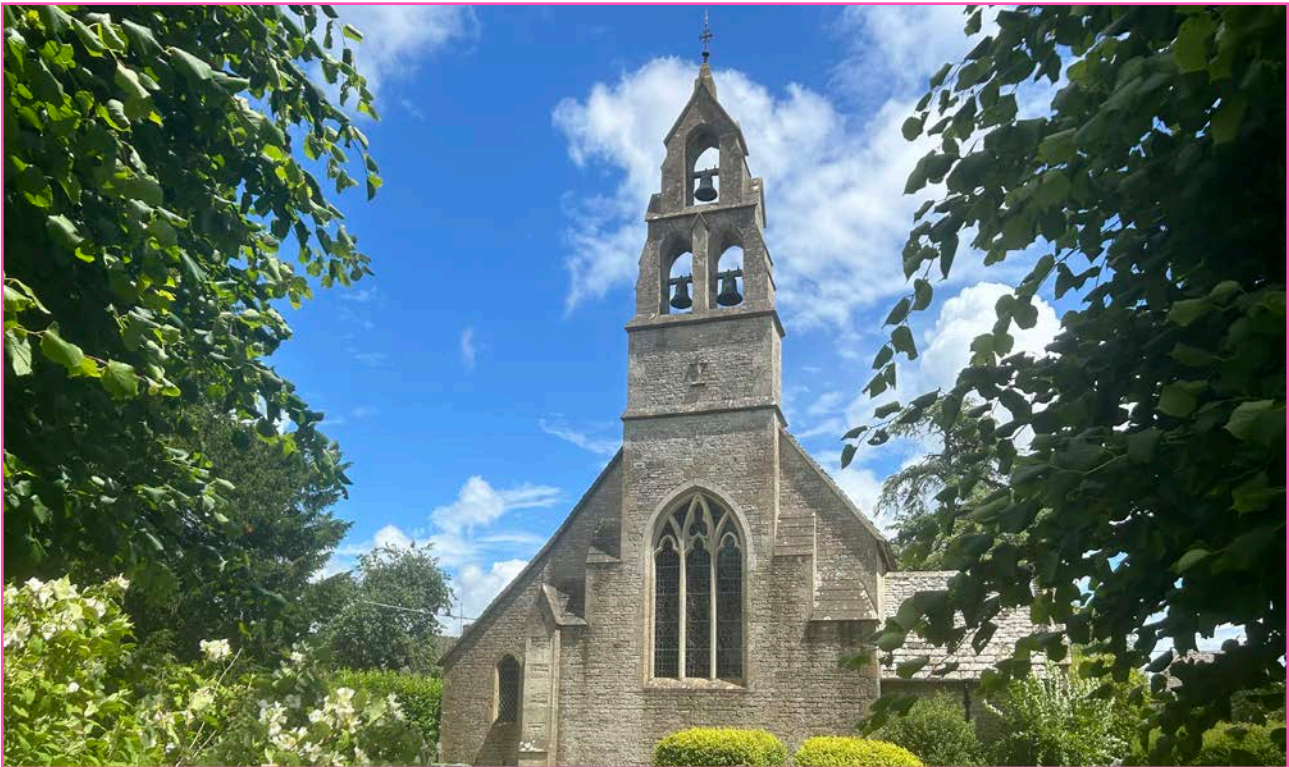


# THE POULTON EYE



COMMUNITY - NEWS - INFORMATION



## In this month's Edition:

Safety on the Farm

Lavender Blue

Hayfever

Up in the Air On Holiday

Flying Ants

Race for Life 12-hour Walk

## Welcome to the August edition of the Poulton Eye

I was astonished to find that August is officially the last month of summer. The *last* month indeed. I must have missed the first, second and the rest... So, probably safer to stick to some fun and the positive facts about the month of August. Firstly, it is named after the Roman Emperor Augustus, who celebrated several important military victories in this month and modestly decided to rename it after himself in 8BC. Meanwhile, coming back to more modern times, I was surprised to find that August is the most popular boys name in Sweden, and happy at the prospect of joining in with celebrations of Watermelon Day on 3rd August.

Several significant world events have taken place in August. Can you name the year?

- The Watergate Scandal
- The first atomic bombs dropped on Hiroshima and Nagasaki
- Eruption of the Vesuvius volcano
- The start of the American Gold Rush

For most of us, August is the month of summer holidays, a cause for celebration all of its own! Of course it is quite the opposite for farmers and those who work on the land, in which case it is the busiest time of the year - harvest. As usual, there are regular and one-off events and activities going on in Poulton this month, so if you aren't going away, you might be popping to the Vineyard for Friday fizz, or watching a film in the village hall. The cricket club is reaching the climax of its busy season, and the Little Saints Holiday Club will be taking place in the church from 5th August.

Don't forget that you can contact us with comments or contributions for The Poulton Eye. Our deadline for contributions is 15th of each month.

Rosie and Lizzy - [poultoneye@gmail.com](mailto:poultoneye@gmail.com)

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## MESSAGE FROM THE RECTORY



Dear Friend

Holidays and weddings characterise the month of August for me. Holidays - not because we go on holiday in August anymore but - because the two primary schools for which I am an Ex-officio Governor are both on holiday. In Poulton we are holding our second 'Little Saints' Holiday Club' at the start of the month, which will, I am sure be great fun.

And weddings because – well, it's well into the wedding season (I've done about 10 so far this year) and we have a local couple getting married at St Michael and All Angels Church at the start of the month. It is always a joy to see young couples I know making their commitments to each other before their families and friends.

The word 'Holiday' derives from two words: Holy Day; and refers back to the time when working people would only have 'Holy days of obligation' as annual leave, so they could attend Mass. In winter, the twelve days of Christmas (from 25th December – 5th January) were also a holiday period – not the best time for annual leave; and farm-workers would return to the land on the first Monday after Epiphany to start the ploughing.

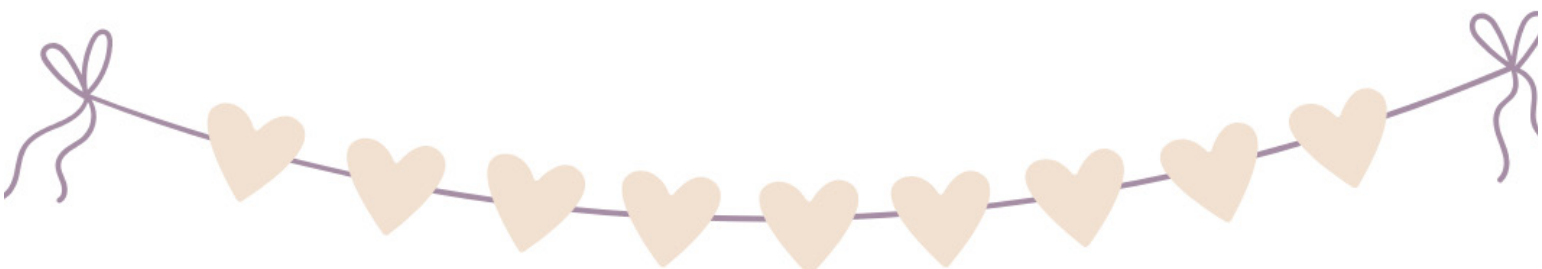
Holy means 'set apart' for a special purpose. Holy Days were set apart for worship and refreshment. Sunday – the seventh day of the week was considered holy – set apart for rest and recreation and, yes, going to church or the synagogue. Jesus did say that the 'Sabbath was made for man, not man for the Sabbath' when he was challenged about apparently doing some work on the day freed from the necessity to work!

When a couple are married in 'Holy Matrimony', they make important vows and commitments publicly, and exchange rings as a sign and symbol of their commitment. They make themselves 'holy' – set apart for each other; and take each other freely to 'have and to hold from this day forward; for better or worse; for richer or poorer, in sickness and in health; till death us do part.' I guess most of us don't think of ourselves as being 'holy' or doing something holy.

Perhaps this August we all could seek a way to be or do something 'holy' – set ourselves or some time aside to do or be something special for ourselves and also for someone else – ideally someone we love.

Yours as ever - John

The Rectory, Ampney Crucis, Cirencester, GL7 5RY | 01285 851309 | [ampneyrector@gmail.com](mailto:ampneyrector@gmail.com) | [www.ampneychurches.info](http://www.ampneychurches.info)

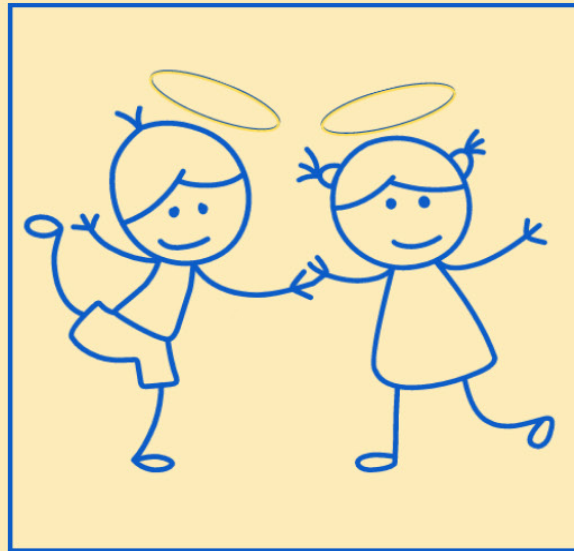




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## CHURCH DATES FOR AUGUST

<b>Thursday 1st August</b> Lammas Day	7.30pm	Confirmation with The Bishop of Gloucester	Ampney St Peter
<b>Saturday 3rd August</b>	11am	Wedding	Poulton
<b>Sunday 4th August</b> Lammas Sunday	8am 10am 10am 6pm 6pm	Holy Communion Parish Communion Word and Worship Evensong Prayer & Praise - contemporary songs, prayer & teaching	Ampney Crucis Down Ampney Harnhill Ampney St Mary Fairford Church
<b>Monday 5th - Thursday 8th August</b>	9.00 - 13.00	Little Saints Holiday Club	Poulton
<b>Sunday 11th August</b> 11th Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Poulton Driffield Harnhill
<b>Sunday 18th August</b> 12th Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Ampney St Peter Ampney Crucis Harnhill
<b>Sunday 25th August</b> 13th Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Harnhill Poulton Harnhill

Church website: [www.ampneychurches.info](http://www.ampneychurches.info)

# Justin Rundle

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# CHAMBERLAIN WINES

Hello. My name is Mark Chamberlain, and I have lived in Poulton with my family for more than ten years. If we haven't met, you may have seen me walking the dogs around the village!



I am an Independent Wine Merchant. I have almost twenty years' experience in the Wine Trade, including living and working in Saint-Emilion. I have run my own Wine Merchant's business for more than a decade.

I list wines from all over the World, and in a wide range of styles: crisp, dry whites; richer, fuller bodied whites; pale and refreshing Provençal rosés; light, supple reds; full-bodied fruity reds; luscious pudding wines; an array of sparkling wines including some excellent Grower Champagnes; a selection of ports and sherries; classic Clarets, Burgundies, Riojas and Barolos; lots of interesting wines from off the beaten track. In essence, anything that I like and I think represents good quality and good value for its type and origin. I don't list anything I wouldn't drink. And I always try to be amongst the most competitively priced for the wines I list.

I don't have a shop, but I do offer a range of traditional Wine Merchant services – expert advice, naturally; free local home delivery (or I can send wine anywhere in the country using a reliable courier service); glass loan for events; gift boxes. If I don't stock a wine or style you're looking for, I will do my best to find it for you. In short, all you could want from a Wine Merchant, on your doorstep!

As I live in the village, Poulton residents get 10% off the list price of any order.

If you want to see a list of the wines I have currently, join my local email list, or have any other questions, please do get in touch: [mark@chamberlainwines.co.uk](mailto:mark@chamberlainwines.co.uk) or on the mobile, 07894 528 580.

All the best!

## DOWN ON THE FARM

This month, Charles is waiting for the weather to cheer up! The combine will come out shortly to start cutting again. Hay making is almost finished, as you will have seen from the fields around the village, so now the team at Poulton Fields are just waiting for everything to come to fruition and then it will be all systems go for harvest.

During this month of calm before the storm, we are focussing on farm safety. **Farm Safety Week** is next week, and although farming accounts for a mere 1 percent of the working population in the UK, it tragically accounts for 16 percent of all workplace deaths. The latest figures reveal that 21 farm workers and 6 members of the public, including a child, lost their lives over the past year.

Stephanie Berkeley of the Farm Safety Foundation highlights the increasing pressures faced by farmers, including financial constraints, weather challenges, and larger, more dangerous equipment. These factors, combined with the unpredictable nature of livestock, contribute to the high-risk environment on farms.



Several factors contribute to farm accidents, including complacency, tiredness, and rushing. Mental health also plays a significant role; farmers with lower levels of mental wellbeing are more likely to take risks and neglect safety precautions. The NFU's "Take Five to Stay Alive" campaign encourages farmers to take a five-minute pause to consider safety precautions before starting any job, emphasizing the importance of mindfulness in preventing accidents.

Charles notes there are two sides to safety – for those working on the farm and for everybody else who comes into contact with farm equipment. As harvesting is about to start it is particularly relevant to discuss this.

Farmers do operate in the public domain and it is worth reminding people to be careful because machinery is going to be about in the fields and on the roads. You don't want to get tangled up in it, says Charles, so only observe from a safe distance.

Trying to keep people safe on a farm is a constant battle. They are using tricky mobile machinery and dealing with animals who can be unpredictable. At Poulton Fields, they try to minimise the risk by keeping sensible hours. At harvest, with very late nights, people get tired and that's when accidents happen. Charles also feels that if farming was a bit more profitable, it would be easier to spend more time on each task, but everyone is in a rush to get things done quickly because margins are so tight. That's when people take short cuts to get things done quicker. This would include doing something to a machine without turning it off. At Poulton Fields, they do keep reinforcing that no matter how much pressure they are under to get things done quickly, safety comes first.

Any farmer will know someone who has had a bad accident. Charles recounts the drama of a colleague who was out fetching bales. He got off the tractor and went underneath the bale because there was a problem, and it came off the spike on the tractor and came down on his leg so he was trapped. His phone was in the tractor cab and it was many hours later that his wife came to find him as he hadn't come home. He made a recovery but nearly lost his leg. Another local farmer lost a farm worker when a column of square bales fell onto him. Because farmers and farm workers are used to chucking bales around all the time, it is easy to forget what the mass is, but they weigh around ½ ton each, so you do not want to be underneath one.



Cattle, Charles says, are very easy to deal with on the whole and Poulton Fields uses a breed which is renowned for being docile. But you do have to be on your guard, as you never know what's going to happen. As a farmer, you have to be in close contact with your herd and handle them. On the farm, they are very strict about adverse behaviours. Any animal which shows any aggression has to go, straight away. Charles says that if you handle them properly, his cattle are quite amenable. You can lead them anywhere on piece of string! But you always have to remember that if they start throwing themselves around they weigh over a ton, so if you get trapped between them and a fence you wouldn't win.

You've got to strike a balance to do your job efficiently but always remember the risks and avoid putting yourself in harms' way, he counsels. From his experience, other areas of safety concern are people getting gassed in slurry stores. They think they will just go and fix something on their own, if no one else is around and something has gone wrong in the store, and yet these slurry towers are like gas chambers because gas is created once the slurry is stored. It is not uncommon to be overcome by the gases produced and drown. So you should always have someone with you.

Children in farmyards is a particular hazard, especially for farmer's children because they are not frightened and run around machines. They are small, you don't see them. Visibiity isn't always good. So you have to manage the balance between them having a good time and growing up in that sort of potentially idyllic environment, and being at risk.



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## DOWN ON THE FARM

Falling through roofs happens too often, especially the old asbestos roofs. Another common safety problem is lifting people up using machines and not using the right kit, for example, being in a loading bucket rather than a man cage for doing gutters.

James Bannister, a farm contractor who now operates JLR Farm Services, shared his traumatic experience with us to highlight the dire consequences of inadequate safety protocols. On August 6, 1998, James was involved in a severe accident while working with a potato harvester. While standing between the harvester and a trailer, James was suddenly pulled into the machine. The accident resulted in a life-changing injury, with his arm being severely damaged. Despite the efforts of his colleague to reverse the machine, James's arm was de-gloved, stripping all skin and muscle back to the bone. He was conscious throughout the two and a half hours it took to rescue him. Ultimately, James's arm had to be amputated after multiple surgeries.



He admits to having been complacent about safety protocols, a mistake that cost him dearly. Now, he is committed to raising awareness about the dangers of farming and the critical need for stringent safety measures.

To minimize risks and make farming safer, several steps can be taken:

- **Adopt Formal Safety Protocols:** Farmers should treat their farms like any other business, with formal health and safety policies. Utilizing free resources, such as those provided by the Farm Safety Foundation, can help farmers create tailored safety plans.
- **Use Affordable Safety Solutions:** Simple, cost-effective measures, such as using the “What Three Words” app for emergency location tracking, can significantly enhance safety.
- **Normalize Safety Conversations:** Farmers should feel empowered to call out unsafe practices, whether they involve colleagues, family members, or visitors. Promoting a culture of safety and mutual accountability is crucial.
- **Education and Training:** Continuous education and training are essential. Organizations like Yellow Wellies offer resources and training programs to improve safety awareness and practices.
- **Mental Health Support:** Addressing mental health issues is vital for improving safety. Providing support and resources for mental wellbeing can help farmers make better safety decisions.



If anyone would like to hear more, please go to Adam Henson's Keeping on Track, Series 2.

Farm Safety is the first podcast in series two, presented by Dominic Arkwright.

It's free wherever you get your podcasts.

Rosie Arkwright in conversation with Charles Horton

### POULTON DEFRIBRILLATOR DETAILS

The yellow defibrillator is located on the outside wall of the village hall, on the pub side.

The code is C159X



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In so many areas, we rely on experts to point us in the right direction. If your car breaks down, you see a mechanic. If a tooth aches, you go to the dentist. The same should be true of our finances. Why wouldn't we ask the experts and make sure they're being managed effectively?

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We understand that everyone's finances are unique. So we strive to offer a long-term, relationship-based service that focuses on what you need, as well as what motivates and inspires you. It's this holistic approach that means we can then find solutions that work well together and match your attitude to risk.

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SJP Approval 10/07/2024

SJPI2236a\_DS B2 (10/23)



# HARVEST TIME IS... HAYFEVER TIME

For all of us who walk around the beautiful Cotswold countryside at this time of year and find their eyes and nose streaming as hayfever attacks once more, we decided to have a look at the different causes and how it can affect you. It may be that you used to have it and have now grown out of it. It may also be that you thought you'd escaped for the first years of life and it has now arrived as a most unwelcome visitor.

**So, What Causes hay fever?** It's an allergic reaction to airborne substances such as pollen. When someone with hay fever inhales pollen, their immune system mistakenly identifies it as a harmful substance and releases chemicals, including histamine, to combat it. This immune response triggers the classic symptoms of hay fever.



## TOP TIPS TO HELP YOU ENJOY SUMMER WITHOUT HAYFEVER

10

- 1. Monitor Pollen Counts:** Keep an eye on daily pollen forecasts. On high pollen count days, try to stay indoors, especially during early morning and late evening when pollen levels peak.
- 2. Close Windows and Doors:** Prevent pollen from entering your home by keeping windows and doors shut during high pollen periods.
- 3. Wear Sunglasses:** Protect your eyes from pollen exposure by wearing wraparound sunglasses.
- 4. Shower and Change Clothes:** After spending time outdoors, take a shower and change your clothes to remove pollen particles.
- 5. Use Air Purifiers:** Air purifiers with HEPA filters can help reduce indoor pollen levels.
- 6. Apply Vaseline:** Smearing a small amount of Vaseline around your nostrils can trap pollen before it enters your nasal passages.
- 7. Medications:** Over-the-counter antihistamines, nasal sprays, and eye drops can provide relief. Consult your GP for advice on the best treatments for your symptoms.
- 8. Stay Hydrated:** Drink plenty of water to help thin mucus and stay hydrated.
- 9. Avoid Outdoor Activities:** Limit activities such as mowing the lawn or gardening, which can stir up pollen.
- 10. Consider Immunotherapy:** For severe hay fever, immunotherapy (allergy shots) may be an option. This treatment gradually desensitizes your immune system to allergens.

Hay fever can be triggered by **different types of pollen**, which can be classified into 3 main categories:

**Tree Pollen:** Prevalent in the spring, with birch, oak, and ash trees being common culprits.

**Grass Pollen:** Grass pollen is the most common cause of hay fever and is usually at its peak during late spring and early summer.

**Weed Pollen:** Weeds such as nettles and dock can trigger hay fever, typically in late summer and early autumn.

The Cotswolds' hay fever season generally follows this pattern:

**Spring (March to May):** Tree pollen is dominant.

**Early Summer (May to July):** Grass pollen peaks.

**Late Summer to Autumn (July to September):** Weed pollen becomes more prevalent.

Hay fever can significantly impact daily life. **Common symptoms** include:

**Sneezing and Coughing:** Frequent sneezing and an itchy throat can be bothersome.

**Runny or Stuffy Nose:** Nasal congestion and excessive mucus production are typical.

**Itchy, Red, and Watery Eyes:** Allergic conjunctivitis can cause discomfort and affect vision.

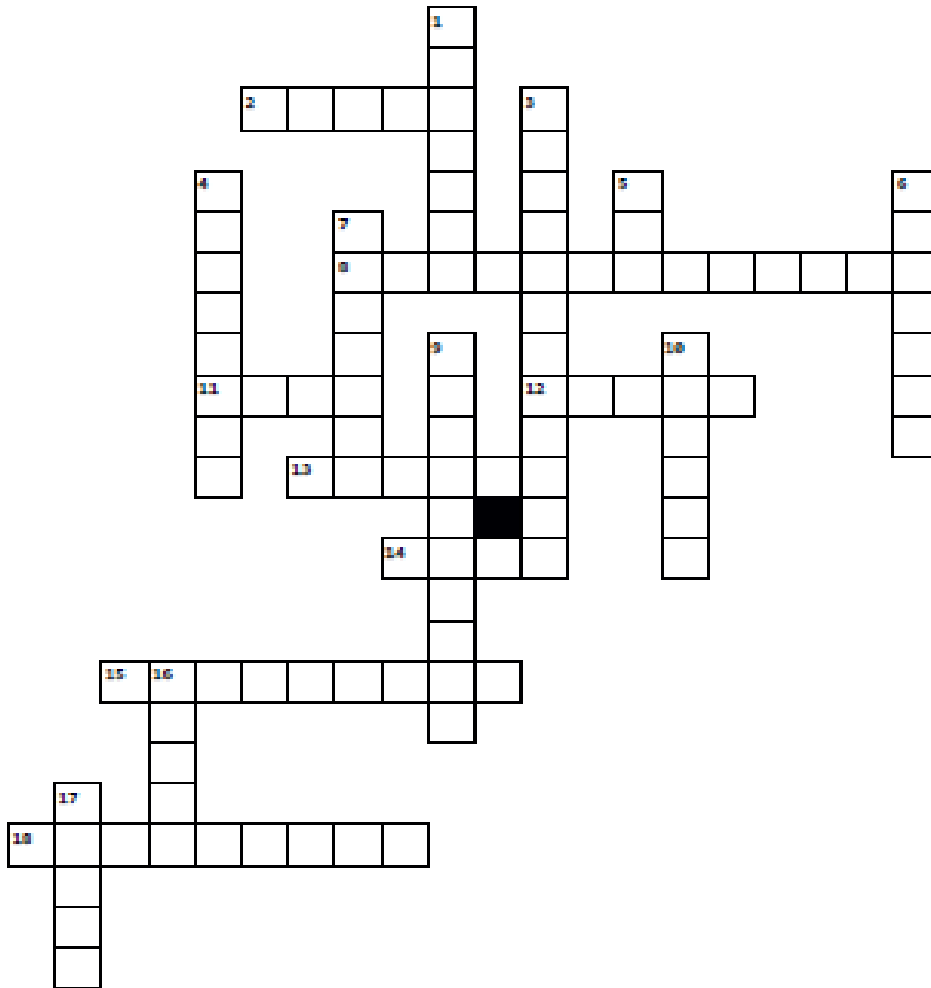
**Fatigue:** Persistent symptoms can lead to tiredness and difficulty concentrating.

**Sleep Disturbances:** Nasal congestion and itching can interfere with a good night's sleep.

Rosie Arkwright



This month we thought we'd bring you a **Summertime Crossword Challenge**



**Across**

- 2. FAMOUS WATERFALLS IN VENEZUELA
- 8. A FAMOUS LUXURY TRAIN
- 11. A PICTURESQUE ITALIAN LAKE
- 12. ALSO KNOWN AS AYERS ROCK
- 13. YOU'LL FIND THIS ISLAND IN THE SOUTH PACIFIC
- 14. KNOWN AS THE ETERNAL CITY
- 15. HOME OF THE ORIGINAL PICASSO MUSEUM
- 18. THE HIGHEST MOUNTAIN IN JAPAN

**Down**

- 1. THIS COCKTAIL ORIGINATED IN HARRYS BAR IN VENICE
- 3. ALL MEALS AND DRINKS INCLUDED
- 4. MAKE SURE IT'S VALID FOR TRAVEL
- 5. A STREET IN FRANCE
- 6. LOW COST AIRLINE
- 7. A US STATE
- 9. NATIONAL DISH OF INDONESIA
- 10. THE CHARLES BRIDGE CAN BE FOUND IN THIS CITY
- 16. CAPITAL OF JORDAN
- 17. WELL KNOWN GREEK ISLAND

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## UP IN THE AIR ON HOLIDAY

Global air travel has now returned to levels exceeding those pre-Covid so many of you will be jetting off this August on holiday. As airline aircrew we are always a little surprised at how many of you put turbulence at the top of your list of concerns although it's understandable when the issue is hyped up by the media. It's true that a couple of recent incidents have highlighted the issues but rest assured that turbulence is not in itself dangerous provided you have your seatbelt fastened at the time.



This photo shows Boeing bending a wing on test way beyond anything likely in flight, then repeating this hundreds of times over a sustained period, to prove that the structure of modern passenger aircraft is considerably stronger than the human bodies inside it. So the moral of this story is that you don't need to worry about the aircraft breaking - instead you need to ensure you yourself can't break ie: have your seatbelt securely fastened. Whenever the seatbelt sign is on (take-off, landing, and any expected turbulence en-route) please belt up! You might notice the crew also add "we recommend you keep your seatbelt fastened whenever possible at all other times" and this is because CAT (Clear Air Turbulence) can occasionally happen unexpectedly as indeed it did recently in a Singapore Airlines incident where those not strapped in were seriously injured plus one fatality. None of those strapped in were injured beyond minor bruising. So when the seatbelt sign is on you are legally required to fasten your seatbelt and it is highly recommended you also do so at all other possible times. The Captain of the aircraft will not take-off if he knows any passenger on board is not strapped in, and will report anybody not complying with the seatbelt requirements en-route to the Police on arrival so it's probably not a good idea to start a holiday by testing this authority - but it's also worth bearing in mind that if you or any of your family are injured on the flight when you should have been strapped in but were not (for example waiting in a queue for the toilet when the seatbelt signs are switched on) the consequences will not be covered by your travel insurance company nor by the airline.

Turbulence is caused by the aircraft suddenly encountering air that is moving in a different direction or speed from that previously - for example entering cumulonimbus cloud or a jetstream (CAT). That change causes the wing to suddenly create more or less lift - and that's all that turbulence is. Not pleasant, but not dangerous if you are strapped in.

Down at Airbus at Filton they design these strong wings, and build them for the A400M. Meanwhile at Fairford's RIAT this year you will again have witnessed the aerobatic aces pulling +8g (eight times their body weight) in various manoeuvres which, if sustained and without a "G" suit, causes humans to black out (or red out if -2g). So take comfort from

the fact that your aircraft wings will easily cope with more than that should you enter any turbulence on your holiday flight - and has global warming made turbulence generally more likely? No, not yet! So, as they say, welcome on board, enjoy your flight, and relax. Any turbulence is free of charge!



Gordon Lee.

**09<sup>TH</sup>**  
**SEPT.**  
**2023**

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# RACE FOR LIFE WALK IN AID OF CANCER RESEARCH

**Why on earth have I done these endurance efforts over the years ??**

**3 London Marathons, 3 London to Brighton walks, 3 Serpentine Swims, The Caledonian Challenge (53 miles from Ben Nevis to Loch Lomond) and four 12 and 24 hour walks.**

**I guess the challenge of testing myself, raising money for good causes and time to reflect on individuals who are no longer with us and my comparative good fortune health-wise.**

This past year has been particularly painful for many of us in Poulton with a number of losses to the devil that is cancer.

Last month on a perfect day for walking I did another non-stop walk around a 300 metre grass track @ Cirencester RFC to raise money for Cancer Research. At least this time it was only for 12 hours!! And most importantly, compared to last year's continual rain for 24 hours, it was dry throughout.

I really should have pulled together a team of 8, 10 or 12 like-minded individuals months in advance so we could have split the hours between us but I had not learnt from the last 3 summer Relays when I also did all the hours on my own!! So with nothing bar a small bag of raisins and my credit card I drove to the rugby club. A double espresso and a quick stretch and then time to go.

The event started at 8.30am and it was then really a case of getting into a steady walking rhythm of about 4.5mph and trying not to look too often at my watch. My first pee-break meant I could watch the last 5 minutes of the All Blacks v England 2nd Test on TV.

At 10.30am came the very emotional Survivors' lap when those whom have survived cancer together with their family members slowly walk around the track applauded by others. Following early stage melanoma in 2022 I was one of them. I swear the clouds parted during that lap and I could see some dear friends smiling down at us. My small sacrifice that day was nothing to what they and their families have suffered – and all money raised for research has to be a positive going forwards.

During the morning I was joined by the odd friend who were aware I was walking, and what a tonic that was. Mark Ranger did half an hour before his warming weekly shop cried out for him. The late morning, with a quick glimpse of Australia v Wales on another pee-break, went quickly by until my only proper break of the day came at lunchtime with a freshly cooked pizza and a pint. Golly did they taste good.

During the afternoon various team activities were laid on but as a single walker, The Poulton One, I simply walked on and watched the tug-of-war, bouncy castle races and other activities. The fancy dress theme highlighting testicular/prostate cancer at least allowed me to strip down to my OddBalls Foundation pants for a chilly 15 minutes and somehow – any excuse - I did same when breast and ovarian cancer were highlighted!! 4mph was my speed by then.

At 5pm live music started, which kept the tempo going and with a couple more double espressos plus the second-half of South Africa v Ireland providing a boost and distraction until the 8.30pm finish. For the last lap everybody present walked together and then a very moving candle-lit ceremony for those lost to cancer took place accompanied by poems, prayers and a choir singing. A final, final lap in silence finished off what had been a long but rewarding day.

Home with sore feet – but thankfully no blisters and just tired legs and body. A good sleep on Sunday and Monday soon put things back in order.....

I think about 45 miles walked in the 12 hours and currently over £1600 raised from very generous donors. Next year ?? Never say never despite being a year older + 24 hours duration.....and it could even be a Poulton team.

Cancer has touched all our lives, whether personally or via family/friends, and all funds raised will ultimately save lives.

If you would like to make a donation to help raise much needed funds for Cancer Research in order to fight the invidious and all-pervading disease which has taken loved family and friends from us all and continues, nearly on a daily basis, to strike others we know and love please contact me on [scb@crfc.co.uk](mailto:scb@crfc.co.uk) or go to the relevant link: <https://www.justgiving.com/fundraising/simoncollyer-bristow-668b89c864701e42795871a7>

**Simon Collyer-Bristow aka The Poulton One**



# TANNERS SOLICITORS LLP

City expertise in the heart of the Cotswolds

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F: 01285 655603  
DX 39409 Cirencester  
E: [law@tanners.co.uk](mailto:law@tanners.co.uk)

[www.tanners.co.uk](http://www.tanners.co.uk)



# GARDEN NOTES

There are many wonderful gardens to visit here in the Cotswolds and one of our favourites is Hidcote Manor. These gardens were laid out during the “Arts and Crafts” movement and feature a number of garden “rooms” each with a distinctive theme. If you go to Hidcote it’s worth allowing time to look round Kiftsgate Manor next door. Kiftsgate is unusual in that its grounds have been developed by three generations of female gardeners.

These gardens are so good that they have plants named after them. Hidcote lavender is a favourite and features in Rachel de Thame’s latest book “A Flower Garden for Pollinators.” It has a wonderful scent and deep purple slender flower spikes. It also features in the newly renovated borders of the gardens at North Cerney House (see picture right - well worth a visit.)



Kiftsgate gives its name to a very vigorous rambler rose, with abundant white flowers and an incredible scent. However it has a reputation for overwhelming nearby trees so is only suitable if you have a lot of space.

The photo left illustrates the point!

## Herb of the month – Lavender (*Lavandular angustifolia*)

Lavender flowers reach their peak in the middle of summer. Their strong and attractive scent mean that they are a popular ingredient in cosmetics and bathtime products. The use of lavender in washing can be traced back to the Romans who added sprigs of lavender to their bath water. This association can also be seen in the herb’s name which is derived from the latin word “lavare” meaning to wash.

The strong smell means that it repels insects such as the clothes-eating moths. This can be achieved by using lavender in the laundry process or by using small sachets of dried lavender flowers in your drawers.

## Medicinal uses of lavender

The strong anti-septic and anti-inflammatory properties of lavender means that it was used by the Romans for treating wounds and burns. Lavender is also known as the calming plant and can aid sleep. It is reputed to act as a cure for headaches. Culpeper writes “Lavender is of a special good use for all the griefs and pains of the head and brain ... [such] as the apoplexy, falling-sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings”

Amongst other uses, lavender is said to help in the treatment of alopecia and baldness.

## Lavender in folklore

In Spain and Portugal, lavender was included in bonfires on St John’s Day to ward off evil spirits. It is reputed to inspire divinatory dreams and that carrying a sprig of lavender could allow the wearer to see ghosts. This is illustrated in Archie Austin Coates’ poem (see right)


## In the garden

Lavender is a really useful perennial, with attractive foliage which it keeps throughout the year, together with the highly scented flower spikes which will be buzzing with bees all summer long.

It is excellent in the mixed border where it will add form and structure. It is also frequently used for low hedges alongside garden paths or to mark the edge of borders.

It is another mediterranean plant that does best a sunny position with well-drained soil. Over time it can become “leggy” so, to keep lavender looking at its best, Rachel de Thame recommends that the plants are replaced every few years.

## The Piggots

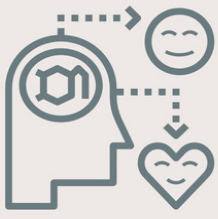


**Lavender**  
**by Archie Austin Coates**  
**1917**

At the corner a lean young girl offers  
me lavender,  
Offers me youth and romance to hold  
in my palm, closed – thus

She gives dreams to the world,  
She who knows nought of dreams, -  
Gives gardens, and waters, and the  
shy young moon;  
Hung in the laurels,  
Gives the smoke of evening in the  
willows,  
And the complaining stream,  
And the lavender’s subtle  
reawakening of old, dead thoughts.





# Functional You

## Functional Medicine - Nutritional Therapy - Health Coaching

Functional medicine and nutritional therapy aim to address the underlying causes of your symptoms to help restore you to optimal health.

### We specialise in conditions such as:

- Gut & Digestive Disorders (Gut health, IBS, IBD, Reflux, GORD, Bloating, Food Sensitivities)
- Male and Female Specific Health Conditions (Menopause, PMS, PCOS, Prostate disorders, Hormone Balancing)
- Metabolic Conditions (Diabetes, Pre Diabetes, Weight Gain/Loss)
- Cardiovascular Health, Hypertension
- Auto Immune conditions
- Immunity
- Fatigue
- Sleep, Mood Disorders, Anxiety
- Stress Management

We look at you as a whole person, review your medical and family history, consider interactions with genetic, environmental, and lifestyle factors.

Advanced functional testing (where relevant) can be used to help identify the drivers of your symptoms.

We use food as medicine, offer dietary support, lifestyle recommendations and where necessary supplementary support to restore you to optimal health.

Our goal is to restore balance so you can live a full, vibrant and healthy life.

**To find out more or to book a free discovery call,  
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email: [info@functionalyou.co.uk](mailto:info@functionalyou.co.uk)

# NATURE NOTES

## Flying Ant Days Ahead?

July and August are when ants fly and for most people this is the only time ants impinge on their consciousness. However, this is only a tiny part of the ant's existence which goes on unseen, mostly underground.

Ants are essentially subterranean insects who spend most of their time in elaborate nests with long corridors connecting various chambers which are used for storing food, raising young grubs, and for the queen to lay eggs. There are 51 species native to the UK, but the top 4 account for most. These are:

Black ant ( *Lasius niger*)  
Yellow meadow ant (*Lasius flavus*)  
Red ant (*Myrmica rubra*)  
Red wood ant -also known as the horse ant - (*Formica rubra*)

Ants, wasps and bees are all eusocial insects in whom one individual female (queen) produces offspring which other members of the colony cooperate to rear. The black ant, which is the most common UK ant is around 4mm long, dark brown / black. It lives underground in nests containing 4,000 - 7,000 individuals. It prefers dry sandy soil and can often be seen by lifting a paving stone where its eggs, grubs and cocoons are visible, lying within intercommunicating rooms linked by tunnels.

The life cycle starts with the mating swarm when thousands of hopeful females and males fly up in the air, the fastest and presumably fittest male catching the female and mating. This is a high risk activity inviting the attention of many insect devouring-birds, especially swifts, swallows and house martins. Swarming at the same time maximises the chance that at least one queen will survive. Swarm activity is, to some extent, synchronised by the weather, since they prefer a warm day soon after rain which will soften the ground and make burrowing easier. The queen mates with 1-4 males. The male, having fulfilled his function, dies shortly thereafter.

Once mated the queen rapidly goes to ground and pulls off her wings. She digs a tunnel (which she seals off at the surface) and then retreats to the bottom to dig out a small chamber in which to lay her first eggs. She will care for these for the 8-10 weeks it takes for them to develop into grubs and then, after spinning a cocoon, undergo metamorphosis into adult worker ants. The eggs and grubs have external hooks which allow groups of eggs and grubs to be easily moved in order to protect them from danger or to move to a good food source. If you disturb an ants nest you will see the adult workers rapidly carrying the eggs and grubs out of sight to avoid predation.

The queen will not leave her tunnel and until she has workers to go out and get her food she lives by breaking down her large flight muscles which she no longer needs. Once she has workers she will concentrate on her main job, which is laying eggs. The queen will typically live for up to 15 years, nearly double that in captivity. The workers, by contrast, survive just a few months. The seeming resistance to ageing seen in queen ants has been extensively studied and seems to reflect a greater expression of genes repairing damaged DNA.

The expendable workers leave the tunnel to forage, returning with fragments of various insects and pollen. They are especially fond of sugary foods - one reason that you might find them in your kitchen.



Black ants have a mutually beneficial relationship with a number of aphids, particularly the black bean aphid. The ants corral the aphids and protect them from predation while the ant benefits because the aphid excretes honey dew which has the sugars the ant needs for energy. The image on the left shows a black ant with its aphids.

They stroke the aphid and it then excretes a drop of honey dew from its rear end which the ant consumes.

Another ant you might commonly encounter is the yellow meadow ant. which creates its nest in grass land producing a slight bump in the grass which becomes obvious if you cut the grass too short. These hillocks are most obvious in grass land where they can be up to 20 centimetres high. The dome is made from the soil particles excavated to make the nest and helps in thermoregulation and protects the nest against predators.





**COTSWOLD FARM GARDENS  
OPEN WEEKEND**

**31st August & 1st September**  
**2pm - 5pm**

**In aid of The National Gardens Scheme**

**Entrance £7.50 - Children Free**  
**Plant Stall**  
**Tea, Coffee, Cakes**

**DUNTISBORNE ABBOTS GL7 7JS**  
**01285 821837**  
**[www.cotswoldfarmgardens.org.uk](http://www.cotswoldfarmgardens.org.uk)**



## NATURE NOTES

The mounds have altered soil properties which favour certain plants encouraging biodiversity in the meadow. Ant excavations make the soil more porous and increase water holding capacity. The ants contribute substantially to soil turnover moving an estimated 13 metric tonnes of soil per acre per year which is around 10X that of the much lauded earthworm. The image on the right is from Sapperton, just 12 miles away where the ant nests provide the ideal habitat for the large blue butterfly.



The large blue butterfly is endangered. It has developed an unusual relationship with one particular species of red ants (*Myrmica sabuleti*) which it exploits. The large blue caterpillars mimic the pheromones of ants, thus tricking the ants into taking the caterpillars into their ant nest.

There they act like cuckoos, being fed by the ants and also sometimes eating ant grubs. If the ants work out they are not their own they kill the caterpillar, so it is a fine balance.

While yellow meadow ants are largely unnoticed, the red ant is much more obvious on account of its ferocious sting, giving it the nickname of “fire ant”. They are common in gardens, being found under stones and logs and if their nest is disturbed by an unwitting gardener many ants attack, grabbing the skin with their teeth and then forcing the sting on the tip of their abdomen into the skin and injecting their toxin. The bites are painful and in a few individuals who are sensitive to them they can produce wheals and blisters.

The last UK ant you are likely to recognise is the largest the red wood ant whose workers are around 10mm long. These build large nests in woods which are easily seen, being up to half a metre high made of soil, twigs and pine needles. These can contain up to 500,000 ants.



These are aggressive predators with large jaws and the ability to spray formic acid if attacked. They feed on a range of invertebrates as well as seeds, plants and paid honey dew. Like other ants their group intelligence is far greater than that of any one individual. They use pheromone trails to communicate with others in the colony. Scout ants leave pheromone trails to indicate where food is to be found and also a negative signal ( don't go there) when the food substance is exhausted .

If attacked they release distress pheromones which will attract others to support it which is why if you disturb an ants nest it is best to leave the area quickly!

**Robin Spiller**

Writing a book?  
Or thinking  
about it?  
Come and join  
us

**The Cotswold  
Writers' Group**

Tuesdays 10.30 - 12.30  
The Dakota Room  
Down Ampney Village Hall

Contact: Derek Skinner 01793 750598





**Poulton Hill**  
VINEYARD

# SUMMER EVENTS

**JUNE TO  
SEPTEMBER**  
5pm - 9pm

**NEW**

**Every Friday  
Evening Until Mid  
September**



## **Join Us for Our Summer Open Vineyard Events Every Friday Evening 5pm-9pm June - September**

Come and enjoy Poulton Hill Vineyard's wine and bubbles by the glass or bottle, and treat yourself to some tasty bites from our local caterers. The evening will commence at 5pm until 9pm, rain or shine! Children and well behaved dogs on leads are welcome. Please bring your family, friends and neighbours.

**Free entry. No need to book. Plenty of free parking.**

**Guest Caterers Every Week!**

## FROM THE CELLAR DOOR

**Our gates are open so come to see us!**

**Poulton Hill Estate's Natalie Barker is looking forward to sharing the beauty of the vineyard in summer tours and at the Friday Night Bulari Bar events**

Poulton Hill Estate is in a beautiful location near Poulton, but the work in the vineyard can often be quite lonely as we work individually in the vines. This summer we are throwing open our vineyard gates and welcoming everyone to share this special spot in the Cotswold countryside.

As usual we have our summer Tours and Tastings, which are always incredibly popular. We take a relaxed tour around the vineyard, discussing the history and the process of growing our grapes. We then head into our Cellar Door for a guided tasting, where visitors sample a selection of our wines and also learn about our medal-winning spirits. Due to demand, we are running an increased number of these tours this summer. Visit our website, [www.poultonhillestate.co.uk/tours-and-tastings](http://www.poultonhillestate.co.uk/tours-and-tastings) for dates, details and to book.

We also have our Friday Night Summer Specials at the Bulari Bar. Each week over the summer we have a guest caterer come to the vineyard to serve food, and a range of Poulton Hill wines, Cotswold Lakes Brew Company beers and also soft drinks for drivers and children are available from the Bulari Bar. We have loved seeing so many familiar faces and making some new friends at these events. The event runs every Friday until mid-September from 5pm to 9pm and it is free to attend. We have lots of parking, and children and well-behaved dogs are welcome.

Finally, our Cellar Door is open Tuesday to Friday from 9am – 4pm and Saturday from 11am – 3pm. We are always happy to meet customers to talk about our wines and spirits. We also sell wine by the glass, so you can enjoy trying our wines before you buy.

### **Verasion in the vineyard**

In August we undertake canopy management, raising the growing wires to support the vines and pruning leaf cover to allow for air flow. It is when the vines are often at their most beautiful, and we can see our precious fruit starting to grow and change.

Later on in the month we should see the start of veraison, where the vines put energy into ripening and sweetening the grapes, which start to change colour. This happens with both the red and the white grapes but is more obvious in the red as they turn from green to purple.

Once veraison starts we also put nets up over the vines to stop the birds from stealing our delicious ripening grapes. We have found bird nests in the vines before, but these are usually empty by the time we bring down the nets. We also check for any insect life that may be damaging the vines. From the start of veraison, it can be anywhere between 30 to 70 days until the grapes are ready to harvest.

### **Harvest helpers wanted**

Harvest at Poulton Hill can occur anytime from mid-September until late October, depending on the weather and climate in any given year. We love harvest time and are looking for volunteers to share the experience with us.

Harvest days start at around 9am, with a cup of tea or coffee, a biscuit and maybe a small glass of last year's wine to toast the start of what we hope is another bumper year. Harvest lunch, with wine, is provided for all our workers and volunteers, as are snacks and tea and coffee throughout the day. We give all the training that is needed and provide clippers. We recommend wearing a pair of gloves as the clippers are sharp and the grape juice is sticky. You do not have to spend the entire harvest with us, but you can pop in for a morning, or afternoon or for a few hours when you have time.

If you are interested in helping out with harvest, please drop us a line at [info@poultonhillestate.co.uk](mailto:info@poultonhillestate.co.uk). We can't give you a date when harvest will start yet, but you will be informed nearer the time.

**Natalie Barker**





# Cotswold Friends

**Reducing isolation and  
supporting independent living**

## **Cotswold Friends needs you!**

**Cotswold Friends provides Community Transport across Cirencester and needs more Volunteer Drivers.**

**Local charity Cotswold Friends has been providing Community Transport to elderly and vulnerable people in the North Cotswolds since 1978 to combat loneliness and isolation.**

**They began to expand into Cirencester and surrounding areas (from Rencdomb to South Cerney, Sapperton to Poulton and many places in between) after the pandemic and have seen the demand for the service grow year on year. Their incredible team of volunteers take clients anywhere they'd like to go; for medical or social appointments – to see family and friends, to the hairdresser, shops, doctors, or the hospital. And they'd love you to get involved.**

**Becoming a Volunteer Driver is a wonderful way to meet new people, bring a smile to someone's face, get more involved in the community and be part of the inspiring team of Cotswold Friends volunteers with events throughout the year to celebrate one another.**

**You can give as much or as little time as you have, from a few hours a month to several hours each week – it can be very flexible.**

**If you'd like to find out more or to apply to become a volunteer, please contact their lovely Volunteer Manager on 01608 697007 or email [volunteering@cotswoldfriends.org](mailto:volunteering@cotswoldfriends.org)**



Keeping with the spirit of village community, we'd love to see you at the next Village Coffee Morning, Books, Biccies and Beverages, which is held on the first Saturday of each month. Join us for a pot of coffee/tea and homemade biscuits and browse the range of pre-loved, but good quality books on sale.

## **Books, Bickies & Beverages – “BBB”**

### **Village Coffee Morning**

**First Saturday of the Month**

**10.30 to 12.30pm - Saturday 3<sup>rd</sup> August**

**Come and enjoy a pot of coffee or tea and homemade biscuits**

**Meet & chat with other villagers and visitors**

**Browse/buy from the selection of good quality pre-read books, including Children's titles**

**We accept donations of paperbacks (not too many & in good condition please!)**

**All welcome**

## **Cinema Evenings – Poulton One & Nines**

Film nights will resume in September when a new season will begin. More information in next months Poulton Eye. If you'd like to be added to the film mailing list please send a mail to [\*\*poultononeandnines@gmail.com\*\*](mailto:poultononeandnines@gmail.com)



*Summer Time is here*

*And so are our new  
opening hours*

*Lunch & Dinner  
Tuesday to Saturday*



# POULTON VILLAGE HALL



EST. 1931

## POULTON VILLAGE HALL

Thank you to everyone who came to the Village Drinks & BBQ Evening in July. Between 50 and 60 villagers spent a few hours together enjoying each other's company, some meeting new neighbours & villagers, as well as partaking of the BBQ talents of Angela & Andy!. Many thanks go to Andy & Angela and to the Village Hall team who made it happen.

### Village Summer Drinks & BBQ Evening on Saturday 13<sup>th</sup> July



# Thank you

RACHEL, KERRIE, CIARA  
AND CONOR

thank everyone who has  
shown their love and support  
over the last couple of months.

*Pete's tragic illness and death has been incredibly difficult, but the overwhelming kindness shown by friends and neighbours has been so gratefully received and will continue to give them strength.*

*A cheerful wave walking through the village and a friendly chat in the Falcon will help to keep Pete's memory alive.*

*Thank you, Rachel.*

Poulton Eye Newsletter	<a href="mailto:Poultoneye@gmail.com">Poultoneye@gmail.com</a> Editors: Rosie Arkwright, Lizzy Roughton
Poulton Village Website	<a href="http://www.poultonvillage.co.uk">www.poultonvillage.co.uk</a>
Poulton Facebook Page	<a href="https://www.facebook.com/groups/959278000806216/?multi_permaLinks=4503302606403720">https://www.facebook.com/groups/959278000806216/?multi_permaLinks=4503302606403720</a>
Poulton WhatsApp Group	Please contact Rachel Hutchinson to be added to group; 07557 006623
St Michaels and All Angels Church, Poulton	Vicar: The Rev'd Canon John Swanton 01285 – 851309; <a href="mailto:ampneyrector@gmail.com">ampneyrector@gmail.com</a> Church Wardens: Lizzy Roughton - <a href="mailto:pryorlizzy@gmail.com">pryorlizzy@gmail.com</a> ; <a href="mailto:rosie.arkwright@icloud.com">rosie.arkwright@icloud.com</a>
Village Hall	Available to hire for parties, wedding breakfasts, clubs or meetings - <a href="mailto:kjclapton@gmail.com">kjclapton@gmail.com</a>
Playing Field & Allotment Charity (PFAC)	<a href="mailto:pfactrustees@gmail.com">pfactrustees@gmail.com</a>
Post Office	In the Village Hall. Tuesday 1.30 – 3.30
Parish Council	Chairman: Simon Collyer-Bristow <a href="mailto:scb@crfc.co.uk">scb@crfc.co.uk</a> Clerk: Heather Harris <a href="mailto:poultonclerk@gmail.com">poultonclerk@gmail.com</a>
District Councillor	Lisa Spivey: <a href="mailto:lisaspivey4@gmail.com">lisaspivey4@gmail.com</a>
Poulton Action Group (solar farm)	<a href="mailto:poultonactiongroup@gmail.com">poultonactiongroup@gmail.com</a> .
Refuse Collections	Food bin weekly Friday 7am. All other bins & bags on alternate Fridays.
Poulton Football Club	<a href="http://www.poultonfootballclub.co.uk">www.poultonfootballclub.co.uk</a>
Poulton Cricket Club	Club Secretary: Will Bathurst <a href="mailto:w.m.bathurst@gmail.com">w.m.bathurst@gmail.com</a> <a href="http://www.poultoncricketclub.co.uk/">www.poultoncricketclub.co.uk/</a>
Poulton One and Nines	Films in the village hall every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month. Contact <a href="mailto:poultononeandnines@gmail.com">poultononeandnines@gmail.com</a>
Books Bikkies & Beverages	Village get-together 1 <sup>st</sup> Saturday of each month, 10.30 – 12.30 Poulton Village Hall Judith – 01285 851230
The Falcon Inn	<a href="http://www.falconinnpoulton.co.uk">www.falconinnpoulton.co.uk</a> email: <a href="mailto:bookings@falconinnpoulton.co.uk">bookings@falconinnpoulton.co.uk</a> 01285 850878

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