

Newsletter September 2023

Chalfest! Once again, a huge thank you to the organisers of Chalfest for putting on such an enjoyable party on the hill! Despite the rain that arrived on the Saturday it was a great event as always. We have given our permission for the event to go ahead in 2024 and general tickets are on sale via ticket fairy. Community tickets will go on sale via ticket fairy in September so keep an eye out for when these are released as they are sure to sell out quickly! Our thanks also to Cllr Mayo who organised the Parish Council stand which raised £65 for a local charity Erin's Wish. Erin's Wish is a charity devoted to raising funds for research and awareness into SUDEP - Sudden Unexplained Death in Epilepsy.

Footpath surprise – Walking is good for you A 2020 New Scientist article headed 'Why walking your way to better health isn't all about step counting' caught my eye recently. It turns out that walking is good for you(!), that an 'upbeat gait' (?) makes you cheerful; and looking down holding a smartphone slows you down and risks injury(!). More interestingly, wearing flat, minimalist shoes or walking barefoot is claimed to reduce stress on the knees, whilst a daily two hours of brisk walking like modern hunter-gatherers and 'super-fit postal workers' is good for you. Not many of us can manage that, but the basic message is clear: the more you walk, the better – and there's no need to count your steps.

To get you started, have you heard about the **Frithwood Surgery health walk**? This walk, led by Dr Crouch restarted in April but numbers are low and it would be great to see more people enjoying the gentle route around Bussage. The walk finishes at The Parish Centre where you can enjoy a cup of tea or coffee and a biscuit or two! Not only is this a great chance to get a bit of exercise in the fresh air, it is also the perfect opportunity to meet new people. If you would like to join the walk, then please meet at Frithwood Surgery at 2.00pm every other Wednesday. The next walks will run on 24th August, 6th and 20th September.

Grow your own! Allotment waiting lists are almost clear! If you have been considering taking on an allotment plot, then now is the perfect time to register your interest! The cost of a plot is reasonable with a half plot costing just £15.50 currently. If you would like to find out more or you would like to register your interest, then please contact Lucy@chalford-glos.gov.uk

Potholes! You may have noticed that some patching work has been carried out around the Parish over the last month, namely the top of Old Neighbourhood, The Frith and Toadsmoor Road. This work is very welcome and has been carried out thanks to County Cllr Chloe Turner using her Highways Local Fund. We would like to extend our gratitude to Chloe for offering her continued support and funding which made this work possible.

You may have noticed that **Manor Chinese in Bussage** is under new management. From what we have heard the takeaway is much improved. The staff are working hard to ensure that customers are happy and that the food is cooked to your liking, so if you like Chinese food you may want to support this local business and give them a try if you haven't already.

Overgrown foliage at Tesco Express – We continue to receive concerns from residents about this problem. We, along with the manager at Tesco, continue to liaise with SEP Properties (the management company for this area) about the overgrown foliage surrounding the car-park. They have given their assurance that this work is scheduled to be carried out shortly by a local contractor. Although we cannot guarantee when this will be done, pressure to get it cut is ongoing.

We hope you are having an enjoyable Summer despite the mixed weather we have been having.

Our contact details are Chalford Parish Centre, 50 Gerald's Way, Chalford, Stroud, G16 8FJ.
(01453) 887204 info@chalford-glos.gov.uk Please contact us if you have any questions,
concerns or suggestions.