

PARISH MAGAZINE

Issue 6. July 2023

www.bishopstachbrook.com

Your magazine featuring news and views from Bishop's Tachbrook Parish.



Could you give a home to a guide dog mum?

Sight Loss charity Guide Dogs has launched an appeal for volunteers who could give a loving home to one of their guide dog mums.

Volunteer 'Breeding Dog Holders' support the charity by providing homes for their guide dog mums and helping them when they have their litters of life-changing pups.

These special mums need regular walks, care, and company, like any other pet dog. Guide Dogs provide all the training and equipment required and covers all food and veterinary costs.

As long as the environment is right for them, guide dog mums can live with other animals and children too.

Guide dog litters are born in volunteers' homes, with 24-hour support from Guide Dogs' staff. At 6-8 weeks of age, puppies move to the charity's Centre, just outside Leamington Spa for health and temperament checks, before starting on their journey to become service dogs.

Breeding Dog Holders look after guide dog mums until they retire, at around six years of age. After this, they are given the option to keep the mum they have cared for as a pet dog.

Volunteers must be aged 18 or over and live within an hour's drive of the Guide Dogs National Centre, near Leamington Spa (CV33 9QJ).

To find out more, contact Volunteering Coordinator Verity O'Donnell via volunteermidlands@guidedogs.org.uk or call 0800 781 1444. Find out more about Guide Dogs at guidedogs.org.uk



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Enjoy your read.



TACHFEST

8th JULY 2023

12.30 pm - 6 pm

On Bishop's Tachbrook Meadow

Sponsored by Anthony Bermingham Building & Carpentry

A message from the vicar

Rev. Jonathan Smith



'The Glory of God is the human person fully alive' Irenaeus the 2nd century philosopher theologian said.

I've just returned from taking the church youth group to the kids' camp on the river Wye and am both exhausted and yet refreshed by the break from Parish. It's a tradition that sets the summer up nicely. A relaxed programme promising a slower paced weekend on camp and always ends with a tremendous number of activities accomplished including walking, climbing up to Symonds Yat point (viewing Peregrine Falcons while enjoying ice-creams), back down again for BBQ, archery, open fire bush crafts, paddleboarding and a 'dads vs kids' game of footy. Phew!

Whoever thought camping was just for children! I can't remember a year that we have been blessed with such good weather from the 'get go'. This year's dry set up and strike camp seemed to allow for more moments than most to relax, enjoy each other's company and take in the awesome scenery. For me, these are true moments for marking life as I find connection with God in the nature he has created for us. I feel fully alive.

On the Sunday morning I brought a short 'thought for the day' helping us reflect on the 'knotty' and 'ropey' challenges of life that some of us may have left at home for the weekend. An object lesson in nature of survival knots and mountain rope rescue

stories served as an intro to some more golden thoughts from a personal hero, the Celtic Irish poet and scholar John O'Donohue.

In his book 'Anam Cara', O'Donohue explores some of the secrets of the natural world from his own innately spiritual and contemplative faith tradition learnt from the early Celtic Christians. His words uncover the treasures of divinity in exploring the local rivers, hills, sea, and sky in his homeland Ireland. The spirit in what he says resonated all over the Eco scene before us just there. About how senses can be thresholds to the soul, senses that link deeply with the divine within and around. The longing to connect with nature is spiritual and can provide a great depth of connection and wisdom for all of life. It is an intimately spiritual thing to relate to God in the natural world and is a timeless thing. We are here to live and love the place which we were created to be in, and so it follows one of the greatest sins is 'the sin of an unlived life'.

In more western traditions we have taught many things about the nature of negativity and sin, sometimes helpful and at other times quite unhelpful. But rarely we are told the greatest of sins is this idea of not living life to the full. O'Donohue writes,

'We are sent into the world to live to the full everything that awakens within us and everything that comes towards us. It is a lonely experience to be at the deathbed of someone who is full of regret, to hear him say how he would have loved another year to do the things his heart had always dreamed of...If you allow your nature to come alive, then everything will come into rhythm, receiving shelter and blessings.' p159

This is the pathway option Christ talks about as he lays it in front of humanity. That he came to show and tell that we can see ourselves as God created with all his delight, pride and beauty and how we can experience the full joy of our existence in that truth.

Jesus says in John 10.10: **'I have come that they may have life, and have it to the full.'**

In finishing my message Sunday morning, it was important to thank our children present and seemingly under our care, for what they continually teach *us*. That when as parents we discover our childlike natures, we also enter a world of gentle possibility, where the ease and delight of the simple things around us gradually shape our rhythms and bring us immeasurable joy at the Lord's blessings of life. And then, we went to play a game of 'Capture the Flag' in the woods!

I hope you enjoy time with your friends and family this summer energetically or in a more relaxed way, and may God bless your time outside in nature learning and discovering new and wonderful things as you do.

Reverend Jonathan Smith

ps- The last Youth Club is on 16 July in St Chad's Church for a film night - details to follow on the website shortly. Youth Club which will return in the Autumn on Sunday nights fortnightly in St Chads' Centre.

pps -A **special thank you** to everyone in the village who helped make the Fete on the green in June a great Summer occasion and where we raised over £1000 for St Chad's Parish funds!



Poetry please

Scorflufus by Spike Milligan

There are many diseases,
That strike people's kneeses,
Scorflufus! is one by name
It comes from the East
Packed in bladders of yeast
So the Chinese must take half the
blame.

There's a case in the files
Of Sir Barrington-Pyles
While hunting a fox one day
Shot up in the air
And remained hanging there!
While the hairs on his socks turned grey!



Aye! Scorflufus had struck!
At man, beast, and duck.
And the knees of the world went Bong!
Some knees went Ping!
Other knees turned to string
From Balham to old Hong Kong.

Should you hold your life dear,
Then the remedy's clear,
If you're offered some yeast – don't eat it!
Turn the offer down flat-
Don your travelling hat-
Put an egg in your boot – and beat it!

Parish Council News

By Matt Greene

The impact of inflation and a tight labour market affects every one of us; not only in the choices we make in our own lives but also in the services we receive. Rising costs are impacting local public services significantly and we're starting to see the results of this in maintenance quality and timeliness.

The councils (District and County) responsible for providing these services are not profit making entities, they are instead a way of us all pooling our collective resources (money) to deliver services (or at least organise) for spaces and issues that affect us all - the more they do, the more money they require.

As a community this presents a difficult conundrum; do we continue to demand services as they always have been and therefore commit ourselves to paying additional council taxes, or do we accept a reduction in the services provided centrally and maybe even seek to do more ourselves.

As always, the answer is probably that we'll have to accept a mixture of both; however, in doing this we need to act responsibly. We have to hold our councillors and officers to account in how they prioritise the use of our money to deliver the services we need; this doesn't just mean criticising, but actually taking the time to understand decisions, underlying factors and, really importantly, trade-offs - most people act with good intention and so it's not helpful to simply snipe at them, we need to bring back respect and open-mindedness (from both sides) to such interactions.

In holding others accountable, we must also apply the same rigour to ourselves asking what we can personally bring to our community that will benefit everyone. For example - we absolutely cannot fill in giant pot-holes; however, we probably can maintain more of the green spaces (dare I say it, in a way that better respects nature within our community). Many people will find their own way to do their bit to help Bishop's Tachbrook; however, given our community has doubled in size, there will be many more residents who may have an hour or two a year that they could spare.

A representative from County Highways attended our June meeting at Heathcote Primary School to update the meeting on the £1.4 million Harbury Lane active travel connection project. Residents updated the representative on issues with the bus stop near Heathcote Primary School on Harbury Lane along with other issues they were experiencing; representatives from Heathcote Park highlighted the issues they experience with crossing Harbury Lane and have requested a safe crossing point. There will be a public consultation in the summer when residents will be able to view the proposed plans and add further suggestions - please engage with this consultation (through the formal channels) - this is a real opportunity to improve travelling throughout our community.

The Warwick Gates perimeter path, which is adjacent to Harbury Lane (and responsible for the demise of many pairs of trainers over the years), will be included in the scheme and District Cllr. Day assured residents that it will be properly drained.

Councillors highlighted the need for the speed limits on Harbury Lane and Oakley Wood Road to be reduced from 40mph and 50mph to 20mph or 30mph. The representative was uncertain whether the roads meet the criteria for the speed to be reduced as they are currently classified as rural roads. She agreed to follow up on this with highway engineers.

Cllr. Carter informed the representative from WCC that the Parish Council has budgeted £100,000 towards improvements to this junction which was referred to as dangerous by residents. County Cllr. Jan Matecki, who now has the Highways Portfolio at the County Council, has promised to take this forward for the Parish.

Cllr. Carter is engaging with the County Council regarding roadworks on Oakley Wood Road. We understand no amendments have been agreed yet. We hope to be able to keep you updated on any new developments which might result in traffic delays.

Cllr. Drew brought to Cllr. Matecki's attention, the parking issues we have on Kingsley Road and Commander Close resulting in damage to the verges; as a solution, hardening of verges has been suggested and Cllr. Matecki has agreed to follow up on this.

Tachfest is taking place on 8th July. The Safer Neighbourhood Police are hoping to be present with a crime prevention stall but if you have any other issues you wish to discuss with them we encourage you to do so.

Representatives from the Parish Council will be attending a meeting with the safer neighbourhood police in the coming weeks. Will you please let the clerk know any issues you wish councillors to raise with them e.g. speeding on specific roads, anti-social behaviour issues, parking issues, etc.

Separately, councillors have had several meetings with specialist units within the Police Force regarding protecting our open spaces and managing illegal encampments. A height restrictor has been installed at the entrance to the Meadow and this will be closed shortly. We know this will restrict access for drivers with 4x4's and transit vans but we have been advised that this is the best approach to address a very difficult situation.

On a recent visit the police noted how much dog poo there was on the Meadow; as a result the dog warden will be making visits over the next few weeks. A few irresponsible dog walkers are giving all other owners and walkers a bad name (as well as creating a health hazard for everyone else). There is NO EXCUSE for not picking up after your dog; don't let your community down, please do the right thing.

Also, could we please remind residents that bbq's, fires and camping are not permitted on the Meadow. Anyone wishing to use the Meadow for a private function should talk to the Sports and Social Club.

Solar panels will soon be installed on the Bullen Building. This will provide a much needed light inside the building and a small amount of power for charging of working party tools.

Councillors are aware of the sewage spillage in the village which occurred mid June. Severn Trent had promised the parish mitigation measures against any spillages. Unfortunately this didn't happen which is so disappointing, particularly because of all the assurances we were given at our meeting in November last year. We are trying to get monitors in place, tankers on standby in extreme weather

conditions and the promised planning application for upgrading the system.

The District Council is hoping to go to tender in August to appoint a contractor to install the play equipment on Seven Acre Close; we're staying close to this project to ensure it delivers (or ideally exceeds) what was promised.

The 2022/23 Accounts have been finalised; further information is available on the website. If you have any questions please contact the clerk.

Next meeting is on Thursday, 13th July at 7.30pm at St. Chad's Centre.

Poetry please

The land of the Bumbley Boo by Spike Milligan

In the land of the Bumbley Boo
The People are red white and blue,
They never blow noses,
Or ever wear closes,
What a sensible thing to do!

In the land of the Bumbley Boo
You can buy Lemon pie at the zoo;
They give away foxes
In little Pink Boxes
And Bottles of Dandy Lion Stew.

In the land of the Bumbley Boo
You never see a Gnu,
But thousands of cats
Wearing trousers and hats
Made of Pumpkins and Pelican Glue!

Chorus
Oh, the Bumbley Boo! the Bumbley Boo!
That's the place for me and you!
So hurry! Let's run!
The train leaves at one!
For the land of the Bumbley Boo!
The wonderful Bumbley Boo-Boo-Boo!
The Wonderful Bumbley BOO!!!

Nature Page

By Steve Harvey

Well this Nature Notes is a bit different! Anyone who knows me knows I'm up and down ladders all day. The one thing you must never do if you're up and down ladders is to fall off! So - what do you think I went and did. . . ? Oh you're ahead of me, yes, of course I fell off and found I didn't bounce as well as I used to! Nice clean break down the pelvis. So after a few days in Warwick Hospital and more in Walsgrave I'm home! Those nurses aren't paid enough! Just saying. . . So I'm having to do something that's very alien to me- stop - sit down or lay down? I've never really learnt how to do that. Having said that I have the views of magnificent old trees, many over 100 years old through the cottage window.

There's a Hawthorn tree on the little green outside the cottage and a companion - the giant Cedar tree. It's currently totally covered in flowers. It's hard to see any leaves. The flowers are a gentle pink and I reckon it could be a Midland Hawthorn. Their stronghold is right here. The other name for Hawthorn is Quickthorn. That's why they're so often used as hedges. The Anglo Saxons had a word 'Haga' which meant both hedge and Hawthorn and if a farmer planted a single Hawthorn tree in a field it was known as the 'Fairy Hawthorn'. Now our pink Hawthorn is alone so it could be a Fairy Hawthorn. It does have a secret. Not very far from the ground it has a split in its trunk that you could just about wiggle a few fingers in. Now inside here, hidden away each year is a Blue Tits nest and occasionally it's been Great Tits, no one knows.

Talking of Blue Tits nesting - for the first time in five years we've got a pair of Blue Tits nesting in the box high up near the bedroom window. So now I've got a brilliant view from my bed and as I've got time on my hands so to speak, I've been watching them and logging their activities.

The pair clock on at about 5.15am and their incredibly long day begins. Now there really is 'fast food' deliveries of caterpillars, grubs and insects to their ravenous young at a rate of approx. 120 feeds an hour. This continues until soon after 7pm so that's 14 hours of flying and food gathering, unless they have breaks. That adds up to 1,680 trips per day between them. No wonder some adult birds look so raggedy and run down - that's because they are!



The box on the outhouse is also in full swing so I'm hoping we've helped put at least 15 more Blue Tits into our habitat. Sadly not many survive to get to Winter but we won't dwell on that one.



It's glorious down Church Lane that runs past the cottage with Cow Parsley (or Keck) and Comfrey, Damson trees, Hawthorn and Elder.

I hope to see something from the windows or the next notes will be from memory and made up!

History Group

By Ian Morley

Visit to Chedham's Yard, 13 June 2023

On 11th April Dr. Krys Pietrecki, The Secretary of the History Group gave a talk on 'The Discovery and Restoration of Chedham's Yard'. The June meeting of the Group was a follow-up visit to the Yard, attended by 21 of the members, and one that was very much enjoyed. The emphasis this time was very much on what life was like working in the Yard in the last two hundred years (since it was started by Thomas Chedham in 1823). Unusually, Thomas was apprenticed as a wheelwright and a blacksmith. We were shown how the activities of the blacksmith and the wheelwright went together to expedite the repair of farm wagons. To do these jobs the Yard also needed to store timber, let it season, and cut it to size (although that was sometimes outsourced).

The visit began at 10.30 am with tea and cakes, served on Wedgwood china, and after a little time to settle down we were given a short talk on the Chedham family who ran the Yard until the mid 1960s. Initially the family rented the Yard but, in 1890, Thomas' son Henry was able to buy the Yard, and four cottages, for just £400. He expanded the business to include corn threshing, and this helped the Yard to survive in difficult times.



After tea, we were divided into three groups of 7 people, each with a guide, to learn more about those activities that made up life within the Yard:

- we visited the blacksmith's forge, and were shown how metal was shaped and welded;



- we were shown how wheels were constructed from elm (for the hub), oak (for the spokes) and ash (for the wooden rim), before they were fitted with metal tyres;
- and we were shown a very large saw bench used to cut timber to size.



At the forge the blacksmith took a metal bar, heated it in the fire, and showed how the metal could be beaten into a variety of different shapes. The final product looked like a crowbar, but could have formed the basis for more decorative ironwork, much loved by the Victorians. The merits of heat welding were explained to us, whereby two or more parts were fused, using heat and pressure, forming a very strong joint as the parts cooled.



At the Wheelwright's sections of the Yard our guide explained that each wheel had three types of component, each requiring a different wood to deal with the different stresses and strains imposed. The hub or axle box is made of elm; the spokes are made of oak; and the rim is made of ash. More correctly, the rims are made of ash because what looks like a continuous circle of wood is made of individual elements called felloes. When a metal tyre is fitted, it is first rolled to size (see above), slightly smaller than the wheel in circumference, and then heated (so that it expands) before being placed over the wooden assembly. Once the tyre is in position on the rim of the wheel it is cooled by placing it in water, and thus contracts to grip the wheel tightly. Parts of the operation are shown in the photographs below, passed round by the guides.



It looks very exciting, and a demonstration may be seen on 16th September 2023.

An earlier method, divided the metal tyre into strakes, each pre-configured so that a series of iron plates could be nailed onto the felloes. Chedham's Yard has one of only two surviving Straking Machines in the UK. It is shown below.



Finally, we were introduced to a fearsome looking saw bench, used to cut timber that had been stored in the Yard.



That concluded our guided tour, but there was one additional attraction: examples of wood turning using any scrap wood donated to the Trust. Examples ranged from kitchen working surfaces and a variety of woods such as wisterias, holly, plum, and magnolia. Some of the woods had a very distinctive scent. They were turned into exquisite pieces of art, to be sold in the Trust Visitors' Centre.

WI

By Anne Allen

For me last month was a little bit strange. I wasn't at the meeting!! I was otherwise engaged at our son's wedding in Essex. I understand the speaker was really interesting and kept everyone's attention. The talk was about Murder and Manslaughter in Warwickshire and Worcestershire's History. Being Worcester born and Warwickshire raised I was really disappointed to miss this.

Next month we should be hearing about the Lighter Side of Undertaking when Jason Edney from A.E.Bennett's of Stratford will be talking to us. It's purely by coincidence that first it was murder and manslaughter and then undertaking.

Not too much is happening here at the moment after such a busy May we are all trying to recover. I'm still looking to holding a Pimms and croquet evening and the supper club is off to the Giggling Squid in Leamington in July.

Last month I mentioned the WI resolution "Clean Rivers for People and Wildlife" . This was passed at the National WI Annual Meeting with an 84% majority. We are now asked to encourage members to make and support applications to create bathing waters in rivers across England and Wales as a way to drive the cleanup of our precious waters. If this is of interest to you please Google NFWI and more information is there.

It will also tell you your nearest WI which is of course US. We're a group of very mixed ages who know how to have fun, laugh and enjoy ourselves. Why not come along and meet us on the first Thursday of each month, 7:45pm in the School Hall, Kingsley Road. Everyone is welcome.

We are part of a national organisation which is divided into county federations and then into village groups or institutes of which there are over 5,000 in the country with a membership of about 170,666. So we are doing something right.

The county is organising various events and activities which include a Treasure Hunt in Henley in Arden, an Evening with Sunny Ormonde (Lilian Bellamy in the Archers) the Grand Day Out to Cambridge, Ludlow Food Festival, an afternoon



with TV Historian and Author Tracy Borman and regular poetry mornings. Something to suit most tastes and interests.

Yes I'm still recycling old bras with Bravissimo and used postage stamps with WI. These started with just WI members and now encompasses the village and beyond. I was recently asked about spectacles, you can take these to the lions stall on Warwick market. If you Google Warwick Lions it tells you which weeks they are there.

If I can help with more information about anything please feel free to give me a call

Anne Allen 07929356701 or 01926 424135



AN EARLY HISTORY OF OAKLEY WOOD

Oakley Wood is a Plantation on Ancient Woodland Site (PAWS), which means that although many of the native broadleaved trees were replaced with commercial conifers in the 1950s, the site has been continuously wooded since at least 1600. In fact, there is evidence of the wood dating from the 12th century.

We are grateful to Dr. Sarah Wager for giving us permission to reproduce this fascinating account of the early history of Oakley Wood. This is a short extract from her book *Woods, Wolds and Groves: The Woodland of Medieval Warwickshire*^{[1](#)}, which is [available from the Warwickshire Library Services](#).

Oakley Wood and Wiggerland Wood

There is an exceptionally early record of Oakley Wood. Richard Peche, who was bishop of Coventry and Lichfield from 1161 to 1182, granted to Bordesley Abbey in Worcestershire part of his wood of *Acle* (i.e. Oakley) at the road leading to Barford. A road runs from the west side of Oakley Wood to Barford, suggesting that the twelfth-century wood was on approximately the same site as the present wood. This is confirmed by a thirteenth-century deed referring to a furlong in Barford called *Pleystowe* (whose name survives in the modern Plestowes Farm) whose headland abutted on to the heath towards the wood of *Occle* to the east and by a later reference to Heathcote (in Wasperton) under *Ocle*. However, the twelfth-century deed does not say exactly which part of the wood was granted to Bordesley Abbey or whether the wood was at the time more extensive than the area which is presently contained within a great wood bank. The reference to Heathcote under Oakley suggests that it stretched further west to meet the boundary with Wasperton. That area of land between the present wood and the parish boundary was called Church Yard or Heathcote Corner on a map of 1710

but was nowhere near a church.

Evidence suggests that the wood, or part if, had been imparked by 1297-98, when a survey of the manors of the bishop of Coventry and Lichfield referred to a heath next to the park of *Okle*. References in 1475-6 in the same sentence to both the wood called *Oldpark* and the wood of *Okeley* suggest that a single area of woodland had been subdivided into park and wood. It is possible that the latter too was imparked at one stage. In an agreement between the earl of Warwick and Bishop Walter Langton (1296-1321) the earl, in confirming his right to free warren throughout the bishop's lands in Tachbrook, conceded that the bishop might enclose his wood of *Okle* and impark it. The great bank which surround the wood has an external ditch, rather than an internal ditch characteristic of a medieval deer park; this suggests that the wood had already been enclosed as a coppice wood. The southern part of the wood appears to be secondary woodland, because it includes a substantial earthwork of uncertain origin and function. This part of the wood may not have been part of the medieval Oakely Wood. The map of 1710 gives the name Moreton Close to the part of the wood which is opposite Wiggerland Wood and calls the rest Oakley Wood and Moreton Close Wood. Moreton Close was identified as a separate wood in 1609, as was Wiggerland Wood. However, in 1573 a lane called *Wyggerlande layne* ran between closes, not woods, called *Wyggerlande Close* and *Merton close*. It does look as if Moreton Close and Wiggerland Wood developed as secondary woodland in the sixteenth century. There is no medieval record of either.

Only a few of the bishops' manorial records have survived, but there are records of tenants trespassing in Oakley Wood in 1360, 1364 and 1366 and of sales of wood in 1472-72 and 1475-76.

There are records of relatively rare species of butterflies and moths in Oakley Wood before much of it was replanted with conifers in c. 1956. The southern portion was left as deciduous woodland and the boundary retains some of the Wood's former springtime glory.

Wager, S.J. (1998) *Woods, Wolds and Groves: The Woodland of Medieval Warwickshire*. Oxford: J. and E. Hedges



St Chad's Centre Schedule

Monday	Activity	Contact
10-11.30am	<p>St Chad's' Tinies</p> <p>We are a friendly playgroup for children aged 0-4 years and their carers.</p> <p>Hot drinks and snacks, toys, craft activities and singing.</p> <p>All welcome.</p> <p>Term time only</p>	Contact on Facebook
17.00-19.00	<p>Martial Arts Class. Over 12 years and adults</p>	<p>Andy Shaw – andy@linkcube.co.uk</p>
19.30-20.30	<p>Kettle Bell Class</p> <p>The classes provide a friendly & encouraging high intensity interval training session.</p> <p>50 mins exercise and 10 mins recovery & stretching.</p> <p>It's a great way to improve one's general fitness. Classes run by Tony Foster a qualified KB Instructor</p> <p>Cost £6 per session</p> <p>Please bring KB (some are kept in stock please ask) exercise mat, towel and water.</p>	<p>Contact Bridget</p> <p>07795226047</p>

Tuesday	Activity	Contact
9.15-12.30	<p>ADVENTURE BABIES</p> <p>Take your little ones on a Sensory Story-telling Adventure every Tuesday at St Chad's Centre, as we bring brilliant books to life with puppets, props, bubbles and sensory activities.</p> <p>Mini Adventurers (0-18 months) 9.15am - 10.00am</p> <p>Diddy Adventurers (0-12 months) 10.30am - 11.15am</p> <p>Mini Adventurers (0-18 months) 11.45am - 12.30am</p> <p>Booking essential please visit www.adventurebabies.co.uk/warwickshireandcoventry to secure your place or contact lindsey@adventurebabies.co.uk</p>	<p>lindsey@adventurebabies.co.uk</p> <p>or visit:</p> <p>www.adventurebabies.co.uk/warwickshireandcoventry</p>
11th July 14.30 –16.00	<p>HISTORY GROUP</p> <p>A Century of Popular Songs, 1860s—1960s</p> <p>Talk by Dr Richard Churchley</p>	<p>John Fletcher on 01926 426001 or johnfletcher@sky.com</p>

16.45-18.30	<p>ATOMIC DANCE</p> <p>Acrobatic Arts 1</p> <p>4.45pm-5.30pm - Ages 5+</p> <p>Learn the foundations of dance technique and acro movement. In this beginner class, students will develop skills such as forwards and backward rolls, cartwheels and bridges in a fun, friendly environment.</p> <p>£18 per month.</p> <p>Acrobatic Arts 2</p> <p>5.30pm-6.30pm - Ages 7+</p> <p>A more challenging acro class for children who have previous acro or dance experience. Learn how to safely execute skills such as handstands, backbends and walkovers alongside improving dance technique.</p> <p>£21.50 per month</p>	<p>Contact Ellie Rowe 07392 348155 or ellie@atomicdance.co.uk</p>
19.00-20.00	<p>YOGA</p> <p>Supporting Health & Wellbeing</p> <p>Yoga classes with Amanda</p> <p>Specialising in yoga for beginners. Sedentary workers, and mums.</p> <p>£5.00 per person</p> <p>Classes are limited to 11 people</p> <p>Please bring your own mat / block</p>	<p>www.lifewithaman.com</p>

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Thursday	Activity	Contact
10.15-11.45	<p>ST CHAD'S COMMUNITY CAFÉ</p> <p>Serving Drinks and Cake for you to enjoy</p> <p>If you would like to volunteer for one or two weeks per month please contact: kateatkaribu22@outlook.com</p>	<p>Kate Wellsted</p> <p>kateatkaribu22@outlook.com</p> <p>or ring 07713113464</p>
Friday	Activity	Contact
10.00-12.00	<p>Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"</p>	<p>Peter Fletcher 07487 685679</p>
<p>Sundays</p> <p>18.15-20.00</p>	<p>St Chad's Youth Club</p>	<p>www.stChad'sbt.org</p>

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A warm, inviting scene featuring a large, speckled ceramic mug and a small black bowl of soup, both emitting wisps of steam. The background is a soft-focus plaid pattern, and a vibrant red flower adds a touch of color to the upper right. The overall atmosphere is cozy and comforting.

This is a non-profit magazine supported by personal donations and contributions from St Chad's Parish Church Council and Bishop's Tachbrook Parish Council. All adverts are printed in good faith. The Bishop's Tachbrook Parish Magazine cannot take any responsibility for the contents of the advert or the services provided by the advertiser.

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Copy deadline for the September 2023 issue is 18th August

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