVC WINDOWS AND DOORS BRICKWORK STONEWORK

RING FOR A QUOTATION

MUCH BIRCH 07774 805369 / 01981 541109



Free Upgrade to All Inclusive

The clocks have changed and the nights are drawing in, but there are still plenty of reasons to come back to **the Pilgrim** and enjoy the fabulous countryside and **Christmas Shopping** that Herefordshire can offer. Friendly and welcoming staff, a new Evening Menu and a "Gin Bar" featuring Fever Tree mixers may also help to speed up your return.

To make it even more beneficial to come back, we have created a new "Discount Code" solely for returning guests. Using the code RETURN during the reservation process [on the right of the date selection boxes] and you will earn a £25 per night discount from the price of all All Inclusive reservations between November 1st and January 31st 2020.

In effect you will be paying the same price as "Dinner Bed & Breakfast", whilst enjoying the extra Cream Tea, Pre-Dinner Drink and Complimentary Bottle of House Wine of the **All Inclusive** package. Truly great value for money.

Rooms include our Country Collection Twins & Kings as well as our standard Valley View King rooms. These stays are for 2 people sharing a room only and can only be booked via our website.

WEBSITE

All the other offers listed below can be made by email or phone call, so please check your diaries and make that booking!

Best Wishes Steve & The Team

History of the Hotel Name

The Hotel takes it's name from it's position on the Pilgrimage route for St Ethelbert, who was King of East Anglia from circa 779 to his untimely death in 794.

Ethelbert was lured to the Palace of King Offa, just north of Hereford, where he was promised the hand of the King's daughter, Eadburgh, in marriage.

When he arrived at Sutton Walls Palace he was treacherously captured & beheaded with his body thrown into a ditch.

He was eventually reunited with his head by a local monk and laid to rest in a tomb on the site of the ourrent Hereford Cathedral. Miracles were later reported to be connected to his shrine and he was later Canonised.

"Saint Ethelbert" is now one of two patron saints of the Cathedral, which has created the Order of St Ethelbert in his honour

Menus on website www.pilgrimhotel.co.uk Booking is recommended - 01981 540742

POLISHED NAIL & BEAUTY LOUNGE

"Where friends and beauty meet...."



Classy & Fabulous

A GIRL SHOULD BE TWO THINGS

*Coco Chanel



OPI MANICURES * PEDICURES * GEL POLISH * SCULPTURED ACRYLIC/
GEL NAIL EXTENSIONS * BEACH/HOLLYWOOD TOES * SIGNATURE
EYEBROWS—SCULPT, COLOUR AND CORRECT * THREADING *

*WAXING * SEMI PERMANENT EYELASHES

REGULAR AESTHETIC CLINICS WITH Dr Sarah Parkes

GENTLEMANS LOUNGE HELD EVERY WEDNESDAY AFTERNOON FROM 2-5PM

'The Wood Shed' Pengethley Garden Centre, Peterstow, Ross on Wye, HR9 6LL

EMail Polished.jacqueline@gmail.com



Polished-Nail And Beauty

01989 730791 or 0775913783

OPEN: TUESDAY-SATURDAY 9am-5pm. Complimentary Tea and Coffee

Birches Home Help

Based in the heart of the Birches parishes

Contact us for short-term or regular help in the home and beyond. We have over 25 years experience in health and social care and can provide a solution to make life a little easier.

Domestic tasks, help with appointments, shopping, carers breaks, pet care, form-filling, companionship, bereavement support and much more.

We are fully insured, have enhanced DBS and can provide references upon request.

Call Sarah on 07849 151085 (any messages left will be responded to the same day) or email us on sarahbirches@gmail.com



Aconbury Shepherd Huts



Our huts are hand built to the highest of standards. Our standard hut includes insulation, double glazing, electrics and decoration.

Uses include craft room, play house, sleep over's etc.

Come and see our display hut or request our new brochure

We also build stables, field shelters, garden sheds, play houses, garden features and bespoke gates. Please ring for our dedicated brochure

Stephen Turner. The Underhills, Hollybush Lane, Much Birch, Herefordshire. HR2 8HX.

Telephone: Office 01981 540090 Mobile 07768 206296

www.aconburyshepherdhuts.co.uk turnersofcrossways@btinternet.com



HOLLYBUSH HIRE

Vintage Tea Set Hire

Hire a wonderful collection of vintage china for your special occasion.

Call or e-mail today for a no obligation discussion about your requirements.

Woodfield, Hollybush Lane, Much Birch, HR2 8HX
07989 854593 / 01981 541109
emmadeer@hotmail.co.uk

Tea Cups, Saucers & Tea Plates
Sandwich / Cake Plates
Teapots, Sugar Bowls & Milk Jugs
Cake Stands
Lanterns, Mirrors





KEN RUCK

DOMESTIC ELECTRICIAN

Fault Finding & Repair

New Consumer Units

Outside / Security Lights

Periodic Testing

Smoke & CO Alarms

Reliable Service

Fully Insured

Re-Wires

P.A.T Testing

Showers

Cookers e.t.c

PROPERTY MAINTENANCE

Plumbing – Fault Finding & Repair + General Property Maintenance

Contact:

07780460258 or kenruck1956@hotmail.com
Or Visit my Facebook Page.

Much Birch Parish Council Much Birch Parish Council Parish Clerk Mrs Alison Wright

Longfield House, Gooses Foot, Kingstone Herefordshire HR2 9NE
Tel. 01981 250860... Email: muchbirchclerk@gmail.com

9th March 2020

PARISH MEETING - at the Parish Council Meeting held on the 5th March 2020 at the Much Birch Community Hall.

The Parish Council heard about concerns regarding parking on the yellow lines outside the Much Birch School, and the adjacent nursery. Please could everyone think carefully when dropping off or picking up from the area of the School and try not to put yourself, or others, at risk and keep the yellow lined area clear?

The Parish Council also heard about concerns regarding local flooding and drainage issues. There was a discussion about the responsibility for maintaining ditches and drainage adjacent to a water course and this lies with the riparian landowner.

There was a planning application considered at the meeting, the Parish Council considered comments from the floor and a response to the application was sent in to the Planning Department at Herefordshire Council.

Dates for further 2020 Parish Council Meetings are to be advised. Please check websites and social media as below for further information.

A reminder that:-

Your Much Birch Parish Councillors are:-

Cllr Alison Cook (Chair) Jasmine Cottage, Wrigglebrook Lane, Kingsthorne, Hereford, HR2 8AW, e mail thecooks@wyenet.co.uk Tel. 01981 540703

Cllr Steve Turner (Vice Chair) The Underhills, Hollybush Lane, Much Birch, Hereford, HR2 8HX, e mail turnersofcrossways@btinternet.com and Tel. 01981 540090

Cllr Andrew Crum Anfield House, Barrack Hill, Kingsthorne, Hereford, HR2 8AX, e mail a.crum@btinternet.com Tel. 01981 540002

The Old Hall, Barrack Hill, Little Birch, Herefordshire, HR2 8AX roisinburge@hotmail.com Tel. 01981 540724 Cllr Roisin Burge

The Granary, Much Birch, Herefordshire, HR2 8HS baldwin79@btinternet.com Tel. 01981 541198 Cllr David Baldwin

Cllr Veronica Thomas 4, Queens Close, Wormelow, Hereford, HR2 8FD Tel. 01981 540646 (no e mail)

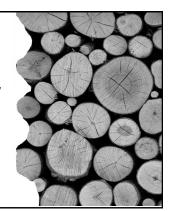
Full minutes of the meetings and information etc. can be found on the Parish Council website following the link found in this summary.www.muchbirchparish.org.uk.

You can also find us on Twitter at https://twitter.com/MuchBirchPC and Facebook at https://www.facebook.com/ groups/Much.Birch.Parish

R&R FIREWOOD

Well seasoned hardwood Cut to any size Delivered to your door

STEPHEN or TARA Tel: 01432 870282



GARTH BRADBURY FENCING LTD

All types of fencing **Gates, Field Shelters Timber Outbuildings**

www.gbfencingcontractors.com garthbradburyfencing@hotmail.com 01981 541385 : 07970 346460

MERRIVALE ORGANIC BEEF

We have quality beef available direct from our farm in Little Birch to your doorstep.

It is organic grass fed Wagyu Cross beef which has been born and raised at Merrivale Farm.



The Wagyu breed is known for its beautiful marbling which gives a delicious flavour and texture to the meat.

The beef is available in mixed boxes which start at £65. Individual cuts and packs are also available.

Contact Lucy for more information on 07974 053804 or lucymason@hotmail.com

Little Birch Parish Council

Your Little Birch Parish Councillors are:

Clir Peter Rees Chair For updates and notifications of future meetings please

Cllr Janet Gwinnett Vice Chair check out the website – www.littlebirchparishcouncil.org.

Cllr Kate Dillon

CIIr Michael Davies

CIIr Kate Robbins

Angela Middleton Volunteer Footpath Officer

Sophie Glover Clerk 01432 617306 lbpcclerk@gmail.com

Little Birch Parish Facebook Group



Find the latest news, events and business listings all in one place.

You are welcome to promote your local business, advertise a local event or post news or information of interest to the village and surrounding area.

Search for Little Birch Parish Group on Facebook

Get in touch

101 to talk to your local SNT or report a crime herefordsouthside.snt@westmercia.pnn.police.uk www.westmercia.police.uk

Herefordshire Cops / @southsidecops Only call 999 in an emergency, when a crime is in progress or life is in danger.

For daily updates on incidents in your area register for our Dotmailer service via www.westmercia.police.uk.





South Hereford Rural Safer Neighbourhood Team (SNT)

herefordsouthside.snt@westmercia.pnn.police.uk

Make the difference

For more information about becoming a Special Constable, please visit,

Warwickshire Police: www.warwickshire.police.uk/

specialconstables

West Mercia Police: www.westmercia.police.uk/

<u>specialconstables</u>

HELL∰ If you are self-isolating, I can help.

My name is	
I live locally at	
My phone number is	
If you are self-isolating due to COVID-19 I can help with:	ip with:
Picking up shopping Dosting mail	ail
A friendly phone call Urgent supplies	pplies
Just call or text me and I'll do my best to help you (for free!)	(for free!)
Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.	of to ensure you are stance). Wash your #ViralKindness

HELLO If you are self-isolating, I can help.

My name is	l live locally at	My phone number is	o COVID-19 I can help with:	Posting mail	Urgent supplies	my best to help you (for free!)
My name is	l live locally at	My phone number is	If you are self-isolating due to COVID-19 I can help with:	Picking up shopping	A friendly phone call	Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness

HELLO If you are self-isolating, I can help.

My name is	My name is
l live locally at	l live locally at
My phone number is	My phone number is
If you are self-isolating due to COVID-19 I can help with:	to COVID-19 I can help with:
Picking up shopping	Posting mail
A friendly phone call	Urgent supplies
Just call or text me and I'll do my best to help you (for free!)	my best to help you (for free!)
Coronavirus is contagious. Please spreading only kindness. Avoid phands regularly. Items should be	Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly, Items should be left on your doorstep.

| (∀ If you are self-isolating, I can help. F

My name is	l live locally at	My phone number is	If you are self-isolating due to COVID-19 I can help with:	ng Dosting mail	all Urgent supplies	Just call or text me and I'll do my best to help you (for free!)
My name is	l live locally at	My phone number is	If you are self-isolatin	Picking up shopping	A friendly phone call	Just call or text me an

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness