



CASHES GREEN EAST & WEST, CAINSCROSS & EBLEY

# Fourwards

Summer  
2024



## A new accessible addition to our community space...

The installation of sound reduction panels in the hall in the Pavilion, Victory Park has significantly enhanced the accessibility and appeal for our community users.

Our own experience and general feedback, since the community hall opened in 2019, has proven that there were problems with the acoustics in the space; users often found it hard to hear when attending events.

The panels that have been installed, effectively reduce echoes and reverberation, ensuring clear speech and sound quality. The panels were also chosen to blend in with the hall's décor, so that they add a visual appeal without being intrusive.

We are excited about the positive impact this will have on all groups, gatherings, meetings and other events that are held in the hall and we look forward to hearing peoples feedback on this exciting development - **Emily (Assistant Clerk)**

To see the availability and to make a hall booking, please visit our [website](#).

## Introducing your new Town and District Councillors

Cainscross Town Council welcome a new Councillor -



*Charlie Mitchell was an uncontested candidate for the Cashes Green West Ward in the local elections in May; Charlie is a resident of Cashes Green and is the founder of 'Starseed Parenting' - Starseed Parenting provides emotional support for parents with children who experience the world differently.*

Contact Cllr Mitchell by email: [c.mitchell@cainscross-pc.gov.uk](mailto:c.mitchell@cainscross-pc.gov.uk)

Stroud District Council welcome three District Councillors for Cainscross -



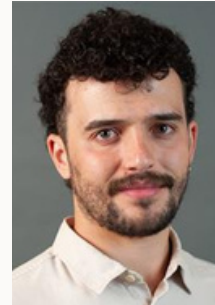
**District Councillor  
Dave Matthews**

Email - [cllr.dave.mathews@stroud.gov.uk](mailto:cllr.dave.mathews@stroud.gov.uk)



**District Councillor  
Elizabeth Stanley**

Email - [cllr.elizabeth.stanley@stroud.gov.uk](mailto:cllr.elizabeth.stanley@stroud.gov.uk)



**District Councillor  
Fraser Dahdouh**

Email - [cllr.fraser.dahdouh@stroud.gov.uk](mailto:cllr.fraser.dahdouh@stroud.gov.uk)

Turnover for more information on what each council are responsible for.

**Cainscross Town Council • [www.cainscross-pc.gov.uk](http://www.cainscross-pc.gov.uk) • Email: [assistantclerk@cainscross-pc.gov.uk](mailto:assistantclerk@cainscross-pc.gov.uk)  
Pavilion in the Park, Cainscross (Office open 9am-3pm Mon-Thurs and 9am-12pm Fri) • 01453 756036**

We encourage all readers to recycle this newsletter once it has been read. Every effort is made to ensure the accuracy and reliability of the information within this publication, however Cainscross Town Council will not be held liable for any comments or opinions contained there in.

# WHICH COUNCIL DOES WHAT?

A brief introduction to local government



County Council is responsible for services across the whole of the county, these include:

- Education
- Transport
- Planning
- Fire and public safety
- Social care
- Libraries
- Waste Management
- Trading standards

Your County Councillor for the parish of Cainscross is –  
Councillor John Bloxsom Email:  
[John.Bloxsom@gloucestershire.gov.uk](mailto:John.Bloxsom@gloucestershire.gov.uk)



District Council covers a smaller area than the county council, in this case the 'District of Stroud'. They are usually responsible for services such as:

- Rubbish collection
- Recycling
- Council Tax collections
- Housing
- Planning Applications

Each of our three district councillors can be contacted by any of our Parish residents:

- Councillor Fraser Dahdouh
- Councillor Dave Matthews
- Councillor Elizabeth Stanley



**Cainscross Town Council**  
Cashes Green and Ebbley

We operate at the first level, before Stroud District and Gloucestershire County Council. We can help with a number of local issues, like providing:

- Allotments
- Bus shelters
- The community hall
- Sports facilities
- Play areas and play equipment
- Grants to help local organisations
- And we are also consulted on planning applications within the parish

You can send an email to the Clerk: [clerk@cainscross-pc.gov.uk](mailto:clerk@cainscross-pc.gov.uk) or Assistant Clerk: [assistantclerk@cainscross-pc.gov.uk](mailto:assistantclerk@cainscross-pc.gov.uk)

Your Chairman of Cainscross Town Council is Councillor Adrian Cross and the Vice Chairman is Councillor Clive White.

Members of the public are welcome to attend any meeting of the council, please keep an eye out for the next agenda on our noticeboards or website - [www.cainscross-pc.gov.uk](http://www.cainscross-pc.gov.uk)

## BIODIVERSITY SUCCESS IS BLOOMING IN THE PARISH



Earlier this year with the help of Stroud Valleys Project we planted 3 pollinator patches in Elm Road Playing Field as part of our Biodiversity Project. One at the top of the playing field near the entrance to the nature reserve, one either side of the willow harbor and one around the notice board by the play area.

Its good to see that despite a dry spell shortly after planting, the beds are now showing colourful wild flowers which will be great for the pollinators who visit them.

Borage poppies along with other wildflowers have sprung up and now add a splash of colour to the area.



This morning I noticed a couple of our smallest native butterflies - The 'Small Blue' enjoying visiting the flowers and this alone shows that the decision to add wildflower beds to the playing field was worthwhile. - **Cllr Clive White**

# Cainscross Rugby Club: Season Round-Up

***And just like that, another season is over.***

Our senior team faced some tough competition this year, and while the results may not have always gone our way, our players always showed great determination and teamwork throughout. Every match was a learning experience, and we are confident that these lessons will pave the way for a stronger performance next season.

Our Minis and Juniors had a fantastic season! From training sessions to matches and tournaments, our young players have demonstrated their talent and enthusiasm every week.

It's incredible to see how far we've come since we started the Minis and Juniors section in 2018 with just 12 children. Fast forward five seasons, and we now have over 170 children, ranging from ages 3 to 12. Their growth and success are a testament to the dedication of our coaches, players, and supportive families.

As we look forward to the upcoming season, and celebrating our 130th year, we are always keen to welcome new members. Whether you're an experienced player or new to the game, we have a place for you at Cainscross Rugby Club.

Training sessions for sections of the club are held at Victory Park.

Our Men's Senior team train every Tuesday from 7pm - 8:30pm, with summer training starting on 11th June. For more information, contact Mark at 07967 238 739.

Our Mixed Ability Rugby team train every Monday from 6pm -7pm, all year round. For more information, contact Darren on 07846 361 243.

Our Minis and Juniors train every Sunday morning from 9:30am, starting in September. If you're interested in joining or have any questions, contact Jo on 07568 548 172.

Join us and be part of our friendly rugby community! - **Jo Carter**



Now that the dust has settled on the elections – mine in May, as well as the other one! I've been asked to tell you a bit about my role as your Police and Crime Commissioner as well as the councillor advocacy project, which I hope you will be as excited about as I am.

First, let me say how privileged I was to be re-elected for a second term. It was a very tough campaign and the result was much closer than three years ago. However, the important thing, aside from the result, is that it has given me the chance to refresh and concentrate on delivering what people told me they want - an efficient police force, which has the public's confidence and support and keeps them safe.

The Government's job description says the PCC's first duty is to cut crime. However, to avoid confusion, I do not run the Police. That is still the job of the Chief Constable, who has day-to-day control of the operational side of the organisation. In essence, my task is to set down what the policing priorities should be, write the budget – which includes setting the council tax precept - be the voice of the public in policing matters and hold the Chief Constable to account with regard to the Constabulary's performance.

So then, what about the Councillor Advocacy Scheme (CAS)? The first thing to say is that I am a great supporter and believer in the principle of public service. Before being elected PCC, I was proud to serve as a local councillor for many years and I have the utmost respect for all those who give up their time freely with the sole aim of helping to make their community a better place. Tapping into your network seems an excellent way to improve communication between local representatives, the police and myself. It is based on a programme that was developed in Devon and Cornwall and you can find out more about it [here](#). We've been up and running for about nine months and I'm keen to strengthen the seeds we have sewn.

My office and the police already work closely with communities on things like Community Speed Watch, which is designed to reduce speeding and tackle other road safety concerns. We are also, addressing anti-social behaviour by working with the police and other partners to focus on specific problem areas.

I am confident that the Councillor Advocacy Scheme will strengthen the relationships between the local councils and the constabulary, with regular meetings and localised updates and I look forward to working with your local representatives.

**Chris Nelson**  
**Police and Crime Commissioner**

OPCC No. 1 Waterwells, Waterwells Drive, Quedgeley, Gloucester, GL2 2AN  
Email: [pcc@gloucestershire-pcc.gov.uk](mailto:pcc@gloucestershire-pcc.gov.uk) Tel: 01452 754348 [www.gloucestershire-pcc.gov.uk](http://www.gloucestershire-pcc.gov.uk)





# A tip to help your plants thrive...

## A useful alternative to chemicals:

Protect your garden with eco-friendly pesticides or herbicides.

To avoid the use of the hazardous, synthetic chemicals, many gardeners are instead using home made eco-friendly alternatives to protect their plants. To avoid harm to yourself, pets, and wildlife, you should use natural pesticides and herbicides.

Such products have proven effective against plant diseases and pests, but they do not destroy the environment, and fruits and vegetables grown with them, are safe to eat.

Crushed garlic mixed with boiling water and left overnight to still, is one tried and tested method, but another is to use crushed tomato leaves in a similar manner. The foliage of the tomato contains alkaloids which are built-in defence systems and are toxic to aphids, but also attract their natural predators, ladybirds. Making this pesticide spray is cheap, easy, and safe.

Here's what you'll need:

- 4 cups of tomato leaves
- Boiling Water
- Mineral oil
- Washing up liquid
- Sprayer

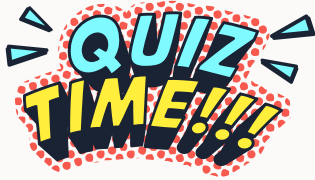
Add 2 cups of finely chopped tomato leaves to 2 cups of boiling water and leave to soak overnight. Add the remaining 2 cups of chopped leaves to 50 ml of mineral oil and soak overnight. Strain both solutions through cheesecloth into a jar and add 5 ml of washing up liquid to the mix.

To make a spray - mix two tablespoons with 500 ml of water in a spray bottle and apply!

Before starting treatment, be sure to test the spray effect on small areas. If you see any yellowing or drying of the leaves, add more water to your mix before liberally applying it to your garden.

- Cllr Clive White





THE FIRST LETTER OF THE ANSWERS GIVE YOU THE NAME OF A LOCAL LANDMARK. (answers on last page)

- 1 - Henry Williamson wrote about this otter
- 2 - The Southern part of this former country became Zimbabwe in 1980
- 3 - Music band once fronted by Michael Hutchence
- 4 - Blind Date and Surprise, Surprise presenter
- 5 - Both a fruit and a secondary colour
- 6 - This one of a team of 8 allegedly has a 'red nose'
- 7 - Christian name of first English Pope
- 8 - Cliff had a Summer one.
- 9 - TV comedy series featuring The Trotters
- 10 - Small guitar-like instrument popular in Hawaii
- 11 - This gang were opposed to The Jets in West Side Story
- 12 - Real first name of golfer 'Tiger' Woods

**GOOD LUCK!**

We hold a monthly afternoon quiz in the Pavilion in the Park on the third Thursday each month starting at 1.30pm. Only £1 per person to play - teams of up to four. Tea/coffee and biscuits supplied.

Please book by emailing: [assistan@cainscross-pc.gov.uk](mailto:assistan@cainscross-pc.gov.uk)

### Vandalism in the Parish

- We've had 31 instances of vandalism in our open spaces this summer.
- It has cost the parish over £8000 this year and counting.
- The time and cost to fix vandalised items takes away money from other projects and improvements to other open spaces in the parish.

**How can you help?**

If you are taking your child to any of our play areas, please take a few seconds to visually check the equipment before using. We carry out a daily check, but of course, the vandals could strike at any time!

If you see someone using the play area inappropriately, please report to the Town Council (contact details below) and to the police, on 101 or via the police portal on the Gloucestershire Police website.

Finally, please talk to your children about the potential outcomes of vandalism, including the cost implications and the very real dangers to others.

01453756036  
assistantclerk@cainscross-pc.gov.uk



### Another date for your diary...

#### CAR BOOT SALE

Bank holiday Monday - 26th August 2024

Organised by Randwick Scout Group - please contact them directly for info - Email: [gmt@randwickscouts.org.uk](mailto:gmt@randwickscouts.org.uk)



### Report and view local issues

(like footpaths, hedges, or street lighting)

How to report a problem to Gloucestershire County Council-

1. Go to [fixmystreet.gloucestershire.gov.uk](http://fixmystreet.gloucestershire.gov.uk)
2. Enter a Gloucestershire postcode, or street name and area.
3. Locate the problem on a map of the area
4. Enter details of the problem
5. Confirm the report and Gloucestershire County Council will investigate.



**St. Matthew's Playgroup**

St. Matthew's Church Hall,  
Church Road, Cainscross, Stroud GL5 4LH  
Tel: 01453 756057  
[www.st-matthewsplaygroup.co.uk](http://www.st-matthewsplaygroup.co.uk)



### Pavilion Hall Spotlight

...an introduction to one of our regulars



Sing 2 Remember is run by Mindsong who have been using the hall for almost a year now, the group is so popular with over 30 people attending most sessions. Sessions take place every first and third Tuesday of the month.

These uplifting sessions are about singing together, sharing memories, making friendships, and accessing support if needed.

**Sing 2 Remember is for:**

- People with dementia still living at home and those that care for them
- People experiencing loneliness or isolation
- People who love to sing, but no longer feel comfortable singing in a choir.

If you or anyone you know would like to join any of the Sing 2 Remember groups, please get in contact with Paige Halliwell: [admin@mindsong.org.uk](mailto:admin@mindsong.org.uk)/07413066526.

# Church Services

## St Matthews Church

### Sunday Services & Meetings

- 1st Sunday - 9.30am Holy Communion
- 2nd Sunday 9.30 am & café church in the Hall
- 3rd Sunday - 9.30am Family worship
- 4th Sunday 9.30am - Lay led service of the word

### Our mid-week meetings and occasional events :

- Wednesdays - 10.30 am cuppa with prayer – in the Lady Chapel
- 2nd & 4th Thursdays - 7.30 pm St Matthew's home group – in the hall
- Our next coffee morning in the hall
- In term times the youth group Engine Room meet in our hall from 6.00 – 7.30 pm on a Sunday



## Ebley Chapel

- 10.30am morning service - children - JAM club (Jesus and Me)
- Starting Easter we will praise the Lord "Outside the Walls", every week, either 3pm at The Wharf or 6pm outside Ebley Chapel. Join us and join in!
- "Sew and Sow" is held monthly at the chapel
- First Monday of each month, enjoy a walk and a coffee together 10:30am at the chapel
- Every Wednesday, prayer at 7.00pm

Keep an eye on the notice board for details!

Refreshments are available after the morning service. For further details please ring Clive Dale on 07785543351



# WHATS ON AT THE PAVILION

IN VICTORY PARK

**COMMUNITY CAFE - LAST WEDNESDAY OF THE MONTH**  
@ 12.30PM ONWARDS

**AFTERNOON QUIZ - EVERY 3RD THURSDAY OF THE MONTH @ 1.30PM**  
ONWARDS

**FREE YOGA - EVERY 1ST MONDAY OF THE MONTH (EXCEPT BANK HOLIDAY)**  
@ 9.30-10.30AM

**BOOK SWAP - EVERY TUESDAY @ 9AM-12PM**

**MINDSONG, SING 2 REMEMBER - EVERY FIRST AND THIRD TUESDAY**  
@ 10.30-12PM

**TODDLER AND BABY MORNING - EVERY MONDAY (APART FROM 1ST**  
MONDAY OF THE MONTH) @ 9.30-11AM

**PARKINSONS UK GROUP - EVERY 2ND TUESDAY OF THE MONTH**  
@ 1.30-3PM

**KNIT AND NATTER - EVERY MONDAY @ 1.30-3PM**  
(STARTING 18TH MARCH)

**WE NEED VOLUNTEERS TO LEAD THE COMMUNITY CAFE -**  
PLEASE CONTACT US ON 01453756036 OR EMAIL EMILY -  
ASSISTANTCLERK@CAINSCROSS-PC.GOV.UK



Introducing a NEW meals-on-wheels service in Gloucestershire

The Kitchen Companions has created a better way of receiving a hot lunch at home, promoting a healthy diet, social connection and independent living. We want to make a real difference to the lived experience of many who eat alone and create meaningful human connection through food. This is at the heart of what we do.

It's simple, we bring great food to you and serve it in your home. We believe that social connection is just as important to our wellbeing as nutrition and exercise. Our companions are local to you, they come to your home and make you a hot meal while spending time with you and checking that you are safe. There is time to chat, make friends and help with odd jobs or problems. It might be making a call to a family member, another support group or just fixing it together. Our service can help you live independently in your own home for as long as possible.

We are part of The Grace Network who were called upon when the previous meals-on-wheels provider suddenly terminated their contract. We were determined to create something that would make a real difference to the people of our community, tackling social isolation while bringing healthy nutrition. Being part of a wide network of Social Enterprises that brought you The Long Table, Stroud District Kids Stuff, The Furniture bank, and many more, we are committed to building enterprises that put people and communities first.

"Please accept our thanks and gratitude for providing an outstanding and caring service. Not only in providing hot meals, but really taking time to chat and show genuine care to people who sometimes would not see anyone all day. The difference in our father following these visits is amazing!" Mrs D (family member)



Find out more – [www.thekitchencompanions.org.uk](http://www.thekitchencompanions.org.uk),  
[hello@thekitchencompanions.org.uk](mailto:hello@thekitchencompanions.org.uk)



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**Contact :**  
07814901892  
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[Hjmcarpentry.const@gmail.com](mailto:Hjmcarpentry.const@gmail.com)






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Scan here and follow us on Facebook, for day to day updates of things happening in the Parish.

**Volunteers wanted for community café and other community based events at The Pavilion in Victory Park**  
Please contact the Town Council office on 01453 756036

**Fourwards Digital - Advertising Charges**

A5 advert - £50 per issue (£80 for two)  
A6 advert - £25 per issue (£40 for two)  
A7 advert - £12.50 per issue (£20 for two)

If you would like to have an advert in our quarterly DIGITAL newsletter please contact Emily at [assistantclerk@cainscross-pc.gov.uk](mailto:assistantclerk@cainscross-pc.gov.uk)

Quiz answers - TARKA, RHODESIA, INXS, CILLA BLACK, ORANGE, RUDOLPH, NICHOLAS, HOLIDAY, ONLY FOOLS AND HORSES, UKULELE, SHARKS, ELDRICK  
These answers spell out **TRICORN HOUSE**