

# TEAMTALK

50P WHEN SOLD

The Magazine of All Saints, Holy Trinity and St Nicholas', Hereford  
St Michael's, Breinton and Breinton Parish Council



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*May their lives be long and happy*

**Weddings**

*May their lives together be long  
and happy*

11<sup>th</sup> April 2026

Holy Trinity Church

Adrian & Susan

**Funerals**

*Please remember the departed their family and  
friends in your prayers*

31<sup>st</sup> March 2026

Hereford Crematorium

Barrie Beavan (88)

10<sup>th</sup> April 2026

St Michael's Church Breinton

Edith Lea (97)

## Joy in Small Things

No ball, no destination, just a child running full pelt across a patch of grass, laughing as she went. I was walking back from a visit, and I stopped and watched, and felt something loosen in my chest.



We talk a lot, in church circles, about joy — but we tend to reach for it in the grand register: resurrection, redemption, the peace that passes understanding. All true. All real. But joy also lives in the small and the fleeting: in the first cup of tea of the morning, in a joke that makes you snort unexpectedly, in the particular quality of April light on a stone wall.

I think we have sometimes been suspicious of delight. As if laughing too freely were somehow unserious, as if play were a concession to immaturity rather than a gift of God. But the Psalms are full of people singing and clapping and dancing with entirely unseemly abandon. Jesus speaks of new wine, of parties and feasting, of lost coins found and the furniture shifted to celebrate. The incarnation itself is a kind of delight — God so in love with creation that he enters it, touches it, enjoys a meal with friends, attends a wedding.

G.K. Chesterton once suggested that mirth hints at something beyond the world. Not escapism, but abundance — glimpses of glory hidden in the grain of ordinary things. Gerard Manley Hopkins saw it too: Christ playing in ten thousand places, lovely in limbs not his, lovely in eyes not his. The child running for the joy of running. The joke that makes you snort. The blossom that appeared overnight. All of it, if we have eyes to see, shot through with the presence of the one who made us for delight.

So here is a gentle invitation for the weeks ahead. Notice the small joys. Let them register, even briefly, even in passing. They are glimpses — of glory, of grace, of the God who entered creation because he loves it, and remains, playing still in ten thousand places.

With every blessing,

Jonathan



# A WOVEN PEOPLE

Between Ascension and Pentecost, we're inviting everyone across the Team to pray together — a short daily devotion, the same words, the same rhythm, across all three parishes.

A Woven People is a free booklet available from West Hereford Team churches from Sunday 4th May. Pick one up, and join us.

## A WOVEN PEOPLE



### A DEVOTIONAL JOURNEY FROM ASCENSION TO PENTECOST

BOOKLET AVAILABLE IN ST MICHAEL'S, ALL SAINTS & HOLY TRINITY FROM 4<sup>TH</sup> MAY -  
FOLLOW DAILY ON WEST HEREFORD TEAM FACEBOOK PAGE FROM MAY 14<sup>TH</sup>





**May is a month of transition.** At the beginning, we can feel like we're still in winter, with frosts and rain. By the end, summer feels just around the corner with longer evenings and warmer days. Our lives are still governed by these rhythms even though many of us no longer have the farming connections we once did. Our ancestors were much more bound by the clock and the seasons. The calendar and liturgical years were intertwined; the church was more central to people's lives.

Ecclesiastes contains that well known passage about times and seasons, a time to plant and a time to harvest; a time to mourn and a time to laugh; a time to embrace and a time to refrain from embracing. This year, our diocesan family is focusing firmly on celebration. I have always thought that the continued existence of the church is one of the surest proofs of the resurrection. How could an organisation composed of frail, sinful people like you and me still be here but for divine intervention? No other human organisation has continued in this way. The world was vastly different 1350 years ago when Putta made the gruelling journey here from Rochester to become our first Bishop. England didn't exist. Our diocese was carved out of the corner of a Mercian kingdom and part of an old Roman settlement. Over the course of our existence, kings have risen and fallen; cathedrals have been burnt down and rebuilt, fallen and been rebuilt again! Previous Bishops, in a variety of acts of architectural vandalism, have used their own (or their wealthy wife's) money to remodel the Palace and even demolish bits of it they didn't like. Meanwhile, in over 400 churches, faithful Christian people have gone about the work of the gospel. Priests have hatched, matched and dispatched, celebrated the sacraments and taught the faith. We have made the transition from Catholic to protestant; from Christendom to being a minority in a largely secular, indifferent and occasionally hostile culture. We have both remained faithful to the tradition and found ways to proclaim the faith afresh to each generation. There have been times of relative ease and times of real struggle. Churches have fallen down and been rebuilt, and populations have shifted.

All this has happened in the power of the Holy Spirit, whose gift we will celebrate at the end of this month. We have never had to do it on our own, dependent on our own ingenuity. To be a Christian is to be supernaturally empowered by the Holy Spirit. God's faithfulness and that power are definitely worth celebrating.

+Richard

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**WITH A SPECIAL THANK YOU TO EVERYONE WHO SUPPORTS TEAMTALK SO LOYALLY  
Editor**

## Becoming — How to really change.



### Becoming: How to Really Change

Most of us want to change — to be more patient, more present, less anxious, kinder to the people who push our buttons. We make the promises and mean them. Then February arrives.

This series isn't about trying harder. It's about how human beings actually transform, and the resources — some of them surprising — that make it possible.

*Not by straining. By training.*

**Part 3: The Role of the Body** *Last month we explored how small habits, repeated faithfully, reshape our hearts. This month we look at why transformation isn't only a matter of the mind.*

We're used to thinking of change as something that happens in our heads – new beliefs, better thoughts, stronger willpower. And there's something in that. But it misses half the story.

Because we're not disembodied minds floating through the world. We're bodies. Flesh and blood, muscle and bone, breath and heartbeat. And our bodies know things our minds haven't caught up with yet.

### What Your Body Already Knows

You're anxious about something – a conversation you need to have, a decision weighing on you. Your mind spins in circles, getting nowhere. Then you go for a walk. Twenty minutes of moving your body, and suddenly the knot loosens. Clarity comes, not because you thought harder, but because you stopped trying to think your way through and let your body lead.

Or you're grieving. People tell you it takes time, to be patient with yourself. But what actually helps isn't more thinking about the loss. It's crying. Properly crying, the kind that leaves you exhausted and somehow lighter. Your body doing the work your mind can't manage.

Or you're trying to feel confident before a difficult meeting. You can tell yourself encouraging things, but it doesn't quite land. Then you stand differently – shoulders back, feet planted, chin up. And something shifts. Not that you've fooled yourself into confidence, but your body has reminded you of something true: you're capable of taking up space.

Our bodies carry wisdom our minds don't always access. And any transformation that ignores the body is only half a change.

### Posture Changes State

There's research on this now – how the way we hold our bodies affects our emotional state. People who sit slumped report feeling more helpless, more defeated. People who stand upright, shoulders back, show lower cortisol levels and report feeling more in control.

## BECOMING continued

It's not magic. It's simply that body and mind aren't separate systems. They're in constant conversation. Change one, and you change the other.

This matters for anyone trying to become different. You can decide you want to be more confident, more calm, more present. But if your body is still held in the old pattern – shoulders hunched, breath shallow, jaw clenched – the transformation won't stick. The body needs to learn the new way too.

## Kneeling

There's a reason people have knelt for millennia – not just in prayer, but in moments of profound vulnerability or respect. Proposals. Surrenders. Moments when words alone won't carry what needs to be said.

When you kneel, your body takes the posture of humility before your mind catches up. You can say “I need help” whilst standing upright, arms crossed, jaw set. But try kneeling. Really kneeling, weight on your knees, back straight but not rigid. The defences come down. You're physically vulnerable, and in that vulnerability, honesty becomes possible.

For those of us who are Christian, kneeling to pray does something that sitting or standing doesn't. It's not about earning God's attention through the right posture. It's about using our bodies to open ourselves to grace that's already there. The body leading where the mind can't follow.

But even outside a religious context, there's power in deliberate physical vulnerability. Getting down on the floor to play with a child. Kneeling in a garden, hands in soil. These postures break down the pretence that we're in control, self-sufficient, above it all.

## Fasting

Fasting sounds religious, austere, maybe even unhealthy. But at its heart, fasting is simply the practice of intentional absence – choosing not to fill a hunger, not to reach for the immediate comfort.

We live in a world of constant consumption – food, information, entertainment, all available instantly. We're rarely hungry. Rarely waiting. Rarely without.

When you fast – even for a single meal – you create space. Your body notices the absence. Your stomach reminds you, again and again, that you're choosing to wait. And in that reminder, you have a choice: reach for something to fill the gap, or let the gap teach you.

Fasting makes us aware of our appetites. How much we reach for things to soothe us, distract us, numb us. How little tolerance we have for discomfort. And in becoming aware, we begin to see where else we're driven by appetite rather than intention.

A man I know fasts one day a week. Not strictly – he takes water, sometimes tea. But no food until evening. He's not religious, but he told me it changed him. “When my body's hungry,” he said, “I remember I'm not in charge of everything. I'm dependent. Fragile. And somehow that makes me... kinder. Less demanding of other people.”

For Christians, fasting has always been a spiritual discipline – a way of creating space for God, of remembering our dependence on grace. But the practice works whether you're religious or not. It's about learning what you reach for when you're uncomfortable, and discovering you can survive the discomfort without reaching.

## Walking

A friend of mine struggled with getting stuck in their own head. Round and round the same thoughts, the same worries, getting nowhere. They'd sit and try to think their way through, failing repeatedly.

Then they discovered that walking sorted them out when sitting couldn't. Not walking to music or a podcast – just walking. One foot in front of the other, rhythm and breath, letting their mind wander as it needed to.

Something about walking opens us. The rhythm does something. Thoughts settle. Problems that seemed impossible become manageable. Ideas arrive that weren't there before. There's even research on how bilateral movement – left foot, right foot – helps the brain process things it can't manage whilst sitting still.

For me, walking the dog is a form of prayer. I often pray aloud as I go, and somehow in the movement, prayer became less like trying to hold onto smoke and more like conversation. Natural. Real.

But even if you never pray, walking does something similar. It takes the restless energy and gives it somewhere to go. It lets your body carry what your mind alone can't sustain. You don't need to walk for miles. Round the block works just as well. The point isn't the destination. It's letting your body lead you somewhere your thinking couldn't reach.

## Starting Where You Are

The early Christians understood that faith wasn't just intellectual assent. That's why they fasted, knelt, made the sign of the cross, walked on pilgrimage, stood for the Gospel, broke bread together. They knew it was something you did with your whole self – body included. But you don't need to be Christian to grasp the principle. Athletes know it. Dancers know it. Anyone who's done yoga or martial arts knows it. The body is not a vehicle for the mind. It's a partner in becoming who you want to be.

And the body doesn't lie. You can tell yourself you're calm whilst your shoulders are up round your ears and your jaw's clenched tight. Your body knows the truth. But conversely, you can shift your body – slow your breathing, unclench your fists, drop your shoulders – and your inner state often follows.

You don't need to adopt a rigorous regime. Start smaller. What if, this week, you tried one of these practices?

- Knelt on the floor for two minutes, just to notice what it feels like
- Skipped one meal and paid attention to what you reached for instead
- Took one walk without headphones, letting your thoughts settle as they would

Small experiments. Not to prove anything, but to discover what your body already knows that your mind hasn't learned yet.

Because transformation isn't just about changing how we think. It's about changing how we inhabit the world – how we stand, how we breathe, how we move through our days.

And that kind of change requires the body's participation. Not as a reluctant passenger, but as a full partner in the work of becoming.

*Next month: Community – No One Grows Alone.*

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## **The All Saints 100 Club**

**There are now more chances to win some cash and help fund raising at All Saints !**

**We are pleased to announce that we shall be continuing our 100 Club into 2026, and will be increasing the number of holders from the present 70 up to 100 ticket holders. You can keep your favourite numbers, of course, but may wish to add another to stand more chance of a big win !**

**Forms for newcomers and for renewals will be available from the Team Office, from Vicki Robertson on telephone number 01432 351134 or from Barbara Glasspoole on 07790 668649. Thanks for your interest and support.**

**Barbara Glasspoole**

### **Holy Trinity Litter Pick took place on Tuesday March 24th**

At 10am outside Holy Trinity with a cold, strong wind blowing 11 people turned up to go litter picking in the neighbourhood of the church. One person was poorly and drove back home immediately, leaving 10. 10 litter pickers then donned the Balfour Beatty kit of a Hi Vis vest and gloves, took a litter picker and dividing into twos went with a purple bag to collect litter.

Two went off down Whitecross Road, round the corner into Plough Lane and entered the Industrial Estate along Harrow Road. After receiving grateful thanks from other pedestrians on Plough Lane for their work they faced the challenge of collecting litter along Harrow Lane including discarded gloves and metres of barrier tape. Returning with a full bag before the others, they deposited their bag by the litter bin on Whitecross Road and went up into Holy Trinity carpark. Leaving their kit behind they left quickly to visit the litter picker who had left early to find that the picker had arrived safely home. With them back safely 8 litter pickers were left battling the elements.

Two turned right out of the car park and proceeded towards Baggalley, Gruneison and Meyrick Streets. Lined with elegant Victorian and Edwardian mansions there didn't look at first glance to be much litter but it is amazing how much can be blown by the wind into corners and they soon picked up a lot of rubbish and returned back with a bag which they tied up and left by the bin. With them back safely 6 litter pickers were left battling the elements.

Two turned right outside the car park and walked up to the crossing, then into Homer Street, along Cotterell Street (which goes on forever), down Whitehorse Street, across the crossing and up Whitecross Road. Here they found lots of papers, cigarette ends and vapes left behind. Another purple bag was left at the litter bin. With them back safely 4 litter pickers were left battling the elements.

Two, well prepared wearing their own kit, turned left and followed the first two litter pickers down Whitecross Road, round the corner into Plough Lane but turned left past Disabled Aids, through the carpark, along the footpath to the recreation ground behind Trinity Church and turned left into the laurel tree corner where those who like to spend a night and day drinking and eating snacks leave their litter. Lots of drink cans, bottles and paper containers were collected. Fortunately, they didn't find any broken glass or needles which would have had to be left and the whereabouts reported to Balfour Beatty. They struggled back against the wind with a full heavy, bulky bag of waste of which on their return the top half was put into another sack and left with the others to be collected. With them back safely, 2 litter pickers were left battling the elements.

Finally, the last two stayed where they were, picking up litter along the road to the Nursery, along the back of Holy Trinity Church among the parked cars and then through the hedge to Vowles Close and back to the car park. A cache of full bottles of wine and beer was found squirreled away under a tree opposite the nursery covered in mud and dead leaves. Eventually a further two purple bags were left with the others for the Balfour Beatty operative to collect. Which he did on the following morning hoiking 6 bags into his truck.

10 litter pickers returned home feeling satisfied and pleased at having attempted to tidy up the neighbourhood round Holy Trinity Church. Perhaps you would like to help next year?

Jean Thomson



## Our Favourite Bee?

**Bumblebees are insects of temperate climates** and differ from honey bees and solitary bees, as they live in small colonies of up to 200-300. Bumblebees can be active during dull conditions due to their densely furry bodies. They are constantly busy in the garden, foraging for nectar and pollen, helping to pollinate flowers as they do so. Up to 25 species of bumblebee live in the UK. Many are found only in habitats such as moorland or in coastal areas; only 6 or 7 species are widespread and visit gardens. In the last 30 years, one bumblebee species became extinct in this country, and many more have suffered a marked decline. Bees and wasps are from the Hymenoptera order, which comprises of bees, wasps, ants and sawflies. There are over 9,000 species of wasp in Britain. 250 of these are larger wasps with stings. But only 7 species are what most people associate as being wasps: the yellow and black social wasps



30 Plants popular with  
bumblebees:

Betony, Bugle, Alkanet,  
Comfrey, Clovers, Buddleia,  
Field Bean, Foxglove,  
Knapweed, Thistles,  
Lavender, Vipers Bugloss,  
Verbascums, Woundworts,  
White Deadnettle, Chives,  
Borage, Single Larkspurs,  
Nasturium, Rosemary,  
Poached Egg plant, Catmint,  
Toadflax Figwort Marjoram  
Curry plant, Snapdragon,  
Sage and mints Cranesbills  
Agastache  
Early Flowers  
Bluebells, Primrose,  
Dandelion, White  
Deadnettle, Aubretia  
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and Winter Heather.  
Late Flowers

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**Eco Thought for the Month**

**Wednesday 20 May is World Bee Day.**

Many bees are declining due to habit loss, climate change and intensive farming. If you have a garden perhaps you could improve the habitats for bees and other pollinators? Sow a pollinator-friendly seed mix, make or buy a bee hotel, let some wild flowers grow in your garden and don't use pesticides. We can all pray that our pollinator populations will increase!

**Bring a Plant, Buy a Plant. Proceeds to Holy Trinity Church.**

Following Holy Trinity's successful Seed Swap in March we are having a plant stall in the foyer for the whole of May for us to give and sell plants by donation. We will sell excess seedlings (produced by the Seed Swap) but also other garden or house plants which church members have surplus to their requirements. If you are looking for new plants for your house or garden then do take the opportunity to drop into Holy Trinity at a Sunday Service, Chatt, Thursday Communion or the Repair Café on the last Saturday of May. Remember to bring some cash with you! All donations will go towards the church fundraising which includes work to be done to our organ, for which we need a substantial sum.

Jean Thomson



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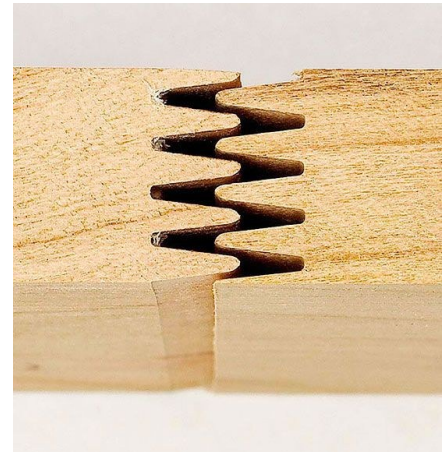
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Since 2017, Ecclesiastical have donated over £430,000 to churches chosen by our customers through this promotion. To help more churches take advantage of these donations they have extended the offer to run throughout 2023. To take advantage of this offer please call their team for a quote on **0800 7830 130** and quote **Trust130** and be sure to mention St Michael's Breinton!

**St Michael's Breinton** has already benefited from this scheme and would be delighted to receive more funds through this route. So when your home insurance is due, please consider calling **Ecclesiastical Insurance**.

*Please note that this request does not constitute a recommendation and you should make your own judgement of what is the best policy for you.*



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---

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**Golf Memberships**

01432 760456    [www.bvgc.co.uk](http://www.bvgc.co.uk)

**IMPORTANT!** Phone numbers for the Hereford Rural North Safer Neighbourhood Team.

PC Stefan Hawes 07773054234

PCSO Christina Howard 07773052529

PCSO Adam Westlake 07773052580

These contact numbers are not for crime recording or for urgent calls.

These should be directed to the emergency number 101 or online recording of crimes at the website

<https://www.westmercia.police.uk>

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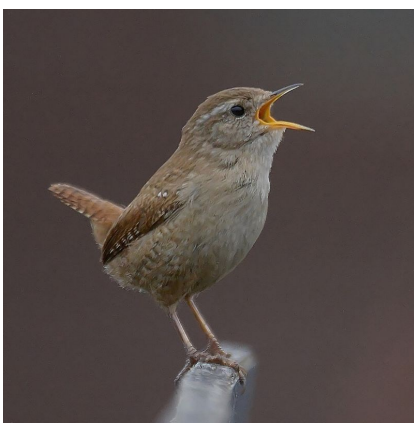
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advertising

please contact

Jacqui Tonge

[jaquitonge@yahoo.co.uk](mailto:jaquitonge@yahoo.co.uk)

Tel 07828055727



This is an amended copy of a communication received last week by St. Michael's Treasurer - he received this as he has attended the event in the past. Many of you have a similar email, no doubt. For those who haven't received one this is simply information about the **forthcoming plant sale at St. Michael's Hospice.**

### St Michael's Hospice Plant Fair 2026 with Indoor Market

I would like to invite you to attend our annual Plant Fair on Friday 15th-Sunday 17th May 2026. This will be our ninth Plant Fair and includes an Indoor Market.

*The Plant Fair provides inspiration, advice and the perfect excuse for a good mooch. Explore and purchase a wide array of plants from professional and amateur community gardeners. Enjoy a range of delicious food before strolling through the charming Hospice gardens. The perfect day out for any gardening enthusiast.*

This free-entry event is open from 10.30am to 3.30pm each day. Book tickets for any or all of the days; Friday bookings include early entry to the event.

Visit our Cafe for drinks; quiche and salad lunches; and homemade cakes. Alternatively, purchase burgers, hot and cold drinks plus ice creams at our barbeque situated in the lower garden. Before visiting the Cafe or barbeque, why not leave your plants at the Creche, where they will be looked after by one of our wonderful volunteers?

The Indoor Market will be full of locally handmade items, including cheeses, brownies, candles, resin gifts, soaps and earrings. Why not buy a gift for a loved one or just treat yourself?

**It's not too late to get involved with the Plant Fair. If you would like to DONATE PLANTS or VOLUNTEER YOUR TIME to help at the event, Either way, you will be a part of something amazing and will help to raise funds for care at St Michael's Hospice.**

Thank you once again to our Event Sponsors, Lyonshall Nurseries; and Golf Buggy Sponsors, TPG.

I look forward to seeing you all in May.

Kind regards

Gaynor

### Events and Community Fundraiser

Entry to the Plant Fair is free of charge.

Free parking is available at St Michael's (postcode for sat nav – HR1 4HA).

Tel 01432 851000

Please car share, walk or cycle if you can.

Should attendees require it, a golf buggy will transport visitors from the car park to the Plant Fair entrance.

**Please note – Assistance dogs only are allowed at the Fair.**

#### Event Details

##### When

15 May 2026 10:30 am – 15:30

16 May 2026 10:30 am – 15:30

17 May 2026 10:30 am – 15:30

Assistance dogs only

Location St Michael's Hospice, Bartestree, Hereford HR1 4HA

Parking Free on-site

Fee Free

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Do you recognise this beautiful stained glass?

If you don't or would like to find out about it please read page 25!



## Community Wheels.

This is a Voluntary Service for people who no longer drive or who have never driven a car.

Potential drivers volunteer for as much time as they can give to drive people to hospital doctor dentist and other appointments within the city and surrounds.

The Service is desperately short of drivers so as a customer I am appealing to people within St. Michael's Parish and their friends to please consider doing some of these trips.

It is a great help to people especially when taxis are not always available.. You are reimbursed for your petrol.

If you are interested please contact Community Wheels on 01568 615785

Both the business and the customers will be very grateful for your help and support.

Ann Powell (01432 266432)

## SUPPORT FOR EDUCATION

Do you live in Breinton? Are you at university and needing books for your course? Or are you a teenager who needs equipment for a Duke of Edinburgh Award? Maybe you need help in buying school uniform for your children?

Breinton has access to limited funds which come partly from the rental of land left many years ago to support the education of young people in the Parish. This money is carefully managed for your use and you are invited to apply for it. If you are interested, either for yourself or for your child, please telephone Helen on 353850

If you wish to help St Michael's and have a Smartphone, you might like to use this QR code which will take you to our

Give a Little Page.  
Thank you for your support.



## COUNCILLOR NEEDED!

CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!

Breinton Parish Council is looking for a dedicated individual to join us in our mission to make a positive impact in your community.

Contact us today to learn more about becoming a councillor  
[clerk@breintonparishcouncil.gov.uk](mailto:clerk@breintonparishcouncil.gov.uk)

or visit our website:  
<https://breintonparishcouncil.gov.uk/casual-vacancy-to-be-filled-by-co-option/>



Theme 2025 -2028 Join us and Join in. We are changing lives! 1876 – 2026

On 30 March, Revd Jonathan, led an Easter Reflection we peered into the tomb with Mary and stood watching as Mary spoke to the 'Gardener'.

Due to numerous Bank Holidays we are not meeting in May. At our June meeting we will focus on our Wave of Prayer links and our projects. Do join us if you can.

On Sunday 9 August 2026, when we celebrate Mary Sumner day, and our 150 year anniversary, we are having a celebration service and tea at Colwall, watch this space for more details – if you would like to join us for this celebration please contact me.

On Sunday 23 August we are celebrating in Hereford Cathedral during the Evensong service which will have a Mothers' Union theme.

## May

- Mon 4 NO MEETING
- Thurs 14 Midday Prayers, Cathedral .

## June

- Mon 1 2.15 MU meeting, Price's Chapel Bricknell Close
- Mon 8 - Wed 10 Wave of Prayer  
Yambio, South Sudan, Garissa Kenya, Mbamili Nigeria, Willochra Australia, Thailand, Hereford England
- Wed 10 5.00 pm 150 Celebratory Service - St Paul's Cathedral, London
- Thurs 11 Midday Prayers, Cathedral  
10.30 Annual Gathering - The Emmanuel Centre (next to Mary Sumner House, London).
- Mon 15 Diocesan Council, Kimbolton



## July

- Mon 6 2.15 MU meeting, Price's Chapel Bricknell Close
- Thurs 9 Midday Prayers, Cathedral

## August

- Mon 3 No meeting
- Sun 9 Mary Sumner Day Service, Colwall Church, followed by refreshments.
- Thurs 13 Midday Prayers, Cathedral,
- Sun 23 Evensong, Hereford Cathedral

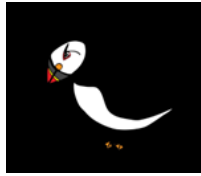


## 16 Days of Activism 25 Nov to 10 Dec

Please see church notice sheets for updates about meetings and just our theme says Join Us and Join In.

If you want more details please contact me: 07988 750673, annenewman57@hotmail.com, or just turn up at one of our meetings!

Anne Newman, Branch Leader



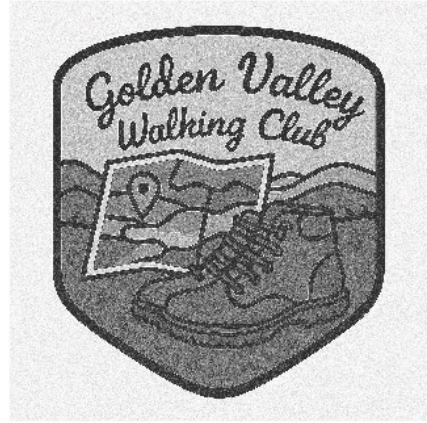
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We run around 35 guided walks each year. Club membership is free. Visit our website and "Come Walk with Us"

[www.goldenvalleywalkingclub.co.uk](http://www.goldenvalleywalkingclub.co.uk)



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## Traherne Festival 2026: 6<sup>th</sup>-8<sup>th</sup> June

This year's Traherne Festival begins on **Saturday 6<sup>th</sup> June at Credenhill Church** – where Traherne was minister – at 9.30 with a Prayer Book Communion service followed by talks and presentations at the church and a lovely catered lunch at nearby Stretton Sugwas Village Hall.

We begin with talks by two internationally-renowned Traherne scholars, Dr Keith Clements on 'As for the Anabaptists, that abhor the baptising of infants ...' and Dr Julia Smith on 'How to look at an insect: Traherne and the smallest life in all nature'.

The Festival then changes gear as folk singer/songwriter Deborah Rose talks about her personal journey into the poetry of Traherne, and historical dance expert and dancer Anne Francis speaks about the type of dancing that prompted one of Traherne's meditations, describing its history and showing some videos.

On Sunday we move to the Traherne family church, **All Saints Hereford** for a eucharist at 9.30 led by the Bishop of Hereford with Dr Sean Cathie preaching. American scholar Dr Jacob Blevins will then lead a close reading of one of Traherne's poems, before we share another tasty lunch. Finally Bishop David Thomson will interview three artists about their work on Traherne themes, before leading our AGM and Evensong.

The Monday sees us enjoying a day out in **Ledbury** with guided visits to places dating back to Traherne's times and lunch at The Feathers.

Advance booking, by 18th May, is essential. Details and a booking form are at

<https://thomastraherneassociation.org/Events.php> or contact Hilary Rosanciewicz on [hilary.jackson@talktalk.net](mailto:hilary.jackson@talktalk.net).



## St Michael's Spring Fayre



**From** early morning on Saturday, 21 March 2026, there was a flurry of activity in the Village Hall with willing volunteers helping to set up for the Spring Fayre.

With tables laden with plants, cakes and produce, handcraft goods and books, together with stalls taken up by local artisans – Breinton Botanics, a variety of paintings from local artists, Badger Pots, and a wonderful display of Gordon Whitefoot's handmade walking sticks and other items – there was a lot to offer the steady flow of visitors who arrived from 11.00 am onwards.

The refreshment team did an excellent job of providing bacon and veggie sausage baps, along with tea, coffee and delicious home-made cakes.



All in all, a very successful event, raising over £1,000.00 for Church funds.

A huge thank you to the hardworking Committee and to all who helped on the day to make it such a convivial Village event.

Caroline Offley , Churchwarden and Chair of the Spring Fayre Committee



A heartfelt thank you to everyone who made the Spring Fayre such a wonderful success. The sunshine helped but it was your generosity, hard work and community spirit that made the day

Thank you!

Jonathan





This photograph taken on Whitehorse Street, shows Ena Gittings sitting on a horse-drawn float dressed as a hospital nurse with a 'policeman' leading a much spruced up coal merchant's horse and cart, a 'sick man' in a deck chair and another man in a uniform which I don't recognise. Above them is a sign which says, 'Every Copper Helps'. Crystal Macangus showed me this photo as it shows her mother (the nurse) but she didn't know when this was taken, or who the other people in the photo are, though she knew they had won first prize. They could have been raising money for their local 'coppers' the much respected and loved policemen of the period or perhaps they were raising money for a hospital.

I can share with you my research but to be honest I really have found out very little so perhaps some of you reading this may be able to help me?

I decided that perhaps the float was raising money for the Victoria Ear and Eye Hospital on Eign Street for the 'sick man' has a bandage round his head and ears. In looking at Charles Renton's book "The Story of Herefordshire Hospitals", I discovered that just before WW2 there was a fund-raising campaign to add an extension to the hospital. *"In 1937 a major extension was planned to improve the accommodation. The ground floor would be modified to provide a consulting room. Dark room, dispensary and lavatories. The theatre was upgraded whilst the first floor would provide an additional private ward and five bedrooms for two nurses and three maids. The cost was £2,227, half of which was raised by donations with the help of Hereford Times.*

*The new wing was opened on the 2<sup>nd</sup> of May 1938 by Lady Hereford, the wife of the president."* (Charles Renton p180)

Looking at the photograph, Ena would have to be 24 in 1937 which is possible. My next step was to look at the 1937 Hereford Times in HARC to see if there is this photo and/or an article about the fundraising. There was certainly an article in the 7<sup>th</sup> May edition. Mr Capel the Chairman of the Board of Management was quoted as thanking the Hereford Times, *'for their very great help in bringing the appeal to the notice of the public which resulted in £1.020 being raised and he expressed his thanks.'* There was no picture in the paper of Crystal's photo which looks professionally done and so the photo must have been done privately. I asked Rhys Griffiths at HARC whether he had an idea about when this photo was taken. Sadly, he had no idea and he didn't find a copy of this photo in the HARC collections ."

(Continued overleaf)

( Continued from overleaf)

Ena Gittings was the daughter of Crystal Stephen Gittings whose business 'Gittings and Sons' is printed on headed notepaper owned by Crystal Macangus as 'Coal and Coke Merchant' and 'Funeral and Cremation Directors' as well as 'Coach and Jobbing Builders' at Bath Street Tel. 2703'. He started life at the age of 32 in the 1921 census as a 'Carpenter Employer C.H.J Gittings Builder Employer on Bath Street'. It was common for Funeral Directors to be skilled joiners. Making coffins was an important part of the job and carpentry skills provided other work when there were no funerals to work for. I am not sure what the initials C.H.J stood for, but Crystal's father was Henry and his brother was John. These businesses often employed family members across the generations and therefore employed diverse skills, which may well explain the addition of a coal merchant business. It is not one of Crystal Gittings coal merchant's carts in the photograph as the telephone number 2154, painted on the side, is different from the one on the headed notepaper. So, I wonder whose it is?

In the 1939 Register Ena is listed living at 2, Glen Lea, Bath Street aged 26, born 10 December 1913. She is a clerk and has a civil defence role as a WVS Ambulance Driver. Her mother Tabitha Fanny Gittings nee King lives with her, born 12 February 1891 and does 'unpaid domestic duties'. The Women's Voluntary Service (WVS) was an organisation formed in 1938 to which women joined to help with home defence during WW2. From September 1939 as hospital staff were called up or went off to war, the need for volunteers increased. *"The WVS Health and Hospitals Department was established in 1938 to assist local authorities with welfare work. Its work in hospitals began by focusing on services that would assist with the war effort and staff shortages, or which would expand services they already provided outside of hospitals; for example making hospital supplies, recruiting auxiliary nurses and feeding injured servicemen"* (royalvoluntaryservice.org.uk).

Ena would have worn a distinctive grey-green uniform, had basic First Aid training and would have had to have passed a driving test and learn to drive, *"with an open gear box, at a time when changing gear meant double declutching to match gearbox cog revs to engine speed, with some heavy and nifty footwork on the clutch and accelerator... Driving in rain and snow was a nightmare; windscreen wipers were only first used in 1935 on new cars"*. Very few women in the 1930s and 40s would drive and so Ena was exceptional! (Information from [bbc.co.uk](http://bbc.co.uk) WW2 People's War)

Ena later married Alexander Douglas W.M. Macangus in December 1949 at the end of the war. They lived, at first, at Fearn, Rosshire, which was Alexander's home where their daughter Crystal was born named after her grandfather. A couple of years later they returned home to Hereford in 1952 and lived on Whitehorse Street where their second daughter Fiona was born. What an unusual but wonderful name Crystal is. If you have any ideas about the photograph or know anyone in it please tell Crystal or myself, we would love to know.

Jean Thomson

STOP PRESS,,,

**The Coffee Morning held at the Breinton Village Hall** was a great success on Saturday 11th April bringing the community together to support our local Community First Responder (CFR) – Herefordshire

These dedicated volunteers provide vital emergency assistance and fund much of the service themselves. A talk was given by Jim Kenyon who explained their service. Residents enjoyed coffee, homemade cakes, and a learned how to do CPR. Those who attended generously donated to the cause. A big thank you goes to the CFR team who gave their free time to come and everyone who helped, baked and attended. The funds raised will make a real difference in helping our first responders continue their invaluable work.

**It would be lovely to see some new faces at the next coffee morning on Saturday 6th June 10.30am to 12.30pm so save the date. ☺**

Lorraine Lewis



The village hall is a community asset, run by volunteers and available to hire for events such as birthday parties or weddings, wakes, community events or meetings. For more information and details of regular events visit [www.breintonvillagehall.co.uk](http://www.breintonvillagehall.co.uk)



Our village hall is used for parties, weddings, quizzes and other community activities/events but after many years it is now time to upgrade and modernise the chairs. We are asking our community to help raise the funds and sponsor a chair. You could do this as an individual, a family, a business or another group and if you're feeling generous and would like to sponsor more than one, that would be great!

Your name will go on a wall of friends recognising your generous contribution to our amazing hall and vital community space. Chairs can be sponsored at **£30** a chair and if you'd like to support us, you can do so through GoFundMe here XXX.

Thank you for your support!

*giftaid it*



Breinton Village Hall, as a registered charity, can use the

**Gift Aid Scheme** to boost donations from UK taxpayers by 25p for every £1 donated, at no extra cost to the donor. Any chairs sponsored by you for our fundraising campaign will be eligible, if you are a UK taxpayer.

Are you looking to start up a new exercise/keep fit, yoga or dance class? Or perhaps an art class, craft workshop or wellbeing group?

Breinton Village Hall is in the beautiful Herefordshire countryside with views to the Black mountains and Golden Valley, a welcoming bright, airy and modern venue with a sprung floor. Ample parking, only 5 minutes (3 miles) from Hereford City Centre.

We can offer a reduced "Term Time" package – based on a two-hour day hire during the week (Monday to Friday) - based on six two-hour sessions. Ideal if you are looking to start up a new group in a new area whilst building up a client base.

Reduced rates for the first term (twelve weeks x two-hour sessions – booked in blocks of six weeks) are offered at £70/six weeks; second and third terms £80/six weeks. This includes heating/lighting and use of our fully equipped kitchen.

For more information or to arrange to visit the hall please contact Sara Beck by e-mail at [breintonvillagehallbookings@gmail.com](mailto:breintonvillagehallbookings@gmail.com) or by phone on 07758 162268.

**This offer is open to new bookings only.**

**( Continued opposite)**

## Breinton Parish Council – Reporting Flooding and Potholes

Breinton Parish Council would like to remind residents that recent wet weather and winter conditions have resulted in localised flooding and an increase in potholes on roads across Herefordshire. These issues can create hazards for drivers, cyclists and pedestrians, and reporting them quickly helps ensure they are assessed and repaired as soon as possible.

While the Parish Council raises concerns with the county authority where appropriate, the most effective way to ensure issues are logged and prioritised is for residents to report them directly to Herefordshire Council through their online reporting system.

Residents are encouraged to report problems such as:

Potholes or damaged road surfaces

Flooding on roads or footpaths

Blocked drains or gullies

Standing water creating dangerous driving conditions

Other highway defects affecting safety

Reports can be submitted online via the Herefordshire Council website at:

<https://www.herefordshire.gov.uk/travel-and-transport/roads/report-a-road-problem/>

The system allows you to pinpoint the exact location on a map, describe the problem and upload photos, which helps the highways team assess the issue and schedule repairs.

**For urgent highway problems such as severe flooding, fallen trees or dangerous obstructions on the road, residents should contact Herefordshire Council directly on 01432 261800, which operates 24 hours a day.**

***Breinton Parish Council encourages residents to report any issues they encounter. Your reports play an important role in helping keep our parish roads safe and well maintained for everyone.***



### Regular Bookings

Breinton Village Hall hosts several regular groups and activities:

You can find out more details of all groups at <https://www.breintonvillagehall.co.uk/>



**4 May 2026 @ 7.30pm** – Breinton History Group talk by Bill Quan ‘Modern Day Farming’

**8 June 2026 @ 7.30pm** – Breinton History Group talk by Penny Thompson – ‘The Story of the work of a Registrar – Hatching, Matching and Dispatching’

[Full details of all events can be found on the village hall website or in Teamtalk]

# Breinton History Group

A Talk by

## Bill Quan

### “Modern Day Farming”



## Monday 4<sup>th</sup> May 7:30pm

### Breinton Village Hall

Free to BHG members £3 donation appreciated for non-members. Includes refreshments. Everyone Welcome. Prize raffle, so try your luck

# Breinton History Group

A Talk by

## Penny Thompson



### Hatching, Matching and Dispatching

The story of the work of a registrar  
**Monday 8<sup>th</sup> June 7:30pm**  
**Breinton Village Hall**

Free to BHG members £3 donation appreciated for non-members. Includes refreshments. Everyone Welcome. Prize raffle, so try your luck

STOP PRESS...

DATE FOR  
ST. MICHAEL'S, BREINTON

SUMMER FETE,

**CONFIRMED AS JULY 5TH 2026**



Did you know that St Michael's is registered on **easyfundraising**?

This means you can raise free donations for us in 2026 when you shop online! **Over 8,000 retailers** will make a donation to St Michael's Church Breinton on your behalf when you shop with them. All the big names like Sainsbury's, M&S, Argos and Just Eat are ready to donate **at no extra cost to you**.

**Sign up here:** <https://join.easyfundraising.org.uk/stmichaelschurchbreinton>

If you are shortly to purchase gifts or change your car or home insurance policy or book your summer holiday, please consider routing your online purchase through **easyfundraising**. Donations from all those smaller purchases soon mount up too. We will shortly receive the payment for the first quarter of 2026 - **£56.24**.

**We are in the top 20% of the amounts raised by similar causes nationally!**

Many thanks to those who already support the church in this way! Please consider joining if not!

Grahame Sheffield, Treasurer, St Michael's, Breinton

## May Saint of the Month: Caroline Chisolm (16 May)

Caroline born in 1808 and married an army officer, Archibald Chisholm, moving with him to Madras in 1831 where she set up a school for soldiers' daughters, before moving on to Australia and starting work with vulnerable female immigrants. She set up a free Registry Office to help them obtain legitimate work and a shelter and improved conditions. During the seven years when Chisholm was in Australia, she placed over 11,000 people in homes and jobs, and she was later pictured on an Australian \$5 banknote. Returning to Britain in 1846 she campaigned for emigration reform, and her ministry and action led to the ending the institutionalized abuse of poor women.

Though commemorated in our Anglican calendar, she converted to Catholicism when she married and may also come to be regarded as a saint in the Roman Catholic Church. It's good to share our saints (and our fellowship in Christ)!



Between Ascension and Pentecost, we're inviting everyone across the Team to pray together — a short daily devotion, the same words, the same rhythm, across all three parishes. **A Woven People** is a free booklet available from West Hereford Team churches from Sunday 4th May. Pick one up, and pray with us

# A WOVEN PEOPLE



## A DEVOTIONAL JOURNEY FROM ASCENSION TO PENTECOST

BOOKLET AVAILABLE IN ST MICHAEL'S, ALL SAINTS & HOLY TRINITY FROM 4<sup>TH</sup> MAY -  
FOLLOW DAILY ON WEST HEREFORD TEAM FACEBOOK PAGE FROM MAY 14<sup>TH</sup>



If you fancy getting a bit more involved with the Village Hall, we would love to hear from you. We are always grateful for an extra pair of hands to keep things running smoothly for the community. Even if you can only spare a couple of hours now and then, it really does help and is hugely appreciated. It's also a great way to meet people and be part of village life.

Contact us at:

[breintonvillagehallbookings@gmail.com](mailto:breintonvillagehallbookings@gmail.com)



## SAVE THE DATE!

The annual St Michael's Summer Fete is due to take place on Sunday, 5 July 2026, from 1.00 pm to 4.00 pm at Breinton House.

## THE SERVICES LISTED BELOW AND OPPOSITE

These services are correct at time of going to publication. For up to date information, please refer to our website [www.westherefordteam.org.uk](http://www.westherefordteam.org.uk)

### Online Services

**Evening Prayer, 6.30pm every Sunday**, except the first Sunday of the month. Follow this link: <https://us02web.zoom.us/j/82460018059?pwd=eWUxRW1KM1FXRVNtYlkvK3o4WlpyUT09>

Meeting ID: 824 6001 8059 Passcode: 072124

**Morning Prayer, 8.30am Monday – Friday**. Follow this link: <https://us02web.zoom.us/j/84352782015?pwd=OU1PNGNZV09OZzExUUo0OGJGajVsdz09>

Meeting ID: 843 5278 2015 Passcode: 985657

**Midweek Services** 8.30am Tuesday - Friday – Morning Prayer Online (see above for details)

12:10pm Tuesday, Wednesday & Thursday – Low Mass at All Saints'

10:00am Thursday – Holy Communion at Holy Trinity

## A BIG THANK YOU TO EVERYONE WHO PROVIDED OR ATTENDED A LENT LUNCH

Simple lunches were offered during Lent and many chose to take up the offer and enjoy a delicious meal in good company.

There was no charge only a donation to support the Food Bank in Hereford.

The total raised was a whopping £310.50p.

## FOR YOUR DIARY

THE NEXT QUIZ

WILL BE HELD ON

FRIDAY JUNE 26TH

IN BREINTON VILLAGE HALL

FOOD FUN AND FRANTIC QUESTIONS!

CAKE – CASH PRIZE– A COOL EVENING!!!!

7PM , £5 ENTRY

ALL PROCEEDS GO TO

Breast Cancer Now



## Services during May 2026

### Sunday 3<sup>rd</sup> May 2026

| Time    | Church                | Service Type   |
|---------|-----------------------|----------------|
| 9:30am  | All Saints'           | Parish Mass    |
| 9:30am  | St Michael's Breinton | Holy Communion |
| 11:00am | Holy Trinity          | Holy Communion |

### Sunday 10<sup>th</sup> May 2026

| Time    | Church                        | Service Type    |
|---------|-------------------------------|-----------------|
| 9:30am  | All Saints'                   | Parish Mass     |
| 9:30am  | St Michael's Breinton         | BCP Communion   |
| 11:00am | Holy Trinity                  | Morning Worship |
| 6:30pm  | Online (see over for details) | Evening Prayer  |

### Thursday 14<sup>th</sup> May 2026 - Ascension Day

| Time   | Church      | Service Type   |
|--------|-------------|----------------|
| 7:00pm | All Saints' | Team Eucharist |

### Sunday 17<sup>th</sup> May 2026

| Time    | Church                        | Service Type                    |
|---------|-------------------------------|---------------------------------|
| 9:30am  | All Saints'                   | Parish Mass                     |
| 9:30am  | St Michael's Breinton         | Morning Worship                 |
| 11:00am | Holy Trinity                  | Holy Communion followed by APCM |
| 6:30pm  | Online (see over for details) | Evening Prayer                  |

### Sunday 24<sup>th</sup> May 2026 - Pentecost

| Time    | Church                        | Service Type      |
|---------|-------------------------------|-------------------|
| 9:30am  | All Saints'                   | Parish Mass       |
| 9:30am  | St Michael's Breinton         | Holy Communion    |
| 11:00am | Holy Trinity                  | All-Age Eucharist |
| 6:30pm  | Online (see over for details) | Evening Prayer    |

### Sunday 31<sup>st</sup> May 2026 - Trinity

| Time    | Church                        | Service Type   |
|---------|-------------------------------|----------------|
| 9:30am  | All Saints'                   | Parish Mass    |
| 9:30am  | St Michael's Breinton         | Holy Communion |
| 11:00am | Holy Trinity                  | Holy Communion |
| 6:30pm  | Online (see over for details) | Evening Prayer |

|  |   |  |
|--|---|--|
| <p style="text-align: center;"><b>Teamtalk Editor</b><br/><b>Jenny Sherfield</b></p> <p style="text-align: center;"><a href="mailto:jeshermag@gmail.com">jeshermag@gmail.com</a></p>   | <h1 style="margin: 0;">Who's Who</h1>   | <p style="text-align: center;"><b>St Michael's</b><br/>Churchwardens<br/>Martin Churchward<br/>07788452179<br/>Caroline Offley 07912031910</p> <p style="text-align: right;">PSO<br/>Lyn Gage 07443 598263</p>   |
| <p style="text-align: center;"><b>Advertising co-ordinator</b><br/><b>Jacqui Tonge</b></p> <p style="text-align: center;"><b>Tel: 07828055727</b><br/><b>jaquitonge@yahoo.co.uk</b></p> <p style="text-align: center;"><b>BENEFICE</b><br/><i>For all Parish administration including Baptism and Marriage enquiries and some of the people listed as contact please call the Team Office 273086</i></p> <p style="text-align: center;"><b>Benefice Safeguarding Officer</b></p>   | <p style="text-align: center;"><b>St. Nicholas'</b><br/>Churchwardens<br/>Paul Tompkins<br/>Chris Wright 268481</p> <p style="text-align: center;">PCC and Electoral Roll Secretary<br/>Julia Wright</p> <p style="text-align: center;">PCC Treasurer<br/>Vacant</p> <p style="text-align: center;">Mothers' Union Secretary,<br/>Bellringers' Secretary &amp; PSO<br/>Andy Lewis 357281</p>  | <p style="text-align: center;">PCC Secretary<br/>Lyn Gage 07443 598263</p> <p style="text-align: center;">PCC Treasurer &amp; Gift Aid<br/>Grahame Sherfield 07895758157</p> <p style="text-align: center;">Flowers<br/>Vivienne Luscombe<br/>07933960012</p> <p style="text-align: center;"><b>Breinton Village</b></p> <p style="text-align: center;">Village Hall Lettings<br/>Sara Beck 07758 162268</p> <p style="text-align: center;">Parish Footpaths Officer<br/>John Wade 355344</p>  |
| <p style="text-align: center;"><b>Holy Trinity</b><br/>Churchwardens<br/>Jane Jones 342714<br/>June Rynn 07944 676034<br/>Verger<br/>June Rynn</p> <p style="text-align: center;">Parish Safeguarding<br/>Officer (PSO)<br/>Jane Jones</p> <p style="text-align: center;">PCC Secretary<br/>Og Owen</p> <p style="text-align: center;">PCC Treasurer<br/>Nick Rynn</p> <p style="text-align: center;">Brass Cleaning Team<br/>Kristine Way</p> <p style="text-align: center;">Flower Guild<br/>Janet Griffiths 340501</p> <p style="text-align: center;">Director of Music<br/>Ewan Murray<br/>ewanmurray451@gmail.com</p> <p style="text-align: center;">Pastoral Coordinators<br/>Sian and Richard Bayliss</p> | <p style="text-align: center;"><b>Written copy for the</b><br/><b>JUNE 2026 issue of Teamtalk</b><br/><b>should be sent to the Team</b><br/><b>Office by 10<sup>th</sup> MAY 2026 at the</b><br/><b>latest!</b></p> <p style="text-align: center;"><a href="mailto:office@westherefordteam.org.uk">office@westherefordteam.org.uk</a></p> <p style="text-align: center;">(WORD DOCUMENTS, PLEASE,<br/>preferably in Arial size 11)<br/>or to Editor direct:</p> <p style="text-align: center;"><a href="mailto:jeshermag@gmail.com">jeshermag@gmail.com</a></p> | <p style="text-align: center;">Clerk to the Charities<br/>Helen Powers 353850</p> <p style="text-align: center;">County Councillor<br/>Charlotte Taylor 07742 880054</p> <p style="text-align: center;">Parish Council Chairman<br/>John Hull<br/>07818 465182</p> <p style="text-align: center;">Parish Councillors<br/>Liz Morawiecka 264091<br/>Jackie Morris 264410<br/>Lorraine Lewis 0777 367 5774<br/>Tracey Prosser 07919 556 449<br/>Emil Morfett 07919350247</p>   |
|  | <p style="text-align: center;"><b>All Saints</b><br/>Churchwardens<br/>Jackie Mumford<br/>Vacant Position</p> <p style="text-align: center;">PCC Secretary<br/>Maggie Fletcher 273149</p> <p style="text-align: center;">PCC Treasurer<br/>Jackie Mumford</p> <p style="text-align: center;">Church Office<br/>Jackie Mumford</p> <p style="text-align: center;">Bellringers' Secretary<br/>Anne Newman 07988 750673</p> <p style="text-align: center;">PSO<br/>Mel Carter</p>  | <p style="text-align: center;">Parish Clerk<br/>Lisa Law<br/>Breinton Parish Council<br/>Office 9<br/>The Old Vicarage<br/>1 Rowberry Street<br/>Bromyard<br/>HR7 4DU-<br/>clerk@breintonparishcouncil.gov.uk</p> <p style="text-align: center;"><b>Hereford Rural North Safer</b><br/><b>Neighbourhood Team.</b><br/>PC Stefan Hawes 07773054234<br/>PCSO Christina Howard<br/>07773052529<br/>PCSO Adam Westlake<br/>07773052580</p> <p style="text-align: center;">These contact numbers are not for<br/>crime recording or for urgent calls.<br/>These should be directed to the<br/>emergency number 101 or online<br/>recording of crimes at the web-<br/>site <a href="https://www.westmercia.police.uk">https://</a><br/><a href="https://www.westmercia.police.uk">www.westmercia.police.uk</a><br/>USE 999 IN AN EMERGENCY</p> |