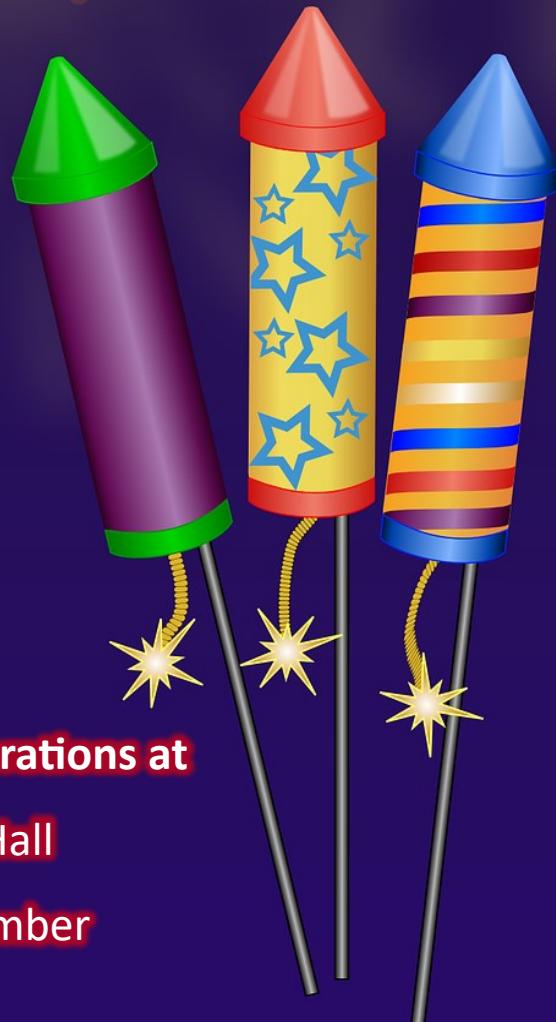


# THE DYDDI DIGEST

November – 588



**Bonfire Night celebrations at**

**Didmarton Village Hall**

**Saturday 2nd November**



## RUBBISH DATES

All Bins – 8th & 22nd November

Food Waste— 1st, 15th & 29th December

2024 Calendar now on line

[www.didmartonvillagehall.co.uk/#Dyddi](http://www.didmartonvillagehall.co.uk/#Dyddi)

## DIARY DATES

1st—Day of the Dead / All Saints' Day

**2nd—Didmarton Bonfire Night**

3rd—Service of Remembrance

5th— Guy Fawkes Night & Full Moon

**8th— Rural Cinema**

11th—Remembrance Day

13th— World Kindness Day

**13th—WOW**

17th—National Unfriend Day

20th—World Philosophy Day

27th—Thanksgiving Day

**27th—WOW**

26th—Beaufort Christmas Fair

28th—Black Friday

30th—St. Andrew's Day



## NOVEMBER FULL MOON

The full moon in November 2024 will occur on Friday, November 15 and is known as the Beaver Moon. It will be the last supermoon of 2024, with the next ones not occurring until October 2025. Those who like to live their lives in tune with the moons and the stars like to start preparing for winter at the same time as the beavers. If you want to take it further, you can view it as a chance to let go of what is in the past and start looking forward to a new season and new possibilities.

## 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

VILLAGE HALL BOOKINGS – didhallbookings@gmail.com



## BABYSITTING CONTACTS

Elizabeth Darbyshire – 07702 693100

Henry Yandell - 07719 304445

Francesca Goodwill - 07483 839082/07972783679

Esmé Kay 07850 247096

Chloe Wallace 07984 922717

## WHY NOVEMBER?

The name "November" comes from the Latin word *novem*, meaning nine, because it was the ninth month of the ancient Roman calendar. When January and February were added later, November became the eleventh month.

November's birthstone is the topaz, which symbolizes friendship and loyalty. The traditional flower is the chrysanthemum, which represents happiness, love, and cheerfulness.

The star sign for people born between October 24 and November 21st is Scorpio, who are said to be loyal friends who will stand up for you

## CONTENT, CONTENT EVERYWHERE!

There seems to be a lot going on this November as my inbox has been crammed with people wanted to publicise an event, thank people, say goodbye and offer articles. This is great news as you don't have to read too much of the mundane pieces I try to compile on a monthly basis!

Just a reminder that anyone can offer articles for submission, it keeps our magazine varied and interesting. There is a particularly interesting piece on page 20 which is dispelling the myths around acupuncture and is another contribution from Sherston, there is even something from Sopworth this month! You never know, there might even be something from Boxwell next month—the gauntlet is down!

**All 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](http://www.didmartonvillagehall.co.uk/#Dyddi)**

Roxzanne Fox-Roberts / [editor@dyddi.co.uk](mailto:editor@dyddi.co.uk)



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

## ANDY SNELL

12.25p.m. Friday, 11<sup>th</sup> October 2024, St Lawrence's, Didmarton

A gleaming JCB, polished to within an inch of its bucket, a serenade of 'Runaway' by Del Shannon and the A433 traffic slowing to a crawl; Andy Snell was saying goodbye to Didmarton, and family and residents weren't letting him go alone. Old Didmarton and young were out in force, many arriving early and as many without on the lawns and pavements as within. The sun shone, it wasn't raining, it was weather to gladden the heart. Almost as though global warming itself was saluting the man.

There is a corner of the back bar in the Kings Arms which, to borrow a well-worn cliché, is forever Andy. Bottom of the steps to the back door is a good viewing point for all that was going on and, equally, the place to be seen. If you could see Andy there you knew that all was well in the world no matter what the BBC was on about or the din of rain on the roof or the latest doom and gloom from the gossips.

Andy didn't always say much. The odd comment which could be pithy and often reduced you to strangled laughter and tears. But he did have a fund of jokes, always something new, so you wanted to be able to respond in kind. Most stories were not for the 'woke' amongst us, but never cruel. Andy had no malice. His heart was as big as the community he lived and worked in.

D. M.



## **Elizabeth Hodes Educational Trust - grant applications now being considered**



The Elizabeth Hodes Educational Trust is a local charity, established under the terms provided within the Will of Miss Hodes, a resident of Shipton Moyne, in 1723. Under the terms of the Will, income arising from a capital sum can be used to support the education or vocation of persons under the age of 25 whom or who are resident in the area of benefit and who are in need of financial assistance. Didmarton is one of the areas of benefit.

In recent years the Trustees have supported appropriate applications made by university and college students living away from home and apprentices living in areas of benefit. Typically, these grants are paid out to individuals on an annual basis and applicants are requested to make a fresh application each year for up to a maximum of 3 years. The funds awarded are agreed on an application-by-application basis and is dependent upon the funds available to the charity at the time.

If you, or your children, are under the age of 25 and are in need of financial assistance to promote a specific educational need (and you have not already made an application within the last 12 months) you may apply for assistance by writing to the Clerk to the Trustees in good time for the bi annual meetings (held in February and October each year) where the Trustees will consider the application. The Clerk to the Trustees is Helen Turner of Holly Cottage, The Street, Didmarton, Glos. GL9 1DS or letters can be sent by email to [helen@financedept.biz](mailto:helen@financedept.biz)



The October 100 Club draw took place on October 8th at the DVHCC meeting held in the Village Hall. The prize winners were:-

**1st Prize** £20 Gerald James

**2nd Prize** £15 Paul Whitbread

**3rd Prize** £15 Kim Littlejohn

**4th Prize** £10 Paul James

**Sue and Sue**

## THANK YOU AND FAREWELL

As I write this I am in Cornwall and Adrian is 'at home' in Bertha's Field, as we prepare to create the next chapter of our lives by moving out of our happy family home to start our new adventure close to Mevagissey.

We have had the best time in Didmarton, bringing up our 3 boys in this friendly and supportive community. We have seen people come and go and have made many good friends within the village, so it was not without some careful consideration, that we decided to make this move. We have many happy memories of our time here ( Didmarton!), and I know the boys really treasure their upbringing in this beautiful area, setting them all up well for their adult years.

We would like to thank everyone for their friendship and neighbourliness, as we set off in our new life, and wish everyone good health health and happiness. We would welcome any visitors if you happen to be in the area, and we will be back to visit!

I am sure you will all welcome Emily and Geoff Hanson as they move in to number 30, I know they are already familiar to a few of you, so should slot in well.

Many thanks again

**Adrian, Anna and the boys ( and dogs!)**

## THANK YOU

THANK YOU to everyone who either donated clothes or came to the sale evening. We raised £500, to be split between the VH and the repair to the church bell, and were also able to give donations to several local charity shop.



Thank you to all who supported my MacMillan through cakes and donations , we raised £511 which is amazing. Ruth x

A big thank you to everyone who came to my talk about Hilary Peters, the last resident of Worcester Lodge in Didmarton. The support of so many of you was fantastic, and despite technology giving us rather a challenge, I sincerely hope you enjoyed the story of her life, and how she has been the inspiration for the new Athelstan Pilgrim Way, and my accompanying guidebook, Past Present Presence.

If you were unable to attend, but would like to know more, or if you would like to arrange a talk for a group that you are involved in, please contact me on [crb231221@gmail.com](mailto:crb231221@gmail.com) 07722 860501—Carole

## MESSAGE FROM CHRISTOPHER CASEY

We have got some polo ponies at grass in the Diddle over the winter. Walkers are welcome but please make sure the gates are closed. I have put chains and clips on most of the gates to avoid any gates falling open. Over the course of the winter I will move the ponies between the fields to make sure they have sufficient grazing - for now they are around the wood. Any problems please call me on 07785 551743.

## SPEEDWATCH REPORT—SEPTEMBER 2024



We were able to hold 6 sessions in September with the results summarised below

Once again the highest speed recorded, along with the highest percentage ratio of people speeding against the total of vehicles, occurred during our early evening session.

These later sessions can no longer take place due to the darker evenings but will resume when the light allows next Spring.

We are always pleased to welcome new members to join our team. Sessions take place approximately every 6 weeks and last 30mins.

If you would like more information please contact me on 238373, speak to a member of the team or come and see us when we are next out speed watching.

### September 2024 Summary

Date & Time	Site	Positive IDs	Highest Speed & Time	Comments	Total Vehicles
9/9/2024 8:00 to 8:30	Village Hall	3	40 @ 8:05am	1 @ 40 and above	207
10/9/2024 8:30 to 9:00	St Lawrence	1	37 @ 8:40am		78
10/9/2024 17:30 to 18:00	St Lawrence			Washed out	
11/9/2024 8:30 to 9:00	Village Hall	8	45 @ 8:56am	5 @ 40 and above	162
11/9/2024 17:00 to 17:30	St Lawrence	6	38 @ 17:22pm		147
12/9/2024 8:00 to 8:30	St Lawrence	5	42 @ 8:08am		164
12/9/2024 18:35 to 19:05	Village Hall	6	49 @ 18:47pm	4 @ 40 and above	53
13/9/2024	Village Hall			Insufficient volunteers	
<b>Totals</b>		<b>29</b>			<b>811</b>

## DISTRICT COUNCILLOR REPORT - OCTOBER

**Cotswold District Council:** There was nothing too contentious at the September meeting other than questioning the resilience of CDC infrastructure. A storm caused a leak in the recently renovated roof which took out several IT and electrical services leading to reduced service availability throughout the building. We are assured that the core systems were unaffected and that offsite backups are in place.

Following the full council meeting we attended an event at the Corinium Museum to celebrate 50 years since CDC was founded. We were joined by special guests, including past councillors and officers.

**Unsung Heroes:** The Unsung Heroes Awards is to acknowledge all the work being done across the district by volunteers who give up their time to help others. Residents and businesses have nominated people in their communities who they think have made a difference, from individuals who give up their time to help neighbours, to members of local groups who volunteer to deliver local projects. I was delighted to see that one of our Kingscote residents, Brian McTear, was an award winner in the first ceremony at the Full Council meeting on 25 September (see pictures below). This will be a rolling scheme with winners announced at every Full Council meeting going forward. Please nominate your Unsung Hero here: [www.cotswold.gov.uk/unsungheroes](http://www.cotswold.gov.uk/unsungheroes)

**Bins:** There have been ongoing issues with the new bin collection routes, especially in rural areas, and a written response to a question from Mike Evamy (The Cabinet member responsible) states: The waste team is committed to reviewing and improving the reporting processes following the recent round re-organisation. This review will include an evaluation of the entire online process, from residents reporting missed collections to crews addressing the issue, ensuring it is effective and allows residents to accurately report missed containers. The review will also look into the messages residents receive when reporting missed collections. This will include issues like 'gate checks,' where crews may indicate bins weren't placed out for collection or were contaminated, which currently prevents residents from logging missed bins. Key stakeholders, including customer services and the digital team, will be involved in the review, and extensive user testing will be conducted to ensure the tool is accessible and easy to use.

**Roads:** There have been several fatalities recently on our roads, mostly involving motor cyclists. With the darker nights and winter weather coming fast, do take care when travelling around the district.

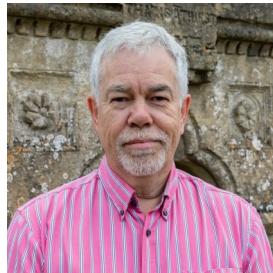
**Gloucestershire County Council:** Cllr Mark Hawthorne recently stepped down as leader of GCC. He was 14 years as leader and a true champion for Gloucestershire both locally and nationally, which had helped the county punch above its weight. Cllr Stephen Davies has been elected as the new Leader.

### **Councillor Tony Slater**

Cotswold District Council,

Representing Grumbolds Ash with Avening

email: [Tony.slater@cotswold.gov.uk](mailto:Tony.slater@cotswold.gov.uk) Tel: 07793669930



## THE PERFECT CHRISTMAS WREATH

Choosing the perfect Christmas wreath can add a touch of festive magic to your home. Start by considering where you'll display it—indoors or outdoors. For outdoor wreaths, opt for durable materials like pine, fir, or artificial greenery that can withstand the elements. If it's going indoors, fragrant options like fresh eucalyptus or pine can enhance the holiday atmosphere.

Size matters, too. A standard wreath is around 24 inches in diameter, ideal for most doors, but larger ones can make a bold statement on bigger entryways. Choose one with traditional elements like pinecones, berries, and a red bow for a classic look, or go modern with metallic accents, unique shapes, or even LED lights.

Finally, don't forget to match the wreath's color scheme with your existing holiday decor. Whether you prefer traditional reds and greens, frosty blues and silvers, or rustic natural tones, your wreath should complement the festive vibe you want to create.

**Emily and Stacey are fundraisers for the British Heart Foundation. Stacey is running the London Marathon in 2025 and they are holding a cake and wreath sale in Malmesbury's market cross on Saturday 7th December. If you can't make it, you can order a wreath by calling or WhatsApp Emily on 07525 855124. Wreaths can then be collected from Tetbury or if local we can deliver.**



# DIDMARTON'S ANNUAL **BONFIRE NIGHT**

**SATURDAY 2nd NOVEMBER**

**Gates open 6pm—Bonfire 6.30pm Fireworks 7pm**



**Burgers, Hotdogs, Bar, Mulled wine,  
Cake stall, Raffle, Sparklers for the children,  
Lots of parking.**

**£6 for Adults, £2 for children under 16**



## DIDMARTON RURAL CINEMA

**Friday 8th November**

**Doors open at 6.30pm for cash bar**

**Film starts at 7.30pm**

### **All of us Strangers (2023)**



**Cert: 15 – Run time: 1hr 45mins. - Romance / Drama / Fantasy**

**Rotten Tomatoes audience rating: 96%**

**Starring:** Andrew Scott, Paul Mescal, Carter John Grout

**Director:** Andrew Haigh

One night in his near-empty London tower block, screenwriter Adam has a chance encounter with mysterious neighbor Harry, puncturing the rhythm of his everyday life. As a relationship develops between them, Adam finds himself drawn back to his childhood home, where his parents appear to be living just as they were on the day they died 30 years ago.

**Please make contact if planning to attend to ensure enough seats put out!**

**(email or text) [jenny.body1@gmail.com](mailto:jenny.body1@gmail.com)**

**07875 406637**

# SAVE THE DATE

DIDMARTON VILLAGE CHRISTMAS FAIR 2024

**SATURDAY 7<sup>th</sup> DECEMBER**

1-5pm Didmarton Village Hall

*Keep an eye on Dyddi chat and Didmarton online  
for news and updates*



MANY OF OUR AMAZING STALL HOLDERS FROM LAST  
YEAR ARE RETURNING BUT WE STILL HAVE A FEW PITCHES  
AVAILABLE.

IF YOU WOULD LIKE TO HOST A STALL PLEASE CONTACT  
EMMA 07850247096

# TETBURY GOODS SHED

A R T S   C E N T R E

## HIGHLIGHTS FOR NOVEMBER AT THE GOODS SHED



**November 2** **Classical Series:** Ensemble Perpetuo and Emma Abbate perform chamber music by Schumann and Faure. Tickets in advance £24 Under 25 £15. 7.30.

**November 9** **Catch Your Breath:** The Secret Life of a Sleepless Anaesthetist as doctor, comedian and author, Ed Patrick, describes being a junior doctor in the NHS and the pitfalls of modern medicine in hilarious detail! Tickets £16 in advance. 8pm.

**November 10** **Gardeners' Questions:** Our regular panel are ready to answer queries about everything from bulbs to bindweed and beyond. Tickets £6.50 in advance. 2pm.

**November 16** **The Tom Ball Quartet:** Jazz pianist Tom Ball is joined by four friends for an evening of jazz classics and songs from the Great American Songbook. Tickets £15 in advance, under 25 £10. 7.30

**November 23** **Songs of Joni Mitchell:** An intimate tribute to the singer songwriter from Zervas and Pepper and their five-piece band. It will feature songs such as Woodstock and Both Sides Now. Tickets £23 in advance. 7.30

**November 30** **Music for Miniatures:** A classical concert where there's no need to sit still and dancing is encouraged! 45 minutes of music for you and your little ones. Tickets £8/£28 family of 4. 10.30

For more details of our other events including film, talks, exhibitions, and afternoon tea concerts and to book tickets visit our website:

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

Here for you.

New  
Extended Route!



# Tetbury's Santa Dash!



A fantastic fun event for all the family in aid of Tetbury Hospital.

Come along dressed in your favourite festive attire, we'll supply you with a complimentary Santa hat and then you can choose to walk, run, hop, skip or jump the loop around the town.

Start and finish at the Market House, where there will be mince pies and mulled wine on your return!

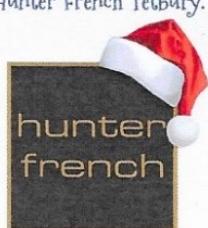
Sunday 15th December 2024 at 11am

To buy your tickets go to our events page at  
[www.friendsoftetburyhospital.co.uk](http://www.friendsoftetburyhospital.co.uk)

An event organised by The Friends of Tetbury Hospital and proudly sponsored by Hunter French Tetbury.



Registered with  
**FUNDRAISING  
REGULATOR**



# LEIGHTERTON PRIMARY SCHOOL

All of our children have settled well into the new school year and they love the topics they are learning about, which makes them very enthusiastic learners.

We now have seven classes each morning and all year groups are taught as separate classes. This means that all classes are small and children have lots of individual and group attention to support them with their reading, writing and mathematics. In the afternoons, Years 3 and 4 combine to make a class and so do Years 5 and 6. Even when they are combined, the classes are still small. Learning for the Foundation Subjects is planned on a two-year rolling programme so the year groups learn together in the afternoons.

All of our classes have Forest School and Outdoor Learning sessions. The younger children do this every week with their teacher and Mrs Walker and the older children have longer, whole afternoon sessions for a term every year. We have an area dedicated as a base for Outdoor Learning and the children have built a tree house and willow cave. There is also a stone circle, kindly built by the Cotswold Wardens that the children use for story time a cooking. The children also have access to our extensive school grounds and our outdoor classroom.

The oldest children in Saddlewood and Ridge Classes are just about to go on a residential visit to the Brecon Beacons. They are looking forward to taking part in a night hike expedition over a mountain, gorge walking, navigating a disused train tunnel and a visit to The Big Pit. For many of them, this will be their first time away from home and with lots of their friends and they are feeling very excited.

We have an Open Morning on November 14<sup>th</sup> from 9.00 am – 11.00 am for parents of children due to start school next September. If you would like more information, please contact our school office.

If you would like to come and visit us then you are very welcome to contact Mrs Davey in the school office on (01666) 890273 and we would be delighted to show you round at a convenient time. Further information about school is also available on our website - [www.leighterton.com](http://www.leighterton.com)

Meryl Hatfield

Headteacher

Mr Tommy Towers

t 01666 840237

e [admin@sherston.wilts.sch.uk](mailto:admin@sherston.wilts.sch.uk)

w [sherstonprimary.co.uk](http://sherstonprimary.co.uk)

## Sherston School News

### Tea Smart Captures Sherston Primary

At Sherston Primary, we pride ourselves on being the heart of the community, and Tea Smart exemplifies this spirit. A local photographer with a deep connection to the village, Tea has been instrumental in capturing the essence of our school. She recently took all of the individual and sibling photos, ensuring every child's personality shines through.

More than that, Tea spent two whole days with us, filming a special Day in the Life at Sherston School. This project beautifully documents the joy, curiosity, and energy of Sherston children as they explore, learn, and grow and we can't wait to showcase the final cut. Tea's involvement goes beyond photography – it's about bringing the community closer together, sharing the special moments that make Sherston Primary unique. Tea's talent, dedication, and close ties to the local area highlight how community-focused our school truly is. We are so lucky to have her as part of our extended school family.

### Maths at Sherston Primary – Tailored, Fun, and Successful!

At Sherston Primary, we believe in making learning both engaging and effective, and nowhere is this more evident than in our Maths lessons. Thanks to our carefully tailored learning plans and small group teaching, every child at Sherston thrives in Maths. Our dedication to providing individualised support has led to outstanding results – all children in Year 6 reached the national standard in Maths by the end of Key Stage 2, an achievement we are incredibly proud of.

Our Maths curriculum is designed to meet children where they are, ensuring that learning is fun and accessible to all. With creative problem-solving activities, interactive lessons, and plenty of hands-on learning, we bring Maths to life. Sherston children not only meet high academic standards but develop a genuine love for learning that will serve them throughout their lives. Fun and success go hand in hand at Sherston Primary!

### A Big Thank You for Our New Willow Class Furniture

We are thrilled to announce that Willow Class has recently been transformed with stunning new wooden furniture, generously funded by Friends of Sherston School. This new furniture enhances the learning environment, creating a space that is both calm and inviting, perfect for our children to focus and grow.

The natural warmth of the wooden furniture provides a sense of tranquillity in the classroom, which complements the excitement and energy that our children bring to their learning each day. The balance of peace and dynamism in our classrooms sets the stage for incredible learning experiences. We would like to extend a heartfelt thank you to Friends of Sherston School for their ongoing support in making our school environment such a special place for children to learn and thrive.

# YOUR MIND & BODY MATTERS

This month I'm writing about Vitamin D. I've collected my information from the ZOE podcast, very informative, who knew that Vitamin D is not a vitamin! The definition of a Vitamin is to give the body a supplement that our bodies don't make; however Vitamin D can be synthesised by the body when exposed to Sunlight.

We all have been encouraged to take Vitamin D especially through the winter months, however, research is now showing this is not the case. We should be getting enough Vitamin D through our food—dairy & mushrooms, (mushrooms especially wild mushrooms seem to be the magic of all foods), and sunshine of course. The recommendation is to be out in the sun for up to 20 minutes before we start applying the sun cream. It would appear that young women are having lots of dermatology problems as the makeup they apply all have sunscreen so they never have sunshine on their faces for the 20 minutes suggested.

Also getting out in nature, not only for our mental health but also for our Vitamin D. Vitamin D is vital for our immune health and response to ageing and cancers. Unlike other vitamins such as Vitamin B which our bodies don't make, therefore we take it in a supplement form, our bodies do make Vitamin D and for the majority of us we have enough but people who can't get out doors or have allergies, cancer or Crones disease then taking Vitamin D supplement is proven to be valuable.

I urge you to listen to the Podcast and other Podcasts where we learn more about our bodies and can take responsibility also about the Pharmaceutical companies that encourage us to take these supplements when we don't necessarily all need them.

Ruth X



# PULSE4LIFE—GETTING TO THE POINT

## **Debunking Acupuncture Myths: No, It's Not Just Fancy Needlework!**

Acupuncture—it's one of those things people either rave about or avoid like the plague because, well... **needles**. But before you imagine yourself as a human pincushion, let's take a look at some of the most common myths about acupuncture and why they're as wrong as a horse doing yoga.

### **Myth 1: "Acupuncture is painful."**

Acupuncture needles are not the same ones used to give you shots at the doctor's. In fact, they're so thin, they make spaghetti look bulky, think cat's whiskers. Most people feel a tiny tingle or nothing at all! So, no, it's not like you're being stabbed by a porcupine that's in a bad mood.

### **Myth 2: "It's only for hippies and weirdos."**

This is acupuncture, not a drum circle. While it's true that some ancient practices have a spiritual vibe, acupuncture has gone mainstream, and it's got science to back it up. Athletes, office workers, and even your techie neighbour (Our esteemed editor to you and me!) have all joined the party. So, unless Roxzanne is secretly sporting tie-dye nails under those black talons, acupuncture is for everyone.

### **Myth 3: "It's just placebo—nothing really happens."**

Ah, the good ol' placebo argument. Sure, you might feel better if someone tells you they're fixing your "Qi," but research has shown that acupuncture really does help with pain, stress, and even migraines. So, unless thousands of years of practice and modern studies are all part of the world's longest prank, acupuncture does more than just trick your brain.

### **Myth 4: "You have to believe in it for it to work."**

Acupuncture isn't a unicorn—it doesn't need your belief to exist. In fact, sceptics often end up being acupuncture's biggest fans after they experience the benefits firsthand. You can roll your eyes, cross your arms, and mutter "this won't work" all you want. Acupuncture will do its thing regardless of your opinion, like a cat who refuses to listen to anyone.

*Continued over>*

### **Myth 5: “It’s a magic cure for everything!”**

Okay, let’s be clear, acupuncture isn’t a magical cure for every ailment. It won’t help you remember where you left your keys, and it won’t fix your internet connection. But when it comes to chronic pain, stress relief, and even helping you sleep better, it’s definitely a solid choice. Just don’t expect it to turn you into a superhero overnight (though feeling better might make you feel pretty invincible).

### **Myth 6: “It’s just sticking needles randomly.”**

This one’s for the people who think acupuncturists are just out here playing a game of “pin the needle on the person.” There’s actually a lot of training involved in finding the exact points on your body that correspond to different systems. It’s like a GPS for your energy flow—only without the annoying “recalculating” voice when they miss a point.

Acupuncture isn’t as scary, weird, or mysterious. It’s basically ancient wisdom with a sprinkle of science and a dash of chill. So, if you’re on the fence, don’t be afraid to give it a try! You might just find yourself feeling better—and you’ll definitely have a fun story about how you got poked by needles and liked it.

Acupuncture & Chinese massage can also help to treat conditions such as:

- Arthritis
- Headaches, migraines
- Menstrual cramps
- Cancer and treatment side-effects
- Immune system problems
- Infertility
- Irritable bowel syndrome IBS
- Menopause and hot flushes
- Pregnancy discomforts
- Repetitive strain and overuse syndrome



Stuart has 25 years experience of working in the fields of health, fitness, sport and outdoor education. He **embraces both the ancient arts and contemporary science** providing a truly holistic approach to wellbeing for body & mind. Any questions? [07986 003602](tel:07986003602) or [stuart@pulse4life.co.uk](mailto:stuart@pulse4life.co.uk)

# September 2004 AS 'TWAS 20 YEARS AGO

## Didmarton as it is recorded in the 'DYDDI digest'

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

The year was turning and the era was changing. Issue 350 had many markers for the time of year as Autumn looked towards Winter and many of the activities were poised to dissolve in the face of electronic activity replacing social gathering. Bonfire Night was still kept to the 5<sup>th</sup> but had grown into a 'family night out' with everything from mulled wine and roast pork to indoor activities for younger children. The Rev. Howard Nichols in Leighterton pointed out that until 1959 'it was illegal not to celebrate Guy Fawkes arrest'. No wonder we were dragged out by our parents into chilly fog to see the bonfire and be rewarded with a red-hot potato, black on the outside and raw in the middle.

November was also the time to wind up the Christmas clock and the magazine was peppered with the word 'Christmas' attached to 'turkeys & chickens', 'Beaufort Hunt Bazaar', 'Operation Christmas Child (shoe boxes)', 'Senior Citizen's Lunch', 'Eat drink and be merry this holiday season at the Kings Arms Inn at Didmarton', 'Leighterton School Bazaar', 'Didmarton Fayre', 'Ukraine Shoe Box Appeal' by the Rainbow Club and The Holford Arms 'Christmas Menu'.

Fortunately, the Rev. Nichols had more to say on November: the 1<sup>st</sup> being All Saints Day, celebrated across the British Isles by the 9<sup>th</sup> century; the following day, the 2<sup>nd</sup>, a celebration of 'All Souls' started in 998, lost during the Reformation and restored in the last century. He went on to point out that for the Celts 'November was the beginning of their year, the festival of Samhain'. His comment that a custom which has crossed the Atlantic, 'Hallowe'en, when the children of the neighbourhood are allowed to operate an extortion racket door-to-door' is 'rather odd and in some ways worrying', may have been a premonition.

Sanity was restored by Charley Crewe who praised Richard Pearce for his adventurous spirit. Charley was right – Richard has thrived on travel and adventure with much achieved in the Far East, an admirable ambassador for Didmarton and Britain.

-The above 'digest' of a previous edition is taken from the Village Archive of Dd-

## JJ'S GARDENING BLOG

A visit to the Arboretum at Westonbirt to see the colourful acers has made me come up with some suggestions that are perfect. Some are trees, some slow growing so have grouped them as shrubs which could be planted in large containers, though over a long.....time would become trees. All of them are good specimens for a garden. *Acer palmatum dissectum* with finely cut leaves like lace. 'Bloodgood', dark red leaves, turning scarlet and purple. 'Sango-Kaku', pink leaves turning red.

'Osakazuki' best in partial shade. Trees, *Acer Griseum*, wonderful peeling bronze bark and yellow leaves in the autumn. 'Campestre', our native field maples, also used as a hedge on a boundary or as a specimen tree. Small leaves turning butter yellow. All these acer have small or delicate leaves so are not a problem when the leaves fall. Acer are really nice plants. If you have one don't forget to give it dressing of peat every year, it will reward you for that bit of attention. Rainwater rather than tap water is preferred too. But don't fret they won't give up the ghost if you are busy enough without this chore.

Have you bought anything not able to stand frosty weather into a greenhouse? Try harder next time! But all is not lost. Bring them into a greenhouse or coldframe right now. Aeoniums come to mind as they can live on after a brief spell of chill.



## THE DYDDI DIGEST TEASER NO.8

### The Dd Brain Teaser No.9

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

U F 5 4

O G 3 5

CASES T 8

S 4 H A S 6 3 6

G 7 S 6

L 5 SAUCES

P 6 T 6

C 4 H 11

RADIATORS B 8

C 3 C 7

E F 8 4 P 6

C H 7 7

TS 3 3 *Answers to DdBT No.8 October 2024*

S 4 *D Labrador Alsatian Watch*

WARMERS *Breakfast Sawing N T Hornpipe*

G 6 *Toe The Line Brass Monkey Son Of A Gun Weigh Anchor N Catch Goal*

H 3 *Cricket Trawler Inter R Bread Toilet Forward Parliament Swiss L Hair Door /*

S5 *Canal Neck Cylinder*

H 4

EB 8 7

FLAGS

# SUDOKU by Neil Fozard

For the uninitiated

Each row, column and 3x3 box must contain each of the numbers 1 to 9

**EASY !!**

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

**NOT SO EASY !!**

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

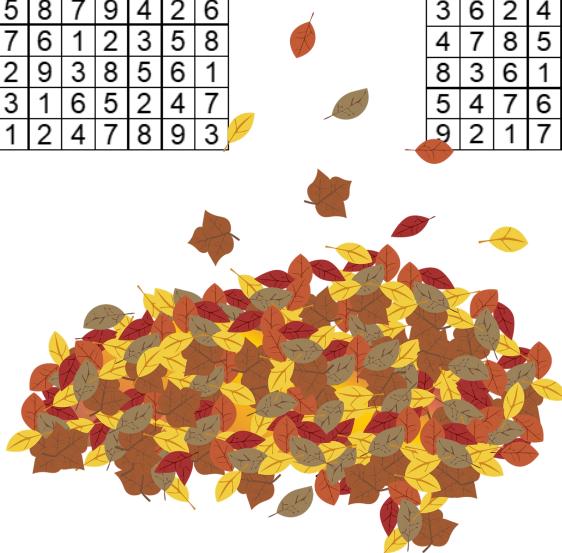
Answers to the October quizzes:

‘Easy’

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

‘Not so Easy’

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



## VICARS LETTER - NOVEMBER

Dear Friends,

My letter today is a bit of an appeal.

Some people think ministry is just about taking Sunday services. But you can find yourself doing all kinds of things on a given day. Ranging from:

- Leading a small group of parishioners in prayer online which is spiritually nurturing and gives people an opportunity to come together.
- It is telling a story to a group of school children that has Christian values and helping them to understand that they have spiritual selves.
- It is visiting the local Care Home and praying with Residents, all in their 80's and 90's, and listening to them reminiscing about the good things that life has given them.
- It is helping the bereaved to prepare for a funeral service in which they can say farewell to their loved ones, and giving comfort.
- It is giving a listening ear when life throws people a curve ball, and often being a confidant. It is helping young people prepare for marriage and to the promises they are making.

Of course there are always masses of emails to accompany all these tasks, PCC meetings, Clergy meetings, school governor meetings, trusteeships....the list goes on!

Ministry is often misunderstood, it is not just on a Sunday. Actually it is about serving a whole community from the newly born to those coming towards the end of their lives. It is about continuing family traditions and values that have the church at their heart. It's about helping people on their spiritual journey and providing a place where people can come together. It is about representing the church on Charitable Trusts.

This is only able to happen because people give to the church. The parishes do not receive any financial support other than that which can be raised locally.

If you want this work to continue, then I encourage you **most earnestly** to consider giving to your local church. If you wish, you can contact me for the address of your local treasurer. You can pledge a regular amount of money by standing order or on the parish giving scheme as kind supporters already do, and consider including the local church in your will as a legacy ( this has helped many local churches greatly with their upkeep over the years) Since Covid, the risk of local ministry not always being there is rather high. So please do think and pray about this.

With my best wishes

Richard

Priest in charge, Badminton Benefice website: [www.badmintonbenefice.com](http://www.badmintonbenefice.com)  
[revrichardthomson@gmail.com](mailto:revrichardthomson@gmail.com)

Nov-24 Parish church services:				
1st November, Friday	6pm	Hawkesbury	All Souls servive	Rev R Thomson
3rd November	9.30am	Lasborough	Matins	Churchwarden led
ALL SAINTS DAY	9.30am	Hawkesbury	Parish Communion	Lay led
	1115am	Didmarton	Remembrance Matins	Rev R Thomson
	5pm	Acton Turville	Evensong	Rev R Thomson
9th November, Saturday	6pm	Hawkesbury	Festioval of Remembrance	Rev R Thomson
10th November	9.30am	Lasborough	Holy Communion BCP	P Cheeseman
Remembrance Sunday	1050am	G Badminton	Service of Remembrance	Rev R Thomson
17th November	9.00am	Didmarton	Holy Communion BCP	tbc
2nd before Advent	10.00am	Hawkesbury	Family service with Baptism	Rev R Thomson
	1115am	Great Badminton	El Gubi Matins service	Rev R Thomson
	5pm	Acton Turville	Evensong	Rev M Butler
24th November	9.30am	Lasborough	HC CW	Rev R Thomson
Sunday before Advent	1115am	Sopworth	Matins	Rev R Thomson
	5pm	Hawkesbury	Evensong	Rev R Thomson
Readings:	<a href="http://www.badmintonbenefice.com">www.badmintonbenefice.com</a>			

## WHY IS IT A BONFIRE?

The term "bonfire" has an interesting origin that dates back to the Middle Ages. The word comes from the Old English term *bānfrīe*, which is a combination of "bān" (meaning "bone") and "frīe" (meaning "fire").

**Bone-Fire Tradition:** In medieval Europe, large fires were often made to burn animal bones. These "bone-fires" were lit during various festivals and rituals, sometimes to ward off evil spirits or to celebrate events like midsummer or Samhain (the precursor to Halloween). The bones produced a distinctive odour when burned, which was thought to help drive away evil influences.

**Evolving Usage:** Over time, the practice of burning bones in these ritual fires declined, and the term "bone-fire" eventually evolved into "bonfire." The word came to refer to any large, open-air fire used for celebratory or practical purposes, such as burning wood or other materials rather than bones.

The name "bonfire" retains a link to its historical roots, even though bones are no longer involved. The tradition of lighting large fires to gather and celebrate has carried on through the ages.

# DIDMARTON CONGREGATIONAL CHURCH



## ANTICIPATION AND PREPARATION

Both on the domestic and international level. There is much speculation and anticipation about what the future holds for us. There are some things which will bring joy and others fear, but whatever we anticipate it is wise to consider beforehand that we might make preparations accordingly. We all need to be prepared for the promised day of the lord which is coming like a “thief in the night”, the signs of which Jesus said would proceed his second coming are so evident in the world today and we must be ready.

Anticipation was a characteristic recorded for us in the Old Testament scriptures from the beginning of time, that the prospect of the coming of the Lord’s Messiah (Jesus Christ) was clearly foretold by the prophet God ordained to prepare his people for it. Eventually their anticipation was realised for the day of the revealing of God’s son to be the saviour of man was fulfilled some 2000 years ago with the birth of Jesus Christ. Those who had anticipated and were prepared received him and had the right to become children of God by their faith in him.

It is not God’s will that any should perish but all should come to salvation; and so Jesus commissioned his apostle Paul to bring the glad news to people of our day saying in acts 26 vs18 “To open their eyes and turn them from darkness to light and from the power of Satan unto God, that they may receive forgiveness of sin and by inheritance among them that are set apart by the faith that is in me”.

Likewise the new testament calls us to anticipate and be prepared for the return of the Lord Jesus Christ at his second coming. To the believer, we anticipate with joy his return as he comes to reign over the world with righteousness. Of this certainty the scriptures make very clear in the letters of the apostles both John and Peter in 2 Peter Chapter 3. Also Jesus himself calls us in St Matthews gospel Chapter 24 to “Watch (anticipate) and be ready” (by repentance and faith) our preparation in the Lord Jesus Christ.

This will be a day of Joy to the believers who are prepared, but a day of fear for the scoffers and unbelievers. Which are you? May you turn to God through faith in Jesus today while you have been given the opportunity to prepare and know the joy and peace of his presence with you as you confess and receive forgiveness of your sin through Jesus. May you know it today!

Royston Pick

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