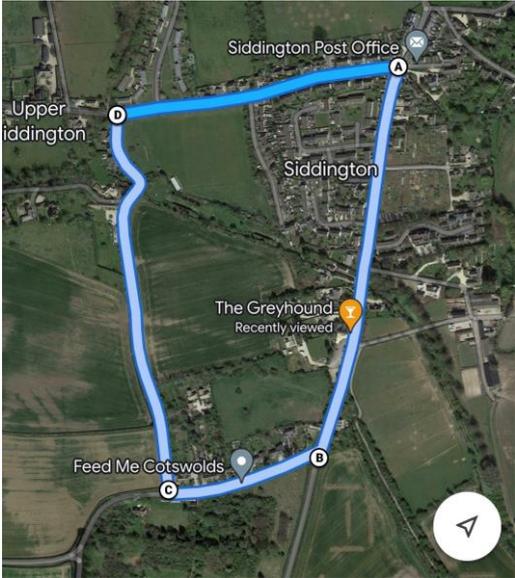


THE VILLAGE NEWS
Siddington
www.siddington.com
May 2022
Editors: Monica & Colin Neil

ARE YOU GETTING YOUR 10,000 STEPS A DAY?

Walking 10,000 steps a day is a popular fitness goal with many benefits. It can boost your heart health, strengthen your lungs, improves your concentration and strengthens your bones. It can also help you to build muscle, stabilize your blood sugar, lower your blood pressure, improve flexibility and boost your energy levels.



10,000 steps is approximately 5 miles. The “Upper Siddington - Siddington Loop” pictured here is just over a mile, so why not take time out of your day and walk the loop roughly five times whilst also exploring the local scenery.

You don’t need to take the steps all at once, so spread the walks throughout the day. If you use this picture as your guide you also don’t even need a tracking device.

This edition is kindly sponsored by Stonewood Group

PARISH COUNCIL NEWS

MEETING 12TH APRIL 2022

Unfortunately, the meeting planned for Tuesday 12th April was not quorate so had to be rescheduled for later in the month.

ANNUAL PARISH MEETING

The Annual Parish Meeting is planned for Monday 16th May at 7.30pm in St Peter's Church. Whilst this is not actually a Parish Council meeting, it is organised by the Parish Council, and allows various village organisations (including the Parish Council) to present reports on their activities over the past and coming years. Come along and find out what everyone has been up to over the past twelve months.

Full draft minutes of meetings may be viewed on the council website.

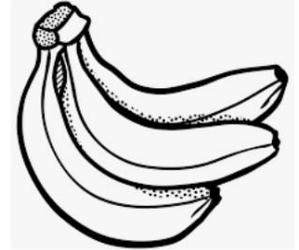
The agenda and Covid requirements for attendance at meetings are published on the website and on the notice board outside the post office in due course as meetings are called. Meetings usually take place in the Committee Room at the Village Hall.

The next meeting is planned for Tuesday 10th May 2022.

Robert Cowley – Parish Clerk
siddingtonclerk@gmail.com
www.siddingtonparishcouncil.org.uk

NO WASTE BANANA BREAD

A very useful recipe for healthy banana bread!



Basic Ingredients:

1- 2 tbsp marg or butter

2 tbsp sugar (any kind but brown is good)

2 eggs

8oz plain flour (wholemeal or brown but you can mix with white)

1 generous tsp baking powder

3 ripe bananas (I use between 2 and 4 either fresh or previously frozen: latter are really good.)

2 tsp of spices of your choice (mixed, ginger, cinnamon)

Handful of other dried fruit of your choice, including mixed peel or marmalade, nuts etc.

Milk, tea or orange juice to mix if consistency is too stiff.

1 lined greased bread tin

Oven about 170C for about 45 mins

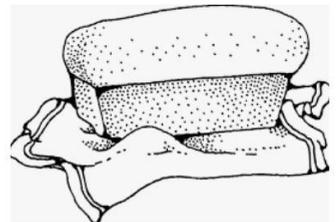
Method

Beat sugar and marg, add eggs and bananas. don't over blend bananas as lumps are quite nice. Add flour, baking powder, spices and dried fruit etc. Mix by hand and add some milk, juice, tea to thin if needed (1-2 tbsp max). You need a thickish cake type consistency. too dry and it's a dry cake, too wet and it is soggy.

Turn out onto rack when cool and enjoy. Best eaten soon as it doesn't keep very long (3 days or so, longer in fridge).

You can decorate with butter cream if you wish.

Penny, Upper Siddington House



Siddington C of E Primary School

'To have fun, do our very best and look after everyone in a caring Christian community'

A blue banner for Siddington C of E Primary School. On the left, it features the Ofsted 'Good School' logo and the motto: 'We have fun, We do our very best, We look after everyone'. In the center is a circular emblem with a yellow background, a brown cross, and a globe held by two white hands. On the right, it says 'Book your appointment today' and 'Tel: 01285 652866'.

SIDDINGTON C of E **PRIMARY SCHOOL**

Ofsted
Good School

We have fun
We do our very best
We look after everyone

Book your appointment today
Tel: 01285 652866

Thank you to everyone who attended the Consultation event at Siddington on 31 March. We were excited to share the plans for Bathurst Development's Legacy building with everyone. It was helpful to be able to answer questions about how the building will significantly improve the facilities at the school and how consideration is being given to minimising the impact of the construction on the school and village. I think we were able to share why we need these improvements to be made and how the design has been sympathetic to the current building and local area. This is a great opportunity for the school and for the children of Siddington. You can still view the proposed plans on the school website.

After a visit from the magistrates, the Year 5 and 6 children took part in mock trials at the Baptist Church. The children took the role of defence and competed against eleven other local schools. Our school came third overall and one of our pupils won the poster competition. This is an incredible result, as it was the first time Siddington C of E Primary school had taken part in these trials. Congratulations and thank you to everyone who took part.

Our younger children also visited Cirencester Deer Park school for a gymnastics competition. They really enjoyed seeing the gymnastic routines and taking part.

All the children invited their parents into school to help develop our new reflection garden. This activity was part of our 'growth' Science Week. We were lucky enough to have parents and stem ambassadors who volunteered to come into school to talk about their science-based jobs. We also held an exhibition for parents, at the end of the week, to share all the children's learning about growth.

Mrs Cook – Headteacher

ANYONE FOR CRICKET?

Siddington Cricket Club are very active in May as seven fixtures are arranged. These are:

Tuesday 3rd Wild Duck, Home
Sunday 8th Churchdown, Away
Wednesday 11th Swindon Beehive, Home
Sunday 15th Eastcombe, Home
Thursday 19th National Star College Staff, Home
Sunday 22nd Didmarton, Away
Sunday 29th Slaughters United, Home

Midweek games start at 6.00
Sunday games 1.30



THE POWER OF SELF-CARE... the NHS and beyond

YOUR INVITATION TO A SPECIAL EVENT

TUESDAY, 14 JUNE 2022, 10am-4pm,

MARKET PLACE, CIRENCESTER



MEDICAL



**MENTAL
HEALTH**



LIFESTYLE



**PHYSICAL
HEALTH**



FINANCIAL



DIET

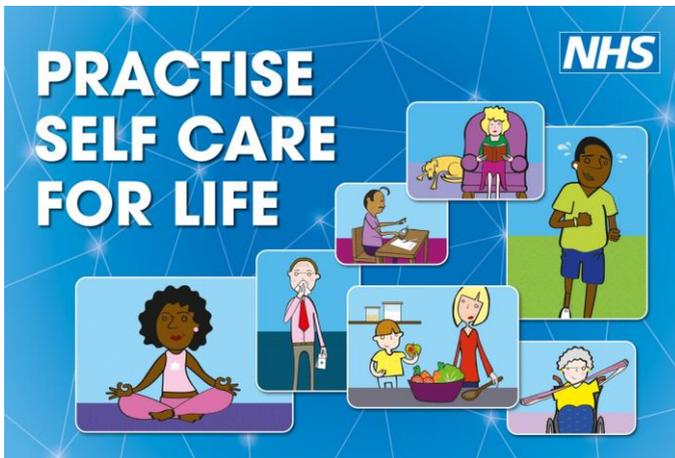
Self-care is so much easier to start if you know what support services exist and what they might do for you.

As part of Cirencester Town Council's Health & Wellbeing Week, The Patient Participation Groups (PPGs) of the various GP surgeries in and around Cirencester have organised a special event designed to help people learn more about support available to help people of all ages better manage all aspects of their lives. This event aims to extend our community's knowledge of where to find

and get help in each of the above areas, with representatives from the NHS as well as charities and commercial organisations.

Whether you are seeking to be pro-active about your own health and wellbeing, or simply aren't sure where to find help for an issue affecting you or your loved ones, come along and find out more about who can help and support you - and where to find them locally.

To find out more about the whole week of events visit:
<https://fb.me/e/1pFCoTPED>



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Next Month's Editor

Georgie Hayward

Deadline date: Sunday 15th May

Email: georgie@uppersidd.co.uk

Tel: 07722652886

NEWS FROM ST PETER'S CHURCH

May 2022		
Sunday 1 st May	11.15am	Family Service
Sunday 15 th May	11.15am	Holy Communion
Sunday 22 nd May	11.15am	Morning Praise
Sunday 29 th May	10.00am	Benefice service

Details of other services in the benefice can be found on the Churnside Benefice website. www.churnsidechurches.org.uk

Church spire illumination is only £5 per evening to sponsor, in memory of a loved one, anniversary, birthday, or just for yourself. Contact

Michael Painter m: 07977 409260 e: spireview25@gmail.com

Vicar: Rev'd Jennifer McKenzie

The Vicarage, Silver Street, South Cerney, GL7 5TP

Tel: 01285 860221

Email: vicar@churnsidechurches.org.uk

The Vicar's day off is on Friday.

Associate Priest: Helen Caine (available Tuesday/Friday/Sunday)

Email: associatepriest@churnsidechurches.org.uk

Church Office:

Open Tuesday & Thursday 9.00am – 1.00pm

Tel: 01285 862632 - Answer phone at other times.

Email: office@churnsidechurches.org.uk

Churchwardens:

Allen Howe 643574 & Michael Painter 07977 409260