

Church News
for the Parishes of
Bromham, Oakley and Stagsden



June 2026



BLISS

Plumbing & Heating Ltd

Where plumbing is Bliss



01234 860 220

info@blissplumbing.co.uk
www.blissplumbing.co.uk

Experienced and Professional
Fully Insured and Qualified

What do we cover?

- Plumbing Maintenance ✓
- Bathroom Renovations ✓
- Gas Boilers ✓
- Heating ✓

Bedford Carers

Maria O'Byrne

melita564@hotmail.com

Tel. 07817 191820



Domiciliary Care

Companionship

Housekeeping

Outings/Shopping

Providing simple meals

Overnight stay and/or Personal Care if or when required

DBS checked

Experienced

References

Full Drivers Licence

Liability Insurance

Member of NACAS & Registered with Bedford Borough Council

Who's Who in Bromham cont....

Children & Young	}Emma Harrison	07752 186808
People's work	}Rene Farquhar	307996
Electoral Roll	Mrs Rene Farquhar	307996
Ringers	Mr Robert Jones	881741
Thursday Prayer Gp	Mrs C Wisson	306833
Friends of St Owen's:		
Secretary:	Mr David Butler	407351
website:	www.bromhambenefice.org/ friends-of-st-owens	

Who's Who in Oakley

Church Officers

Churchwardens	Mr G Palmer	07710 462535
	Mrs H Worley	262166
PCC Secretary	Katrina Hyden	07908 987959
	oakleypccsecretary@bromhambenefice.org	
PCC Treasurer	Mrs S Ball	ls.ball@btinternet.com
Organist & Choirmaster - contact	Jenny Sudworth	822859
Messy Church for pre-school children (birth - 4yrs) & their carers		
	Revd Catherine Wilson	825665
St Mary's Ringers	Mr Bill Sellars	823473

Who's Who in Stagsden

Church Officers

Churchwarden	} Post holders names not published	
PCC Treasurer	} please contact through Revd Di Harpham	07973 953744
PCC Secretary	Caroline Heaton	
Ringers	Mr Richard Brown	823289
Flowers Team	please contact through Revd Di Harpha	07973 953744

If you know of further details for this page, or have information or articles to publish please send all material to the Editor by post or (preferably) by email - see details on page 3.

The Editor thanks Contributors and Advertisers for their material with acknowledgements to the "Parish Pump" website. Nevertheless, views expressed, and goods and services advertised are not endorsed by the PCC. **Please send material for publication to the Editor by the 22nd of the month.**



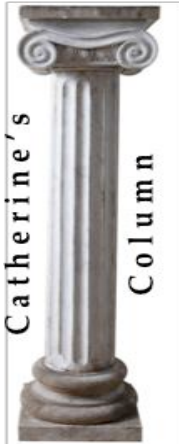
Principal Services in the Benefice

<u>7th June</u>	<u>1st Sunday after Trinity</u>
9.00am	Holy Communion (Oakley)
10.30am	Holy Communion (Bromham)
<u>14th June</u>	<u>2nd Sunday after Trinity</u>
9.00am	Holy Communion (Stagsden)
10.30am	Local Ecumenical Service + Holy Communion (Oakley)
6.00pm	Evensong (Oakley)
<u>21st June</u>	<u>3rd Sunday after Trinity</u>
9.00am	Holy Communion (Stagsden)
10.30am	Holy Communion (Bromham)
<u>28th June</u>	<u>4th Sunday after Trinity</u>
9.00am	Holy Communion (Bromham)
10.30am	Holy Communion (Oakley)

Weekday Services

Mondays	
11.30am	Messy Church (Bromham)
Tuesdays (1st and 3rd of the month)	
11.30am	Holy Communion (Bromham FR)
Thursdays	
10.00am	Messy Church (Oakley)

NB 10.30 church services are streamed via Zoom for those who find it difficult to attend in person (details on website www.bromhambenefice.org)



From the Vicarage

Do you enjoy quizzes? One evening recently Tim and I went to be team members at a PTA quiz. We enjoyed testing our general knowledge, laughing with our fellow team-members, feeling smug when we got one right (which country in the world eats the most

cheese?), and shrugging with a smile when we just didn't know the answer (could you identify the modal verb in a sentence??!). Our team were particularly pleased to get a good score in the round based on the year 6 curriculum – our school days may be long gone but we clearly hadn't forgotten it all!

A quiz evening is a fun way to be tested on what we know - in the end, our team came second from last – but the score didn't matter, we had had a good time. However not all tests are as enjoyable. I was back in school the week after the quiz, helping to invigilate as year 6 pupils did some of their SATs tests. We were in their classroom, a familiar and friendly environment, but still they were in 'exam conditions' – silence throughout, and the pencil and ruler they needed placed on the table by their teacher. If they needed something they simply raised a hand, and an adult went to help them.

Many tests also have consequences for the future: at this time of year teenagers face public exams to find out how much they have learnt during the year. Perhaps you remember your

own experience of taking these exams – the large, silent hall; walking in with only a clear bag containing your stationery; looking at the exam paper with trepidation; walking out again at the end knowing that you can't do any more. And then the wait for Results Day to find out if you had achieved the required grades for the next stage of your education. I'm sure it is no less daunting for today's youngsters as they too know their future may depend on their efforts.

I am very grateful that I don't have to take formal exams like that anymore, and haven't for many years. But life is still full of tests of one sort or another – some medical, some involving technology (can I make it work?), and others simply about dealing with the challenges of everyday life. Perhaps the hardest tests are those that challenge our character – that involve biting one's lip rather than making an unkind comment, being even more patient with an irritation, or deliberately turning away from a guilty pleasure.

However we are being tested at the moment, we have the Holy Spirit to help us, whether it's to cope with the situation, to learn to live more Christ-like lives, or to look to the future with hope and confidence. Isaiah wrote 'When you pass through the waters, I will be with you... do not fear, for I am with you' (Is 43 2,5). Like those yr6 children, we simply have to ask for help.

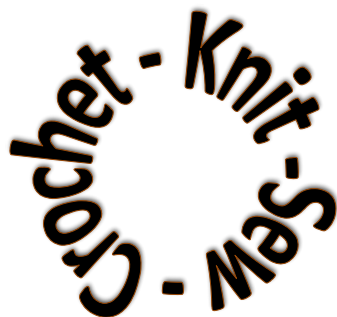
Catherine Wilson

Meekness is having a teachable spirit. – *Ronald Dunn**

**American Methodist Lay Elder 1943 - 2025*



Next meeting - **Thurs 25th June**
at 2.30pm with Guest Speaker
For further info contact Tessa Woodcock
07766 118258



Sewing Group
1st and 3rd Wednesday
afternoons 2pm - 4pm in
St Owen's Church
Fellowship Room.
Contact Margaret 824402

New Address

Revd Petra Yates wishes you to know that the new address
for Charlie and herself is:

Mollie's Cottage, Thornham Rd, Chosely, Docking, Norfolk.
PE31 8FX

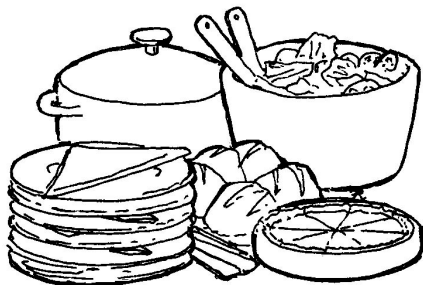
First Friday Coffee Morning

Next coffee morning on **Fri 5th June**

10.30am- 12.30pm

in St Owen's Fellowship Room, Bromham.





Fellowship Lunch
at St Owen's
Next event
Sunday 7th June
at 1230

Could these helping hands be yours?

Forthcoming events in need of help:

Sat 27 June at St Owen's:

Unisong Summer Concert
needs refreshment servers

Sat 11 July at St Owen's:

FoSO concert of words and music
needs food and servers for cream teas

Sun 12th July: Bromham Show needs servers to keep Show Committee refreshed.

Contact Elaine (826702) or Edward (826551)



'Messy Church for All'
at Oakley Methodist Church
on 3rd Tuesday in the month
Next event 16th June

3.30 till 5.30pm

Contact 824504 or
mcarr49@hotmail.com



In responding to the King's Speech in the House of Lords, Archbishop Sarah said:

We face serious challenges at home and abroad and I continue to pray for those who carry the responsibilities of office and as we seek to meet these challenges together.

At my Installation at Canterbury Cathedral, I spoke about the presence and importance of hope. As a Christian I believe we have hope because we have a God who walks with us, even when circumstances feel overwhelming.

The work of integration has never been more urgent. We have witnessed a deeply concerning deterioration in intercommunity relations. I therefore welcome the commitment in the Gracious Speech to do more to protect the Jewish communities following the recent appalling attacks and in doing so I wish to assure both Jewish and Muslim communities of my support as they face the unacceptable rise in hate crime, intimidation and hostility.

The Church of England has long held that the right of all people to practise their faith without fear must be protected. We have also seen religious identity misused to intimidate and divide. Let us be clear: the commandment of Jesus Christ is to love your neighbour as yourself, to love without exception and to seek the flourishing of all.

We must address the pressures facing people and communities today while ensuring that systems for new arrivals are fair. We must undertake the harder task of

Continued on next page

bringing communities together—of making strangers neighbours—and ensuring that all who reside here have both the opportunity and the responsibility to contribute to our shared life.

As human beings, we are naturally drawn to those who resemble us or reinforce our views, particularly in times of adversity and scarcity. Yet such instincts do not lead to a flourishing society. Our debate on immigration can, however, be a source of hope: hope that attitudes can change; that fairer societies are less divided; and that daily life alongside people of different backgrounds reduces fear and suspicion.

Through its presence in every parish across England, the Church of England helps build communities where people know and care for one another. In doing so, it builds bridges and fosters relationships across lines of race, faith, class and more. In these acts of mutual care, the seeds of belonging are sown.

It is this patient work of integration and community-building that policymaking must support. My prayer is that we will see a renewal of hope in our country: a rejection of hatred and division, and turning towards one another. This is where true pride in our nation is found.

My Lords, there is much more in the Gracious Speech that I cannot address in detail today. However, I note the announcement of a draft Conversion Practices Bill and remind the House that in 2017, the General Synod of the Church of England voted in favour of a ban. I urge the Government to consult widely and wisely on this draft legislation so that meaningful progress can be made.

Ed: the full text can be found at www.churchofengland.org>media

Norfolk Notebook by Revd Petra Yates

Our cottage is perched on a hill, overlooking farmland, and we can see all weathers, (sometimes all seasons in one day!), as they approach.

One particularly gusty day, the now 'knee-high' wheat danced and swayed vigorously, buffeted as if by an unseen force. This was a visual reminder of the words from John 3 verse 8: "The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going."

Certainly, true of windswept North Norfolk- where we hear the gusty blasts!

This verse has a special message in these times of change, growth, and exploration for me, my family, and for the benefice, as we all look ahead in our own respective ways.

Change holds all shades of emotions and experiences as we embrace or face the unknown, sometimes only aware of a few steps ahead, if that. As a Christian, although things may look hazy, I know that I am rooted in my faith, in both the tender and joyful times, held through all things by God's grace and the Holy Spirit. To paraphrase Rowan Williams, former Archbishop of Canterbury, the Holy Spirit guides the dance, and we join in where we can.

So, in this dance of life, I look forward and reflect with great gratitude on the past three years. It has been such a privilege and joy to share in part of your lives and to journey together through all life's seasons.

I cherish your warm welcome, friendship, and sense of community, Catherine's guidance and especially the gathering at my final service. As always, the cakes were

Continued on next page

delicious and exemplary — the Benefice at its best! I was bowled over by your tremendously generous gifts and warm wishes. I can see many a garden centre visit as we plan our garden with purchases to remember you all.

I leave you with my prayers as you look to the future, with love and many memories, and a few ‘comedy moments’ along the way, echoing the sentiments of Dag Hammarskjöld, former United Nations Secretary-General: “For all that has been, Thanks. For all that shall be, Yes.”

Petra

Editor: Canon Paul Hardingham continues his series on the books of the Bible.

What’s the Big Idea? - an Introduction to the Books of the Bible: Colossians

This month we return to look at the books of the New Testament. Many today are asking: ‘*How does Jesus uniquely reveal God to us?*’ This question lies at the heart of Paul’s letter to the Colossians. The church in Colossae was a fruit of his three years ministry in Ephesus (52-55 AD). Paul went on to write this letter while in a Roman prison around 61 AD.

Paul was dealing with gnostic false teachers who denied that Jesus was fully God and man. They taught that enlightenment could be reached through special knowledge and rigorous self-discipline.

Paul attacked this false teaching by focusing on the supremacy of Christ: ‘*in Christ all the fullness of the Deity lives in bodily form, and you have this fullness in Christ, who is the head over every power and authority*’ (2:9-10).

Continued on next page

He affirms that Jesus is:

a) Lord of all Creation, who sustains everything. As the exact representation of God, He is first-born over all creation (1:15-17) and there is no place for worshipping angels or any other power (2:18).

b) Head of the Church (1:18), to whom the Colossians should submit (2:6, 7) and not be seduced by vain speculations (1:16-18).

c) Supreme Saviour (3:11), who has defeated all spiritual powers on the cross (2:15), allowing them to share in the power of His resurrection (2:20). All are adopted into His family and so there are no special qualifications needed to experience God's favour (2:8-20).

In chapters 3&4 Paul demonstrates the practical implications for the Christian's daily life. We are challenged to abandon the old life and cultivate our new life in Christ (3:5-4:6). If we maintain Jesus as our Lord, He will prove truly sufficient for all our needs.

Columba of Iona, missionary to the UK

In 563 AD St Columba sailed from Ireland to Iona – a tiny island off Mull, in the Western Highlands. He brought Christianity with him and is now remembered by the Church on 9th June.

Columba (c. 521 -97) was born in Donegal of the royal Ui Neill clan, and he trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Continued on next page

Why would a monk in his mid-40s go into such voluntary exile? Various explanations include: voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God's cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

Here is a prayer of St Columba:

Christ With Us
My dearest Lord,
Be Thou a bright flame before me,
Be Thou a guiding star above me,
Be Thou a smooth path beneath me,
Be Thou a kindly shepherd behind me,
Today and evermore.

The story behind the HYMN: Lord, for the years

*Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided:
Lord for the years, we bring our thanks today.*

*Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the Word, receive your people's praise.*

**Lord, for our hopes, the dreams of all our living,
Christ and his kingdom one united aim;
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name. ...*

By Timothy Dudley Smith

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later became Bishop of Thetford. He later confessed: "I wrote it on a train when I was very pressed for time. I'm thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn't find time to apply the sandpaper a bit more!"

Dudley Smith had been asked to write a hymn for the centenary service of the Children's Special Service Mission, now Scripture Union, in St Paul's Cathedral. His commission was to write words that could be fitted to Jean Sibelius's *Finlandia*, as it was to be accompanied by an orchestra with this tune in their repertoire. And so – 'Lord for the years' was

Continued on next page

written.

Dudley Smith need not have worried about lack of time – his lyrics were a ‘hit’ in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, on his consecration as Archbishop in Canterbury Cathedral.

The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen’s Golden Jubilee.

Many of the words in the hymn were true for Queen Elizabeth herself. She would have celebrated her 100th birthday this April, and her ‘official’ birthday on the second Saturday in June. She did indeed thank God ‘for the years Your love has kept and guided, urged and inspired us, cheered us on our way’...

And so indeed the ‘extra’ verse added for the Queen also held true:

*Lord for our hopes, the dreams of all our living,
Christ and his kingdom one united aim,
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name.*

Parish Pump website

Forth in thy name, O Lord, I go,
my daily labour to pursue;
thee, only thee, resolved to know,
in all I think or speak or do.

Charles Wesley (1707-1788)



Farewell Concert

2pm, Saturday 27th June

St Owen Church, Bromham

Tickets £12 on the door.

Children £5

Includes refreshments.

Raffle and proceeds in aid of
Dwell Well & Bromham Good Neighbours

Reservations recommended

Call 01234 826551

Our Benefice vision

After an Awayday led by Rev Nick Smith, an opportunity for the whole church to have a say, and some word-crunching in a small group, we have chosen the following vision statement for our benefice:

“A welcoming community, sharing God’s love with all.”

This phrase will direct and underpin our actions for at least the next couple of years – how can we develop our welcome to enable more people to feel ‘at home’ with us? How will we grow as a community so that we care for each other and are equipped to reach out to our neighbours? Who will God lead us to so that we share his love with them, in practical actions and in words?

On June 7th Nick Smith will join us for a Fellowship lunch after the 10.30 service, and we’ll spend a little time looking at the next steps – identifying our values and priorities – before the PCC meetings in July decide on some practical actions to take us forward. We all have a part to play in this – please join us on 7th June if you can, and pray God will continue to guide us as we take our vision forward.

Catherine

From the Registers

Baptisms:

31st May Sylvia Louise Short (Oakley)

31st May Felicity Victoria Short (Oakley)

Wedding:

23rd May May Elisa Thomson & Clifton Charles
(Oakley)

Church Bells



Do you enjoy hearing the church bells ring out for Sunday worship and special occasions?

Do you wonder how it's done?

Would you like to try it?

Why not give it a go!

Start by phoning Robert Jones on 01234 881741

20th June Summer Solstice – longest day of the year

June, of course is the month of the summer solstice, the month of the Sun.

Sol + stice come from two Latin words meaning 'sun' and 'to stand still'. As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky.



The Summer Solstice results in the longest day and the shortest night of the year. The Northern Hemisphere celebrates in June, and the Southern Hemisphere celebrates in December.

Friends of St Owen's
Present

An Entertainment of

Words

A series of sketches
recited by
Edward Jones

&

Music

A series of pieces
on organ and keyboard
played by
David Williams

**Saturday 11th July at 2.30pm in St Owen's the
Church in Bromham Park**

Pay at the door £10

**PLUS optional
Cream tea for £5
Booking essential @
01234 826551**

Proceeds in aid of Friends of St Owen's www.stowens.org Regd Charity No 1022947



Next edition is our Summer Edition and will cover July and August.

So, if you want to enter a notice about an event in August or early September it should reach me no later than June 22nd.

Editor

Getting around

I love flying. I've been to almost as many places as my luggage.

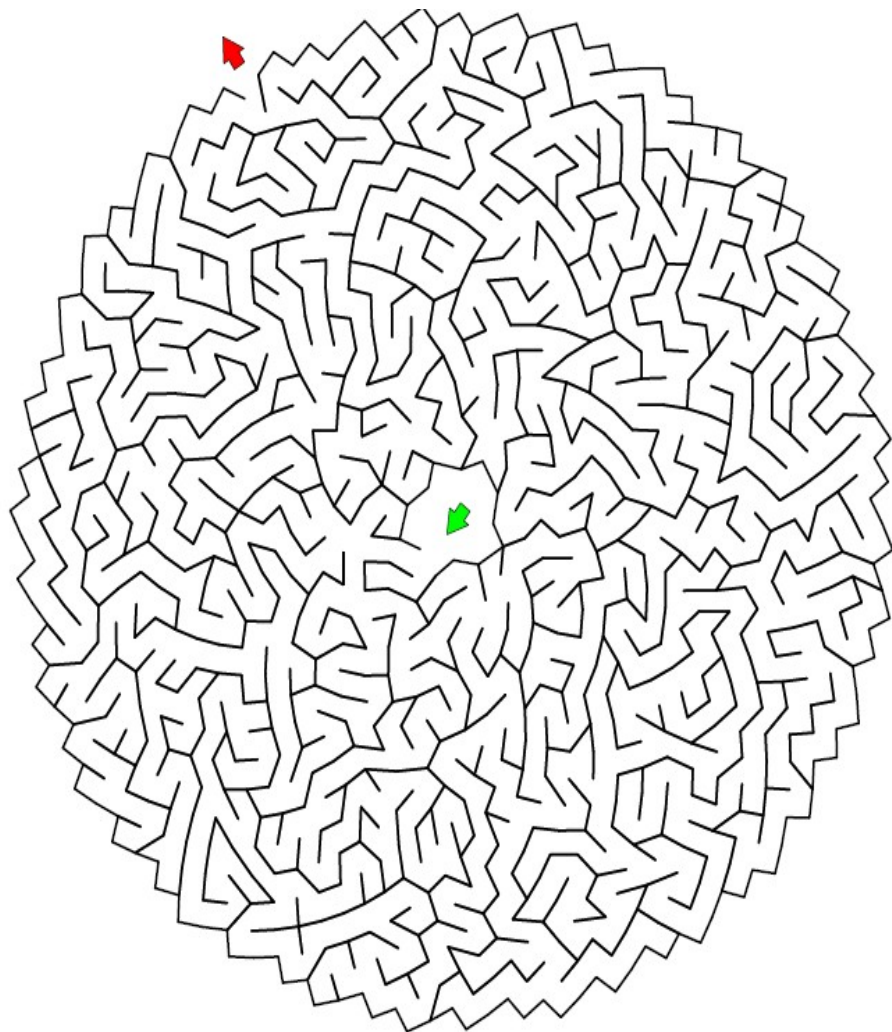
**Sudoku -
Easy**

Solution on
page 33

2				6		8	4	1
	4	1			3			
			8				5	
		5	9			6	8	
	7		3	2	4		1	
	1	4			6	3		
	3				5			
			1			4	9	
1	9	6		7				2

© 2013 KrazyDad.com

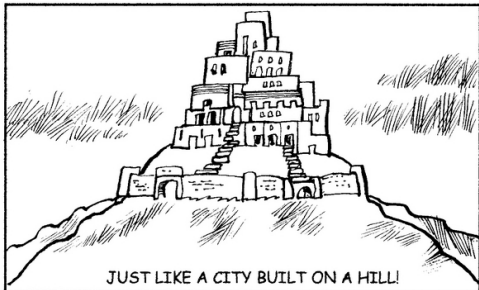
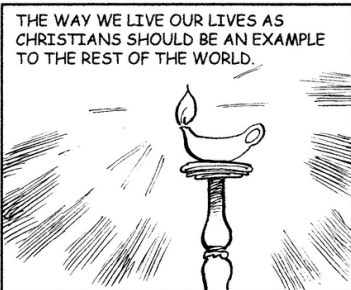
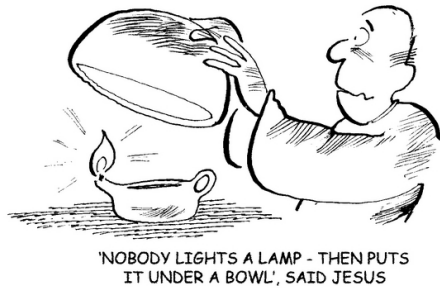
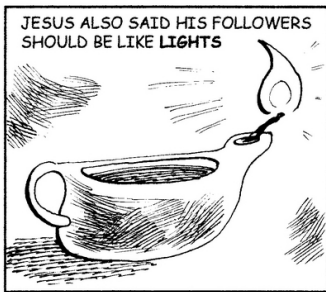
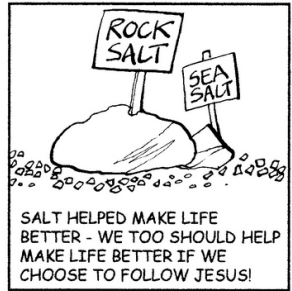
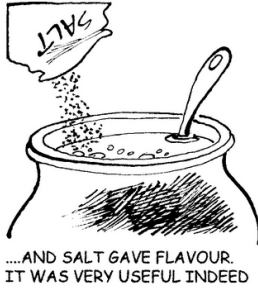
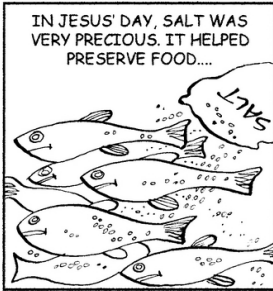
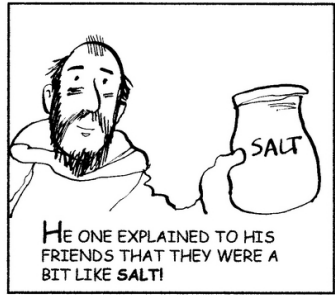
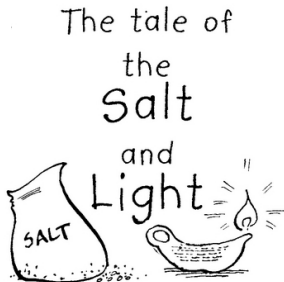
Can you find your way out from the middle?

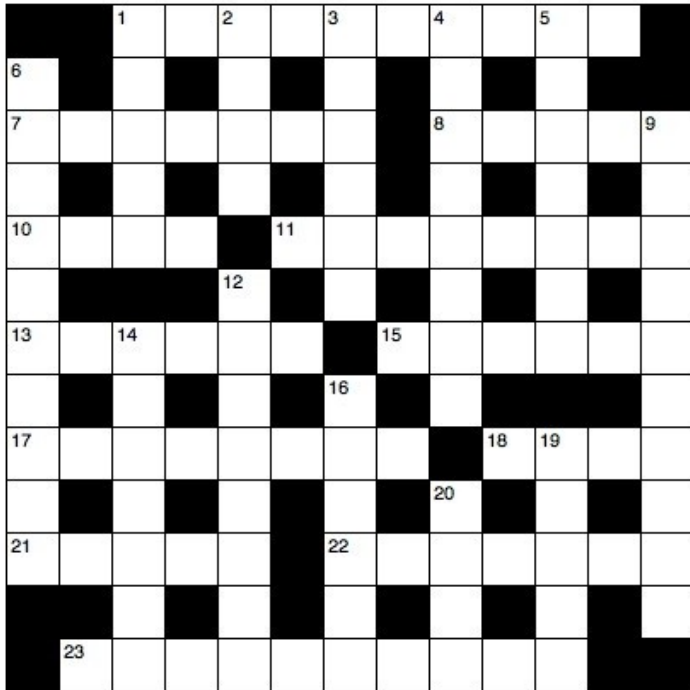


Oops

I went grocery shopping on an empty stomach and am now the proud owner of Aisle 4.

For younger readers.....





Across

- 1 Evil (Genesis 6:5) (10)
- 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)
- 8 The request that led to the institution of the Lord’s Prayer: ‘Lord, — us to pray’ (Luke 11:1) (5)
- 10 ‘We are hard pressed on every—’(2Corinthians4:8)(4)
- 11 Fraud (2Corinthians6:8)(8)
- 13 ‘His troops advance in force;they build a siege ramp against me and — around my tent’ (Job 19:12) (6)
- 15 Where Rachel hid Laban’s household gods when he searched his daughter’s tent (Genesis 31:34) (6)

- 17 'Now about spiritual gifts, brothers, I do not want you to be—' (1 Corinthians 12:1) (8)
- 18 Nomadic dwelling (Genesis 26:25) (4)
- 21 'As for man, his days are like—, he flourishes like a flower of the field' (Psalm 103:15) (5)
- 22 Or I live (anag.) (7)
- 23 Those guilty of 1 Across (Romans 13:4) (10)

Down

- 1 'God so loved the — that he gave his one and only Son' (John 3:16) (5)
- 2 'Away in a manger, no — for a bed' (4)
- 3 Mob ten (anag.) (6)
- 4 'Each — group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
- 5 Began (Luke 9:46) (7)
- 6 Speaking very softly (John 7:32) (10)
- 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10) 12 Put in jail (Acts 22:19) (8)
- 14 A return (anag.) (7)
- 16 Discharge (Acts 21:3) (6)
- 19 'All these—come from inside and make a man "unclean"' (Mark 7:23) (5)
- 20 'Let us rejoice and be glad and — him glory!' (Revelation 19:7) (4)

Solution on page 33

God in the Arts

'He gave us eyes to see them' – Church Monuments

This month as we continue our walk through the church building, we focus on monuments. George Herbert has a poem on this theme which contrasts the body we see represented in marble, but now consigned to dust, with the soul released to perform its eternal devotions. Such monuments are often a reminder of the frailty of life and the certainty of death, symbolised by an hourglass or a skull or classical urns.

In St Cuby's Church, Duloe in Cornwall there is a fine slate memorial of an Elizabethan lady, Anna Coffyn, depicted in a richly embroidered dress with gloves and a prayer book, ready for church. Underneath are the skull and crossbones, a *memento mori*, a reminder that death has visited even this elegant lady. That sign of death can come as a shock to us when we are committed so much to living and getting the most out of life today. Death intrudes violently into the world we would like.

But in St Bartholomew's Church, Much Marcle in Herefordshire, there is a monument that tells us something of the serenity of death. It is the effigy of Blanche Mortimer, who died in 1347. The church is filled with superb monuments, but this one has its own distinct and moving beauty.



The carving of her dress shows buttoned sleeves and a wimple, while one hand holds a rosary. She impresses us with her loveliness, even in the midst of her death.

Leonardo da Vinci wrote, 'While I thought that I was learning how to live, I have been learning how to die.' As we dedicate ourselves to God in this life, we can trust with Blanche Mortimer in the 14th century that His will is for us to be with Him forever. This life is not just our preparation for death: it is our schooling for heaven, and life in heaven means life with God.

Parish Pump website

Editor: have you stopped to look at the memorials in your village church? In St Owen's, for example, there are several interesting features. Borrow a 'Walk Round Guide' from the table at the door and see what you can find.

New vicar

The new vicar taking his first service was determined to make a good impression. The congregation sat spellbound throughout the eloquent sermon and the extended intercessions, which seemed to cover the whole category of human wants. After the service one church member asked another in awe: "Don't you think our new vicar prays well?"

"I most certainly do," came the answer. "Why that man asked the good Lord for things that our old vicar didn't even know He had!"

Farmers, TikTok, and people kissing cows

Here is a story that you couldn't make up! There is a craze on TikTok of influencers interacting with cute cows, and they have attracted thousands of followers.

So now people are wandering onto farms in search of cute cows, to cuddle and kiss for the camera. Highland type cattle, with their 'floofy' adorable thick fringes and shaggy coats are especially targeted.



Except that the cows, however cute, do not know about TikTok. So, they do not welcome complete strangers who want to wrap their arms around their necks, or pull their tails about, to get "good online content".

One Yoga teacher entered a field and did handstands among bewildered cows, to create an interesting backdrop to a video.

A father slung his son up on top of a cow's back, and was surprised when the cow ran off with his son still on board.

30 people cornered one herd at sunset and used flashing cameras to take pictures and videos of the frightened animals.

The farmers are worried. As one said: "these people risk being trampled, charged or attacked. Cows are not domesticated animals. They are highly unpredictable creatures. They can kick *hard*. If you upset one, you will regret it – and you will never out-run it."



Mental Health & Wellbeing Support

First Steps



Struggling with general anxiety, stress, low self-esteem, depression, or relationships? Unsure what support you need?

BeWell offers a warm, person-centred approach where you can talk openly and feel genuinely supported.

Learn practical tools and evidence-based techniques to help you feel more balanced and in control of your wellbeing.

You'll also be supported to navigate to alternative therapies, and community-based services.

**Find out more @ W: BedfordshireBeWell.com
T: 07828034276 E: angelinabwell@outlook.com**

Please note: BeWell does not offer clinical care, psychotherapy, counselling, medical treatment, or a crisis/emergency service.



OAKLEY RURAL DAY CENTRE FOR THE ELDERLY

*The Old School, Lovell Road, Oakley,
MK43 7RX*

Charity Number: 1060283

We provide a fun filled day of activities, games and good old conversation.

Day includes refreshments and a two course lunch. Whether you live in Oakley, Bromham or Stagsden you can be sure of a warm welcome at any of our sessions.

For details contact Lynne Tuesday to Thursday on 01234 824935 or **Mobile: 07733 227374**

Website: www.oakleyruraldaycentre.weebly.com

Email: oakleyruraldaycentre@yahoo.com



General Household Maintenance
• General Garden Maintenance •
Grass Cutting • Hedge Cutting •
Turfing • Fencing • Shed &
Playhouse Repairs • Guttering
Cleaned & Repaired • Decorating
Preparation Internal & External
Painting Internal & External •
Labouring Services

For a free quote or advice, any job considered, please call
Paul Sheen: T.01234 349938 M.07925 382297

STUART PAUL SAVAGE

ALL

PAINTING AND DECORATING &
BATHROOMS & PLUMBING

01234 855780

MOBILE 07766145612

M.J.NICHOLSON

Grass Cutting &

Gardening Contractor

(Established 1968)

Wootton based: available in Bromham, Oakley and Stagsden

Telephone: (01234) 766306 or 07759 630291

Solution to puzzle
on page 23

2	5	3	7	6	9	8	4	1
8	4	1	2	5	3	7	6	9
7	6	9	8	4	1	2	5	3
3	2	5	9	1	7	6	8	4
6	7	8	3	2	4	9	1	5
9	1	4	5	8	6	3	2	7
4	3	2	6	9	5	1	7	8
5	8	7	1	3	2	4	9	6
1	9	6	4	7	8	5	3	2


Solution to puzzle
on page 26


	W	I	C	K	E	D	N	E	S	S	
W		O		R		N		A		T	
H	A	R	P	I	S	T		T	E	A	C
I		L		B		O		I		R	A
S	I	D	E		I	M	P	O	S	T	E
P					I		B		N		E
E	N	C	A	M	P		S	A	D	D	L
R		E		P		U		L			S
I	G	N	O	R	A	N	T		T	E	N
N		T		I		L		G		V	E
G	R	A	S	S		O	L	I	V	I	E
		U		O		A		V		L	S
	W	R	O	N	G	D	O	E	R	S	





Do YOU need help?

Good Neighbour volunteers can help with

 Lifts to hospital / doctor appointments

 Small gardening / DIY jobs

 Collecting prescriptions

 Have a chat with a volunteer

YES? Call us on : 07761 665314 Line is open Mon-Fri (10am - 3pm)

Anything one neighbour might do for another.

All volunteers are insured and have a DBS check.

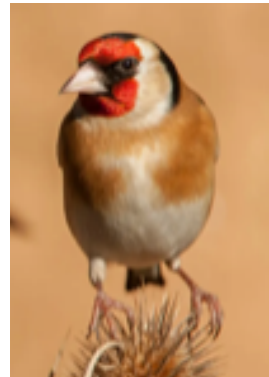
Feed the birds – but thoughtfully

If you enjoy feeding the birds, you are not alone. Up to 60% of all households in the UK regularly feed their wild birds, according to surveys from UK Pet Food. It all adds up to an estimated £250 million in sales annually, with roughly 150,000 tonnes of seed being sold.

The RSPB has recently reviewed their advice on feeding garden birds and we should think carefully to:

Feed seasonally & Feed Safely

We all want to help birds and make our gardens or outdoor spaces a place where all wildlife can thrive. But some species, such as Greenfinches, are experiencing serious declines because of disease. The good news is that we can help reduce the spread of disease by making two simple changes to the way we feed our birds.



1. Feed seasonally

During summer and autumn, there's a higher risk of disease spreading. But it's also when there are more natural foods available to birds, such as seeds and insects, so:-

1 May to 31 October

- Pause filling your bird feeders with seeds or peanuts.
- You can continue to offer small amounts of mealworms, fatballs or suet.

1 November to 30 April

- You can feed your birds a full range of bird foods, including seeds and peanuts.

2. Feed safely

- Clean your bird feeders and water baths at least once a week.
- Place your bird feeders in a different spot every week.
- Avoid putting feeders under places where birds roost, such as under trees.
- Don't use bird feeders with flat surfaces, such as bird tables, window feeders and feeders with trays.
- Feed in moderation.
- Keep food as dry as possible.
- Change water in bird baths daily.

All these measures help to prevent the spread of disease.

And did you know that the collective name for a group of goldfinches (see photo) is a 'charm'?

Fellowship Room at St Owen's Church

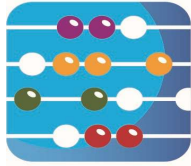
Your Parish Church
in Bromham Park

Offers for Hire

our smart meeting room
from £12 per hour
with optional use of kitchen

Contact Edward on
01234 826551 or at
stowenshire@gmail.com





JVCA

The friendly accountants

- Tax Saving Specialists
- Financial Accounts
- Management Accounts
- Business Start-Up Advice
- Inheritance Tax
- Business accounts
- Payroll Services
- Bookkeeping and VAT
- Personal Tax Returns
- Business Consultancy
- IHT & Estate Planning
- Business Tax

"Just what everyone needs"

Please contact us for a free initial consultation to find out how we can help you and your business.

114 High Street, Cranfield, Beds, MK43 0DG.
Tel: 01234 752 566 / 01908 616 104 Email: info@jvca.co.uk
Website: www.jvca.co.uk

R P TESTA

PLUMBING & HEATING SERVICES LIMITED

Est. 1992

A LOCAL RELIABLE SERVICE WITH OVER 30 YEARS EXPERIENCE

All General Plumbing requirements and full design & installation for:

- Central Heating inc. LPG
- Bathrooms inc. tiling
- Under floor Heating
- Gas fires/hobs etc.
- Unvented hot water



For help and advice call :

01234 781827

07793527386

www.testaplumbingandheating.co.uk