

### Uplands Group of Churches – Children & Families

As the COVID rules mean we're able to start some of our activities again we want to offer a place for new parents and the parents of pre-school children to gather safely. Rather than restart Bus Stop Tots as it was, we've decided it's safer and simpler to host an outdoor group for now, 'Uplands Outdoors Tots' (which starts on May 4<sup>th</sup>) to keep families going till the summer holidays at least! (See below). We also have some summer family activities planned, which we'll update you on soon.

Also, until we can return to indoor groups and family worship more safely, we'll keep running our **Outdoors@11 Family Worship** each month too. The next few dates are **Sunday 16<sup>th</sup> May, 20<sup>th</sup> June, & 18<sup>th</sup> July, at Guilsborough Churchyard.**

### Christian Aid Week – 10-16 May 2021



This year we won't be doing door to door collections, but we don't want to overlook this very important cause: <https://www.christianaid.org.uk>. Ravensthorpe has always been so generous in the past, so we've set up two ways you can give. Online, if you can access, at Ravensthorpe's Just Giving Page: <https://www.justgiving.com/fundraising/RavensthorpeCAW2021> The envelopes are also being delivered with this Newsletter (or collect from the Church porch) and you can return the completed envelope to the porch of Hill House (Church Hill).

### St Denys Churchyard:

The PCC in Ravensthorpe is charged with ensuring that the Churchyard stays as a timeless, natural and peaceful place for all users of the area. To enable this we are required to stay in compliance with the Churchyard Regulations. Sadly this doesn't allow the addition of ornaments and keepsakes to grave areas, or artificial flowers (except in certain circumstances – see below).

Whilst we try to be as understanding as we can in the circumstances, especially with regard to new graves, we do intend to carry out a tidy up of the churchyard at the end of May, and may need to remove certain items that are not in compliance with the rules, so we would respectfully request that if relatives wish to remove and keep any of these items, that they do so by the end of the month.

Section 5.2 of the rules says: "Wreaths and other cut flowers may be laid on a grave, but must be removed as soon as they appear to be withered. No artificial flowers are allowed to be laid or placed in containers except for Remembrance Day poppies and traditional Christmas wreaths. These must be removed after a period of not more than two months. Flower bulbs may be planted in the soil of any grave. No tree, rose bush or other shrub may be planted to mark a place of interment without the authority of a faculty." The PCC would like to thank you for your assistance in helping them in this matter.

### Church APCM

St DENYS Church will be holding their Annual Parochial Church Meeting on May 26<sup>th</sup> at 7.00 pm in church unless otherwise stated nearer the time. Everyone is welcome although numbers will be restricted due to Social Distancing but we would very much like to see anyone who is able to come.

### Uplands Outdoors Tots

**Tuesdays from 4<sup>th</sup> May - 9.30-10.30 am: open to all parents and carers of babies and pre-school children from the local area.** We'll start our sessions each week at the main gate to Ravensthorpe churchyard (on Church Hill). Sessions will include stories & songs (some will be faith based), some simple outdoor/nature-based activities, and most importantly, time to chat and make friends.

Please bring a picnic blanket to sit on, and your own drinks and snacks. Please bring a face covering for adults, but you will only be asked to wear it when moving about the site. This is a fully outdoor group so we would ask you and your little ones come dressed for all weathers. However, we do have a large indoor toilet and baby-change, area and facilities for handwashing and sanitising for you to access when needed

**So we don't have to turn people away, we're now asking you to book in for each week's session by facebook messenger on the Uplands Tots facebook page, or by clicking on [m.me/uplandstots](https://m.me/uplandstots) in your browser.**

Uplands Outdoor Tots is run by the Uplands Group of Churches. To find out more, please contact us via [www.facebook.com/uplandsgroupchurches](https://www.facebook.com/uplandsgroupchurches) or [www.facebook.com/uplandstots](https://www.facebook.com/uplandstots)

**CHURCH SERVICES RAVENSTHORPE & OTHER UPLANDS GROUP OF CHURCHES**

May	Location	Service Type	Time	Flowers
Sunday 2nd May	Ravensthorpe	Book of Common Prayer—Communion	8.30am	Jane Pinnock / Ann Fowler
	Other Churches / Services	Cottesbrooke (BCP Communion: 11.00), Creaton (CW Communion: 09.30), Guilsborough (CW Communion: 11.00; Hollowell (CW Communion 11.00); Thornby (BCP Communion: 09.30). Online: 09.30		
Sunday 9th May	Online: 0930			
Sunday 16th May	Ravensthorpe	Common Worship with Communion	9.30am	Jane Pinnock / Ann Fowler
	Other Churches / Services	Creaton (BCP Communion: 09.30), Guilsborough (BCP Communion: 08.30); Outdoors@11: 11.00; 17.00 BCP EP); Hollowell (BCP MP: 11.00); Spratton (BCP Communion: 0830), Online: 09.30		
Sunday 23rd May Pentecost	All Churches/ Services	Cold Ashby (BCP Communion: 0930); Guilsborough (CW Communion: 0930); Spratton (CW Communion: 1100). Online: 09.30		
Sunday 30th May Trinity	Group Service when possible			

## Ravensthorpe Village Hall in May

The month of May sees the village hall re-open in earnest.

Beginning on April 30<sup>th</sup> and every Friday 9.30am – 11am “**Raven Tots**” take over the Hall. For those aged 0-4, they will enjoy a fun and stimulating play group.

Booking is essential as numbers are limited by COVID rules.

[alina@cooper.bio](mailto:alina@cooper.bio) for more information.

On Tuesday May 18<sup>th</sup> and Tuesday May 25<sup>th</sup>. Lina returns with **Zumba Gold** – for the slightly less energetic at 10.30am. Call her on 07725 984674 if you would like more information.

On Thursday May 20<sup>th</sup> and Thursday May 27<sup>th</sup> Sophie returns with **Pilates** at 9.30am. Contact her on 07764 586990

On Sunday May 23<sup>rd</sup> and Sunday May 30<sup>th</sup> Lina re-starts **Zumba** at 10am. Call her on 07725 984674.

Any other questions about the RVH, please call 01604 771277.

## New Hatha Yoga with Lizzy at Ravensthorpe Village Hall

Term-time Friday lunchtimes (time tbc 1-2ish)

Beginning in June (date tbc)

with over 20 years experience Lizzy's gentle yoga is accessible to beginners and those with experience.

*£8per class paid in advance per term.*

A similar recorded class available if you are not able to attend in person.

Option of unlimited access to all Lizzy's live/recorded online classes (5/6 a week) for £15pcm

Option to access to Lizzy's Yoga Video Library available 24/7 for only £15 per year.

Limited places. Please register your interest or contact Lizzy for more information at [yogawalks@ymail.com](mailto:yogawalks@ymail.com) or 07950573719

[www.yogawithlizzy.co.uk](http://www.yogawithlizzy.co.uk)

## First Aid Session

There has been a request to put on another first aid session to include use of a defibrillator—this can be arranged if there is sufficient demand.

Two sessions have been held in recent years, kindly run by Martin Wilkes.

The first session was fully subscribed, but the second session had quite low numbers.

If, for example, another session were to be offered one evening in the Village Hall in October would you be putting your name down? So that we can assess demand please email [speakerscorner@rvhall.online](mailto:speakerscorner@rvhall.online) saying that you would be interested.

## Recycling of tablet blister packs

Superdrug shops offer a recycling facility for these blister packs. The Daventry shop does this, I haven't been to other Superdrugs, but I expect they will too. Diane Hayes

The deadline for submissions for the June Newsletter is Sunday 23rd May.

Please Send your contributions to [ravensthorpenewsletter@gmail.com](mailto:ravensthorpenewsletter@gmail.com).

Any queries: Alan Worthington 770957

## FOOD BANK: PLEASE HELP

The Foodbank needs your support more than ever. You can make cash donations via the website: <https://www.restorenorthampton.org.uk> .

Just click on donations and follow the instructions.

## Bob Williams

I would like to thank everyone for their cards, kind thoughts and flowers in the loss of my husband Bob. All of these have given me great comfort during this sad time. We are hoping to have a Memorial Service at the Village Church as soon as Covid restrictions allow us to do so. When we have a date for this, it will be in the next Village Newsletter.

Angela Williams

## The Chequers

**Opening times:**

*The Chequers is currently closed on Monday & Tuesday. Open— Wednesday-Friday 6-9pm; Saturday 12-9pm; Sunday 12-4pm*

**The shop:** open daily 11-2 or evenings when the pub is open.

**Bar snack menu available:**

*6-8pm on Wednesday, Thursday & Friday; 12-3pm & 6-8pm Saturday*

**Take-aways:** available Wednesday-Saturday evenings: please order by lunchtime at the latest for collection 6.30-8pm.

**Phone 01604 770379.** Contactless payment on collection (cash accepted but card preferred).

## Ravensthorpe Memorial Playing Field

### 2021-22 ODDS200 LOTTERY

The village support for the Playing Field through the lottery over this last year has been fantastic, so please support it again: Tickets go on sale in May and the new lottery year starts in June. We are still relying almost entirely on the Odds-200 lottery for maintenance and upkeep.

200 tickets sold annually @ £12/ ticket raises £1,460 towards the grass cutting and general upkeep, and £940 in prize money to lucky ticket holders. Over the coming month, we shall be contacting our regular supporters plus everyone who gave us an email address last year. You can reserve a ticket by emailing [odds200rav@gmail.com](mailto:odds200rav@gmail.com) Please support us. Thank you.

**Lottery winners for April:**

Claire Harrison £50; Ian & Jean Bennion £20.

*Thank you all for your support.*

## Pocket Park update: Hedges, Hawthorn and Heralds.

Recently, we've been working on the hedgerows, principally in the lane, by planting saplings in the hedgerow gaps, trimming and laying the hedge in the meadow. A healthy hedge is good for wildlife and plays an important role in preventing pollution, flooding and soil loss. It also provides a home for pollinators. We're promoting the importance of hedges as part of the Action on Climate Change grant from the former Daventry District Council.

Hawthorn, also known as May, is probably the commonest hedgerow shrub. It can turn our hedges into a bridal bloom of white. They provide food for more than 150 different insect species, so are very valuable for wildlife. For hedges to provide these benefits, cut/trim them less frequently, allowing them to gain an adequate height. And of course thickness too for nesting birds.

Flying insects, such as moths and cockchafers, feed bats like noctules who visit the pocket park frequently. They could be living in the cracks and cavities of our tall ash trees. Landowners could support wildlife by having more trees in our hedgerows.

Through the grant, we've planted buckthorn into the hedges to provide more diversity, also food for Brimstone butterfly caterpillars. In May, they'll be laying eggs on plants in a sunny sheltered location. Fingers crossed, we're hoping to see an increase of these heralds of Spring in the village in future years.



*Brimstone Butterfly*

Ruth Rolls, Volunteer  
Pocket Park Coordinator

**Buckby Library & Hub** has reopened and all are welcome! Our current opening hours are 10-1 and 2-5 on Tuesday and Thursday, and 10-12 on Saturdays. You can browse and borrow books, use the computers, do printing, and access free Wi-fi. We have used lockdown to reorganize and redecorate our building inside, and you can use the courtyard garden at the back (with gazebo). Check our website or notice board for further information. <https://buckbylibraryhub.org>