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REMEMBRANCE POPPIES

For the first time in 28 years, there is a new kind of poppy for Remembrance Sunday this year: it is **plastic free**.

Director of the Poppy Appeal, Andy Taylor-Whyte explains: 'We are very proud to introduce the plastic-free poppy. It will not only enable people to support our Armed Forces community but also continues the RBL's commitment to sustainability.'

The new poppy has been three years in the development and making. The aim was to reduce the use of single-use plastic and to 'be economical, sustainable, and less impactful to the environment. The new poppy design has a 40% smaller carbon footprint, and is made from bespoke red and green paper.' The paper comes from a blend of renewable fibres, 50 per cent of which has been recovered from the waste used in the production of coffee cups.

The plastic-free poppy will be available alongside remaining stocks of the current poppy to reduce any waste of poppies already produced. Poppies containing single-use plastic can be returned to Sainsbury's stores for recycling.



This month

- P6 A View from the Pews
- P7 Prayer Points
- P8 Parish Giving Scheme
- P10 Graveyard part 2
- P13 Roses of Picardy concert
- P16 PCC news
- P19 Menston MU news

Copy for the *double* December/January magazine is due by Sunday 12 November. Please email copy to BOTH editor and Parish Office *(office@stjohnmenston.org.uk)* or leave copy with the office.

The Vicarage

Dear Friends

As many of you might have heard by now, I will be leaving Menston and St John's early in the New Year to take on a new role within the diocese as 'Director of Ministerial Formation and Development.' Whilst I don't want everything that happens between now and then to be coloured by this, I do want to take the opportunity to talk about it a little.

It has been a privilege to be vicar in Menston for over six years. As a family, we have often said that we don't expect to ever live somewhere as nice as Menston again. We have come to love the village and its people and to dearly love our church family at St John's. We will miss you all when we leave in January.

This is not a 'swan-song' article, so what I'd like to focus on is how we look after each other as we prepare for an interregnum. As a short and pithy statement, I can think of nothing better than to commend to you Paul's short instructions in Colossians 4: 2-6:

2 Devote yourselves to prayer, keeping alert in it with thanksgiving. 3 At the same time pray for us as well that God will open to us a door for the word, that we may declare the mystery of Christ, for which I am in prison, 4 so that I may reveal it clearly, as I should. 5 Conduct yourselves wisely towards outsiders, making the most of the time. 6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.

Of course, not everything applies – I'm clearly not St Paul, and working for the diocese is in no way parallel to being imprisoned! However, Paul's concerns are that the church in Colossae would devote themselves to prayer, especially reminding them to be thankful and alert. Prayer doesn't just happen, and thankfulness is a discipline to be fostered. A praying church is in a much better position when the future seems a little uncertain than one which fails to pray. As Paul requests, so I ask of you – pray for us too please: for me in my new role that I would be able to encourage others in Christ, and for our family as we move and settle elsewhere.

One irony of being clergy is that we never see our parishes during interregnums. What Paul urges the Christians in Colossae about wise conduct and gracious speech should be obvious and should be our general practice in dealing with each other and with those who are yet to find their place within the family of the Church. We all know, however, that when times are harder, it is sometimes difficult to be as gracious as we would ordinarily. Perhaps this is on Paul's mind as he finds himself writing from a prison cell.

In any case, wouldn't it be amazing if the next vicar of Menston inherited a community who were gracious to each other in good times and bad, who spoke wisely to those in the wider parish, and who were devoted to prayer and thanksgiving!

The way we hope to be during interregnum will only be accomplished if we put those practices in place now. So please, let us in these next few months, practice being a gracious and loving church family, devoted and thankful pray-ers, and lovers of our parish with whom we would give anything to share Jesus wisely and sensitively and yet boldly and authentically.

I look forward to this final stage of my journey with you.

Steve

A View from The Pews by Dominic Hall

I have been having one of those days. It started when the alarm went off. My radio is set to BBC Radio 3 so I am lulled from dreamland by beautiful music. Today, however, the radio reset itself and blasted rock music at me and nearly blew my bed socks off!

In the shower I confused shampoo with shower gel and ended up having to wash my hair twice – then I stubbed my toe on the side of the bath! On to breakfast where the milk had gone off so I couldn't have my cornflakes. A bird had 'decorated' my car and when I put the wipers on, I found no water in the tank and a frightening degree of smearing.

Has the universe conspired against me?

It brought to mind the wedding day of some dear friends of mine some twenty years ago. Louise was worried about the table decorations and whether the photographer was going to get all the shots she wanted. Mike had concerns about whether the food would meet expectations and they were both alarmed by the weather reports that predicted an unseasonably wet July day. Calmly, I pointed out to them that they had planned well and that all they had to do was enjoy the day. If something went wrong – well that made the day unique, memorable and all the more special.

The lesson here is that things will always go wrong. Or rather, not 'wrong' but in interesting and challenging directions. The question is, how do we deal with them?

If we worry about everything being perfect or going according to plan it is likely we are going to be disappointed in life. However, if we embrace the quirks, rise to the challenges and laugh at the silliness, life becomes more bearable even to the point of enjoyment.

I'm sure you'll recall the episode of 'The Good Life' when Margot's Christmas plans go awry, and she and Jerry have to make do with Tom and Barbara's more primitive version. Once she embraces the 'disaster' she enjoys herself – though Tom's homemade wine may have helped!

Life is full of challenges. How we embrace them and overcome them says a lot about who we are. How we pitch in and help others in need is also a mark of our humanity on a local, national and international level. As Christians we have the supreme guide and comfort so let's enjoy the ride.

And always check if it is shampoo or shower gel you are putting on your head!

Prayer Points



REMEMBRANCETIDE

November is a month when our thoughts naturally turn to remembrance: the annual remembrance service of those dear to us at All Souls; Remembrance Sunday when the sacrifices made during armed conflicts in the last century and this are acknowledged.

We are fortunate to live in freedom and to enjoy peace - a peace we should never take for granted.

Forgive us Lord that so often we forget the lessons of the past: The cost of war, The price of peace, The extent of human sacrifice. Remind is of all we owe, Lest we forget.

Help us to learn the lessons of the past: To live and work for peace, To fight only what is evil and corrupt, To serve and not to count the cost. Remind is of all we owe, Lest we forget.

Almighty God, Through all things you remember us -Teach us to remember, **Not just this month but always.**

With thanks to Jan Alexander for this month's Prayer Points

EASY & SECURE GIVING

One of the really important ways that each of us lives our faith and participates in the mission of the Church, is through the act of giving. Regular giving can be a prayerful expression of faith in action, and it is vital to sustain our church, helping us to plan for the future.



We are members of the Parish Giving Scheme (PGS) which provides the simplest and most secure way for everyone to give to our church. By making a gift through PGS, they manage all the admin on our behalf, which makes a big difference to the church staff and volunteers.

In fact, if you already give regularly through a Standing Order, please consider moving across to PGS. It's quite straight forward to make the change (you just cancel the standing order with your bank and set up a new gift with PGS) and you'll be lightening the load of our church team!

When you set up a regular gift by Direct Debit with PGS, you can choose the frequency and amount of your gift and opt in to Gift Aid, if you are eligible. Through Gift Aid, we receive an extra 25p for every pound you give which makes a significant impact across the year.

There's also an option for you to increase your gift annually, with the peace of mind that you can adjust your gift at any time. One of the most important aspects of our choice to partner PGS to process gifts on behalf of this church, is that the giver always remains in control. The quickest and easiest way to set up and manage your regular gift is online, through the PGS website.

It is also possible to make a one-off gift online, using a debit or credit card, Apple Pay or Google Pay.

To set up a regular or one-off gift online, scan the QR code - see opposite page or visit parishgiving.org.uk, find your church using the easy search tool, and follow a few simple steps to set up your gift securely.

If you're not connected to the internet, don't worry. You can set up your regular gift by phoning the PGS team on 0333 002 1271, Monday to Friday, 9-5, or completing a paper gift form. If you'd like to know more, please get in touch with the Parish Office.

Personal Growth and Leadership Course

Six of us from St John's are undertaking this six session course between September and March and the first session led to some thought provoking conversations. We are asked to consider:

- What growth do we want for ourselves and for our church, and what's the plan?
- What environment do we need to create in our Church which will help this growth? What small changes can we make now?
- What are we saying to ourselves and about ourselves and about our church?

To respond to this, we are trying to make use of the Examen spiritual exercise - at the end of each day considering what moment we are most grateful for and least grateful for. Steve has talked about these in sermons and meetings - putting it into practice is the hard part!

The course is part of the Diocesan resource under the Barnabas framework - for all churches to become more confident in their mission, their future, their leadership and their witness. It takes place at Fountains Church in Bradford and there are about 70 participants from across the diocese.

If you want to find out more, have a word with Marilyn.

St John's CHURCHYARD: part 2

I'm delighted to announce that it is now possible to search for information about family graves on the church website thus completing a project I began 20 years ago! I haven't been working on it for all that time I hasten to add!



Go to the website *www.stjohnmenston.org.uk/parish-records*. Scroll down to *Search for a Family Grave* and click on the picture. This will take you to *Graveyard Searches* where a series of red and blue buttons will open the *Burial Register* and *plan* of the graveyard and *Headstone Inscriptions* and their rough *position*. Any problems do get in touch with me via the Parish Office.

Graveyards are primarily the responsibility of the vicar and approval must be sought for any changes. St John's graveyard follows the traditional alignment ie the lines of graves run roughly north - south and the graves themselves face east - west. Traditionally, Christians were buried with their head facing east. It was believed that at the second coming of Christ he will come from the east and so they will be ready to greet Christ. Priests were buried facing west 'to face their flock and be accountable at the Resurrection'! Where space is limited graveyards are orientated in the most practical way.

When you spend time going through the records several things become apparent, most notably the standard of record keeping in Victorian times. An alternative numbering system appeared briefly at one stage. A few of the headstones are quite some way from the relevant grave. Perhaps the stonemason was misdirected by a subsequent vicar, perhaps the family had forgotten the exact position of the grave with the passage of time. I don't think St John's is unique in this regard and accuracy greatly improved from the early 20th century.

The first burial took place in July 1871, that of 24 year old John Norfolk, a Menston resident. The final burial was of a one year old baby in April 1993. Altogether 1,179 names are recorded in the Burial Register. Asylum burials I came to feel most uncomfortable about the word 'Asylum' in this context but that is how their abode is registered. There are 175 patients from what was known as the West Riding Pauper Lunatic Asylum. The hospital eventually became 'High Royds Psychiatric Hospital' and closed in 2003. 27 of the burials are in unrecorded graves and only 5 have headstones. They were aged 15-86 but 35 have no recorded age. There were 96 females, 79 males and 1 child. I couldn't help feeling saddened at the lack of detail in some entries, perhaps a reflection of the stigma attached to residents of 'Lunatic Asylums' at that time. Their graves can be found on the western edge of the graveyard by Parmley Graham. Perhaps we can remember them if we wander through that part of our churchyard. The majority of High Royds patients (2,861) are buried in the Memorial Chapel on Buckle Lane. I could find no reference on their website to the early burials in St John's. I apologise if I'm mistaken in that.

Headstone Inscriptions The record of inscriptions was created in 1988. Some of the details have eroded with the passage of time so the records are very important. The inscriptions often record details of other family members buried in St John's in unmarked graves and details of family buried in other parts of the world. Two headstones have no record of a burial in St John's! The diagrams of headstone positions were hand drawn in 1988 with no reference to the actual position of the grave and in some cases are not very accurate.

National Burial Ground Survey A survey of all Anglican burial grounds began recently. Atlantic Geomatics use geospatial mapping techniques and can record church burial grounds in great detail. But all this takes time and so far only the Dioceses of Carlisle and Truro have been mapped. It could take a number of years to record Leeds Diocesan churches. In the meantime, we have accessible records and simple maps of St John's churchyard.

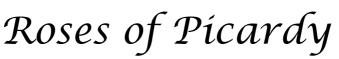
Next month; a final part with some stories of individual graves.

Jan Alexander



Menston Parish Church

A Date for your Diary!



Sunday 12 November ~ 3pm

An entertainment in words and music for the season of remembrance

The Occasion Choir of York

Director: Yvonne Robert Accompanist: Robert Smeaton

Readers: Geoff Druett

Tickets £8 to include refreshment. Book in advance on 07956 879726 or pay on the door.



Proceeds to church funds.

Worship this month

- 5 Nov ALL SAINTS Readings: 1 John 3: 1-3; Matthew 5: 1-12 *Reader: Diane Beaumont*
- 9.30am Zest
- 11.00am Parish Eucharist
- 6.00pm 6pm Service ~ Romans 14
- 7-8pm The Den

12 Nov REMEMBRANCE SUNDAY

- 9.30am Zest
- **<u>10.45am</u>** Joint service at Kirklands 7-8pm The Den



- 19 Nov The Second Sunday before ADVENT Readings: 1 Thess 5: 1-11; Matthew 25: 14-30 *Reader: Julie West*
- 9.30am Zest
- 11.00am Parish Eucharist
- 6.00pm 6pm Service ~ Romans 15
- 7-8pm The Den

26 Nov CHRIST the KING Readings: Ephesians 1: 15-end; Matthew 25: 31-end *Reader: Heather Greig*

- 9.30am Zest
- 11.00am Parish Eucharist
- 6.30pm The Den @ 'Release' ~ Ilkley All Saints

3 Dec ADVENT SUNDAY Readings: TBA *Reader: David Machin*

| 9.30am | Zest |
|--------------------|-----------|
| $11.00\mathrm{gm}$ | Parish Eu |

11.00am Parish Eucharist

6.00pm 6pm Service ~ Romans 16

7-8pm The Den

MID-WEEK SERVICE OF HOLY COMMUNION

9.30am Thursdays: 2 / 9 / 16 / 23 / 30 November

WORSHIP NOTES

REMEMBRANCE DAY ~ 11 NOVEMBER There will be a short service at Kirklands War Memorial, Saturday 11 November beginning just before 11am.

REMEMBRANCE SUNDAY

~ **12 NOVEMBER** Once again, Menston churches are joining with Menston Parish Council to mark Remembrance Sunday. The service will take place *outside Kirklands* in front of the War Memorial and begins at <u>10.45am</u>. It is a traditional Remembrance Day service and will include the reading of names of the fallen, sounding of the Last Post, two minutes silence and laying of wreaths. Please encourage friends and neighbours to attend this special village event.

Lunchtime Organ Music

If you enjoy organ recitals then you would enjoy Michael Pratt playing the organ at Menston Methodist Church. The recitals start at 1pm and last for 30 minutes. I have just been to an Autumn programme and thoroughly enjoyed it. Forthcoming recitals:

Friday 10 November at 1pm - Remembrance programme Friday 8 December at 1pm - Seasonal and Christmas music

Michael always provides details of the pieces and their composers and entrance is free with a retiring collection - well recommended!

Jane Pratt PS. The organist is not my husband!

PCC Notes

PCC discussed a variety of church business including the following highlights:

Finance

Bank Balance as at end of August $2023 = \pounds 34,365.86$ Income = $\pounds 5,676.42$ Expenditure = $\pounds 6,915.31$ The Treasurer reported that we continue to have a monthly income deficit.

Parish Giving Scheme (PGS)

(*see p8*) St John's PGS has been fully set up with everything in place to start using this as the preferred method of financial giving for our church. Anyone considering becoming a new 'giver' is encouraged to set up regular giving via PGS. Existing donors who utilise direct debit or envelopes are also encouraged to move to PSG. Leaflets explaining PSG will be made available at the back of church.

New Roof

The roof is now signed off as completed satisfactorily. The architect has pointed out that the inside plaster and paint of the west wall is in poor condition due to damp from when the roof leaked. The drying out is being hampered by the paint. This will be monitored over the winter.

Churchyard Closure

The Parish Council have not objected to the closure confirming they do not wish to be responsible for the maintenance of the churchyard. Bradford Council will inspect the churchyard and all paperwork is to be submitted to the Ministry of Justice.

ECO church

St John's church has now been awarded the Silver ECO award. The PCC recorded their thanks to all concerned for this achievement.

Church communication and

outreach We continue to seek a communications lead to allow exploitation of the many and varied Chanel's available to reach the widest possible audience. Anyone who has the appropriate skills interested in taking on this vital role, please reach out to Steve.

Some of the forthcoming communications will include the *Christmas Quiz* - see p12. It was suggested that similar events could be arranged for Easter and late summer.

Church photos and the Menston 2025 Heritage Project PCC agreed that old photos currently stored in the cellar will be loaned to the library heritage room to be utilised as a resource for the village.

In addition, from the PCC in July:

We discussed some not so regular business, including:

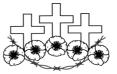
- 1. The importance of
- communication, both with each other within the church and also with the community within Menston. We talked about how we could possibly use social media better and agreed we should establish a comms task force to help come up with some ideas about how to improve communications.
- 2. The 6pm service, which has been going for 2 years now but has a small (but dedicated) group attending. For those not aware, the 6pm service occurs on the 1st and 3rd Sunday

each month. It is 'lay led', meaning most of the services are led by members of the congregation who aren't vicars! The style is very informal, with worship (sometimes including a live band!), praver, a short talk and time to discuss ideas and themes raised in the talk in groups afterwards. This service could do with being reinvigorated, so please do remember it when you're chatting with people about the services we offer on Sundays, and please consider giving it a go for yourselves!

Julie West & Hannah Needle

THEIR FINEST HOUR

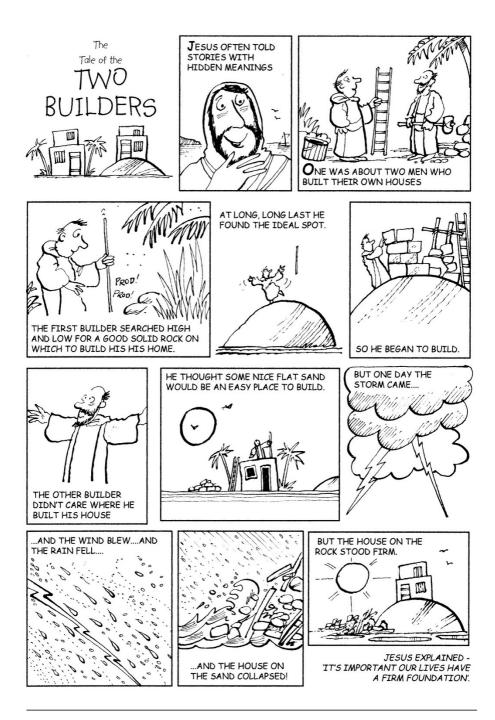
Do you have a story or an object from World War II? Maybe it was passed down to you by your parents or grandparents or other family members? Can you help us to build an archive of these memories for Menston before they disappear?



You will also be contributing to an Oxford University research project (similar to the very successful World War I project run by the village). You can find it at: <u>https://theirfinesthour.english.ox.ac.uk/home</u>.

Book the date! Saturday 4 November 2 - 5pm at Kirklands.

Bring along your object and your story. We have a great team waiting to record your history. Please do get in touch with Goodith if you have any questions or would like to contribute: 872043.





2.15pm

This month:

7 November

To be arranged {change to programme) Booked Speaker now unavailable.

At our last meeting in October we welcomed the Leeds & Bradford AFIA Officer Mrs Denise Barrett who gave an update on our holiday caravans in Filey. We were pleased to hear how many families had enjoyed happy times there this summer away from their difficulties at home. As a branch here at St John's, we donate funds every year to Away from it all Holidays, along with donations to Overseas work and the Overseas Relief Fund, our main MU charities.

Mrs Barrett, who was adopted as a baby, then gave her talk on 'Long Lost Family' which covered her experience of deciding as an adult to try and trace her birth family. It was a long and fascinating story with many difficulties and frustrations to deal with, but she found answers to a lot of questions and managed to find out where she came from. Her birth family has turned out to be quite big, and some siblings did not want to meet her, but some did, and it appears that the younger generation seem keen to get involved. Mrs Barrett is now on Facebook with them!

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The Annual Gathering (AGM) held in York on 22 September at the Barbican was reported on in the latest Leeds Diocesan Newsletter. The main emphasis of the day was the relaunch of the MU campaign against all forms of gender-based violence and discrimination, to be called **Rise Up against domestic abuse.** The letters of RISE UP stand for Respond, Inform, Support, Empower, Unite and Pray. Members paraded through the streets before the meeting with banners publicising the new campaign. Every year from 25 November to 10 December Mothers' Union recognises violence towards women during these 16 days, and branches are encouraged to get involved if they can. Not all members would wish to demonstrate with banners or hold a vigil, but it is suggested that prayers could be said in church, or some information passed on to the wider community to highlight the campaign.

Marjorie Boddy & Ann Dixon

Eco Church

We now have a Silver award under the Eco church scheme and are excited to have reached that milestone. We will be meeting on Thursday 9th November to plan what comes next - do get in touch if you are interested in joining us.



At the Deanery meeting in October we heard from the Diocesan Environmental Officer about the Church of England's decision to aim for Net Zero carbon emissions by 2030. The Diocese of Leeds is at the forefront of working out how to do this and is testing out training, resources and sharing what they find.

Random facts about carbon emissions were: rice releases 800g of CO2e compared to potatoes at 160g; chickpeas at 0.42g compared to chicken at 2.8kg compared to beef at 18 kg. A flight to Athens emits 1008 kg for one person one way whereas a 1,000 mile road trip works out at 366 kg in a non-electric car. Food for thought!

The calculation of a church carbon footprint is based on fossil fuel energy used in the buildings and work related travel. Any renewable energy used can be treated as a credit and then the balance is the net carbon footprint. Menston comes in at 8.3 tonnes of CO2e and we could consider offsetting that at approximately £20 per tonne until we can change our energy use from fossil fuels to renewables or look at other measures. Something to consider.

Tips on energy buying were shared at the meeting and an encouragement to '*measure and monitor*' then '*plan and prepare*' and then '*take action*'!

Eco tips for November - travel

- 1. Half the carbon cost of every car journey by car sharing. A medium car emits 360g of CO2 a mile whether it has one, two or more people in it. Join a car share club online and save up to £1,000 a year.
- 2. If you are driving, show love and respect to cyclists by improving your road behaviour. Their bike mile has a carbon footprint of 2g compared to your small car of 280g CO2e a mile.
- 3. Be loving to others by taking the train or coach when you can. It helps ease congestion by taking your car off the road and has half the carbon footprint of a small car (coach 80g and train 100g CO2e per person per mile).
- 4. If you are in your car show love and respect to pedestrians. Park on the road, not on their pavement - think pushchairs and disability scooters. Their walking mile has a carbon footprint of 1g compared to your small car of 280g CO2e a mile.

Communal Christmas card post box

Many of you will know that for some years now the Eco church group has put out the red post box at the back of church ready to receive cards that are for fellow members of St John's. We then display them by the baptistry. For those of you new to this



practice, the idea is to save on the world's resources by sending one card for everyone at St John's rather than giving individual cards. So do watch out for the post box at the end of this month.

If you would like to join our local eco church group, currently comprising Jen, Sally, Matthew, Catherine, Jeanne - Claire and Marilyn, do get in touch.

PLEASE CAN YOU HELP TO DISTRIBUTE THE PARISH MAGAZINE?

Charmian and Roger Thomas have organised the distribution of the Parish Magazine since 2015 would like to retire from this vital magazine role at the end of this year.

A detailed job specification is available from Charmian but it essentially involves one or two people, with a vehicle, about 2 hours once a month, ten times a year. If you would be willing to consider it, please have a word with Charmian in the first instance - 01943 873865.

Please consider whether you could help with this task.

Jan Alexander; Editor

Menston 2025 Heritage Project

The group are beavering away on creating the trail, looking at old maps, writing scripts and collecting archive material. Bradford University students are unable to help with filming so if you have such skills do get in touch.

a la cale da c

St John's photos

Some of you will know that we have a collection of photos covering events at St John's over about the last 30 years - currently in boxes in the cellar. The Menston Heritage Project is keen to have the photos for the archive that is being created at the library. The PCC plans to make a long-term loan of the materials to the project as a way of improving their storage conditions and ensuring their access to the community.

We next meet on Tuesday 28 November in Kirklands at 7.30pm if you would like to get involved.

NOTICE BOARD

LEAF CLEARANCE There is a churchyard leaf sweep session set for *Saturday 18 November from 9.30 am onwards*. If you are able to help for any amount of time it would be greatly appreciate

CHARITY BUTTON VOTE

The winner of our National charity button vote in August and September was Shelter 370; second was A Band of Brothers 270; third EcoChurch 100.

We are currently voting for the International charity which St John's will support in 2024. Choices are WaterAid, Freedom from Torture and Sightsavers. Don't forget to vote whenever you are in church. Your vote counts!

Climate Action Menston

We had a great talk about the need to eat less meat at our September meeting and enjoyed welcoming new people to the group. We next meet on 15 November7.30pm in Kirklands and will have a speaker from the Friends of Wharfedale Greenway as we consider the route for the Menston link. All are welcome.

THE BIG SING organised by the Scouts and Guides on Saturday 16 December by the scout hut to raise money for their new premises. We will be singing seasonal carols accompanied by a brass band and hot drinks and food will be available. Please put it in your diary now! More details in the December magazine.

WHAT A TREAT !

For those of us who attended the Choral Evensong service on 23 September it was a most inspiring and memorable occasion. The Concordiamici choir were outstanding, in my opinion, and the 25 or so members filled the choir stalls and needed extra chairs in the chancel.

The volume of sound was wonderful, and their diction was extremely good. The group of friends specialise in singing sacred music, and they have visited churches over a wide area of the country. They are directed by a lady who has had a distinguished career as a lecturer in and arranger of church music.

The form of service was the Book of Common Prayer, and I am sure it brought back happy memories for many of us of the time when Choral Evensong was a well attended service at St John's. The BBC broadcast this service on Radio 3 from a different cathedral, abbey or college chapel each week.

Thank you Steve for arranging this event. *Heather Greig* MANOR COATING SYSTEMS LIMITED

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Contact Sarah: 01943 874018 or 07919 566352 Excellent references available.

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