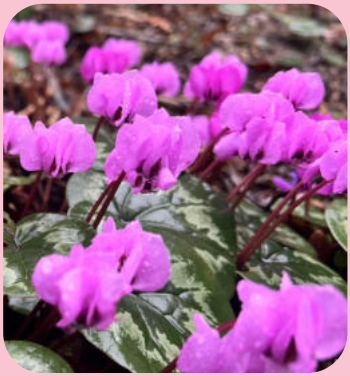
coln rivergroup

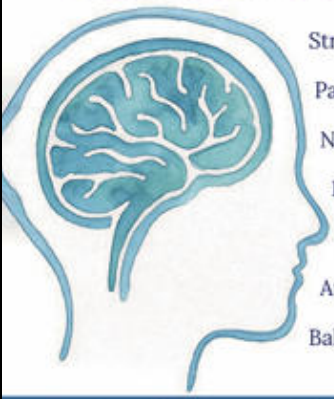


The Benefice Magazine for:

Sevenhampton - Brockhampton - Charlton Abbots - Hawling - Whittington - Dowdeswell - Andoversford - The Shiptons - Salperton - Withington

March 2026

Cotswold Neuro Rehab



Stroke Rehabilitation
Parkinsons Disease
Neuropathies
Brain Injury
Multiple sclerosis
Ataxia
Balance difficulties

Providing community neuro physiotherapy and rehabilitation for adults across Gloucestershire

www.cotswoldneurorehab.com

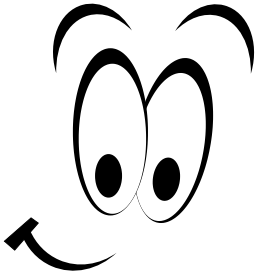
for more information or support with your recovery, please email

martha@cotswoldneurorehab.com

BROUGHTONS
BUILDING AND LANDSCAPING

Mobile: 07980 940498
Landline: 01242 220995
tomzbdrew@hotmail.com

◆ Masonry and Drystone Walling ◆
◆ Hard Landscaping ◆
◆ Patios and Fencing ◆
◆ General Building ◆
◆ Property Renovations ◆



You could advertise here!

Colour ad space available

Competitive pricing

Email: colnriver@btconnect.com

Vicarage Note

Lent

On the daily dog walk it is a joy to notice the lighter mornings and evenings after what has seemed a rather prolonged gloomy and wet few weeks. Time marches forward, and we continue on our journey towards Easter, through the church season of Lent. Lent is an unusual word, coming from the old English lencten probably itself from the Germanic lechten both simply meaning 'lengthen', reflecting this gradual lengthening in daylight hours we enjoy whilst taking in our natural countryside landscape.

Lent as a church season goes back many centuries and reflects Jesus' time of fasting and praying in the desert, before he began his public ministry. The Bible tells us Jesus was in the wilderness for forty days but Lent itself is 46 days in our modern calendar because Sundays are not included. Historically it was also a time of preparation for people who wanted to be baptised, and this sense of preparation in readiness for Easter continues today. The first day of Lent is known as Ash Wednesday, when people came to church to have the sign of the cross made in ash, on their foreheads as a sign of penitence and repentance. This practice evokes Old Testament times, where in the culture of the day, people indicated their remorse by wearing sackcloth and ashes.

Before the Lenten fast began, people used up their richer food stock on Shrove Tuesday (by making pancakes, for example). So lent became associated with giving something up, fasting and making time to focus on God by reading the Bible and praying. In modern times, we may choose to give up specific pleasures, such as chocolate or alcohol, or social media. Sometimes it is only when we give something up that we begin to realise how much of a hold it had over us. Lent is also a season for charitable giving, the idea of giving up something for Lent coupled with giving something to the poor.

Rather than giving something up this year, for this Lent, why not consider taking something up? Something that does good to others and ourselves. For example, volunteering to help the community in some way; giving to charity; and making time for our own spiritual growth. Regarding the latter, our free Lent course, 'In the Footsteps of the Saviour' continues on March 4th, 11th, 18th and 25th at 7pm at our Community Church in Andoversford. All are welcome.

With every blessing
Rev'd Andrew

Our People

Benefice Ministry Team

Rev'd Andrew Hiscox	The Rectory, Andoversford	07970 011502
Mrs Sue Lord Reader LMT	Hazeldene Hse, 3 Pine Halt, Andoversford	01242 820757
Mr Bryan Taylor LMT	1 Templefields, Andoversford	01242 820436
Mrs Jane Hampton LMT	8 Station Road, Andoversford	01242 820470
Mrs Angela Leech LMT	6 Hunter's Way, Andoversford	07773 967239
Mr Tony Barron LMT	Wren Cottage, Foxcote	07785 376518
Mrs Pat Barron	*Prayer Chain Co-ordinator*	*01242 820658*
Mrs Angela Leech	*Safeguarding Officer*	*07773 967239*

Associate Priests

Rev'd Will Strange	will.a.strange@gmail.com	01242 820378

Churchwardens

Mr Robert Jackson	St, Andrew's, Sevenhampton	01242 820408
Ms Bunny Bailey	St. Martin's, Charlton Abbots	01451 850495
Mr Charlie Llewellen-Palmer	St. Bartholomew's, Whittington	07980 607867
Mrs Jane Bayley	St. Bartholomew's, Whittington	01242 820265
Mr Ross Weaver	St. Michael's, Dowdeswell	01242 820540
Mrs Ros Ratcliffe	St. Oswald's, The Shiptons	01242 820824
Mr Michael Storey	All Saints, Salperton	01242 821572
Mrs Diane Raitt	St. Michael's, Withington	01242 890165
Dr Philippa Moore	St. Michael's, Withington	01242 890305

Methodist Church

Rev'd Rachel Leather	revrachel.leather@methodist.org.uk	01242 262657

Roman Catholic Church

Father Joby Lukose	The Presbytery, Chandos St, Winchcombe	01242 602412
Father Francis Colaco	The Presbytery, Moorend Rd, Ch. Kings	01242 524932
Father David Mills	St. Gregory's Prestbytery, St. James Sq, Chelt.	01242 523737

Disclaimer: Any views expressed in this magazine are not necessarily those held by the editor or the advertisers of the wider Church

March Church Services

Sunday 1 March

Zoom	10am	Morning Worship
Whittington	11am	All Parish Holy Communion

Sunday 8 March

Shipton	10am	Family Communion
Dowdeswell	11am	Holy Communion
Whittington	6pm	Evensong

Sunday 15 March

Withington	10am	Family Service
Andoversford	10.30am	Cafe Church
Sevenhampton	11am	Holy Communion

Sunday 22 March

Salperton	10am	Holy Communion
Withington	10am	Holy Communion
Shipton	5pm	The Gathering

Sunday 29 March

Zoom	10am	Morning Worship
Andoversford	11am	All Parish Family Communion

For the latest service list and times, please visit our website colnriver.co.uk

Front cover photograph:
A collection of flowers, heralding the approaching Spring!
Top half of page, from left to right: Cyclamen, Daffodil, Camelia, Primrose.
Bottom half of page, from left to right: Snowdrop, Aconite, Camelia, Hellebore.

The Church Office

Contact details for The Church Office:

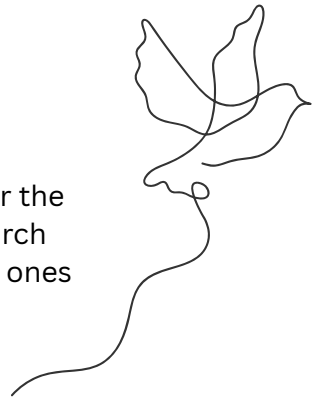
Email: colnriver@btconnect.com
Telephone: 01242 820404
Website: www.colnriver.co.uk

Address:
Community Church
Station Road
Andoversford
GL54 4LA

The Church Office is open most Tuesday mornings, 09:00 - 12:00

To **donate** to the Community Church, scan the QR Code or visit www.justgiving.com/charity/colnriver

From the Registers



With sympathy and prayer, we remember the families and friends of those in our church community who have recently lost loved ones

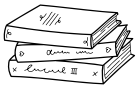
Hilary Blazey

May the Lord bring comfort to all who mourn and surround them with His abiding peace

The **Book Exchange** in the porch at the **Community Church**, Andoversford, is open for everyone

With fiction and non-fiction books and jigsaw puzzles for all ages.
If you come across one that you would like to keep, then that's okay!

Donations of fiction/non-fiction and children's book are always welcome, please ensure they are in good and clean condition



For queries, please contact Sue Lord, 01242 820757

Moments of Joy!

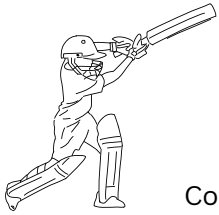
Four years ago, the Men's Breakfast, which takes place monthly at the Royal Oak, had a visit from David Holmes, who gave us a fascinating and very distressing insight into infant and maternal mortality in Sierra Leone. David represents a charity called the 'Kambia Appeal', which trains midwives in a district in the north-west of the country.

The charity's stated aim is to try and improve maternal and child mortality, because in Sierra Leone, pregnancy is still very dangerous: roughly one out of every 280 women dies as a result of pregnancy or childbirth. In the UK, the risk is far lower — closer to one woman in around 12,000.
The infant mortality is one of the worst globally - about one in every ten children dies before reaching their fifth birthday. In the UK, by comparison, less than one child in 200 dies before their fifth birthday.
Although much work remains to be done, these rates have improved in recent years, despite a hideous civil war, Covid and Ebola. The increase in trained health workers is one of the main contributory factors.

Several of the attendees of that breakfast decided to support the charity by contributing to the cost of training a midwife, which then had a cost of just £600 for board, lodging and tuition for a 2-year course. Midwives sponsored then, have just graduated, and are now busily improving the lot of mothers and children. David returned to our last Men's Breakfast and brought us up-to-date, including a live conversation with contacts in Sierra Leone. The Men's Breakfast has decided that it would like to sponsor more midwives, now at a cost of £1,000 for a 3-year course. It's great to see what difference a relatively small donation can make.

If you'd like to know more, please do get in touch with me: tbarron@btinternet.com, or visit www.kambia.org.uk

Tony Barron
Lay Ministry Team



Next Men's Breakfast
Saturday 21 March, 8.30am
The Royal Oak, Andoversford
Speaker: Duncan Munro
'C.T. Studd: England Cricketer and Pioneer Missionary'
£15 per head
Contact Tony if you wish to attend: tbarron@btinternet.com

March Diary Dates

Shipton Reading Room

YOGA: Monday 2, 9, 16, 23 & 30 March - 9.30-10.30am

KARATE: Monday 2, 9, 16 & 23 March - 6.30-8pm

PILATES: Tuesday 3, 10, 17, 24 & 31 March - 9.30-10.30am

ART GROUP: Wednesday 4, 11, 18 & 25 March - 2-4pm

KNITWITS: Thursday 5 March - 2-4pm

QUILTERS: Wednesday 11 & 25 March - 7.30-9.30pm

COFFEE STOP: Saturday 14 March - 9.30-11.30am

YOGA SOUND BATH: Friday 20 March - 12-10pm

SHIPTON GATHERING: Sunday 22 March - 4.45-6.15pm

POP UP PUB: Friday 27 March - 5-8.30pm

QUILTERS WORKSHOP - Saturday 28 March - 9.30am-4.30pm

Andoversford Coffee Morning
Community Church
Weds 25 March 2026
10.30am - 12 noon

The Gathering
Shipton Reading Room
Come to prepare for the week ahead with a service for praise with quiet contemplation
Every fourth Sunday of the month at 5pm

Andoversford Parish Council

Representatives from the Cotswold Coln River Guardians and Restoration Group attended the meeting to tell us about their ongoing efforts to monitor and restore the River Coln.
They told us about their work for 2026, including surveying any river wildlife and monitoring sewage discharges, which rank among the worst in the country.
Regular water testing is carried out by the local Guardians, with findings published online. A link will be shared once it is available.

It is hoped that Thames Water will be undertaking site improvement works soon at the sewage plant over the A40. There was discussion regarding weeds and plants which grow in the Coln and whether this should be removed (as it has been) or left to grow, and it was agreed to wait for more advice from the Guardians in the summer.

County Councillor Paul Hodgkinson was also present and provided an update on the forthcoming Local Plan and the upcoming consultation on the proposed Unitary Council. He advised that he will soon be meeting with representatives from Gloucestershire Highways and the Parish Council to confirm the locations and installation of speed cameras and village gates.

WITHINGTON VILLAGE HALL COMMITTEE

Notice of

ANNUAL GENERAL MEETING

To be held in
Withington Village Hall
at 6pm on
Monday 27th April 2026

This is an open meeting
and all are
welcome to attend.

Many Andoversford residents recently advised us that mobile phone coverage in the village is not generally considered an issue. This feedback was relayed to the telecommunications company that had been exploring the possibility of installing a mast in the area and following this response, Andoversford has now been removed from the company's list of proposed sites.

Next meeting is Thursday 5th March 2026 at 7.30pm in the Village Hall Committee Room.

Parish Clerk

Village News

Please continue to support the North Cotswolds Foodbank

Donations of tinned or packaged food gratefully received.
Please leave in the porch at:

- The Community Church, Andoversford
- St. Oswalds Church, Shipton
- St. Andrew's Church, Sevenhampton

They are currently short of:
Rice pouches, baked beans, pasta, tinned fish, custard, sweet and savoury snacks, toilet rolls, packet sauce mixes, stock cubes, cooking sauces, tinned meat and rice pudding
They have plenty of:
Hand / liquid soap, baby food, baby toiletries, cereals, toothpaste and toothbrushes
NB: Donations of infant formula are not accepted

Foodbank Collection:
Between 15 January and 14 February 2026 you have donated an impressive

100.1kg

Hawling Methodist Church
Services are held on the 1st, 3rd and 5th Sundays of each month
at 6 pm

Village News

The Sevenhampton Parish
Good Neighbourhood Scheme

If you are a resident of the Parish and require help with transport for essential journeys, within a 15 mile radius, i.e. doctor, hospital, dentist, pharmacy etc, we have a solution!

Ring a co-ordinator:
Lynne Jackson: 01242 820408
Petrina Redmond: 07775 617749

Volunteer drivers welcomed

Sevenhampton and Brockhampton have a diary of dates
Sign up at villagedates@gmail.com if you want to know what is going on, or visit www.sevenhampton.org

Need to talk?
We'll listen

Samaritans

Telephone: 116 123
jo@samaritans.org

WALKING TENNIS Friday Afternoons 2.30-4pm, CHEDWORTH

A gentler game of tennis suitable for all ages and abilities including beginners.
It's perfect if you have a health condition or an injury that impacts your mobility or you're recovering from an operation or perhaps you haven't played for a while.
It will help to get you going again and improve your fitness and wellbeing.
It is relaxed and fun, you can go at your own pace.
You only need a pair of trainers, we can provide a racket plus the balls.
ALL WELCOME OPEN TO NON MEMBERS

www.clubspark.lta.org.uk/HillandValleyTC/WalkingTennis

Village News

The Chedworth & District Branch
of the
Royal British Legion

invites you to

The Dhofar War 1965-1979
An Enduring Victory

a talk by

Major General Peter Williams CMG, OBE
formerly Coldstream Guards

Thursday 26th March

at Chedworth Village Hall, GL54 4NE
at 6pm

R.S.V.P
Simon Colbeck
07444 701884/simoncolbeck@msn.com

Drinks & Nibbles
followed by the talk at 7pm

Guided Walks
with the Cotswold Voluntary Wardens

Details of the walks available are described on the website:
www.cotswolds-nl.org.uk
Please check walk details carefully on the website, including whether booking is necessary. Additional walks may be published on the website.

CNL60: I Remember Adlestrop - Tue 3 Mar - Moderate 2.5hr 5ml
Start: 10am Adlestrop Village Hall, Moreton in Marsh
OS Map ref: SP 242 272. W3W: stretch.trouser.scorched

CNL60: An Ecclesiastical Meander from Abbey to Church
Thu 12 Mar - Moderate 3hr 6ml
Start: 10am Back Lane Car Park, Winchcombe (£1 to park all day)
OS Map ref: SP 024 285. W3W: statue.harps.supposes

Coln Valley Circular: Tue 17 Mar - Moderate 3hr 6.5ml
Start: 10am Bibury, on road opposite the public toilets
OS Map ref: SP 116 067. W3W: juggles.inflation.photocopy

Easy: Length may vary but terrain is mainly flat (level).
Moderate: includes some hills and rough ground.
Please use appropriate footwear as some walks may be steep and muddy in places.
Walks are free, although we do invite donations to help fund our conservation and improvement work. We welcome Guide Dogs and Hearing Dogs only.

Book Exchange
Come along and swap your books, donate some, or buy a new one!
Open from 8am - 4pm during term time

Have you finished that book already?
Read a book and enjoyed it so much that you want to keep it?
Or do you have books you want to get rid of?
If you said yes, then our Community facility is for you!
In the foyer of the school you will find some book shelves with second hand books.

Cobalt Medical Charity Update

Make a Will Month

During April, participating local solicitors will waive their fees for writing a will in return for a donation to Cobalt (£150 for a single will; £200 for mirror wills).

Places are limited, so early booking is advised.

More information:
www.cobalthealth.co.uk/fundraising/make-a-will-month/

Walk for Cobalt – Saturday 21 March 2026

Following the success of Walk for Cobalt in 2025, we're delighted to announce its return on Saturday 21 March 2026.

Join us for an uplifting day of walking, fundraising, and community spirit in support of Cobalt Medical Charity and its vital work.

The walk starts at Linton House and finishes at The Exmouth Arms, Bath Road, with two route options (approximately 5–7km) to suit all ages and weather conditions.

Walkers can start anytime from 10am, with maps provided in advance.

Entry: Adults £10; children and dogs walk for free.

Details and registration: www.cobalthealth.co.uk/event/walk-for-cobalt-2026/

Quenington Rare Plant Sale & Open Garden

Saturday 12 April

At The Old Rectory, Quenington (GL7 5BN)

Admission £8

Village Halls

Andoversford Village Hall

We have a large hall and committee room for hire; ideal for parties, clubs, meetings or other private events.

Facilities include:

- A main hall accommodating up to 110 people - even big enough for a bouncy castle!
- A fully refurbished kitchen with serving hatch
- Tables & Chairs
- Easy access to playing fields
- A separate committee/meeting room

If you're interested in hiring the main hall or committee room, please visit www.andoversfordvillagehall.co.uk

Or contact: Mel Lee on 07507 870535
or
bookings@andoversfordvillagehall.co.uk

THE RHODES MEMORIAL HALL BROCKHAMPTON

Thinking of holding a party but don't have enough space at home....why not hire our village hall?

- Newly refurbished toilets
- Well equipped kitchen
- Carpark
- Great hire charges with no hidden extras!

We also hire out china, cutlery, water boilers etc. Call Georgina on 01242 820423

Withington Jubilee Hall

Good kitchen facilities
Toilets
Large Car park
New flooring
Free Wifi

To book, contact: Glenys Webb
01242 890419

WHITTINGTON VILLAGE HALL GL54 4HB

Light and airy hall with raised stage
Fully refurbished and decorated
2 kitchens, dishwasher etc
60-80 capacity
Free fast WiFi
Contact Bob and Carol
01242 820916

DOWDESWELL

Dowdeswell Village Hall welcomes all neighbouring villagers and friends to join their circulation for news about community events at the Village Hall.
To register:
www.bit.ly/dowdeswellnews

Shipton Reading Room (Village Hall)

The Reading Room was completely renovated in 2020/21 and now provides:

- Beautifully renovated, decorated and warm hall
- Modern kitchen with serving hatch
- Tables and chairs
- Free, fast Wifi
- Free china, cutlery, water boiler, coffee machine
- Competitive hire rates

To book, contact:
readingroombookings@shipton-village.uk

Groups | Clubs | Teams

Art & Craft Group
Shipton Oliffe Reading Room
Wednesdays 2 - 4pm
Pay as you go; £6 per session
including refreshments

Bring your own project and materials
and enjoy an afternoon with a group
of friendly people

Please contact Lindsey:
lindsey.crane@btinternet.com
or just turn up

Interested in joining a Knitting group?
KNITWITS meet at 2pm
on the first Thursday of the month
at
The Reading Room Shipton Oliffe

For more details, telephone Margaret
on 07778 490785

We knit for charity
and for our ourselves

The Village
GARDEN CLUB
of Sevenhampton & District

Sevenhampton & District Village Garden Club offers a full programme

ANNUAL MEMBERSHIP COSTS ONLY £25
- and NO MEETING FEES !

Garden outings are arranged, as well as **talks by visiting speakers** at our monthly meetings, held at
Rhodes Memorial Hall in Brockhampton.

*Gardening experts such as BBC Radio presenter **Darren Rudge;** plant hunter, lecturer & RHS advisor **Duncan Coombes;** and local horticulturist & nursery owner **Julie Ritchie**, are just a few of the excellent speakers on offer, as well as private visits to spectacular gardens.*

Information, details of events & links to the Club's newsletters can be found at:
www.sevenhampton.org/clubs/the-garden-club/ or
for membership info, contact **Neil Lovell** on **neil.lovell@gmail.com** (Tel: 01242 898267)

Groups | Clubs | Teams

Andoversford and District Horticultural Society

Our March meeting will be held on
Tuesday 10th March
at the Community Church
starting at 7.30pm

Caroline Sheldrick's talk will be
"a year in cutting garden"

New members are always welcome

DEMENTIA PEER GROUP

A friendly and supportive environment where ANYONE can chat about Dementia in one group

Meeting every last Wednesday of the month
(excl.Dec) at 3-4.30pm
Church Centre
Station Road, Andoversford, Nr.Cheltenham
GL54 4LA

Free refreshments

For further information email pkear@blueyonder.co.uk

Follow us on facebook

DAA Dementia Action Alliance GLOUCESTER

WINNER

100

Withington 100 Club

Are pleased to announce the following winner:
February's prize draw: Mrs C King (56)
Contact Gary Patrick on 890773

Golden Link

If you are 50+ and would enjoy meeting like-minded people, to enjoy a light-hearted lunchtime get together with a chance for a chat, 'home grown' entertainment, followed by a 'soup & roll' light lunch, then come and join us!

We meet on the first Tuesday of the month at the Community Church, Andoversford at 12 - 2pm.
Members £1.50, non-members and visitors £2.50
For more information call Rosemary on 820838

Groups | Clubs | Teams

Community Art Group
Shipton Reading Room
Wednesday's 2 - 4pm
alcooke@msn.com

SEVENHAMPTON SCOUT GROUP

for adventurous activities for boys and girls #skillsforlife

Beavers 6 - 8 years
Cubs 8 - 10 years
Scouts 10 - 14 years
Explorers 14 - 18 years

More young people are needed in each section

For more information:
Beavers and Clubs: Clare@7hscouts.co.uk
Scouts, Explorers & Adults: Smurf@7hscouts.co.uk

- -

Scottish Country Dancing
for fun, fitness and friendship
Monday's, 7.30 - 9.30pm
St. Luke's Church Hall, GL53 7HP
cheltrscdssec@gmail.com

- -

Coln River Babies and Toddlers

We are a friendly bunch and will give you and your tots / babes a warm welcome.

We gather in the Community Church, Andoversford, every Monday during school term 9.30-11am (and sometimes at other times as arranged)

Suitable for ages 0-4 years old with parents / grandparents / carers

Fun for children with playtime, craft activities, music and storytime (sometimes from the Bible)

£1 per family with a 'cuppa' for parents, and drink and biscuits for tots

Contact Hannah with any questions on 07966 504480

Groups | Clubs | Teams

GUITING ART GROUP

Term time Thursdays
10am - 12.30pm
Lower Swell Village Hall

For more info email Lindsey
lindsey.crane@btinternet.com

Andoversford Cricket Club
Contact Richard Cerrone
07837 346822
richard@cheltenhambookkeeping.co.uk
www.andoversford.play-cricket.com

AVC - Andoversford Village Club

AVC is a lovely place to meet up with friends or to come and watch the sport!
We are situated by the playing fields and park so please come and say hi!

We offer:
Large selection of reasonably priced hot and soft drinks
Pool table, darts, quoits, board games

Opening times:
Sat: 9am - Noon, 1pm - 11pm
Sun: 1pm - 10pm

Health & Fitness

Fitness Classes in Brockhampton Village Hall

Are you looking to improve your strength and fitness?
Why not join our friendly fitness classes every Tuesday from 11-12 at the Rhodes Memorial Hall, Brockhampton.
Classes are suitable for all fitness levels and abilities. They are fun and varied (combining cardio, light weights, balance exercises and mat work) and will leave you feeling energised and strong.
If classes aren't for you, I also offer Personal Training sessions, tailored to suit your own requirements.
For more information please contact kate@cotswoldwellness.co.uk or 07779 121447

Pilates by Katie

Brockhampton - Tuesdays 6.30pm
Balcarras School - Wednesdays 6.30pm
for more info and to book, please contact Katie
katiejbaxter@icloud.com
07812 807560
Booking essential
Private sessions available in Brockhampton

A40 Fitness Gym

Is a community based gym with 30+ classes each week, large weights room and fitness suite plus outside training area.
Memberships include all this and more!
Please contact george@a40fitness.com for info

Advanced yoga teacher **Jo Fellows** offers classes suitable for all levels at the Nuttery in Notgrove at 9.30am Wednesday. She also teaches at 6Ways yoga in Charlton Kings.
Private yoga classes and sound baths at your home or elsewhere offered for individuals or groups. Jo is also a fully qualified Reiki Master/Teacher, Sound Healing Practitioner, QiGong and Meditation Teacher
jofellows@me.com / 07884 314972

Chair Based Yoga

For people living with arthritis and other conditions that cause restricted mobility.
Mondays 2.30-3.30pm with Karen, or Thursday 2.30-3.30pm with Mark, at Holy Apostles Church Hall, London Road, Cheltenham, GL52 6HW
Free to join - register your place:
Karen - 07587 042044 / info@yogatherapycheltenham.co.uk
Mark - 07771 644469 / mark@cotswold-yoga.co.uk

Cotswold Natural Mindfulness

If you love nature, enjoy walking and have an interest in developing mindfulness to boost your health and wellbeing, join us for a free experiential walk. For details visit www.cotswoldnaturalmindfulness.uk

Health & Fitness

Yoga in Shipton Reading Room
£10 per class. Monday morning at 9.30am
Everyone welcome! Pre-booking essential
Contact samtinkleryoga@gmail.com for more information

Tennis in Chedworth
We are a friendly club with two floodlit courts of around 150 members. We run club social sessions and enter teams in several leagues.
There is a regular programme of coaching and training sessions for adult members of all abilities and junior coaching for non-members. New members welcome!
For more info contact Caroline Baker
carolinebaker75@gmail.com
07733 322176
www.clubspark.lta.org/HillandValleyTC

BJW Fitness
Personal Trainer and online fitness coach for all ages. 1-2-1 PT. Online Coaching. Weight loss. Muscle Building. Health Improvement. Nutrition Planning.
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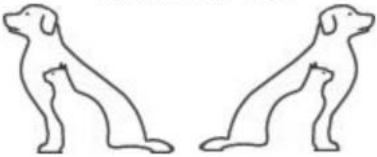

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