



BUCKNELL NEWSLETTER Winter 2013

From the Editor



Welcome to edition number 5 of the **BUCKNELL NEWSLETTER**. We've given a big splash to *Community Cars* in this edition as it's obviously very important for many people. Of course, the whole volunteering thing only works if people ... volunteer. So why not watch out for opportunities to contribute to our community?

We are sorry if your event isn't listed in the *What's Happening?* section. It seems the crystal ball is in need of a polish. Please do let Jonathan Kemp know of the events that you'd like publicised here.

Can we take this opportunity of wishing you all a very happy Christmas and a great New Year.

EDITORIAL COMMITTEE: Nicky Edwards (07973 563829), Jonathan Kemp (530398) (Editor), Steve Sherring (530396)

NEWS ABOUT ...

THE 2013 BUCKNELL SHOW AND THE 2014 BUCKNELL SHOW!

Perhaps memories of that day in early September when hundreds of us made the great trek to Daffodil Lane for an afternoon-and-a-bit of fun, games, competition and chat are beginning to fade? Well let us remind you: it was a great day! We are very grateful to everyone who helped organise the event, prepared the field, manned (personed?) stalls, took part and (best of all) attended. **Thank you.** But (even better) **there will be another Show next year!** Watch out for notices of meetings and opportunities to help organise another Great Day!

Nicky Edwards (07973 563829) – Carole Garland (530951) – Ian Graves (07747771776) – Geri Jackson (530137) – Jonathan Kemp (530398) – Annie Millen (530366) – Ian Owen (530616) – Chris Sansom (530830)

ST MARY'S CHURCH REDEVELOPMENT – PROGRESS REPORT

It's great to report that the heating system is now working well and we have a warm, friendly atmosphere in the church as a result. One of us went in the other day, to find a villager who said: "I just came in to warm up a bit". That's community use for you! There will be a few minor adjustments as we get used to running the new system as well as making sure the lighting in the church is set to provide maximum comfort.

At the time of writing we are awaiting Bucknell Nurseries to come and 'make good' the areas affected in the churchyard. This will include leveling-off ground and sowing grass seed so that, come the spring, the churchyard should be looking pretty much as it always has.

We are enormously grateful to all those who, with their contributions, helped to make all this possible. As stated in the August newsletter, those contributions should also give us an excellent head start for Phase Two – the installation of the toilet, kitchenette and new glazed door. We hope to make a start in fundraising for this in the New Year. Watch this space!

The Church Redevelopment Group

BUCKNELL AND BEDSTONE GOOD NEIGHBOURS AND COMMUNITY CARS SCHEME

HISTORY

As far as records show the idea for a 'Good Neighbours Scheme' was instigated in late 1993 [That's 20 years ago! – Ed.] by Bucknell resident Bernard Gooding in co-operation with the Community Council of Shropshire. Mid-June 1994 saw the inception of the Scheme which

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Contributions to Jonathan Kemp – see *Coming Up*.**



comprised some 18 local residents, increasing to 27 by January 1995. Within the first three months of operation there were 27 requests, mainly for transport.

In those early years, the initial idea was to provide a whole range of help and assistance for residents, which included a Home Safety Scheme and various other services. However, it soon became obvious that there were insurance implications and Health and Safety issues to consider. As a result, the Good Neighbours Scheme concentrated on the provision of transport.

HOW THE SCHEME WORKS

There are currently 22 volunteers including our two Co-ordinators, Sue Percival and Tove Jefferson-Bell. Co-ordinators play a key role. Once a request is received, they ring round the volunteer drivers until they find someone able to carry out the journey.

Passengers make a fixed contribution of 30p per mile towards the cost of the fare and drivers are reimbursed in accordance with the rates laid down by the Shropshire Community Car Scheme. The mileage rate is set at a level which is intended to cover petrol costs and contribute towards vehicle running costs.

The driver maintains an expense claim form recording pick-up times and passenger and destination details. The customer pays the driver for the journey and details are recorded on the form which is eventually handed in to our Treasurer, Margaret Hay-Campbell. After double checking, Margaret sends the forms off to the Council for processing. The Council then pays the difference directly to the driver’s bank account.

WHO CAN USE COMMUNITY CARS AND FOR WHAT?

Community Cars are available to anyone who:

- needs to make an ‘essential’ journey and does not have a car; or
- has not got access to a car when they need to travel, and is not able to use public transport, either because they can’t get on board or because it is not available.

Examples of ‘essential journeys’ are:

- Hospital appointments
- Collecting urgent prescriptions
- Visiting doctors, dentists, opticians, chiropodists or physiotherapists
- Shopping, collecting pensions, personal business(e.g. bank, building society, solicitor)
- Transport to clinics
- Attending a funeral

Other journey requests may be accepted at the discretion of Good Neighbours and provided a driver is available.

CURRENT USAGE AND EXAMPLE COSTS

Readers will be interested to know that between March and September 2013 there have been 150 journeys undertaken by volunteers – double the rate when the scheme started!

Some example charges (at 30p per mile) of ‘regular routes’ are:

Birmingham £35.10	Clun £6.00	Ledbury £22.80	Oswestry £28.80
Bishops Castle £8.40	Craven Arms £5.70	Leintwardine £2.70	Presteigne £6.90
Brampton Bryan £1.50	Hereford £18.00	Leominster £9.60	Shrewsbury £18.60
Bucknell £1.50	Kingsland £6.90	Lland’od Wells £14.40	Telford £21.90
Church Stretton £10.80	Knighton £3.90	Ludlow £7.80	Wigmore £3.60

KEEPING THE SCHEME GOING – DRIVERS

Volunteer drivers are always welcome to help ‘spread the load’. Remember you only drive if you want to. If you are not available the Co-ordinator will ring the next driver on the list. All new drivers complete a short Application Form for Shropshire Council. New drivers are also required to have a satisfactory Disclosure from the Criminal Records Bureau, i.e. a CRB check which is processed by the Council once your Driver Application Form has been received.

Your insurance company will need to be informed of your intention to drive for the Community Car Scheme. To date I have not heard of any driver having their insurance premium increased as a

result of this. All volunteers working on behalf of the Council are covered by Public Liability Insurance for activities relevant to their duties as a Community Cars Driver.

KEEPING THE SCHEME GOING – CO-ORDINATOR

Could this be YOU? **We have an urgent need for a new Co-ordinator** to receive requests and allocate drivers. The Council pays a telephone allowance for this service. If you think you can help, please contact our Chairman Mike Starr on 530179 or Secretary Dave Baker on 530495 and /or attend our AGM which takes place annually in Bucknell Memorial Hall. The next meeting is scheduled for April 2014, time and date to be confirmed.

ON A PERSONAL NOTE ...

I have found my time as a volunteer driver to be an ideal opportunity to meet people from our local community – many of whom have an interesting story to tell! Remember, the time may come when you need to call on the service yourself!

Dave Baker, Secretary (530495)

OTHER NEIGHBOURLY THINGS ...

ARE YOU CLAIMING YOUR CONCESSIONS?

When you reach state pensionable age you are entitled to claim one of the following from Shropshire Council:

- a free national Bus Pass (sorry, it doesn't work in Wales!); or
- a national Senior Railcard for just £9; or
- £20 worth of travel tokens for use with Community Cars (£30 if you're registered disabled).

Many people are not claiming their entitlement. If you don't use the bus or train, then apply for the travel tokens, as these can be used with Bucknell Good Neighbours.

To claim, first you have to register with the Council and provide proof of who you are (passport, birth certificate) and where you live (utility bill) – these can be scanned and submitted over the internet, as otherwise you have to travel to Shirehall in Shrewsbury.

To find out if you are eligible, or to talk to someone about the options available on the scheme, call the Shropshire Council Transport Helpline on 0345 678 9006.

Mike Starr (530179)

WILL YOU BE WARM THIS WINTER?

Marches Energy Agency is a local charity offering help and advice for improving the energy efficiency of your home to keep it warmer and reduce energy bills. They can advise on government grants available to help pay for insulation and repair or replacement of old boilers; they advise on lifestyle changes to help save fuel; and they can give advice about energy tariffs and switching suppliers. With winter just around the corner and the recent energy price rises, don't delay in contacting them for no-obligation advice. Call 0800 1123 743 or email eco@mea.org.uk.

CLUN VALLEY AED (Automatic External Defibrillation) SCHEME - The AED scheme provides a quick response for someone who has had a Cardiac Arrest. The more volunteers there are the more the rota can be shared round – so that operators might be on-call perhaps just twice per month. **Remember: it could be YOUR neighbour – or even YOU!**

Contact Nicky (07973 563829) or Ian (530616) to find out more.

WHAT'S HAPPENING?

CHRISTMAS MARKET

Saturday 7th December in the Memorial Hall from 10 – 12 noon.

A chance to buy those last minute Christmas presents! Crafts, Christmas gifts, White Elephant, books, cakes, jams and chutney. Come along and meet your friends for morning coffee.

Entry is £1.50 (children are free) and this price includes tea/coffee and refreshments. There'll be craft activities for the children as well. In aid of St Mary's Church, Bucknell.



COMING UP

WHEN?	WHAT?	WHERE?	CONTACT
4 December	1.30pm: School Advent Fair	School Hall	Juliet: 530264
7 December	10.00-12.00noon: Christmas Market	Memorial Hall	Jean Pryke: 530231 or Ian Hay-Campbell: 530750
	7.30pm: Knighton Junior Band concert	Memorial Hall	Nicky Edwards: 07973 563829
13 December	2.00pm: "Hey Ewe"	School Hall	Juliet: 530264
	6.30pm: "Hey Ewe"		
18 December	Village Carol service with the School	St Mary's	Juliet or Ian Hay-Campbell (as above)
15 February	Spring NEWSLETTER copy deadline	Clare Cottage, Sitwell Close	Jonathan Kemp: 530398: jonathan@jane Kemp.plus.com

EVERY WEEK

Tuesday	9.00am-12.00pm: Mother & Toddler Grp.	Memorial Hall	<i>[Please let me know – Ed.]</i>
Tuesday & Thursday	12.00pm: Pensioners' Lunch	Sitwell Arms	Neil Davies: 01547 530213
Thursday	"Pie & a Pint" night (6.00-9.00pm)		
Thursday	7.30pm: Skittles	Memorial Hall	Sylvia & Derek Meredith: 530422
Friday	7.45pm: Bingo	Memorial Hall	Dorothy: 530252

EVERY FORTNIGHT – ON RECYCLING WEEK

Wednesday	11.20-11.40am: Mobile Library	<i>Sitwell Arms</i> end of The Causeway	Shropshire Library Service: 01743 255024 libraries@shropshire.gov.uk
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EVERY MONTH

1 st Tuesday	2.30pm: Mothers' Union	Check with Jean Pryke	Jean Pryke: 530231
	7.30pm: Bedstone & Bucknell Parish Council	Memorial Hall	Clerk: Nancy Adams: 01686 670737
3 rd Wednesday	7.30pm: Women's Institute	Memorial Hall	Jean Roberts: 530137
Monthly – generally on a Friday	Curry Night (6.00-9.00pm)	Sitwell Arms	Neil Davies: 01547 530213
	Open Mic Night (9.00pm on)		



SPEEDIEMEALS THAT ALWAYS WORK



This was such a discovery – works every time and cuts out the laborious and traditional way of making a risotto (Italians will be horrified, I'm afraid!) It's from Good Food Magazine, March 2011, with minor amendments)

OVEN-BAKED LEEK AND BACON RISOTTO

Serves 4 - Preparation time 10 minutes - Cooking time 30 minutes altogether

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|---|--------------------------------------|
| 1 tbsp olive oil and a knob of butter | 6 rashers smoked back bacon, chopped |
| 2 leeks, halved lengthways and sliced | 250g/9oz risotto rice |
| 700ml/1¼ pints hot chicken or vegetable stock | 175g/6oz frozen peas |
| 3 tbsp soft cheese (Philadelphia) | zest of 1 lemon |

Heat oven to 200°C/180°C fan/gas 6. Tip the oil and butter into an ovenproof casserole dish.

Add bacon and fry for 2 minutes, remove to a plate. Add the leeks and cook until soft, but not coloured, for about 5 minutes. Add the bacon to the leeks and tip in the rice and stir well. Pour in the hot stock. Cover and put in the oven for 10 minutes. Take the casserole out and give contents a good stir, then replace it in the oven for another 10 minutes.

Meantime, put the peas in a bowl and pour boiling water over them. When the risotto has finished its 20 minutes, stir the drained peas in and put back in the oven for 2 minutes. Then remove from the oven, stir in the cheese and add the lemon zest and some seasoning if you like. *Enjoy!*

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