# **The Birches**

**Community Matters Newsletter** Kingsthorn, Much Birch, Little Birch, Aconbury & Wormelow February 2024







### New Year Celebration at Little Birch Hall Helps St Michael's Hospice

Thanks to all the hard work of Margeret Stringer and her helpers Little Birch Village Hall saw in the New Year with Auld Lang Syne and prosecco. The first New Year party here since lockdown was a great success with lots of dancing, games, buffet and bar and raised £400 for St Michael's Hospice. Thanks to DJ Oliver for helping choose the music and keeping the dance floor busy. One lucky raffle prize winner took away a ticket for 3 months activities at the Blind College—worth £100! A great start to 2024!

### A Big Thank You To Des and Rose Wathen

After completing an extraordinary 45 years of delivering newsletters to the distributors in Kings Thorn, Des and Rose Wathen are retiring from the job and taking a well deserved rest. Thank you to you both for all you have done, almost from the very first edition.

This of course, means that we need somebody to take over from them. There are 9 drops to do, all in Kings Thorn and only once a month. If you can help by providing this service to the community please ring John Caton on 01981 540415.

### Important information about Much Birch Surgery

Important information regarding Much Birch Surgery and the Dispensing Service between 6<sup>th</sup> February and 11<sup>th</sup> March can be found on page 3 and 4 of February Birches Newsletter and on the website: <u>www.muchbirchsurgery.co.uk/latest-</u> <u>news</u> or from our waiting room..

### How to Save a life Would you know what to do?

A training session on the Use of the Defibrillator and its Maintenance, Resuscitation and Care of the Patient will be given by trainers from Herefordshire Heartstart in Much Birch Community Hall on Saturday 2<sup>nd</sup> March 2024 from 10.30am until 12.30pm, to which members of the community are invited. Names of attendees need to be registered with the Secretary Sylvia Jones by telephone 01981 540980 or email <u>mbchsec@gmail.com</u> before 27<sup>th</sup> February 2024.





strengthen community links and provide relaxed and fun

events for all ages.



### Information Regarding Dispensary Services between 6<sup>th</sup> Feb and 11<sup>th</sup> March and the management of Much Birch Surgery

Firstly it is important to state: Patients will see no day-to-day changes at the surgery

### **Recent Changes to the Practice Partnership**

As you may already know, there have been a number of changes to the practice partnership in the last 2 years. The surgery has gone from 5 GP partners to 1, Dr Downing retired in April 2022, Dr Johnson chose to leave the partnership and become a salaried member of staff in October 2022, Dr Howe left in March 2023 and Dr Horne is leaving in February 2024.

Drs Seftel, Johnson, Baxter, Haverty, Clegg and Vaughan will all continue to work at Much Birch Surgery as normal.

### **GP Recruitment**

You will also be aware that GP recruitment nationally, particularly into partnerships, is increasingly difficult and despite our best efforts we have been unable to attract new partners. Therefore, the current workload previously shared across 5 partners has fallen to one partner - this is not sustainable.

### **GP Federation**

With these management and clinical resource challenges, we have been working alongside our GP Federation (Taurus Healthcare) since August 2022, to help ensure the future resilience of Much Birch Surgery. The Federation was established by all the GP surgeries in Herefordshire in 2012 to provide such support within primary care when necessary.

They also deliver general practice services on behalf of surgeries too, for example, our evening and weekend hubs on Thursdays and Saturdays, including the Herefordshire Out-of-hours GP service, the overnight nursing services and Herefordshire Remote Health where they provide greater appointment capacity via a team of remote GPs. This alone has delivered over 60,000 additional appointments for all practices across the County. They have also provided some strategic management advice, workshops reviewing our clinical modelling, plus providing additional

### New Legal Partnership

Having discussed a number of options, the remaining partners (Dr Seftel and Dr Horne) decided that Novation was the best model moving forward, this ensured the least amount of disruption and minimal change for staff and patients plus ensured the long-term sustainability of the practice.

### What does Novation mean?

• The partners will transfer all responsibility for the clinical workforce, operational and financial responsibility for delivering all General Medical Services to Taurus Healthcare.

• The practice team will continue to work at the practice as salaried members of Taurus.

This alleviates all the management and financial burden from the current partners and will help ensure the Practice's long term future.

### What changes will you see as a Patient ?

**None :** The practice will continue to function with the same GPs, nurses, dispensing staff and reception team, so day-to-day you will see no changes.

# Who approved this change and how long will it take ?

The Integrated Care Board (ICB) for Herefordshire and Worcestershire. The application has been approved and is expected to begin operating from February 2024.

#### **Building Period**

A condition of the approval includes the purchase of the practice building (by Taurus), this will ensure the practice continues to operate from the current location.

#### **Dispensing Service**

As part of the transfer, regulatory rules require us to **temporarily** stop dispensing for 30 calendar days. **Non-Dispensing period will be from Tuesday 6th February to Monday 11th March** 

#### **Repeat Medication**

We have made arrangements for this period, particularly if you are receiving repeat medication. If your renewal falls within this period you will be given 2 x 28 days supply. Auto Notification : Dispensary will be working hard to complete all prescription requests, we will notify you once your prescription is ready for collection by text message.

### Much Birch Surgery continued

If you have not received a notification after 5 working days of your prescription request approval, please call dispensary to talk further on your matter.

# **Prescription Collection** between Tuesday 6th February and Monday 11th March

During this period all other prescriptions will be available through local pharmacies, you can choose your nearest/preferred branch.

If you have any queries about this, please call dispensary between hours of **09.00-17.00 on 01981 540310 option 3.** 

Please be assured that, other than the disruption to Dispensing Services for 30 days, patients will see no day-to-day changes at the surgery.

Staff are having to work above and beyond to ensure patients experience as little disruption as possible. Please do not over order medication, order earlier than usual or collect earlier than usual. Please continue to order your medication 5 working days before you need it.

Thank you for your patience during this challenging period.



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Little Dewchurch hall: Monday 10am, 11:15am Wednesday 7pm Thursday 9:30am <u>Pilates with</u> <u>Alison Allan</u>

My number: 07947 011707 Email: alisonpilates2016@gmail.com



### **Photography Group**

We are a friendly local group who are keen and enjoy our imaging skills.

We invite anyone who has an interest in taking photos to come and join us. You will be made very welcome.

For more information contact Sally Nichol 07803 032928 or 01981 540001



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07842966678 Facebook - @Walker's walks and pet care

### Art and Craft Space



Friendly Art and Craft Group

We meet every Thursday afternoon 2 until 4 at Little Birch Village Hall at the top of Barrack Hill HR2 8AZ

We bring along our own projects and have a monthly theme. The theme for February is Snowdrops, early spring flowers, Valentines Day. Feel free to do your own projects. You don't have to follow the themes if you would rather do something else. For more information please contact Sally Nichol tel. 07803 032928 01981 540001 email sally.nichol@btinternet.com



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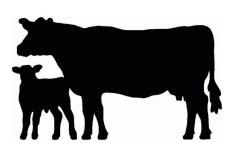
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Items for **March** newsletter to editorial@birchesnews.org.uk or paper copy to Elisabeth Taylor 07854 629193 by

### 8th February

# 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 phone Mobile 07450 343454 Or Home 01981 540876



### Jobs in the garden for February

At the time of writing we have had a few days without rain and are now being threatened with a cold period through much of January – will it snow? who knows? By the time you read this we will have found out. I have sown a few vegetable seeds and they are currently in the propagator, carried out some pruning, and have had a clear up of debris from the storms and anything else that looked unsightly around the garden.

The Little Birch Pantomime, which I am involved with, took place on the last weekend in January, and this annual event provides some distraction from waiting to awaken the garden with plans and hopes for the season.

### Here are a few jobs that can be done

\*Good time to prune most roses.

\*Hardy shrubs that flower on new wood in summer can be pruned now.

\*Keep amaryllis going – after flowers fade cut stems (not leaves) back to base, keep warm and keep watering and feeding.

\*Refresh winter pot displays. Clear any thatch from faded plants and plant up with primroses, polyanthus and flowering bulbs

\*Sweet peas can be sown in pots, root trainers or the cardboard 'inners' of toilet rolls.

\*Cut back old autumn raspberries to ground level. If summer fruiting raspberries have grown taller than their support, cut stems back to about 10cm (4") above top wire.



\*Add a general fertilizer (Growmore or Blood, Fish & Bone) to all tree, bush and cane fruit, fork in <u>lightly</u> (roots are just below the surface) and mulch with farm yard manure or compost.

\*Sow Broad Beans in pots or root trainers and leave to germinate in the greenhouse, cold frame or a sheltered spot outside.

\*Sow chilies and peppers in a heated propagator or on a sunny window sill.

\*If you grow vegetables you can plant shallots.

Clean and sharpen garden tools. Cutting tools can be sharpened at the "Repair Shop" at Dinedor.

\*Put up nesting boxes.

\*Continue to feed birds and provide access to fresh water. Complete hedge maintenance during this month as some birds can start nesting in early March.

#### **Derek Scrivens**

# Hope Spring eCards

Anniversaries Birthdays Christmas Easter Father's Day Mother's Day New Year Valentine's Day

Send greetings for any occasion online INSTANTLY! www.HopeSpringeCards.co.uk

### Walking the Herefordshire Trail

This photo shows Janet Gwinnett and three friends upon their completion of the Herefordshire Trail. This is a marked walk that goes through Little Birch and circumnavigates the county.

It passes through the stunning Herefordshire Countryside starting and finishing in Ledbury. The Trail is 160 miles long and it can be walked in 15 sections varying from 8 to 15 miles.

If you enjoy walking why not take on the challenge? Information, maps and instructions can all be found by googling 'Herefordshire Trail'. Invite your friends to do it with you.

### **Much Birch Parish Council**

At the Much Birch Parish Council Meeting held in the Much Birch Community Hall on the 11<sup>th</sup> January 2024 from 7.30 pm the Parish Council discussed local issues, including a broadband venture that is possibly coming through. This concerns a proposed government/ private industry infrastructure investment which is being considered for the area. More information can be obtained by contacting Cllr Steve Coles of Little Birch Parish Council on 07831 162011.

The dates for the forthcoming meetings, in the year 2024, are Feb 8<sup>th</sup>, March 7<sup>th</sup>, April 4<sup>th</sup>, May 9<sup>th</sup>, June 6<sup>th</sup>, July 4<sup>th</sup>, No meeting in August, Sept 5<sup>th</sup>, Oct 3<sup>rd</sup>, Nov 7<sup>th</sup> and Dec 5th.

The next Meeting of the Much Birch Parish Council will be held on **Thursday 8<sup>th</sup> February from 7.30pm** at the Much Birch Community Hall. All are welcome to attend.

Please see notice boards and website for agendas. As always the public and press are more than welcome to attend the meeting and will have the opportunity to speak directly to their representatives. 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 X (formerly known as Twitter) at <u>https://</u> <u>twitter.com/MuchBirchPC</u> and Facebook at <u>https://</u> <u>www.facebook.com/groups/Much.Birch.Parish</u>

#### **New Community Resource in Wormelow**

internet is a fickle thing at the top of Barrack Hill and sometimes I resort to coffee at Simply Stunning in Wormelow in order to get online. A couple of weeks ago, up against a deadline I headed down there looking forward to a latte while I availed myself of their internet. I pushed open the door and to my amazement there was not a single expensive dining table or sofa in sight. Most of the furniture had gone—replaced by a lot of shelving, full of exciting and colourful craft materials.

"We'll be opening next week" one of the enthusiastic women working there told me, "providing craft materials for local schools and people." I cast my eye over the vast shop floor and imagined the fun that a class or two of children would have rifling through these goodies. They have already been in touch with Much Birch School and Nursery.

The project is run by Herefordshire Community Environment Group, founded by Andrew Wood who said he needed something to keep him occupied when he retired and so he began litter picking which led to working with forty to fifty volunteers and raising £4000 from recycling crisp packets! He then opened the Scrap Store in Rotherwas, but that had to close when the Council ruled that it was not 'light industrial use' for which these units were intended. But the old Simply Stunning building is a great place for this enterprise and the café is now open again, thanks to volunteers. 'We couldn't have hoped for a better welcome from residents,' Andrew told me. Everyone there is happy to be 'doing their bit for the environment and for Herefordshire.'

#### **Much Birch Parish Councillors**

**Cllr Alison Cook** (Chair) Jasmine Cottage, Wrigglebrook Lane, Kingsthorne HR2 8AW, <u>thecooks@wyenet.co.uk</u> 01981 540703

Cllr Andrew Crum Tan-y-coed, Barrack Hill, Kingsthorne, HR2 8AX, <u>a.crum@btinternet.com</u> 01981 540002 Cllr Roisin Burge The Old Hall, Barrack Hill, Little Birch

HR2 8AX roisinburge@hotmail.com 01981 540724

**Cllr Chris Pickering-Grey** 4 Court Farm Barns, Much Birch HR2 8HT <u>chris@pickering-grey.uk</u> 07712 813218

**Cllr Joseph Goldsmith** Quantock House, Hollybush Lane, Much Birch, HR2 8HX josephagoldsmith@hotmail.com 07967 728590

**Cllr Michael Agyeman** Little Willow, Wrigglebrook, Kingsthorne HR2 8AU 01981 540840

magyeman92@gmail.com

Parish Clerk Mrs Alison Wright Longfield House, GoosesFoot, Kingstone HR2 9NEmuchbirchclerk@gmail.com01981 250860Minutes of meetings

www.muchbirchparish.org.uk.

https:twitter.comMuchBirchPChttps://www.facebook.co/ groups/Much.Birch.Parish

#### **BE SEEN – BE SAFE**

Wear something bright when out and about in the dark. Carry a torch or wear something light/bright.

#### Little Birch Parish Councillors

Cllr Steve Coles Cllr Tom Palfrey Cllr Chris Atkinson Cllr Nick Deacon Neil Barrington, clerk lbpcclerk@gmail,com Website www.littlebirchparishcouncil.org next meeting February 6th at 7pm LBVH

### **Footpath Officers**

If you have any queries about footpaths, contact: Little Birch and Aconbury: Chris Fowler <a href="mailto:chrisfowler1@hotmail.co.uk">chrisfowler1@hotmail.co.uk</a> 07931 292998

Much Birch including Kingsthorne: David Irwin david.irwin13@btinternet.com 07766 135068

### Little Birch Parish Facebook Group

Find the latest news, events & 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 local area. *Little Birch Parish Group* on Facebook

### King's Thorn & Little Birch Gardening Club Winter Social

The annual Winter Social for the Club in Little Birch Village Hall. It was well attended with everyone bringing either a hot dish, dessert or raffle prize to share. The tables were decorated by the committee to look very festive – which they certainly did. We all ate well, had a raffle and a short quiz provided by Janet Gwinnett which tested our recognition of local villages – it's amazing how well you think you know Herefordshire until someone says "where's this village"! It was a great evening for friends to join together with good food as a bonus!

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# **FIREWOOD**

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## Coffee Morning With Book Exchange

Thursday 1st & Saturday 17th February 10.00–12.00 noon

Little Birch Village Hall

Come and enjoy a cup of tea or coffee, some cake or biscuits.

Make new friends or catch up with old friends. Take a book, leave a book, or both. Exchange recommendations for a good read. Families and well behaved dogs all welcome

### We look forward to seeing you



Is it time to learn some simple relaxation tools to let go of unhelpful learned behaviours?

Is it time to change your relationship with yourself?

My work led me around the world teaching individually and as a course leader offering WorkShops (or maybe RestShops!) to slowly soften, unwind and return home to ourselves, allowing our bodies to rest and our minds to slow down through profound yet simple relaxation practices. Maybe it's time to give yourself these easily learned gifts?

I hold regular small afternoon groups as well as individual sessions in my Garden Studio in Little Birch. If you know you need to dial down please get in touch 07985 252166

Upcoming events : Deep Relaxation afternoons @ Little Birch Village Hall 10 Feb, 4 May, 3 August, 2 December.

Areas of interest and training include Yoga, Yin Yoga, Vinyasa Yoga, Reflexology, Fascia Release, Wheel of Consent, Shamanic Practices including Sweat Lodges and Women's Wisdom Circles.

amanda hamilton2004@yahoo.co.uk

### Light and Dark

At this time of year, we start to notice that the days are getting longer. It comes as a great comfort, not that we had any doubt, but the simple rhythm of the year after the long dark nights of January (and we didn't even have Christmas to cheer us up) gives us a sense of the permanency of the world.

We need this as well because, however you get your news, the world seems a very difficult place right now. Not that it hasn't been in the past, but the old certainties of the nationstate and of iron curtains and East v's West have been taken away and we are not sure what is replacing them, other than uncertainty, terrorism and fear.

When people thought that history would end with the fall of the Soviet Union and that having a McDonald's in every country meant that nations wouldn't go to war, it was easy to be hopeful for a peaceful world. Now – not so much. What was papered over by materialism and consumerism has reared its ugly head, be it ultra-nationalism, fanaticism or conspiracy theory.

How do we find light and hope in such times? I am reminded of the Easter Vigil – a service that takes place just after Sunset on Holy (Easter) Saturday. All seems lost, all is dark. Yet a single candle is lit outside a church and brought in. A pale, flickering light that bounces off the pews and walls of the church. That small light pushes back the darkness and hope is reborn.

May we be lights in the darkness, hope in these troubling times.

**Revd Mark** 

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### **Services for February**

Sunday 4th February—Second Sunday before Lent	9.15 a.m. at Llandinabo—Matins
	9.15 a.m. at Much Dewchurch—Holy Communion
	11.00 a.m. at Little Birch—Holy Communion
Sunday 11th February—Sunday next before Lent	9.15 a.m. at Much Birch—Holy Communion
	9.15 a.m. at Much Dewchurch—Morning Worship
	11.00 a.m. at Little Birch—Morning Worship
Wednesday 14th—Ash Wednesday	10.30 a.m. at Much Birch—Holy Communion with the
	Imposition of Ashes
Sunday 18th—First Sunday of Lent	9.15 a.m. at Much Birch—Morning Worship
	11.00 a.m. at Little Birch—Holy Communion in Traditional Language

#### Sunday 25th February—Second Sunday of Lent



9.15 a.m. at Llandinabo—Holy Communion in Traditional Language

### Kings Thorn and Little Birch Gardening Club

Defensive Gardening in a Time of Climate Change Talk by David Cropp

February 28th 7.30pm Little Birch village hall

Free to members; £5 for non-members

Any enquiries: Lesley 07834 771838 or Janet 01981 540651 All Welcome

#### Eric and Doe's Travels—Wadebridge Sunday 9th October 2022

This one is down to Doe, who was reading the camping book in the library! and found an article on the Camel trail, an18 mile cycle trail along an old railway line. Wadebridge is almost the middle point of the trail. We found a campsite at Little Bodrieve, about a mile out, booked it, and here we are, 195 miles and 4.5 hours later—great weather, a bit overcast and blowing.

A big site with statics and lots of tourers on a permanent basis. It looks as if we are the only ones here except that there are people in one static. The place is crawling with rabbits and mushrooms. That's right, mushrooms, which we had for tea tonight.

We walked into Wadebridge, about a mile away, crossed the Cam river. The tide was out but later we watched it running in fast. We are here mainly to cycle the Camel trail, but the town is very nice and clean and we must have a closer look as most was shut today because it's Sunday. We are here for three nights. If we get bored there is a bus stop just outside the camp and we have bus passes. " have pass will travel" It's seven o'clock, it's dark and we're so glad that there are very few lights about, just natural light.

#### Monday 10th

It rained a bit in the night, but fine, almost clear sky this morning. The plan is to cycle to Bodmin which is about 8.5 miles each way.

So, it's back down the hill, across the river Cam and on to the Camel Trail. The tide is fast receding as we head up the river to Bodmin. It's an old railway line that has been converted to this great trail.

Within yards of leaving the town there is a big bend, all muddy and messy. In the shallows there are a number of big fish that must be 18 inches long twisting and turning showing their white bellies, I wonder will they get any further up this muddy river. A little further on there is a big Heron hoping to catch his breakfast.

A little further on we find a bird hide, from where we look out onto a big area of draining sea, there are lots of birds there, Curlew, Godwit, Redshank, lots of Canada geese to name but a few.

We push on, sometimes alongside the river Cam or through avenues of various natural trees. The trail has been tarred and is very easy to cycle along.

It's quite busy with dog walkers, mothers pushing prams, runners and bikers on electric bikes, normal bikes and some with big thick wheels, all of us enjoying a lovely day in the sun and shade.

On this trail we are one with nature, a few old station platforms, a vineyard and a cafe.

This river is a haven for Otters, we saw none, but after about a mile up the water in the river was crystal clear. **To be continued in March** 

### Exciting News for Little Birch, Much Birch, and Much Dewchurch Residents!

#### Upgrade to Lightning-Fast Broadband Speeds

**A** time-limited opportunity for a groundbreaking upgrade to our local broadband network, bringing ultrafast, reliable internet. This transformative scheme covers Little Birch, Much Birch, and Much Dewchurch.

**Pledge to switch** to an ultrafast broadband tariff for a minimum of twelve months once the network becomes available (projected Apr 2025). You have the flexibility to choose any supplier, including your current one (if they operate on this network, and currently, there are 25+ providers). Your pledge triggers government funding of £4500 per household, contributing to the network's enhancement. Act now, as the pledge deadline is March 31st, 2024. The success of this initiative will determine whether Openreach proceeds with expanding the local network's capabilities.

**Wondering what happens next?** Follow these steps: **1.** Visit the linked website to explore Openreach's offer, check availability for your household, and familiarise yourself with the pledge terms.

**2.** Keep an eye on your mailbox – Openreach has already dispatched information to eligible households, explaining the scheme in detail.

3. Expect a friendly visit from Openreach representatives, going door-to-door in your area to provide firsthand information about the scheme and address any queries.
4. Stay informed! Little Birch Parish Council will keep you updated through all our communication channels, ensuring you're well-informed every step of the way. Don't miss this incredible opportunity to boost our community's connectivity. Let's embrace the future together!

https://www.openreach.com/fibre-broadband/fibrecommunity-partnership/connect-my-community

### **MUCH BIRCH PARISH COUNCIL**

The Parish Council is seeking to appoint a new Lengthsman for the Parish. Duties will include mowing, strimming, clearing ditches and gullies, digging grips, cleaning signs, trimming overgrowth of plants and general minor roads upkeep and maintenance. Relevant experience and appropriate insurance are essential.

If you are interested in applying for the post an application form can be obtained by contacting:

Alison Wright (Parish Clerk) E mail: <u>muchbirchclerk@gmail.com</u> Tel: 01981 250860

### **Diary Dates February 2024**

Church Services	p10
Coffee & Books Thurs 1st LBVH	р9
Art & Craft Thursdays 2-4	р5
Community Café Sat 10th MBCH	p2
Deep Relax Sat 10th	р9
Coffee & Books Sat 17th	р9
Photography Group	р5
Flicks Thurs 22nd	p2
Defibrilator Course Sat 2nd March	p2
MBPC Thurs 7th March	р8

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### **Steven Allan**

Oftec Reg No: C12495 Gas Safe Reg No: 188939

### **Advertising Rates**

11 editions per year (no August newsletter)		
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¼ page	£5.40 per issue or £54 per year	
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Account Name Little Birch Village Hall		
Sort Code <b>09-01-54</b> A/C No. <b>65493289</b>		
Put your business name as reference		

### **Defibrillator Locations**

### IN A LIFE THREATENING EMERGENCY CALL 999

AEDs available to use locally for those experiencing sudden cardiac arrest. A defibrillator is an easy to use, medical device that analyses the heart's rhythm and, if needed, delivers an electrical shock (defibrillation) to help the heart establish an effective rhythm.

Allensmore Locks Garage

**Backney** on the garage wall at Market Gardens Cottage

**Bridstow** on the outside of the village hall **Garway** on the wall outside the Garway Moon pub **Harewood End** at Harewood End Inn on outside of the pub at the back in the beer garden. **Little Birch** on the outside of the village hall **Llanwarne** on the wall by steps leading up to the village hall

Much Birch on the outside of the church hall Much Dewchurch outside Steiner School, first building after the church

**Peterstow** at the Yew Tree pub **Sellack** on the outside of the parish hall (key code needed)

**St Weonards** old BT phone box off the A466 between the church and Forge Cottage **Wormelow** at the Cricket Club &Carrot & Wine shop **Wilton** on wall at the BP garage on the roundabout

säfe

WORCESTER