

May 2026

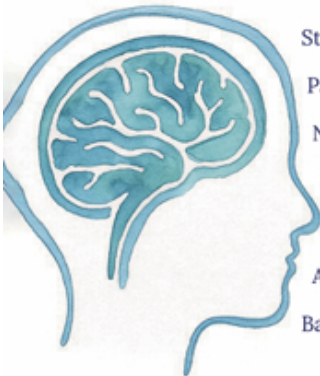


coln
rivergroup

The Benefice Magazine for:

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

Cotswold Neuro Rehab



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- Brain Injury
- Multiple sclerosis
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- Balance difficulties

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www.cotswoldneurorehab.com

for more information or support with your recovery, please email martha@cotswoldneurorehab.com



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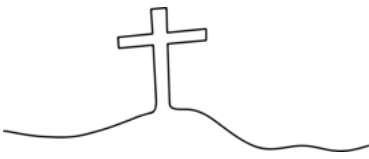
CATERING & EVENT HIRE

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R&R Catering Hire Ltd.
Unit 9, Coln Park,
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Cheltenham
Gloucestershire
GL54 4HJ

Email: enquiries@rrhire.co.uk

Opening hours
9:00am to 4:00pm Monday to Friday
Extended hours at busy times or via appointment



Vicarage Note

May: A Season of Growth (and the occasional weed!)

May is a hopeful sort of month. The days stretch out, the sun makes more frequent appearances (we hope), and gardens begin to look alive again. Even those of us without green fingers can appreciate the quiet miracle of things growing – flowers blooming, trees filling out, and yes... weeds popping up exactly where we didn't plant them. It's a gentle reminder that growth is happening all the time, often beneath the surface before we even notice it.

In the Christian life, growth can feel a bit like that. We might wish for dramatic transformations – instant patience, unshakeable faith, the ability to love everyone. But more often, God works in slower, quieter ways. A kind word we're prompted to offer. Finding a moment of peace where there was once worry. The courage to keep going when things feel uncertain, after we have prayed.

In the Bible, Jesus often used images of seeds and gardens. A tiny seed, after all, doesn't look very impressive. Yet given time, care, and a bit of sunshine, it becomes something far greater than it first appeared. In the same way, even the smallest acts of faith or kindness can grow into something beautiful.

Of course, just like in any garden, there are weeds. We all have them – those habits, worries, or distractions that seem to spring up overnight and make themselves quite at home. The good news is that God is a patient gardener. He doesn't give up on us when things get a bit overgrown. Instead, He gently tends, nurtures, and encourages new life.

So this May, perhaps take a moment to notice what is growing in your own life, giving thanks for the good and asking God's help with those things which need patient tending.



Wishing you a joyful and hopeful May

With every blessing

Revid 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
<i>Mrs Pat Barron</i>	<i>Prayer Chain Co-ordinator</i>	<i>01242 820658</i>
<i>Vacant</i>	<i>Safeguarding Officer</i>	<i>07970 011502</i>

Associate Priests

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

Mr Robert Jackson	St, Andrew's, Sevenhampton	01242 820408
Mrs Bunny Bailey	St. Martin's, Charlton Abbots	01451 850495
Mr Charlie Llewellyn-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
Vacant	St. Oswald's, The Shiptons	Contact Rector
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
Vacant	St. Edward's, Hawling	Contact Rector

Methodist Church

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

May Church Services



Sunday 3 May

Zoom	10am	Morning Worship
Dowdeswell	10.30am	All Parish Holy Communion

Sunday 10 May

Sipton	10am	Family Communion
Withington	10am	Family Service
Dowdeswell	11am	Holy Communion
Whittington	6pm	Evensong

Thursday 14 May

Sipton Solers	7pm	Ascension Day Service
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Sunday 17 May

Andoversford	10.30am	Cafe Church
Charlton Abbots	11am	Holy Communion

Sunday 24 May

Salperton	10am	Holy Communion
Withington	10am	Holy Communion
Sevenhampton	11am	Family Service
Sipton	5pm	The Gathering

Sunday 31 May

Andoversford	10.30am	All Parish Holy Communion
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For the latest service list and times, please visit our website colnriver.co.uk

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





From the Registers

A Joyful Baptism at St. Michael & All Angels

We are delighted to share that the baptism of **Imogen Ivy Clark** will take place on Sunday 24 May 2026 at St Michael & All Angels Church, Withington.



Baptism is always a special and happy moment in church life, and we look forward to welcoming Imogen as she is surrounded by love, prayer, and the support of her family, godparents, and church community.



Volunteers Wanted – Come Be Part of the Fun!

We're looking for friendly, enthusiastic volunteers to help at our Youth Club, every Wednesday from 4.30–5.30pm.

Jump into fun roles like running the tuck shop, serving drinks or helping cook delicious pizzas!

A DBS check is required (don't worry – we can arrange if needed).

Fancy lending a hand and making a difference?

Contact Vicky at colnriver@btconnect.com and come join the team!



The Church Office

Email: colnriver@btconnect.com

Telephone: 01242 820404

Website: www.colnriver.co.uk

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

Address: Community Church
Station Road
Andoversford
GL54 4LA

Dates for the Diary



Men's Breakfast

Saturday 16 May, 8.30am

The Royal Oak, Andoversford

Speaker: Ross Weaver

'Ross's Arabian Adventures'

£15 per head

Contact Tony if you wish to attend:

tbarron@btinternet.com

Hawling Methodist Church

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

Andoversford Coffee Morning

Community Church
Weds 27 May 2026
10.30am - 12 noon

Jazz Night

Saturday 9 May
7pm

'The Stolen Chocolates' return for a
musical extravaganza

All your Jazz, Soul and Blues favourites

St. Andrew's Church, Sevenhampton

£20 per person

inc. drink and canapes!



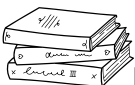
The **Book Exchange** in the porch at the **Community Church**, Andoversford,
is open for everyone



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 Jane Jennings, 01242 820632

Andoversford Parish Council News



Andoversford Parish Council met on 9th April, with all Parish Councillors in attendance.

At the Burial Ground, Councillors discussed recent reports from the village WhatsApp group about a large number of discarded canisters near the entrance.

On inspection, none were found, so thank you to whoever kindly cleared these away. It was also noted that the IBC (rainwater tank) is currently completely empty, possibly due to the tap being left open. Until we have some significant rainfall, there will be no water available at the Burial Ground, so visitors are asked to bear this in mind when tending to family graves.

The Parish Council, together with County Councillor Paul Hodgkinson, expressed their complete disappointment at the lack of progress from Gloucestershire Highways regarding the location consent required for installation of the speed cameras and village gates as discussed and agreed at previous meetings. Councillors Sian Evans and Paul Hodgkinson continue to seek suppliers and costings, while continuously pressing Highways for the necessary information and approvals to move these projects forward. In more positive news, a safety mirror will soon be installed at the entrance to Pine Halt. As this is on private land, no Gloucestershire Highways consent is required, and it should help make turning into the Cul de sac from the A40 safer for everyone.

Many thanks to Hannah for replanting the trough on Station Road - it looks wonderful, as always.

The next meeting will be the Annual Parish Council Meeting, where roles such as Chair, Highways rep and Planning rep are re-elected. If you are interested in joining the Parish Council, please contact the Clerk at clerk@andoversfordparish.gov.uk.

Meeting will be held in the Village Hall Committee Room on Thursday 7th May at 7.30pm.



Clerk to Andoversford Parish Council



Front cover photograph:

*The Bluebell (*Hyacinthoides non-scripta*)*

Common names: Bluebell, English bluebell, British bluebell, English harebell, wild hyacinth, cuckoo's boots, granfer griggles, witches' thimbles, lady's nightcap, fairy flower, and cra'tae (also known as crow's toes)!



Village News



Withington C of E
Primary School
and Foundation Stage Unit

Statutory Proposal to close Withington Church of England Primary School

A Statutory Notice regarding the proposed closure of Withington C of E Primary School has been published in the Wilts & Glos Standard and can be found through the links provided below.

Reason for closure:

Following significant unsuccessful efforts to recruit key staff in the positions of Head Teacher, Class Teacher and SENDCo, combined with a fall in pupil numbers and the impact of this on the future viability of the school, the Governing Body have taken the decision to issue a statutory notice.

The school is temporarily closed with the current pupil being on dual roll with another local Primary School; there are no potential new pupils for September 2026 and there are surplus places in local schools.

It is proposed that the school would formally close on 31st August 2026. This notice is an extract from the full proposal, details of which will be published on the school website www.withington.gloucs.sch.uk

Procedure for making objections and comments:

Within six weeks from the date of publication of this proposal, (by 5pm on 21st May 2026), any person may object to or make comments on the proposal by sending them to Withingtonproposal@gloucestershire.gov.uk

Governors of Withington School

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

Village News



Rhodes Memorial Hall Brockhampton

TUESDAY

10.45 - 11.45am - Fitness Class
6.30 - 7.30pm - Pilates

2ND WEDNESDAY OF THE MONTH

7.30 - 9.30pm - Quilters

LAST WEDNESDAY OF THE MONTH

1.30 - 3.30pm - Quilters

THURSDAY

10am - 12.30pm - Quilters (Main Hall)
10.30 - 11.30am - Coffee Club (Reading Room)

2ND THURSDAY OF EACH MONTH

Studio 7 Cinema

FRIDAY

9 - 10am - Pilates

North Cotswold Foodbank

Between January and March 2026
you donated a whopping



304kg

thank you!

Withington Fete



Saturday

13th June

2pm - 4pm

Jubilee Village Hall



£2 admission

Accompanied children free.



Shipton Reading Room - May Activities

YOGA SOUND BATH: Friday 1 May

YOGA: Monday 11 & 18 May - 9.30-10.30am

KARATE: Monday 11 & 18 May - 6-8pm

PILATES: Tuesday 5, 12 & 19 May - 9.30-10.30am

SHIPTON ART GROUP: Wednesday 6, 13, 20 & 27 May - 2-4pm

COFFEE STOP: Saturday 9 May - 9.30-10.30am

QUILTERS: Wednesday 13 & 27 May - 7.30-9.30pm

PARISH COUNCIL PUBLIC MEETING: Thursday 14 May - 6-9.30pm

QIGONG: Thursday 21 & 28 May - 2-3pm

SHIPTON GATHERING: Sunday 24 May - 4.45-6.15pm

POP UP PUB: Friday 29 May - 5.30-8.30pm



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



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Ads and Articles

If you use one of the local businesses advertised in this magazine, then please do tell them that you saw their advert here

And to all our regular advertisers who continue to support our magazine

Thank you!

Village News



Guided Walks with the Cotswold Voluntary Wardens

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



CNL60: Batsford: A journey of Three Churches

Tue 5 May - Moderate 3hr 5.5ml

Walking the Ways 2 (of 5)

Tue 5 May - Moderate 5-5.5hr 9ml

Three Ways Round

Tue 12 May - Moderate 3.5hr 7ml

Sherbourne - A Favourite

Wed 13 May - Moderate 5.5hr 10.5ml

Chipping Campden Town Walk

Every Tue & Thu starting Tue 26 May to the end of Sep - Easy 1.5hr

Easy: Length may vary but terrain is mainly flat (level).

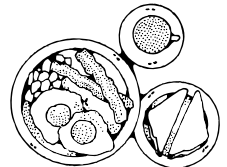
Moderate: includes some hills and rough ground.

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.



All Men Welcome!



We run a breakfast for men most months of the year. This is an opportunity for men to get together, socialise and enjoy a really good cooked breakfast at the Royal Oak in Andoversford.

On most occasions, we have a speaker who's invariably interesting, sometimes fascinating, always memorable! Topics have ranged from medical (e.g. battling infant mortality in Sierra Leone), to military (e.g. experiences of flying a Spitfire for the BBMF), to historic (e.g. fighting the British Empire in the Boer War), to geopolitical (e.g. the origin of the name of Templefields in Andoversford) - and so much more!

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

The hall is available to hire!

- Well equipped kitchen
- Car park
- Very reasonable hire charges with no hidden extras
- Internet connection
- 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



Moments of JOY



Left: Congratulations to Clive Pengelly on the joyful occasion of his baptism, which took place on 22 March 2026 at St. Michael & All Angels, Withington



Below:
Glorious Spring flowers for the Mothering Sunday service, held on 15 March 2026 at St. Michael & All Angels, Withington



Blossom & Harmony
BEAUTY

Coming Soon

Blossom & Harmony Beauty is coming to the Cotswolds, offering beauty treatments.

Opening on
Tuesday 5th May 2026

20% off all Treatments during the month of May.
Please check the website below to view Treatments, Prices & to Book.

[Blossomharmonybeauty.bookinbeautiful.com](https://blossomharmonybeauty.bookinbeautiful.com)

Suite 2, 1st Floor, Unit 1,
Andoversford Industrial Estate, Gloucester Rd,
Andoversford, GL54 4LB.

Scan for Treatments, Book & Follow.

YOUTH CLUB



Join us after school to chill out, play games, eat good food, and chat.

Wednesdays

4:30pm - 5: 30pm

School years 8 - 13

Andoversford Community Church, Station Rd, GL54 4LA

This is a safe and welcoming place for teenagers to spend time together. No pressure, no expectations, just a place to belong.

➤ FREE. For more information and to book now, head to our website.



For more information contact
karen.vannamen@sportily.org.uk

sportily.org.uk

sportily
PLAY SPORTS, TALK LIFE

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*



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 next meeting will be held on
Tuesday 12th May
at the
Community Church
starting at 7.30pm

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 



WINNER

100

Withington 100 Club

Are pleased to announce the following winner
of May's £40 prize draw: Henry Fea (44)
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

SEVENHAMPTON SCOUT GROUP

for adventurous activities for boys and girls #skillsforlife

Community Art Group

Shipton Reading Room

Wednesday's 2 - 4pm

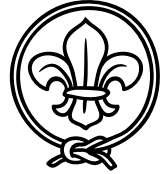
alcooke@msn.com

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



WHY WE NEED YOU!

As you may be aware, the club has signed a 25-year lease for Shipton Cliffe Sports Field. The land will enable the club to demolish the current changing block and build a modern changing block complete with showers, changing and referee rooms, and toilets. Current funding from the FA is very hard to come by and we are reaching out to the local community and businesses alike to support us with our exciting new development.

Could you help?

DONATE NOW: <https://www.crowdfunder.co.uk/charlton-rovers-a-fc-building-for-the-future>



MONEY FROM YOUR SUPPORT

 £8,000 New electric and water supplies	 £3,830 Demolition of the old changing block	 £12,000 Groundwork and drainage	 £12,800 Internal fit out	 £15,950 Purchase of new building
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www.charltonrovers.co.uk

Twitter: @CHALTONROVERS Facebook: Charlton Rovers

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
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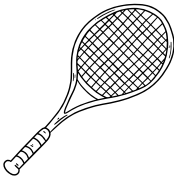
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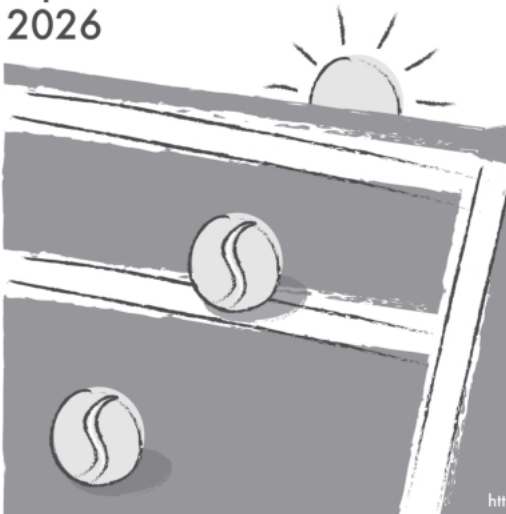


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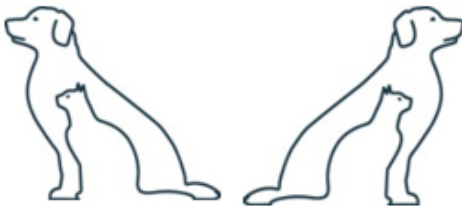
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