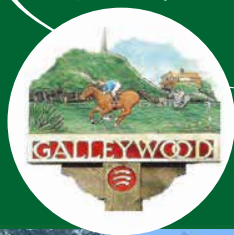


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GGCM 055



Galleywood Grapevine

Community Magazine



Twitten Green, Galleywood.
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GGCM 055

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Galleywood Grapevine





Letter from the Chairman

Welcome to our Summer edition of the Grapevine magazine.

The wet weather this year has resulted in abundant growth of grass, trees, and other vegetation - although I appreciate that conditions have been far from ideal for those of you with allotments or trying to grow fruit and vegetables at home. Twitten Green, the piece of land owned by the Parish Council on the Street, has been almost overwhelmed by new growth. We are grateful to the volunteer Environmental Group (tEG) for clearing this and keeping the area a safe and welcoming place. Please do stop by and sit for a while if you are out walking with or without the dog – it is a lovely, peaceful place to be in the middle of Galleywood.

Twitten Green is the location for the first of our free summer events, Storytelling. I hope many of you will have been able to enjoy the stories, and the opportunity to have a picnic and an ice cream! The second of our summer events is Play in the Park at Jubilee Park and Chelmer Park, with a range of activities for young people. Please let us know if you have enjoyed these activities, and if you would like to continue with these or suggest alternatives for next year.

On June 6th, the Parish Council held a service at the Keene Hall to commemorate the 80th anniversary of the D-Day landings, conducted by the Vicar of St Michaels' Church, the Reverend David Cattle, and including readings by Councillors and the lighting of the Peace Lantern. Refreshments were provided in the Keene Hall afterwards. As in previous years, there will be an Armistice Day service at the Keene Hall on November 11th this year.

On July 6th at the Keene Hall, the Parish Council held its first Galleywood Showcase event, to advertise the many volunteer groups in Galleywood and seek volunteer support from residents. We were very pleased to welcome the Mayor of Chelmsford, Councillor Janette Potter and the Mayoress, Jackie Galley, who were shown round by the Chairman and enjoyed tea and cakes afterwards! We hope to be able to repeat this event next year.

As usual, Councillor surgeries are on the last Saturday of each month (except August and December) from 10 am – 12 noon 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, **01245 358898/348756**, email **clerk@galleywoodparishcouncil.gov.uk** or in person on weekday mornings. Please note that from week commencing July 22nd, the Parish Office will be closed on Friday mornings, although you will be able to reach the Clerk by phone or email as usual.

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** or on **www.facebook.com/Parish.Council**.

Best wishes
Stephanie Troop
Chairman, Galleywood Parish Council





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Galleywood Grapevine



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Galleywood CM2 8PT

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clerk@galleywoodparishcouncil.gov.uk

Admin Assistant

Abbey Richardson 01245 348756
Admin@galleywoodparishcouncil.gov.uk

Galleywood Parish Councillors

Chairman

Cllr Stephanie Troop 01245 256008

Vice Chairman

Cllr Janette Potter 01245 352516

Councillors

Cllr Gillian Bonnett 01245 258888

Cllr Anthony McQuiggan 01245 808225

Cllr Neville Paul 01245 474891

Cllr Chris Shreeve 07948 528971

Cllr Geoff Smith 07540 528265

Cllr John Turkentine 01245 475263

Cllr Bill Woolward contact via Parish Council

Chelmsford City Councillors

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janette.potter@chelmsford.gov.uk

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www.stmichaelsgalleywood.org.uk

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Galleywood Grapevine





A message from your Vicar, Revd David Cattle

Going green

I love the time of year from May to early-summer. It is my favourite time of year for enjoying nature. The trees come into full leaf, there are lots of wild flowers around, and there are lots of lovely smells in the air. I don't have a great sense of smell, so if I can smell the flowers they must be good! And of course I love it when the weather starts to get warmer.

In recent years, the Church of England has put lots of time and energy into caring for the environment. This is not just because the planet supports human beings and we want it to remain beautiful, and not just because we don't want our descendants to suffer because of our wasteful actions, but also because the environment has a value of its own. Every bit of the natural world has its own beauty and value even if humans aren't there to enjoy it.

Christians have a good reason for saying this: We believe the environment is something that God has created, and is something that God values. In the book of Genesis in the Bible, in the great parable about the heavens and the earth being made in six days, it says that God declares that creation is "good", and when God created humans he described creation as "very good".

Human beings are part of the creation. We are made from the same physical stuff as everything else. And we are the only creatures who God made in his image, who he has put in charge of the creation.

In other words, we are the creatures with the big brains who can do the most damage and give the most care. Part of being human is to care for God's creation in the way that he does.

St Michael's Church has recently achieved a Silver Eco Church award, which we are very pleased about. We will go for Gold eventually, although that will probably mean changing our heating system which will cost a fortune, so that is a longer-term project. In the meantime, we are continually looking for ways to live more sustainably. This is one of the reasons why the rules for our churchyard, (which are set by the Diocese and are part of English law) say that nothing plastic should be left on graves.

Caring for creation is all of our responsibility. We do this ourselves, and we teach our children to do it also.

I hope you all have a great summer enjoying the natural world!

God bless, *David*

vicar@stmichaelsgalleywood.org.uk
01245 956953

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:
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Galleywood Youth Club



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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”

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“Since attending, I have grown in confidence”

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

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6:30 - 8pm (age 13-17)





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Galleywood Grapevine



Happy to Chat benches at Jubilee Park



The Parish Council has organised for three new benches to be installed at Jubilee Park. One of the three benches stands out with a special purpose.

The 'Happy to Chat' bench is an invitation to everyone in the community to pause, sit, and engage in friendly conversations. Whether it's a quick chat with a neighbour, sharing stories with a fellow dog walker, or meeting new people, this bench is all about building connections and fostering a sense of belonging.

Thank you to Essex County Council for funding this through its Locality fund, and to Chelmsford City Council for installing the benches.

The addition of these benches is a testament to the Parish Council's commitment to

enhancing community facilities and promoting social interaction. Located at scenic spots within Jubilee Park, these benches offer a perfect resting place for those looking to enjoy the serene environment, take a break from their stroll, or simply soak in the beauty of the park.



Galleywood Women's Institute

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

Over the year, we have speakers on a variety of speakers on a variety of subjects. In September, Gemma Cook will be taking us through a Zumba class. In October, Brian Billings will tell us about "Essex Smugglers". In November, we'll be told about "The Mitford Girls" by Ian Kirby. In December, there will be "musical Songs" and entertainment with Rick Christian.

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 socialising in a relaxed atmosphere and given a cup of tea by the library staff.

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

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

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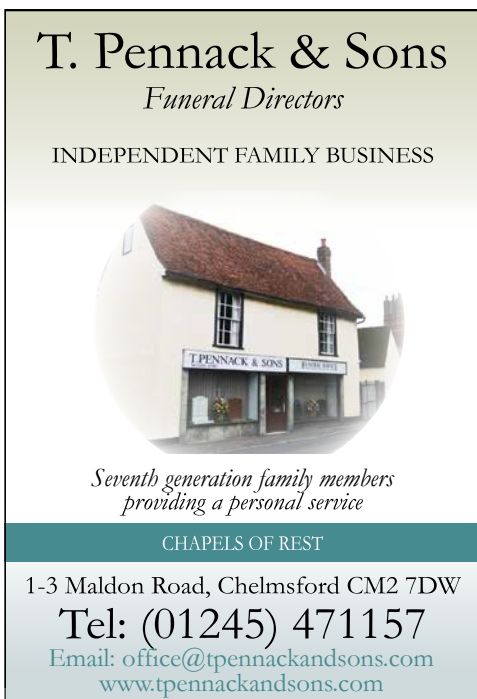


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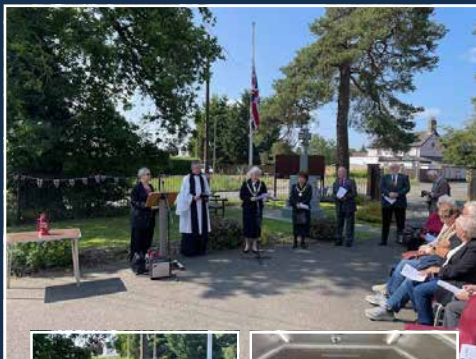
D Day Commemorations

On 6th June 2024, the country marked the 80th anniversary of the Normandy Landings on 6 June 1944.

Major events were held around the country and the Parish Council decided to mark the occasion by having a commemorative service at the war memorial at Keene Hall.

Reverend David Cattle and Parish Councillors led the service. We were also joined by the Mayor of Chelmsford, Janette Potter and Mayoress Jackie Galley. Extracts and poems from the official anniversary guide were read by councillors and Councillor Neville Paul raised the flag at the Keene hall.

Councillor Gillian Bonnett lit the lamp of peace. The light of the flame represents the 'light of peace' that emerged from the darkness of war. Residents who joined the service were then welcomed into the hall for complimentary refreshments and a chance to talk and meet with fellow residents and Councillors.



Essex Local Nature Recovery Strategy

More than ever, wildlife and their habitats are under threat for survival.

The Essex Local Nature Recovery Strategy provides a new vision for our natural spaces and the draft strategy is currently being prepared for public consultation.

Made mandatory in the Environment Act of 2021, the Essex Local Nature Recovery Strategy (LNRS) presents a pivotal opportunity for us all to contribute towards a sustainable future for our wildlife and the landscapes they inhabit.

Essex County Council, in collaboration with the Essex Local Nature Partnership, has created the draft Essex LNRS, alongside a range of key local stakeholders, including Supporting Authorities, farmers, landowners, environmental organisations and charities, community groups, parish and town councils and the public. Covering the whole of Greater Essex, the document aims to identify key

locations for the creation and enhancement of habitats, focusing on areas that will provide the most significant benefits for nature and the wider environment. By outlining key biodiversity priorities and proposed actions, the aim is to achieve a more connected, collaborative approach to nature recovery. The draft strategy is expected to go to public consultation later this summer.

Sign up to receive updates when the public consultation is live by scanning the QR code below or visiting:

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For more information of the Essex Local Nature Recovery Strategy visit

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Galleywood Grapevine



Galleywood Showcase

The Galleywood Parish Council recently convened to address the issue of social isolation in our community.

On Saturday, July 6th, the Parish Council brought together various local community groups to present their offerings to residents and potential volunteers. Despite the challenging weather, 15 groups attended, and it was encouraging to see many residents in attendance.

We extend our sincere thanks to the Keene Hall for providing the venue and to the Galleywood WI for their invaluable support in serving refreshments during the event.



Galleywood Historical Society

Galleywood Historical Society forthcoming talks:

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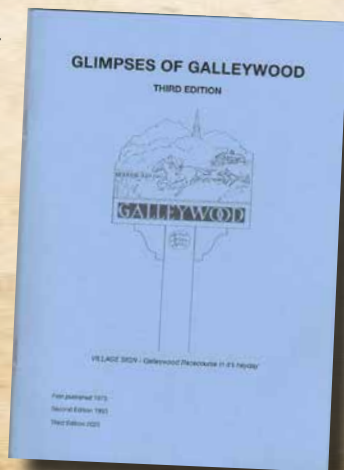
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Galleywood Grapevine





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www.Galleywoodparishcouncil.gov.uk



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MONDAY
NOVEMBER 11TH 2024



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If you are unable to attend in person, it is possible for someone else to bring the hearing aids to a support session on your behalf. If you are housebound, please ask about our doorstep service.

We also provide an Information, Advice, and Guidance service, helping to find solutions

to difficulties associated with hearing loss.

This service is currently being delivered from our Resource Centre in central Chelmsford, in person, or by phone, video call, text message, or email. Our services are completely free of charge, but as a small charity working hard to support Essex residents living with hearing loss, all donations are appreciated.

Appointment's must be booked in advance for all services, and can be made by contacting the team on:

Tel: **01245 496347**

Text only: **07950 406173**

Email: **info@hearinghelpessex.org.uk**

www.hearinghelpessex.org.uk

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Galleywood Grapevine





ARE YOU A LOCAL CLUB/GROUP OR ORGANISATION BASED IN GALLEYWOOD?

If so, you may be able to apply for funding through the Parish Council's Annual Grants scheme for the purpose of encouraging and assisting with your group's activities.

Application Forms are available from 2nd September 2024 and must be completed and returned by 4 November 2024

Further information is available from the Parish Council office:

Tel: 01245 358898

Email: Clerk@galleywooparishcouncil.gov.uk



www.galleywoodparishcouncil.gov.uk





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Galleywood Grapevine



Club contact details

1st Galleywood Scout Group

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

Baddow and Galleywood u3a

Sue Nelson
bandgu3achairsuenelson@btinternet.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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www.stmichaelsgalleywood.org.uk/ouractivities/friendship

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 Historical Society

Gillian Parker | 01245 466353
parkwisp@gmail.com

Galleywood Horticultural Society

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

Galleywood Youth Football Club

Alan Smith, Chairman | 07899 797692
chairman@galleywoodyouthfc.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

Robert Watts | 07544 829425
trebora310@gmail.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
wendyjohnson9@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

St Michaels Bellringers

Chris Moles | 01245 268157
christinemoles@hotmail.com



Club contact details

Trudi Osborne dance

Trudi Osborne | 07788 712751
trudimorgan@btopenworld.com

The Environmental Group - Åsa Pamphilon

07534 414518 | asaros@hotmail.co.uk

Businesses

Co-operative Food (Cash Point)

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www.chelmsfordstar.coop/food

Farleigh Hospice Charity Shop

49 Watchouse Road | 01245 359739

Chelmsford Star Co-operative Funeral Service

348 Baddow Road | 01245 268993
www.chelmsford.coop/funerals

Galleywood Motor Spares

Watchouse Road | 01245 475406

Galleywood Pharmacy

Watchouse Road | 01245 258583

Kim and Company Hairdressers

Watchouse Road | 01245 353566

Liberty Dry Cleaners

Watchouse Road | 01245 357710

Lounge India Restaurant

Watchouse Road | 01245 357075

Morrisons

Watchouse Road | 01245 697889

Milbury Meats

Watchouse Road | 01245 353435
www.milburymeats.co.uk

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

Jubilee Friends Pre-school

Lindsay | 01245 474157

The Stables Nursery

Susan Mann | 01245 348159

www.thestablesnursery.co.uk

Public Houses

The Great Baddow Barn

Galleywood Road | 01245 473738

www.thegreatbaddowbarn.com

The Horse and Groom

The Common | 01245 261653

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The White Bear

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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.

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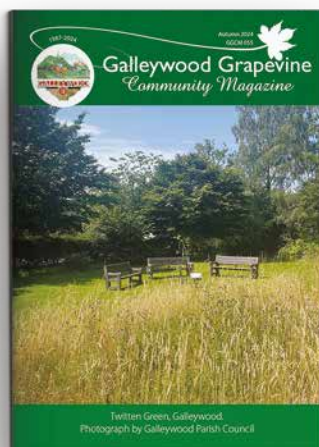
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OLD FRIENDS – A poem by Marilyn Byford

Meeting old friends is a pleasure I look forward to it very much
We can talk of the past in earnest schooldays holidays and such
Our talks at the Heritage Centre are held regularly throughout the year
We learn something new at each meeting and can talk to the friends we hold dear
It doesn't take much of an effort to make the most of these talks
If this is perhaps not what you fancy you can go on one of the walks
Learn about what is around you Napoleonic trenches and more
Bird life and nature surrounds you the common is there to explore
Everyone is so very friendly it doesn't matter if you are alone and perhaps shy
Have a slice of cake and a cuppa come along and give it a try



Galleywood Heritage Centre

Galleywood Heritage Centre is located on the Common off Margaretting Road, Galleywood CM2 8TR.

As well as its own car park, there is a free public car park off Margaretting Road just before the Centre. Telephone **01245 357700** visit www.galleywoodheritagecentre.org.uk E-mail mail@galleywoodheritagecentre.org.uk

The Heritage Room is normally open Tuesdays 1:30pm to 3:30pm where various wall mounted displays are held featuring different aspects of Galleywood's history. If anyone is interested in assisting with research etc. please contact Susan Wilson, details below. Please check website in case of any changes to the programme of events detailed below, also for details of the tea room opening times. Tuesday afternoon talks cost £3 per person, doors open at 1:30pm for 2pm start, tea/coffee and home made cakes available from tea room. Places should be reserved via susan.wilson@galleywoodheritagecentre.org.uk or **07780 763127**

Tuesday 3rd September

Talk "Light Railways in Essex" by Adrian Wright.

Tuesday 15th October

Illustrated talk "Pockets Pinafores and Practical hats, Dressing a Woman for War?" by Dr Viv Newman

September Heritage Open Days free events at the Centre, must be booked via www.chelmsfordhod.co.uk/events

Friday 6th September

10am to 1pm. Visit the Heritage room and tour the building and grounds, tours at 10:30am and 11:30am

Tuesday 10th September

Guided historical walk around Galleywood Common 10:15 am for 10:30 start. Talk on Galleywood's History 1:30pm for 2pm start

Further details of the following events will be available nearer the time, or sign up for email newsletters via

mail@galleywoodheritagecentre.org.uk

Sunday 15th September - Lego Exhibition

Sunday 29th September - Autumn Bird walk on the Common and Table Top sale in the Centre

Friday 11th October - Race Night

Sunday 17th November - 10am to 3:30pm Remembrance Exhibition, admission free but donations welcomed

Sunday 24th November - Christmas Market

Telephone Box Book Swap

Open Monday, Wednesday, Friday 10.00- 5.00pm
Saturdays 9.00-6pm, Pipers Tye



Please don't leave books outside the phone box

We have a new volunteer managing this facility. If you have any donations or enquiries please contact Chris on 07540174048

Baddow & Galleywood u3a Autumn/Winter programme

We meet every third Wednesday of the month from 2 - 4pm at Great Baddow Millennium Community Centre CM2 9RL.

As always, our varied programme of talks have something for everybody.

In October, there's a presentation on City of London Churches by David Massey.

In November, you can find out about handwriting analysis with Joanne Larnar and bring along your own to try.

Our December meeting will be festive with some musical entertainment.

We have a wide range of Interest Groups you can join, including two new ones - Pickleball and a Transport group.

Full details of all our talks and the various interest groups can be found on our website www.u3asites.org.uk/baddow/events

Refreshments are provided in the Park View 'Cafe' after our meetings, so there's always time to catch up with friends and make new ones.

Why not join us and get involved? If you are interested please e-mail our Membership Secretary, Tony Nelson

bandgmembership24@btinternet.com to find out more. New members are always welcome...

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Galleywood Grapevine



Savouring summer with refreshing recipes for sunny days

As sunny days continue, there's still time for some refreshing recipes that the season brings.

In this edition, we're excited to share four delightful recipes perfect for late summer entertaining. From a berry-infused cocktail to homemade ice cream and a crisp, flavourful salad, these recipes will add a splash of sunshine to your table. Let's dive into the joys of summer cooking!

BERRY BLISS COCKTAIL

Ingredients

150g mixed fresh berries (strawberries, raspberries, blueberries)
1 tablespoon caster sugar
60ml gin
30ml elderflower cordial
150ml soda water
Ice cubes
Fresh mint leaves, to garnish

Instructions

1. In a small bowl, combine the mixed berries and caster sugar. Mash slightly to release the juices and let sit for 10 minutes.
2. Fill four glasses with ice cubes.
3. Divide the mashed berries among the glasses.
4. Pour 15ml of gin and 7.5ml of elderflower cordial into each glass.
5. Top with soda water and stir gently to combine.
6. Garnish with fresh mint leaves and a few whole berries.
7. Serve the Berry Bliss Cocktail immediately and enjoy the refreshing burst of summer flavours.

HOMEMADE VANILLA ICE CREAM

Ingredients

600ml double cream
300ml whole milk
150g caster sugar
1 vanilla pod, split and seeds scraped
6 egg yolks

Instructions

1. In a saucepan, combine the double cream, whole milk, and half of the caster sugar. Add the vanilla pod and seeds. Heat gently until it starts to simmer, then remove from heat and let infuse for 15 minutes.
2. In a bowl, whisk the egg yolks with the remaining sugar until pale and thick.
3. Remove the vanilla pod from the cream mixture. Slowly pour the warm cream into the egg yolks, whisking constantly.
4. Return the mixture to the saucepan and cook over low heat, stirring continuously until it thickens and coats the back of a spoon.
5. Pour the custard into a bowl, cover with cling film, and chill in the fridge for at least 4 hours.
6. Once chilled, churn the mixture in an ice cream maker according to the manufacturer's instructions.
7. Transfer the ice cream to a container and freeze for at least 2 hours before serving.
8. Scoop the homemade vanilla ice cream into bowls or cones and enjoy the creamy delight on a hot summer day.



MEDITERRANEAN QUINOA SALAD



Ingredients

200g quinoa
1 red pepper, diced
1 yellow pepper, diced
1 cucumber, diced
150g cherry tomatoes, halved
50g black olives, pitted and sliced
100g feta cheese, crumbled
2 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon dried oregano
Salt and pepper, to taste
Fresh parsley, chopped, to garnish

Instructions

1. Rinse the quinoa under cold water. Place in a saucepan with 500ml of water and bring to a boil. Reduce heat and simmer for 15 minutes, or until the water is absorbed and the quinoa is tender. Fluff with a fork and let cool.
2. In a large bowl, combine the diced red pepper, yellow pepper, cucumber, cherry tomatoes, black olives, and crumbled feta cheese.
3. In a small bowl, whisk together the olive oil, red wine vinegar, dried oregano, salt, and pepper.
4. Add the cooled quinoa to the vegetable mixture and pour over the dressing. Toss gently to combine.
5. Garnish the Mediterranean quinoa salad with chopped fresh parsley.
6. Serve the salad chilled or at room temperature for a refreshing and nutritious summer meal.

STRAWBERRY SHORTCAKE SUNDAE



Ingredients

500g fresh strawberries, hulled and sliced
2 tablespoons caster sugar
1 tablespoon lemon juice
4 scones, halved
600ml vanilla ice cream (recipe above)
Whipped cream, to serve

Instructions

1. In a bowl, combine the sliced strawberries, caster sugar, and lemon juice. Let sit for 10 minutes to macerate.
2. Place the scone halves on serving plates or bowls.
3. Scoop vanilla ice cream onto each scone half.
4. Spoon the macerated strawberries over the ice cream.
5. Top with a generous dollop of whipped cream.
6. Serve the strawberry shortcake sundaes immediately for a delightful summer dessert that combines the best of seasonal fruit and creamy ice cream.



With these recipes, your gatherings will be filled with the vibrant tastes and joyful moments that make this season special. Enjoy the sunshine, and happy cooking!

What to do in the garden in September

September is here, and there's plenty to be done while you're outside enjoying the last of the year's warmth.

Harvesting crops will keep you busy this month, and there's plenty of work to do tidying and maintaining plants and equipment.

Read on for a comprehensive list of garden jobs to get on with this month:

Timely Tips

September isn't the time to take your eye off the ball in the garden. Here are some of the main jobs:

- Divide your herbaceous perennials. This will keep your plants healthy and vigorous year after year and multiply your stock.
- Net ponds now before autumn leaf fall gets underway to reduce the amount of debris entering the water.
- Clean out cold frames and greenhouses ahead of autumn sowing and growing.
- Plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths, for glorious colour next year.
- Keep on top of weeds as they compete with your crops for nutrients and water.
- Continue to feed and deadhead hanging basket and container annuals — they will often keep going until the first frosts.
- Keep deadheading annuals and perennials to extend their performance.
- Prune any late-summer flowering shrubs, such as the rock rose (*Helianthemum*).
- Prune climbing roses and rambling roses once they've finished flowering (unless they are repeat-flowering varieties, in which case leave them until later in the year).
- Keep camellias and rhododendrons well-watered at this time of year to ensure that next year's buds develop well.

In the flower garden



In the vegetable garden



- Start planting garlic sets at the end of the month for cropping next year.
- Plant autumn onion sets this month.
- Plant out any spring cabbages, like 'Advantage', sown during the summer.
- Pot up some mint and parsley for the kitchen windowsill for fresh herbs through the winter.
- Cover your brassicas with netting to prevent birds making a meal out of them.

Looking after your lawn

- Create a new lawn from turf or seed — autumn weather is favourable for good lawn establishment.
- Raise the height of your mower blades as grass growth slows down.
- Carry out essential lawn maintenance to avoid waterlogging and compaction. Aerate your lawn with a garden fork, removing thatch from the surface with a rake and repairing dead patches. Use a specialist lawn scarifier if you have a large area to cover.
- Apply a special lawn top-dressing after carrying out maintenance work. Follow the instructions on the packet carefully.
- Feed your lawn with an autumn fertiliser which is rich in potassium and low in nitrogen.
- Control lawn chafers or leatherjackets with a biological control (nematodes).

Other jobs about the garden



- Improve clay soil before it becomes too wet or frozen by incorporating organic matter and/or horticultural grit.
- Create compost bins in preparation for all the fallen leaves and dead plant material which you'll be collecting over the coming months.
- Raise pots off the ground for the winter by using bricks or 'pot feet', to prevent waterlogging.
- Install water butts to collect rain this autumn and winter. Rain water is great for watering ericaceous plants such as blueberries, rhododendrons and camellias.

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



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Galleywood Short Mat Bowls Club



Galleywood Short Mat Bowls Club were delighted to be part of the Galleywood Showcase Event at Keene Hall on Saturday 6th July, which was run and promoted by Galleywood Parish Council.



We had a stall there along with other groups, organisations and clubs.

This was a brilliant opportunity for us all to encourage local residents into getting involved with what's happening in and around Galleywood.

The turn out was good considering the weather was atrocious, we had lots of people chatting to our club members, who were there to answer questions about Short Mat Bowls and explain that it's a great club to join with social events and activities, along with the 'Roll ups', Monday nights at the Infant school, Barnard Road from 7pm til 9pm and Wednesday afternoons at Keene Hall from 2pm til 4pm. The main factor is that the Short Mat Bowls is played indoors, therefore is an all-year-round activity.

The Mayor herself spoke to us and had good knowledge of the club as she participated when we first began. We did try to entice her back into the game, so you never know who you will meet there.

We showed photos of our members who won the inter-house competitions, along with some of the equipment we use. Our members ages range from 15 to 90's, so it really is an activity for all ages and levels. We have club Woods (these were on show) so that new members don't have to purchase any until they are fully comfortable in knowing what suits them. Beginners get 2 free sessions so they can fully understand what's involved.

We also encouraged our own members to attend, so they themselves can see what else is happening in and about in Galleywood.

Galleywood Parish Council supports the club by providing a grant annually, which is a lifeline to the club for ensuring that the equipment is kept updated.

If you couldn't make the Galleywood Showcase Event but would like more information about the club then please contact - Robert (**07544 829425**) or Eve (**07709 891206**) and they will answer all your questions.



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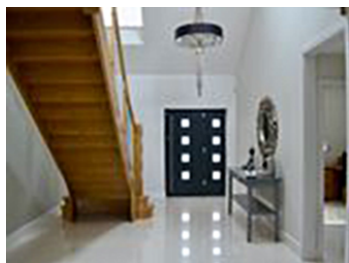
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