QUARTERLY ISSUE #8



WINTER 2023 EDITION

Batheaston Times

Your go-to guide for all the village news & events



- * The School Winter Fair
- * Santa's Festive Float
- * Village Christmas Lights

Working together to create more events & support for families, kids, teenagers & elderly people in our village.









Our sponsors

A big thank you to our sponsors who kindly support The Batheaston Times and help it's continuation for the village.



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contact: hello@
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Email: info@stanzafitness.com



Contact us

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www.zestlovesproperty.com happytohelp@zestlovesproperty.com

Community Celebrations!

In this edition it's all about the wonderful community activities that are taking place across the village this winter.

hose of us that had the opportunity to visit some or all the locations on the Batheaston Arts Trail will have been blown away with the local talent on show. This annual event has really put Batheaston on the cultural map of Bath & North East Somerset. Accordingly, I want to start by saying thank-you to the amazing individuals who helped make the Batheaston Arts Trail such a fabulous success. Indeed, a special thank-you should go to all the volunteers, without whose dedication events such as this would never happen. Indeed, none of the community groups featured in our Batheaston Times could exist without people - like you - giving up their time and offering their skills to help. So please, if you can, step forward and become an active member of our amazing community.

We are approaching the festive season, and our thoughts are turning towards celebrating with friends and family. In this edition of Batheaston Times you will be very pleased to read about all about the wonderful seasonal activities our community is putting on across the village. Meanwhile, let's not forget that the festive period can be a very difficult and lonely time for some members of our community. I would encourage all of us to spare some time to ensure that no neighbour is left out or feels alone while others are celebrating.

All of us on the Batheaston Leadership Team wish you the very best for Christmas and for the New Year.



Cllr Kevin Guy Chair of Batheaston Leadership Board

Winter 2023 Batheaston Times

NEW EVENT!

BATHEASTON SCHOOL WINTER FAIR

November 25th, 2-5pm, **Batheaston Primary School**

With holiday cheer already in the air, Batheaston **Primary School is gearing** up for the festive season with its annual Christmas Fair. This year's fair is shaping up to be a brilliant event, with even Santa dropping in to visit!

NEW EVENT!

SANTA'S FESTIVE FLOAT!

Saturday 2rd December Between 6 & 7pm Batheaston High St

Father Christmas will be passing through the village with many other festive friends to spread the spirit of Christmas. Come down to the high street from 6pm to catch a glimpse of the big man passing the through the high street on his sleigh.

YOUTH CLUB

Tuesdays & Thursdays 6.30-9pm **School Lane** for 11-21 year olds

Young people can meet their friends in a safe and friendly environment, by just chilling or joining in with activities. Youth workers engaged young people in many different activities and workshops. 07905 905970

KUNG FU BATH

Every Wednesday Youth Club 5-11 years - 6-6.45pm Scout Hut 12 upwards - 7-8.30pm The Bath Kung Fu Academy is pleased to offer professional step by step instruction for men, women and children of all ages. We guide you from complete beginner to advanced practitioner and pride ourselves on being fun and friendly.

AVONVALE RFC JUNIORS

Every Sunday London Road 10-11.30am Between Sept and April

Come along and enjoy mini rugby at Avon RFC. Fully qualified and experienced coaches with enhanced DBS checks. Our focus is having fun.

www.avonvalerfc.co.uk/ minis-juniors

POP-UP PUB

Fridays 29th December and 23rd February 6pm - 9pm

A great way to meet old friends and make new ones across the village. Held in the hall on the last Friday of each month between 6-9pm. Register at villagepopuppub1@ gmail.com to book tickets, and then pay on the evening. £15 will get you 3 drinks and nibbles.

NEW EVENT!

FOODIE FRIDAYS

Batheaston Village Hall Fri 15th Dec. Fri 19th Jan & Fri 16th Feb

£5.00 donation per person Includes: welcome drink. delicious main course, scrumptious dessert followed by tea/coffee Good chat quaranteed. special diets catered for too. To book or volunteer, get in touch with Sarah on bernina@uwclub.net or Katy on 07876 045600

NEW EVENT!

BATHEASTON BLAST

Saturday 17th february Batheaston Village Hall

A valentine's weekend event with live music from the 'Gemms' and old school floor fillers from DJ Tonic.

All proceeds go to **Batheaston Village Hall** fund.

Tickets are £10 on the door with a cash bar on the night.

CUBS

Scout Hut **Every Monday** 6.30 - 8pm

Being a Cub is all about growing and learning in small but mighty ways. Cubs are young people aged 8-10½ vrs. We meet on Mondays from 6.30-8 pm at our Scout Hut School Lane Batheaston.

23rdbathscouts.org/cubs/

BEAVERS & SCOUTS

www.kungfubath.com/

Scout Hut, every Thursday

Beavers (ages 6-8) 6-7.15pm 23rdbathscouts.org/ beavers/

Scouts (ages 10.5-14) 7.30 - 9pm 23rdbathscouts.org/ scouts/

Activities include cooking. building, problem solving, hiking, camping and adventures.

AERO-TONE-LATES

Every Monday 6-7pm New Village Hall 20 mins aerobics, 20 mins toning and 20 mins Pilates. Contact Jane on 07866604341.

WALKING FIT CLUB

Daily one hour circular walks from the best pubs and cafes in Bath, 50 different walks. For more info contact Jane at jane_braham@hotmail. com or 07866604341. www.walkingfitclub.com

WALKING FOOTBALL

Batheaston School Wednesdays 6-7pm

The walking football will continue indoors through November in the hall at Batheaston School, please contact Richard Turner (mobile 07793 270762) for more information. All abilities welcome, aimed at over 50's, £3 per session.



VILLAGE CHRISTMAS LIGHTS SWITCH ON

Saturday 25th November 6pm at the Riverside

All are welcome to join the festivities with mulled wine, cider, warm mince pies and Carols aplenty!

NEW EVENT!

CHRISTMAS TREE FESTIVAL AT ST JOHN'S

Saturday 2nd - Sunday 3rd December St John the Baptist Church

Light up your weekend with love and joy. Full details on St John's with St Catherine's page.

Come along and get into the festive spirit!

BATHEASTON ALL SORTS TODDLER GROUP

Batheaston New Village Hall Every Tuesday 9.30-11am

We have a wide variety of fun and educational toys, a weekly craft activity, snack time, story time and music time. There is tea and fresh coffee for grown ups and home-made cake. The cost of the session is £2 per family/childminder. www.facebook.com/ groups/170815826444823



SEN (SPECIAL **EDUCATIONAL NEEDS)** PARENT / CARERS CAFE

Fridays 10.30-12.30 term time only. Upstairs room, Batheaston New Village Hall

If you are a parent or a carer join us for a chance to talk with other parent carers in a happy friendly place with coffee, tea and cake too. Anyone involved in any way caring for a young person with SEND, regardless of a diagnosis, is always very

roxyrussell1985@gmail.com

SOLSBURY SINGS COMMUNITY CHOIR

New Village Hall **Every Monday** 7.30-8.45 pm

A friendly mixed choir for all abilities Contact Cathy cathy@solsburysings.co.uk

HAVE AN EVENT IDEA? hello@batheastontimes.co.uk

CREATIVE ROOTS -

Mikes Meadow, Northend. Batheaston, BA17EP Family mornings the last Saturday of each month.

www.bookwhen.com/ creativeroots

Activities include nature crafts, den building. bushcraft, sewing, simple campfire cooking, singing and storytelling





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Winter 2023

***** Batheaston Times

Grow Batheaston

CONTACT US

JOIN A CLUB
OR VOLUNTEER!

growbatheaston.co.uk

Working together from the ground up



ur first Food and Craft Fayre back in September was really well received. Many thanks go to Chris and Emily our main organisers, to all the stall holders and helpers and of course to the wonderful musicians! Donations at this event were off the scale – thank you so much.

Batheaston Art Trail '23 was very well attended, providing many people with a whole new view of Batheaston. This ranged from coffee and snacks in St John's Church to a walk from one side of the village to the other, crossing the lovely St. Catherine's brook in the process - all the while taking in the beautiful, creative work of forty local artists.

Work continues in the Forest Garden and we were thrilled to be included in filming for Bath Abbey's Extraordinary Earth Day, an amazing experience. Meanwhile, as part of Avon Wildlife Trust's Wildlife Champions Network, we continue to draw on invaluable support.

Football of all kinds remains popular, and our GB Saturday morning children's football will return next year with some exciting plans, stay tuned. Meanwhile walking football continues indoors over winter at Batheaston Primary School, Wednesdays 6-7 pm. For this, please contact Richard Turner (mobile 07793 270762) for more information.

Our Gratitude Goes to Ali Rogers who has been a tower of strength in getting GB up and running. However, her amazing skills are so much in demand that she will soon be stepping back from her front-line position as our community connector. Thank-you Ali so much for all your hard work and expertise.

The River, The Willow and the Beaver's Tail (Tale): This draws together artists and illustrators, crafters and weavers, performers and storytellers. It tells the story of the bond between our river, the willow trees beside it and the beavers, newly returned after centuries of absence. We will be celebrating their return with a community art project, late next spring. Watch this space!

We are still on the look-out for more trustees and our AGM date will be announced soon as will be plans for a strategy day.

Please get in touch if you are interested.

Contact: hello@growbatheaston.co.uk Website: www.growbatheaston.co.uk



Batheaston Church School

Living life in all its fullness

t's been a busy term at Batheaston
Church School. Back in September we
welcomed 29 children into Reception.
This new Apple Class has been an
absolute joy to teach. The children have settled
in so well to their first term at 'Big School'.
Teachers Nikki and Jon have been delighted
to get to know our newest members, and
the children have already experienced a funpacked term of learning, making new friends
and enjoying lots of opportunities to visit
Mike's Meadow.

Our children have enjoyed being active and taking part in sporting events. Children in Years 4, 5 and 6 recently competed in the annual Rugby Tournament with other local schools and really enjoyed experiencing competitive sport.

And there's been plenty more going on. The Great Fire of London has engaged our children in years 1 and 2. They were fortunate enough to attend a workshop on the topic to deepen their understanding. And Year 3 enjoyed their trip to Wells Cathedral, where they took part in a clay workshop and had a tour around this magnificent building.

We've been delighted to meet so many prospective families looking for a school place for September 2024, and we had a great turn out when we opened one Saturday morning back in October.

• If you have a child starting school in September 2024 and would like to have a look around the school, please do not hesitate to give the office a ring on 01225 857855. You can either book onto one of our existing tours or we can arrange your visit for a time to suit you.

We warmly invite our Batheaston community and folk from further afield to our upcoming Winter Fair, Saturday 25th November 2pm – 5pm. Keep an eye out for further information on our social media pages.

Twitter: @Batheatonpri @BatheastonFobs Facebook: Friends of batheaston School

Sally Jefferies Head Teacher, Batheaston Church School

Twitter: @Batheatonpri / @BatheastonFobs Facebook: Friends of batheaston School

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New Village Ha

We've been buzzing with activity with p

he BNVH is ready to take your booking:
We are available for private events such as wedding receptions, life celebrations, baby showers and children's parties – also for public ones such as yoga retreats, meetings, Pilates, hen do Zumba, art and singing. And this is to name but a few of the events we are hosting. So do get in touch if you're looking for a local venue to hire. You can check availability through https://www.batheastonhall.org/calendar/. Click the plus sign for the date you're interested in and make a direct booking.

What else might BNVH host? Please email Ali at booking@batheastonhalll.org with your suggestions/ideas

December's Pop Up Pub sees our new drama group's first production. It's rumoured to be a short pantomime.... oh no it isn't...and will make an easy start for our annual celebrations - without a turkey sandwich in sight!

Please note there's no Pop Up Pub in January.

Our Grand 2nd Anniversary in February will feature an Auction of Promises. Who will bid highest for a dinner at home for up to eight people? A local chef prepares your meal and all food and wine is included.

Nordic Walking: Why not join our new Nordic Walking Group for the over 70's? This is being offered in conjunction with the West of England Rural Network katy@wern.co.uk

Regular Weekly Classes - see timetable image below.

Class Schedule

For more info email: booking@batheastonhall.org



9.30 9.30-10.15am Tod (toddlers) & 10.40-11.20am 9.30am Waterco 9.45 - 11.45am & 2.15-4.15pm Pilate **History of Art** Lectures (Classes fully 6.30-9. booked) Cosy Cra 6-7pm

(Classes fully booked)
6-7pm
Aero-tone-ilates with Jane
7.30-8.45pm
Solsbury Sings with Cathy

6.30-9.
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7.30-9.
Drama C









With holiday cheer already in the air, Batheaston Primary School is gearing up for the festive season with its annual Christmas Fair

o come to Batheaston School's
Christmas Fair, November 25th,
2-5pm. Save the Date now! With
holiday cheer already in the air, our
fair is shaping up to be a brilliant event,
with even Santa dropping in for a visit.
We really will be gearing up for the festive
season.

Our Fair promises a delightful line-up of attractions, including a captivating performance by the school's Christmas Choir, an Après Ski bar for the grown-ups, live musical entertainment, delectable food stalls, and an assortment of entertaining games organised by our enthusiastic students. Do come with your spending money, as there will also be many local stall holders with Christmas gifts on sale.

FoBS keeps investing in our wonderful school. "Last year", Emily Holden Chair of FoBS explains, "our community rallied together and raised an impressive, £4,500. With these funds, we kickstarted the bicycle area fund, repaired playground

equipment, provided electronic resources for the school, and assisted our hardworking teachers with classroom upgrades."

Work is scheduled to start on the bike and scooter area on 18th December, and so the primary objective of this year's Christmas Fair is to pay for the work. Thanks to a crack team of local tradesman giving their time for free (think DIY SOS), the completion of a dedicated cycle and scooter area on the school premises is finally within sight. Our aim is to support eco-friendly travel for our pupils, which will in turn foster greener travel habits among our Batheaston community.

So be sure to mark your calendars for November 25th, and come to our Fair together with the Batheaston community to celebrate the opening of festive season. Come and know that you will be contributing to a more sustainable future for our village.

We look forward to seeing you.





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Batheaston Twinning Association

The BTA is designed to encourage friendship and increase understanding between the residents of Batheaston & Oudon in the Loire Valley in France



atheaston Twinning Association has a stall this year at Oudon's week-long Marché de Noel. This follows a successful trial in '22.
We will be offering tasty things such as

We will be offering tasty things such as Christmas pudding and, of course, mince pies. We will also be selling the chutneys, condiments, sweets and biscuits we British take for granted, but which are a novelty to our French friends. Various local businesses have donated goods to make up Christmas Hampers. Any profit will be put aside for our foundation's 20th anniversary, coming up in 2025.

We have recently had good opportunities to publicise the work of our Twinning Association/Comité de Jumelage. As a consequence, more people wanted to visit us in Batheaston this summer than we could actually accommodate. Please think about hosting a visitor in future. It isn't necessary to speak French, and there are plenty of people around to give advice and

support. Equally, you can stay 'en famille' in Oudon next summer even if you don't feel able to reciprocate with hospitality. The only cost to you is for travel.

Do you know a young person who would like to gain some work experience in France? One lad from Batheaston did a 'stage' at the Mairie (Town Hall) in '22 and a young man from Oudon came here this July to work for Bath BID. They both benefited from the experience, and we would like to make such exchanges a regular thing. So please get in touch if you are interested.

Finally, we are collecting simple phonics books so Oudon primary school children can learn English. Do you have any of the Songbooks series or the Oxford Learning Tree (Biff and Chip) cluttering up your house? If you do, please contact me at pdavenport@kyrle222.plus.com



Winter 2023 Batheaston Times

Penny's Pantry & Community Café

Penny's Pantry (PP) is a not-for-profit organisation, run by local volunteers to expand affordable food choice and social activity for local residents.



ur volunteers run a drop-in Coffee Morning each Wednesday at the Rhymes Pavilion. We offer coffee, homemade cake, other edible goodies and lots of local news. Here you're likely to bump into local Councillors, police, Village Agents, church leaders and welfare advisors. It's a great place to find out about local support services. Do come along.

We host a Monthly Village Lunch at Batheaston New Village Hall (usually on the third Friday of the month) which is supported by WERN and St John's Church. Come and enjoy this lovely social occasion which celebrates good honest home cooked food. Perhaps you could accompany a family member or neighbour who is somewhat housebound?

- Friday 15th December 2023
- Friday 19th January 2024
- Friday 16th February 2024
- Friday 15th March 2024

Please book in advance via the Rhymes Café team on Wednesday mornings, email Sarah on bernina@uwclub.net or call Katy on 07876 035600.

We Want To Thank Our Supporters
Batheaston New Village Hall, Batheaston

Parish Council, Bathford Allotment Holders, Chris Rich Farm Shop, Batheaston Spar, Premier Batheaston Convenience Store, Larkhall Butchers, Morrisons Supermarket.

We Contribute to Community Development by Supporting

Wednesday Coffee Mornings 10.00am
-12.00noon, Rhymes Pavilion BA1 7NW
Monthly Village Lunch 12.30pm -3.00pm,
BNVH, BA1 7EP
SEN (Spec. Educ. Needs) Carers Group Fridays term-time 10.00am-12.00pm BNVH
Batheaston Leadership Group (BLG) quarterly meetings
Collaborative Community Events e.g.
national & local fundraisers/celebrations

Food Pantry

We are currently exploring alternative storage options for re-introducing surplus food provision locally. We also need to expand our team of volunteers to help run the events mentioned above.

Meanwhile if you know anyone facing challenging circumstances affecting their personal food supplies, please contact our Village Agent Katy on 07876 035600 for further advice.

Batheaston Parish Council

BATHEASTON

Batheaston Parish Council provides recreation and other facilities, maintains some of the local environment, and represents the community



hings have been relatively quiet for the Parish Council since Batheaston Times' autumn edition, but there are busy times ahead...

We have been thinking over plans for one of our prime assets, the Rhymes Pavilion.
This has served the community very well for the past 40 years and more. We are now keen to work out how it can best serve the next generation, and provide excellent sports and community facilities in the heart of the village.

To plan the Rhymes' future, we are starting by consulting the village community as widely as possible, finding out what you want and need from this facility. We kicked this off with a public meeting on 8th November, and we have now published that meeting's findings on noticeboards and on our website at https://www.batheaston-pc.gov.uk/rhymes-pavilion-.

If you couldn't attend the Rhymes meeting of 8th November, we are still keen to hear your view. Please let the Parish Council know what you believe the village needs from the Rhymes, and what as a resident you want. Contact us by email at clerk@batheaston-pc.gov.uk or via the website.

Plans for the next phase of the playground's reconstruction are in hand. Again, do please contact the Parish Council with your views on how the playground could be made even better. Meanwhile our riverside working group has been liaising with Wessex Water, putting pressure on it to ensure that the river is clean and safe for everyone.

Our final piece of news is that we are busy organising the village Christmas lights. The switch on with be at 6pm on Saturday 25th November. Please join us for this, down the High Street ... there may even be some mince pies and mulled wine!

Meanwhile, the more councillors we have the more we can do for the village. If you can spare a little time each month, please consider joining the Parish Council. Get in touch if you think you can help – we would love to hear from you.

Although it feels a little early to say this, the Parish Council wishes you all a very Merry Christmas.

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Mational Trust Winter 2023 Batheaston Times



National Trust

The National Trust is delighted to announce the creation of a 'green corridor' at Bathampton Meadows, linking the historic city centre to surrounding countryside.

here did 2023 go? I've been with the National Trust looking after Bathampton Meadows for a full year now, and time has flown by. As I look back on all the wonderful nature I've seen and on the work we've been doing, it's exciting to look ahead at what the future could hold.

We've finished our summer of community engagement, gathering the view of over 500 local people. There's plenty of support for restoring and enhancing habitats for nature, which might include more hedges, greater wildflower meadows and more wetland areas. And people tell us they are enjoying the Meadows' open space and want to connect more with nature. Now we must assess this feed-back and see how it can shape future plans. We'll keep you updated, but for now do visit our website: https://www.nationaltrust.org.uk/bathamptonmeadows.

Over the last few months we've put on a walk for the Bathscape Walking Festival. We've attended Grow Batheaston Food Festival, and had Holly Dabbs back for another workshop. Volunteers have conducted seasonal fixed point photography: it'll be fascinating to look back on this record in years to come. We've carried out our first bat survey, recording six different species including the rare Natterer bat. And we've logged the results of our wildflower seed tests - most patches grew, and we've seen a variety of flowering species, some in bloom as late as September.

A Quick Round-up of Local National Trust **Festive Happenings:**

- The popular Advent Trail returns to Prior Park Landscape Garden, running on weekends in December and over the school holidays.
- Bath Assembly Rooms will open during the Bath Christmas Market and people will be able to see the Ball Room looking rather festive.
- We're planning a Meadows Mince Pie Winter Walk. In December check on our website to book your place.
- And at Dyrham Park, a little further afield, you can explore Christmas Through The Ages. This starts on 1st December and runs until 7th January.

Sarah Dann, Community Warden



Batheaston & Bathford Scouts*

Scouting for young people in Batheaston and Bathford *aka 23rd Bath Avondale is provided by 23rd Bath (Avonvale) Scout Group.

ven the recent Storm Ciaran could not deter Beavers from 23rd Bath (Avonvale) Scout Group. These plucky 6-8yr olds donned their waterproofs and wellies and set out on a night hike up to the top of Solsbury Hill.

Having squelched across the field to Solsbury Lane, they were pleased to continue the hike on firm roads. With a couple of stops for drinks, and plenty of encouragement from the leaders, the youngsters soon reached the top and were thrilled with the view of Bath all lit up around them. Coming down was much easier than going up, and everyone was proud to have completed the hike. All these young people have now gained their Stage 1 Navigator Badge, which is a great achievement.

Beavers meet on Thursdays from 6.00

-7.15pm and enjoy challenges and activities that start off their Scouting journey. The leaders too enjoy this time. So, if you'd like to come and help inspire these youngsters, please do get in touch through our website at 23rdbathscouts.org.

Batheaston Youth Club (BYC) is a place for young people to enjoy, learn and to plan activities together for the future in a supportive, purpose-built environment.



atheaston Youth Club (BYC) is a place for young people to meet, learn and plan activities together in a supportive, purpose-built environment.

What's New?

We're delighted to tell you that lots of our young residents have started coming to BYC for the first time. They have been enjoying each other's company, playing games and music and trying out some new activities. This is an exciting opportunity after lockdown for our young folk to put forward their ideas.

The Club

BYC gives a space to relax and have some fun locally. Most importantly it gives young people a chance to share time together outside school hours. BYC offers:

- Sofa Lounge area
- Sports Hall
- Tuck shop and kitchen

- Computer Corner
- Outings
- Talks/workshops
- Confidential support from staff or school nurse
- BYC can be hired for parties/events

BYC is led by two qualified youth workers, Julie Russell and Belinda Milsom, and runs drop-in evenings on Tuesday and Thursday during term time, 6.30pm – 9.00pm.

Fresh Ideas

We want to learn from our young people about what activities they would enjoy in the months ahead. So, if you are a young person reading this, or can put ideas forward on behalf of the young people you know, send these ideas to hello@batheastontimes. co.uk. We'll do our best to make interesting plans for the future.

Contact us: 01225 859324, Batheaston Youth Club, School Lane, Batheaston BA1 7EP.



St John's with St Catherine's

Christmas events and church services in Batheaston and at St Catherine's

D

ear Friends.

'Tis the season to be jolly...welcoming... hopeful... inspired... and TOGETHER. This year we're offering something new...

2nd - 3rd December please join in with St John's first Christmas Tree Festival!
Light Up Your Weekend with Love and Joy

Come to beautiful St John's and kick off the Advent season in a unique way. With its focus on tradition and community, the Festival will let us reflect on the season's deeper meaning. You'll be greeted by about ten beautiful Christmas trees, decorated by local organisations, families and individuals. We'll be celebrating our community's creativity and spirit, away from December's usual commercialism.

Do come and enjoy the beauty of the trees, meet up with friends and enjoy some refreshments. We are serving snack lunches on both days. We wrap up on Sunday at 4pm with mulled wine and delicious mince pies. We may even welcome in Advent with a carol or two.

www.batheastonbathford.church Is our new web address. Here you'll find details of all the services and events we are planning for the New Year.

For more details or with queries please contact Rev Lauretta on revlauretta@outlook.com

With every blessing for all our celebrations, Lauretta

Here are the services you'll be waiting for:

Christmas Tree Festival - Saturday 2nd December 10-4 & Sunday 3rd December 12-4

Avon Court Carols -Wednesday 6th December 11am

Concert by the Silver Ring Choir - Saturday 9th December in St John's Church at 7.00 pm, in aid of Hope And Homes For Children

Christingle - Sunday 10th December in St John's Church at 3.00 pm (children especially welcome)

Carols by Candlelight - Wednesday 13th December in St Catherine's Church at 7.00 pm

Village Carol Service - Sunday 17th December in St John's Church at 6 pm

Crib Service - Sunday 24th, Christmas Eve in St John's Church at 3.00 pm (children especially welcome)

Midnight Mass - in St John's Church at 11.30 pm

Holy Communion - Monday 25th, Christmas Day in St Catherine's Church at 9.00 am

Holy Communion - in St John's Church at 10.30am

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WERN





Batheaston Village Agent – WERN (West of England Rural Network)



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s the nights draw in for winter, it's important - particularly for the older members of our community - to keep fit.

WERN is delighted to have the support of Julia Kraus, a registered British Nordic Walking Instructor, who is passionate about getting people out walking, no matter what their age, ability or fitness level. In December she is offering 2 FREE sessions for over-70s so people can see what it's all about. This will be followed by a 10-week course starting in January. Julia is fully insured and has completed the Level 3 Outdoor First Aid course.

What, you may say, is Nordic Walking?

It's an enhanced walking technique that uses specially designed poles to work the upper body as well as the legs. It gives you a highly effective all over workout that doesn't feel like one! It's a fun and social activity that can be enjoyed by anyone all year round.

And its benefits? If you can walk, you can Nordic Walk! It really is for every age group. The poles mean that effort is shared between the upper and lower body, so it actually feels easier than normal walking, particularly uphill. Nordic Walking puts less strain on joints than many other activities and can be very effective for people with mobility issues or for those recovering from illness or injury.

- It's ideal if you haven't exercised for a while or dislike traditional sports or gym activities.
- It's helpful for rehabilitation after injury, as the poles support and guide you while you are improving your fitness.
- It's a sociable way to keep fit.

• And it's fantastic if you'd like to shed a few pounds.

A Message from Julia: "I've always been an active outdoor person - although my family would say I am unable to sit still! Having spent years playing tennis and squash, I got into running and then, at a significant birthday, I took up Nordic Walking. I'd heard how good it was for you - an all over body workout that didn't put stress on your joints. That sounded perfect. So I did a taster course, marched around Bath for a year or two honing my skills and finally decided to train as an Instructor. I can honestly say that it was the best thing I ever did... and the most fun. I now teach regular groups of all ages and abilities. I have no great expectations of my clients other than they get fit, enjoy meeting likeminded people, and bring their sense of humour with them. This is a non-competitive and very sociable activity that brings joy to people, and seeing that joy is so satisfying for the Instructor."

We meet at Batheaston New Village Hall

Wednesday 6th and 13th December 10am-11am with tea/coffee in the hall to follow.

If you are interested in either (or both) of the free sessions or would like a bit more information please contact Julia on 07947 008056 or juliakraus1@aol. com.

A Message from Katy about WERNS:

Our service is for anyone over 18 living in B&NES and is free and confidential. Call 01275 333700 and leave a message with your name and phone number. We also take referrals from professionals. Visit wern.org. uk/banes-villageagents for a referral form.











Batheaston Village Lunch 2024

Fri 19 Jan Fri 16 Feb Fri 15 Mar

Fri 19 Apr Fri 17 May Fri 21 Jun

Fri 20 July Fri 16 Aug Fri 20 Sept

Fri 18 Oct Fri 15 Nov Fri 15th Dec

Minimum £5.00 donation per person includes A Welcome Drink Main Course & Dessert Coffee/Tea

Please book in advance
via Sarah at bernina@uwclub.net
or Katy on 07876 035600
Let us know if you have allergies,
access or transport needs too







We need some helpers!

Our local school, church, youth club, scouts group, charitable organisations and clubs really need your help for our community to grow.

If you'd like to get involved, please get in touch: hello@batheastontimes.co.uk

For a Brilliant and Resilient Future. Let's Grow Batheaston Together.

