

News and Notes

For Bodenham, Britford, Charlton All Saints, Nunton and Odstock

June 2020

New and Renewed Life

In this issue:

*'Now the green blade riseth from the buried grain,
Wheat that in dark earth many days has lain'
John Macleod Campbell Crum*

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Deadline:
**14th of the
month**

**Next edition
will cover
July & August**

The Chalke Valley has been transformed in recent weeks as the bright, green, leaves and shoots of spring emerge. They have that particular shade of fresh green that we only get at this time of year, speaking of vigour and life, thrusting forth into an uncertain world. We know that there will be setbacks of course – the late frosts may burn and damage, the pests may consume, and the periods of drought may cause wilting. But nothing can restrain the overall exuberance of nature and growth springs forth stimulated by the warmth and light.

How we long to be released in a similar way! We are still constrained by lockdown and the longing to see family and friends is ever stronger, but we are aware of the dangers of the unexpected events along the way. It will be a series of cautious steps forward before we are able to enjoy unchecked and exuberant growth again, both with our families and church groups.

The message we hear at Easter is about new life bursting forth. It is about recreation and renewal. I am sure that the disciples met in the upper room after the death and resurrection of Jesus, feeling unsure about the future and just wishing he would return to lead them again. But that phase had passed and there was to be no going back. Instead they were to go forward for the rest of their lives in a new and exciting way. Leading different lives. As the lock down is eased, we will find ourselves thinking like them. We want all to be as it was. It seems unlikely that this will ever be the case.

So perhaps, we should be taking what we have learned from the lock down experience and looking forward. Moving on, with all the positives we have seen and moulding them into our lives: greater support for neighbours, fewer car journeys, a deeper sense of community and an understanding that the church is people, not just a building. Then, as we trust in God, the green shoots of faith and exuberant expressions of our faith will grow and, despite setbacks, will flourish bursting out in new expressions of love.

The Reverend Roger Leake—Curate of Chalke Valley Benefice

Reflection

Past and Present

One of my major objectives, in this pandemic time, has been to avoid clichés. This is not easy in the present but easier to fulfil when writing about the past. Two memories came to mind during our Bodenham VE celebrations with flags, bunting and tea in Mike and Margaret Trowbridge's delightful garden.

The first was the arrival of American soldiers at the end of our street in the Rhondda, in 1944, wonderfully friendly and handing out chocolate and chewing gum to us children. [Did they really say, "Have some gum chum?"] They were part of the third wave of the invasion forces for the Normandy beaches. Brave men. Some twenty five years later, I had a very different experience, when Colonel Count von Stauffenberg's widow, her son and daughter-in-law and grandson, Claus, came to see me about Claus spending a term at Radley, to improve his English. After the bomb placed by the very brave Count, in July 1944, failed to kill Hitler, the Count was executed in a most horrible way, whilst his family were arrested by the Gestapo, made to change their name and yet somehow survived. Had the plot succeeded, literally millions of lives would have been saved. I shall never forget the Countess' haunted blue eyes.

That war had a direct impact on everyone living in Britain and in that respect, there is a fair comparison with the present emergency, as is the splendid community spirit of help, support and kindness that radiates through our villages. One of the great contrasts is the matter of food. The rationing of food was essential in the war if the armed forces were to be properly fed and the more vulnerable were not to starve. Well I remember the excitement of receiving food parcels from America, from a friend of my father, with whom he had fought in WW 1. What is often forgotten is that rationing went on for some ten years after the war was over and nothing illustrates that stringency better than the Minister of Food, in about 1951, trying to persuade Churchill that the country at large was very hungry. To that end he produced the rations for one person and put them on the desk in front of him. "Looks like a decent meal to me," growled the Great Man. "Prime Minister," came the reply, "those are the rations for one man for a week."

It was very important that Churchill himself ate well, to offset the prodigious amount of wine and spirits that he consumed day and night. Fortunately for him, many friends, with large estates, sent him game that was off rationing and other delights. He loved his food - in marked contrast to the teetotal, vegetarian, non smoking dictator in Berlin.

Whatever the seriousness of this epidemic, the air cargo planes and the HGVs have continued to thunder through the nights to keep counters stocked in our supermarkets. Our grandmothers and great grandmothers of the war years would have stared with disbelief that such variety was possible. We should count our blessings that the supply lines have remained intact and long may that continue. One of the few bonuses of the crisis is that our local stores have come into their own. From the Coombe Bissett Stores, we have had first class personal service, the best quality bought vegetables we have ever tasted and yoghurts worthy of Fortnum & Mason.

Richard Morgan, Bodenham

Community News

VILLAGE FÊTE & EBBLEFEST

Odstock, Nunton and Bodenham Village Fête and EbbleFest

With much regret the Fête Committee have had to cancel this event for 2020.

Scarecrow Festival - Lockdown Legends

However, we are inviting you to celebrate the weekend with a Scarecrow festival in Nunton for all our villages, including Britford and Charlton All Saints, which will be judged on 4 July. The theme is 'Lockdown Legends' and we leave you to use your imagination to brighten our villages.

Our idea is that you build a fun scarecrow and if you wish, you display it outside your house from 20 June and then bring it to Nunton bus shelter on Wed 1 July from 5 - 6pm, so that the Fête committee can arrange them along the main road on the railings until Sun 5 July.

Please send a photo of your scarecrow to ONBvillages@gmail.com They will compile an album of them all, and announce a winner, based on a family and under 16 category with the first prize being a meal for four in The Radnor Arms.

And we hope to organise:

Ebble Feast on the Field

Subject to Government guidelines we are planning an all village event in August or September on Nunton Field in the form of a picnic and a few games if practicable.

More details in next month's edition

Editor Notes

I am indebted to all the people who distribute N&N, some of you for many years. I am aware that due to the current situation some villages are recruiting new distributors. To you all, past and present, I pass on my and all our readers thanks; your support is greatly appreciated.

Sadly we have had to cancel the Nunton Fête, but we are planning a Scarecrow festival. Please join in and help bring cheer to all our villages. See above for details.

Finally, the next edition will cover July and August, please get in touch with your articles, announcements or recipes. This is your newsletter and it would be good for all of us to share your experiences and news.

Jeremy Metcalfe - Editor

Odstock Parish News

Parish Council Meeting

The Parish Council meeting on Monday 18 May was held as a video conference. In normal years our Annual Parish Meeting is held in May, but has had to be cancelled. We want to make sure that you are still able to raise any issues and tell us what you think the priorities are for our parish. Please contact us with your views and comments.

The main item was the approval of the OPC accounts for the year ending 31 March 2020. Our top priorities for 2020-21 are the replacement of Nunton children's playground, and replacement of the footpath beside the C12 from Nunton Farm to Stoney Close.

The next parish council meeting will be held on Monday 6 July, at 7.30 pm. If it is still not possible to hold a face-to-face meeting, please let us know in advance if you would like to attend via video-conference, and we will provide you with joining instructions.

Alternatively you can submit any questions or comments before the meeting and we will ensure that they are discussed.

Dogs using Nunton Field

The Parish Council continues to receive numerous complaints about the little bags of dog poo hung on hedges around the entrances to Nunton Field. Please take your bags away with you when you leave. Anyone seen leaving dog faeces behind, with or without a bag, will be banned permanently from using our recreation ground.

Sally Nelson - Chair Odstock Nunton & Bodenham Parish Council

Social Distancing etiquette on the village roads

When using the roads around our villages please respect social distancing and if there is no pavement, pedestrians should use the right hand side of the road facing oncoming traffic.

Plant and Produce swap at Pavilion, Nunton

In May a few people took the opportunity to exchange some of their excess seedlings and plants on the playing field in Nunton. In fact, even those without spare plants made a donation, which will be passed on to the church! It was a great opportunity to chat (at a distance) with neighbours and hopefully our gardens will benefit.

It is planned to repeat this "Plant & Produce swap" on Sunday 14 June at 11am outside the Nunton Pavilion, but please look out for updates on the Five villages facebook page.

Village Book exchanges

For those who are needing different reading material, there is the long standing book exchange in Charlton telephone box, Britford church and now in Bodenham (the porch of the Old Post Office) and Nunton (the bus shelter). Donations of books and jigsaws are very welcome and please feel free to browse what is available.

Lock Down Lingo

Two months ago we never would have heard of 'quarantinis', 'covidots' or 'anti-social distancing' - and there are even more phrases to describe this strange chunk of 2020.

Lockdown hasn't been easy for any of us - you could say it's been a bit of a 'coronacoaster'. This amusing list of 'lockdown lingo' perfectly sums up the last few weeks - are you fully conversant with the new terminology?

Coronacoaster - The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

Quarantinis - Experimental cocktails mixed from whatever random ingredients you have left in the house. The boozy equivalent of a store cupboard supper. Southern Comfort and Ribena quarantini with a glacé cherry garnish, anyone? These are sipped at "locktail hour", ie. wine o'clock during lockdown, which seems to be creeping earlier with each passing week.

Le Creuset wrist - an aching arm after taking one's best saucepan outside to bang during the weekly 'Clap For Carers.' It might be heavy but you're keen to impress the neighbours with your high-quality kitchenware.

Coronials - As opposed to millennials, this refers to the future generation of babies conceived or born during coronavirus quarantine. They might also become known as "Generation C" or, more spookily, "Children of the Quarn".

Furlough Merlot - Wine consumed in an attempt to relieve the frustration of not working. Also known as "bored-eaux" or "cabernet tedium".

Coronadose - An overdose of bad news from consuming too much media during a time of crisis. Can result in a panicdemic.

The elephant in the Zoom - The glaring issue during a videoconferencing call that nobody feels able to mention. E.g. one participant has dramatically put on weight, suddenly sprouted terrible facial hair or has a worryingly messy house visible in the background.

Quentin Quarantino - An attention-seeker using their time in lockdown to make amateur films which they're convinced are funnier and cleverer than they actually are.

Goutbreak - The sudden fear that you've consumed so much wine, cheese, home-made cake and Easter chocolate in lockdown that your ankles are swelling up like a medieval king's.

Antisocial distancing - Using health precautions as an excuse for snubbing neighbours and generally ignoring people you find irritating.

Coughin' dodger - Someone so alarmed by an innocuous splutter or throat-clear that they back away in terror.

Mask-ara - Extra make-up applied to "make one's eyes pop" before venturing out in public wearing a face mask.

Covid-10 - The 10lbs in weight that we're all gaining from comfort-eating and comfort-drinking. Also known as "fattening the curve".

Anon

Adverts

Please support our local advertisers, many who live in our villages and appreciate our support.

Coombe Bissett Stores operates a contact-free delivery service to your door of fresh fruit and vegetables, non-food, groceries, alcohol and everything else we stock. Telephone 01722 718852 for details or send your wish list to: shop@coombebissettstores.co.uk

We cover Bodenham, Britford, Charlton All Saints, Nunton and Odstock and many other villages up and down the Chalke Valley. Prefer to pick up? We do that too! Give us 24 hours notice and your items will be ready for you to collect. Minimum order £15 and no delivery charges.

Bread and Flowers in Bodenham are offering a weekend takeaway service, please email them to order at enquiries@breadandflowers.co.uk

Delivita Wood Fired Pizza in Bodenham are delivering pizza on Thursday evenings, please call or text Marco on 07379 809 985 for details. Last order by 1pm on Thursday. Any pizza £8. See Extra-News & Notes for full advert.

Pub Food Delivery: The Horse and Groom are now able to deliver to Charlton, Bodenham and Nunton everyday of the week at around 6.30pm. The menu is on the Bat and Ball website and in Extra-News & Notes.

Britford Farm Shop - A message from Robert"Having sold almost 5 tonnes of flour and sugar the demand is slowing down and so please check on Facebook for availability or email to enquire."

Salisbury Charter Market has reopened every Saturday from 8am until 3pm in the Market Place.

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penny on flowers so that I might have a reason
for living". – Yevgeny Yevtushenko*

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Announcements

Births

Canty On 4 March 2020 to Sarah and David, a daughter, Emmeline Dottie, a sister to William.

Engagements

Adrian and Vanessa Taylor are pleased to announce the engagement of their daughter Caroline to Christopher Ellyatt. They've set the date for June next year.

If you would like make an announcement, please email the Editor.

Lockdown Recipes

Beer Bread

This simple recipe takes five minutes to prepare and tastes wonderful.

Ready in 1 hour and 5 mins

Ingredients

- 385g Sifted Self raising flour
- 50g Sugar
- 33cl Bottle of beer - lager or bitter
- 50g Melted Butter

Method

1. Preheat the oven to 190 degrees C.
2. Butter or line an 8x4 inch loaf tin and set aside. In a large bowl, combine the flour, sugar and beer; mix well. The mixture will be sticky. Pour into the loaf pan and cover with the melted butter. Bake for an hour. Allow to cool before enjoying it.

Elderflower Cordial

With so many Elderflowers in our hedgerows, now is a perfect time to be making a delicious and refreshing cordial.

Ingredients

- 30 elderflower heads
- 1.7litres/3 pints boiling water
- 900g/2lb caster sugar
- 50g/2oz citric acid (available from chemists)
- 2 unwaxed oranges, sliced
- 3 unwaxed lemons, sliced

Method

1. Gently rinse over the elderflowers to remove any dirt or little creatures.
2. Pour the boiling water over the sugar in a very large mixing bowl or saucepan. Stir well and leave to cool.
3. Add the citric acid, the orange and lemon slices, and then the flowers.
4. Leave in a cool place for 24 hours, stirring occasionally.
5. Strain through some muslin and transfer to sterilised bottles.

Courtesy of BBC Food.

If you would like to share your favourite recipe, then please email the Editor.

Puzzles

Chocolate Quiz

Who has consumed vast amounts of chocolate during lockdown? If this is you, then this quiz will be a 'picnic' for you. Just find the chocolate bar from these clues.

Chris Clark, Charlton All Saints.

1. High class thoroughfare
2. Edible fasteners
3. Mother's local
4. Big Bus
5. Clever folk
6. Istanbul harem
7. Dairy holder
8. Up out there
9. Ten Cent Pub
10. Frankie Vaughan wanted it

Riddle

I have a heart that never beats, I have a home but I never sleep. I can take a man's house and build another's. I love to play games with my many brothers. I am a king among fools. Who am I?

Word Search

Can you find the following birds:

Thrush
Pigeon
Robin
Sparrow
Bluetit
Starling
Chaffinch
Blackbird
Wren
Cuckoo
Woodpecker
Goldfinch

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

For the answers go to the News and Notes website to see the E-version.

Answers to last month's puzzles

Numbers to Phrases: 1. Three men in a boat. 2. Forty days of Lent. 3. Five Rings on the Olympic Flag. 4. Seven Brides for Seven Brothers 5. One Partridge in a Pear Tree. 6. 64 Squares on a Chess Board. 7. Six counties in Northern Ireland. 8. 90 Degrees in a Right Angle. 9. Ten Plagues of Egypt. 10. Thirty days have September, April June and November. 11. Six of One and Half a dozen of the other.

Books of the Bible search: Mark, Luke, Kings, Acts, Revelations, James, Ruth, Numbers, Job, Amos, Esther, Judges, Titus, Lamentations, Hebrews, Peter.

Church News

St Andrews' Church

Although we are not allowed into the church to celebrate the usual services, offices and festivals, our increasingly resourceful clergy are keeping us all in touch and together. We now have 'one click' Sunday morning YouTube services, a variety of Zoom meetings and normal business conducted by email. A sign of the times! We all look forward to a time when we can come together again to worship in loved familiar surroundings.

Talking of those surroundings ... you will probably remember that last September we had a party in the churchyard to celebrate the completion of the re-roofing project and to thank all those who helped with funding. Since then a section of the western churchyard boundary wall collapsed and had to be rebuilt (an unexpected expense). Plans are in hand for the refurbishment of the organ and repainting the interior walls. Both jobs really need doing.

When we are allowed back in, the dear old place is going to look really spick and span and the music is going to be terrific! Time to praise God for bringing us through and have another party!

Robert Underhill - Churchwarden.

Prayer for our community

We are not people of fear: we are people of courage.

We are not people who protect our own safety: we are people who protect our neighbours' safety.

We are not people of greed: we are people of generosity.

*We are your people God, giving and loving, wherever we are,
whatever it costs,*

For as long as it takes, wherever you call us.

Ministry Team:

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Team Vicars ~ The Revd Canon Jenny Taylor:	01722 503 081
The Revd Dr Anna-Claar Thomasson-Rosingh:	01722 238 267
Curate ~ The Revd Roger Leake:	07947149 456
Team Administrator ~ Mrs Emily Broomhead:	07890 262 376

Extra—News and Notes

Welcome to the extra pages for News Notes.

In the following pages you will find a few more articles and adverts.

There is also an excellent menu of pizzas from Marco in Bodenham, who will deliver, see his menu for more details.

Jason who runs the Radnor Arms as well as the Horse and Groom is now delivering to our villages every evening. His menu is below.

The answers to the puzzles are on the next page.

Robert Lewis is providing flour for charity, but he tells me that he has sold five tonnes and demand is slowing down, so please email him if you want any excellent flour.

Please contact the Editor if you have any suggestions, or would like an article to be added.

Stay safe,

With best wishes, Jeremy

Could you be our Business Editor?

Would you be able to help the Editor, by running the advert section and then arrange six monthly invoices.... ?

If so please get in touch.

Thank you.

Jeremy

Puzzles – Answers

Chocolate Quiz - Answers

Who has consumed vast amounts of chocolate during lockdown? If this is you, then this quiz will be a 'picnic' for you. Just find the chocolate bar from these clues. Chris

1.	High class thoroughfare	Quality Street
2.	Mother's local	Mars Bar
3.	Clever folk	Smarties
4.	Dairy holder	Milk Tray
5.	Ten Cent Pub	Dime Bar
6.	Edible fasteners	Chocolate Buttons
7.	Big Bus	Double Decker
8.	Istanbul harem	Turkish Delight
9.	Up out there	Galaxy
10.	Frankie Vaughan wanted it	Moonlight

Riddle

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Woodpecker
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Nunton & Odstock

Margherita

Tomato base with fresh mozzarella & basil

Cotto & Funghi

Tomato base with mozzarella, cooked prosciutto and mushrooms

Diavolo

Tomato base with mozzarella and spicy pepperoni and nduja

Bianca

Rosemary, onion, olive oil and rock salt

Vegetarian

Tomato base, mozzarella, mushroom, onion and aubergines

THE HORSE & GROOM Bat & Ball

TAKEAWAY MENU

All £10

Deep fried fish & chips with mushy peas

Scampi & chips

Pork ribs in BBQ sauce & chips

Lamb shank with mash

Braised faggots with mash, green beans and onion gravy

Pie of the day with mash, peas and gravy

Pan-fried lambs liver & crispy bacon with mash, green beans and onion gravy

Homemade burger with melted cheddar or stilton, chips and salad

Pork & leek sausages with mash, peas and onion gravy

Fish pie and salad

Chicken kiev with chips and salad

Hunters chicken – chicken breast topped with BBQ sauce, smoked bacon & cheddar cheese with chips and salad

Beef lasagne with salad and garlic bread

Macaroni cheese and garlic bread

Vegetable pie with new potatoes, peas and gravy (vegan)

Halloumi & pepper burger with chips and salad

Beetroot & quinoa burger with chips and salad (vegan)

Vegetable thai curry with sticky rice (vegan)

Whole crumbed camembert with crusty bread and cranberry sauce

Senior Citizens £7

Monday – Friday 12 – 2pm

Fish & chips

BBQ pork ribs & chips

Lambs liver & crispy bacon with mash

Sausages & mash

Hunters chicken with chips

Macaroni cheese

Roasts available Monday & Tuesday

Sandwiches with crisps and salad £6

- Coronation chicken • Bacon, lettuce & tomato
- Smoked salmon & cream cheese • Fish goujons with tartare sauce
- Ham & piccalilli • Cheddar ploughman's

Takeaway drinks

- Beers £2 per pint • Lagers & Ciders £2.50 per pint • Wines £12 a bottle
- Crisps & nuts £1 • Soft drinks are available please ask for what we have and price

Call 01725 510739

Available from 12 – 2pm and 6 – 9pm

Britford Farm Shop

Dear local bakers! FLOUR FLOUR FLOUR

FLOUR FOR CHARITY!

A message from Robert Having sold almost 5 tonnes of flour and sugar the demand is slowing down and so please check on Facebook for availability or email.....

PLEASE EMAIL ALL ORDERS TO: info@britfordfarmshop.co.uk

PLEASE DO NOT ORDER OR LEAVE MESSAGES ANYWHERE OTHER THAN BY EMAIL.

I will acknowledge but possibly not until Friday evening when all stock is packed.

Please include your contact number with your order.

I am ONLY selling flour for charity.

PLEASE NOTE - CASH ONLY ! PLEASE BRING THE CORRECT CHANGE.

FLOUR TYPES AVAILABLE (as stocks last)

Strong White Bread Flour	2kg	£3.30
Self Raising White Flour	2kg	£2.60
Plain White Flour	1.5kg	£2.00
French Bread Flour	2kg	£3.30
Strong Wholemeal Flour	2kg	£3.00
Dried Yeast	50g	£2.50.

Yeast Stock is on order and will hopefully be here in time, I have fresh yeast as a backup.

Some prices have risen slightly due to supply shortages, sourcing stock is quite challenging.

BRING A STRONG SHOPPING BAG, PLEASE OBSERVE SOCIAL DISTANCING, THE ENTRANCE WILL BE AT THE SIDE DOOR ON THE LEFT AND EXIT AT THE FRONT DOOR. ONE CUSTOMER IN THE SHOP AT A TIME.

FOR QUERIES ON THE DAY CALL 01722 413 400

All takings (after flour expenses) are going to St. Thomas Church, Salisbury

Serving God in the Heart of The City

Robert Lewis



Flowers to order

Seasonal cut flowers

& Bouquets to order

May - October

Large £50

Medium £35

Small £25

Jam jar flowers £10

Buckets of flowers, £30 for
45 stems

To order

Text: 07807 780707

Email:

caroline@knightonmanor.com

www.knightonmanor.com

For collection

on Thursday afternoons

Knighton Manor

Broadchalke

Salisbury

SP5 5EB

Gilly Floral



Salisbury News

Successful re-opening of Salisbury Charter Market

Salisbury City Council is delighted that the re-opening of the Charter Market on Saturday 16 May was a success.

The Charter Market was opened as a trial and gave shoppers the opportunity to purchase essential items from local traders in the Market Place. Around 900 shoppers attended and some food stalls sold out of produce by lunchtime.

Social distancing measures were in place which comprised of a queue system for access into the market (2m indicated by cones) and barriers indicating a clockwise flow of visitors. Individual stalls had socially distanced queues with hand gel available on entry and at every stall.

Mayor of the Council, Cllr John Walsh said, "The Mayoress and I attended and shopped at the Charter Market on Saturday feeling much safer than we normally do in our essential trips to indoor shops. I spoke to numerous of my fellow citizens all of whom were unstinting in their praise for the fact that the Council had re-opened the Charter Market.

"It was quite obvious that a great deal of hard work had gone into producing a well organised and safe event which reflected very highly on all those involved."

Dan from Wilton Wholefoods, said "I was really impressed with the way the council had organised the day, the fact that we were really busy even though customers were coming through the gates fairly slowly.

"I would like to say that customers were so pleased to be able to shop "in person" again. Customers told me that the measures that had been put in place made them feel safe and that the council was trying to do things in the right way.

"Overall, I'd say it ticked all the boxes and as a stallholder we couldn't have asked for more!"

Salisbury City Council had three indicators of success that they were measuring – safety of residents, safety of stall holders and the appetite from residents for the return of the market. These were all well met and so the decision has been taken to continue to open every Saturday from 8am until 3pm in the Market Place.

Charter Market Suppliers

Salisbury City council has published a list of these traders who have adapted to restrictions by offering deliveries so residents can still have access to their organic fruit and veg, fresh fish, cheeses and more.

To find out which market traders are still operating during the pandemic, click [here](#):



Dear friend,

My name is Duncan Murray. I am an Intensive Care Doctor at Salisbury District Hospital and an Ambassador for our hospital charity, the Stars Appeal.

During the Coronavirus pandemic, nurses, doctors, porters, cleaners, catering staff, office workers, and my many other NHS colleagues at Salisbury Hospital, are all working hard to ensure patients receive the best possible care.

Throughout this difficult time, the Stars Appeal is funding a range of projects that are really helping our staff and our patients. The Stars Appeal staff counsellor and mental health nurse are helping staff cope with what they are going through. Stars Appeal Wi-Fi is keeping staff and patients connected with loved ones. Specialist simulation training is ensuring we are well prepared for whatever we may face and Hospital chaplains are offering comfort and reassurance. The Stars Appeal is also working to provide staff with morale boosting care packages, and their garden spaces offer peace and tranquillity away from the busy wards.

The support offered by the Stars Appeal at this incredibly challenging time is more valuable than ever, but the lockdown restrictions have meant much of the charity's normal fundraising has had to stop. If you can, please donate to enable our charity to continue to help us all through this crisis. You can do so by completing the form overleaf or by going online at www.starsappeal.org/coronavirus



Every donation, large or small, will make a difference for staff and patients at this difficult time for our hospital. With your help, the Stars Appeal can continue its vital work and react quickly with new ways to help as things progress.

Thank you. Stay safe and well.

Duncan Murray

Dr Duncan Murray

Consultant on Radnor Intensive Care Unit and Stars Appeal Ambassador

To donate please [click here](#)

Reflection

Trinity Sonnet

By Malcolm Guite

In the Beginning, not in time or space,
But in the quick before both space and time,
In Life, in Love, in co-inherent Grace,
In three in one and one in three, in rhyme,
In music, in the whole creation story,
In His own image, His imagination,
The Triune Poet makes us for His glory,
And makes us each the other's inspiration.
He calls us out of darkness, chaos, chance,
To improvise a music of our own,
To sing the chord that calls us to the dance,
Three notes resounding from a single tone,
To sing the End in whom we all begin;
Our God beyond, beside us and within.