

Thurcaston with Cropston and Anstey

Heart & Soul

of our community

**All Saints' Church
Thurcaston**

July 2026

**St Mary's Church
Anstey**

ANSTEY, CROPSTON, THURCASTON - KEY CONTACTS

Rector	Rev Matthew Gough	07754 961 997
		revgough@gmail.com
Associate Ministers	Ian Dutton	0116 221 3786
	Clare Gough	claregough@yahoo.co.uk

ALL SAINTS' CHURCH, THURCASTON WITH CROPSTON

Church Warden	Vacant	
Church Admin	Jane Westby	0116 235 2226
		mowestby@virginmedia.com
Organist & Choir Master	David Evans	07733 243 383
PCC Secretary	Douglas Gilmour	0116 236 2503
PCC Treasurer	Felicity Wigg	fliss.wigg@hotmail.co.uk
Captain of Bellringers	Peter Hunt	0116 235 9601
Harrison Room bookings	Jane Lacey	harrisonroomsbookings@gmail.com

ST MARY'S CHURCH, ANSTEY

Church Warden	Marian Driver	0116 348 1587
PCC Secretary	Pat Henderson	0116 221 5981
PCC Treasurer & Stewardship Secretary	Janet Collins	07749 655 618 (<i>Txt messages only</i>)
Verger	Paula Hayward	0116 367 8563 or 07584 254 729
Bellringers	Marion Pegge	07971 170 471
Pastoral Assistant	Helen Nightingale	ansteypastoralcare@gmail.com
Music	Harvey Nightingale	
Church Room bookings		Stmaryschurchrooms@gmail.com



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The editor's note

It's a slightly thinner Heart & Soul than usual this month, but hopefully none the worse for it. At time of writing, we're in the midst of mini heatwave, so here's hoping everyone's keeping safe and cool, and the current blast of equatorial weather isn't causing you, your loved ones, and your pets too many problems.

Speaking of the weather, be sure to read Ian Dutton's thought provoking piece overleaf about the recent screening of *The People's Emergency Briefing* at St Mary's Church. Also see Lynsey James' report on the film on page 9.

On an infinitely more frivolous note, I leave you this month with my favourite Sherlock Holmes joke:

Holmes and Watson go on a camping trip. After dinner and a bottle of wine, they lay down for the night, and go to sleep. Some hours later, Watson wakes and nudges his faithful friend.

"Holmes, look up at the sky and tell me what you see."

Holmes replies: "I see millions of stars."

"What does that tell you?"

Sherlock says: "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

"Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three.

"Theologically, I can see that God is all powerful and that we are small and insignificant.

"Meteorologically, I suspect that we will have a beautiful day tomorrow.

"What does it tell you, Watson?"

Watson was silent for a minute, then said: "Holmes, you idiot. Someone has stolen our tent!"

ED

All Saints' and St Mary's exist for the benefit of the whole community - not just people who go to church on Sundays!

We're delighted to arrange baptisms and weddings, or to bring Holy Communion to anyone who is unable to attend church.

If we can help in this, or any other way, please contact the Rector or Church Wardens (contact details on left).

Visit our websites for further information about events, activities, services, etc:

stmarysandallsaints.co.uk

[All Saints' Thurstaston with Cropston](#)
[St Mary's Anstey](#)



Please send contributions, listings, suggestions or ideas for the July issue of the magazine to:
heartandsoulnews@gmail.com
(deadline Monday 20 July)

USEFUL ADDRESSES

All Saints' Church / Harrison Room
Anstey Lane, Thurstaston LE7 7JA

Anstey Library
Paper Mill Close, Anstey LE7 AU

Cropston Evangelical Free Church (CEFC), Cropston Road, LE7 7GE

Jubilee Hall
Stadon Road, Anstey LE7 7AY

Methodist Church
Cropston Road, Anstey LE4 7BP

St Mary's Church / Church Rooms
Church Lane, Anstey LE7 7AF

Thurstaston Memorial Hall
Anstey Lane, Thurstaston LE7 7JA

The end times...?

Summer is upon us, having had (we are told) the wettest Winter and the hottest Spring on record. Some will look forward to basking in Mediterranean temperatures, whilst others may dread the possibly lethal consequences of a heatwave, or their lives disrupted by flooding.

I enjoy watching the birds in our garden, seeing hardworking parents work relentlessly to feed their insatiable young.

A family of great tits is reckoned to have consumed eight thousand grubs and worms in three weeks, as they grew up in a nesting box. There were flying lessons as they learned to fend for themselves, and then they all flew away. I suspect that nesting may have been a bit later this year, due to weather conditions.

I had known in theory that human activity (such as producing carbon dioxide) could affect the climate, but for me the first practical demonstration came 25 years ago while on holiday in Austria. We took a funicular train to a glacier, but it no longer went all the way. Why? The glacier had retreated due to global warming. That was a eureka moment for me.

The People's Emergency Briefing, a film shown in St. Mary's last month, put the issues very starkly. We could be uncomfortably close to 'tipping points', when marine and atmospheric patterns that govern our weather would be changed irreversibly.

We have been lucky to have had relatively stable weather patterns for centuries, but we are on the edge of losing this. Our economy, our food supply and our civilisation could all hang in the balance.

But the film also gave encouragement because solutions exist, although some were oversimplified.

We were asked to encourage other showings of the film, to engage with those

who have influence, reduce 'greenhouse gas' emissions and retain and encourage biodiversity.

Beyond the film, we also have great potential as God's people. The biblical narrative puts humans in control of the earth, filling it, subduing it and stewarding it for God. We are not here merely to exploit the earth and its resources.

Nor are we here to exploit other humans, and it is good that the Church of England became a great missionary-sending church, often at great cost. Nowadays we also assist with the relief of poverty, persecution and hunger.

One of the important conclusions of the 1992 earth summit in Rio-de-Janeiro was that poverty is a significant cause of climate change.

There have been several great extinctions since animal life developed on earth, including the extinction of the great dinosaurs long before humans evolved. (Some small ones seem to still exist.)

Why did our Creator bother with dinosaurs? Well, they were magnificent creatures, some of them, and they would have added to the magnificence of his creation.

Creation does not appear to have been just for humans, albeit that we should care for it, unless and until it is God's time for it to end.

In times of crisis, God's people have fallen on their knees and beseeched him for deliverance. This is well illustrated in some of the psalms. Our 1662 Book of Common Prayer has prayers for times when there had been too much rain, or too little.

In recent years we and many churches worldwide have introduced a new season of 'creationtide' in early autumn. We can exercise our faith as well as our science, and we can use some common sense.

With my prayers and best wishes.

Ian Dutton, Associate Minister

DROP IN STAY 'N' PLAY FUN AND GAMES

@ St Mary's Church, Anstey



10am-12noon

MONDAY 20 JULY-FRIDAY 24 JULY

**ALL CHILDREN MUST BE ACCOMPANIED
BY THEIR RESPONSIBLE ADULT**

From the registers



Sunday 7 June

Baptism, Confirmation and Reception into Church of England
Groby Parish Church with Bishop of Loughborough
Congregation from St Mary's Anstey

Tina Barker (received)

Josh Barker (confirmed)

Jason Barker (confirmed)

Bruce Dave (confirmed)

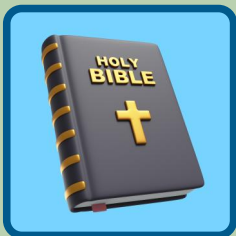
Karen Bhowal (confirmed)

Luke Fisher (baptised and confirmed)

Monday 29 June

Michael Barker of Thurcaston
Funeral at Gilroes Crematorium

Readings (Ordinary Time - Green)



Sunday 5 July

Romans 7.15-25
Matthew 11.16-19, 25 to end

Sunday 19 July

Romans 8.12-25
Matthew 13. 24-30, 36-43

Sunday 12 July

Romans 8.1-11
Matthew 13. 1-9, 18-23

Sunday 26 July

Romans 8.26-end
Matthew 13. 31-33, 44-52

How to best give to your Church

There comes a time for many of us when we want to give to our church community to support its work and help it meet its obligations to paying Diocese Parish Gift, as well as honouring the sense of God's call of generosity in our hearts.

For many, this may mean regular giving which is easy through the collection plate, card reader or envelope scheme available at both churches.

However, some people prefer to organise by Direct Debit or BACS (you can pick up a leaflet from either church).

St Mary's operates the Parish Giving Scheme which All Saints' will also look at soon.

You can set up an account in a few minutes online parishgiving.org.uk.

Parish Giving has the benefit of adding Gift Aid immediately to the church donation, saving the administration for the PCC and making funds more readily available.

Both churches also take online donations - further information can be found by visiting stmarysandallsaints.co.uk and following the links under each church for 'Regular Giving' or 'Donations'.

Thank you for your ongoing faith and trust in our mission.

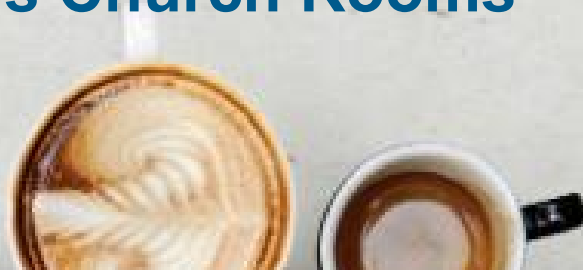
If you prefer to make a donation as a one off at All Saints' Church, our annual gift day each September will be Saturday 19th with a chance to meet up in different parts of the parish to receive your gift and talk.

Rev Matthew

Coffee Morning - St Mary's Church Rooms

Every Friday from 9.15 am

Everyone welcome



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All Saints' 200 Club - thank you!



The All Saints' 200 Club has now been running for 16 years, and over those years has made a significant contribution towards the maintenance and upkeep of our beautiful village church. The PCC and Church would like to offer our grateful thanks to everyone who contributes, and of course also has the surprise of winning. Jane loves to see the smile on people's faces when she hands over the winnings. The last twelve months raised £1,714.

It is never too late to join. Call Jane Westby for details: 0116

235 2226 or email: mowestby@virginmedia.com

June 2026 Draw winners

1st Peter Hunt

2nd Sarah Hopwood

3rd Bennie Getings

Wednesday Hub Summer break



After another busy year for the Wednesday Hub we are going to have a short break over the summer.

The final Wednesday Hub before the break will take place on Wednesday 8 July - and we'll start meeting again in the Harrison Room at All Saints' Thurcaston from Wednesday 2 September onwards. During the summer we do hope to meet up one week and have a picnic (weather permitting!).

Many thanks to all the volunteers and supporters of the Wednesday Hub who have once again made this a very enjoyable and companionable group. To get in touch and find out more about the Wednesday Hub and its activities please contact me on the Good Neighbours phone number which is 07435 265 397.

Eleanor Lloyd Jones

All Saints' Garden Fete

This year's Garden Fete went ahead with some stalls outside despite the threat of rain. We had lots of visitors who were able to sit inside listening to Titanic playing a lovely range of jazz favourites, whilst partaking of a glass of locally brewed beer.

The teddies did their usual daring feat of zip wiring from the top of the Ringing Chamber in Church, much to their owner's delight. The Marydene Guitar Society serenaded those having

refreshments. Stalls were very busy it was a lovely community event and opportunity to catch up with people we have not seen for a while and meet new friends.

We raised £1,637.87 which assists in the maintenance of our lovely village church.

Thank you everyone who worked so hard beforehand, on the day and afterwards to make this such a successful and enjoyable community event.

Local cinema

Anstey Film Club - Anstey Community Library

Wednesdays 2pm

Enjoy a friendly, relaxing hour or two with good company in the library every Wednesday afternoon. Films are shown on a new large screen TV with surround sound. Entrance price is just £3, which includes cake and a drink. Films are chosen on a weekly basis, so we're unable to provide details in advance - visit the website ansteylibrary.com or pop into the library to discover what's on each week.

The People's Emergency Briefing, St Mary's Church, 13 June.

Last year, leading scientists and experts delivered the National Emergency Briefing to MPs in Westminster, outlining the urgent challenges posed by the climate and nature crisis.

Now, a shorter and more accessible film version - presented by Chris Packham - is being shared with communities across the country.

Last month, St Mary's Church in Anstey welcomed 47 guests to a special community screening of *The People's Emergency Briefing*.

It was a wonderful turnout, bringing together local people united by concern for the future of our climate and the natural world.

After watching the 50 minute film, we observed a minute's silence - a moment to reflect on the information we had heard and to begin to process some of the more challenging realities presented.

This was then followed by a time of discussion, helping one another to better understand the risks facing the UK and to consider how we might respond.

Lynsey James



If you would like to learn more or get involved:

Sign the petition to have the film shown on prime-time television: petition.parliament.uk/petitions/767687

Host or find a local screening of The People's Briefing: nebriefing.org/screening-map

Ask your MP to support a televised parliamentary briefing: nebriefing.org/take-action

Visit the website: nebriefing.org



Local History

Thurcaston & Cropston Local History Society

Leicester's past revisited

In the mid-17th century, Leicester was a modest town of only about 5,000 inhabitants but did you know that it played a significant role on two occasions in the English Civil War?

For the first of our three summer outings, Jim Butler (@Hidden Histories of Leicester) led a group of our members on a tour around the key sites in the city centre.

We met in Town Hall Square, where in 1642 the king's local representative, Henry Hastings, tried to carry out an order to raise a militia.

Parliament had proclaimed that the king had no right to make such an order and the citizens of Leicester sent Henry and his supporters fleeing for their lives.

This might have been why, on 22 August of that year, the king was staying at Cavendish House, which survives today as a ruin in Abbey Park.

It was here that he met his nephew, Prince Rupert of the Rhine, who was an experienced soldier newly arrived from overseas.

The same day, the two of them proceeded to Nottingham and raised the king's standard there to mark the start of the war.

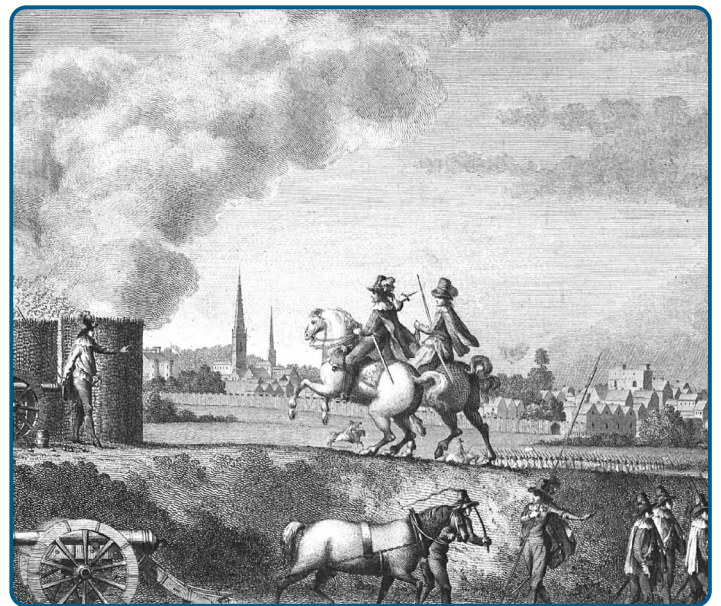
The first (minor) military action of the Civil War took place two days later, when Henry Hastings raided the seat of his great rivals, the Grey family, at Bradgate Park.

Leicester then largely kept its head down until 30 May 1645, when the infamous siege of the town was to have great consequences both locally and for the nation.

While Charles was on an expedition to the north, the parliamentary army attacked his main base at Oxford.

In an attempt to draw them away, the king laid siege to the pro-parliament town of Leicester.

Its medieval walls had long since crumbled, except around the Newarke, but some attempt had been made to dig new defensive ditches.



Few reinforcements arrived so roughly 2,000 defenders – mostly ordinary citizens – had to face about 11,000 attackers.

Although Prince Rupert's cannons on the Rawdykes eventually breached the Newarke's walls, most of the defence was focused there and multiple waves of attacks were successfully repelled.

However, the chimes of midnight were the signal for the royal army to attack from all sides and the defenders were spread too thinly around the north and east of the town to resist for long.

Hand grenades were newly invented and the attackers used them to create



Local History

confusion, giving them time to scale the embankments and open the gates for the cavalry to enter.

After that, there was desperate street-by-street fighting as citizens tried to save their homes and families, but at 3.45am Major Innes offered surrender on condition that the town and its defenders would be spared.

Despite that agreement, the Royalist soldiers sacked Leicester, raping or killing hundreds of citizens and taking away 140 cartloads of goods and valuables, which left many of the survivors destitute.

Having sat out the battle at Aylestone,

King Charles arrived in the morning to claim his victory and, on seeing the ongoing pillage, he said, "I care not: they are mine enemies."

The siege did indeed draw the parliamentary army away from Oxford.

The two sides met at Naseby on 14 June and the king was soundly defeated. When he was later captured and put on trial, accused of being a tyrant, the words he had used following the Siege of Leicester were a key piece of the evidence that led to his guilty verdict and execution.

Website: thurcastoncropstonhistory.org.uk

Anstey Local History Society

Early Church Music

The music for the services at St Mary's was originally provided by the church band.

Some names of the players that are known are Mr Pollard playing the clarinet, Mr Davie, the trombone and Mr Charles Bird, the bassoon.

Later a harmonium was installed, played by Sarah Anne Jordan, followed by Agness Crooks and finally Nellie Hancock.



A second-hand organ was installed in 1896 by the Rector Rev Williams and the first two organists were Walter Grewcock and Frank Storer.

As the photo is dated circa 1910, the band must have continued into the 20th century.

A new organ, built by Taylors of Leicester, was installed in 1926.

The picture looks as though it was taken outside the Church Rooms.

Website: ansteyhistory.com

Dates for your diary: July

Wednesday 1

9.30am Prayer Book Communion (St Mary's Church)

2pm Wednesday Hub - Coffee/tea, cake, chat (Harrison Room)

Thursday 2

7pm Anstey Chess Club (Methodist Church)

Friday 3

9.15am Coffee Morning (St Mary's Church Room)

11.30am RVS Lunch Club (Jubilee Hall)

Saturday 4

11am Charity Coffee Morning (CEFC)

Sunday 5

9am Breakfast in the Church (All Saints' Church)

9.30am Morning Praise (All Saints' Church)

10.30am Sunday Worship (CEFC)

10.30am Gather for refreshments (St Mary's Church)

11am Holy Communion (St Mary's Church)

6.30pm Taize Service (St Mary's Church)

Sunday 12

9.30am Holy Communion (All Saints' Church)

10.30am Sunday Worship (CEFC)

10.30am Gather for refreshments (St Mary's Church)

11am All Age Worship (St Mary's Church)

Monday 13

2.15pm Monday Club (Lingdale Golf Club)

Tuesday 14

10am Food Bank (St Mary's Church Rooms)

10.30am Anstey Musical Memory Box (Jubilee Hall)

12noon Leics MS Group (Jubilee Hall)

1pm Anstey Art Club (Methodist Church)

Wednesday 15

9.30am Prayer Book Communion (St Mary's Church)

2pm Wednesday Film Show (Anstey Library)

7.30pm Anstey Local History Society (Jubilee Hall)

Wednesday 22

10am-12 Drop In 'Stay & Play' (St Mary's)

2pm Wednesday Film Show (Anstey Library)

Thursday 23

10am-12 Drop In 'Stay & Play' (St Mary's)

7pm Anstey Chess Club (Methodist Church)

Friday 24

9.15am Coffee Morning (St Mary's Church Room)

10am-12 Drop In 'Stay & Play' (St Mary's)

11.30am RVS Lunch Club (Jubilee Hall)

Sunday 26

9.30am Holy Communion (All Saints' Church)

10.30am Sunday Worship (CEFC)

10.30am Gather for refreshments (St Mary's Church)

11am Fresh Worship (St Mary's Church)

6.30pm Choral Evensong (All Saints' Church)

Monday 6

11am Bible Study (Cropston Evangelical Free Church: CEFC)

Tuesday 7

10am Food Bank (St Mary's Church Rooms)

12noon Leics MS Group (Jubilee Hall)

1pm Anstey Art Club (Methodist Church)

Wednesday 8

9.30am Prayer Book Communion (St Mary's Church)

2pm Wednesday Hub (Harrison Room)

2pm Wednesday Film Show (Anstey Library)

7.45pm Thurcaston and Cropston Gardening Club (Memorial Hall)

Thursday 9

7pm Anstey Chess Club (Methodist Church)

Friday 10

9.15am Coffee Morning (St Mary's Church Room)

11.30am RVS Lunch Club (Jubilee Hall)

Thursday 16

7pm Anstey Chess Club (Methodist Church)

Friday 17

9.15am Coffee Morning (St Mary's Church Room)

11.30am RVS Lunch Club (Jubilee Hall)

Sunday 19

9.30am Prayer Book (All Saints' Church)

10.30am Sunday Worship (CEFC)

10.30am Gather for refreshments (St Mary's Church)

11am Holy Communion (St Mary's Church)

8pm Compline Night Prayer (All Saints' Church)

Monday 20

10am-12 Drop In 'Stay & Play' (St Mary's)

11am Prayer Meeting (CEFC)

Tuesday 21

10am-12 Drop In 'Stay & Play' (St Mary's)

10am Food Bank (St Mary's Church Rooms)

12noon Leics MS Group (Jubilee Hall)

1pm Anstey Art Club (Methodist Church)

7.30pm Thurcaston & Cropston Local History Society (Memorial Hall)

Tuesday 28

10am Food Bank (St Mary's Church Rooms)

10.30am Anstey Musical Memory Box (Jubilee Hall)

12noon Leics MS Group (Jubilee Hall)

1pm Anstey Art Club (Methodist Church)

Wednesday 29

9.30am Prayer Book Communion (St Mary's Church)

2pm Wednesday Film Show (Anstey Library)

2pm Just for Ladies - bring a craft, play board games, chat (CEFC)

Thursday 30

7pm Anstey Chess Club (Methodist Church)

Friday 31

9.15am Coffee Morning (St Mary's Church Room)

11.30am RVS Lunch Club (Jubilee Hall)

2pm Tea & Crafts (St Mary's Church Rooms)

See page 3 for venue locations

July services - All Saints' Thurcaston

Sunday 5th

9am Breakfast

9.30am Morning Praise

Sunday 12th

9.30am Holy Communion

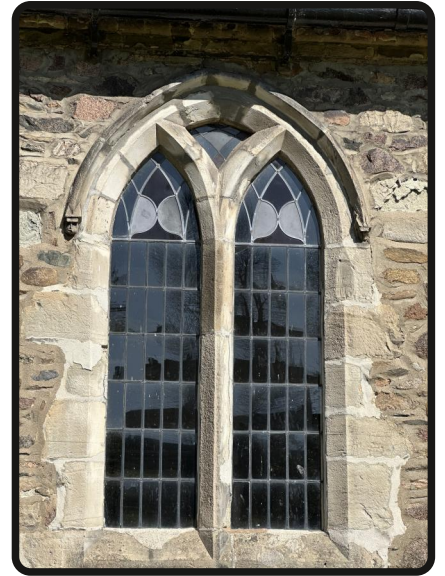
Sunday 19th

9.30am Prayer Book

8pm Compline Night Prayer

Sunday 26th

9.30am Holy Communion



July services: St Mary's Anstey

Sunday 5th

10.30am Gather for refreshments

11am Holy Communion

6.30pm Taize Service

Sunday 12th

10.30am Gather for refreshments

11am All Age Worship

Sunday 19th

10.30am Gather for refreshments

11am Holy Communion

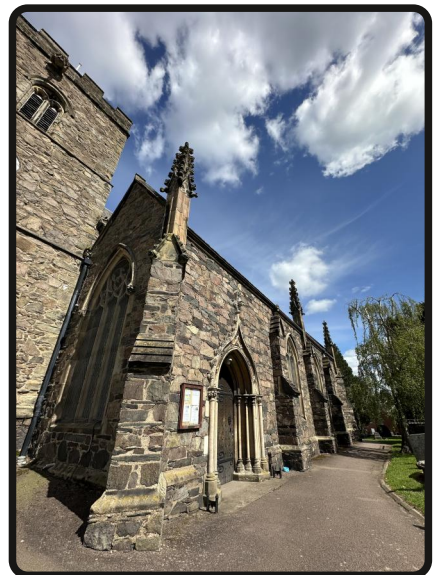
Sunday 26th

10.30am Gather for refreshments

11am Fresh Worship

Every Wednesday

9.30am Prayer Book Communion



Thurcaston & Cropston Gardening Club

Club outing to Gardener's World Live

The first outing of 2026 for the Thurcaston & Cropston Gardening Club was to the NEC where the annual Gardener's World Live show is held.

The show has all the 'ingredients' of a large RHS show but with the addition of the chance to do some 'celebrity spotting'.

Monty Don, Frances Tophill, Adam Frost and Sue Kent were all in attendance and doing various presentations. In addition, Professor Alice Roberts (from Digging for Britain) was also there showcasing a garden created by her called 'The Garden of Evolution'.

The event features show gardens, a floral marquee, and includes entry to the BBC Good Food Show. There were also many nurseries and the opportunity to buy a very wide range of plants for your garden.

But you could also buy garden ornaments, equipment, and furniture – more than anyone could want or carry away!!

Another lovely section was given over to local primary schools. Here a good number of children had created gardens in wheel barrows, and were enthusiastically asking visitors to vote for their entry.

A full coach of members and visitors enjoyed this outing. The weather was perfect – sunny, but not too hot.

Forthcoming Club events:

Wednesday 8 July: The Flower Farmer, Melanie Arnold

Wednesday 12 August: Outing to Arley Hall and Gardens

Saturday 5 September: Annual Craft & Produce Show (open to all)



The Gardening Club meets in the Thurcaston and Cropston Memorial Hall. New members are most welcome.

Membership fee is £15 for the year (pro rata) or £3 per meeting. For more information about the Club, contact:

Dave Haddon 0116 235 9758
david.haddon22@gmail.com

Richard Elks 0116 236 8313
cropston161@hotmail.co.uk

Monday Club

The Family at Calke Abbey

Cropston Evangelical Free Church

Mrs Vanessa Morgan has often visited Calke Abbey and estate. During her presentation, she quoted from many historic newspaper articles.

Henry Harpur bought Calke Abbey in 1622, and a baronetcy in 1626. Later generations made good marriages and held high public positions. Sir John, born 1679, created the large windows, decorated plasterwork and carvings. The 600-acre estate had lucrative limekilns.

Sir Henry married in 1792, and the family took the name Harpur-Crewe. They raised cattle and sheep, and collected all kinds of things. The family also bred racehorses.

Sir Vauncey (10th and last baronet) liked shooting and then stuffing birds.

The house has 32 rooms full of glass cases of taxidermy and specimens. Vauncey died in 1924.

The gardens have changed little since the 1880s. There was a well-stocked kitchen garden, and hot-houses for growing exotic fruit.

In the 1980s the last owner, Henry, offered Calke Abbey to the Government in lieu of family death duties of around £8 million.

The National Trust acquired it. They spent about £4.7 million on repairs, and opened it to the public in 1989. They decided to stabilise the property, only restoring a few rooms.

This month members have an afternoon tea at Lingdale Golf Club, and on Monday 10 August we have a talk about playing cards.

Maja Tompkins

Monday Club meetings start at 2.15pm, on the second Monday of each month. Annual membership is £15, plus an entrance fee of £2 (£4 for visitors) - includes tea and biscuits. New members and visitors are always welcome. Call 07709 201 881.

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Cedar House update

A residential care home should be a community you can fall in love with - somewhere that cares for your physical, emotional, and intellectual well-being.

At Cedar House, you can be the person you want to be - discussing the day's news with friends, trying your hand at new activities, or relaxing in a quiet corner with a book and your own thoughts.

June was another busy month for us. We received lots of visitors and had special visits from Lilliput Nursery Group and Sidney Shakers, and also had our monthly church service with lots of song, pray and fabulous conversation.

Earlier in the month, residents were treated to a show by Northeast Producers. There was lots of comedy, song, dance and props.

The hand knitting club has grown in size... A hand twist there and a hand twist here. Some residents carried on with their own individual projects others made a start and learnt about the technique.

Last month the residents and staff enjoyed playing crazy golf, croquet, volleyball, axe throwing and chipping. Rummikub is also proving a popular game within the home.

Residents also enjoyed going on a canal boat trip with Peter Le Marchant Trust. It was lovely and relaxing.

On Monday 8th we tried something new - a Sound Bath with Katrina Berry. We had fabulous feedback from residents, staff and visitors. It was so magical and relaxing.

Some of the residents also enjoyed designing and making magnets with the nursery group children.

On Wednesday 10th we celebrated Harvey's last day on work placement and his new voluntary role at Cedar House (Harvey has been with us for six months). Thank you for all your hard work and support Harvey.

A couple of days later residents enjoyed a one person show with lots of song, music, dance, comedy and props by The Entertainment Providers.

This month some of the residents and staff came together in the lounge to watch Trooping the Colour, the start of the football and Royal Ascot (we put on some fun hats).



We also did lots of different craft sessions from quilling to scratch art and glass. In the glass workshop we made bees for the garden.

We were also entertained by guest performers Colin Jackson, David Etherton and the handbell ringers.

The members of the Cedar House Book Club are currently reading 'The Little Old Lady That Broke All The Rules' by Catharina Ingelman-Sundberg, which they are finding highly amusing.

We also had a 'Pat and Chat' session with members of the Guide Dog Association.

Phew! We have been busy. Roll on July and all its adventures.

Sally



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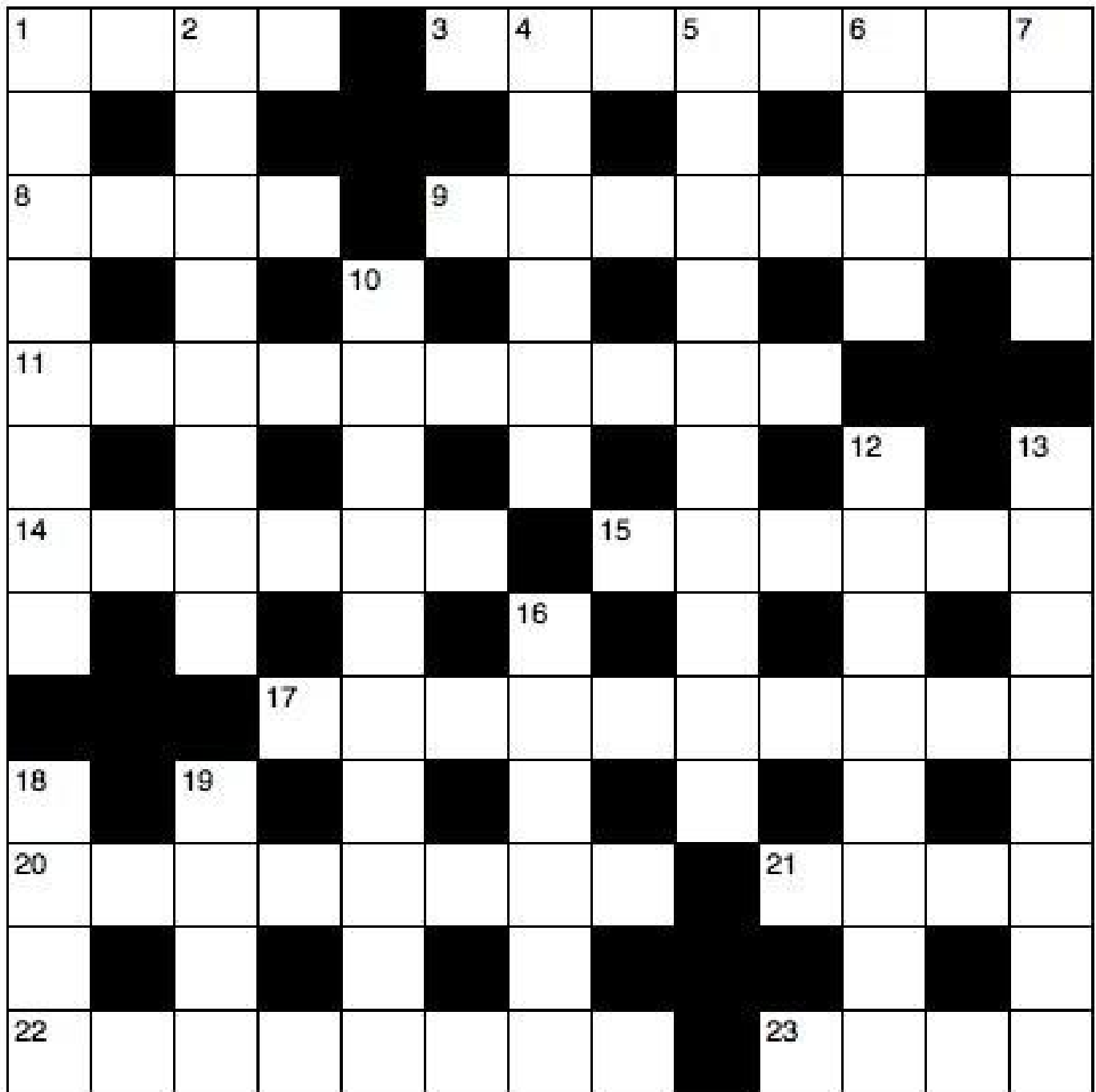


Puzzle Corner (Sudoku)

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

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Puzzle Corner (Crossword)



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Across

- 1** Proverbs describes her as being 'of noble character' [Proverbs 31:10] (4)
- 3** 'Shall we go up again — — against the Benjamites, our brothers?' [Judges 20:23] (2,6)
- 8** A descendant of Shem [Genesis 10:28] (4)
- 9** 'Anyone who does not carry his cross and follow me cannot be my — ' [Luke 14:27] (8)
- 11** Resentment [Ephesians 4:31] (10)
- 14** In Cain [anag] (6)
- 15** 'Such knowledge is too wonderful for me, too lofty for me to—' [Psalm 139:6] (6)
- 17** Intense [1 Thessalonians 4:5] (10)
- 20** Third Order of the Roman Catholic Church (8)
- 21** 'At midnight the cry rang out, "Here's the bridegroom! Come out to — him"' [Matthew 25:6] (4)
- 22** 'My grace is sufficient for you, for my power is made perfect in — ' [2 Corinthians 12:9] (8)
- 23** 'As the — pants for streams of water, so my soul pants for you, O God' [Psalm 42:1] (4)

Down

- 1** Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)
- 2** Occasion of religious joy [Lamentations 2:22] (5,3)
- 4** 'We three kings of — are' (6)
- 5** Allegation or charge [Jude 9] (10)
- 6** Kind [1 Chronicles 12:33] (4)
- 7** 'Open your — and look at the fields!' [John 4:35] (4)
- 10** Also known as the Feast of Lights [John 10:22] (10)
- 12** Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths [Matthew 8:28] (8)
- 13** Forebear [James 2:21] (8)
- 16** Name given to the first two books of the Apocrypha (6)
- 18** Esau sold his birthright for this [Genesis 25:34] (4)
- 19** Rear [anag] (4)

Puzzle Corner (Solutions)

Crossword

W	I	F	E		T	O	B	A	T	T	L	E
O		E			R		C		Y		Y	
O	B	A	L		D	I	S	C	I	P	L	E
D		S		D		E		U		E		S
B	I	T	T	E	R	N	E	S	S			
I		D		D		T		A		G		A
N	I	A	C	I	N		A	T	T	A	I	N
E		Y		C		E		I		D		C
			P	A	S	S	I	O	N	A	T	E
S		A		T		D		N		R		S
T	E	R	T	I	A	R	Y		M	E	E	T
E		E		O		A				N		O
W	E	A	K	N	E	S	S		D	E	E	R

Sudoku

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

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Ruffle the rail dog

We continue our series of short stories about Ruffle, a mischievous Airedale Terrier, and his adventures on a steam railway...

Ruffle goes pond dipping!

By Rachel Greaves

In Eric's garden Ruffle played with a toy he threw around
The bright red ball bounced everywhere, not staying on the ground

At the bottom of Eric's garden was a pond - all overgrown
Hidden under the green algae, only to a few was the pond known

Ruffle tossed the ball high into the air with all his might
It flew across the garden and landed out of sight

Through a patch of weeds Ruffle managed to push his way
There was his red ball - on blanket of green it lay

Ruffle jumped up for the ball, but landed with a shock
The ground disappeared, then SPLASH! - Ruffle sank like a rock

Water was under his tummy - in the middle of the pond
He certainly didn't want to swim - of that he wasn't fond!

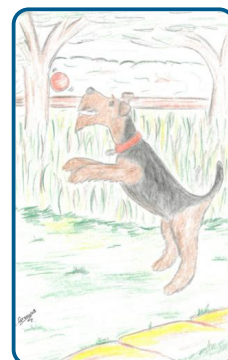
Carefully Ruffle waded back to the safety of the side
Through the green algae blanket, a trail left long and wide

He climbed out of the pond, and gave himself a shake
On his fur was stuck green algae from the lake

Ruffle trudged over to Eric, who was sitting on his chair
Eric suddenly sat up and across at Ruffle did stare

"Ruffle! Phew! Your fur is slimy green and dripping wet!"
Then laughed, adding: "You've been in the pond - pond dipping I bet!"

Visit ruffletheraildog.co.uk for more of Ruffle's adventures.



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Safeguarding survey - have you had your say?

The INEQE Safeguarding Group is taking an independent look at safeguarding across Church of England dioceses and cathedrals, as well as the National Safeguarding Team.

They want to check how things are working day to day and help us make sure our churches and worshipping communities are places where everyone feels safe, valued and respected.

This audit is a chance to celebrate what we do well, be honest about what we could do better, and learn and improve together. It's an important part of the Church's ongoing commitment to safeguarding and being open, accountable and willing to learn.

You are invited to share your experiences through online surveys (closing date 5 August 2026).

The surveys are open to:

- Diocesan workforce
- Parish workforce
- Parish community members
- Cathedral workforce
- Cathedral worshippers
- Children and young people
- Survivors

You can fill in more than one survey, depending on your role(s) in the parish, diocese or cathedral.

Taking part is completely voluntary, but every response matters, as your voice can help shape meaningful improvement.

Further details and survey questionnaires, are available online:

leicester.anglican.org/safeguarding/audit

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