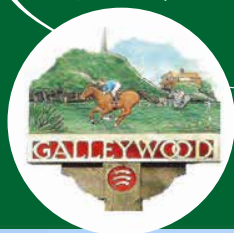


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Galleywood Grapevine

Community Magazine



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GGCM 053

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**Deadline for the next edition is
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Letter from the Chairman

**Welcome to this edition of the Grapevine magazine...
and a belated Happy New Year to everyone!**

Well, at last the days are getting longer, the first daffodils are out, and it will not be much longer before we are enjoying warmer Spring weather.

This is a busy time of year for the Parish Council. Our financial Year End is on March 31st, so the Clerk will be busy preparing for this. The Annual Parish Meeting is planned for Thursday April 11th at 6pm in the Keene Hall. There is more information about this later in this edition, but just to say that we hope to have several speakers, there will be a photographic competition open to all ages, and the usual refreshments. I think I have said this before – this is your meeting, and your chance to ask questions and share with your fellow parishioners and councillors what matters to you in your village. Please put this in your diary!

In addition to the Annual Parish Meeting, the Parish Council is planning a series of events for the first half of the year, shown later in this edition. We hope to hold an event commemorating the eightieth anniversary of the D-Day landings on June 6th, and also a Volunteering Open Day to showcase the wide range of local societies we have in Galleywood; all of these would

be grateful for any time and skills you perhaps may be able to give to support them.

As usual, Councillor surgeries are on the last Saturday of each month (except August and December) from 10am – 12noon in the Galleywood Library, so please come along to meet your Parish Councillors and to discuss local issues. We really would like to see you there. Alternatively, you can contact the Parish Council office at any time by telephone on **01245 358898/348756**, email (**clerk@galleywoodparishcouncil.gov.uk**) or in person on weekday mornings.

Further information about the Parish Council including forthcoming Council and Committee meetings and events can be found on the Council's website

www.galleywoodparishcouncil.gov.uk

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Best wishes

Stephanie Troop

Chairman, Galleywood Parish Council





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Cllr Stephanie Troop 01245 256008

Vice Chairman

Cllr Janette Potter 01245 352516

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Cllr Richard Hyland 01245 806220

Cllr Chris Shreeve 07948 528971

Cllr Neville Paul 01245 474891

Cllr Anthony McQuiggan 01245 808225

Cllr Geoff Smith 07540 528265

Cllr Bill Woolward contact via Parish Council

Cllr Gillian Bonnett 01245 258888

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janette.potter@chelmsford.gov.uk

Cllr Richard Hyland 01245 475734
richard.hyland@chelmsford.gov.uk

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- What do we do well?

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Christmas 'Best Dressed Window' Competition

The "Best Dressed Christmas Shop Window" organised and judged by the Galleywood Parish Council, brought together local businesses to showcase their creativity and spread joy through captivating displays.

The judging panel, consisting of Parish Councillors Troop and Potter, visited the shops to identify the shop window that encapsulated the true essence of Christmas, combining creativity, innovation, and a genuine festive spirit.

After careful consideration, Councillors Troop and Potter reached a unanimous decision. The title of "Best Dressed Christmas Shop Window in Galleywood" was awarded to joint winners Farleigh Hospice and Kim and Company - congratulations.



Galleywood Bulb Planting

On Saturday 25th November 2023 Parish Councillors Anthony McQuiggan and Chris Shreeve supported a group of volunteers in a bulb planting day.

Galleywood Parish Council purchased over 3000 bulbs, with approximately 800 crocus and narcissus tête-à-tête bulbs being planted in the green spaces around the entrance to the Galleywood shops car park. It was a dry, bright, but chilly day so many thanks to our volunteers – Mrs Susan Rawlingson, the Egginton family and the Reeves family.

Our gratitude must also be extended to tEG (The Environmental Group) for their guidance with regard to planting on the day, and also for their additional bulb planting sessions which took place over the course of the week. With additional bulb donations, they managed to plant a magnificent 2450 daffodils bulbs, 700 tête-à-tête and Woodland mix along Watchouse Road and around the village.



We can all look forward to a colourful and cheerful display in spring!

Kind regards
Councillor Chris Shreeve
Galleywood Parish Council



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Growing Galleywood

As Spring returns with green shoots emerging many of us return to outdoor activities.

In Galleywood our village Community has more than 130 individuals and their families who are enthusiastic allotment holders.

We are fortunate to have two spaces to foster a passion for growing in Galleywood, and the Chaplin Close allotment site has been thriving for 103 years. Situated off The Street, The Galleywood Cottage Garden Society has been a place for gardeners of all ages and levels of experience to get outside and have a go at growing a range of edibles and flowers. Due to the foresight of others in the 1920's and the careful management of local people the Society has been able to remain independent of local councils, has developed facilities and welcomed men, women and children over the years with great benefits for the well-being of the environment and participants alike.

Our recent challenges have included changing weather patterns with extremes of rainfall and temperatures requiring plot holders to adapt responsively and creatively to these new conditions. Growing melons outside would once have been considered difficult but now they are often seen on site. More traditional vegetables and salad products familiar and much loved by many continue to be grown in abundance. We deposit excess produce in trays outside the gates, mostly during the summer months, so do feel free to help yourselves as you walk by. Our friends and neighbours can only eat so much cucumber and runner beans!

Collectively we are optimistic, knowledgeable, productive and invariably resilient as we aim to nurture not only our crops but our community.

If you think you might like to come and find out more, please enquire at the email below. We are happy to offer further details and an informal look around if your appetite for getting Galleywood growing has been wetted.



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PHOTOGRAPHY COMPETITION

‘My Galleywood’

Galleywood Parish Council are running a competition for residents to send in a photo that represents ‘My Galleywood’.

The winners will be announced at the Annual Parish Meeting on 11th April at the Keene Hall.

Age categories: 0-11, 11-17 and over 18s.

A prize will be awarded to the winner of each category.

**Please send you entries to
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Galleywood Grapevine





A message from your Vicar, Revd David Cattle

No pain, no gain!

For those old enough
to remember the 1990s –

Gladiators is back on telly! I was a young adult in the 1990s, and still living at home with my parents. Gladiators was our essentially Saturday night tea-time viewing, and it is same in the vicarage today!

For those who have not seen it, the programme features 4 contestants (2 women and 2 men) who compete in various physical activities against a team of Gladiators, who are professional athletes and body-builders (basically big people who are fit, strong and full of muscle). The women compete against Gladiators with names like Dynamite and Electro, and the men against the likes of Giant (who is 6 foot 5) and Apollo (who is 6 foot 6!).

The games include Duel (trying to knock your opponent off a platform using a big padded stick) and The Wall (trying to reach the top of a climbing wall while being chased by an angry Gladiator who wants to pull you off before you reach the top). It's all done safely, with lots of pads, helmets, safety ropes and a referee. And at the end of the programme, after being battered by the Gladiators, the contestants race against each other over

an obstacle course to decide which man and woman go through to the next round.

It's not everyone's cup of tea, but I think it's great fun with plenty of laughs. And some of the people who come on the show are really great athletes, just like they were back in the 1990s. After finishing a game, an interviewer often asks them if they enjoyed it, and even though they are out of breath, in pain, and sometimes flat on their back, they always say yes (even if they lost the game!).

It's one example of how pain and joy go together. I don't think these athletes enjoy the pain, but they enjoy the things that the pain earns – the rush of adrenaline, the sense of achievement, the feeling of being alive and of pushing their body to the limit.

In the Church calendar, we are currently in the season of Lent, and we are moving towards that special weekend of Good Friday and Easter Sunday. It is the most important weekend of the year for Christians, and it involves both pain and joy. 2,000 years ago, Jesus entered into the pain of suffering and death by crucifixion at the hands of the Romans, and his followers experienced the pain of losing him. And every Good Friday since then, Christians have entered into this pain by remembering this event (Good Friday is indeed a very sombre day). But on the first



Easter Sunday, Jesus' followers experienced the joy of his resurrection, and every year Christians share this joy as we remember and celebrate the day that death was defeated.

Without the pain of Good Friday, there is no joy of Easter Sunday; just like without the pain of training and competing, athletes don't get the joy of achievement and winning.

Gladiators brings a barrel of laughs to Saturday night telly, but Good Friday and Easter Sunday bring the assurance that God cares for us and is on our side, and the hope that death is not the end but is the gateway to eternal life with God. So, that's my message: Easter is better than Gladiators!

Everyone is welcome to celebrate the most important festival in Christianity with us at St Michael's Church. (See the list of services.)

*God bless,
David*

vicar@stmichaelsgalleywood.org.uk

St Michael's Church service takes place at 10am every Sunday, and includes our weekly Sonlight group for primary-aged children and our twice-monthly Mega group for secondary-aged young people. The service is also livestreamed on our Facebook page. See our website for more details:

www.stmichaelsgalleywood.org.uk

SERVICES FOR HOLY WEEK AND EASTER

Wednesday 27th March, 7.30pm

The Way of the Cross – telling the story of Jesus's arrest, trial and crucifixion, as we move from place to place in the Church.

Friday 29th March, 8am

Meditation on the Cross – a quiet, reflective service focussing on the death of Jesus.

Sunday 31st March, 10am

Easter Sunday celebration service – a lively, all-age service with an Easter Egg Hunt around the Church for the children, and Holy Communion.



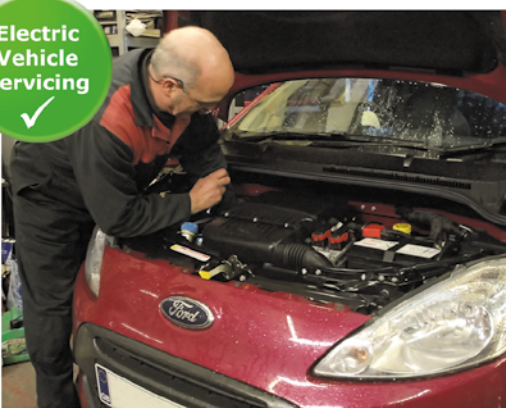
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Galleywood Grapevine



Spring Flavours Unleashed with our latest recipes

This month's recipes celebrate this season's produce by embracing some locally sourced ingredients!

From vibrant beetroot gratin to a hearty kale and potato hash, we've tried to incorporate some of the town's freshest produce into some family-friendly delights.

Simple, family-friendly, and planet-conscious, these recipes echo the spirit of Galleywood. Let's welcome spring with open hearts and delicious plates!

SPRING CHICKEN STIR-FRY



Ingredients

400g chicken breast, thinly sliced
1 red pepper, thinly sliced
1 yellow pepper, thinly sliced
200g sugar snap peas, ends trimmed
2 carrots, julienned
3 tbsp soy sauce, 1 tbsp honey
1 tbsp ginger, minced
2 cloves garlic, minced
2 tbsp vegetable oil
Sesame seeds for garnish
Cooked rice for serving

Instructions

1. In a bowl, mix soy sauce, honey, ginger, and garlic. Marinate chicken slices in this mixture for at least 15 minutes.
2. Heat oil in a wok over medium-high heat. Stir-fry marinated chicken until browned.
3. Add peppers, sugar snap peas, and carrots. Stir-fry for 3-4 minutes until vegetables are tender-crisp.
4. Serve the stir-fry over cooked rice. Garnish with sesame seeds.

SPINACH AND FETA STUFFED MUSHROOMS (VEGETARIAN)



Ingredients

16 large mushrooms, stems removed
200g fresh spinach, chopped
150g feta cheese, crumbled
1 small red onion, finely chopped
2 cloves garlic, minced
2 tbsp olive oil
Salt and pepper to taste
Fresh parsley for garnish

Instructions

1. Preheat the oven to 180°C.
2. In a pan, sauté red onion and garlic in olive oil until softened. Add chopped spinach and cook until wilted.
3. In a bowl, mix the spinach mixture with crumbled feta. Season with salt and pepper.
4. Stuff each mushroom cap with the spinach-feta mixture.
5. Bake for 15-20 minutes until mushrooms are tender.
6. Garnish with fresh parsley before serving.



VEGAN BEETROOT AND CELERIAC GRATIN



Ingredients

2 medium-sized beetroots, peeled and thinly sliced
1 small celeriac, peeled and thinly sliced
1 onion, thinly sliced
400ml coconut milk
2 cloves garlic, minced
2 tbsp nutritional yeast
2 tbsp olive oil
Salt and pepper to taste
Fresh thyme for garnish

Instructions

1. Preheat the oven to 180°C.
2. In a pan, sauté onions and garlic until softened.
3. Layer beetroots, celeriac, and onions in a baking dish.
4. Mix coconut milk, nutritional yeast, olive oil, salt, and pepper. Pour over the vegetables.
5. Bake for 40-45 minutes or until vegetables are tender.
6. Garnish with fresh thyme before serving.

POPULAR KALE AND POTATO HASH



Ingredients

4 medium potatoes, peeled and diced
2 cups kale, chopped
1 onion, finely chopped
2 cloves garlic, minced
1 tsp smoked paprika
1 tsp cumin
Salt and pepper to taste
2 tbsp olive oil
Fresh parsley for garnish

Instructions

1. Boil diced potatoes until just tender. Drain and set aside.
2. In a pan, sauté onions and garlic in olive oil until translucent.
3. Add boiled potatoes and kale to the pan. Cook until kale is wilted.
4. Sprinkle with smoked paprika, cumin, salt, and pepper. Stir well.
5. Cook for an additional 5 minutes until potatoes are golden.
6. Garnish with fresh parsley before serving.



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Galleywood Grapevine

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Senior Citizens Christmas Lunch

The Senior Citizens Christmas Lunch organised and subsidised by the Parish Council has become a cherished tradition.

This year, the festive spirit was rekindled, bringing smiles and laughter to the faces of the elderly residents who attended.

As the doors of the Keene Hall swung open, residents were greeted by staff and Councillors. The atmosphere buzzed with excitement and anticipation for the event that lay ahead.

The feast unfolded with a drinks reception, allowing residents to mingle and share stories. Then came a sumptuous three-course lunch.

Adding a melodious touch to the occasion, singers from St Michael's choir graced the event with some festive carols. Everyone joined in the singing.

What's Christmas without gifts? The residents were not only treated to a memorable lunch but were also presented with boxes of chocolates, generously donated by the local Co-op store. The joy was doubled as children from St Michaels Junior School took on the heartwarming task of distributing these gifts. The intergenerational exchange of smiles and gratitude created a heartening atmosphere, reinforcing the sense of community that makes Galleywood special.

The Senior Citizens Christmas Lunch is more than an event; it is a testament to the community's commitment to inclusivity, compassion, and the joy of coming together.



The Galleywood Parish Council extends heartfelt gratitude to everyone who made this event a success including a visit from Father Christmas himself.

Our next Christmas lunch will be on Friday 13th December 2024 – we look forward to seeing you there!



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Galleywood Grapevine






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To receive a copy of our prospectus or to arrange a visit please contact Lindsay.

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Galleywood Grapevine





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Essex Trading Standards- Roofing Trader Cowboys

The arrival of winter weather always sees an increase in complaints about roofing companies targeting elderly or vulnerable consumers in Essex.

Whilst some are unsolicited (where the consumer is approached on their doorstep), there is also a growing trend for rogue traders to appear as legitimate and feature on various 'find a quote' or 'approved trader' websites where the consumer is seeking businesses to quote for a known house maintenance problem.

Once through the door what started as a reasonable quote can quickly escalate once work starts with other 'problems' being found, which may or may not even exist or need to be repaired at all. At this point the consumer is in a vulnerable position with work already underway on the roof, without an opportunity to properly investigate or obtain other quotes and feeling pressured into paying well over the odds.

A very recent case saw a consumer agree to an initial quote for £1,500 to resolve a leak which quickly escalated up to £35,000 for a

whole new roof. Part payment was made but thanks to the intervention of our officers and their bank no further payments were made. A surveyor has reported that, even if all the work was necessary, the maximum value would have been no more than £12,000.

Consumers are recommended to use a recognised trader approval scheme such as the Trading Standards approved Buy With Confidence Scheme. Do your research on the business and don't commit to any work without obtaining further quotes and being provided with a comprehensive contract identifying the business, the work required and your cancellation rights.

For further advice or to report a rogue trader incident contact the Citizens Advice Consumer Service on **0808 223 1133**.

Galleywood Horticultural Society

Galleywood Horticultural Society's talks for March and April are as follows:

Thursday 28th March 'Compost and composting' - Demonstrator Jane Ponton from South East Essex Organic Gardeners. This talk is an interactive talk with audience involvement.

Thursday 25th April, Great English Gardens - Laurence Johnson of Hidcote Manor by Margaret Mills.

Both talks take place at the Keene Hall, Galleywood and start at 7-45 pm.
Doors open at 7-30pm

Refreshments available before meeting starts.
Admission for Members is free and Visitors £4.

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Michael Bright

Yes I remember the dogfights with Spitfires flying after the Luftwaffers. One night, watching it at the farm yard in Cannon Leys Farm I think it was called the Battle of Britain.

Yes I remember Ted's lovely garden, he really liked Dahlias.

Moving on -Bill Barrett's house in the street called Thornbank, the scullery is now a bathroom the living room is now a kitchen and the front room which was only used for Christmas or for meetings after a funeral which is used every day as a sitting room, I know I love there.

I don't know about the carrot wine. I have some homemade blackberry wine. Blackberries which are picked on Galleywood Common. You are very welcome to a glass of that.

by Jill Bellamy Chaplin

St Michael & All Angels Church

1st Saturday of every month
we have a coffee morning with
Cake.

This is a great fundraiser for our Church the main reason it was set up, we are raising funds for Galleywood Church building, eg New North Roof. The morning runs from 10 -12, and numbers have slowly grown over the 2 years, it has a very friendly atmosphere, so an event the Team love running.

Not only has it increased on the day, but it has helped increase our numbers at Sunday services, and other events that are taking place at the church. We are a place that are friendly to dogs and therefore we also get dog walkers call in from off the Common.

Come along all we would love to meet you, and you can enjoy some homemade cake also.



Galleywood Youth Club



YMCA Galleywood Youth Club is a safe place where young people can relax, build friendships and learn new skills. We offer informal education and support for young people, offering life skills and supporting their wellbeing.



Youth workers run tailored sessions to support current issues young people are facing; strategies to deal with stress/anxiety as well as discussions around aspirations, friendships and healthy relationships.



Qualified staff take time to get to know and listen to young people, helping them feel safe, guiding them to make positive choices and offering advice where needed.

Sessions involve activities such as badminton, team challenges, arts and crafts, baking and varied seasonal activities. Activities are co-created by young people and youth workers, allowing us to provide engaging and fulfilling sessions our attendees can't help but get submerged in.

Attending youth club is a brilliant way to build new skills, develop friendships and raise confidence and self-esteem

“Attending YMCA has made a real difference to my life”

“I love it here! I feel safe and supported.”

“Since attending, I have grown in confidence”

Youth Club is open every week during term-term and is completely FREE! Simply turn up to your chosen session, everyone is welcome.

Galleywood Youth Centre
Watchhouse Road, CM2 8PT
Thursday
4:30 - 6:30pm (age 11-13)
6:30 - 8pm (age 13-17)





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OPENING DAYS OR FOR LAST MINUTE CANCELLATIONS

www.galleywoodheritagecentre.org.uk



Galleywood Women's Institute

We meet regularly on the second Thursday of every month at 2pm at the Keene Hall.

Visitors are always welcome, so why not come and try us, make new friends, and find out what the WI is all about.

We recently enjoyed our Christmas meeting when we all sang the "12 days of Christmas with gusto and ate our mince pies and Christmas cake.

In January, over 40 members and guests enjoyed a hearty soup lunch on a very cold day.

Besides the monthly meetings, we enjoy going out for lunches, go for walks, and have a sewing/ handicraft group, which meets at Galleywood library at 2pm on the Tuesday after the monthly meeting. This is open to all, and you do not have to be a WI member.

We bring along our own projects and enjoy the socialising in a relaxed atmosphere and enjoy a cup of tea.

Looking forward to seeing you. If you have any questions, you can contact Wendy Johnson on **01245 476032**

theWI
INSPIRING WOMEN

Carols on the Common

On Saturday 23rd December many of us gathered to enjoy singing Christmas 'Carols on the Common'.

The event was led by the Church and supported by the Parish Council. There was a festive and joyful atmosphere. Refreshments were provided by The Parish Council and served by church volunteers. The event was enjoyed by all young and old.

Events like these are not only a great way to celebrate the festive season but also strengthen community bonds, bringing people of all ages together to share in the joy of the holidays.



Club contact details

1st Galleywood Scout Group

Sue Raybould - 1st Galleywood Group Scout
Leader - susan.raybould@blueyonder.co.uk

Baddow and Galleywood u3a

Roy Brackley | 07718 757984
bandgu3achair@gmail.com

Chelmsford Guitar Orchestra

Roger Montgomery | 07773 155981
rogermontgomery@hotmail.co.uk

Essex Family History (ESFH)

Meryl Rawlings | 01245 225200
meryl.rawlings@btinternet.com

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Galleywood Art and Craft Club

Beth Schluter | 07788 103233
schluterbeth@hotmail.com

Galleywood Chaplin Close Allotment

David Norman, Chairman
thegcgs@outlook.com

Galleywood Common Association

Patricia Stuart | 01245 268218
Pat.malcolm64@gmail.com

Galleywoofers Dog Training

Tony Cruse | 07976 807690
tcdogtraining@me.com

Galleywood Glebeland Allotment Tenant Association - Ian Jarratt

07969 054904 | ijarratt@Hotmail.co.uk

Galleywood Good Neighbours

CLlr S Troop | 01245 256008
cllrtrouop@galleywoodparishcouncil.gov.uk

Galleywood Historical Society

Gillian Parker | 01245 466353
parkwisp@gmail.com

Galleywood Horticultural Society

Philip Walters | 01245 473191
sarah-phil@virginmedia.com

Galleywood Ladies Club

Cynthia Walker | 01245 474781
Cjwalker2010@googlemail.com

Galleywood Cottage Garden

thegalleywoodcgs@gmail.com

Galleywood Neighbourhood Watch

Richard Hyland | 07795 540153

Galleywood Cricket Club

John Gray | 07847 336237 | jgraygccc@sky.com
www.galleywoodcricket.club

Galleywood Short Mat Bowls Club

Denis Ketley | 01245 611163
denisjketley@outlook.com

Galleywood & District Social Club

The Street | 01245 287260

Galleywood Walkabout

Åsa Pamphilon | 07534 414518
asaros@hotmail.co.uk

Galleywood WI

Wendy Johnson | 01245 476032
wendyjohanson9@aol.com

Galleywood Youth club

Becky Whitaker | 01245 355677 / 07850253708
becky.whitaker@ymcaessex.org.uk

Galleywood Theatre Group

Paul Hambleton | 07941 258214
pahambleton@virginmedia.com

Inland Waterways Association

Rebecca Loader | 01621 332619
rebecca.loader57@gmail.com

IYC (Ian's Yoga Class)

Ian Jordan | 01245 492640
yogateacher@yogainchelmsford.co.uk

Point to Point Patchwork & Quilting

Margaret Shears | 01245 260312
marg.shears@blueyonder.co.uk

Sing and Sign

Martine Brockman | 07739 832059
martinebrockman@singandsign.co.uk



Club contact details

St Michaels Bellringers

Chris Moles | 01245 268157
christinemoles@hotmail.com

Trudi Osborne dance

Trudi Osborne | 07788 712751
trudimorgan@btopenworld.com

The Environmental Group - Åsa Pamphilon

07534 414518 | asaros@hotmail.co.uk

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Mr Fish

Watchouse Road | 01245 250557

Mila Restaurant

Watchouse Road | 01245 350085

The Post Office

Watchouse Road | 01245 353139

Community Venues for Hire

Galleywood Heritage Centre

01245 357700
mail@galleywoodheritagecentre.org.uk

Keene Hall

Mrs Susan Royce | 01245 268961
administrator@keenehall.com

Church

St Michael & All Angels

Rev Cattle | 01245 956953
vicar@stmichaelsgalleywood.org.uk

Other Services

Area Highways Office

0845 6037631 | www.essex.gov.uk

Chelmsford City Council

Switchboard | 012454 606606
www.chelmsford.gov.uk

Chelmers Housing Partnership

03005 550500 | enquiries@chp.org.uk

Clarendon Veterinary Centre

01245 267954 | www.clarendonenquine.co.uk

Environmental Services

01245 606800 | www.chelmsford.gov.uk

Essex Countryside Traveller Unit

03457 430430

Galleywood Library - Watchouse Road

0345 6037628
galleywood.library@essex.gov.uk

Galleywood Voluntary Community Care

Transport officer | 07840 232746
Secretary Christopher Kersley | 07375 108941

Recycling

01245 615800

The Guinness Trust Housing

030 3123 1890 | www.guinnesspartnership.com
Mel Williamson
Melanie.williamson@essex.gov.uk
Leigh Jones - Leigh.jones@chp.org.uk



Club contact details

Recycling

01245 615837

www.chelmsford.gov.uk/recycling

Village Agent

Felicity Chapman | 07305 707742

www.communityagentsessex.org.uk

Schools

Galleywood Infant School

Mrs Sarah Manning | 01245 472686

admin@galleywood.essex.sch.uk

St Michaels C of E (VA) Junior School

Mrs Rowen Prigg | 01245 472682

admin@st-michaels-jun.essex.sch.uk

Great Baddow High School

Mr Paul Farmer | 01245 265821

admin@gbhs.co.uk

Thriftwood School

Mrs Georgina Pryke | 01245 266880

admin@thriftwoodschool.com

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Susan Mann | 01245 348159

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Data Protection Act

Under the Data Protection Act 2018, the Parish Council now needs consent to be able to publish personal information. This relates to the contact names, telephone numbers and email addresses for all Clubs and Organisations previously published in the Grapevine.

All Clubs and Organisations were contacted and provided with a Consent Form for completion and only the ones that we have had returned can now be published. So, if you see your Club or Organisation missing from the directory this is the reason.

If you would like to resume your listing please contact the Clerk for a Consent Form:

01245 358898 or email:

clerk@galleywoodparishcouncil.org.uk

or pop into the Parish Office, first floor at the Keene Hall, Watchouse Road.

GALLEYWOOD HISTORICAL SOCIETY

Galleywood Historical Society forthcoming talks:

Wednesday 13th March at 8pm

Famous Gardeners: Ellen Willmott of Warley Place and William Robertson

A talk by Margaret Mills
At the Keene Hall, Watchouse Road,
Galleywood CM2 8PT

Free to members, guests welcome at £3 per
person



What to do in the garden in March

By mid-March, we're ready to welcome the start of spring, hopeful, happy time for us gardeners.

There's lots to be done outside, now the slower winter months have passed. Read on to find out more about what gardening jobs there are to do in March:

Timely Tips

1. Fertilise your beds. Once your soil is workable, dig a 5cm (or more) layer of compost or well-rotted manure into your beds to prepare for the growing season ahead. You can also work in a general-purpose fertiliser, such as pelleted chicken manure, or fish, blood and bone.
2. Put supports in. If any of your garden plants or climbers need supporting this year, put them in now, so plants can grow up through them. Adding supports afterwards is trickier and often looks unattractive.
3. Move deciduous trees or shrubs. Now is the time to do this task, provided the soil isn't frozen or waterlogged.
4. Resurface paths before plants start to grow and smother them.

In the flower garden

- Feed trees, shrubs and hedges with a slow-release fertiliser by lightly forking it into the soil surface.
- Feed roses with special rose feed or balanced fertiliser as they come into growth. Prune roses now to encourage strong new growth.
- Finish cutting back dead foliage from perennials and ornamental grasses to make way for new growth.
- Deadhead any winter pansies, daffodils, and hydrangeas.
- Plant native hedges to encourage wildlife to your garden.

In the vegetable garden

- Dig in green manures grown over the winter. Do this while stems are still soft.
- Dig compost, well-rotted manure or green waste into your vegetable beds to prepare for the growing season ahead. Dig in a 5cm (or more) layer when the soil becomes workable. Weed vegetable seed beds before adding the layer.

- Cover prepared soil with sheets of black plastic to keep it drier and warmer in preparation for planting.
- Weed and mulch asparagus beds. Asparagus has shallow roots so weed by hand to prevent damage.

In the fruit garden

- Cut autumn-fruiting raspberry canes to the ground to stimulate new canes, which will fruit in the autumn.
- Mulch fruit trees with well-rotted manure or garden compost. Take care not to mound mulch up around tree trunks.
- Cover outdoor strawberries with cloches to encourage earlier fruiting.

Other jobs about the garden

- Recut any lawn edges if necessary.
- Get rid of slimy patches on patios and paving by scrubbing with a broom or blasting with a pressure washer.
- Install water butts for the season ahead. Position them under a downpipe to make the most of rainfall.
- Begin weeding as the weather warms — it's easier to control weeds if you remove them while they're still young.

Build a compost bin before the growing season gets underway. If you already have one, check to see if there is any compost ready to use on vegetable beds.

Gardening tips supplied by Thompson & Morgan. For a full list of what to do in the garden in March and beyond please visit their website: www.thompson-morgan.com/in-the-garden-this-month





Running into the New Year, and beyond

The time for 2024's New Year's Resolutions has rolled around, and one which creeps up every year is fitness, and specifically running.

Running is a brilliant way to improve both your physical and mental health, and we have got some top tips to get you running through your New Year's Resolution and beyond!

Find the right shoes

Investing in a good pair of running shoes is paramount to a comfortable run. Your foot size and shape, and where you run are all factors in determining the perfect shoe to make you feel like you're walking on clouds, whether you're taking on the tarmac or hitting the hiking routes. There are great free resources online, but the best thing would be to visit your local running shop and try on a few pairs!

Slow and steady wins the race

There is no need to sprint out of the starting blocks and try to set a personal best. Begin slowly – a brisk walk, or a mixture of running and walking, or short distance are all great ways to start building your stamina and get your body into the rhythm of running.

Set achievable goals

Long and short term goals are important to keeping you motivated. You might want to try and run 1 mile without stopping, or to complete a 5k (visit www.parkrun.org.uk to find your local, free 5k course), it's important to celebrate small achievements. To keep you motivated in the long term why not consider entering a local charity run and give yourself something to train for – plus you'll get a medal for all your hard work!

Use technology

Free apps such as Strava and Couch to 5k are brilliant tools for tracking your runs and aiding your improvement. You can keep these runs completely private, or can share them with the community if you wish – the choice is yours.

Playlists

A good playlist is almost as important as a good pair of shoes. Create something that motivates you to keep moving. Another great way is to search for a BPM playlist on Spotify or Apple Music. This will give you a personalised playlist of songs you love to a specific BPM helping you keep your rhythm and pace.

Community running

Whether it be a local running club, online forum, or friends or family, sharing experiences, tips, and struggles will make running far more enjoyable. Running doesn't need to be a solo event – everyone will cheer you on!

Look after your body

Hydrate, hydrate, hydrate! Before, during, and after a run. Water is key to every run, however once you've built up to longer distances it's important to re-fuel too – consider isotonic running gels for runs over 10k.

And if you need a rest day, take it guilt free. Recovery is important to recuperate, and nothing beats a good night's sleep.

by Andrew Till

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