

# Stoke Orchard & Tredington Newsletter



*October 2024*



# Brave the cold water...

You may know that a while ago I did an open water swimming course. After an hour of theory on the body's responses to being immersed in cold water and how to warm up after a swim, it was time to get in the water. I stood at the edge of the lake, and remembered how as a child, I loved swimming and would jump and dive into any pool or lake. Until the day I jumped in and got stuck in underwater weeds.... this put me off swimming in open water ever again. I was too scared.

Then a friend who lives on the south coast invited me to come and stay with her, and told me to bring my bathing suit so we could go for a swim. In the sea... In February....

Very slowly and with much muttering under my breath, I managed to get in the freezing water, and felt absolutely euphoric when I came out!

Much more is known now about the effects of cold water on physical and mental health, and I decided it was time to tackle my childhood fear. More than 45 years after getting stuck in weeds, I stood at the edge of a lake and, with a literal helping hand from the trainer, got in, and swam! The water was warm then, but is now getting progressively colder. I swim in a lake once or twice a week now, and am hoping to continue throughout winter.

Overcoming a fear is not exactly a 'harvest' as such, but it is akin to storing a good habit that will see me through the colder, darker, winter months. Whilst all around us the harvests are being taken in and stored for those months, we can begin to think what we would like to store. This may be a good habit like walking or swimming or yoga or other exercise; there may be happy memories to store by way of images or pictures or writing them down; and planning ahead to make sure we read that book on our wish list or see that film or play or orchestra we've heard about is also a way of storing something we know we'll enjoy.

You are warmly invited to attend one of the Harvest services throughout the Benefice to come together, sing some well-known great hymns, and create some happy memories to take home!

Oh, and if you want to come along and brave the cold water too, let me know....

Peace and blessings to you all,

*Ilse*



# Stoke Orchard & Tredington Parish Council



## Parish Councillors from May 16th 2024 are:-

Cllr Alan Macdonald (Chairman) • Councillor Sue Shorrock (Vice chair),  
Cllr Andrew Troughton • Cllr James Gilder • Cllr Tim Jukes  
Cllr Graham Ferguson • Cllr George Fairbairn

### Contact Details – through the Clerk:

Mrs Michelle Hinde – Email: [clerk@sotpc.co.uk](mailto:clerk@sotpc.co.uk)

Minutes of Past Meetings are to be found on the Parish Council Website.

### Notice of Stoke Orchard and Tredington Parish Council Meeting

The next Parish Council Meeting will be on Wednesday November 6th, 2024 at 7pm at the Community Centre, Stoke Orchard and will be held according to standard Parish Council Meeting regulations. The Council will continue the Clerks special Powers Facility invoked for Covid Regulations for the foreseeable future.

[www.stokeorchardandtredington.org.uk](http://www.stokeorchardandtredington.org.uk)



Dear Resident,

With a little chill in the morning air and with the kids back to school, a little flavour of autumn is upon us. The colours of the leaves on the trees remind me of how wonderful nature is and how lucky we are to live in such a rural idyll.

- As you might have seen, the much-vaunted pump track has been completed. I've done a short article in this mag but suffice to say the long haul is over. Just need to pay for it now; hmmm! It hopefully will provide some further entertainment for our growing youngsters and give them something healthy to do. We have ordered a barrier for the car park at the MUGA, as there is no real reason to accommodate cars in this area. We are also gathering three quotes for safety/security cctv there to safeguard the area.

Future plans that we hope to achieve here are (if we can appropriate some funds):

- Half pipe at the back of the pitch – outdoor table tennis table – possibly some outdoor exercise equipment.

Watch this space!

- Great news! TBC have awarded us a grant to restore the village red telephone box. It was picked up by a haulage company on Monday 16th September, and deposited with a company called Unicorn Restorations in Surrey. It will remain there until the new year, whereupon it'll be installed by the entrance to the hall, with the defibrillator inside.



- The land by the chapel rumbles on. The ball is in the court of the current owner, but we are trying everything we can to get movement on it.
- Adam Bunce from the M5 Junction 10 team attended the Community Day on Saturday 7th September, where he had set up a presentation of their proposed designs. I do hope you had a chance to have a look and grill him on how it will all work. Although the parish council had some input, please be aware that this project is very much driven by Highways and the M5 team.
- We are conducting a three-year review of the POS contractors. It is hoped that we can consolidate the work on the Orchard estate to contribute farther to the tidiness of the area. We are also trying to figure a way to replace or modify the knee-high fencing surrounding it, as the wood is rotting in places.
- The bridge at Tredington is finally being repaired after several years with the unsightly temporary barrier in place. Sadly, this road closure corresponds with other closures around Tredington, which is not ideal to say the least. However, again these are Highways issues, and we had no say in the matter, apart from persuading them the work needed done.
- As you may know also, our long-serving community centre manager left at the end of September. I'd like to pay tribute and with huge thanks on behalf of the Parish Council for the decade of service Helen has given, not just to the centre itself and the shop, but to the community as a whole. We wish her the very best of luck in her new role. The hall management committee are hoping to interview & appoint a new manager shortly.

*Have a good month all!*

## Church services – October

Sunday 6th Oct 9.30am • Morning Worship at Tredington  
Sunday 13th Oct 9.30am • Holy Communion at Stoke Orchard  
Sunday 20th Oct 9.30am • Holy Communion at Tredington  
Sunday 27th Oct 9.30am • Holy Communion at Stoke Orchard

### Recycling & Waste Collection Dates for October 2024 - Stoke Orchard & Tredington

BLUE	Thursday 3rd	Thursday 17th	Thursday 31st
GREEN	Thursday 10th	Thursday 24th	



#### REQUEST FOR HELP AND DONATIONS

**TRUSSELL TRUST TEWKESBURY** shopping list for food bank. As we are able to shop at places like Bookers, a monetary donation would be much appreciated right now. BACS details are as follows: Tewkesbury Foodbank, sort code 30-91-87, account no 52870560



[www.tewkesburyu3a.org](http://www.tewkesburyu3a.org)

[info@tewkesburyu3a.org.uk](mailto:info@tewkesburyu3a.org.uk)

01684 325013

Are you over 50, retired, not in full time work? We have a variety of over 30 different groups. Members gather every second Monday morning to listen to speakers on interesting topics. Please come along and join for a small fee, coffee and tea are served from 10a.m at:-

**Baptist Church Hall, Station Road, Tewkesbury, GL20 5DR**

The Tewkesbury u3a  
Strummers Group



**Speaker news**

**October 14th 2024 10:30am - 12**

**Richard Rickitt**

**Head Beekeeper at Westonbirt  
Aboretum, will talk to us about**

**Amazing Honeybees**

**Join us for fun  
and friendship**

# Stoke Orchard Football Club Ready to Shine

A newly formed football club in Stoke Orchard is set to make history. Stoke Orchard Football Club will compete in the Cheltenham Youth League and it is believed their teams will be the first to carry the village's name. They will field two teams – one in the under-12 division and the other in the under-10 age group – and they'll play their home games at Tewkesbury School, just a few miles up the road from Stoke Orchard.

David Cooper is Stoke Orchard's chairman and Secretary and he and his son John are the driving forces behind the new set-up. Both are football men – they will coach the under-12s – but their journey to this point is about much more than just the beautiful game.

Their story is a truly heartfelt one, a story that tugs at so many emotions, dealing as it does with huge personal loss while at the same time providing hope for the future.

John's second son Ezra died a couple of years ago at the age of just six. He was born with Zellweger's syndrome which meant he couldn't see, hear or speak. But such was the impact that Ezra had on so many people that David and John, who is also dad to Ethan and Eli, were determined to do something in his memory.

*"He was such a happy boy, everyone knew him," said his grandad. "He was very vocal in the noises he made and he was very aware of his environment. We wanted to commemorate his life, leave a legacy, so we said, 'What about starting a football club?'"*

And that's how Stoke Orchard Football Club was born, a football club with Ezra very much at its heart.

The club's badge consists of a football with a phoenix rising out of it, a couple of stars and Ezra's date of birth – 27th October 2015 – written in Roman numerals.

The badge is predominantly purple which was Ezra's colour and David continued: *"We couldn't have purple shirts because the youth referees in the Cheltenham Youth League wear purple, so the numbers on the back of the players' white shirts are purple."*

And the club are going to need plenty of shirts because at the time of writing they have







been attracting some 35 players to their twice-weekly training sessions, a number that has delighted David. *"We want to get local children into the fresh air and give them the chance to play football,"* said David.

*"Our philosophy is not just about competitive football; we just want to see youngsters outside playing and enjoying the game."*

The under-10s team will be coached by Mark Skelding and Martin Bailey and the club's plan is to have many more teams in the years to come. *"We're not going to be a fly-by-night football club that folds after a year,"* continued David. *"We want to get the foundations right and in the next three or four years we want teams in every age group from under-eights to under-16s."*

And they want those teams to eventually be playing their football in Stoke Orchard.

*"Our long-term vision is to have football pitches and changing room facilities in Stoke Orchard,"* said David, who, like John, lives in the village."

John's oldest son Ethan will be playing for the under-12s this season while seven-year-old Eli will be attending training and coaching with the rest of the development players.

The under 12 team will be sponsored by Zellweger UK.





## Stoke Orchard Community Centre

Autumn is on its way and that comes with a change here at the hall.

I have been here since the start of the centre opening and, over the years, I have seen this place grow and develop into this most wonderful facility, lovingly looked after by a fantastic group of volunteers and staff. At times it hasn't been easy and often challenging, especially during the Covid years, but with the hard work and dedication of all the team here, it has been an absolute pleasure to work here.

By the time you read this I would have worked my last day and the committee will be busily appointing a new manager. Wishing the new manager all the best and don't worry, it will be fine!

May I also wish you all the best, I am sure I will see you around the village. Continue to support this amazing facility and all the volunteers and staff that turn the cogs to ensure this place works. I have made so many friends and got to know many people over the last 10 years it will be hard to leave but time for a change. Let the next chapter begin!

Helen xxxxxx





# The Orchard Stores and Amy's Coffee Shop



*Our local honey is back in store!*



The last batch of Honey is slightly darker than the earlier batch due to the bees collecting the nectar from the dark berries on the hedgerows. This is the last batch before next year! Grab one before we run out!

**Would you like to offer a couple of volunteer hours now and again in the Shop?**

Do you like talking to people, getting to know the Community? Then this is the place for you! Training will be given.

Just call in and leave your details and a member of the committee will contact you.

**info@stokeorchard.org**

*As always, we thank you for your continued custom!*

Vicar	Revd Ilse Ferwerda	01452 780880	apperleypriest@gmail.com
Assistant Priest	Rev. Kay Mundy	01452 780634	therevkaymundy@gmail.com
Priest in Charge	Revd Ilse Ferwerda	01452 780880	apperleypriest@gmail.com
Church Warden	Tessa Mills	01684 216563	
Hon Associate Minister	Rev. Tom Curtis, Stonehills, Tewkesbury		
Reader and Young People's Church	Mrs Vivienne Troughton, Tredington	01684 293540	
Tredington Primary School	Head Mrs Emily Watton	01684 293617	Head.TPS.glatrust.org.uk
Tredington Church Hall/ Village Hall	Frank Jukes	01684 292143	tredingtonvillagehall@gmail.com
Stoke Orchard Community Centre Bookings	Helen MacDonald	07437 533132	info@stokeorchard.org



# Stoke Orchard Community Centre



## October 2024 Class Timetable

Please contact the class instructors for more details.

<b>Mon</b>	<b>ZUMBA</b> 9.30 – 10.30AM michele.darnell@ btinternet.com	<b>SWEATYMAMA</b> 10.45AM – 12.30PM www.sweatymama.com			<b>YOGA</b> 7.00 – 7.55PM info@greentreeyoga. co.uk
<b>Tues</b>	<b>PILATES</b> 9.30 – 10.30AM pilatesbycharlotte@ gmail.com	<b>STRENGTH &amp; BALANCE with Helen</b> 11AM – 12PM Contact: 07740 309750	<b>U3A ART APPRECI- ATION</b> 22nd Oct 2.00 – 4.00PM	<b>CHILL DANCE</b> 4.30 – 5.25PM Contact 07972 350896	<b>KETTLERCISE</b> 6.30 – 7.15PM <b>PILATES</b> 7.30 – 8PM tredtraining@ outlook.com
<b>Weds</b>	<b>STOKE ORCHARD TODDLERS</b> 9.30 – 11.00AM				<b>CHILL DANCE</b> 8.00 – 8.55PM Contact 07972 350896
<b>Thur</b>			<b>U3A SCIENCE</b> 3rd Oct 2.00 – 4.00PM	<b>HEART GROUP</b> 5.30 – 6.45PM Contact Helen 07740 309750	<b>HATHA YOGA</b> 7.30 – 8.45PM sadiehawson@ gmail.com
<b>Fri</b>	<b>PILATES</b> 9.30 – 10.30AM gravityfitness@ live.co.uk				
<b>Sat</b>	<b>ZUMBA</b> 10 – 11AM michele.darnell@ btinternet.com				
<b>Sun</b>	<b>KETTLERCISE</b> 9 – 10AM tredtraining@ outlook.com				

# Tredington & Stoke Orchard News for October 2024

**TREDINGTON & STOKE ORCHARD WI** held a very happy & successful Fund raising Regency Garden Party at Tredington Court (by kind invitation of Viv & Roy Troughton) in September. 40 people attended & enjoyed a very sociable evening with delicious food and a tombola.

Our next meeting in Tredington Village Hall is on **Tuesday, October 8th at 7.30pm** when the speaker will be **Robert Bryant** telling us about **"Villa Gardens of the Italian Lakes"**. We are always delighted to welcome visitors or new members.

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**TREDINGTON & STOKE ORCHARD GARDENING CLUB** next meet on **Monday, October 21st at Tredington Village Hall at 7.30pm**. **Bill Laws** will be speaking on **"Artists Gardens from Barbars Hepworth's St Ives to Mexican & Monet's Giverny"**. Do Come! We love to welcome visitors or new members.

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**TREDINGTON VILLAGE HALL COMMITTEE** are organising the first **Whist Drive** of the season on **Friday, October 18th at 7pm** in Tredington Village Hall. Tickets are £9 which will include a light savoury supper and coffee/tea. There will be a raffle. Please bring your own drink if you wish. Ring Paddy on 01684 294053 to reserve your place.

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**TREDINGTON SANDBAGGERS** next meet on **Tuesday, October 15th at 10am** in Tredington Village Hall. Any man of Tredington is very welcome for coffee & chat.



A community that is engaged  
and working together can be  
a powerful force.

Idowu Koyenikan





**STOKE  
ORCHARD &  
TREDINGTON**

**PUMP  
TRACK**

**A VALUABLE COMMUNITY ASSET**





## Getting started – Pipe dream to reality

Back when the Orchard estate was being built, a sum of money was offered through section 106 by Bloor the builders, for amenities such as a pump track by the Multi use games area at the back of the estate. The undulating area was identified as being a perfect topographical start on which to base this.

Finally, some years later in 2022, local resident John Newton embarked on a quest to get the requisite three quotes to build it. He produced a resident's questionnaire so that we could try to 'tailor-make' the amenities according to community opinion. A pump track was the preferred option.

A contractor was chosen, and all seemed set to go. The TBC 106 officer suggested we just check we didn't need planning....and oh yes we did!

There followed some eighteen months of delays. The planning application was initially set up with the valuable help of Tredington resident Richard Chatham. A raft of requests from the planners resulted, from noise assessment to ecology report, to drainage surveys, to contractor's reports. Every time we seemed to be getting there, something else would crop up.





However, finally at the end of August, with all planning requirements satisfied, it was all systems go. JB Extreme Landscapes, owned and run by Joe Baddeley, worked like trojans and within two weeks we had our track! On Saturday 7th September, before the community day, Joe came back, and we had a small opening ceremony to mark it.

We hope that the track serves to enhance the community amenities for our young people for many years to come.





# MEET YOUR NEIGHBOUR — JO DAWSON



I was born in Cambridge and grew up just outside the city, where the colleges, bridges, Backs and punts were certainly not on my radar. I walked past them regularly, without even taking a moment to appreciate the wonderful architecture and uniqueness of this 800-year old university town. I would hang out in the Eagle pub, famed for being the place where Crick & Watson announced their discovery of DNA, and I almost got run over once by Stephen Hawking in his wheelchair. Looking back, it was an incredibly vibrant and cultural place to grow up, but as an 18-year-old I couldn't wait to get out of the small sleepy town.

I went to university in Leeds to study Spanish and Portuguese, mainly because in a 4-year degree course I would spend 16 months studying abroad. I spent a brilliant summer term studying in Lisbon, Portugal. I then spent a year studying in Oviedo in Northern Spain. Where I spent most of my time rock climbing and trekking, including my first ever football match in the Nou Camp, followed by my second ever match in the Bernabéu.

After a short career in the civil service I joined the British Army, graduating from the Royal Military Academy Sandhurst and commissioning into the Royal Corps of Signals. My first job took me to deepest, darkest west Wales where I enjoyed being in charge of my troop of 54 soldiers, driving around the Pembrokeshire countryside in the commander's hatch of my armoured vehicle and surfing every day after work. Often described as your best job in the Army, my troop command role was a fantastic opportunity to lead an incredible group of intelligent soldiers, and to pack as much adventure into my role. I had the chance to go on overseas exercises, sailing with the Royal Navy to Sierra Leone and then jungle training with the Royal Marines (where it was great to be back on dry land!).

After a deployment to Afghanistan, I had a 6-month posting to Santiago, Chile where I trained the Chilean military and police for UN operations. Not only great for my Spanish, it also was an incredible country to live and work in, where I could ski up in the Andes in the morning and then head to the beach and Pacific Ocean in the afternoon. I then trained phase 2 soldiers as they joined the Royal Signals, which involved lots of military training, sport, mentoring and charging soldiers for discipline misdemeanors. It wasn't all hard work as sport and adventure training played a big role in my career. I was lucky to represent the Army alpine ski team, to manage and play for the Royal Signals ladies rugby team and do a lot of offshore sailing (mostly in the Solent, but also a trip to Antigua race week and the 3 Peaks Yacht race). I only ever planned to do 3-5 years, but 20 years went by in the blink of an eye, and I have only recently left the Army this year. I'm still passionate about adventure and building resilience, and to celebrate leaving the Army I walked the 177-mile Offa's Dyke path for charity. Walking and camping with my dog, I did it in 2 chunks, as my initial trip in December was unsurprisingly beset by gale force winds and torrential rain.

I live with my husband and two young children. We moved here 7 years ago (which is about 5 years longer than I've lived anywhere, since I left home at 18!) having had the key search criteria of not wanting a new build and needing a pub. While we failed at all of those, we have found a cracking little village with an amazing sense of community. You'll mostly see me helping at pub nights or walking or running my fox red lab Freddie around the village.

# *Support local!*



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