

St. Ed's TOGETHER

OCTOBER 2025

Parish magazine of St. Edward King and Confessor Church, New Addington



REJOICE

It is the will of God that people and communities should be happy. It appears that that is the basic foundation of God's creation. The earth and people's lives should be an experience of paradise of happiness. There is so much of wonder and amazement in the created order and when we take notice of this, we feel so happy in our innermost being.

In the Bible we hear God telling people repeatedly, 'I will bless you'. The Hebrew meaning of the word 'bless' is 'happy'. To be blessed is to live a happy state of life. To be blessed is not a trouble-free life, but a happy life. Life has its troubles from time to time, troubles that seem to take the joy out of life. However, St. Paul tells the church in Rome, 'Rejoice in Hope', We remember St. Paul tell the Philippians, 'Rejoice, again I say Rejoice'. James in his epistle tells the church, 'Consider it nothing but joy when you have to face trials'. The whole point of Christian discipleship is to be happy and to reach out to people who are in distress with the love of God and share a bit of happiness with them.

Music is magical and they help us to experience deep emotions. There are composers whose compositions can bring out our hidden sorrow and flush them out or feel deeply consoled and that makes us happy. There are other jubilant compositions whatever the genre that elevates us to a state of happiness.

We need to be so grateful for the comedy greats who make us burst into laughter. We all have our favourite comedy sitcoms and we can get so addicted to them. I cannot count, how many times I have watched 'On the buses', 'Open all hours', 'the Plank', 'Bless this house', 'the two Ronnies', 'the Vicar of Dibley', 'Keeping up appearances' and so many like them.

The theme of this issue is 'laughter the best medicine', friends have written some beautiful articles about laughter and the importance of happiness. I am sure this magazine will remind us of the value of laughter and the importance of staying happy and making others happy.

Prem

LAUGHTER IS THE BEST MEDICINE.

For many years it has been said that “laughter is the best medicine” over the years it has through many medical studies in a great deal of countries that laughter strengthens the immune system, boosts the mood, lowers pain and reduces stress by lowering the hormones like cortisol and adrenaline and realizing endorphins interestingly it takes 5-17 muscles in the face to smile, a minimal smile just raising the corners of the mouth uses 5 muscles where a full smile right up to and including your eyes uses 17 muscles.

In contrast it has been shown to use 43-47 muscles to frown, depending on how deep you are frowning. So, to keep away the forehead wrinkles you need to smile more and not frown!

Laughter is often said to be good for the soul, mostly due to the physical and psychological benefits it provides.

Over the years many studies have been carried out and it has consistently shown that laughter has a measurable effect on people, laughter with friends creates strong social bonds, strengthens friendships and helps promote good mental health.

Laughter can put a very different perspective on life, helps us cope with the difficult or sad times we all face during our lives, laughing helps build strong emotional resilience and can be said to give a better quality of life and a sense of inner peace.

A study involving 53,000 people showed that people with a good sense of humor and laughed more often, out lived their peer group by an average of 8 years, so, we all need to stop stressing about what we can't change, stop frowning to reduce our wrinkles (or crinkles as my granddaughter says) and laugh with friends more, as it seems that

“Laughter is the best medicine” after all.

Lesley Clay

OLD FASHIONED LAUGHTER

How I miss the belly laughs we used to get with the antics of the likes of Charlie Chaplin, Norman Wisdom, Morecombe and Wise, The Two Ronnies Michael Crawford in "Some Mothers Do Ave Em" and Frankie Howard etc. More recently there was French and Saunders, Victoria Wood, David Jason in Only Fools and Horses and Open all Hours. There are many more I could name but a lot of them would be considered not PC.

We seem to have lost the art of laughing at oneself today. We used to look forward to the comedy on TV on a Saturday night where you could be guaranteed you would be left with sore ribs from laughing so much. Then there was the variety show Sunday Night at The London Palladium, where you always had a comedian, there were always jokes involving an Englishman, an Irishman and a Scotsman which we all laughed at but again these are no longer PC.

Laughter has been proved to improve your mood and increase the serotonin levels in the brain increasing a general feeling of wellbeing. I remember watching a medical programme on TV a few years ago where a health professional was holding a laughter class which at the time was considered unorthodox. But when the participants were interviewed afterwards, they all agreed once they got over the initial embarrassment, they felt surprisingly good. They should put these classes on prescription.

Laughter is good for the soul and is the best medicine I know.

Gill

**A negative mind
will never give you
a positive life.**

Lesley Clay



Laughter is one of the few things that transcends culture, language, and time. It is the spontaneous eruption of joy that connects people in moments of lightness, whether shared between lifelong friends or sparked by a stranger's joke on a crowded bus. Children laugh hundreds of times a day, while adults, often weighed down by responsibilities, laugh

far less frequently. And yet, no matter how old we are, laughter has the extraordinary power to heal, connect, and transform.

The saying “laughter is the best medicine” has circulated for centuries, but in recent decades science has begun to uncover just how true it really is. Beyond being a fleeting expression of humour, laughter engages our bodies and minds in profound ways. It reduces stress hormones, strengthens the immune system, eases pain, and even protects the heart. But the benefits are not confined to the body—they ripple outward, shaping our social bonds, emotional resilience, and overall quality of life.

Conclusion: A Serious Case for Humour: Laughter is more than a fleeting moment of amusement; it is a force that touches every dimension of health. It reduces stress, strengthens immunity, protects the heart, alleviates pain, uplifts mood, and binds people together. Science validates what wisdom has long intuited: joy heals.

In a world fraught with challenges, laughter offers not denial but defiance—the courage to face life's difficulties with lightness and resilience. When we laugh, we remind ourselves and each other that even in hardship, there is hope, connection, and meaning.

So the next time laughter bubbles up—whether from a silly joke, a shared story, or an unexpected moment—embrace it fully. Your body, mind, and relationships will thank you. And science assures us: this simple act of joy is indeed one of the best medicines we have.

Jacqueline



A smile is a simple gesture, yet it holds incredible power. It can brighten your day, lift the spirits of others, and spread warmth wherever you go. A grin, a chuckle, or even a heartfelt laugh has the ability to ease tension and bring comfort to those around you.

Take a moment to read through this poem, and who knows? You just might find yourself smiling!

What Smiles Can Do

A smile is quite a funny thing,
It wrinkles up your face,
And when it's gone, you never find
Its secret hiding place.

But far more wonderful it is
To see what smiles can do;
You smile at one, he smiles at you,
And so one smile makes two.

He smiles at someone since you smiled,
And then that one smiles back;
And that one smiles, until in truth
You fail in keeping track.

Now since a smile can do great good
By cheering hearts of care,
Let's smile and smile, and not forget
That smiles go everywhere!

Poet: Unknown

submitted by Jacqueline

Laughter is the Best Medicine:

However gloomy the outlook a little bit of laughter & good humour can ease a tricky situation. Being positive & looking for a way to be less stressed is the way to go in difficult times as a comical moment is almost certain to occur at some point.

I may be too keen to look for lighter moments but it has kept me going all these years.

My mum had long term illness but made light of it & it was a vehicle for her light-hearted take on life.

I've always felt that laughter can help where medicine cannot.

Mary De Silva



Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.

"It was only a sunny smile,
and little it cost in the
giving,
but like morning light
it scattered the night
and made the day worth
living."

~F. Scott Fitzgerald

Sent by Lesley Clay

RECIPES FOR YOU

I have found two simple recipes that use an Air Fryer and I must admit they look pretty easy I might even try them myself. Using a liner will make them even easier.

AIR FRYER CHEESE AND HAM TOASTIE.

Courtesy of Good Food Magazine.

Serves 1.

Ingredients:

20g softened butter,
2 slices of sourdough or other bread,
1/2 tsp English mustard,
50g grated mature cheddar or gruyere,
1 tbsp chopped chives (Optional),
One thick slice of ham.

Method:

Heat the air fryer to 190c.

Butter the slices of bread on one side each, then combine the rest of the butter with the mustard, cheese and chives if using.

Season with salt and pepper.

Spread the cheese mixture over the plain sides of the bread, then sandwich the ham between the two slices so the buttered sides are facing out.

Air Fry for 10 mins, turning once until golden and crunchy on the outside and the cheese has melted in the middle.

Gill

Faith

Faith is accepting that you
may not understand everything, but
knowing that God will always direct you
to what he wants for your life.

Lesley Clay

AIR FRYER POTATO WEDGES.

Courtesy of Good Food Magazine.

SERVES 4.

Ingredients,

4 Russet potatoes about

850g unpeeled cut into wedges,

2 tbsp sunflower or vegetable oil,

1 tsp smoked paprika, 1 tsp dried oregano,

1 tsp onion powder, mayonnaise or dip of your choice.

Method,

Put the potato wedges in a heatproof bowl, cover with cold water and leave to soak for 30 mins.

Drain, then return to the bowl and cover with boiling water.

Leave to soak for 15 mins then drain again and pat dry using a clean tea towel.

Tip the wedges into a clean bowl and toss with the oil, smoked paprika, oregano, onion powder and 1 tsp salt and freshly ground black pepper.

Heat the Air Fryer to 200c and cook the wedges for 30 to 40 mins (depending on how crispy you like your potatoes) shaking every 10 mins to ensure even cooking.

Serve with the mayonnaise or dip.

Enjoy,

Gill.

Don't stress

Take life day by day and be grateful for the little things.

Don't get stressed over what you can't control & focus on the positive.

Lesley Clay

AIR FRYER CHRISTMAS CAKE

Ingredients

- 1 ½ cups (225g) mixed dried fruits (raisins, currants, chopped apricots, cherries)
- ¼ cup (60ml) brandy or orange juice
- ½ cup (115g) unsalted butter, softened
- ½ cup (100g) brown sugar
- 2 large eggs
- 1 cup (125g) all-purpose flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ cup (60ml) milk

1. **Prepare the fruit** – Soak the mixed [dried fruit](#) in brandy (or orange juice) for at least 1 hour, or overnight for the best flavor.
2. **Preheat the air fryer** – Set your air fryer to 300°F (150°C).
3. **Make the cake batter** – In a bowl, beat the butter and brown sugar until light and creamy.
4. Add eggs one at a time, mixing well after each addition.
5. **Combine dry ingredients** – In another bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and cloves.
6. Gradually mix the dry ingredients into the wet mixture.

Lesley Clay



6. Gradually mix the dry ingredients into the wet mixture.
7. Stir in milk until the batter is smooth.
8. Fold in the soaked fruits along with any remaining liquid.

✓ **Prepare the pan** – Grease a 6-inch round cake pan and line it with baking paper.

10. Pour the batter into the pan and smooth the top.
11. **Bake in air fryer** – Place the pan into the air fryer basket and bake for 45–50 minutes, or until a toothpick comes out clean.
12. Let the cake cool in the pan for 10 minutes before removing it.
13. Cool completely on a wire rack. Decorate if desired.

Tips & Tricks

- For extra flavor, soak the fruit overnight.
- Wrap the cooled cake in parchment paper and foil. It tastes even better after resting for a day or two.
- Use a skewer to check if the cake is done—if it comes out clean, it's ready.

CHOCOLATE UP & OVER PUDDING.

Ingredients:

75g self-raising flour

25g cocoa

125g margarine.

125g granulated sugar.

2 eggs.

Topping.

1 rounded tablespoon cocoa.

40g chopped nuts, walnuts or flaked almonds.

125g demerara sugar.

300mls of hot strong coffee (if instant coffee use 3 teaspoons)

Method:

Grease a deep oven proof dish.

Sieve flour & cocoa together, & add rest of pudding ingredients.

Mix well for 2 mins or beat for half min if using electric mixer.

Tip into dish.

For the topping.

Mix cocoa & nuts & 50gm demerara sugar.

Sprinkle over the pudding.

Sweeten the coffee with the other 50g of demerara sugar & pour over the pudding.

Bake at Gas 4, 350f, 180c for 50 mins to 1 hour.

During cooking the sponge rises up & the coffee mixture makes a thick fudge underneath

Mary De Silva





Children's Harvest workshop Saturday 5th October



KNITTERS GROUP AT WORK

A DIALOGUE BETWEEN GOD AND LITTLE BEN ON LAUGHTER

BEN: Dear Father, when I grow up, I want to be a doctor, so my mum always tells me that laughter is the best medicine.

GOD: Dear Little Ben, that in fact happens to come from the Bible.

Proverbs 17:22, "A cheerful heart is a good medicine, but a downcast spirit dries up the bones", highlights laughter's positive impact, and the spiritual, emotional and physical benefits that it brings.

BEN: You know, I read a lot, especially about science! And science has actually proven what Bible tells us about laughter – that it's good for our health! Laughter reduces stress, fosters a positive outlook on life, and puts us in a good mood. Laughter also impacts the body cells, improving physical and mental health, and setting up a longer and healthier life.

GOD: That's very good, Ben – that's why I created laughter as a built-in mechanism to heal your bodies.

BEN: I also read that laughter increases blood flow to the brain, which in turn reduces stress hormones, lowers blood pressure and activates the immune system... and poor blood flow is the root cause of many diseases!

GOD: Yes, Ben. It's true. When you laugh, you are in fact facilitating the healing mechanism I built in you and preventing disease in your bodies. You were all made to be joyful. If you want to live in divine health – body, mind, and soul – keep on laughing.

BEN: I also read that laughter reduces pain - 10 minutes of laughter can relieve pain for up to two hours, due to the release of dopamine!

GOD: Yes, Ben, that's right. When pain relief is necessary, I have My own prescription for pain - laughter. I created laughter to reduce pain naturally.

BEN: I also read that laughter prevents disease by boosting our holistic well-being, increasing the effectiveness of medical treatments, and lengthening our lives.

GOD: That's correct, Ben. Staying in good health is part of My plan for your life. I created laughter to gift you with a natural way to accomplish this.

BEN: I also read that laughter improves mental health, by reducing stress, which is among the causes of ill health.

GOD: Yes, Ben - laughter is a catalyst of emotional healing. Proverbs 15:15 says, "All the days of the poor are hard, but a cheerful heart has a continual feast" is a reminder that laughter heals depression, by bringing about happiness even in the midst of hard times.

BEN: Are there any other reasons why you also created laughter?

GOD: Yes, Ben, mainly because I want you all to laugh and be happy. Job 8:21 declares, "He will yet fill your mouth with laughter, and your lips with shouts of joy." With that purpose, I am your comforter and joy catalyst. Jeremiah 31:13 proclaims, "I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow."

BEN: Thank you for consoling us, giving us joy and support our well-being, Father. Are there any other reasons why we should always make an effort to laugh?

GOD: Yes, Ben – laughter is a natural way to praise Me and show gratitude for My blessings. Psalm 126:2 sings, "Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, 'The Lord has done great things for them.'"

BEN: I also read that laughter strengthens the spirit. Is that true?

GOD: Yes, Ben. In Proverbs 15:13 you will read, "A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken."

BEN: How else can laughter strengthen our spirit?

GOD: Laughter is a forecast of the eternal joy of your soul when your faith in Me is solid and profound and your connection with Jesus is strong and indestructible. Apostle Peter writes, "Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy" (1 Peter 1:8).

BEN: So, what's your best advice for us, Father?

GOD: My prescription for your health and happiness includes laughter. "So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun." (Ecclesiastes 8:15)

Candida Mulè

BIBLE QUIZ – October 2025

Places in Paul's journeys

Here are 12 questions about Places in Paul's journeys.

1.	A fellow missionary, John, left Paul here. (Acts 13 v13)	
2.	Here "a great multitude of both the Jews and also of the Greeks believed" (Acts 14 v1)	
3.	In this city the Jews stirred up the devout and honourable women and the chief men against Paul (Acts 13 v14 and 50)	
4.	Here Paul was called Hermes and Barnabas Zeus (Acts 14 v8and 12)	
5,	Paul's next port of call after he had been stoned and left for dead. (Acts 14 v19and20)	
6.	Where Paul saw a man of Macedonia saying "come over and help us". (Acts 16 v8and 9)	
7.	Where Paul preached by a riverside (Acts 16 v12 and 13)	
8.	The people here were more noble than those in Thessalonica. (Acts 17 v10 and 11)	
9.	Where Gallio paid no attention to any of these things (Acts 18 v17)	
10.	Where Paul took his leave from the elders of Ephesus (Acts 20 v17)	
11.	Where Paul spoke to King Agrippa (Acts 25v6)	
12.	The scene of Paul's shipwreck (Acts 28 v1)	

Ian Beazley

LAUGHTER QUOTES

Life is worth living as long as there is a laughter in it.
With mirth and laughter let wrinkles come. ANON

Laughter is a bodily exercise precious to health. ARISTOTLE

A day without laughter is a day wasted. CHARLIE CHAPLIN

SMILE

lyrics by John Turner and Geoffrey Parsons

Smile though your heart is aching, smile even though its breaking,
When there are clouds in the sky, you'll get by,
if you smile through your fear and sorrow,
smile and maybe tomorrow,
you'll see the sun come shining through for you.
Light up your face with gladness, hide every trace of sadness,
although a tear may be ever so near,
that's the time you must keep on trying,
smile, what's the use of crying?
You'll find that life is still worthwhile,
If you just SMILE.

A merry heart does a spirit, soul and body good like medicine.
PROVERBS 17: 22

My doctor prescribed laughter as the most efficient
medicine. Unfortunately, the Pharmacist said too many people were
crying from laughter so it's no longer available.

Dogs can't operate an MRI machine, but CAT - scan.

What did the balloon say to the Doctor. " I feel light headed "

Why did the Strawberry cry. " He found himself in a jam "

Gill

YOUR MONTHLY GARDENING CHECKLISTS FOR OCTOBER

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and fritillaries
- Lift tender cannas to avoid frost damage, dry off the tubers and store in cool dark conditions until spring
- Plant up cheery pot displays with winter colour, such as heathers, cyclamen, winter pansies and skimmia. More winter container inspiration.
- Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus, to protect over winter
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter
- Move deciduous shrubs that are in the wrong place or have outgrown their current position
- Wrap layers of fleece or straw around banana plants and tree ferns to protect from winter frosts
- Collect seeds from hardy perennials, such as astrantia, achillea and red valerian, and sow straight away
- Take hardwood cuttings from ornamental trees and shrubs
- Reduce the height of shrub roses to avoid windrock damage over winter
- Empty spent summer pots and hanging baskets, and compost the contents.



Lesley Clay

Kids Jokes Page:

- What did the policeman say to his tummy?
You're under a vest!
- Knock knock, who's there?, boo, boo who?
..no need to cry.
- Knock knock, who's there? Europe Europe
who? No you're a poo!
- Knock Knock, Who's there? Smell Mop. Smell Mop Who?
Ugh! No Thank You!
 - Why did the baker have brown hands?
Because he needed (kneaded) a poo!
 - Why did the banana go to the Doctor?
Because he wasn't peeling very well.
- What do you call postman Pat without a job ?
Pat !!!!
- What do you get if you cross a dinosaur with a pig?
Jurassic pork!
 - What time do you go to the dentist?
Tooth hurty
- Knock knock. Who's there ? AtishAtish who?
Bless you!
- What kind of room doesn't have windows or a door?
A mushroom.
- What do get when you mix a cow with an earthquake.
Millshake.

Lesley Clay

Church Events for your diary

Sunday 9th November: **Remembrance Service Royal British Legion**
9.15am

Sunday 9th November: **Holy Eucharist with Act of Remembrance**
10.30pm

Sunday 9th November: **Service for the Tram Crash Anniversary at the Memorial on Central Parade**

Sat. 22nd November: **Quiz night with fish & chip supper**
7pm-10.30pm

Church Services at St Edwards.

Sunday Early service 9 am this is also live streamed on Facebook.

1st Sunday of the month is an All-age worship with Eucharist & music 10.30 am

Sunday main service 10.30 am Eucharist with music

Thursday Morning Service 9.30 am in the Chapel

The next Sunday school will be on Sunday 30th November

PASTORAL SERVICES THIS MONTH

Funerals in Church

Thursday 2nd October 12.45pm **Jacqueline Behari**

Wednesday 22nd October 12.30pm **Doreen Ivy Arnold.**

Ashes Interment

Sunday 5th October **Maureen Jean Woods**

St. EDWARD KING AND CONFESSOR CHURCH

New Addington

NOVEMBER 2025 Worship Services

Sundays 9.00 am and 10.30 am, Thursdays 9.30 am

Dates	Readings	Reader	Intercessor
Sunday 2 nd Nov. All Saints Day 10.30 am	Daniel 7. 1-3,15-18	Gill Gillam	Lesley Clay
	Ephesians 1.11-end	Jacqueline Sanderson	
	Luke 6.20-31		
Sunday 2 nd Nov. All Souls Service 3pm	Lamentations 3.17-26,31-33	Lesley Clay	Fr Prem
	1 Peter 1.3-9	Ian Beazley	
	John 5.19-25		
Sunday 9 th Nov. Remembrance Service 3 rd before advent	Job 19:23-27	Sidney Adanaike	Mary De Silva
	2 Thessalonians 2:1-5,13-end	Les Preston	
	Luke 20: 27-38		
Sunday 16 th Nov. 2nd before Advent	Malachi 4:1-2	Lesley Clay	Sidney Adanaike
	2 Thessalonians 3:6-13	Ros Green	
	Luke 21:5-19		
Sunday 23 rd Nov. Christ the King 2 nd next before Advent	Jeremiah 23:1-6	Kadiatu Fofanah	Kester O Connor
	Colossians 1:11-20	Mary De Silva	
	Luke 23:33-43		
Sunday 30 th Nov. 1st Sunday of Advent	Isaiah 2:1-5	Julie Brooker	Lesley Clay
	Romans 13:11-end	Jacqueline Sanderson	
	Matthew 24:36-44		

REGULAR EVENTS AT EDWARDS

A WARM SOCIAL SPACE:

St Edwards will be open every Thursday from 10am to 4pm
As a warm social space during these worrying times of rising
energy and food prices: People are welcome
to call in whenever they wish,
and stay for as long as they like.

These will be tea/coffee and biscuits available all day, there are
board games to play if you wish or just to read a book or chat.

**Please do come and join us and spread the word to
anyone you think may like to come.**

Singing for fun

An informal singing group every Thursday 3-4 pm in
church, we sing all the old-time favourites accompanied
by the piano and Fr Prem on the Guitar.

Everyone welcome.

CAMEO

A group for retired folk who would like to meet on the
1st Wednesday of the month from 2-4 pm in the church
hall for tea/coffee cake and a chat. Everyone welcome

NEXT MEETING 05 11 25

St. Ed's Together

Welcome to our October edition of our Parish Magazine from St Edward King and Confessor in New Addington. Thanks to all those who contributed to this issue. Hope you enjoy this issue.

Kindly note that our service timings are: **Sunday Eucharist at 9.00 am and at 10.30 am.** We have our **Midweek Eucharist at 9.30 am on Thursdays.**

We continue to have **a Eucharist live streamed on our Facebook page** on Sundays at 9.00 am. We also have a prayer help line open from 6am-10pm. If you would like to speak to priest or to ask for a prayer to be said you can call the Vicarage 01689 845588

If you would like a call even if just for a chat please call us, we are here to help.

CHURCH CONTACTS

Email: stedwardnewaddington@gmail.com

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If you wish to contact **Fr. Prem**

Vicarage Telephone: 01689 845588 – Mobile No: 07942 755011

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Church Wardens

Lesley Clay

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Ian Beazley

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IF YOU HAVE SAFEGUARDING CONCERNS PLEASE CONTACT

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