



New Peace Garden

Under construction at Victory Park



Cainscross Parish Council is creating a Peace Garden at the lower entrance to Victory Park in remembrance of those who fought in WWI. The garden has been inspired by the government's wish to commemorate VC heroes in the area they were born. Cainscross is lucky to have a recipient of the Victoria Cross, Paul Eugene Bennett who was born in Cainscross in 1894.

St Matthew's, Uplands and Marling schools along with Cainscross Youth Club will be planting in the garden. There will be seats dedicated to Eugene Paul Bennett VC MC and Frederick Harper (who donated the land). The Parish Council would like to

thank the Bennett and Harper families and Peter Evans (Old Marlingtonian) who have helped towards the cost of creating this lasting memorial in the park.

On 13 November at St Matthew's Church there will be a Remembrance Service at 3pm followed by the unveiling of a plaque in a Civic Dedication and Ceremony at the Peace Garden in Victory Park.

The service and dedication ceremony is open to all that would like to attend.

Simon says...



Here is a timely reminder for us all in the lead up to Christmas which hopefully prevents anybody becoming a crime statistic at this wonderful time of year.

As the clocks have changed and the nights draw in and soon Santa will be on his way, it is a good time to think of simple precautions that we can take to prevent us becoming a crime statistic and spoiling our enjoyment of this wonderful festive period. Here are some simple precautions that you can take.

- * Don't leave presents in full view either in your car or in your home. Lock them away in the boot of your car and in the home keep presents out of sight.
- * Always lock your vehicle whilst unattended even for a few minutes and never leave the engine running to defrost the windscreen. It takes seconds to steal your car.
- * Don't leave discarded packaging outside - this just advertises what you have inside your property.
- * Make it look as though someone is at home if you go out at night. Leave lights on and pull your curtains.
- * If you go away over the festive period ask a friend, relative or neighbour to keep an eye on your home.

Remember Christmas is a busy time for everybody especially the criminal, so don't let them enjoy Christmas at your expense.

Simon Moulding
Neighbourhood Warden

07896690139
E-mail simon.moulding@stroud.gov.uk

Grants

Cainscross Parish Council has a small amount of money available to local groups within the parish.

Please visit our website www.cainscross-pc.gov.uk or contact the Clerk on 01453 756036

Reporting Crime

Local residents have recently been targeted by doorstep callers who have used threatening behaviour. If you are a victim of this or of any other crime, please call 101 and report it.

Cainscross School Football Team 1903-04

After the photograph of the 1903-4 Cainscross School Football team was published in our Summer Fourwards, Diana Hill contacted the office to say that in the photo was her grandfather Mr Frederick Hill. He was born in 1890 and died in 1980 at the grand age of 90. He was a sergeant in the Gloucestershire Regiment and after war service worked at Redlers at Dudbridge, and in fact both her and her father also worked at Redlers.

News from your Village Agent

ANGELA KING: 07776 245 791

VOLUNTEERING

Would you like to volunteer in the community? There are numerous ways you can. I just thought I'd tell you about a couple of them.

Friends for You – A scheme managed by Gloucestershire Rural Community Council.

We all now know that social isolation can be the greatest difficulty experienced by people and that it often has a detrimental effect on health. So, if you think that you'd enjoy being able to offer regular visits, offering friendship and a listening ear, it would be wonderful. For a start you'll be amazed at the positive impact you'll get not only from the person you befriend but, how good you'll feel yourself.

Friends for You is also extending its service to include letter writing. This will be offered to those people who may not be in a position to receive either a one to one visit or a telephone befriender. You may like to volunteer to write to them, probably on a fortnightly basis, but that can be flexible.

If you are interested call Sue Black (Friends for You) 01452 528491/0781063167 or email sue.friendsforyou@grcc.org.uk

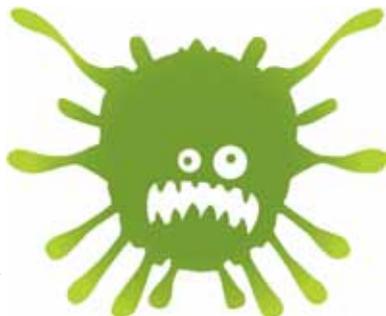
The Conversation Partner Scheme- This aims to reduce the social isolation of people who have a communication problem following a stroke (Aphasia). Volunteers undertake a short training course and are then paired up with a person with Aphasia. The volunteer visits the person in their home, once a week, for friendly conversation. The opportunity to have a regular chat with someone who understands their communication difficulty is greatly valued by stroke sufferers. It actually makes volunteers feel good too.

The scheme is run by Adult Speech and Language Therapy (part of Gloucestershire Care Services NHS Trust), after being set up with the help of Connect, the communication disability network. No previous experience is necessary to volunteer, as training and ongoing support is provided but, being a friendly person with good listening skills is useful.

Anyone interested in volunteering is asked to please contact Laura Murphy on 0300 422 8105 or email cps@glos-care.nhs.uk

Protecting Your Child Against Flu

The children's flu vaccine is offered as a yearly nasal spray to young children to protect them against flu. The vaccine is available free on the NHS for eligible children, including:



- * children aged two, three and four on 31 August 2016 – that is, children born between 1 September 2011 and 31 August 2014

- * children in school years one, two and three

- * children aged 2 to 17 with long-term health conditions

Flu is a very common infection in babies and children. It can be very unpleasant for them.

Children with flu have the same symptoms as adults – including fever, chills, aching muscles, headache, stuffy nose, dry cough and a sore throat lasting up to a week. Some children develop a very high fever or complications from flu, such as bronchitis, pneumonia and a painful middle ear infection.

For more information, contact your family doctor or visit www.nhs.uk.co.uk

John Townsend

Cainscross Youth Forum

Cainscross Youth Forum is a group of young people who meet once a fortnight to discuss issues of importance to them, on a local, national and even global scale. Meetings are lots of fun and membership is free; as are the t-shirts, hoodies and tasty snacks that are provided.

Last month, two members of the Cainscross Youth Forum met with 4 Parish Councillors, as well as a representative from the Barnwood Trust, to discuss their ideas on what should be improved in the Cainscross and Cashes Green areas. It was a very positive discussion, with Councillors providing practical and helpful suggestions on how to make improvements in the local area. The Youth Forum was also able to provide helpful insights into the lives of young people for the Councillors.

If you're interested in coming along to a meeting, please contact Molly on 07734 387364 or send an email to molly@participationpeople.com

Celebrating the Queen's 90th Birthday

As part of the Queen's 90th Birthday Celebrations in June an afternoon tea was enjoyed with entertainment from "4 of a Kind" musical group at Cashes Green Community Centre.

Cllr. Peter Berry



Ballroom & Latin Dance Classes
In a fun friendly and relaxed atmosphere

Mondays
Cashes Green Primary School Stroud
6.30pm Beginners; 7.30pm Next Steps; 8.30pm Intermediate

£6 per class – Pay As You Go

Also Private Lessons by appointment
Tuesdays at The Trinity Rooms Stroud

Just come along and start dancing now

Visit the website www.elainesdancing.com
Call Elaine 01452 533161 – 07796575459 – 07974809855
Email: info@elainesdancing.com

Professional Experienced Teachers
F.BATD M.IDTA.ISTD.UKA

The DOOR
Cashes Green
Community Centre
Queen's Dr, Stroud GL5 4NR
01453 756745
info@thedydoor.org.uk
www.thedydoor.org.uk

Cashes Green
Community Centre
Tuesdays
4:00pm - 6:00pm

A safe space to socialise and
feel supported through a varied
programme of services

The Drop-In is strictly for 11-17 year olds.
Under 11's allowed when supervised by an 11-17 year old

Also at
Victory Park
(starting Thursday 3
November) 5-7pm

Victory Park
(starting Friday 2
December)
5-7pm

Visit the Youth Page
at
www.cainscross-pc.gov.uk
for more
information

If you would like a Large Print Copy of this newsletter, please contact the Parish Office on 01453 756036

Cainscross WI



Cainscross WI held a really enjoyable party for their 90th Birthday Celebration on the first Tuesday of July. Members enjoyed a lovely supper and Will Mansell from Stroud Foodbank collected 90 items of food and toiletries from members.

Val Dalby provided some lovely red, white and blue table arrangements and we were joined by five members of the dance group Baily's Beads who entertained us for the evening: Keith the leader had done his homework and told us a lot of facts about the year 1926 when Cainscross WI was started.

The 'icing on the cake' was a beautiful sponge cake, made by member Georgie Hall, decorated with the WI logo in dark green and white. We all agreed it had been a lovely evening.

In August, we had a Craft evening, with some members making a 'foxy' key ring, some making a tea towel with different Indian block printing designs and a third group creating some handmade greetings cards. In September, we enjoyed a talk by 'Jilly's Lingerie', and October we enjoyed a talk and demonstration from 'Cotswold Flowers'.

We meet at St Matthew's Church Hall, Cainscross at 7.15pm. All visitors are very welcome.

For further details, please call 01453 762812.

Mary Jarrett

Ebley Allotments

Overall a reasonably successful year on the allotments, despite a wet, followed by a cold, early spring. The dreaded potato blight struck early in the year, potatoes and tomatoes losing out. The Sarpo varieties of potato escaped the disease, and on one plot the new 'blight resistant' tomato Mountain Magic performed well, and one plot holder in September picked about 30lb of fruit from six plants.

There are 4 vacant plots available at the moment, if you are interested in having a plot contact the secretary on 01453 751483

Art Exhibition of Local Artists at Fresh Ground Café, Cainscross

2 November until 19 November 10:30 until 2:30 Wednesday to Saturday

Local artists exhibiting:

Elizabeth Jupp
Keith Hart
Mandy McGowan
Robert Frogley
Rosey Ferguson
Tom Gowan



The café will be open for refreshments provided by The Stroud Good Food Company C.I.C.

New Landlord and Landlady at the Prince of Wales Pub, Cashes Green

Mel and Sarah Hanson, moved here from Kent six weeks ago after spending over 20 years attending Cheltenham race meetings and falling in love with Stroud and its beautiful surroundings. Mel and Sarah have been together for 15 years and have successfully run public houses for a national corporation for more than seven years. As soon as they found out there was an opportunity here in Stroud they let nothing stand in their way, ensuring they could both live and work in such a lovely town and be able to enjoy the local countryside.

"We have both received such a fantastic welcome from both locals and new customers" Mel said.

"We are very fond of this pub already and can't wait to give the community somewhere everyone can feel relaxed and enjoy the atmosphere, as well as the range of drinks and food available." There is a Thursday night men's darts team, a Monday night ladies' darts team, the league as well as weekly poker nights and there are plans for a weekly quiz night. The pub also hosts a full sized pool table, outside play area for the children, and relaxing outside seating area with a separate smoking shelter.

The Prince of Wales serves a full menu every day as well as a splendid Sunday lunch.

Monday-Thursday
12-3pm 5-9pm
Friday /Saturday/
Sunday 12-9pm

We look forward to meeting everyone over the forthcoming months.





New Parish Councillors

Councillor John Batten – Ebley Ward



John was co-opted on to the Council in July 2016. He is a member of the Finance & Staffing and Recreation Committees. John has lived in the Stroud area since 1971. After leaving school he joined the Royal Navy serving 10 years in the Fleet Air Arm. On completion of his naval service, he was fully employed within the Gloucestershire public sector until he retired in 2012.

He lives in Ebley with his partner Jane. His interests include walking, cycling, football, rugby and supporting local teams, photography, travel and visiting the theatre. He is actively involved in walking football at Brimscombe and currently is a volunteer driver for Longfield Care Hospice. He is looking forward to using these experiences in his role as a Parish Councillor.

Councillor Roger Cordon – Cainscross Ward



Roger was co-opted on to the Council in August 2016. He is a member of the Communications and Policy and Recreation Committees. Roger has lived in Cashes Green for just over 4 years and is involved with a number of local groups. He is passionate about the local area and wants to represent the people of the Parish on issues that affect them. He is an ex-landlord and is always happy for someone to stop him and chat about the things that concern them.



Cainscross Parish Council was awarded the Foundation level award in August this year. This demonstrates that the Council has the required documentation in place for operating lawfully and according to standard practice. It also shows we have training in place for Councillors and officers. We feel this gives members of the public confidence in the Parish Council and we hope to progress to the next stage with the Quality Award.

Jeni Marshall - Clerk to the Council

It is with great sadness, we announce the sudden passing of Councillor John Townsend.

John was only a Councillor for a short time but quickly got involved in Council life. He showed great enthusiasm and had much to offer the local community.

John will be sadly missed.

Jeni Marshall - Clerk to the Council



Councillor Surgeries

Come and meet your District and Parish Councillors for an informal chat – they will be at:

Nosh (Cainscross)	Tuesday 8th November 2016	11am - 1pm
Kitsch Coffee Bar (Greenaways)	Saturday 7th January 2017	11am - 1pm
Prince of Wales (Cashes Green)	Thursday 2nd February 2017	7.30pm - 9.30pm

Ebley House

The library of Novalis Trust in Ebley House is open to the public on Tuesdays, Wednesdays and Fridays from 10.00am until 4.00pm. The library has a wide selection of reference and factual books and a few biographies and fictional works. Everybody is welcome to come along and have a look.

FIVE VALLEYS ACCOUNTANCY & TAXATION CENTRE

Accounts for The Stroud & District Area
SMALL PRACTICE FOR SMALL CLIENTS-
SMALL FEES CHARGED BY US
Limited Company Accounts / Sole Trader Accounts

Fees: For Example

Under £15,000 £100

Up to £20,000 £140

Up to £30,000 £150

MIKE JEFFERIES MAAT ICPA

01453 391974

01453 836683

Progress at Queen Elizabeth II Field

Last year we asked you how you would like to develop Queen Elizabeth II Playing Field and you said that you would like to improve the area for both people and wildlife. Stroud Valleys Project is now co-ordinating the work, which is mainly being carried out by local people and volunteers. In September, we started work on the pond area, which is gradually being taken over by brambles, alder and bullrushes. So far we have cleared a path through and over the next few weeks we will be widening the cleared area. Once we have cleared it, we will be planting a native hedge around the fence with plenty of berries for birds and putting in a dipping platform. Other jobs this autumn/winter will include planting bulbs and wildflowers on the ramp bank.

We go out once a week, so if you have some spare time on a Tuesday, why not come along and join us? Volunteering is a brilliant way of not only practically helping the environment, but also helping keep you fit, reducing your stress levels and bringing people together. If you like the idea of taking part but are not available during the week, there is a weekend work day coming up 10am-3pm on Saturday 19 November. We provide gloves and tools so all you need to do is wear some warm, old clothes and boots/wellies. School-age children accompanied by an adult are also very welcome. If you would like to volunteer or for any more information, please contact me at Stroud Valleys Project on tamsin@stroudvalleysproject.org /01453 753358.

Tamsin Bent



Cainscross Parish Council



Sunnyhill Residents Association

Some members are pictured presenting a cheque for £500 to Stroud League of Friends which they raised at their Fun Day in July this year with the money being used on the Cashes Green Ward at Stroud Hospital.



The Sunnyhill Residents' Association has been working with Sue Price from the Barnwood Trust and are keen to make links with the younger generations in the community. Several members of the Association are getting together to use their skills, time and talents to run a series of monthly cookery classes "Countdown to Christmas" for young mums in the area. They will share their favourite recipes like this All-Occasion cake (see recipe below), make mince pies and mince crackers with filo pastry, and make biscuits to use as tree decorations. For more information and details of how you can be a part of this group, please contact the Association Secretary on 01453 750793 or email davidwdale@hotmail.co.uk for more details. If you enjoy cooking and have a favourite recipe, with a story of where the recipe came from, why not submit it for the Cashes Green Community Cookbook? The All-Occasion cake recipe is a favourite of Shirley Dale and she got it from a morning radio show run by Jimmy Young in 1967 and has used it many times, for all sorts of family occasions.

Future Events:

- Saturday 19 November 9am Wellesbourne Market from the shops at Cashes Green
- Sunday 4 December Xmas Party 3pm-6pm at Cashes Green Community Centre
- Saturday 31 December New Year's Eve Disco 7.30pm – late at Cashes Green Community Centre

For further information, contact David Dale Secretary SRA on 01453 750793

All-Occasion Fruit Cake – A family favourite

Ingredients: 8oz SR flour; 4oz margarine or butter; 4oz sugar; 2 eggs, broken into a teacup, (which is then filled with milk); 4oz of dried fruit (use any kind here and add more if desired)

Method: Mix the flour and sugar together in a bowl and chop in the margarine until it resembles breadcrumbs. Add in the fruit and mix in the beaten egg and milk mix. Pour into a 1lb loaf tin, lined with greaseproof paper or a pre-greased and floured tin, and bake in the oven at 180°C / gas mark 4 for 30 minutes. Test with a skewer to see if the centre is fully cooked before taking out of the oven. Leave to cool before removing from the tin.

Cashes Green Community Centre

My name is Sue Price – a Community Builder with Barnwood Trust, based in Cashes Green. I have been in the area since May this year. I have already met some amazing people, heard fascinating stories of how the community come together to support each other and do the things they enjoy, and have discovered some great community spaces that make the area so unique and special.

In my conversations out and about in the community, I have heard many memories and stories linked to the Cashes Green Community Centre. It has been fascinating to read through the history of the area and realise that the local community paid for and built the Centre themselves. The Hut (as it was known) was a venue for many social activities and it was hired out for social activities such as whist drives and wedding receptions.

As the landscape of a community changes, it's always good to look back and celebrate the memories and events that have happened in a place, digging through the past to celebrate and remind ourselves of the importance of community, whilst making space for the new things and ideas to take shape.

Do you have any photos or stories about events/groups at the Community Centre that you attended? Would you like to share them with others, or link up with other people who were in the same group as you? Did you celebrate any special family events in the Community Centre building? Let's share them and celebrate the life of Cashes Green together. Why not write your memories down and send them to the Parish Council, so they can be shared with the community as we celebrate all that has made the community what it is today?

These two photos, kindly shared from a family collection of photos by a local Resident known as "Tucker", give a real 'flavour' of the community spirit of the early days of the Community Centre.



Finally, if you live in or around Cashes Green and are interested to find out more please get in touch by email sue.price@barnwoodtrust.org or give me a call on 07495 401206.

Hedgehog Care

I recently had the pleasure of visiting Carole Deuten at Kings Stanley hog hospital. Carole is a volunteer who manages one of the four "Help a Hedgehog Hospitals" within Gloucestershire.

She cleans them out daily and feeds them morning and night, weighing them and bringing them back to full health before they are released back in the wild.

Hedgehogs that need help are:

- Orphaned hoglets – found out of the nest in daylight, or when the nest has been destroyed or mother killed or injured.
- Injured hedgehogs – open wounds, fractures, burns, trapped in some way
- Sick hedgehogs – (usually out in the day) dehydrated, thin, breathing problems, lying out in the sun.
- Hedgehogs that are unsteady on their feet
- Autumn juveniles – young hogs born late in the year; weighing under 600g from September onwards.

Hedgehogs that should be left alone:

- Adult females found out in the day in summer and uninjured. These are often nursing mothers hunting for food.
- Large, uninjured hedgehogs found e.g. in the road at night and picked up for safety should be put back away from the road but near to where they were found.

'Help a Hedgehog' is always looking for donations of soft toys and if you have any unwanted soft toys these can be dropped off at the Parish Council Office during opening hours Mon- Thurs 9.30 until 1.00pm

Carole can be contacted 7 days a week 24 hours a day on 01453 823871 or 07870378207 or why not visit their website www.helpahedgehog.org to find out more.

**Sally Jones -
Administration Assistant**



Cainscross Rugby Club



Saturday 1 October for our first game of the season we travelled to local rivals Tetbury. It was a hard fought encounter, eventually Cainscross losing out 24-18. Although the result was definitely not what the club was looking for, the level of skills shown suggested improvement could be made in future games.

The club is looking forward to using our superb new changing facilities and will be able to train under the soon-to-be-installed floodlights. Training takes place on Tuesdays and Thursdays from 6.45 and established and prospective players are invited to attend these sessions. Club captain Adam Carter is keen to welcome players to the club, so if you fancy it please come to Victory Park and make use of the excellent facilities.

I repeat my regular invitation to members old and new to come along to Victory Park to support the team and then come into the bar to renew your acquaintance with our players and spectators. We are a club with a fine tradition of fair and vocal support for the home team and your support will help.

Dave Roberts Cainscross Rugby Football Club



We do hope that you, your families and your friends can join us on Saturday 3 December between 11am and 2pm for the Marling Christmas Fayre which will be held at Marling School, Cainscross Road in Stroud.

Come along and enjoy lots of festive fun, browse the Gift and Craft stalls, visit Santa's Grotto, try your hand at the chocolate tombola or ping pong in a jar, treat yourself to mince pies and other goodies at the Christmas Café and tuck into a Sausage Sizzler at the BBQ, plus so much more.

Everybody is welcome-
We look forward to seeing you
all on 3 December.



Cashes Green FC lives on!



Following hard work by the new committee, Cashes Green FC has successfully reformed with two teams, an U18s and a men's team. The club now has around 40 players registered with the men's team and is playing in the Stroud & District League with the U18s playing in the North Wiltshire League.

Both teams play their home games at Elm Road Playing Field, with the Men playing on Saturday afternoons and the U18s on Sunday mornings.

So come on down and support us!

The U18s have been helped with a Youth Development Grant from Stroud District Council of £1000, which will go towards improving the club's facilities.

Anyone interested in joining, should contact Dan Kirby (Chairperson) on 07590 781156

Christmas Services at St Matthew's Church, Cainscross

Carol Service Sunday 18 December- 6pm

Christingle and Crib Service Saturday 24 December- 4pm

Midnight Mass Saturday 24 December- 11.30pm

Family service Sunday 25 December- 10am

A Service for the New Year Sunday 1 January- 10am

Ebley Chapel

Chapel Lane,

Sundays services: at 10.30am (refreshments follow) and 6pm.

Communion: 1st Sunday morning and 3rd Sunday evening.

Bible Studies Groups: Wednesday evenings. Call for details.

Ebley Art Group: Thursday 10am onwards.

MOVIE NIGHTS - 6pm

19 November 'The Cross and Switchblade' 17 December 'Sarah's Choice'

Christmas Services

Traditional Candlelight Carol Service - 8 December - 6pm
'45 Minutes of Christmas Joy'- 25 December - 10.30am
(Children are invited to bring one of their presents)

Coffee Morning 19 November for Sierra Leone Mission

10-12noon please bring craft, bric-a-brac, cakes etc, to help raise funds for the mission

Further information contact: Clive Dale 01453 755705 or email clivedale@yahoo.com.