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Start a New Year's Revolution

How's that new year's resolution coming on? Did you fail in your efforts to have a dry, more eco-friendly or less busy Veganuary? Each new year, we love to set goals for 12 months ahead, but how often do we really keep working at something? How much resolve is in our resolutions?

As a Christian, I believe there's really good news, however committed we feel. We sing a song in church with the lyrics, 'Your love never fails, it never gives up, it never runs out on me,' and that is certainly my own experience. However much

we don't match up to our own ambitions or expectations, God is there to pick us up. The Bible promises that his faithfulness and love is steadfast.

Cutting ourselves some slack is often the beginning of accepting this great news. Weak as we are, we do not need to feel alone, abandoned or afraid, because God is there to dust us off, and help us start again. So why not contemplate a new year's revolution instead?

Jon Hares, Families Worker for Highworth Community Church

Prospect Christmas Cake Raffle

Back in December, The Old Bakery very generously donated two beautifully decorated Christmas cakes to be raffled by the Highworth Support Group for Prospect Hospice.

Thanks to Rob and to everyone who supported us, £201.00 was raised for Prospect Hospice, and two lucky winners each received a delicious Christmas cake!

We hold afternoon teas every second Wednesday of the month in St. Michael's Church Rooms (behind the Church), from 2pm to 4pm, where all are very welcome to join us.

Do you have new and interesting articles?

We are always on the lookout for new local material from individuals, clubs, societies and about local events

For more details please send an email to editor@highworthlink.co.uk

LINK magazine

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Opinions expressed or implied in any contributions are not necessarily those of the editor or management committee.

No responsibility can be accepted for any error of fact in the magazine or website. Please inform the editor of any errors so they can be rectified.

Contributions:

May be published in the magazine and/or the web. Make clear any limitations you have about what, how and when we may publish your contribution.

Email is preferred; otherwise deliver to The Lighthouse Bookshop.

Make sure you are writing for a general audience, not just your own organisation. News stories should not

exceed 150 words. If it's too long we will ask you to cut it. Articles may be longer but get in touch first to save the annoyance of a rejection. Photographs and advertising artwork should be clear, with good contrast. JPEG electronic format is preferred but we can scan from good quality prints. Make sure any people in photos agree that the photo can be published in the magazine and web. Get parent's consent in the case of minors.

We reserve the right to edit contributions and to not publish any contribution or advertisement that is either unsuitable for our format or is inconsistent with our editorial policy.

Deadlines:

1st of the month before publication – news, articles, advertising, what's on and letters.

Welcome from the Editor

I write this note to you another year older than I was in December. In that time, I've grown six or seven further strands of glitter from my head proving once and for all that I am magical, not old.

A new year and a new start makes a new age of 50 for me and I'm excited to discover what's ahead, but what about you? Do you welcome the opportunity to reflect on the year that's passed and make plans for 2023, or do you inwardly groan as you consider only difficulties await? You probably know how this time of year goes: Everyone starts to reflect on their top moments while the highlight reel of 2022 flashes before our eyes as if time just slipped away from us. It can be so tricky to accomplish everything we intended, even when you have the best intention, and almost even harder to remember every moment that felt so impactful in the year. But



over the last five decades I've learned that a grateful heart changes everything – when laced with thankfulness it can make the most dire situations suddenly beam with hope, and your disappointments don't seem so daunting any more.

Hope is knowing that better is ahead and believing that good will come. Even when that bleak midwinter sung about at Christmas seems to rampage

through the early part of the year, hope can be seen breaking through in the form of snowdrops and crocuses – a reminder that nothing lasts forever, and there is always beauty around the corner.

Nurture a grateful heart and see through hopeful eyes.

A handwritten signature in blue ink that reads "Rachael".

Swindon North & Thamesdown Rotary Club Raises Huge Sums for Charity

A light classical concert performed by Rosie Williams, bassoon, Anthony Williams, double bass, and Chris Williams, piano, raised in excess of £1100 for the Swindon Downs Syndrome Group – the audience of over 80 enjoyed a varied programme ranging from Handel's Music for the Royal Fireworks to Gershwin's West Side Story.

This was followed, in the run up to Christmas, by Rotarian Terry Williams selling his locally grown Christmas trees and raising £1100 again for the Swindon Downs Syndrome Group. All of the money raised for the Downs Syndrome Group will be used to support their speech therapy programme.

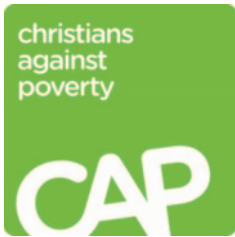
Swindon North & Thamesdown Rotary Club refurbished their sleigh before Christmas and



then collected funds at various venues, including Stratton Sainsbury's, Haydon Wick Morrisons, and the West Swindon Centre ASDA. In total, £5520 was raised and these funds will be distributed to local charities and organisations over the next few months.

If you would like to know more about Swindon North & Thamesdown Rotary Club or become a friend, please visit our website www.rotaryswindonnorth@org.uk

Top Ten Energy Tips in a Winter of High Prices



Highworth Churches Together run a local CAP Debt Centre, offering help to local people in debt and poverty, and they have revealed their top ten tips to help people on a low income make it through this winter.

Kathryn Ford, area manager, said, 'This year we've seen the cost of pretty much everything rise so it's more important now, more than ever, to try to manage your money as best you can and ask for help if you need it, particularly as energy is going to cost a lot this winter.'

'Our Church and local CAP Debt Centre want to be here to offer help and advice to our community during this challenging time and are continuing to provide people in need with practical and emotional support in Highworth.'

'We hope those struggling to afford their energy bills will find our tips to be helpful. We would also encourage any local people in need to contact us if they want to find out more about the free help Christians Against Poverty can offer.'

1. Keep yourself and your family warm this winter.
2. Ensure that your meter readings are accurate and that you are only paying for the energy you use.
3. Investigate whether your home needs insulation to keep as much of the heat you are paying for in your home rather than having it escape through the roof and walls.
4. Check if you can make your home more energy efficient.

5. Heat yourself instead of the room.
6. Use cold water for handwashing, take shorter showers and unplug your microwave.
7. Make sure you are getting all the benefits you are entitled to.
8. Visit free Warm Welcome Hubs.
9. Contact your energy company if you have any concerns about struggling to pay your bills.
10. If you are in energy arrears or have other debts, seek free debt help from Christians Against Poverty or another free debt help service. You can find the support you feel is best for you at www.moneyhelper.org.uk. Get in contact with CAP today on 0800 328 0006 or visit capuk.org. Our local coaches are Kathryn (kathrynford@capuk.org 07885 579876) and Eoli (eolipieri@capuk.org 077532 627049)

*Kathryn Ford
Area Manager, Christians Against Poverty*

Do you play the ukulele? Want to join a local club?

We meet every Monday 2pm – 4pm at the Highworth Community Centre.



We are a friendly and sociable group and play for fun, so come along and bring your uke.

highworthukuleleclub@gmail.com



CHARITY QUIZ AND PLOUGHMAN'S

A fund-raising Quiz with a Ploughman's Supper of bread, cheese, pâté, celery, tomatoes, pickles, chutney & butter followed by a selection of delicious home-made desserts

FRIDAY 10 MARCH 2023

**Supermarine Football Club
Swindon, SN3 4BZ.**

6.30pm for a prompt 7pm start

Enter a team of 4 to 6 people

Prizes for the winning team and the runners up

Tickets: £12.50 per person

Cash bar with a limited selection of drinks

For more information and tickets contact
Ken Winslow
Email: rotaryswindonnorth@gmail.com
Phone: 07710 228697



An event organised jointly by the Rotary Club of Swindon North & Thamesdown and the Inner Wheel Club of North Wiltshire. The proceeds will be divided equally between **SWINDON DOMESTIC ABUSE SUPPORT SERVICE (Reg Charity 1175148)** which is committed to empowering and supporting victims and survivors of domestic abuse, and **OPERATION SMILE (Reg Charity 1091316)** which is dedicated to improving the health and lives of children with cleft conditions through access to free and effective surgery.



Ask AMS

What is a Qualifying Year for state pension purposes?

To get the maximum Basic State Pension, you must have 35 qualifying years (which means you must have made National Insurance contributions for 35 years – and contracted-out years don't count!).

For the current tax year – 2022/23 – this would mean a salary of more than £6,396. Above this figure, you start paying National Insurance at (strangely enough) 0% - which counts as a qualifying year. At a salary level of £9,880 (from July 2023, £12,570), the Employee's National Insurance rate increases to 12%. (Employer's National insurance at 13.8% begins at a salary level of £9,100).

Peter Bromiley ACA

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New to Highworth's Market

Tony Brewster has once again been seen roaming Highworth's Saturday market on the lookout for new stallholders. Tony is very keen to introduce all newcomers to LINK and so, in turn, LINK is introducing them to you!

The stall in particular which caught Tony's eye is owned and run by Leigh Hutton. The imaginatively named MuttLeigh sells handmade dog collars and leads. The business venture was launched during lockdown whilst Leigh was making collars for her own dogs. Soon, her friends and family were asking for the handmade creations, and now Leigh attends local markets, dog shows and craft fairs.

Leigh says, 'I'm based in Swindon, and work on an industrial sewing machine to create interesting and different designs you may not find in the big stores. I use local sources for materials where I can.'



MuttLeigh can be found on social media, with new ranges being launched all the time. Personalised dog collars and leads are available to order.

See Leigh's website at muttleigh.co.uk to see her special occasion range.

Scouts Christmas Post Update

Many thanks to those of you who bought stamps for the 2022 Christmas post. We sold 4,281 stamps which was a decrease of 160 from the previous year, and delivered 3,552 cards which was an increase of 184 cards.

Thankfully, we get more for delivering cards, and with the increase in the cost of stamps we will have raised a little over £1,300 for the Group's funds which is approximately £300 more than in 2021.

Of course, we could not run this without the fantastic support of Malcolm and Val plus all the volunteers who work in the Lighthouse Bookshop. They had lots of favourable comments from customers about the new stamps which were designed by Scouts in and around Swindon.

Highworth Festival Has Funds to Distribute to Local Groups!

The last Highworth Festival in 2016 was able to provide financial support to a number of local groups following the fundraising events that took place. As there was no Festival in 2020 and it is unlikely there will be one anytime soon, we would like to distribute the remaining Festival funds.

If you are a local group, club or charity with a specific need – for example, this could be equipment or an educational trip – we would like to hear from you so that we can review your request and send you an application form.

Please contact either Jo Clarke (01793 763863 / j.clark591@btinternet.com) or Jim Webster (01793 762016 / jim.webster@btinternet.com)

An Evening with Richard Digance



Richard is a well-known composer and folk singer. He last visited Highworth in 2019 and thrilled us with his personal charm and wit to a packed audience at Highworth Community Centre.

If you have a particular favourite song you would like Richard to perform, just let us

know early in April and we will ask him to dedicate that song to you.

Join us on **Saturday 22 April**, 7.30pm, at Highworth Community Centre, SN6 7PE.

Tickets are available at £14 each from Joan Webb (01793 762853) or from Visit Highworth on the High Street.

A bar will be available, with all proceeds to the British Heart Foundation.



New Community Services in Highworth Library

From January, Swindon Borough Council's face-to-face Customer Services office will move from its current Wat Tyler building location, out into the community, to be delivered by library staff.

Swindon's five core libraries (Central Library, Highworth, North Swindon, Park and West Swindon) will have self-service machines where, with support from library staff, you can access services such as Blue Badges, bus passes, waste and recycling, requesting home repairs, parking fines, and permits.

These services, as well as lots of others, are also available at www.swindon.gov.uk

The changes will mean that you can access these services without needing to travel into the town centre, as there may be a library closer to home.

The Customer Services telephone line will continue to be available and will enable staff at the Council's Contact Centre to answer more enquiries, reducing waiting times for those calling for advice.



Operation Christmas Child

The national collection campaign for Operation Christmas Child (the shoe boxes!) was held in November 2022. The Highworth collection centre was based, as usual, at Highworth Methodist Church.

For those who may be unfamiliar with Operation Christmas Child, shoe boxes are filled with a variety of gifts which are sent to needy children around the world. From the UK, in 2021, 250,000 shoe boxes were sent to 13 countries and, globally, about ten million shoe boxes were sent to over 100 countries. In 2022, it was intended to send over half of the boxes collected in the UK to children in the Ukraine.



This year, from Highworth and the surrounding area, we collected 1771 shoe boxes. This was really amazing particularly in light of the Covid situation of the last two years. We are so grateful to everyone who donated either a filled shoe box, a cash donation, or knitted items to go in the shoe boxes.

If you would like more information or would like to be a volunteer in 2023, then please contact Peter McAuley on 01793 764385, or email mcauley.peter@gmail.com.

You can also find out more about Operation Christmas Child on their website: <https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child/>

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Apples Galore!

On 21 October, myself and ten other scouts from 1st Highworth Scouts volunteered to help the National Trust for a day near Coleshill.

Our initial job was to pick up hundreds of apples that had fallen from all the apple trees in the orchard so that they could be sorted and taken to a factory and made into apple juice. After this we had lunch and celebrated the birthday of a Scout friend.

After lunch, some of us helped tidy up the garden. This included removing some of the trees they didn't want and general tidying. The other Scouts were tasked with building a wooden picnic bench.

The weather was really bad all day – the heavens opened and the rain was relentless. We were soaked through and very cold. This put a slight dampener on the day but we did really enjoy helping and we hope we can go back to the



National Trust and help again next year. As Scouts we have done stuff like this with the National Trust over the past three years, we have really enjoyed helping them.

Thank you, Liza, for helping us to organise this volunteering and for giving up your time. You are a star!

Jay



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News from Westrop Medical Practice

Availability of appointments within general practice is definitely a hot topic. Patients understandably want to see a clinician for their medical ailment in a timely fashion. Opinion regarding what constitutes a reasonable wait time is influenced by many factors, including how concerned the patient is and how disruptive the symptoms are.

From our perspective, we need to provide sufficient provision for urgent, on the day appointments, whilst ensuring enough access for more routine problems or follow-up of existing issues. Demand for on the day appointments varies from one week to the next, which can make it difficult to plan for. At the time of writing this article we are in the midst of the scarlet fever outbreak, with demand for urgent appointments at the highest levels I've ever known. One option during these times is to change the ratio of urgent to routine appointments, but this then increases our wait time for non urgent problems. In addition to this, we have to factor in cancelling clinics at the last minute due to sickness, difficulty in recruiting locum cover at short notice and allowing time out for staff development and training. There are therefore many variables that can impact on waiting times.

So what do we, as a practice, feel about appointment accessibility, and what are our targets? Well, I can assure you that it's something we think about a lot, and we work hard to keep accessibility as prompt as possible. Our aim is to ensure that everyone who needs an urgent on the day appointment gets one, and that routine issues get to see a clinician within a maximum of 2 weeks. This is reviewed weekly at the partnership meeting, and if wait time is creeping up then extra provisions are added where possible. Of course, sometimes it's simply not possible to add anymore emergency appointments to the day, or we have to cancel a number of clinics at short notice and the routine wait time shoots up, but these instances are rare and overall we hit our targets the majority of the time. Based on a recent survey patients seem to agree, with almost three quarters stating their experience of booking an appointment at Westrop as "good", compared to the national average of 56%.

There are, of course, things that you can do to help keep accessibility as good as possible. Whilst we don't expect you to self diagnose, using guidance via 111 or the NHS website to decide if your symptoms do need an urgent GP appointment, may help. Also, you'd be surprised by the number of people we have who come back for a review although the original symptoms have resolved. Think about whether that follow-up with the GP really is needed, or perhaps a phone call would suffice? Remembering to cancel appointments if you can no longer attend is also much appreciated, and following on from my article last time, consider whether using one of our excellent allied health care professionals may be a better and quicker option to access an opinion.

Ultimately whatever we do, I think demand for GP appointments will remain high, but rest assured that accessibility remains one of Westrop's highest priorities.

Dr. Simon Stacey

MUSIC ON THE Hill!
presents
ZambaLando

ZambaLando incorporates elements of Afro, Latin, Funk & Jazz grooves. Think *Girl from Ipanema* to *Santana* for how this band swings!

ZambaLando will have your feet tapping for sure - there will be space for those who want to get up and shuffle!

Forget those February blues - a fun night is guaranteed for all!!

Friday 10th February, 2023
7.30pm - Highworth Community Centre
The Dormers, Highworth SN6 7PQ

Tickets £10 (includes complimentary refreshment)
Buy @ the Lighthouse Bookshop, Highworth or Tel: 07756642616

In aid of: **FRIENDS OF ANGEL'S ORPHANAGE**
every little helps, every penny counts!

Friends of Angel's Orphanage is a local charity - set up to help support their sponsored 'family' of homeless children in Nepal. All proceeds from our events goes directly to help finance the children's housing, educational and well-being needs. Charity No. 1139321.

Highworth Camera Club Trophies Presented

Highworth Camera Club held their Annual Trophy Presentation and Christmas Do at the Community Centre on 13 December. Incoming Chair, Neil George, welcomed everyone to the meeting, and outlined his vision for the forthcoming year that the Club should 'inform and inspire' its members.

Deputy Mayor Ken Saunders kindly joined us to present all the certificates and trophies. Congratulations to all those who received certificates and trophies, but primarily to the outgoing Chair, Jon Seddon, who won the prestigious Print Of The Year competition. The event was very well attended and enjoyed by all.

If you want to be informed and inspired in your photography, you are welcome to the Club every second Tuesday of the month at 7.30pm in the



Cruel Seas, credit: Jon Seddon

Community Centre. February's meeting will be about camera features – a practical session with everyone bringing their camera and discussing features that not everyone may be aware of. We look forward to seeing you there!



Mother's Day Lunch

*Homemade Tomato & Basil Soup
Spinach, Mushroom & Brie Tartlet
On a Bed of Dressed Rocket
Chicken Liver & Cognac Pate
With Caramelised Red Onion Chutney & Toasted Focaccia*

*Roast Topside of Beef
Honey & Mustard Glazed Gammon
Roasted Italian Style Stuffed Aubergine (V)
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Hope in the Shanty Towns of Costa Rica

It's been just over three years since Highworth received a visit from six young lads and four leaders of the Educación Plus charity, from a shanty town in Costa Rica, Central America. They were featured on the cover of the Highworth Link of December 2019/January 2020.

Those three years have been strange in many ways thanks to the Covid pandemic and its management worldwide. But the boys' families survived, even though they lost their incomes – no government 'safety nets' in the shanty towns! At one point one of them bought a pig's carcass and cut it up in their shack to sell to the neighbours.

EdPlus lent another of the families the capital to buy fruit and veg from a wholesale market to sell on. One of the boy's parents split up under the pressure and yet another lost his grandmother to the virus.

Meanwhile, the Educación Plus staff remained fully employed! Weekly Bible studies were delivered door-to-door, when our Bible clubs had to close down. We also managed a scheme, sponsored by an international Costa Rican footballer, that distributed \$8,000 dollars worth of groceries to 100 suffering families. Education was virtually put on hold for over a year with state schools providing patchy lessons via the internet. OK as long as students have mobile phones and access to an internet signal! EdPlus provided for three of those boys who came to the UK, among others, to purchase second hand mobiles or get their old ones repaired. We also provided valuable group tutoring sessions for junior school kids, run by qualified teachers who found themselves without work.

During months of being locked down in small, overcrowded shacks with Armageddon being promised daily on the news, the memories of the UK and Highworth were very precious. The boys have told us how they would look through their photograph albums of the trip before they went to sleep each night, which reduced their anxiety and gave them more hope for a return to normality.

Back in the UK, the founder of EdPlus, a Highworth resident, used lockdown to write a book about life in the shanty towns. It includes a chapter about the boys' visit to Highworth and is available from the Lighthouse Bookshop in the High Street (or by sending an email to the address below). All profits from the sale of the book will go to the Educación Plus charity.

Keith Holder
keith_holder@edplus.or.cr



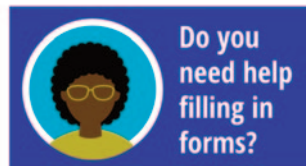
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Calling Time in Highworth

Considering that home brewing of some sort has been going on for at least 7000 years and that we took about 100 years to acquire a taste for the new fangled 'beer' (i.e. using hops) from the late 15th century, the Highworth Wine and Beer Circle were a bit late swinging into action in 1978. However they soon made up for lost time with fiercely fought competitions and a wide range of social activities in support.

Regretfully all good things must come to an end and this year time was eventually called with an enjoyable buffet lunch for the remaining and some former members.

It was decided to donate the remaining funds towards the great charitable work of the Highworth Lions and on 1 November a cheque was presented to the Lions' President, Norman



Little, and colleagues by David Holden and Mark Harvey (chairman and treasurer respectively). To enable a trip down memory lane, photograph albums and a scrapbook will be offered to the History Society Archives located in the Northview Community Centre.

David Holden





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Highworth Community Shed is GO!

The search is over, the deal is done. In January we started settling into our carpentry workshop at the National Trust's 'Heritage and Rural Skills Centre', Coleshill.

It's been a long haul from our first public meeting in February 2020 at Highworth Community Centre, days before pandemic reality descended.

Now, we're positively buzzing with our three-year, start-up lease with the National Trust (NT) who look after the places you love, from houses, buildings and gardens to coast and countryside. When we first approached NT, their initial response blew us away, 'This sounds fantastic, and we will be able to help and sounds a perfect initiative to be part of the emerging skills centre at Coleshill.'

We've already been busy painting the walls and we're starting a project to extend NT's thriving little bookshop (adjacent to the Carpenters Canteen Coffee Shop).

And we've passed muster with the Charity Commission (Registered Charity Number 1200839).

Our vision is to work in partnership within the community to achieve a closer, stronger



NT welcomed us with their new signage

community in the Highworth area, free of loneliness, isolation, and poor mental health. We offer a welcoming, inclusive and supportive space to pursue practical activities and to signpost other help and support.

Although we are affiliated with the UK Men's Shed Association (<https://menssheds.org.uk>) the Highworth Community Shed welcomes both men and

women members, retired and working.

Our shed will be about social connections and friendship building, sharing skills and knowledge.

What's a Shed?

A shed is like a garden shed – a place to pursue practical interests at leisure, to practise skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while our Community Shed will be the opposite.

There are more than 600 Sheds open in the UK. That's around 13,000 'Shedders' benefiting from regular social interactions, new and improved skills, and regular, active participation in activities they enjoy.



Shedders Russ, Rob and Gary at our coffee morning fundraiser in November. Cakes not entirely their own work!

Continued on page 21

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COMMUNITY

Continued from page 18

How to join

With spring coming, it's an ideal time to join us.

Simply drop us a line at highworthshed@outlook.com and we'll show you around. If you like what you see, we'll invite you to register for membership. There is an annual subscription of £24 (towards overheads) and it's £4 a day to attend (towards operating costs).

We welcome your donations

Although we already have some tools and equipment, some donated, we certainly need more. Get in touch if you'd like to help with surplus carpentry tools and equipment: highworthshed@outlook.com.

Another way you can support us is to donate via our Localgiving page (search for 'Highworth' at <https://localgiving.org>), where you can also add gift aid.

*Adrian Young
2022 Chair of Highworth Community Shed*



Founding members 2022 chair Adrian Young and secretary Chris Kent

URC Writes Again for Rights

Members at the United Reformed Church (URC) sat down again after a December service and signed cards of greeting to seven people, often tortured or wrongly imprisoned, selected by Amnesty International UK because of their brave, persecuted stands for human rights. The cards went to Iran, Cameroon, Bangladesh, Hong Kong, Russia, Cuba, Morocco and to sisters in Zimbabwe.

We are not alone in writing; messages going out can often be numbered in tens or even hundreds of thousands. So, even if they are intercepted before they get to the individuals, their watchers know they are themselves being watched. Every year AI can report that some of those selected in prior years have now been freed.

At the URC, our Minister Robert Jordan always reminds us that we are in our little corner a part of the vast faithful worldwide church so these letters are a further means to join us to that fellowship. We are tenacious, but small; we would like to be bigger and you may be sure of the warmest welcome.

*Keith Salway, Treasurer
Highworth United Reformed Church*

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Highworth Historical Society

Our next talk is on 22 February. Dave Holden will be speaking on 'Thomas Hardy – his life and times.' The way of life for villagers was undergoing a great change in Dorset, and also in Wiltshire.

We meet in St. Michael's Hall, Lechlade Road. Doors open at 7pm for a 7.30pm start. Visitors are always welcome with a £3 charge, pay at the door.

For more information about the talk, or the Society, contact Chris on 764811.

Say hello to Highworth Recreation Centre and to great ways to work out and wind down...

Lots of local people in the community of Highworth are already using Highworth Recreation Centre to get more active more often with a gentle swim to help wind down, an upbeat group exercise to get energised or a session in the gym to help build strength.

Enjoy full access to the centre and don't miss out on:

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Friday, 3 March
Senior School
Saturday, 4 March





Westrop has a Senior Mental Health Lead in school who supports the mental health and wellbeing of both staff and children. At Westrop we understand that looking after your mental health is just as important as your physical health. In school we do a number of activities to support our mental health to ensure that we are able to achieve our very best. For all families we wanted to share ideas for reference at home.

HOW CAN YOU SUPPORT YOUR OWN AND YOUR CHILD/REN WELL BEING AT HOME

We all have times when things are more difficult and our mental wellbeing is challenged. Nationally, there are a range of agencies, charities and activities which can offer strategies and support to help both children and adults.

www.mind.org.uk



www.familylives.org.uk

www.youngminds.org.uk **YOUNGMINDS**

www.england.nhs.uk/mental-health/adults/

COULD YOU HELP US ON OUR WELLBEING JOURNEY AT WESTROP

Volunteers are always helpful in school to support our children:

- during activities - swimming, nurture lunches, choir, sports events
- listening to reading

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Westrop Primary and Nursery School

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WELLBEING AT WESTROP

Westrop Primary and Nursery School is a place where everyone feels like they are part of a family, a place where each and everyone of us belong.

Our Values are important to us and help support wellbeing, which is at the heart of everything we do. We understand that children need to feel safe, secure and happy in order to be able to achieve their full potential. We know our families well and know that there will be times when our children need additional support for their wellbeing.

Here is what we do for all at Westrop and we hope that it gives you a little insight into our values and activities that are so important to all our children in the Highworth community.



TRUST

We believe in ourselves and each other



RESPECT

We treat others as we wish to be treated ourselves.



NURTURE

We plant the seeds for learning and watch them blossom



HONESTY

Honest hearts produce honest actions



EMPOWERMENT

Everyone has a champion.





Yoga improves balance, strength, and endurance in children. Yoga offers psychological benefits for children as well. Research has shown that yoga can improve focus, memory and self-esteem, and can even reduce stress and anxiety in our children.

Having a healthy mind is just as important as having a healthy body. Our **Wrap Around Care** gives families the support and time in the morning to begin their day and provides support for working families. Children have the opportunity to come in, eat a healthy breakfast and talk to teachers before and after school hours.

Forest School has a positive impact on children's physical and mental health. Activities in our Woodland Area are 'child led' and involve creativity, problem solving, play and co-operation, building children's confidence and self-esteem.



We are excited to be a Trailblazer school through **Barnardo's Project me!** We have hosted holiday clubs, small group activities and have our own school councillor who works with children across the school. We are also taking part in an exciting project linked to Swindon Town Football club. All to support mental health in our children across the school.

The Colour Monster's feelings are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, his friend helps to untangle his feelings and show him what each one means. We **used this story to talk about our feelings**, recognising how our bodies change when we are experiencing them, learning the names for them, what we can do if we don't like a feeling and, most importantly, that it's ok to feel however you are feeling!



In our **toddler group** we are supporting children and families from a very early start. We welcome the whole community not just children at Westrop. A chance for toddlers to explore, question and wonder and for parents/carers to talk with staff and other carers.

Engaging hearts



Our children's wellbeing has been enhanced with the introduction of the **OPAL scheme at lunchtimes** where children can use their imagination and have fun with their friends playing with a variety of objects from tyres to tennis rackets, scooters to saucepans.

The knowledge our children gain, and the topics covered, in **PSHE classes** provide our children with vital information to live confident, healthy and independent lives and equips them to make best choices for themselves.



BEING AT
HEART AT
WESTROP

Performing for the local community is helping the members of the **choir** build up confidence. Their love of singing makes them feel good and brings pleasure to the audience too. After performing the choir is also encouraged to sit and chat to the audience.



The Den is our nurture space at Westrop.

Our Nurture team including our ELSA (Emotional Literacy Support Assistant) and SENCo work with many children across the week individually and in small groups around feelings, social skills and wellbeing. We also run our very own Nurture daily Breakfast and lunch club.



We have our own **therapy guinea pigs** Thunder and Lightning who are based in The Den, the children enjoy grooming, feeding and looking after them. They are also a key part of our lunch club where children enjoy talking and reading to them.

Equipping minds

Scouts Learn to Navigate

On 15 and 16 October, six Highworth scouts went on a two-day expedition in Gloucestershire to complete part of the Gold Chief Scouts award. We hiked from Miserden to Cockshoot, camping at Cranham.



The first day was supposed to take four hours, but it took seven-and-a-half because there were some map reading errors. When we eventually got to the campsite we pitched our tents, which went up quite quickly. After that we cooked our boil-in-the-bag meals – they were very nice. We chatted late into the night which was a mistake because we had another four-hour hike to complete on the second day!

The day started with our boil-in-the-bag all day breakfast. Luckily, our navigation was slightly better on the second day and we only took four hours to walk. We went through a golf course and a very nice golfer escorted us safely through.

It was very nice because lots of people were friendly, and their dogs were nice too.

Our expedition was completed with hopefully a few lessons learned! Everyone had a great time although we were all very tired when we got back to Highworth.

Thank you to the leaders who supported us on the expedition and got us back on track when we got lost.

Edward

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News from Highworth & District Lions

Rod Davis has recently left Highworth and District Lions. Having recently taken on his role with the Lions, I'd like to thank Rod for his 41 years of service and wish him all the best for his future endeavours.

We had a fantastic time bringing Santa and his sleigh to Highworth and North Swindon during December; so many of you came out to see Santa and his elves, and the community made such generous donations. Thank you to everyone who supported us.

Special thanks to the Ladies Highworth Football Club for volunteering their time on our sleigh events this year. We would also like to say a huge thanks to Richard and Misty Willis for towing Santa's Sleigh again this year, and also to Keith Davies and Paul Newton-Smith at Highworth Town Council for stepping in to help Santa for the day.

We had a much-needed shop refurbishment at the end of December and into January. Our Lions members worked continuously from Boxing Day until the night before our grand reopening on 14 January.

None of this would have been possible without the generous donations from local businesses: shop displays and new clothing from Magic Touch; new ceiling and lighting from Equinox; new flooring from Carpets 4 Less; S & T Works for all the painting and decorating, general repairs and labour every day; Tesco Express Highworth for the refreshments for our reopening and, of



course, our fantastic mayor, Julie Murphy, for kindly coming to officially reopen our shop.

The refurbishment was completed on time. It was a huge challenge but was completed without any problems, and the ceremony was an enormous success. Thank you to all our amazing customers and supporters for visiting us on the day to celebrate with us.

*Melanie Davenport,
Highworth and District Lions Club
Email – highworth@lions105sc.org*

Boxes of Hope

Once again the Boxes of Hope were distributed anonymously through the schools and contained meat vouchers, fresh fruit and veg, bread, cheese, milk and some treats to help give a little boost.

We would like to say a huge thank you to a number of groups for their assistance: Highworth Lions, Andrews Butchers and Highworth Aldi, and to all the individuals who helped collect the food, put the bags together, and deliver to the schools in time for Christmas.

The Churches of Highworth have worked

together to deliver this scheme many times now and it could not be done without the dedication and support of so many individuals and organisations from the whole community.

St. Michael's and the other churches in Highworth are often on the lookout to see how we can best help people who are struggling. If you want to get involved or you have an idea you think would be worth doing, please do contact us: office@stmichaelshighworth.co.uk

YOUNG JOURNALISTS

Have You Ever Visited a Place Called Tenby?

It is a little seaside town in Pembrokeshire, South Wales. This is where my Great Nan lives and this Christmas, I got to spend time with her.

My sisters and I took part in the Boxing Day swim on North Beach. It was the 50th anniversary and people were all dressed up – I was a Minion and there was someone dressed as a Rubix cube! There were teams, families, triples, doubles, and solos. It was a great day to swim because the sun was out, and it was quite warm for Boxing Day in Wales. There was also a bonfire on the beach and soup to drink to warm up afterwards. A rainbow came out when we were getting dry.

I won a medal, and even made it to the local newspaper, the Tenby Observer and the local BBC news!

I love the smell of Tenby, I can't explain it, it's just nice. Tenby is a place I call freedom. It is a lovely town. The best time to visit is the summer because it is busy so the roads are closed off so you can walk on them freely. Having ice cream on the beach is amazing although you have got to keep an eye out for the seagulls because they are quite greedy! And you have a choice of four beaches: North Beach, South Beach, Castle Beach, and my favourite, Harbour Beach. Harbour Beach is my favourite because it joins North Beach when the tide is out. I love walking back to my nan's house in bare feet!

Will Tenby be a place for you to visit in 2023?

Sophie Nolan



Minton Sophie

Seasons

*Snow falling slowly
Landing gracefully
Snowflakes gliding
Puddles freezing*

*Sun rising
Flowers blooming
Wind blowing
Rain falling*

*Sunflowers growing
Ice lollies melting
Swimming pools are busy
Sun gleaming*

*Leaves falling
Crops growing
Clouds drifting
Bells ringing*

Constance Davenport



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Sport Compiled by Jason Daniels

If you have a sport story email jcdsport12@gmail.com



Highworth Town Football Club

Tough times continue on the pitch for HTFC although the December cold snap cancelled a number of league games. With 12 home games to come however, the club are optimistic we can retain our Southern League status. It was great to see the club so well supported during the World Cup. Given we had only two home games in November and December it was vital that the club was kept in everyone's focus.

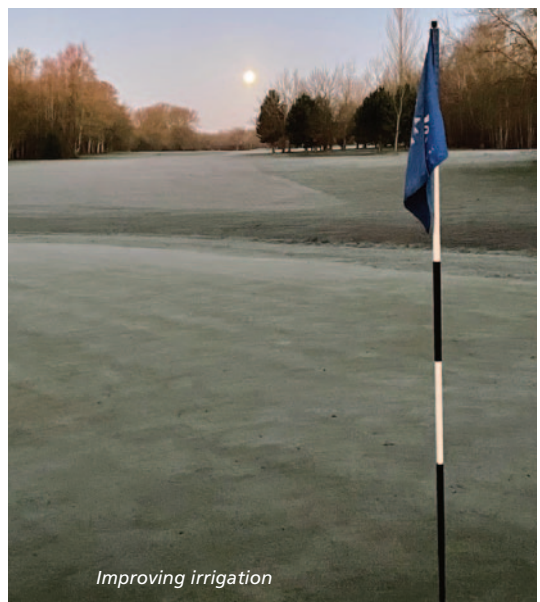
Derek Lloyd
www.highworthtownfc.com

Wrag Barn Golf Club

Positive Thinking for 2023. Last year was very busy at Wrag Barn as our members and visitors took advantage of the wonderful summer weather and long daylight hours to enjoy a game of golf for a competitive needle match or to catch up with a friend. Work in the clubhouse has involved a complete refurbishment of downstairs, and on the course the fairways have had more drainage installed and the irrigation has been upgraded. All in all, a busy year at 'The Barn'. In November we held a members evening and Tim Manners (my husband) and Head Greenkeeper Neil Carter gave an overview of the work carried out on the course and plans for the future. Our youngest son, Matt Manners, has started working for the RSPB and gave his father 'Rebirthing' by Benedict Macdonald for Christmas, so let's see what impact that has on Tim's management style on the golf course! The main speaker at our

members' evening was Michael Caulfield, a Sports Psychology Consultant. Our Lady Captain, Jac Brownsell, commented, 'He provided useful tips on how to improve our game by training our thought process and positive thinking. The main thing I took away from this was it's a game of golf so we need to enjoy every time we play as we all love the sport, hence being a member of Wrag Barn.' The final speaker was Director Johnathan Callister, who highlighted how lucky we are to have such an enthusiastic and dedicated team of staff who will always find a way to ensure that our members and visitors have a warm welcome. He also acknowledged the value of the volunteers amongst our members who support each other through organising golf competitions, ball spotting and generally looking out for each other. The importance of our membership and community has been recognised by England Golf who spent a day filming at Wrag Barn during Junior Week. They have produced a short film as part of their membership campaign which can be found on the website (www.wragbarn.com/membership). For more information, please look us up online.

Verity Manners
www.wragbarn.com



Would you like to promote your Club or Charity etc?

If you are a Charity, Craft Club, Sports Club or Support Group etc, did you know our Podium area is available free of charge every Saturday at the Highworth Market?



If you would like to book the Podium, then get in touch with us and we can book you in!

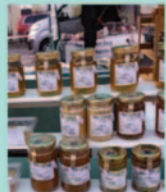


admin@highworthtowncouncil.gov.uk
Tel: 01793 762377

Come along and join Highworth Saturday Market

We are looking for new vendors to join our market on either a permanent or casual basis.

If you are interested in joining our market, please email admin@highworthtowncouncil.gov.uk



"Shop Local, Spend Local, Eat Local, Enjoy Local"

Highworth Running Club

The **Springtime 5 Mile Race** is back again. After last year saw the return of the run after a forced three-year hiatus, the club will be setting runners off along Shrevenham Road once again on **Sunday 2 April**. The race always attracts a good mix of seasoned combatants and local heroes all wishing to test themselves on the one lap rural circuit before having Eastrop Hill cruelly judge their depleted resolve. Entrants can be affiliated to a club or 'the general public' so long as they're aged 15 or above and enthusiastic. Every finisher receives a race memento and a lot of cheering as they enter the Warneford School playing fields for the last 400 metres. Whilst entries can be taken on the day, the race limit was flirted with last year so better to enter in advance (online) to avoid disappointment. As always, the Highworth Running Club would welcome anyone joining them on any of their club runs if those interested wanted a bit of practice ahead of the race. All training and race information can be found on the club website. We look forward to seeing you in April... or perhaps sooner.

Jason Daniels

Photo: Adi Whittington

www.highworthrunningclub.co.uk



Swindon Croquet Club

Swindon Croquet Club's annual Christmas Sausage Sizzle took place just before the snow arrived in December. Played in glorious sunshine, with a brazier to keep the players warm, the doubles competition was keenly contested. First prize was shared by three players, namely Tony Mayer, David Acheson, and Mick Humphries. Mick also won the 'running the hoop' competition! Colin Bailey and Ann Freegard shared the 'wooden spoon'. Sharon Smith expertly oversaw the BBQ catering which was enjoyed by everyone, and Club Chairman, Clive Smith, thanked all the players for making it such a successful event, raising a further £120 towards the Club's defibrillator fund. Simon Cooper-Tydeman (pictured) certainly looked the part in his hilarious festive costume! If you're interested in croquet then please take a look at our website and feel free to get in touch, we'd love to hear from you.

Beverly Briggs

www.swindoncroquetclub.org.uk



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Review of Handel's Messiah

We only usually associate the Messiah, Handel's Baroque oratorio, with Christmas but it was originally written for Easter, and first staged in Dublin in the New Music Hall, Fishamble Street, at noon on 13 April 1742, doubtless to an audience as appreciative and spellbound as in St. Mary's, Fairford, 280 years later, on 3 December. What a lovely performance. From the first notes of tenor John Bacon's measured solo introduction, it was obvious that we would be in for a treat.

The rippling polyphonic lines – especially at speed – in this tremendous work are pretty taxing to sing, but the Fairford and District Choral Society, under the direction of the brilliant Katrine Reimers managed it splendidly. The choruses were sensitively handled, with plenty of dynamic contrast and clarity of diction.

The acoustics suited the fine voices of the four professional soloists. They were engaging and commanded audience attention; the arias and recitatives in this piece deserved no less, and the quartet of Charlotte Newstead (Soprano), Olivia Gomez (Contralto), John Bacon (Tenor), and Matthew Clark (Bass) – Matthew stepped in at the last moment – did full justice to Handel's masterpiece. Their solo performances were a pleasure to hear, and most moving.

This was storytelling matched in expressive content and nuanced, sensitive delivery. How lucky we were to have the opportunity to see such accomplished performers in a local setting.

In the absence of an orchestral ensemble, the accompaniment was well balanced between the heroic organist Robin Baggs, (I found myself wondering how many notes he had to play), and a well chosen, unobtrusive keyboard accompaniment. It was intriguing to see the keyboard played by Katrine while simultaneously conducting. This was no mean feat. The splendid insertion of Stephen Cutting's trumpet made a glittering, dramatic addition to the whole. My neighbour at the concert described it as, 'Riveting.'

Bravo Fairford and District Choral Society for a beautiful start to the Christmas period. I haven't heard you before, but from now on I am a fan!

Hilary Taylor



The Wessex Choir Recruitment Evening

14 February isn't just a day to show your love for a partner. Perhaps, like us, you have a love for music or maybe Valentine's is just not your thing. So why not take up something totally different and join our award winning male choir?

The Wessex are recruiting new members and holding a recruitment evening on **14 February**, 7.30pm to 9.30pm at Royal Wootton Bassett Rugby Club, SN4 8DS.

If you are over 18 years old and can hold a tune, we want you!

You don't need any previous experience, nor be able to read sheet music. We will support you through your audition and learning for your first concert in front of an audience with the rest of the lads!

The Wessex is a registered charity and holds several fundraising concerts throughout the year, as well as the occasional choral competition!

Visit our website: www.thewessex.org.uk.

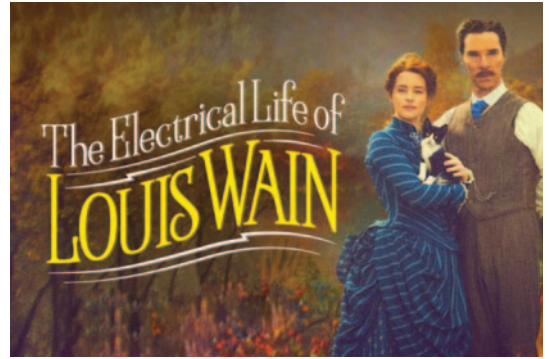
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Highworth Community Cinema

Highworth Community Cinema is an independent voluntary organisation run by Highworth residents since 2006, which aims to bring world-class films to Highworth.

The Electrical Life of Louis Wain
Friday 24 February, 7.45pm
St Michael's Hall, Lechlade Road,
Highworth SN6 7HQ

Benedict Cumberbatch and Claire Foy star in the film of the true story of eccentric British artist Louis Wain, whose playful, psychedelic pictures transformed the public's perception of cats forever. By 1891, Wain's cat pictures became enormously popular. They were featured on postcards, greeting cards, and other print materials. The film follows Wain as he seeks to unlock the 'electrical' mysteries of the world and, in so doing, to better understand his own life, the profound love he shares with his wife Emily Richardson, and the mental illness and losses in his life.



111 mins Cert 12A

Doors open 7.15pm. There is no membership fee. Admission £6 on the door. 50p for tea/coffee and biscuits.

Contact details
Enquiries: 01793 763907
Email: info@highworthfilms.org.uk
www.highworthfilms.org.uk

Others

Mottos sometimes remind us
Of how we should live our lives
And follow the years of wisdom
To repeat the ancient vibes.

So if a simple motto
You would like to take as yours
Perhaps passed down through endless time
Or derived from peace or wars
I offer the title of this poem
And will share this one of mine.

David Holden

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HOPE
&
DREAMS

**Sunday, February 5th
at 10.30am**

Shrivenham Park Golf Club

Shrivenham Park managed to host all its intended competitions during December, but since then it has been a quieter time. Malc Walker won the Christmas men's competition with a gross excellent score of 79. Some ladies have begun their winter eclectic but most are waiting until towards the end of the winter to put their 10 cards in.

Parkies Pals will be continuing their monthly visits to the golf club on the first Monday of each month. The Love to Move group will also be held on Wednesdays, please contact Kerry at the Club for more details. Social putting has a few more morning sessions before venturing to the putting green in the afternoon on Friday each month.

February's dates are Friday 10 and Friday 24, between 10 and 12 noon, with a charge of £2 for a hot drink and biscuits. Junior Coaching Sessions will begin again on 4 and 18 February.

Those who are working towards obtaining their handicap by putting in cards will be known as Oaks, and there will be a new group for those who began their golf and then had to transfer to football. You may have a different routine and would like to come back for more golf. This group consisting of returning folk plus any new ones will be FREE for the first three months. Meet at the green in the carpark and bring your friends with you. There will be competitions for all to join in as the months pass by.

*Carole Lee
Shrivenham Park Golf Club*

South Marston Gardening Club

All our events are held in South Marston Village Hall from 7.30pm to 9.30pm, unless otherwise stated.

No meetings in January or February.

6 March	AGM & Annual Registration, Speaker Mandy Bradshaw, 'Finding the Angle at Chelsea'
25 March	Seed Swap, 2pm to 4pm
3 April	Speaker Lynda Warren. 'A Spoonful of Herbs'
8 May	Speakers Pete and Bob Biggs, 'Early Summer Colour'
5 June	Plant Sale, 6.30pm to 8.30pm
3 July	Speaker Anne Luder, 'Naturally Native'
19 August	Annual Flower and Produce Show (for classes and timings please refer to the schedule)
4 September	Speaker Sonia Wright, 'Autumn Garden'
2 October	Speaker TBA
6 November	Workshop
4 December	Social Evening

Annual Membership with the Gardening Club, or you can pay £3 on the door.

For more information or a copy of the 2023 Annual Flower and Produce Show Schedule, please contact Angela Newton on 07789 068340 or email angelanewton01@gmail.com.



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MAYOR OF HIGHWORTH



Welcome to 2023 and I hope everyone has a happy and healthy new year.

Reflecting back to the Christmas light switch on I was delighted to see such a huge crowd, the largest I can ever recall. Our winner of the scavenger hunt, Samuel, age 5, did a splendid job turning on the lights, and I hope you enjoyed the event.

There are many people to thank: Andrews Butchers, The Emporium, Bloomfields, Highworth Flowers, Hanley's and TT Linetts, for prizes and sweets; the Co-op for the mince pies; the Police, for attending; Salams, for looking after the 'Big Man' and his little elf, and Backhouse Developments and Aldi, our sponsors.

Our entertainers were wonderful, and included: Westrop school choir; Jeanette Etherington; the Britannia Majorettes; Chelsea Millard, and Highworth Silver Band. You were all fantastic entertaining the crowd and also made it possible to raise lots of money for the Prospect Hospice.

Towards the end of the year I was delighted to attend the wonderful Forget-Me-Not cafe, at St. Michael's Church, for their Christmas get-together, as well as the official opening of Aldi, and enjoyed representing Highworth at a luncheon of the Twinning Association with guests from Pontorson. It was really nice to meet the mayor of Pontorson and his wife, and I even tried a little bit of French! The town was presented with a flag of Pontorson which was a lovely gesture from our visitors.

To start 2023, there will be a Civic Service at St. Michael's Church on **19 February** at 10.15am. The focus of the service is the work of volunteers who serve our community. The service will be in aid of the Prospect Hospice who I know have supported so many local families during difficult

times. I look forward to seeing you there. All are very welcome.

We look forward to hosting May Day on **27 April**, and of course this year we will be organising the Coronation celebrations which will be held on **6 May**. How exciting!

If you would like me to support any of your groups, organisations, clubs or businesses, please contact my secretary at counciladmin@highworthtowncouncil.gov.uk, and I will be delighted to help.

You can contribute to the Mayor's chosen charity, Prospect Hospice, at the email address above or by phoning 01793 762377.

Thank you so much for all your support.

Julie Murphy
Mayor of Highworth

LITTLE TREASURES



Thursday Mornings (Term Time) 9:45-11am
The Hall, Highworth Community Centre
The Dormers, SN6 7PQ

A group for babies, toddlers, preschoolers, parents and carers for play, friendship and a healthy snack.



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For more info contact Jon Hares
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julie.murphy@highworthtowncouncil.gov.uk

DEPUTY MAYOR & VICE-CHAIRMAN

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Steve Weisinger, 8 Barra Close, SN6 7HX
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sweisinger@swindon.gov.uk

Letters to the Editor

Dear Highworth Link,

This is a story told me by my cousin, Shirley.

In 1944, Shirley and her playmates came across American army vehicles parked up in fields close to Hannington Church. 'Got any gum chum?' they asked. Sadly the American soldiers had no sweets and asked the children to come back the following day.

Unaware of the D-Day preparations the children returned the next day to find the lorries had departed (towards the south coast) leaving caterpillar tracks across the field. To the children's delight, in the vehicle tracks was a trail of welcome sweets and chocolate stretching across the field.

Best wishes, Marion Huggins (formerly Hacker of 2 Brewery Street)



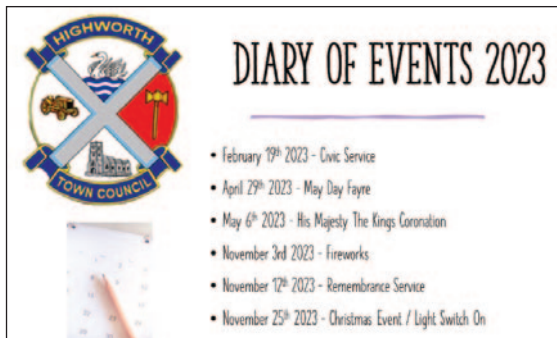
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HIGHWORTH TOWN COUNCIL

DIARY OF EVENTS 2023

- February 19th 2023 - Civic Service
- April 29th 2023 - May Day Fayre
- May 6th 2023 - His Majesty The Kings Coronation
- November 3rd 2023 - Fireworks
- November 12th 2023 - Remembrance Service
- November 25th 2023 - Christmas Event / Light Switch On



Highworth Churches Together are four churches united through friendship, faith and a desire to support and bless our community.

Looking for a church in Highworth?

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High Street SN6 7AG

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bryanelk90@gmail.com
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Rev. Robert Jordan: 01793 513039

Methodist Church

Vicarage Lane SN6 7DG

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highworthmethodistchurch@gmail.com
www.highworthmethodistchurch.org.uk

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St Michael's Parish Church

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Office: 01793 762702

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Office: 8 Sheep Street, SN6 7AA

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admin@highworthchurch.co.uk
www.highworthcommunitychurch.org
Find us on YouTube 'HighworthCommunityChurch'

Matt Ford: 07712 521046

St. Michael's Church

The Church is open daily for private prayer.

St Michael's recommends the continued wearing of face coverings in Church with social distancing continuing where possible. Hand sanitiser is located in the South Porch for use on entering and exiting the Church.

The **10.15am Sunday Service** is being held in Church and streamed live at www.twitch.tv/stmichaelshighworth or on YouTube by searching St Michaels Church Highworth.

22 February, 7.30pm, Ash Wednesday Service.

First Sunday of the month, 8.45am, Holy Communion.

Third Sunday of the month, 3pm, The 3 Family Service.

Tuesday Prayers are held every Tuesday morning at 9.30am.

Friday Blessings are held every Friday morning at 9.15am.

2nd Monday - Prayer Hour held in the Church Room at 8pm.

4th Monday - Online Prayer Hour at 8pm, held via Zoom. Email the church office for the link.

Midweek Church

The next Midweek Church at St Michael's will be held on **15 February**, 11am, with coffee and cake served from 10.15am.

Tuesday Meet Greet Eat

A chance to meet up for conversation, craft activities, board games and lunch. The next Join us on 28 February, 10.30am. If you would like to join us for lunch, please book in with the Church

Office by email office@stmichaelshighworth.co.uk or telephone 01793 762702.

Saturday Morning at St Michael's

As a family church of many generations, we come together on the first Saturday of each month from 10am to share time like any family. We offer a variety of activities you can join in. Whether it's chilling out together over coffee and the morning newspapers, crafts, challenging others to board games or tucking into a bacon butty or pastries.

Saturday Coffee Morning

From 10am until 12 noon in the Church Room, excluding the first Saturday of the month.

Monday Toddler Group

Toddler Group is hosted in the church building every Monday during term time (excluding Bank Holidays) from 10-11.30am. Tea, coffee and light refreshments provided.

We remember those who love and miss

Alec Hobbs, Irene Garside, Maureen Murray

We congratulate on their Marriage

Lorraine Groves and Paul Jones

Praying for the roads in the town:

05-02-2023 The Archers, Arran Way, Barra Close, Beech Grove and Biddell Springs

12-02-2023 Blandford Alley, Blandford Mews, Botany and Brewery Street

19-02-2023 Brookfield, Bute Close, Bydemill Gardens and Cherry Orchard

26-02-2023 Church View, Coffin Close, Copper Beeches, Cotswold Way and Crane Furlong

St. Leonard's Parish Church Stanton Fitzwarren

5 February Morning Praise, 9.30am

12 February Family Service, 11am

19 February We are welcomed to a Team Service at Coleview Community Centre, 10am 26 February Holy Communion, 9.30am

The church building will be open on every Wednesday in school term time from 9am to 3pm, or phone 01793 762935 to organise for the building to be left open for you to visit safely.

Please go to www.stantonchurch.info for updates.



With thanks to all those who have sponsored the floodlighting of St. Michael's Church



10/12/2022	In memory of Rose Jones from Brian and Benson.	31/01/2023	Remembering a dearly loved husband and father - David Cox - 20 years - From Shirley, Nicola & Neil
12/12/2022	"To Linda My Shining Star Love Always"	03/02/2023	In loving memory of Jim Prew.
13/12/2022	In Loving Memory of Roy & Sheila Johnson.	04/02/2023	Sadly missed.
06/01/2023	Cyril Knight - sending big birthday wishes to you Dad, miss you so much. Sending birthday hugs from us all, love you, Lyn, Ruth, Patrick & all your family x	05/02/2023	From all of the family
27/01/2023	Remembering Our Lovely Grandchildren	09/02/2023	In loving memory of Clive Angood on his birthday. Greatly missed by Christine and family
28/01/2023	FREYA and Matthew. So missed and so loved, always in our hearts	22/02/2023	In loving memory of Joan Prew. Sadly missed. From all of the family
29/01/2023			

To sponsor the floodlighting, please collect a form from the Church or from the Lighthouse Bookshop, or fill in the electronic form at www.stmichaelshighworth.co.uk If your dedication misses the copy deadline it will always appear in a later edition.

Please send all church lighting requests to St Michael's Church Office, Vicarage Lane.

IMPORTANT SUBMISSION UPDATE:

Please note the submission to the Church Office date is changing to ensure floodlighting requests can meet the Link deadline. We now need submissions **by the last Friday of the month, 2 months prior** as any submissions must be with the Link on the 1st of the previous month with no late submissions now possible. It's hard to get that in writing so please do contact the Church Office on 01793 762702 if you need clarification.

Submission date: **27th January for the March 2023 publication.**

St. Michael's Church Floodlighting

If you would like to sponsor the floodlighting of St. Michael's Church for a special occasion, in memory of a loved one, to celebrate a wedding or baptism, or for a community event happening in Highworth, please complete a form and return it to St. Michael's Church Office, Vicarage Lane, Highworth, SN6 7AD.

Floodlighting forms are available from the Lighthouse Bookshop or the Church website <https://www.stmichaelshighworth.co.uk/floodlighting>. Your dedication will appear in the Link publication and the submission deadlines for the remainder of this year can be found below:

Submission Deadline	Link Issue	Submission Deadline	Link Issue
27 January	March	28 July	September
24 February	April	25 August	October
31 March	May	29 September	November
28 April	June	27 October	December 2023 /
26 May	July / August		January 2024

To advertise in The Highworth Link contact deb.hodgson@tiscali.co.uk or visit www.highworthlink.co.uk

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Police
NHS
Gas
Electricity
Water
Pest Control

Emergency
Non-Emergency
Non-Emergency
Emergency
Emergency
Emergency
Non-Emergency

999
101
111
0800 111999
105
0800 3169 800
07789 781151

BUSES

Stagecoach Swindon 01793 521415
 Thamesdown Transport 01793 428400
 Dial-a-Ride 01793 616050
 Community Transport 01793 617828
 Traveline 0871 200 2233

COLLEGES

Cirencester College 01285 640994
 New College 0808 172 4445
 Swindon College 01793 491591

LAW & ORDER

Crimestoppers 0800 555111
 Victim Supportline 0808 16 89 111
 Action Fraud 0300 123 2030

COUNCILS

Highworth Town Council 01793 762377
 Swindon Boro. Council 01793 463000
 Streetsmart 01793 445501

FIRE SAFETY

Home fire safety check 0800 389 7849

DOCTORS AND HOSPITALS

Highworth Surgery 01793 762218
 Elm Tree Surgery,
 (Shrivenham) 01793 782207
 Great Western Hospital 01793 604020

LIBRARY

Highworth Library 01793 463500

RECREATION

Highworth Rec 01793 762602

PHARMACIES

Highworth Pharmacy 01793 762220
 Home Farm Pharmacy 01793 861392
 Jones Graham Pharmacy
 (Shrivenham) 01793 783336

PRESCHOOL/NURSERY

Westrop Nursery 01793 762897
 Westgate Nursery
 School & Crèche 01793 861268
 South Marston Pre-school 01793 823379

SCHOOLS

Eastrop Infants 01793 763772
 Southfield Junior 01793 762210
 Westrop Primary 01793 762897
 Highworth Warneford 01793 762426

TAXIS

V Cars 01793 701701

TRAINS

National Rail Enquiries 03457 484950
 Great Western Railways 03457 000125
 Disabled and assisted travel 08001 971329

OTHER SERVICES

Citizens Advice Bureau 08444 994114
 Trading Standards (business) 0207 830 6000
 Trading Standards (consumers) 03454 04 05 06
 Alcohol and Drug Service 01793 695405
 Pest Control 08000 988652
 Samaritans 01793 537373
 Women's Refuge 01793 610610

Highworth Methodist Church

Every Saturday
Coffee Morning
 10.30-12noon



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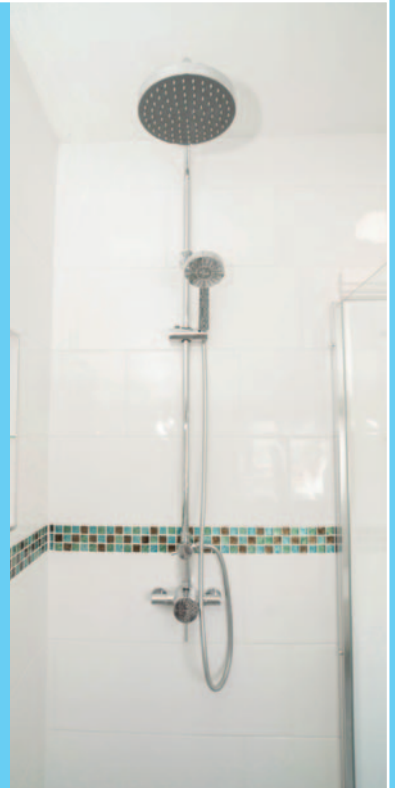
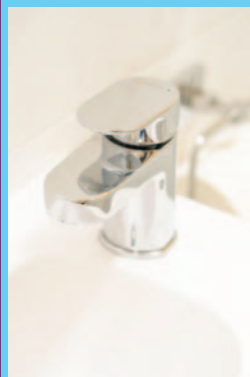
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