Leen Times

Lock-down continues but there IS light at the end of the tunnel! We 'oldies' have been vaccinated, The Bird-Flu threat seems to have receded and we have learnt to live with TB in our cattle - although each disease continues to give us its own problems. Our Herefords are in the midst of calving and are producing some good calves this year. Some Spring calving milking cows have calved and that puts a bit more milk in the tank, but the biggest joy is to see the cattle leave their winter quarters and go out onto the grass, thus massively reducing the winter grind (and cost) of bedding/feeding and cleaning. Now is the time to spread the digestate (fertilizer) on the ground and get the fields ready for cutting the silage for food for next winter- it never stops!

The air is definitely better with Spring showing so much better, less traffic, fewer planes overhead and everything so much cleaner. Maybe we have so much more time to walk and 'stand and stare'. After a year of it we have learned that we can shop in a different way, share shopping trips and other things, go to fewer meetings, holiday without planes and generally stay at home more to appreciate what we have around us. Good - as far as I am concerned - but it will be even better to go for a pint or a meal, visit friends and relatives or just go and watch some grandchildren play some sport.

Wildlife News: First Brimstone butterfly seen. Heaviest spawning of frogs I have ever seen with hundreds of them spawning in the twenty or so ponds we have around the farm. Nature is raw - with those frogs providing meals for our local Otters, Polecats and Mink with Herons and Buzzards after them as well. However it is nature's way to overcome predators with numbers and it certainly works. No sooner have the Frogs finished, then the Toads (*pictured*) get going, first dicing with death by crossing the



roads to get to their favourite pond. They spawn a bit deeper and safer in the water and a chemical in their skin makes them distasteful to predators.

A peregrine has been a frequent visitor near the village and the other day one took a Pheasant just yards from my 9 year old Grandson - he knew what it was and was really excited to see it. Elsewhere we have camera traps watching a pair of Polecats in a rabbit burrow... we have some great pictures not only of the Polecats but also of a Goshawk taking a rabbit. More nature in the raw! Please let me know of any wildlife sightings or any questions about the farm.

Stay well. Tony Norman tony@theleen.co.uk

PEMBRIDGE good neighbour SCHEME

A helping hand is just a phone call away!

07779 122499

We are a free service supporting people in the Parish of Pembridge. If you need someone to:

- Fetch a prescription
- Do some shopping
- Walk or feed your pet
- Just call in for a chat

These are just a few examples of what we could help you with. Just give us a call - we look forward to hearing from you.

The Steppes
Every Day: 9.00 am - 6.00 pm 01544 388506

The Pembridge Cafe
Thurs - Mon: 10- 2 pm:- Closed Tues & Wed
Hours to be extended as restrictions lifted.
Private meeting room available 01544 388922

Townsend Farm Shop & Butchery
Click and Collect / Delivery system in place.
01544 388527 shop@townsendfarm.co.uk

Old Chapel Gallery
Wed - Sat: 11.00 am - 4.30 pm
Sun, Mon, Tues by Appointment
www.oldchapelgallery.co.uk 01544 388842

Mobile Post Office
Mon 13:00 – 14:30 Thursday 15:30 – 16:30

Tricia's Hair Salon
Tues, Wed, Fri 9.00 - 5.00 pm Thurs 9.00 - 6.00 pm
Some Saturdays. ALL appointments only - 01544 388665

The Ear Lady
Mon - Fri 9.00 -5.00 Some Sats. Appointment only.
Venue: Tricia's Hair Salon 01544 388665
Sarah Cain is offering private hearing assessments, private dispensing of hearing aids and ear wax removal services

The Kings House Restaurant
Wed, Thurs, Fri and Sat Evenings and Sunday lunch
01544 388029 or 07900 102154

The Cider Barn
Tel 01544 388161 www.the-cider-barn.co.uk

Your Parish Councillors and contact details

Cllr Garfield Evans - Chairman: garfield.evans@gmail.com	
Cllr Andrew Pace - Vice Chairman	340696
Cllr Tom Bennetto	388972
Cllr Kevin Duggan	388833
Cllr Ms Catherine Fothergill	388279
Cllr Michael Hancock	387941
Cllr Mrs Julie Mifflin	388414
Cllr Steve Jones	07989 715075
Cllr David Owens	388422
Cllr Wendy Powell	340341
Cllr Philip Rogers	387976
Cllr Phillip Thomas	388457
Cllr Roger Phillips - Ward Councillor	340269

Clerk: Mrs Rebecca Bissell
Firbanks, Lyonshall, Kington HR5 3LN
clerk@pembridgeparishcouncil.gov.uk

Editor: Judy Rogers - 01544 387976 - juditharogers4@gmail.com *Next copy deadline: May 21st 2021*

Pembridge Parish News

www.pembridgeparishcouncil.gov.uk April - May 2021

Discovering the Joy of Movement



I would like to share my story of falling in love with movement. I wish I could have written it sooner, but truth be told, my younger self would have struggled to believe it. I hope that my experience might resonate or inspire.

I'm not a sporty person. As a child, I wasn't fast or particularly interested in physical exercise, and as an adult, my brief encounters with organised movement were sadly significantly influenced by a narrative around it being something you do to counteract the effects of living a pleasurable life: to lose weight, prevent illness, or conform to prescribed weekly guidelines. As a result, exercise has felt more an obligation than a pleasure. Sporty folk in their jazzy Lycra were mostly un-relatable.

Then I found myself locked-down with two young children and a busy and demanding job in the NHS. There was something about those early days of being allowed out for one daily exercise session that shifted the practice from one which I put off and dreaded, to one which provided me with a precious opportunity to be outside, really moving and yes, if I'm honest, alone.

For the first few weeks I ran very small distances, punctuating my dodgy attempt at rhythm with stomps and stops, enduring a sore chest and feeling disappointed to arrive home, exhausted, to find that I'd only been out for 15 minutes. I was also incredibly self-conscious.

What was surprising however, was that I found that the process of gradually speeding up as the weeks rolled on incredibly empowering, both physically and emotionally. Those sunny escapes got under my skin and for the first time I found myself looking forward to getting out to run. Personally, the impact on my mental state was exhilarating, but even more thrilling, was that these experiences seemed to be reflected in many conversations I was having as a therapist. I was forced to consider that years of professional training (not to mention a western cultural bias more generally) have mostly reduced our understanding of mental health to what goes on above the shoulders, and minimised the importance of the mind-body connection.

At times of increased stress, we have a tendency to go inwards: to worry, ruminate and predict the worst. It can be all too easy to get caught up in negative cycles which feel impossible to escape. Movement, be it walking, running or any other physical practice is one of the fastest and most effective ways of interrupting a damaging stress state, discharging stress hormones and reducing inflammation. In addition, being in nature, and the inevitable social encounters offer an opportunity to take perspective, and encourage a vital sense of community and connection. Throw in some runner's endorphins and you have a potent mixture whose impact is much further reaching than individual and lasts long beyond the cool down stretches.

So nearly twelve months in, I'm hooked. I now run because I genuinely love the way it makes me feel. That said, "imposter syndrome" is hard to shake and at times I still feel pained as I approach someone and notice the pull to breathe less heavily or speed up for effect. But I gently remind myself that the friendly face ahead, like me, will appreciate a smile and I am more easily soothed. I must be getting there, I even have some jazzy Lycra.

Consider joining me for a relaxed and friendly Sunday run for all abilities with an emphasis on community and connection. **Meet at the village hall carpark on Easter Sunday, and Sundays thereafter. Gather at 8:45 to run at 9.**

For more information and to sign up, email pembridge.runners@gmail.com, follow my Instagram account @thebodyinmind or look out for flyers in the village.

Dr Nancy Bancroft, Clinical Psychologist

The Glorious 12th

Both the **Red Lion** and the **New Inn i**ntend to open for outside service from **April 12th** (Subject to rules on easing lockdown).

The New Inn will be open outside from April 12th in line the Government Plans. To take advantage of warmer afternoons the hours will be:

Monday -Saturday 11 am – 3 pm and 5 pm until it is too cold! Sunday 11- 4 and 7 pm to 10 pm.
Lunch and evening supper menus will be available to eat outside or to take away at a time to suit.
From May 17th inside opening should be allowed and the hours will revert to normal.
Jane and Rosie wish to thank all their customers for their support in the difficult times of Lockdown.

They look forward to a happy summer.

The Pembridge Café

Currently our opening times are:
10 am – 2pm Thursday – Monday. Closed Tuesday and Wednesday. However, these times will be extended as restrictions are relaxed.
Monday Night is PIZZA night 5pm – 7pm
To pre-order ring 0781212715

The Kings House Restaurant hopes to re-open **May 20th.**

Pembridge Page Turners

Are you an enthusiastic reader? Would you like to talk about books you have enjoyed and listen to the recommendations of others?



I am keen to launch a group, meeting about every 6 to 8 weeks, to discuss anything word-based, whether it's fiction, non-fiction, plays, poetry, podcasts, blogs, audio books... indeed anything which *turns your pages.*

This would be something to really look forward to as soon as we are free from Lockdown. We could always have a virtual first meeting. Please contact Anita (ameasey@mac.com), with contact details, for more information.

Pembridge Allotment Association members are busy preparing for the growing season and looking forward to being able to socialise a bit too. There are currently none vacant but for more more information or to join the short waiting list please contact Richard Goddard on 387571

Pembridge Village Hall Bookings

Please contact Lizzie Sharpe 01544 388488 for any enquiries

Pembridge Film Nights

See pembridgefilmnights.org.uk or phone 01544 387571

We hope you're coping with all the restrictions, and we're sorry that there won't be any Film Nights in the New Inn until (at least) September, depending on how things progress.

You'll remember that last year we were part of Borderlines Film Festival, and we're pleased that we've been invited to be involved in a small way in this year's Festival too, by offering you, as Pembridge Film Nights people, a 15% Flicks in the Sticks discount!

Borderlines returns for 2021 in a new form as a virtual online Festival which will run from Friday March 26 to Sunday 11 April and includes 34 feature films and 6 free programmes of shorts made by young, local upcoming talent.

Thanks to the work of Ian Kerry at Flicks headquarters and to support from Film Hub Midlands awarding funds from the National Lottery, Flicks in the Sticks is able to offer reduced price admissions on single films and on Pass bundles for 5 and 10 Films. So if you want to catch Oscar and BAFTA contenders like Minari, The Father, Ammonite and Limbo, outstanding documentaries from leading directors and exciting feature films from across the world – from Mongolia to Brazil via Sudan – visit the Borderlines Film Festival Website (www.borderlinesfilmfestival.org) and follow the links to browse the programme and book your passes.

Flix15 passes are available and offer a 15% discount on the published admission prices in both the standard and concession prices. Single virtual admission prices are £8 standard/ £6 concessions

5 Film Pass £35 standard/£20 concessions

10 Film Pass £70 standard/£40 concessions

To get your further reduction of 15% on these prices use the codes:

Flix15 for single admissions ·

Flix15/5FilmPass for a 5 Film Pass·

Flix15/10FilmPass for a 10 Film Pass

Best wishes and hope to see you soon!

Richard at Pembridge Film Nights

Kingsland Cub Scouts have been running virtually since last March but are hoping to return to face to face meetings after the Easter Holidays. We meet on a Monday night during term time 6 - 7.30pm. If you have a child aged between 7½ and 11 who would like to join us when we meet, please contact Karen Jones for more details. Tel 01432 760 591 or mail kingslandcubscouts@googlemail.com Akela (Karen Jones BEM)

PiPs Volunteers Social-distanced outdoor jobs have carried on with more daffodils planted in the moat, rotten planks in the boardwalk replaced and the school flower bed weeded and replanted. An application for lottery funding for the playground improvements was completed via virtual meetings. On Saturday, March 13th a merry band collected 30 sacks of litter plus assorted hub caps, sand-bags and guttering from the car park on Bridge Street to the Kingspan turning. Tony Norman's team worked the riverbank and got 8 bags, three car tyres and 6 five-gallon containers.



As I write these words I see John Petrie's handiwork everywhere: the strimmed moat, the repaired bins and cleaned boards of the conservation area. He would bring the trailer to collect the rubbish. John was a vital part of the playground sub-group and delivered and collected the questionnaires. He helped to put up and take down the Christmas trees and manned the gate at the Village Show for years. All tasks tackled with skill and a cheery smile. If anything needed doing, John was your man.

So it is with the deepest regret that I write that John passed away on Sunday 21st March.

He will be truly missed by all who knew him.

Pembridge Parish Council

From your local County Councillor Roger Phillips rjphillips@herefordshire.gov.uk

Consultation on 20 mph Village Speed Limit

Notices for the traffic regulation order for the introduction of a 20 mph speed limit throughout the village were put out on 24th March and any comments must be submitted by Wednesday 21st April. Since last July I have been working with Officers from Herefordshire Council on Pembridge being the Herefordshire pilot for a village 20 mph speed limit. I believed the high proportion of houses within one metre of the main road and the high number of pedestrian movement and crossings made it the sensible choice.

Following speed trials in January, which show already significant lower speeds in the centre of the village, we are working on installing the new limit in the 2021/22 financial year on the existing 30 mph zone with no 30 mph buffers. I am working with the Parish Council on the incorporating similar lining to that introduced on the A44 whilst recognising that the highways are not as wide and the need to restrict parking. Each of the four village entrances and possibly a centre section will have a beige colour surface with a central white roundel with a 20 inside.

Bearwood Lane resurfaced and relined

In March Bearwood lane was resurfaced from the A44 to Lower Bearwood crossroads and relined with additional side markings to support traffic calming. In addition the highway between Gorsty Corner to Lower Green and Manley Crescent was also done. These were part of a scheme of 37 projects across the county`s unclassified highways.

Planning development still on hold.

The moratorium on the granting of planning permission for new houses or extensions continues due to the high recorded levels of phosphate in the river Lugg catchment area which includes the river Arrow and the Curl and Tippets brooks. The sources of the phosphate are agriculture – with high levels in the soils from animal manure and human activity from private and public sewers. I have written to the DEFRA minister on including measures to support the de-risking of soil washing into the watercourses in such sensitive catchments as ours.

Herefordshire Council allocated 3 million pounds last year to support a wetlands scheme for 10 local sewage plants which involves reed beds to de silt the phosphate out of the waste water before it enters the river. To date no sites have come forward for planning and there seems to be a lack of pace by the council on this matter. In the meantime residents, businesses, housing developers and the local construction industry are being frustrated by the apparent lack of urgency by the local authority and I get little information from the responsible team. I am not given any information by the council but suspect this ban will continue for most of this year.

Some planning which does not involve an increase in potential phosphate is allowed and you can get some clarity from contacting our local planning officer Adam Lewis at the council.

Parish Council News

Police and Crime Commissioner for West Mercia – May 6th

You will be receiving information on how and where to vote for the Police and Crime Commissioner From The Electoral department. To vote you will need to be registered on the electoral register to check please visit https://www.gov.uk/electoral-register

Pembridge Annual Parish Meeting

The provisional date for annual parish meeting (to be held virtually this year) is Wednesday 5th May at 7.00pm

Parish Mowing Contract Renewal

The Parish Council have chosen James Ross as the mowing contractor for mowing of amenity grass throughout the village, including the millennium meadow and the village green for the 2021 contract.

REPORT POTHOLES ONLINE

Herefordshire Council interactive map! You can report a pothole or footpath problem anywhere in Herefordshire on the Councils website. All reports are logged and updated immediately onto the council's database. If you would like to report a pothole log on to https://www.herefordshire.gov.uk/info/200196/roads.

Public Spaces Control Order – Dog Order

Pembridge PC support the extension of the Herefordshire Council Dog control order which sets out offences under the Anti-social Behaviour, Crime and Policing Act 2014. Offenders if caught allowing their dog to foul without removing the faeces on public land can be found guilty and fined. PLEASE KEEP YOUR DOG ON A LEAD & CLEAR UP AFTER IT!

Next Parish Council Meeting Dates: - All Welcome

Wednesday April 21st - Ordinary Meeting held virtually at 7.30pm

Wednesday May 5th – Annual Parish Meeting at 7.00pm before the Annual Parish Council Meeting.