

ETTINGTON AND FULREADY VILLAGE NEWSLETTER

September 2026

A warm welcome to September. I hope you had a memorable summer and managed to enjoy the heatwave we were treated to here in England, soaking up the warmth, spending time outdoors, meeting friends, and sharing those precious moments that make the season feel alive.

Our Village Summer Party was a wonderful reminder of what connection truly looks like. Many of you got involved, volunteered, baked, crafted, chatted, and celebrated the joy of simply being together. That spirit of community connection is what keeps our village vibrant.

As we step into a new academic year, with new schools, new jobs, and new challenges, it is only natural to feel a mix of excitement and uncertainty. September always brings a sense of renewal, a gentle nudge to embrace new beginnings and trust that growth often comes from stepping into unfamiliar spaces.

This month also invites us to reflect on how we accept new ways of living as life unfolds. Whether it is adapting to change, finding our place in shifting routines, or discovering new roles within the community, each of us contributes to the shared spirit of togetherness. By showing up at events, gatherings, or even small acts of kindness, we remind one another that we are valued, appreciated, and needed. Giving back doesn't just strengthen the community; it strengthens us too.

Here is to a September filled with purpose, connection, and the courage to embrace what comes next.

Rennie, the editor

USEFUL LOCAL CONTACTS:

Ettington Parish Council Clerk, Jane Carter,

clerk@ettingtonparishcouncil.gov.uk

Ettington Church contacts: Phil Knight 07886 126098

phee100@btinternet.com and Steve Lowe 07900

084642 ewolnevets@outlook.com.

Ettington Community Centre Bookings

Eva Lowe 07975 682775 bookings@ettingtoncommunitycentre.co.uk

Ettington & Fulready Village Newsletter

Enquiries and/or contributions to Rennie Boreham, the editor:

ettingtonfulready.newsletter@gmail.com

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DIOCESE OF
COVENTRY

STOURDENE BENEFICE
We Exist to make Christ Known



THE CHURCH
OF ENGLAND

ALDERMINSTER, BUTLERS MARSTON, ETTINGTON, HALFORD, NEWBOLD-ON-STOUR WITH ARMSCOTE, PILLERTON HERSEY.

A New Chapter for Ettington Church

It feels a little strange writing this column for the first time. For the past few years, this page has been the place where Rev Nicki has shared her thoughts, reflections and words of encouragement with us. Now that Nicki has retired, we find ourselves entering a new chapter in the life of our church - a period known as an interregnum, while we wait for a new priest to be appointed. And if you're wondering how long that might take, the honest answer is... we don't really know! It could be 18 months; it could be longer. So, rather than sitting around waiting for the next chapter to begin, we thought we'd get on with writing it ourselves!

Over recent months, Phil Knight and I have stepped up to help organise and lead our services, and we've been genuinely encouraged by the response. It has been a new experience for both of us, but a hugely rewarding one. We've discovered that leading worship is both a privilege and, occasionally, a little nerve-racking! More importantly, we've been reminded that church is not simply about having a vicar at the front; it is about all of us coming together as a community to worship, reflect, sing, listen, laugh, pray and share fellowship.

During the interregnum, we have therefore introduced a new pattern of services. Each month there will be one formal Holy Communion service, alongside three lay-led services, led by Phil and me. These will include a mixture of Morning Worship-style services and our more informal Cafe Church, which has proved particularly popular as a relaxed and welcoming way to come together.

The full schedule for the coming months is shown on the following page, so please do have a look and, if you haven't been to church for a while - or perhaps have never been - why not give one of the services a try? You certainly won't be expected to know all the words, understand all the traditions or have the answers to all the questions! Come as you are, join in as much or as little as you want, and enjoy being part of the community.

And there is plenty to look forward to. As summer gives way to autumn, we'll soon be celebrating Harvest Festival, followed by Remembrance Sunday in November and then, before we know it, Advent and Christmas. These are important moments in the life of our church, but they are also wonderful opportunities for the whole village to come together.

So, as we begin this period of change, perhaps the most important message is simply this: **Ettington Church is still here, still worshipping, still welcoming, and still very much part of village life.**

Phil and I are looking forward to seeing familiar faces, welcoming back those who perhaps haven't been for a while and meeting some new ones too. We don't pretend to have all the answers about what the future holds, but we do know that we have a wonderful community around us, and we're excited to see what we can achieve together.

We hope you'll join us.

Steve Lowe, Treasurer, Ettington Church

Services for the Stourdene Benefice September 2026

Date	Time	Church	Service	Form
06-Sep			14th Sunday after Trinity	
	9.30am	Halford	Holy Communion	CW
	10.00am	Newbold	Morning Worship	CW
	10.00am	Alderminster	Morning Worship	CW
	11.00am	Ettington	Holy Communion	CW
	10.30am	Pillertons	Morning Worship	CW
	6.00pm	Butlers	Evensong	BCP
13-Sep			15th Sunday after Trinity	
	9.30am	Halford	Morning Worship	CW
	9.30am	Butlers	Morning Worship	CW
	10.00am	Ettington	Holy Communion	CW
	11.00am	Pillertons	Morning Worship	CW
	11.00am	Alderminster	Morning Worship	CW
20-Sep			16th Sunday after Trinity	
	9.30am	Alderminster	Holy Communion	CW
	9.30am	Halford	Morning Worship	CW
	9.30am	Butlers	Harvest Family Service	
	10.00am	Ettington	Morning Worship	
	6.00 pm	Pillertons	Harvest Evensong *	BCP
	11.00am	Newbold	Holy Communion	CW
27-Sep			17th Sunday after Trinity	
	9.30 am	Butlers	Holy Communion	BCP
	9.30am	Halford	Morning Worship	CW
	10.00am	Ettington	Café Church	
	10.00am	Alderminster	Morning Worship	CW
	11.00am	Pillertons	Holy Communion	CW

ETTINGTON CHURCH, PART OF THE STOURDENE GROUP OF CHURCHES

Visit the **Stourdene website** at stourdene.com, where you will find contact information for all 6 Stourdene churches and information relating to life events such as baptisms, weddings and funerals.



The **Bible book club** will meet on **Tuesday 1st September at 1.30 pm in Ettington Church** to continue the current book (looking at chapters 11, 12 and 13), and the **Bible study group** will resume on **Wednesday 2nd September at 7.30 pm** (venue tbc) to resume the study book on women in the New Testament. Newcomers are very welcome. Contact Jane at janealisonevans@gmail.com.

ETTINGTON COMMUNITY CENTRE

Ettington Community Centre is a perfect venue for parties, business meetings, workshops and self-catering christening/baptism parties, weddings and wakes. With three differently sized rooms available, space can be configured to suit your needs flexibly. The centre is served by superfast broadband, which is available throughout the building.



Regular classes include:

*Cheeky Chimps Toddler Group *Keep Fit/Fit Steps/Zumba/Pilates/Bounce Fit classes *Ladies' badminton *Mosaic classes *Tai chi classes *Brownies *Monday Club *Snooker Club *Slimming World *Rock Church

For Ettington Community Centre bookings and enquiries, please contact Eva Lowe on 07975 682775 or email booking@ettingtoncommunitycentre.co.uk.

Annual Report to the Annual General Meeting

A community asset at the heart of Ettington

Ettington Community Centre is much more than a building.

It is a place where people meet, celebrate, learn, exercise, worship, socialise and enjoy events together. Every week, the centre is used by a wide range of local groups, organisations, families and individuals. It is a facility that belongs at the heart of our community - and our aim is to ensure that it remains a vibrant, welcoming and financially sustainable asset for Ettington for many years to come.

Over the past 18 months, the Management Committee has continued to develop the centre, with a particular focus on three important priorities:

- ensuring the centre remains financially strong and sustainable;
- improving the facilities and experience for the people who use it; and
- investing in the future, particularly through energy efficiency and environmental improvements.

The result is a community centre that is busier, more professional, more sustainable and better equipped than ever.

A new governance structure

During the period covered by this report, the governance structure of the Trust has evolved. Ettington Parish Council is now the “sole trustee” of Ettington Community Trust. The Trust Deed remains in place and continues to provide the framework for the operation and management of the charity.

As before, responsibility for the day-to-day operation of Ettington Community Centre is delegated to a Management Committee. The Committee currently comprises six members, including the Secretary, Treasurer, Bookings Secretary, IT and Maintenance Lead, together with a Chair nominated by Ettington Parish Council.

This structure provides a clear division of responsibility: the Parish Council acts as sole trustee, while the Management Committee manages the practical, operational and strategic running of the Centre on a day-to-day basis.

The Centre continues to benefit from the commitment of a dedicated group of volunteers who their time, expertise and energy to making the facility work for the community.

Building a sustainable future

Over the past 18 months, the Committee has been focused on creating sustainable growth.

The objective is not simply to increase bookings for the sake of increasing bookings. A thriving community centre generates the income needed to maintain the building, improve its facilities and invest in its future. Increased usage and increased income therefore directly support the long-term sustainability of the Centre.

Our approach has included improving our marketing, making the website more effective and improving the Centre's visibility in online searches. As a result, we are seeing increased organic traffic to our website and more enquiries from people looking to hire the Centre.

We have also continued to recognise the value of more traditional forms of marketing. Flyers and printed posters remain important, while our information screens in the Centre and at the local village shop help to promote events and activities to people locally.

This combination of online and traditional marketing is producing results.

Over the past 18 months, we have also welcomed several important new regular users, including a weekly church group and a monthly wrestling show. These regular bookings have generated significant revenue and demonstrate the Centre's ability to accommodate a wide variety of activities and events.

The Centre is increasingly being recognised as a flexible and professional venue for both community and commercial use.

Going green: investing in a more sustainable Centre

As a community building, we take our environmental responsibilities seriously.

The Centre has had a significant solar array for some time. During 2025, the system generated **21.5 MWh of electricity**, allowing the Centre to be approximately **49% self-powered**.

To make better use of the electricity generated, we have invested in battery storage in the form of Tesla Powerwall 3 batteries, providing up to 60 kWh of storage capacity.

This allows us to store electricity generated during periods of sunshine and use it when it is needed, reducing our reliance on electricity from the grid. We will continue to optimise the system with the long-term objective of becoming as self-sufficient as possible.

Energy efficiency is not only environmentally responsible; it also helps to protect the Centre from rising energy costs and supports the long-term financial sustainability of the building.

A warmer building

The Centre also benefits from a ground source heat pump (GSHP) system.

The system has recently been reconfigured to work with improved radiators throughout the building. One of the most common complaints in previous years was that rooms could be cold during the winter.

This past winter, for the first time, we received no complaints about a lack of heat.

The system is currently operated in winter mode on a continuous basis. This helps maintain a more consistent ambient temperature throughout the building and keeps the fabric of the building warm, rather than relying on short bursts of heating.

We are also continuing to invest in energy efficiency. Projects include:

- replacing existing lighting throughout the building with energy-efficient LED lighting;
- replacing the external floodlights with LED alternatives; and
- installing thermal and audio insulation within the suspended ceilings.

These improvements will help retain heat, reduce energy consumption and improve the overall experience for users of the Centre.

Our aim is clear: to make Ettington Community Centre as energy-efficient and self-sufficient as possible.

The Community Bar

The Community Bar has developed into one of the Centre's great success stories.

Originally established several years ago, the bar is now available for many of the events held at the Centre. Increasingly, event organisers request a bar facility, and we are able to provide a professional and flexible service.

The offering now includes:

- Draught and bottled beers;
- spirits;
- wines;
- zero-alcohol drinks;
- soft drinks;
- teas and coffees; and snacks

The bar is run by a team of volunteers. This is important because it means that a significant proportion of the income generated goes directly back into the Community Centre.

The bar has become a genuine asset to the Centre. Many visitors comment on how professional, yet personal the offering is, while also appreciating the very reasonable prices.

It is a good example of what can be achieved when volunteers work together to provide a service that benefits both visitors and the Centre itself.

Improving the facilities

As usage of the Centre increases, so does the importance of maintaining and improving the facilities.

Improved toilets

The Centre's toilets have undergone a significant upgrade.

In addition to new urinals in the gents, new modern hand-drying machines, soap dispensers and other hygiene equipment have been installed in all our toilet facilities. With increased footfall and more people using the building, this investment was necessary to ensure that the facilities remain clean, modern and fit for purpose.

We will continue to look for ways to make the toilets more pleasant, efficient and environmentally friendly.

We have also added a new external toilet facility, which is open to the public from early morning until late at night. The unisex facility is fully accessible and provides a convenient toilet for everyone using the surrounding area, including people enjoying the park, dog-walkers, parents and children on the school run, and other visitors passing through the village. This is another example of the Centre's facilities providing a wider benefit to the community beyond those attending events or hiring the building.

Recycling and waste reduction

Our environmental ambitions extend beyond energy generation and heating.

We have created a dedicated recycling enclosure outside the Centre and introduced additional mixed-recycling bins. Inside the building, we have also increased the number of bins and improved signage to encourage users to recycle responsibly.

Our longer-term ambition is to reduce general waste as far as possible and ultimately to generate only recyclable waste wherever practical.

The clothes bank outside the Centre is also well used by the community and provides a further opportunity for people to recycle and reuse clothing.

Storage for the community

An unused area upstairs in the Centre presented an opportunity.

Rather than leaving this space unused, we created a number of storage bays and made them available to members of the community.

This has proved to be extremely successful. All of the storage bays are now being used, generating modest but regular income for the Centre.

It is a good example of how small changes can turn underused space into something useful for the community while also providing a sustainable income stream.

Looking after a 23-year-old building

Ettington Community Centre is now more than 23 years old. A building of this age requires constant attention. There are many maintenance challenges associated with a large and heavily used community building, ranging from routine repairs to the ongoing maintenance of equipment, systems and the building fabric itself.

We are fortunate to have a dedicated maintenance team of three people – including one paid role - who take responsibility for much of this work.

Their contribution is essential. Regular maintenance helps prevent small problems from becoming major problems and ensures that the Centre remains safe, functional and welcoming. The Management Committee would like to acknowledge the time and commitment of the maintenance team, whose work is often carried out behind the scenes but is fundamental to the successful operation of the Centre.

A new 100-inch UHD screen

The old projector in the lounge has now been replaced with a huge 100" UHD screen.

The new system provides a much more flexible experience for users. Devices including mobile phones, iPads and laptops can connect wirelessly to the screen.

The screen can be used for:

- presentations;
- meetings;
- training sessions;
- film evenings; and
- live sporting events.

The recent screenings of World Cup matches demonstrated the potential of the facility particularly well. The Centre provided a safe, local space where members of the community could come together and enjoy major sporting events.

It was a powerful reminder that a community centre does not simply provide rooms for hire. It can also create opportunities for people to meet, share experiences and enjoy events together.

Creating more events for the community

The Centre has established an **Events Committee** with responsibility for organising events throughout the year and raising funds for the Centre.

The Committee has already helped create a more varied programme of activities, including events such as:

- Bavarian oompah evenings;
- Halloween parties;
- summer village parties; and
- Christmas wreath-making events.

These events are important for two reasons.

First, they provide opportunities for residents to come together and enjoy themselves locally.

Second, they generate additional funds which can be reinvested in the Community Centre.

The Events Committee is helping to ensure that the Centre is not simply a venue that people hire, but also a place that actively creates and hosts events for the community.

Financial position

The financial position of the Community Centre is stable, but it is important to recognise that stability is not the same as having significant financial reserves.

Revenues have grown modestly reflecting the increased usage of the Centre, new regular customers, the growth of additional services such as the Community Bar, and the successful use of previously underutilised space.

This growth is encouraging and provides a stronger foundation for the future. However, the Centre is now more than 23 years old and the costs associated with maintaining and improving a large, heavily used community building can be significant.

Major projects can require substantial investment. For example, the planned thermal and audio insulation of the suspended ceilings will improve the building's energy efficiency and comfort, but it is a significant project. We are currently applying for grants to help fund this work. Without grant support, finding the funds required to undertake such projects becomes considerably more challenging.

A key priority for the coming years is therefore to continue growing our reserves alongside our revenues. Building a stronger financial cushion will allow the Centre to respond to unexpected repairs, maintain its facilities effectively and plan for future investment without relying entirely on grants or emergency funding.

The Committee's objective is to achieve sustainable growth: to increase usage and income, control costs, build reserves and ensure that the Centre remains financially resilient.

The Community Centre is in a stable position, but we must continue to plan carefully for the future. With the building now 23 years old, responsible financial management and the gradual development of adequate reserves will be essential to ensuring that Ettington continues to have a well-maintained, sustainable community facility for many years to come.

Looking ahead

The progress made over the past 18 months gives us considerable confidence in the future of Ettington Community Centre.

Our priorities going forward are to:

- continue to grow usage of the Centre;
- attract new regular and occasional users;
- improve our marketing and online visibility;
- continue investing in the building and its facilities;
- further reduce our reliance on the electricity grid;
- improve energy efficiency and reduce waste;
- maintain a strong financial position; and
- continue to provide events and opportunities that bring the community together.

Our ambition is not simply to maintain the Centre. It is to ensure that Ettington has a community facility that is modern, sustainable, financially secure and capable of meeting the changing needs of the village.

Thank you

A community centre does not run itself.

The achievements described in this report are the result of the time, commitment and enthusiasm of many people.

We would like to thank:

- the Management Committee;
- the Parish Council;
- the maintenance team;
- the Events Committee;
- the volunteers who operate the Community Bar;
- the groups and organisations who use the Centre regularly;
- the people who organise events and activities;
- and everyone who supports the Centre by hiring it, attending events or contributing their time.

The Centre exists for the community of Ettington.

The more people who use it, support it and help shape its future, the stronger it becomes.

We are proud of the progress made over the past 18 months and of the role Ettington Community Centre plays in village life. With continued support from the community, we believe the Centre has an exciting and sustainable future ahead of it.

Ettington Community Centre is your community centre. We encourage everyone in Ettington to use it, support it and help us make the most of this remarkable community asset.

Steve Lowe

Secretary to the Management Committee
July 2026

Ettington Community Trust
Registered Charity (number 1080602)



Mobile Library in Ettington

The van will continue to visit on **Wednesdays and stop at Ettington Community Centre from 11:05 to 11:25. The date in September is the 23rd.** For all enquiries or to renew books, telephone **01926 851031** or renew online at Warwickshire.gov.uk/libraries.



Registered Charity No. 1162586

10k FUN RUN / WALK WALTON HALL

Sunday 18th October

Walton Hall, CV35 9HG

Adult advance entry: £20 (run), £10 (walk)

Child advance entry: £5 (age 16 and under)

Pre-registered runners will be electronically timed

Adult on the day entry: £25 (run), £10 (walk)

Child on the day entry: £5 (age 16 and under)

Medal included and hot roll at the finish line!

Registration: 8.45am Start: 10am

To enter, create your own fundraising page
and for more details please visit

www.shipstonhomenursing.co.uk/events.

Online entry closes midnight 9th October



By kind permission of Sir Andrew Hamilton and Walton Hall.

For more information please email fundraising@shipstonhomenursing.co.uk

ETTINGTON PARISH COUNCIL From the July meeting

New councillor joins, one more seat to fill



Hugo Hanlon was co-opted onto the Council at the July meeting, filling the casual vacancy and signing his declaration of acceptance on the night. There will be a further seat to fill shortly, following the resignation of Cllr George Francis. The Clerk will publicise the vacancy in due course, residents interested in standing should watch for the notice.

Unitary Warwickshire decision announced

District Cllr Trevor Harvey told the meeting that a decision on Local Government Reorganisation was expected within weeks, and following the meeting, it has now been announced that Warwickshire will move to two unitary authorities, with Stratford and Warwick combining to form a single South Warwickshire authority. The South Warwickshire Local Plan had been delayed by a District Council by-election; a run of SDC meetings decided whether the current draft would go out to public consultation.

Planning watch: flat above the village shop

The Council resolved to support the application for a first-floor extension to create one dwelling at the village shop, 6 Banbury Road.

Highways: chicanes, crossings and overgrown warning signs

County Cllr David Curtis updated the Council on several highways schemes. The 20mph chicane planned for the north end of the village is at design stage, pending a road safety audit. Relining of the south chicane and the pedestrian crossing has been issued to contractors, and a quote for 20mph advisory signage has been requested.

Less encouragingly, warning signs at the Fossway/Banbury Road junction have been obscured by overgrown vegetation for many months. County Cllr Curtis is chasing this again. Councillors expressed concern about their frustration with the pace of highways work generally, and Cllr Curtis has agreed to press WCC's Highways manager for a meeting and a site walkabout in Ettington.

Greener Ettington renews its efforts

Greener Ettington, the village's long-standing environmental group, has renewed its efforts on hedgerows, tree Preservation Orders and water quality, and re-introduced itself to the Council. The Clerk will act as the single point of contact between the group and the Council, and the group will report back regularly at future meetings.

Recycling plant redevelopment: no traffic through the village, £10,000 on offer

Councillors who met with Re-Gen, which is redeveloping the former Pure Recycling plant on Warwick Road, reported a positive first meeting. Re-Gen has given assurances that traffic will not be routed through the village. Site visits are expected from late autumn 2026, with the facility becoming operational in spring or summer 2027. Re-Gen has also offered a £10,000 community fund; Cllrs Joe Harvey and Rosemary Whitfield will draft recommendations on how it should be used, for the Council to consider at a future meeting.

Neighbourhood Plan to be refreshed

Rather than a formal review, the Council agreed the Neighbourhood Plan should be refreshed, updating it with developments since it was agreed in 2018. A working group of Cllrs Jane Eccles and Joe Harvey will prepare a draft for consideration. In the meantime, the current made plan remains the only version with any planning weight.

Dates for your diary

- Wednesday 9 September 2026, 7.30 pm - The Lounge, Community Centre
- Wednesday 14 October 2026, 7.30 pm - The Lounge, Community Centre
- Wednesday 11 November 2026, 7.30 pm - The Lounge, Community Centre

An additional August meeting may be called, depending on when an anticipated planning application for Old Warwick Road is validated. The Clerk is monitoring this and will advise. Full minutes of the meeting are available from the website www.ettingtonparishcouncil.gov.uk.

MONDAY CLUB

Our September meeting will be on Monday, 7 September at 2 pm in the small hall of the Community Centre. The speaker will be Kate Allen, who lives in the village. Kate will tell us about her 2025 amazing journey from Lands End to John O'Groats, 1,337 miles in 91 days, raising £12k for Shipston Home Nursing.

Visitors are most welcome to join us at a charge of £3 to include refreshments.

For further details, please contact Jackie Collins 07811579273 or Pat Beatty 07759820763.

The photo on page 9 in the July/August issue was taken in Porto, Portugal.

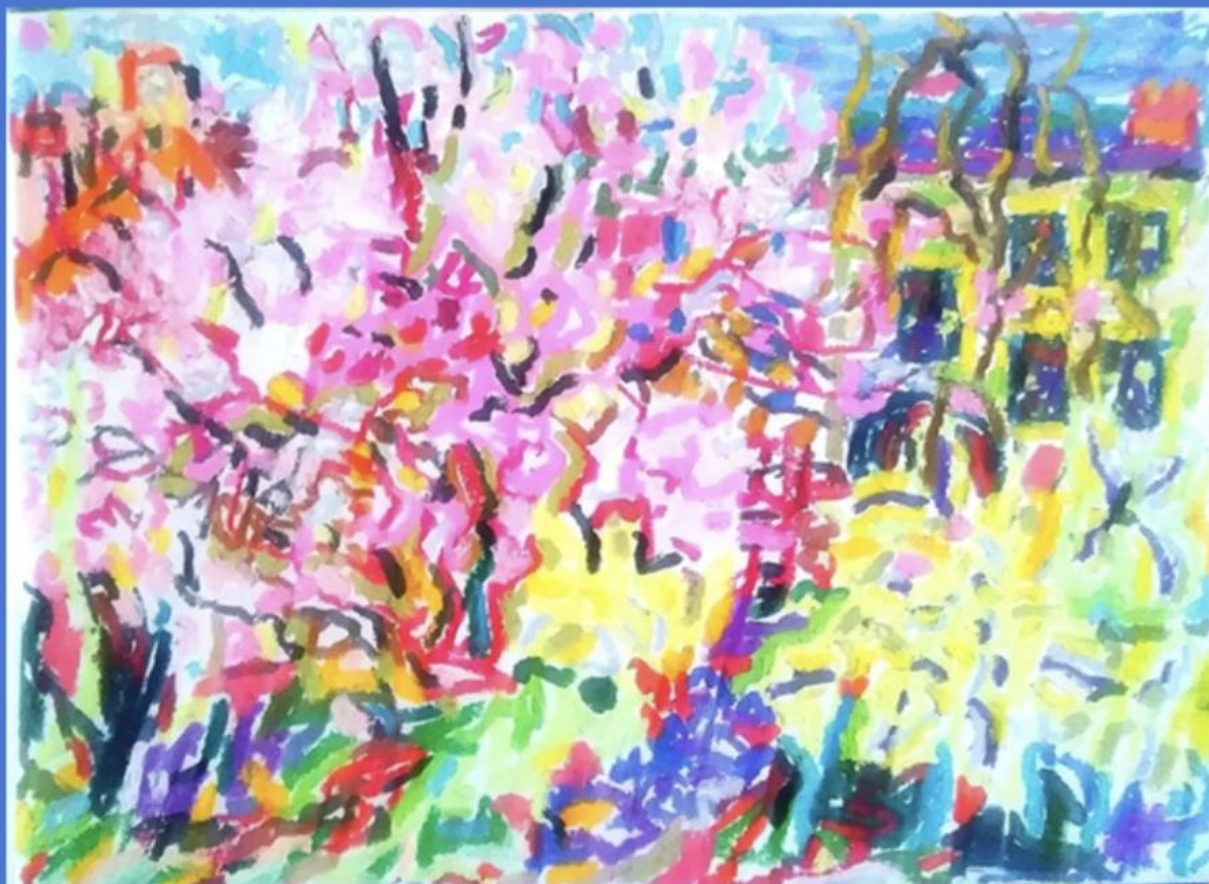
Well done if you identified it correctly.

Can you guess where this picture was taken? Answer in the October issue.



An Exhibition of Paintings by

Daniel Hale



Quaker Meeting House
Halford Road, Ettington

Open 11:00am - 1:00pm on Sunday 27th September
from 1:00pm - 2:00pm Monday to Saturday
12:00-1:00pm Sunday 4th October

ETTINGTON PANTOMIME 2027

Oh, Yes It Is!

Save the Dates:

11th - 13th February 2027

Rehearsals begin **late October 2026** - so warm up those vocal cords, dust off your costumes, and get ready for some classic pantomime magic.

Get Involved!

Whether you love the spotlight or prefer the buzz of backstage, there's a place for everyone.

 **Contact:** *Kate Allen* - 07913 128367

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No responsibility can be taken by the editor or Ettington Parochial Church Council, or any individual connected to it, if the advertisers in this newsletter do not meet customer expectations.

Ryepiece Concerts Autumn Season



We're delighted to welcome Australian singer and cellist **Monique Clare** to Ryepiece Concerts on **Friday 18th September**, at Ettington Church.

Wielding her cello, powerhouse vocals and arresting energy, Monique shatters preconceptions of the cello, has a disarmingly candid stage presence and a smile as wide as the Cheshire cat's; her live show is mesmerising, offbeat and impactful.

This is a rare chance to catch Monique in the UK. You can get a sense of her live performances by following her on Instagram @moniqueclaremusic or check her out on Spotify. Tickets are still £14 each (there's a small admin fee if you buy through Ticketsource) and include a veggie supper. Bring your own drink and glass and experience live music the way it should be heard.

Tickets for Monique and all of our next six concerts can be purchased from our **Ticketsource** page (search for Ryepiece Concerts).

We also have tickets for sale in **Ettington Village Stores** for the next concert coming up.

Or we can take BACs payments to secure your tickets. (No admin fee for this route) just email us at ryepiecebarn@gmail.com

After Monique we have loads more fabulous artists lined up. Next will be:



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Annie Dressner
Ryepiece Concerts at Holy Trinity
Ettington
Fri 16 Oct 2026,
7:15PM – 10:00PM



Rachel Davis & Darren McMullen
Ryepiece Concerts at Holy Trinity
Ettington
Fri 13 Nov 2026,
7:15PM – 10:00PM



Stour Health and Wellbeing Partnership (SHWP) - Stronger Communities, Healthier Lives

Now that the weather has changed for the warmer weather, SHWP's Warm Hub at the Ellen Badger Hospital in Shipston-on-Stour has rebranded! The space is cool and refreshing in the summer months, so we are now known as the Community Hub - and a Cool Space. You'll still be assured of a warm welcome, free refreshments and various activities and support if you need it. Sessions continue **Mondays and Thursdays from 10 am to 12 noon**. It is open to all with free parking - we hope you will join us!

With summer temperatures expected to remain high, SHWP is bringing together a network of Cool Spaces across Shipston-on-Stour and the surrounding areas. These are welcoming places where people can take a break from the heat, access drinking water, use facilities, connect to Wi-Fi, and enjoy a comfortable environment.

We're inviting local organisations, community groups and venues to join this summer initiative and help support residents during periods of hot weather.

The Stour Toy Library continues to grow. The sessions at the **Ellen Badger** are on **Tuesdays 9.30-11 am (where you are welcome to Stay & Play!)** and **Thursdays 11 am- 12 noon**. There is an annual £5 membership fee, but from then on, all toys are free to borrow. We have over 150 different toys for children aged 0-4.

The Shipston Repair Café, again at **the Ellen Badger**, takes place on the **second Saturday of every month from 10 am to 2pm**. We have repaired - or attempted to repair - over 20 items a month, saving these household items from landfill and encouraging a growing community network of like-minded people. Everyone who assists is a volunteer who gives up their time to make this happen. Join us next **on Saturday 12th September**.

We're working with Shipston High School and the town to create an Accessible Shipston Map to help residents and visitors find places that are easy to access and welcoming for everyone, including people with mobility challenges, visual impairments, and families with buggies. Students are visiting businesses with a short questionnaire to gather information about existing accessibility features and identify opportunities for improvement.

If you'd like to know more about our work or set up similar initiatives in your area, contact Claudine at hello@swhp.org.uk.

Dial a Ride UBUS Service in Ettington

UBUS dial a ride community transport service operates in Ettington and surrounding villages on Tuesdays, Wednesdays and Thursdays between 9.30 am-2.30 pm. Travel locally and into Stratford-upon-Avon to go shopping, visit friends or attend social groups. To register with UBUS or for more information, please call **01789 264491** between 8.30 am-6 pm Monday-Friday. Return journey fare from £6.00.



ALDERMINSTER GARDENING CLUB

The club meetings resume in the **Village Hall on Tuesday 8th September at 7.30 p.m.** Our speaker is Duncan Coombes on "The Shaded Garden"; the members' competition is a sprig from a shade-loving plant. Visitors are welcome at £3.00 pp. (includes refreshments). There may be produce/plants for sale in aid of club funds. We have a full program booked until Christmas, with most of 2027 in place.



As a fundraiser, we have decided to run a coffee morning with the kind permission of Jane Jones at Tithe Meadow, Alderminster, on **Wednesday 16th September, 10.30- 12.00.** We hope to have cakes and produce to sell and some gardening books; cash only.

Donations to Gill on 01789 621053 or gillieh46@yahoo.co.uk



Carers4Carers – your local support group for family carers. We usually meet on the fourth Friday of the month (except December when it's the second Friday) from **10:30 to 12 noon at Kington Village Hall**. Loved ones are welcome too - they can join our Companionship Group during the meeting.

Friday 25th September. Please join us for a gentle movement workshop (seated) with Laura from Arts Uplift.

For further details about our group or help with transport arrangements to/from our meetings, please contact Gillian on 07947 893504, send an email to kcarers4carers@gmail.com, or explore our website www.carers4carersonthefosse.org.uk (new website under construction).

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Astronomical Society News *by Adrian Wakeham and Dave Benton*

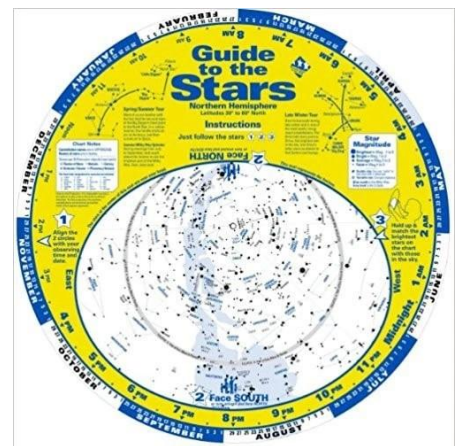
The Stratford-upon-Avon Astronomical Society meets **every first and third Tuesday at 8pm (doors open at 7.30 pm) at Alderminster Village Hall**. Everyone is welcome, especially beginners and those wanting to learn more. The **first Tuesday is a Club Night**; in September, Club Night will be **on 1st September**, and on the **third Tuesday, 15th September**, the speaker will be Dr Benjamin Gampertz from Birmingham University with a talk about gravitational waves. Please note that the speakers usually start quite promptly at 8 pm.

Stargazing

As the nights start to lengthen, my wife thinks my evening dog walks are an excuse to meet a secret woman. In one sense, she's correct!! I'm going to see Stella! (Well, several of them, as Stella is Latin for star). Most of my astronomy is done whilst dog walking, either naked eye or with a small pair of 8 x 20 binoculars, and a star pointer (to show other dog walkers or my daughters what I'm looking at). With naked-eye astronomy, you'll be pleased to hear (as will the rest of South Warwickshire) I keep my clothes on. To get the best from your night vision, which also helps with binoculars and telescope viewing as well, you need time. It takes around 20 minutes, in conditions which are as dark as possible, to get your best night vision. One bright light, a car headlight or an external security light, reduces your night vision immediately. Astronomy apps on your phone can also affect it. Most apps offer a night viewing option, where everything is in red light, or you can get a red film coating. A lot of head torches offer a red-light option. Red light does not affect your night vision.

Another useful tip is to use averted vision. This is to put the object you are viewing to the edge of your field of view. This makes use of the rod cells in your retina at the back of your eye, which are much more sensitive in low light conditions but only produce black and white images. This technique is also very effective when using binoculars as well. Another thing is alcohol. This reduces the effectiveness of our eye's night vision, so avoid that tot of whisky to keep you going!!

Once you've got your night vision, you need to know what to look for. This is where apps, such as Stellarium, come into their own (make sure, as mentioned before, it's on night mode). It will show the stars and constellations you are looking at. It will tell you where the planets are, star clusters and other interesting things like the International Space Station. The old-fashioned versions of an app are planispheres. These are star charts consisting of two circular disks that rotate on a central pivot: the bottom disk displays the night sky, while the top disk features a window that shows the visible stars and blocks out the stars that are currently below the horizon. Learning the position of the stars and constellations helps guide you across the night sky. This is the method I use by choice.

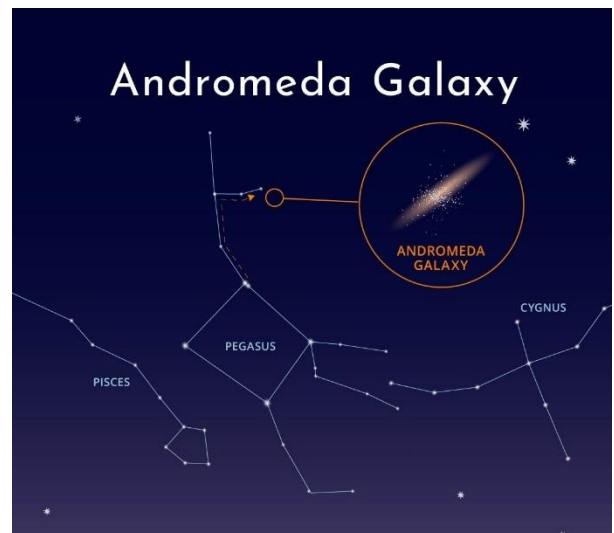


So, what is visible to the naked eye or binoculars in September? The 'star' of the summer has been Venus. It was at eastern elongation (furthest from the Sun) last month. Now it's diving back towards the western horizon to be at inferior conjunction next month. It's getting larger and brighter and will be at its brightest on the 18th. With the naked eye, you can just make out it is crescent-shaped. Binoculars will confirm this, but please make sure the Sun is below the horizon. To the south, you see a square of stars. This is the square of Pegasus. In the top left-hand corner is the star Alpheratz. If you move along two stars and up a star, then at '10 o'clock' from it is a fuzzy blob. This is the Andromeda Galaxy. At two million light-years, it is the furthest thing you can see with the naked eye, and our nearest galactic neighbour.

In the east, a cluster will appear later in the night. This is the Pleiades, or the Seven Sisters - one of our nearest star clusters at 450 light-years, and a sure sign winter is on the way.

Another thing that is visible, especially in the 90 minutes after sunset, is satellites. Points of light moving across the sky. They may fade as they move into the Earth's shadow. In recent years, the number of them has greatly increased, and there are plans for even more. An interesting sight but not the best thing for astrophotography.

Club Nights offer more information on what to look out for each month. If it is clear, we do some observing just outside the Village Hall, so please join us. There is no charge initially to come along and find out more, but if you do want to become a member then the fee is just £20 a year and it's free if you are in full-time education. For more details, go to the website <http://www.astro.org.uk> or contact the Chair, John Waller, john.waller@astro.org.uk or on 07703 192188. Happy Observing!!







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Wellesbourne and District Lions have new President.



Elaine Merrygold has been President of the Wellesbourne and District Lions for the last three years. Recently, at a special Handover BBQ Evening, Elaine handed over the chain of office to the new president Simon Oram.

This has been the second time Elaine has been president. The club members

presented Elaine with flowers in recognition of all her hard work and the fun she has brought to both fundraising and social events.

Lions at the Wellesbourne Village Fayre



Wellesbourne & District Lions Club

Charity No.1061868



This year there will be fun games for everyone to try, including the Lions "Skittles Alley" and the always popular "Splat the Rat".

Charlecote Garden Centre have kindly donated a bumper-size hamper that must be won on the day by a lucky person in the Grand Lions Raffle.

The Classic Car Display on the field will again host an enormous variety of fascinating vintage and classic cars, for you to wander around and talk to the owners about their prize possessions!

You can find out more about the Lions charity

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www.wellesbourne-lions.org.uk
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Emily's blog September 2026

Hello all, I hope you have had a lovely summer. September is officially autumn, but let's hope that we are blessed with beautiful weather.

When I was writing this, to date we haven't received the latest guidance from NHS England regarding Flu Vaccines. They are ordered and will be delivered in September and we will start vaccinating as soon as we are allowed. Keep your eye out at the surgery as well as in next month's issue for clinics and how to book.

On **Saturday, September 19th**, we are holding a basic life support training session for parents or anyone who lives with or cares for a child.

Feel free to bring your teenagers along to learn for themselves how to resuscitate their younger siblings or even a friend.

Our training day this September is on Wednesday the 23rd, and we are closed from 12.30 as usual.

I will pass over to Jane Beaton, one of our nurse prescribers who would like to tell you about asthma.

Do you, a family member or a friend have asthma or suspect they have?

WHAT IS ASTHMA?

Asthma is a long-term condition. 1 in 12 people in the UK have asthma.

It often starts in childhood but can start in adulthood too.

You cannot "grow out of asthma": Symptoms can go away, often in the teens, but can return at any time.

Asthma affects the airways (breathing tubes) that carry air in and out of your lungs.

The airways become inflamed and swollen. This makes them narrower, so less air gets in and out of the lungs.

Symptoms include breathing difficulty, wheezing, tight chest, cough.

These symptoms can be triggered by many things; everyone is different.

Symptoms can get worse quickly if not controlled.

Asthma is treated mainly with inhalers.

Most people can keep their symptoms under control with treatment.

BUT.....Did you know.....

Sadly, 4 people die every day in the UK because of asthma attacks. 2 out of 3 asthma deaths are preventable. Asthma is a very manageable condition but needs to be taken seriously.

We want to reduce the number of unnecessary asthma attacks and deaths. The best way to lower these risks is to take the medication as prescribed.

How is asthma treated?

The most important treatment is a steroid-containing inhaler as it reduces the inflammation in the airways. It lowers your risk of asthma symptoms and attacks. You are prescribed the lowest dose possible to keep your symptoms away. Traditionally, people were given a separate reliever inhaler (which may still be suitable for some asthmatics) **BUT...**

The most recent asthma guidelines launched in 2024 introduced some exciting changes for the management of asthma in adults and children aged 6+.

It is known that most of the causes of death from asthma attacks have been due to the overreliance on the Salbutamol (blue) inhaler. Many people think the blue inhaler is the most important one, as they see an immediate effect to relieve their asthma symptoms, **HOWEVER** it does **NOT** treat the inflammation (which is causing the symptoms).

The new guideline supports the use of combination therapy called Maintenance and reliever therapy (MART), an inhaler that contains a long- acting reliever and a steroid (anti-inflammatory). It is normally used twice a day regularly and then as needed up to 6 more times a day (for a short period)

This means that when symptoms occur, you get the fast-acting symptom reliever to treat the symptoms (same as if you used the BLUE inhaler) but also the steroid to **TREAT THE INFLAMMATION**

Please look at the ASTHMA and LUNG UK website; there is a lot of information regarding asthma and its management that I don't have the room to include here.

If you have asthma, you will receive an invitation for an annual review in your birthday month, which will include a review of your medication.

You may find that we automatically change your medication to the MART system. If we do, we will, of course, inform you and send information for you to read. If you appear uncontrolled, then we may ask you to come in for a 20-minute face-to-face appointment. If you prefer, you can request face-to-face by telephoning reception once you have received the invite and booking it.

If you think you may have asthma, then please phone the surgery and book a 20-minute face-to-face "suspected asthma" appointment with one of the asthma nurses (there are 4 of us). We will be able to do a simple, helpful diagnostic test in the appointment if we feel that you may have asthma

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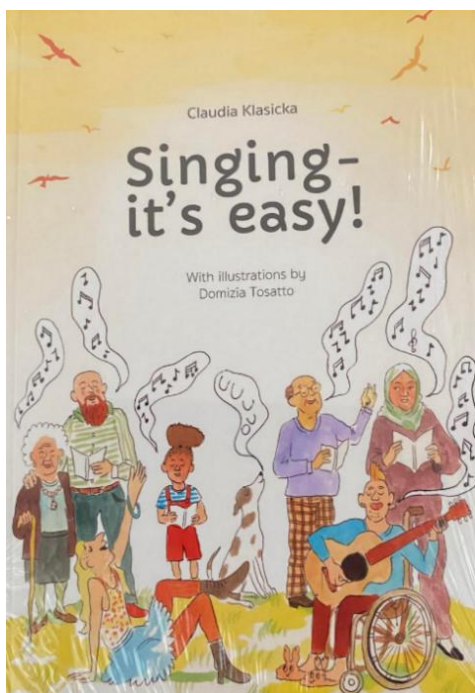


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