

Stoke Orchard & Tredington Newsletter



January 2026

HAPPY 2026!

Have you made any New Year's Resolutions, excited about new beginnings and renewed energy? Wonderful! Have you decided to not make any, because you can start something new any day of the year? Wonderful! Or do you wish there were ways to actually stick to resolutions and plans, rather than let them fizzle out within two weeks? Even more wonderful, because there are ways!

I can't help but draw a parallel between Advent, the four weeks in which we gradually build up the excitement before we celebrate the birth of Jesus Christ by slowly increasing the light (Advent candles, Christmas decorations, the Christmas trees and all its lights), and the way we build up maybe not excitement but habits that will help us stick to our resolutions and plans. Many of us think we have to eat healthily ALL the time and go for walks EVERY day, or it doesn't count and we fail and we may as well stop trying.

But just as Jesus Christ the Light of World doesn't just come to us only to disappear for ever the next day, there are ways in which we can change our life slowly, building up to the changes we want to make. I have recently learned about 'micro-yes'es.' Micro-yes'es are tiny steps in the direction of change. So if we want to get into the habit of going for a walk every day, on day 1, we put one walking boot by the door. That's it. Walk away. Job done. Day 2: put 2 walking boots by the door. Nothing else. Day 3: put the walking boots on and then take them off again. Day 4: put them on and wear them for a short while at home. Day 5: put them on and go outside to have a look at the garden and sniff some fresh air, then go back in. Day 6: walk outdoors for a few minutes, then come back in. And so on. They say it takes three weeks to form a new habit; the micro-yes'es get us there slowly, without our bodies and minds screaming at us "What are you doing?? We are not used to this and we don't like it! Stop it!" Don't knock it till you try it, and please let me know how you get on!

There are similar ways to stay connected with the coming and being of Jesus, the Light of the World, in our midst, in our life. On waking up, you may want to recall a special Christmas memory. Smile to yourself and thank God for this memory. Take decorations and lights down gradually, and keep one picture or candle or card that is particularly meaningful in a prominent place, so that you can be reminded of light and happiness. How will you hold on to the Light that has come to the world?

Peace and blessings to you all,

Ilse

Church services - January

- Sunday 4th January 9.30am • Morning Worship in Tredington
- Sunday 11th January 9.30am • Holy Communion in Stoke Orchard
- Sunday 18th January 9.30am • Holy Communion in Tredington
- Sunday 25th January 9.30am • Holy Communion in Stoke Orchard



Stoke Orchard & Tredington Parish Council



Parish Councillors from May 16th 2025 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@stokeorchardandtredington-pc.gov.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 January 7th, 2026 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



Dear Resident,

On behalf of the Parish Council, I'd like to wish all of our residents a peaceful and happy New Year. I do hope that life, dreams, aims and events turn out the way you would like and that not too many dramas are thrown your way.

Thank you all for the community support given, large or small over the past year, and I reiterate our full commitment as volunteers on the Parish Council to continue to pursue every avenue for the betterment of the lovely community in which we live.

As always, we could do with any kind of help. As you can imagine, there are a myriad of items, large and small to deal with daily, which can be challenging. A large part of our work involves holding public bodies, developers, planners and utility companies to task, and we are proud of our steadfastness in this. However, every admin task and achievement we manage to complete is a small victory and motivationally underlines why we do it.

If you feel you could make a difference and would like to be a part of our dynamic team, please do give me a shout....it is quite good fun sometimes! 😊

On the lead up to Christmas, there was still plenty going on....

- So far, with the help of Anthony Musson - thank you! 😊 - one of the new speed cameras has been calibrated and installed in Tredington by Cllrs Shorrock and Gilder. Hopefully this more 'visual' reminder to drivers through the village will serve to reduce the speeding incidents somewhat. The other camera will be installed shortly on the straight stretch of road at the entrance to Armstrong Rd in Stoke Orchard.
- The Council voted by a majority to dispense with the flood gauge at Dean Brook in Stoke Orchard. It was felt that the expense outweighed its effectiveness and that the cost could be saved for other needs. We will continue to explore ways

with our flood wardens in which any flooding round the Parish can be mitigated in conjunction with the Environment Agency and with TBC.

- We had a meeting with Brandon, the mural artist, on the 22nd of December, where ideas for the mural in the community centre foyer were discussed. Work on this starts on the 5th of January and we are soo looking forward to seeing what he can create.

- Other matters ongoing: -

We are monitoring the temporary entrance being constructed at Roseleigh and trying to ascertain just how temporary it will be.

Communicating with the M5 J10 authorities to try and get a date for the highway mitigation measures promised through Stoke Orchard.

Considering the impact of the Severn Trent communication regarding the 102-house application in Stoke Orchard, and the wider implications of this information.

Gathering information on the proposed solar farm application on Mill Lane which will be submitted sometime this year.

Assessing the application for 320 houses on Fiddington Lane near Sherdons and the implications for our villages.

Finding quotes for ditch clearing from Dean Lane to the Juliana industrial area to aid the flow of water here.

The Community Centre: quotes for new external doors along with a more effective entry system. Upgrading the floor in the meeting room and creating a hatchway to the kitchen. Assessing the CCTV arrangements outside in light of The Orchard Stores opening. More to follow....😊

Have a good month all and a Happy New Year!!

Recycling & Waste Collection Dates for January 2026 - Stoke Orchard & Tredington

BLUE	Friday 9th	Thursday 22nd	Thursday 5th Feb
GREEN	Saturday 3rd	Thursday 15th	Thursday 29th

Vicar	Revd Ilse Ferwerda	01452 780880	apperleypriest@gmail.com
Assistant Priest	Rev. Kay Mundy	01452 780634	therevkaymundy@gmail.com
Church Warden	Tessa Mills	01684 216563	
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	Nikki Clegg	01242 680941	info@stokeorchard.org



QUIZ: A MIXTURE OF SCOTLAND AND BURNS QUESTIONS

1. Rabbie Burns was born in which historic Scottish county?
2. In Roman times, what was the area now known as Scotland called?
3. "Fair fa' your honest, sonsie face, great chieftain o' the pudding-race!" is the opening to which 1787 poem?
4. What town did Burns move to in 1791, living there until his death on 21st July 1796?
5. What sort of small creature did Burns write a Scots-language poem about in 1785?
6. Recited before a Burns supper, what name is given to the following grace: "Some hae meat an canna eat, and some wad eat that want it; but we hae meat, and we can eat, and sae the Lord be thankit."?
7. Football club Ayr United F.C. get their nickname from a line in the Robert Burns poem "Tam o' Shanter" - what is this nickname?
8. Which world famous Scots-language poem, set to the tune of a traditional folk song, was written by Burns in 1788?
9. What's the national animal of Scotland?
10. Which of the following was also a nickname of Burns: The Farmer Poet, The Ploughman Poet, or The Stonemason Poet?
11. Which Scottish-born poet was appointed Poet Laureate in 2009?
12. Robert Burns died at what age from rheumatic fever in 1796: 37, 47, or 57?

13. Which playing card has the nickname 'The Curse of Scotland'?
14. Can you name the wife of Robert Burns?
15. What's the well known Scots word for the last day of the year?
16. Burns wrote a song about which battle of 1715, which occurred in Scotland at the height of the Jacobite rising?
17. What unit is used informally to mean a small amount of Scotch whisky?
18. A Robert Burns' poem inspired the title of which 1937 novel?
19. Which battle took place thirteen years before the birth of Burns and was was the final confrontation of the Jacobite rising?
20. When asked to name the lyric that had had the greatest impact on his life, which musician chose "A Red, Red Rose" written by Burns in 1794?
21. Which American fashion designer is a great, great, great nephew of Robbie Burns?
22. Which fictional village gets it's name from the final verse of Tam o' Shanter?
23. A Burns supper starts with the soup course, sometimes cullen skink, which is a thick Scottish soup made from which fish?



ANSWERS:

1. Ayrshire
2. Caledonia
3. Address to a Haggis
4. Dumfries (Queen of the South)
5. Mouse (To a Mouse)
6. Selkirk Grace
7. The Honest Men
8. Auld Lang Syne
9. Unicorn
10. The Ploughman Poet
11. Carol Ann Duffy
12. 37
13. Nine of Diamonds
14. Jean Armour
15. Hogmanay
16. Battle of Sheriffmuir
17. Dram
18. 'Of Mice and Men' (by John Steinbeck)
19. Battle of Culloden
20. Bob Dylan
21. Tommy Hilfiger
22. Brigadoon
23. Haddock

STOKE ORCHARD, YOUR NEW LOCAL LONDIS IS OPEN AND READY FOR YOU!

If you haven't visited yet, now's the perfect time! We've stocked the store with everything you need to make your day easier – no long trips, no hassle, just friendly service right here in the village.

Pop in for your everyday essentials, including:

- Fresh fruit & veg
- Milk, bread & eggs
- Snacks, drinks & groceries
- Toiletries & household essentials
- Frozen foods & treats

Easy parking right outside – just grab what you need and go!



We've put in a lot of hard work to bring Stoke Orchard a store that's reliable, friendly, and here for the community. Now we need your support to help it grow.

Come in, say hello, and see what we've put together for you – we think you'll be pleasantly surprised! 😊



CONVENIENT OPENING HOURS

Monday to Saturday:

7am – 8pm

Sunday: 8am – 7pm

LONDIS STOKE ORCHARD STORES
Your local shop. Your everyday convenience.

HAPPY NEW YEAR FROM THE COMMUNITY CENTRE!

As we step into 2026, we want to send a huge Happy New Year to you all. Looking back, 2025 was another wonderfully busy and joy filled year for the Community Centre. The hall hosted everything from Birthday Parties, Baby Showers, Pub Nights, Dances and many Classes such as Zumba, Pilates, Kettles, September we held our Community Day, and of course our magical Christmas Light Switch On – complete with a visit from Santa himself!

It's been heart warming to see the hall so full of life, laughter, and friendly faces. With so many lovely events taking place, it's no surprise the centre continues to be popular places to hire and visit.

And the excitement doesn't stop there. We've got plenty of ideas lined up for 2026, with new activities. Keep an eye on future newsletters... there's lots more to come!









What's on at the Hall...

Friday 30th January

First Pub Night of the Year

Come along and join us!



Bar opens 7pm

We have a good selection of non-alcoholic and alcoholic beverages to a suit everyone.

Table tennis and other games available.

Stoke Orchard Community Centre



MONDAY

ZUMBA 9.30-10.30am

Michele.darnell@btinternet.com

**AFTERSCHOOL SPORTS CLUB -
MULTISPORTS** 4-5pm

Community Sports foundation

For more information contact Rich, email

communitysportsfoundation@outlook.com

CHILL DANCE ACADEMY 6-7pm

Chloe 07972 350896

TUESDAY

PILATES BY CHARLOTTE 9.30-10.30am

Pilatesbycharlotte@gmail.com

CHILL DANCE 4.30-6.25pm

Chloe 07972 350896

TRED TRAINING Kettles 6.30pm

Hog Pilates 7.20pm

tredtraining@outlook.com

CHILL DANCE 8pm • Chloe 07972 350896

WEDNESDAY

**STOKE ORCHARD BABY AND
TODDLER GROUP** 9.30-11am

PILATES BY CHARLOTTE - NEW CLASS!

Beginners Pilates 6.15-7.15pm

Pilatesbycharlotte@gmail.com

THURSDAY

CHILL DANCE 5.45-6.45pm

Chloe 07972 350896

FRIDAY

GRAVITY FITNESS - PILATES 9.30-10.30am

gravityfitness@live.co.uk

SUNDAY

TRED TRAINING Kettle Bell HIIT 9am

Body Weight HIIT 9.30am

tredtraining@outlook.com



Tredington & Stoke Orchard News for January 2026

TREDINGTON & STOKE ORCHARD WI next meet on **Tuesday, January 13th at 7.30pm** in Tredington Village Hall.

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TREDINGTON & STOKE ORCHARD GARDENING CLUB Our next meeting will be on **Monday, January 19th at 7.30pm** in Tredington Village Hall. We would love to welcome new members but visitors are also very welcome. Subs due.

Roasted sweet potato and carrot soup

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A really lovely soup to make and enjoy in the cold weather to warn you up, served with chunky bread is delicious

Ingredients:

- 500g sweet potatoes peeled and cut into chunks
- 300g carrots peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions finely chopped
- 2 garlic cloves crushed
- 1 litre vegetable stock
- 100ml crème fraiche plus extra to serve

Method:

Heat oven to 220C/200C fan/ gas 7 and put 500g chunked sweet potatoes and 300g chunked carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning.

Roast the vegetables in the oven for 25-30 mins or until caramelised and tender.

Put the remaining 1 tbsp olive oil in a large deep saucepan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened.

Add 2 crushed garlic cloves and stir for 1 min before adding 1l vegetable stock. Simmer for 5-10 mins until the onions are very soft, then set aside.

When the roasted vegetables are done, leave to cool slightly then transfer to the saucepan and use a hand blender to process until smooth. Stir in 100ml crème fraîche, a little more seasoning and reheat until hot.

POETS CORNER

The Year by Ella Wheeler Wilcox

What can be said in New Year rhymes,
That's not been said a thousand times?

The new years come, the old years go,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.

We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our prides, we sheet our dead.

We laugh, we weep, we hope, we fear,
And that's the burden of a year.

NEW PILATES COURSES For Complete Beginners

Starts Jan 7th 2026

Limited spaces

BOOK NOW!

- Expert led, limited spaces
- Gain body awareness & confidence
- Build core strength
- Improve posture
- 6 week course £76

• Wednesdays 6:15-7:15pm
Stoke Orchard Community Centre

• Saturdays 9:30-10:30am
Studio 10, Hewlett Road, Cheltenham



BOOK NOW: Use QR Code
or visit: charlotterevell.com
or contact Charlotte on: 07968717422



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



**THE
ATTIC**

OPENING FEBRUARY 2026

*For more information or to
book classes contact us:*

www.gravityfitness.org

Gravityfitness@live.co.uk

07707891824

Gravity
Health and Fitness

*Support
local!*



*You'll find us just
down the road!*

**Fast, friendly and reliable print and design
solutions at a price to suit all budgets.**

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