

THE DYDDI DIGEST

June 2025—597

The Hot Edition—For the Cool Cats



**Didmarton's local magazine incorporating
Leigherton, Boxwell and Sopworth**



RUBBISH DATES

All Bins – Friday 6th & 20th June

Food Waste— Friday 13th & 27th

www.didmartonvillagehall.co.uk/#Dyddi

DIARY DATES

2nd Leave the Office Early Day

3rd Repeat Day

3rd Repeat Day

6th D-Day

7th Paddington 3

9th Whit Monday

11th WOW

13th Film Club >

15th Fathers Day

18th International Picnic Day

20th Summer Solstice

21st Yoga Day

25th WOW

27th PTSD Awareness Day



Have you heard of Murphy's Law?

- Yeah, if something can go wrong it will go wrong

Right. Have you heard of Cole's Law?

- No what is it?

Thinly sliced cabbage with mayo



TELEPHONE NUMBERS

Phoenix, Tetbury Surgery – 01666 502303

Police – to report incidents – 101

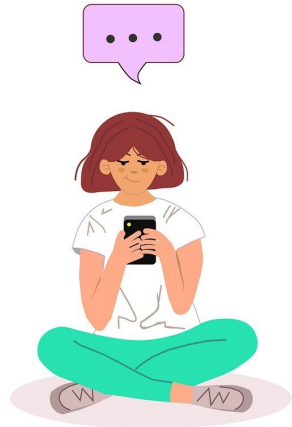
Tolsey Surgery, Sherston – 01666 840270

Tetbury Hospital – 01666 502336

Oldbury Garage – 01454 537016

Dyddi Editor – 07833 433337 / editor@dyddi.co.uk

Parish Council, John Hammond – 01454 238373



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IF THE PERSON WHO NAMES WALKIE TALKIES NAMED OTHER STUFF....

Stamps—Lickie Stickie

Defibrillators—Hearty Starty

Bumble Bees—Fuzzy Buzzy

Pregnancy Test—Maybe Baby

Fork—Stabby Grabby

Socks—Feety Heaty

Nightmare—Screamy Dreamy



Taken from what is thought to be the 7th century origin of Didmarton's name Dyddimaertun, believed to mean the boundary (maere) farm (tun) of a Mr Dyddi

CAN ANYONE DO A RAIN DANCE?

As spring gently gives way to summer, it brings a fresh energy—hedgerows blooming, gardens buzzing, and the familiar hum of tractors drifting across the fields bringing in the first cuts of silage etc., Sadly I am told that the first grass harvest is disappointing this year, so although we all love the sunny dry days, I think we need to put some positive energy in to making the rain fall, but maybe just through the night please!



Make a financial donation—DVHC Committee 30-91-99 02319866

**All editorial contributions should be sent before the 15th of each month—
anyone can offer a contribution, go on, express your inner writer even more on
online:- www.didmartonvillagehall.co.uk/#Dyddi**

Roxzanne Fox-Roberts / editor@dyddi.co.uk



The May 100 Club draw took place on May 5th at the VE Day celebrations held in the Village Hall. The prize winners were:-

1st prize £20 Imogen Neilson

2nd prize £15 Polly Holden

3rd prize £15 Nikki Edwards

4th prize £10 Brian Cook

Sue Cook and Sue Hammond

MINI TECH TALK! PC SHORTCUTS USING THE WINDOWS WIN KEY >

WIN + B Disables the keyboard

WIN + D Take you directly to the desktop

WIN + E Opens 'My Computer' directly

WIN + F Opens the search function



WIN + L Locks your computer screen

WIN + M Minimises all open windows on the desktop

WIN + P Switches the display mode for additional screens

WIN + T Activates the task bar

WIN + F1 Opens the 'Help & Support' menu

WIN + Up Arrow Makes the current window maximise to full screen

WIN + Plus (+) Zooms in on the screen



Tetbury

Secret Gardens

Sunday 22nd June 2025

2-6pm



Join us for a walk around some of Tetbury's private gardens using the map on the reverse of your ticket.

Plants for sale and refreshments available at 3 gardens.

Advance tickets may be purchased from Tetbury Hardware Store, 30A London Road, Tetbury, GL8 8JL Monday - Saturday.

For full information and to obtain your online ticket please follow the QR code or go to our events page at www.friendsoftetburyhospital.co.uk.

A fundraising event organised by the Friends of Tetbury Hospital for the new X-ray machine.



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No:1008926

How to enter

Visit www.friendsoftetburyhospital.co.uk or scan the QR code.

Scan me



SPEED WATCH—APRIL SUMMARY



We were able to complete all 7 planned sessions and it was quite a change to be standing in warm, even hot sunshine with no cancellations due to rain.

We continue to record some high speeds with 10 out of 36 logged as doing over 40. Quite a high number, something to do with the sunny weather maybe?

We look forward to our next session in May and wondering if the new road surface will lead to a general increase in speed – watch this space!

Date & Time	Site	Pos IDs	Highest Speed & Time	Total Vehs	Comments
7/4 @ 8:15 - 8:45	Village Hall	8	43 mph at 8:23	100	2 Vehicles with no Tax or MOT
7/4 @ 16:45 - 17:15	St Lawrence	3	37 mph at 17:05	161	
8/4 @ 8:00 -8:30	Village Hall	3	43 mph at 8:02	174	Also 41mph at 8:20
8/4 @ 17:00 - 17:30	St Lawrence	7	45 mph at 17:27	233	Also 44 mph at 17:05 and 40 at 17:10
9/4 No Sessions					
10/4 @ 8:30 - 9:00	Village Hall	4	49 mph at 8:40	233	PCSO attend the session
10/4 15:30 - 16:00	St Lawrence	5	42 mph at 15:39	188	
11/4 17:15 - 17:45	Village Hall	6	46 mph at 17:21	173	Also 40 mph @ 17:23
Totals		36		1262	



VICTORY IN EUROPE (VE DAY) MAY 1945
DIDMARTON VILLAGE CELEBRATION



VE DAY 80



After much preparation this 'one off' event got away at 4pm on Bank Holiday Monday May 5th with the raising of the flag on our new flagpole.

Within 15 minutes the organisers were very pleased to see plenty of villagers and their children had turned up to enjoy the sunshine and activities.

It had been a chilly start to the day but as the event got under way the clouds parted, and the sun crept out - bathing the western front of the hall in a bit of warmth and light.

From the very start, those manning the kitchen were kept busy serving cream teas and cakes and we must thank all the villagers who donated their time, skills and ingredients to provide them.

More people turned up and pretty soon it became very clear that the bar needed to open up earlier than 6pm as planned - well.... the sun had come out, people were thirsty.



This time (unlike D Day 80) we were prepared and didn't run out of wines and beer -but it was close! Although, the Prosecco did disappear very quickly again. We should take note of that for any other events where the sun is likely to come out. Not to worry though, Pimms came to the rescue and filled the gap.

At 6pm Gail and John from Swindon started the Jive demonstration whilst the hall was fairly full and there seemed to be a good amount of interest as they went through their routine.

However, when it came to inviting people to try a small instruction lesson there was a reluctance to take part. But luckily a few couples did eventually pluck up the nerve to give it a go and learned a few simple moves, although it was obvious that some had previous experience and just needed to 'brush up' their moves!

If anyone does want to take up lessons, you can Google "JUST JIVE" and find our nearest instructors in Tetbury, who run weekly sessions.



VICTORY IN EUROPE (VE DAY) MAY 1945
DIDMARTON VILLAGE CELEBRATION



VE DAY 80



Jenny did a great job providing suitable background music and videos from the wartime era on the sound system and big screen.

For the rest of the short evening a lot of people caught up on the gossip with each other, some not having seen each other for quite a while.

The kids seemed to use the whole field for football, Rounders and 'Beat the Goalie' – thank you Stan Nightingale.

Once again the Bouncy Castle proved a worthwhile investment as so many youngsters spent a lot of time on it – some having to be ejected at dusk as the man came to collect it at 8pm.

Smaller children played in the toddlers park or the sand pit, which is now (a few days later) more of a swimming pool since a decision was made by someone to add water!



At the end of the evening a proclamation and prayers were read by Antony Brassey before 'The Last Post' was trumpeted by Freddie Darbyshire as the flag was lowered. A poignant moment as the remaining villagers respectfully remembered those who took part in the war.

And then the bonfire. The sun had set, it was chilly and everyone appreciated the warmth it radiated up to 30 feet away.

All in all, a very successful day and great thanks goes to all those involved in organising it and the effort put in on the day.

All net proceeds are being earmarked for The Driveway Fund where we hope to raise enough money to tarmac the entire length. This will be a major expense and take some time to achieve but in the meantime, we have repaired the potholes and driving on it should be a little more comfortable experience for a year or two.

Thank you to everyone for your support.

Didmarton Village Hall and Community Committee.



TETBURY GOODS SHED

A R T S C E N T R E

JUNE HIGHLIGHTS AT THE GOODS SHED



- June 7** **William Howard and the Dentons:** Three great friends of the Goods Shed are back for a programme of Beethoven, Shostakovich and Dvorak. Tickets in advance £24. 6pm.
- June 12** **National Theatre Live:** Our link to the NT brings you the best of British Theatre. This month A Streetcar Named Desire stars Gillian Anderson. Tickets in advance £15. 7pm
- June 14** **Music for Miniatures:** A baby-friendly concert for children 0-4 and their grown-ups. No need to sit still and dancing is encouraged! Tickets £5 child, £7 adults, family £17. Under 1s free. 1030am.
- June 15** **Sunday Folk:** The Picture Framers Duo and Geoff Lakeman bring you an affordable and family-friendly way to spend Sunday afternoon enjoying excellent folk music. Tickets in advance £10 (under 16 £2). 3pm
- June 22** **Gloucestershire Youth String Orchestra:** Conducted by Nick Steel GYSO is made up of talented pupils from across the county. Today, among other things, they will premier works by local young composers. Adults £6/U18 free. 3pm
- June 28** **Seriously Collins:** Relive the legendary hits of Phil Collins and Genesis. No gimmicks – just a genuine tribute to one of the greatest artists of our time. Tickets £22 in advance. 7.30pm

Check our website for further details of films, Wednesday afternoon concerts, exhibitions, workshops and talks and to book tickets

www.tetburygoodsshed.co.uk

1975—As 'Twas—June 2025

(This magazine has been published every month since No. 1 in October 1975.)

'Didmarton's own newspaper – the first 50 years – Part Five'

The process of DYDDI digest being made each month relies entirely on the voluntary efforts of four groups of people aided by the process of professional printing. That last addition has not always been there and much of the early work was entirely 'in house' or aided by the unsuspecting owners of photocopiers and Gestetner printers.

Of the four groups the most readily identified is the editorial team who compose, edit and compile the 300 copies each month with the key person being the willing editor. In the chain of production this group relies on the work of contributors beforehand and of deliverers afterwards. The fourth group is the Dd readership.

In this part of the 50-year tale we consider the work of one deliverer. Most residents are aware of the volunteer who comes to their house once a month bearing the magazine. One of the longest serving has been Barbara Smith who has given more than twenty-five years, year round and in all weathers.

Barbara's 'patch' was the North side of The Street from Whitehouse Farm to the crossroads at the top of the village. Gradually that work gained 'extras': the additional copy for a friend in a nearby village or one to be collected by a more distant regular contributor and the occasional posted copy to a friend who has moved away. With a delivery number varying between 30 and 40 copies per month over the years Barbara got to know the letterboxes of a lot of houses. Those with a spring-operated hand trap, the draft-proofed impossible to open, and occasionally the resident guard dog waiting to defend its family's territory. On a warm Spring day this could be a joy to undertake especially as many recipients would be willing to have a brief chat, but dodging showers of sleet on icy front paths had to be more carefully timed in Winter.

Elsewhere in the parish and surrounding area the method of delivery has been less concentrated and occasionally quite odd: the copy placed in the wellington boot in the back of the Land Rover in the farmyard, another in a pipe on top of the wall and the batch delivered to a telephone kiosk for locals to help themselves. Over the 50 years many copies have been regularly posted to destinations across Britain for previous residents wanting to keep up to date with Didmarton news.

Without fuss, Barbara, and many like her, have brought that news to an estimated readership of 600. For fifty years. Every month. The community of Didmarton and beyond says 'thank you'.

1975 - Dd50 – 4th October, 2025



NATIONAL

COMMUNITY WALK



SUNDAY 8TH JUNE

Bring family, friends, and dogs!

Join us for a walk
up the Fosseway
and through our
beautiful
countryside which
is now at risk from
Lime Down Solar.



MEET AT 10am

Maps and parking details
on website: www.stoplimedown.com



*collections and refreshments to raise funds for Stop Lime Down

ONE OF THESE NIGHTS—THE EAGLES, JUNE 1975

It was always my belief that the 70's were a time of ludicrous flares, stupid hair and atrocious music; However, since writing this piece, while the clothes and hair certainly had a way to go (I was a teen in the 80's, so I know!), the music I have been looking at each month is iconic. Look at what we have seen so far:

Physical Graffiti by Led Zeplin / Young American by David Bowie / Toys in The Attic by Aerosmith / Venus & Mars by Wings and now The Eagles amazing One of These Nights, and there is more to come all of it as ground breaking and influential as you would hope. Further more, this is just one year out of 10!

So the Eagles

One of These Nights, was the Eagles' fourth studio album and a crucial turning point in their career. It marked a move away from their earlier country-rock roots toward a more polished, radio-friendly rock sound. The album's title track, "One of These Nights," is a moody, funk-infused number featuring Don Henley's soulful vocals and Don Felder's atmospheric guitar solo, showing a darker, more sophisticated side of the band. It became their second No. 1 single and signalled their growing ambition.

"Lyn' Eyes," sung by Glenn Frey, offered a poignant country ballad about betrayal and disillusionment, resonating deeply with listeners and earning a Grammy Award. "Take It to the Limit," co-written and sung by Randy Meisner, highlighted the band's vocal harmonies and became a fan favourite, despite Meisner's eventual discomfort performing its demanding high notes live.

The album's blend of musical styles—from soft ballads to rock anthems—helped broaden the Eagles' audience and defined their signature sound. It was also the last full album to feature founding member Bernie Leadon, whose departure signalled the band's further shift toward mainstream rock. Critically and commercially successful, *One of These Nights* paved the way for the mega-success of *Hotel California*.





Badminton Benefice Festival of Music 2025



Come & Sing! - Sunday 18th May
at St Mary the Virgin, Hawkesbury
1pm Singing workshop 4pm Concert



Young Musicians - Sunday 22nd June
at St Mary the Virgin, Sopworth (2.45pm)
Recital by Westonbirt School students
led by Nicola Atwell



Echoes of St Arild's - Sunday 6th July
at St Arild's, Oldbury (1-5pm)
Art and music with artist Sue Bown
& the Wotton Chamber Group



Pastoral Airs - Sunday 24th August
at St Mary's, Lasborough (3pm)
Recital of wind instruments
led by flautist Nicky Russell



Harvest Home - Sunday 28th September
at St Andrew's Leighterton (5.30pm)
Folk music & flowers
with wine & refreshments

Free admission - donations welcome
www.badmintonbenefice.com/festival-of-music

A BEGINNERS GUIDE TO TYING YOURSELF IN KNOTS!

Yoga: the ancient art of stretching, breathing, and pretending your hamstrings aren't screaming. But if you've ever tried to pick a class, you'll know there are more types of yoga than flavours of hummus. So here's a not-so-serious guide to the main styles of yoga, to help you choose your path to inner peace in time for Yoga Day on the 21st June (or at least outer bendiness).

Hatha Yoga

This is the "starter yoga" – gentle, slow-paced, and perfect for those who don't want to be upside down within five minutes. Hatha classes focus on basic poses and breathing. It's like yoga with a cup of tea and a biscuit afterward.

Vinyasa Yoga

Vinyasa is yoga's answer to speed dating. You flow from pose to pose like you're in a graceful interpretive dance – except your thighs are on fire and you're definitely sweating through your mat. Bonus points for remembering to breathe.

Ashtanga Yoga

Not for the faint-hearted. Ashtanga is like Vinyasa's strict older cousin who wakes up at 5am and runs marathons for fun. It follows a set sequence, every time. Good if you enjoy structure, discipline, and being permanently slightly sore.

Bikram (Hot) Yoga

Ever wanted to do yoga in a sauna? Bikram features 26 poses performed in a room hotter than a holiday brochure. You'll sweat out toxins, worries, and possibly your will to live. Bring water. And a mop.

Iyengar Yoga

This is the precision-engineered yoga. You'll use blocks, straps, bolsters, and occasionally the furniture. Every pose is held and aligned with military precision – like yoga crossed with a building inspection.

Kundalini Yoga

Kundalini blends movement, chanting, and breathwork to awaken your inner energy. It's deeply spiritual and occasionally feels like an interpretive art project. Expect a gong. Possibly two.

Yin Yoga

Yin is slow. Very slow. You hold poses for what feels like six years (actually 3–5 minutes), stretching deep connective tissues and uncovering emotions you didn't know you had. It's great for flexibility and accidental naps.

Continued over>

Goat Yoga

Yes, this is a thing! Yoga... with goats. Tiny goats hop on your back while you're in downward dog, because nothing says inner peace like hooves (If you saw Clarkson's Farm, Lisa gave it a try with her smart London friends!). It's oddly joyful, slightly chaotic, and you'll probably leave with goat selfies and grass stains.

Whatever your style, there's a yoga for you – even if your favourite pose is the one where you lie down at the end (Shavasana). Namaste...

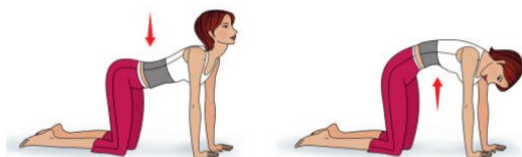
SOME BASIC YOGA POSES TO GET YOU STARTED

Child's Pose (Balasana) How to do it:

Kneel on the floor, sit back on your heels. Stretch your arms forward and lower your forehead to the mat. Relax your whole body and breathe deeply.



Why it's great: Gently stretches the back, hips, and thighs. Also a socially acceptable way to take a break mid-class.



Cat-Cow Pose (Marjaryasana-Bitilasana)

How to do it: Start on all fours, hands under shoulders, knees under hips. Inhale: arch your back, lift your head and tailbone (Cow Pose). Exhale: round your spine, tuck your chin (Cat Pose). Repeat slowly with your breath.

Why it's great: Gives your spine a gentle massage and makes you feel like a graceful farm animal duo.

Tree Pose (Vrikshasana) How to do it:

Stand tall, shift your weight onto one leg. Place the sole of your other foot on your ankle, calf, or thigh. Bring your hands together at your chest (heart centre) or raise them overhead like majestic tree branches.

Why it's great: Improves balance, focus, and gives you a good excuse to wobble like a very thoughtful flamingo.



These poses are easy, effective, and can be done at home with no equipment (goats optional).

Leighterton School PTFA
presents our annual

FREE
ENTRY

Summer fete

at Leighterton Primary School
GL8 8UH

2PM -
5PM

SATURDAY
21ST JUNE

EVERYONE IS WELCOME
JOIN US FOR AN AFTERNOON
OF FUN

Raffle - Bar - Tombola
- Variety of games -
Competitions and
much more!

All funds raised will go towards a
brand new **Sensory Garden**. A
calm, welcoming space for all
children to enjoy.



This event is proudly sponsored
by Bodkin House Hotel

YOUR MIND AND BODY MATTERS

SUPPLEMENTS, is an ongoing debate and expert's views seem to change all the time. The only view that stays the same is, that if we have a good and varied diet of fresh food then we shouldn't need supplements. Given the way people eat now I would go as far to say that a lot of people do need to supplement their diet. So here is the latest review on supplements from Dr. Lina Patel in my Fitness Professionals publication.

MULTIVITAMINS A large clinical trial that was over a 10-year period on groups of people over 45 years of age showed that multivitamins do nothing to prevent disease or to improve long-term health. The results show that unless there was a particular need to add in extra iron, omega, etc. (for example, if you're pregnant or eat a vegan diet) then taking a multivitamin doesn't help reduce the risk of cancer or heart disease.

VITAMIN C is found in a wide range of fruits and vegetables, yet it remains one of the most popular supplements worldwide. Many people turn to it, especially in winter, believing it helps protect against colds and flu. For adults aged 19-64, the recommended daily intake is 40mg, which can usually be met through diet. Since vitamin C is water-soluble, the body doesn't store it, meaning we need a daily supply from food sources.

When it comes to immune health, research suggests that vitamin C only provides noticeable benefits if your intake is low or if you have a physically demanding lifestyle. In these cases, a supplement may offer some immune support. Some studies indicate that taking 1,000mg of vitamin C alongside 15-30mg of zinc at the first sign of a cold could reduce symptom severity by up to 1.5 days.

However, it's best to stop supplementation once you feel better and get your vitamin C from food sources. If you have diabetes, consult a healthcare professional before taking high-dose vitamin C supplements, as some studies suggest they may raise blood sugar levels.

SHOULD WE ALL BE ON VITAMIN D? When you scan the body for vitamin D receptors you find them pretty much everywhere. This means that it is a nutrient that not only supports our bones and immune system, but it influences many systems in the body such as the brain, mood and insulin sensitivity, as well as hormonal production. The UK government *recommended* adult *vitamin D* dosage is 400 IU (10 µg) per day when the sun is at its lowest (from October to March).

People with darker skin tones or gut issues or inflammatory bowel disease may well need a higher dose of up to 25mcg (1000 IU) or possibly more. To know how much vitamin D you should have when, I would strongly suggest you get your vitamin D levels tested; it's an important one to get right as low vitamin D levels have far-reaching effects.

Optimal levels are 70-80nmol/L. Based on your bloods you can get supplements with the right doses. It's a fat-soluble vitamin so, if you take it, ensure you have some fat in your stomach to enhance absorption.

WHAT ABOUT VITAMIN B FOR ENERGY? There are eight different B vitamins (B1,2,3,5,6,7,9,12) that all have unique roles in the body but collectively work together to support and regulate energy, mood levels and cognitive function. Our requirements of B vitamins increase with stress and with alcohol consumption. B12 is found predominantly in animal products like eggs, dairy and meat and that is why non-meat eaters are recommended to take a 10mcg B12 supplement daily.

Some breakfast cereals will be fortified with B vitamins. A lot of the research into the effectiveness of vitamin B has looked at mood and cognitive function. However, low levels of B6 have been found to impact progesterone production and there is some interesting research suggesting that B vitamins may also possibly help with hot flushes.

More research is needed before we can draw firmer conclusions. However, deficiency in any one of the vitamins can have serious problems. B vitamins are water-soluble vitamins, which means they are not stored and should be consumed regularly from food. If you are feeling stressed, some people find that taking a B complex supplement for a couple of weeks to support their adrenal health helps when they are under pressure.

OMEGA-3 FATTY ACIDS are essential fats that are important for health and have anti-inflammatory properties. Recommendations for essential fats vary widely from country to country; however, most health organisations recommend an intake of at least 250-500mg of combined EPA and DHA per day. The last dietary survey in the UK showed that, on average, we were getting around a third of that. The most positive research within omega-3s has been linked to its impact on mood and behaviour. There have been some links to low levels of omega-3 also causing dry skin and hair.

Ideally, we should all eat a little more oily fish or eat plant-based omega-3 sources like seaweed, walnuts, flaxseeds or chia seeds. If you want to know your omega 6/3 ratio, there is a blood test you can do that can help you understand if you need supplements or not, but this is not another routinely done test. There isn't an agreed dosing for supplementation. In my clinical practice, I recommend that for therapeutic doses you need to look around for a 1,000mg combined EPA and DHA from fish oil. Vegans can opt for algae oil. According to the European Food Safety Association, omega-3 fatty acid supplements can be safely consumed at doses up to 5,000mg per daily.

Obviously there are more supplements but I think the most popular ones have been addressed here. However supplements cost money, so why not invest your money in better food where the supplementation is natural but then we have a whole other debate about the soil the food is grown in or the food the cattle and sheep are fed and so it goes on. It always goes back to doing the best we can and taking responsibility for ourselves and our families. Ruth x



SHERSTON GARDENING CLUB

Next Meeting
Tuesday 3rd June

Speaker is John Biddulph of Rodmarton Manor

Cuttings

After some 'technical' difficulties, resolved just in time, our May speaker proved as entertaining as she was knowledgeable. Val Bourne is an award-winning gardening journalist, author and lecturer who still finds time to maintain her own delightful garden in the upper Cotswolds. We heard about her early introduction to gardening with her grandmother, photos of her patch of ground where a garden didn't exist when Spring Cottage was purchased about 20 years ago and how it looks now: a riot of colourful, fabulous plants which she maintains without chemicals and any help.



At our 3rd June meeting, we're delighted to welcome John Biddulph who will talk about Rodmarton Manor, near Tetbury. He and his family are the fourth and fifth generations of Biddulphs to live in the famous Arts and Crafts house with its eight acre garden so the fitting title of his presentation is "Looking after the Legacy".

Topiary splendour at Rodmarton Manor, one of many garden 'rooms'

Clippings

Club meetings will remain throughout 2025 on the first Tuesday of each month at the British School Room, Cliff Road, 7.00pm for 7.30pm start. Plant ID, plant sales, raffle, gardeners' question time, jobs in the garden for the month and friendly chat over homemade refreshments.

New members are always welcome. There was a small increase in fees from 1st April so the new cost is £20 single, £35 joint, U18's free. We communicate with members via a monthly newsletter, on the sherston.net website and on our SGC Facebook page. Our Secretary can be contacted at sherstongardeningclub@gmail.com

Community

We enjoyed visiting two gardens in May, representing opposite ends of the spectrum. There was a coach trip to Morton Hall in Worcestershire for its amazing Tulip Festival while, nearer to home, we enjoyed looking round Chris Frost's delightful garden in Brookend, Luckington.

Continued over>

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Calendar

2025 PROGRAMME of TALKS

May 6th. - 'A Year at Spring Cottage' by writer and broadcaster, Val Bourne

May 8th. TRIP TO MORTON HALL. WORCESTERSHIRE FOR TULIP FESTIVAL

June 3rd. 'Looking after the Legacy of Rodmarton Manor' by John Biddulph

July 1st. - 'Gardening with Climate Change' by Sally Morgan.

September 2nd. - 'Gravel Gardening with Low Maintenance Plants' by Derry Watkins.

October 7th - 'Confessions of a Plant Freak' by Nick Macer.

November 4th. - 'Gardening with Wildlife' by Dede Liss.

December 2nd. - Christmas Decoration Demonstration with Julia Armstrong.

Finalising 2026 Calendar which will be available soon to see.

THE PERFECT SUMMER COCKTAIL IS...

...a refreshing Elderflower Gin Fizz—easy to make, even easier to enjoy. Simply mix 50ml gin, 25ml elderflower cordial, a squeeze of lemon juice, and top with soda water (or a sparkling wine for extra indulgence!). Serve over ice with a sprig of mint and a smug sense of seasonal satisfaction.

Best enjoyed in the garden while pretending you can't hear someone asking where the barbecue tongs are. For bonus points, garnish with something from your own herb patch (or whatever survives slug season).

It's light, floral, and guaranteed to make you feel like summer's finally arrived—even if it's raining sideways again.



BT16–June25 Dd Brain Teaser

Given the initials and number of letters, for what do they stand?

*Answers to BT15 C/A Gloucester
Bath Westminster St David's York Minster
S Gin Whisky Ouzo Poltergeist Methylated
F P Hamlet Waiting for Godot The Seagull
Look Back In Anger The Crucible M Beer
Coaster Door Gym Table P P Screen Buttons
Camera Dial SIM Card*

HISTORICAL DATES

D D 13

V i E 7 2 6

V i J 7 2 5

T S S 3 5 3

F E E 7 6 5

SHAKESPEARE

T B 3 4

W 7

S o A 9 2 4

A T T 5 6 5

F F 5 5

MEASUREMENTS OF TIME

H 4

Y 4

S 8

N 10

E 7

BLADES

K 5

S 3

R 5

G 5

S 5

MARKERS

W L 5 4

C P 6 4

F T 9 4

P 9

C 5



SUDOKU

For the uninitiated: to solve each puzzle, each row, column and 3x3 box must contain each of the numbers 1 to 9.

EASY !!

	2		8					
6					1			
				3	2	7		
			1	6		2	7	
		8	7		5	4		
	6			2	3			5
3				4				
9			5					4
7	4	2					6	

NOT SO EASY !!

			6	7				
	6						9	
				2				
1								7
			4	8				
3		8				5		2
	7	5	8		1	2	3	
		3	5		2	6		
6		9				1		5

Answers to the May quizzes:

'Easy'

1	3	9	6	2	4	8	5	7
8	4	5	9	3	7	6	2	1
2	7	6	5	1	8	9	4	3
3	6	4	7	9	5	1	8	2
9	2	8	3	4	1	5	7	6
7	5	1	8	6	2	3	9	4
4	1	3	2	5	9	7	6	8
6	9	7	4	8	3	2	1	5
5	8	2	1	7	6	4	3	9

'Not so Easy'

8	1	7	2	3	9	4	5	6
2	6	9	8	5	4	7	1	3
5	3	4	7	6	1	9	2	8
6	4	3	1	7	2	8	9	5
9	2	1	5	8	3	6	4	7
7	5	8	4	9	6	1	3	2
4	7	6	3	1	5	2	8	9
3	8	2	9	4	7	5	6	1
1	9	5	6	2	8	3	7	4



VICARS LETTER

Dear all,

It was great to have the Bishop of Gloucester with us at the Horse Trials service. It was a beautiful day and she very much enjoyed her visit. Looking forward - we have our annual Benefice service at St Arild's Oldbury on the last Sunday of the month, which is always popular. Please do come.

Ben Humphries our organist and choir master has organised a Badminton Benefice Festival of Music which is being held over a period of three months, on Sunday afternoons. There is information on the website, www.badmintonbenefice.com I hope you may feel like you are inclined to support this. It is for non-churchgoers as much as churchgoers, so if you do not visit church often, you are especially everyone.

With a new Pope installed, it is appropriate that we are welcoming some Roman Catholic pilgrims to St Mary's Hawkesbury to see the Wulfstan window. They are part of a new pastoral area, dedicated to St Wulfstan, so it is great that they are interested in coming to one of our churches.

Talk of a new Archbishop is still a slow old process. Such is the Church of England, nothing happens quickly because it is run by committees! This year they will have five, not one, representatives on the committee, from around the Anglican Communion. Making it more representative than ever of the worldwide role of the Archbishop of Canterbury. Hopefully, the new incumbent will bring much healing and inspiration to the role.

With my best wishes for this month,

Rev Richard Thomson

Priest in charge, Badminton Benefice website: www.badmintonbenefice.com

revrichardthomson@gmail.com

01454 606854

**CHURCH
SUNDAY SERVICES**

Date	Time	Parish	Service	Minister
1st June	9.30am	Lasborough	Matins	D Hewitt
Visit of the BVM to Elizabeth	10.00am	Hawkesbury	Parish Communion	Rev R Thomson
	1115am	Didmarton	Matins	Rev R Thomson
	6pm	Acton Turville	Evensong	Rev R Thomson
8th June	9.30am	Lasborough	Holy Communion Prayer book	P Cheeseman
Pentecost	9.30am	Leighterton	Holy Communion Prayer book	Rev R Thomson
	1115am	Little Badminton	Matins	Rev R Thomson
	6pm	Hawkesbury	FOSM Choral Evensong	Rev R Thomson; Preacher Rev Lesley Huish
15th June	8.30am	Didmarton	Holy Communion BCP	Rev R Thomson
Trinity Sunday	1000 am	Hawkesbury School	Family service	Rev R Thomson; lay talk
Father's Day	1115am	Sopworth	Matins	Rev R Thomson
	6pm	Acton Turville	Evening Prayer	Rev R Thomson
22nd JUNE	9.30am	Lasborough	HC and Baptism	Rev R Thomson
Trinity 1	1115am	Little Badminton	Matins with HC	Rev R Thomson
	6pm	Hawkesbury	Evensong	Lay led
29th June PETER AND PAUL	1115	St Arild's, Oldbury	Matins	Rev R Thomson

THAT IS.....

Once all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one person came with an umbrella. That is faith.

Standing under an umbrella in a thunderstorm. That is inadvisable.

The metal parts of an umbrella can conduct electricity, making it a potential hazard if lightning strikes nearby. While lightning isn't specifically "attracted" to an umbrella, it can be a path of least resistance for electricity to travel, potentially harming the person holding it. That is fact.



DIDMARTON CONGREGATIONAL CHURCH



I Will Come Again

Here is a promise of which we can be certain, unlike so many we hear from politicians and see in media adverts or experience in relationships which fail to materialise. A promise is only as good as the one who makes it in sincerity and has the availability to fulfil.

But this promise "I will come again" can be relied upon for it is given by the one who cannot lie; coming first will be and has the ability to fulfil, for it is from God's own son, the Lord Jesus Christ, made to his disciples (John 14v3) prior to his departure to heaven and further confirmed at his ascension by angels from heaven. He will come without further warning in fulfilment of God's plan for the world and its people at the appointed time and purpose.

Since we do not know when Jesus will come (although signs indicate its imminence) we should be living in anticipation and expectation knowing that a thousand years is as a day with God, so we must be ready for it.

His coming first will be into the clouds of sky, personal, physical & visible to light up his own beloved believing people who are alive at the time, together with those who have died in faith that Jesus would return and take them up to be with him. What a wonderful day those of us who Love Jesus have to look forward to as we meet our beloved Lord and Saviour and spend eternity with him in the glory of the home he has prepared for his own beloved people.

However, for those unbelievers who are left behind when he comes he will return separately to bring the judgement of God on those who by their Lord and impenitent heart reflect the goodness of God which brings salvation through faith in Jesus. Who suffered and died to purchase forgiveness of sin for those who will receive him, but store up wrath for themselves by rejecting him (Romans 2v5). In Acts 17 and 31 we read "God has appointed a day in which he will judge the world in righteousness by Jesus and gives assurance of this to all by raising him from the dead"

Are you ready for the day when Christ will come? God is not willing that any should perish in hell, but for all to come to salvation. God wants us all to be with him for he loves us and provides a door through which we may escape hell and enter into his presence. Jesus said, "I am the door by me if any man enter in he shall be saved" (John 10v9)

If Jesus comes today will you be ready or left behind? May you enter in through Jesus the door by repentance and faith in him today.

Royston Pick

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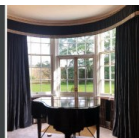
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