# West Ilsley News

www.westilsley.org

## December 2018

#### EDITORS

Andrea CookLiz DrayClock CottageThe Malthouse281224281688westilsleynews@westilsley.orglizdray@btinternet.com

Deadline for the next publication is:

5 pm on Thursday 27<sup>th</sup> December

## DIARY DECEMBER

18<sup>th</sup> Harrow Christmas quiz

- 23<sup>rd</sup> Church carol service
- 23<sup>rd</sup> Harrow Christmas jumper party

## ROYAL BRITISH LEGION POPPY APPEAL

A big thank you to everyone in West Ilsley who donated or helped to raise money for this year's Poppy Appeal. Nearly £900 was raised in West Ilsley towards a current total of £2,637. With the sponsorship of the Silent Soldier figures in East Ilsley, well over £5,000 will have been raised in the Ilsleys in this Centenary year.

Thank you all. Kay Sanderson, Poppy Appeal Organiser for The Ilsleys.

 $\triangle \square$  whats on at the harrow  $\triangle \square$ 🦁 CHRISTMAS QUIZ NIGHT 🖄 Tuesday 18th December 8pm Raising money for The Air Ambulance Book your tables NOW! ACHRISTMAS JUMPER PARTY Sunday 23rd December 7pm - 11pm Get your festive knits on and come down to enjoy a mince pie or two and a glass or three of mulled wine! will closed Ŵe he Christmas

night, Boxing night and New Year's Day evening.

## ALL SAINTS' WEST ILSLEY

## December Services at All Saints' Church

2 <sup>nd</sup>	Family Communion	9.30am
9 <sup>th</sup>	Holy Communion	8.30am
16 <sup>th</sup>	No service in West Ilsley	
23 <sup>rd</sup>	Carol Service	6.00pm
25 <sup>th</sup>	Christmas Family Communion	9.30am
30 <sup>th</sup>	No service in West Ilsley	

Please see the lych gate notice board for details of other services in the benefice or go online at www.eastdownland.org.uk

#### Working Party Tidy Up for Remembrance Day

Thank you to everyone who gave up their Saturday morning to give the church an extra clean and to clear the churchyard of leaves before our Remembrance Day service. Thankfully all was finished just before the heavens opened!

## **Remembrance Day Service**

There was a very good turnout for the service this year to mark 100 years since the end of the 1<sup>st</sup> World War. Thank you to Douglas for taking the service, to Rosanne for preparing the church and to Julian for his bugling. The collection of just over £320 was sent to the British Legion Poppy Appeal.

## Downland Advent Carol Service – Sunday 2<sup>nd</sup> December

This delightful candlelit service, which this year takes place at 6.00pm at Wickham church, marks the beginning of our preparations for Christmas. Everyone is welcome.

## Café in All Saints' Church

Our monthly Café returns on Sunday 9<sup>th</sup> December between 10am and 11am when the children will be decorating the Christmas tree. Donations for coffee and cake will go towards buying thermos flasks and jogging bottoms for the rough sleepers in Newbury.

#### **Christmas Services**

There will be numerous services around Christmas in all nine churches in our benefice, including All Saints', and you are warmly invited to attend any of these. Very soon the Benefice Christmas card will be dropping through your letterbox with details of all the services on it. Whatever type of service you prefer, whether Crib service, Christingle, Carols or Communion, you will find one in the benefice somewhere at some time during December. All Saints' will be holding a Family Communion Service on Christmas Day at 9.30am, so do join us.

## **Christmas Carol Service**



This joyful service will be held in All Saints' Church, West Ilsley on Sunday 23<sup>rd</sup> December at 6pm, to which everyone is invited. All the money collected will go towards a ShelterBox which contains vital equipment, such as a tent, blankets and utensils, to send to families in disaster zones anywhere around the world. For more details see elsewhere in WIN. As usual, you are invited to stay on after the service for mince pies and mulled wine

#### Café Church at St Mary's Church, Chieveley

There will be no Café Church in December. The next Café Church at St Mary's will be a Christingle Service on Sunday 20<sup>th</sup> January at 5.00pm. **Contacts** 

#### Contacts

<u>Churchwardens</u> lan – 01635 281625 Alexandra – 01635 281306 Revd J Toogood – 01635 247566 edownlandrector@gmail.com East Downland Benefice Office - 07957 458107 eastdownland@btinternet.com

Kay and Ian Fewtrell-Smith

CAROL SERVICE COLLECTION ALL SAINTS' WEST ILSLEY – 23<sup>RD</sup>

<u>DECEMBER AT 6PM</u> All Saints' is on a mission to fund a ShelterBox this Christmas.



## What is ShelterBox?

ShelterBox is a charity that hand-delivers aid to families devastated by conflict or natural disaster, to give them safe shelter and the tools to rebuild communities.

## What aid does ShelterBox provide?

ShelterBoxes contain family-sized tents specially designed to withstand the elements and provide people with temporary shelter until they are able to start the process of rebuilding a home.

ShelterKits contain all of the essential tools people need to start repairing and rebuilding homes straight away.

The kits and boxes also contain the items that help transform shelter into a home - like cooking sets, solar lights and activity sets for children.

SchoolBoxes contain everything needed to get lessons up and running after a disaster, depending on the situation.

"Our sturdy green ShelterBox is an essential part of our aid range, and not just for storage. We've seen families use it as a work bench, a wardrobe, a seat, and even a crib!"

We will be collecting for Shelterbox at the Carol Service on Sunday 23 December at 6pm.

Let's see if we can raise the  $\pm 590$  needed to send a West Ilsley Shelterbox.

If you would like to collect money throughout December please contact Alexandra (tel:281306) for a collection box which you can fill and then bring to the Carol Service.

(ShelterBox – <u>www.shelterbox.org</u> - Charity No. 1096479)



#### 135,000 homeless in UK : local radio news 22.11.18 Thank yous & Monies raised at the pizza evening

Pizza and Cavalier ale turned out to be a good partnership. Pizza came from so many supporters chipping in, and Two Cocks Brewery lubricated the evening with their donation of a barrel of Cavalier. That's Amore: happened..... And is an experience to build on. With a bit of practise we got the hang of it. We raised funds for 3 homeless charities: one in London, that inspired the event and two local. Angela Ryan's knowledge of the charity system means that the money we give locally can be DOUBLED! But firstly let me thank everyone that came on

But firstly let me thank everyone that came on board... the shoppers, the lifters and grunters, the gofers, the makers and the mixers, there were gifts of money and gifts of time and gifts of energy and gifts of goodwill and encouragement. There are people living on the street, which maybe incomprehensible, but it is happening and during this season of goodwill we felt we could do something.

Money raised on November 17<sup>th</sup> came to £422.00. £200 will got to The Big London Sleepout, the remaining will be split and doubled and go to homeless causes in Newbury.

# If you want to donate, no matter how small a contribution it is not too late. Lots of *small* can make a good pot .... which can be doubled!

Please feel happy to leave an envelope donation with Angela, Louise or I in the next few days and we will distribute funds at the beginning of December.

Love and best wishes, Marnie and the most remarkable pizza team.

PS: Pizza oven will be advertised for rent in the coming WIN newsletters.

Cafe in church Sunday 9 December 10-11am Coffee, cake and chat Children to decorate the Christmas tree

Donations towards buying thermos flasks and jogging trousers or Newbury homeless people

## CHRISTMAS FAIR 7 DECEMBER 4PM-7PM

The Downs School's annual Christmas Fair takes place on December 7 from 4pm-7pm in our Walcott Hall building. The Fair raises funds for the 'Save the Children' charity, and in previous years has been very successful. As well as a silent auction, there will be various stalls and refreshments available. We hope to see you there.

## **ILSLEY UNDER 5s**

Are you a parent, grandparent, carer of young children? Come along and join our friendly local stay and play group running Wednesday mornings 9.45-11.15 at West Ilsley Village Hall. There are plenty of toys and activities to keep young ones entertained and hot drinks for the grown ups. The session includes snack and song/story time. The group always welcomes some hands on help so if you live locally and have a little spare time to come along and meet some local families and get involved, we'd love to hear from you!

If you are planning a party or event remember the small tables and chairs are available for hire throughout the year for a donation of £10.

If you are interested in finding out more about volunteering, hire of equipment or simply to find out more about the sessions please contact us at at

jillian.hobbs@outlook.com or 07857840727. You can also take a look at our Facebook page

e<u>https://www.facebook.com/llsleyunderfives</u> and join our group

https://www.facebook.com/groups/ilsleyunderfives/

## A WONDERFUL BONFIRE NIGHT

Thank you to all the villagers and their friends who attended a wonderful firework night at West llsley on Monday 5<sup>th</sup> November. It was a lovely mild evening and so a perfect setting for a splendid firework display accompanied by BBQ food, mulled wine or a pint.

Thank you for giving so generously into the buckets and the Village Hall Committee were pleased to make about £600 profit to be spent on the continual upkeep of the Hall.

Lastly, but not least, a big thank you to the Carlisle family for bringing the bonfire together onto their field and making the evening run smoothly. *The Village Hall Committee* 

## ILSLEY EVERGREENS

Our last trip of 2018 is to Birmingham Christmas Market on the 28th of November. The coach will leave West Ilsley at 8:45am followed by Compton at 9am and East Ilsley just after. Only a few seats left, so please contact Julia on 281597. The Evergreens held their Christmas Bazaar in Compton Village Hall on Saturday 10<sup>th</sup> November and despite the low attendance still managed to raise a decent amount towards the members Christmas lunch. There will be a Christmas Bingo in Compton Village Hall on Friday the 30<sup>th</sup> of November starting at 7:30pm and a Coffee morning on the1<sup>st</sup> of December 10 until noon at the Wilkins Centre. Please come and enjoy these fundraising events. The next theatre trip is to see the musical "Jersey Boys" on Wednesday 19th of December at 2:30. The minibus will leave Compton at 11am. We still have 2 seats left at a cost of £32 plus £10 transport. Please contact Tony to book a ticket.

Seats have been reserved for the following shows in 2019.

Wednesday ~ 16<sup>th</sup> January at 2:30pm.

<u>Dr Dolittle</u>. Family musical. Join the eccentric Doctor and his companions on an extraordinary adventure. Stars Mark Williams (Father Brown). £37.50 + transport

Wednesday ~ 13<sup>th</sup> March at 7:30pm.

La Fille Mal Gardee. A comedic and gentle tale of love thwarted, unrequited and found, ribbons romance and rivalry, a truly delightful ballet. £40.50 + transport

Wednesday ~ 20<sup>th</sup> March at 2:30pm.

<u>Rock of Ages</u> is an LA love story where the dreams are as big as the hair. This hilarious musical comedy will have you laughing and singing along to classic rock anthems played by an awesome live band. £24.50 plus £10 transport.

Wednesday ~ 17<sup>th</sup> April at 2:30 pm.

<u>Calendar Girls the Musical</u> by Gary Barlow is based on the true story of ordinary ladies who achieved something extraordinary. This marvellous, emotional and hilarious musical comedy stars Fern Britton, Ruth Madoc and Denise Welch. Choice of ticket prices at £43 or £34 plus £10 transport. Anyone who wishes to come along can book your tickets with me on 281997 or 07780 994297. Thank you for your support in 2018. Happy Christmas. Tony Elliott ~ Secretary

Please come and join us at our ~

Christmas

Bazaar

At The Ilsleys Primary School Church Road, East Ilsley on Friday 7th December from 3.20pm - 5.30pm

The school choir will open the bazaar with Christmas carols, followed by

- Christmas bauble decorating
- Making reindeer food ready for Christmas eve
- Teddy raffle
- Lots of other Christmas favourites
- Refreshments

All the money we raise this year will go towards class trips in the New Year & your contributions are very much appreciated.

There is the opportunity to sell your own Christmas wares. for further information about this please contact Vanessa: whitevc@hotmail.com or leave a message on the FIPs facebook page. Stalls are available at £15.





## **COMPTON VILLAGE HALL**

## FRIDAY 30th NOVEMBER

Doors open: 7:00PM Starts at: 7:30PM

## Generous prizes

Come along and enjoy the best of Bingo!

Refreshments available

Organised by the Evergreens

## ROYAL BRITISH LEGION COMPTON, ILSLEYS & NORREYS BRANCH

Saturday 3rd November 2018– Poppy Appeal *Lunch.* This fund raising event, to launch the Poppy Appeal, successfully took place at the Compton Swan on Saturday 3<sup>rd</sup> November. The branch would like to thank all those who attended, donated auction lots or raffle prizes and made this the success it was. 60 of us sat down to lunch - the Compton Swan did us proud - and in lieu of a guest speaker, our Branch Secretary David Norbury, to commemorate the 100<sup>th</sup> Anniversary of the Great War, gave a moving address entitled "The Ultimate Sacrifice then and ongoing" featuring the sacrifices made during that war but also highlighting what has followed since -WW2 and then 50 conflicts around the world since 1945. Remarkably, there has only been one year since then during which a service man or woman has not been killed in action. A wonderful total, in excess of £1,400, was raised in this good cause thanks to all of you!

Sunday 11th November 2018 – Remembrance Sunday Parade & Service. The Branch this year, commemorating the end of the Great War, held its Remembrance Sunday parade and service in East ILsley. The village had successfully sought sponsorship, in aid of the Poppy Appeal, for no less than ten silent silhouette figures, which were displayed at strategic points on the parade's route. Those parading, RBL members, Youth Groups, local dignitaries and supporters, assembled outside the Swan Public House under the direction of the Parade Marshal and Branch Chairman Steve Allison, and then marched to the church led by piper Ian Knight and Drummer Mike Conner from the Oxford Caledonian Pipe Band. The RBL branch standard, proudly displaying the new "Ypres 2018" scroll after attendance at the Menin Gate ceremonies there on 8<sup>th</sup> August this year, was carried by Mick Crockford. Scouts and Guides provided a Union Flag and individual section standards.

The congregation of 340 then squeezed into St Mary's Church where the War Memorial is situated and the Act of Remembrance was led by branch chaplain Rev Clive Jones. The names of the fallen were read out by local historian Kay Sanderson, the Exhortation by Branch President Julian Jeffs and Kohima Epitaph by Matt Hoblyn. The Last Post and Reveille were beautifully played by Aimee Jones. A two minute silence was observed at 11 o'clock and wreaths were then laid on behalf of the RBL branch by its Chairman, East Ilsley Parish Councillor John Clark, Hampstead Norreys PC Chairman David Barlow and Peter Whitworth on behalf of Compton PC. Further wreaths were laid by Scouts and Guides. The service continued during which Ward Councillor, Clive Hooker, read the lesson.

After the service the parade re-formed to march back to the Swan.

**Membership** – do come and join the Royal British Legion! You do not have to be ex services (or a senior citizen!) to join the RBL but only supportive of the charity's objectives of looking after the serving and ex-serving community. The membership annual subscription is small at £17. We are delighted to tell you that the branch has been runner up, for two years on the trot, in the Humphreys Trophy competition – awarded annually to the Berkshire County branch that increases its membership numbers by the biggest percentage. Our aim is to win it next year!

To join, please contact one of the undersigned. Steve Allison tel 07812 991013 email <u>steveallison1888@aol.com</u> or David Norbury TD, tel 07770 326128 email <u>davidnorbury@btinternet.com</u>

## THE ILSLEYS SCHOOL

A big hello from The IIsleys! We have continued to be very busy since our last article and the children have been enjoying everything that this time of year has to offer.

We recently held our Halloween Disco (kindly arranged by FIPS) which had a spooky Harry Potter theme! The children enjoyed dressing up in amazing costumes, making witches' hats and wands as well as dancing the night away! We also had a pumpkin carving competition and were really impressed by the many different designs. We also learnt more about Guy Fawkes and why people choose to commemorate Bonfire Night each year. Most recently, we held our own Remembrance service at the church where children read the names of local people who died in WW1 and WW2 as well as taking time to hold a two minute silence to pay our respects. Children in Atlantic Class recently visited The Making of Harry Potter at the Warner Bros Studios near London. Whilst we were there, the children had the opportunity to look at the real props, costumes and sets from the films. There were various green screen activities too, such as riding in one of the Hogwarts Express carriages and imagining how the actors would have performed as well as learning how to use a wand. We were very fortunate whilst there because they had a special event for Halloween on, where the children received special Wand Training and then had to face a set of rather terrifying death eaters! The children were the worthy winners, of course.

Children in Pacific Class have thoroughly enjoyed learning about the Stone Age and are currently writing their own stories about a child who meets a child from the Stone Age. They visited Chiltern Air Museum in October and enjoyed making their own butter as well as designing and making spears!

Arctic Class have also been keeping very busy. They are learning about Dinosaurs at the moment and are looking forward to making dinosaur skeletons using ICT, acting as archaeologists and looking at a dig as well as designing their own dinosaur habitats.

We are now beginning to prepare for our Nativity in December and the children have been thoroughly enjoying learning all the songs that they will be performing. They are also very much looking forward to our FIPS' Christmas Bazaar on Friday 7<sup>th</sup> December after school. Please do join us if you can! There will be stalls, refreshments and games for the children as well as a fantastic raffle!

## Aldworth Christmas Market - 15<sup>th</sup> December

Saturday 15th December is Aldworth's community-run *Christmas Market*.

Foods, fashions, plants, decorations, freshly made festive wreathes and handcrafts will fill the village hall from 9.30 to 12 noon.

Enjoy meeting friends, some warm refreshment and "buy local". Proceeds support village amenities and local charities.

HAPPY CHRISTMAS to everyone from Aldworth Saturday Market volunteers.

N.B. Market opens EVERY week, but <u>pre-ordered</u> breads and papers ONLY on 29<sup>th</sup> December between 9.30 and 10.30 a.m.. Market details: 01635 578090

## CHRISTMAS GREETINGS

Many thanks to Donna who has produced the greetings section of WIN this year. There are still some contributions to be received so the total will be announced in the January WIN.

# Seasons Greetings

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Thank you for your support of All Saints' Church throughout the year and wish you a very Happy Christmas. Alexandra & Ian (churchwardens)

and the PCC

Merry Christmas and a Happy and Healthy 2019.

Mel and Andrea xx

Merry Christmas and a very Happy New year

from John  ${\mathcal V}$ 

A very merry Chrístmas to all ín West Ilsley and best wíshes for 2019

from Philip, Amanda, Ellen, Alice and Will Knight



We wish you a merry Christmas and a happy new year! Ed, Juliet, Fiona, Holly and Jamesxx

Yuletide greetings to all the merrie villagers of West Ilsley! Happy Christmas! Much love from Will, Alexandra, Henry and Charlie Axtell xxx

Wishing everyone a happy and healthy Christmas and 2019! *Love The Carringtons*  Wishing all our friends and fellow villagers a very Merry Christmas and a Happy New Year

from Avíce & Alan

I wish all my lovely friends in West Ilsley a very very happy Christmas and happy healthy New Year

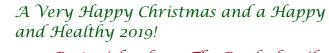
Janice Sheppard

Merry Christmas and best wishes for 2019

from Mandy, Neil, Andrew and Briony Slater

Best wishes for a very Happy Christmas & New Year to all our friends and fellow villagers of West Ilsley

Wendy & Alec



Best wishes from The Banks family

Very best wishes for a happy and healthy Christmas and new year to our friends and villagers. With love from June, Stuart & Charlie x

Wishing everyone in West Ilsley a very Merry Christmas and a Happy New Year.

Martín, Zu and Kester xxx

Happy Christmas to all our village friends. Wishing you all a wonderful year ahead.

> From Dries, Amanda, Mae & Hugo Hagen

Wishing all our friends in West Ilsley a very Merry Christmas and Happy New Year

> With Best Wishes Denis Barbara & Charlie



Wishing everyone a very happy Christmas and a wonderful 2019! Best wishes Patrick and Tor M-C

A Happy Christmas to all and our very best wishes for 2019. Ian & Kay xx Wishing everyone a very Merry Christmas and Happy New Year.

> With love from Justin, Rosanne, Georgia & Honor Pilditch xx

Happy Christmas Everyone, best wishes

> from Roger, Flick, Hugo and Emilia Lucas at Lane End Cottage



To all our neighbours and friends in West Ilsley - we wish you a wonderful Christmas and a very happy New Year.

Ralph, Louise and Mark Taylor

To everyone in West Ilsley wishing you all a very Merry Christmas and a Happy New Year.

love from Nigel, Alison, Sophie & Adam xxxx

Season greetings & all good wishes for a happy and healthy 2019. from Tony Elliott

Christmas Greetings to everyone in West Ilsley.

Kath & Fred Carter





We wish you all a Merry Christmas & a Happy & Healthy 2019 from Alan, Louise, Will & Suzanna (Beaumont)

Wishing all our lovely friends and customers in West Ilsley and a far a very merry Christmas and a happy, healthy new year. Thank you to everyone for their support through a very tough year.

Love from Pete, Jacquí, Hayley, Wes, Noah, Chrís, Grace and Freckle xx

Very best wishes to everyone for a Happy Christmas and New Year From Rollo and Ros Duckworth

*Festive greetings to friends old and new.* 

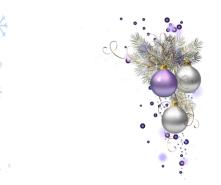
*From Bill de Grey (our loveable postman, now retired)* 

Wishing all our West Ilsley friends and neighbours a very Merry Christmas and a Happy New Year!

> With love from Dan, Rachel, Annabelle and Henry xxx



Wishing everyone a very Happy Christmas and Best Wishes for 2019 from Tony, Jo, Ellen, Tom and Katie xxx



Carol and Joe Clerkin wish all their friends and neighbours a Very Happy Christmas and Best Wishes for 2019

A very Happy Christmas and great New Year to all in West Ilsley

> With love Ed, Anna, Caspar, JJ and Jontyx

May your heart and home be filled with all of the joys the festive season brings. Here's our toast to a Merry Christmas and prosperous New Year!

With love Steve, Donna & Toren xxx

Wishing everyone a peaceful and happy Christmas and best wishes for 2019. Liz, Adrian, Hannah, Matthew and Ben (Dray)

## PARISH COUNCIL

Read the latest Parish Council Minutes and hear how village matters are being addressed. Visit our village website at www.westilsley.org - all the latest minutes from our meetings are available under the "Parish Council" tab.

2019 Parish council meetings:

14 Jan, 11 March, 13 May, 8 July, 9 Sept, 11 Nov

#### **DEFIBRILLATOR CODE: C159**

## WHO TO CONTACT

VILLAGE HALL Ros Duckworth-Bookings-281471 rosduckworth@btinternet.com Rates: £10.00/hr Villagers £12/hr Non Villagers PRESCRIPTIONS Prescriptions are delivered from Compton on Tuesdays mornings at 8.30. Please collect yours from 2 Morland Close on Tuesday or Thursday evening between 6.00 and 7.30. Repeat forms can be posted through the letter box anytime before Monday evening for the following week's delivery. Thank you for your co-operation in keeping to the times listed. Tony Elliott PATIENT REPRESENTATION GROUP **Fred Carter** fred kathcarter@btinternet.com 281621 **CHURCHWARDENS** Alexandra Axtell 281306 lan Fewtrell-Smith 281625 TENNIS COURT Membership: Please email tennis.bookings@westilsley.org Play without joining - book and pay via westilsleytennis.jezzam.com or the link on westilsley.org PARISH COUNCIL Clerk: 280501 Inna Fowler - westilsleypc@gmail.com Mobile: 07778093931 Chairman: Rollo Duckworth - rolloduckworth@btinternet.com 281471 Alan Bloor - Alanpeter.bloor@virgin.net 281341 Alan Beaumont - alan.beaumont@aae-llp.com 07980 875179 Anna Sugden - annasugden@btconnect.com 281784 Justin Gilbert - Justin.Gilbert@loudonpartners.com Justin Pilditch - justin@pilditch.com Graham Woods - gwoods@grwc.co.uk

DOWNLAND VOLUNTEER GROUP 01635 578394 Office hours 9.30 to 11.30 Monday to Friday www.downlandvolgroup.org



## Roger Stowell

## Window cleaning

gutter clearance and general odd jobs

## Telephone 07910634186

roger.stowell@ntlworld.com

#### **DVG HANDYBUS SHOPPING - £3 RETURN**

(approx 1 hour shopping time)Didcot - TescoWantage – Sainsbury'sTuesdaysWednesdays(monthly)(fortnightly)Outward JourneyOutward Journey

Time	Place	Time	Place
9.45 am	Chieveley	9.45 am	Chieveley
10.15 am	Compton	10.15 am	Compton
10.30 am	East Ilsley	10.30 am	East Ilsley
10.40 am	West IIslev	10.40 am	West IIslev

To Book Telephone John Jeffery 07437 543098DVG Office Telephone 01635 578394

## SIMPKIN & ROSES Bespoke Food & Events

Follow us on Instagram: @simpkinandroses

Please get in touch to discuss your requirements.

0203 397 0425 info@simpkinandroses.com

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#### We can help you reach your goals

Phone:	Flick - 07799647068
Email:	Flick@ridgewaynutrition.co.uk
Webpage:	www.ridgewaynutrition.co.uk

## PESTCO

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## WEST ILSLEY VILLAGE HALL

Available for hire by individuals and organisations. Ideal for: business meetings, private family functions, birthdays, weddings, children's parties, anniversaries and events. Heated with serving kitchen, disabled

access and toilets.



Contact for bookings - Ros Duckworth 01635 281471/ rosduckworth@btinternet.com



## **Remedial body Therapy**

Rachel uses a combination of Remedial sports massage and McTimoney chiropractic to address problem areas. Treatment aims are to encourage symmetry, identify muscle imbalances, improve posture and alleviate discomfort.

**Not In pain?** It is also a good idea to get yourself assessed even when you are not in pain as a preventative way of fine tuning your posture and spotting minor issues before they build into bigger problems.

Tel: **07879475557**. E: rachelbchandler@hotmail.com www.rachelchandlerchiropractic.co.uk