



50p

St Helen's Church

Ashby-de-la-Zouch

Loving God, Loving Others, Loving the World



Parish Magazine

September 2023

WELCOME FROM THE EDITOR



Hello and welcome to September's parish magazine!

If anybody doesn't know me- I'm Emily, I'm currently training to be a teacher and I enjoy singing in the choir at St Helen's. I am very happy to be taking over from Jill as the editor of the magazine and I'm sure you'd all like to join me in thanking her for her many years in the role. I have personally admired her ability to be so consistently creative. I'm sure after a well earned break from all things magazine Jill will still be contributing some articles as and when she feels prompted. Jill- enjoy the free time you have gained!

Over the coming editions of the magazine I will be working out how to put my slant on things- if anyone has any ideas they would like to share then please do get in touch. Thank you to everyone who has already been contributing regularly -your musings continue to be hugely appreciated and I am reassured by your ability to keep on bringing us interesting and varied reads.

I hope you enjoy hearing from a variety of voices in this edition; there has been so much going on in the life of our church community over the summer. Grab yourself a cuppa and read on....

With Blessings for the month ahead,

Emily

REV. SUE FIELD WRITES

Dear friends,

As I write this, the schools have started back, the nights are drawing in and there is a definite Autumnal feel to the weather. For some, the onset of Autumn followed by winter is a bleak prospect. One of the highlights for me of the Autumn is the return of Strictly Come Dancing! I am not a great TV watcher but I have enjoyed this programme for many years now, and look forward to watching this on Saturday evenings and seeing the celebrities improving week by week. As each celebrity is voted off, footage is played of their time on Strictly, often referred to as their Strictly journey or story. In that



journey there have usually been ups and downs but many of them, despite having been voted off, feel that they have benefited from each week of the competition.

Some of you may have read the book or seen the film entitled 'The Unlikely Pilgrimage of Harold Fry'. I read the book some time ago and look forward to watching the DVD. Harold Fry sets out to post a letter to someone he knew years ago and, instead of posting the letter, he decides to walk a bit further towards the recipient of his letter. Every day he decides to go a little further and each day is full of encounters and experiences.

Today (30 August) the Church of England commemorates the author John Bunyan who, initially, was someone who rebelled against the Christian faith, but then through his marriage, encountered Christian books and Christian preaching. As a result of this, Bunyan was baptized and became a fervent preacher. It was because he preached without due permission that Bunyan ended up in prison and, during one of his spells in prison, he wrote the famous Christian allegory, 'Pilgrim's Progress'. This tells the story of a man, Christian, who journeys from the City of Destruction to the Celestial City, but Christian is burdened by sin and meets several companions along the way who direct him along the next part of his travels – some of those places

are the Slough of Despond, the Hill of Difficulty, the Palace Beautiful, the Delectable Mountains and so on. These are all meant to represent parts of the Christian journey as we travel with our own sinfulness and encounter God's grace and salvation to free us from that burden.

Often when we travel somewhere, we are so focused on the destination that we forget to notice the scenery and value the encounters we have on the way and yet, in the ancient story of Pilgrim's Progress and the more modern story of Harold Fry, it is the meetings with the people and the events that shape the two men. In our modern and fast-moving world, it is easy to be so future focused that we miss out on the gifts of people and places that God gives to us each day, and we fail to live in the present moment. The practice of mindfulness which is becoming increasingly popular, focuses on being aware of senses and feelings in the present moment. This is not a Christian discipline as such but it is important for us all in order to live full lives, to be intentional about noticing the gift of God in the present and valuing the people and the places we encounter on our journeys rather than solely focusing on the destination.

As we resume our regular schedules in the Autumn, perhaps we can create those moments of stillness to notice and to be attentive to the here and now.

With my prayers and best wishes,

Sue



A free phone line of hymns,
reflections and prayers

HAVE YOU HEARD ABOUT...

ASHBY STREET PASTORS?

Continuing our look at the many and varied things that God does within our church, we hear from Chris Lewis about the work of the street pastors. Could you be one of them?

ASHBY STREET PASTORS is now in its 14th year since we began in June 2009 with our first patrols hitting the streets of Ashby in January 2010. During that time we have had 26 Street Pastors and 7 Prayer Pastors. Our current team consists of 10 Street Pastors plus 2 new recruits in training along with 3 Prayer Pastors – there is room for more!



So what do we do out on the streets on a Saturday evening between 9pm and 2am the following morning? We are there to listen and help where needed. We are trained first aiders and work alongside the door staff and the police as necessary. Sometimes it is a matter of being a listening ear to someone who is upset. People often ask us to pray for them which we will do. People often want to know why we do it – especially when they find out that we are all volunteers. The answer put simply is because of our love for Jesus and wanting to make him known out on the streets where people are. We emphasize that we are here to help people have a good time (after all Jesus enjoyed a good party) but to have that safely.

Practically we carry with us a bag containing our first aid kit, wet wipes, bottles of water, sick bags, foil blankets (for keeping people warm if they are sitting / lying on the ground), flip flops (for the girls who have discarded their high heels and who are walking around bare footed) and lilies. Giving out the latter helps us to get into conversation with people.

We pick up any discarded glass bottles, and glasses – these could be used as weapons and cause considerable damage. We carry the retail radio with us so that we are in contact with CCTV as well as the door staff. If needed we will call an ambulance or get help from the paramedics who are stationed outside Manhattan’s (the night club in the passage by The Lamb). We work in teams of 3 or sometimes 4 meeting in St Helen’s Heritage Centre before we go out with the designated Prayer Pastor for the night. Once we go out the Prayer Pastor goes home but we remain in contact with them by phone as the night progresses.

Could you get involved? We currently need more Street Pastors, Prayer Pastors and there is also space on our Management Team that meets quarterly. If you would like to find out more please have a word with me. Many people first come out with us as an Observer to find out more – we are delighted that our current Mayor of Ashby, Avril Wilson is joining us as an observer later this month. We would love it if on reading this you felt that you could get involved too.



Chris Lewis
Ashby Street Pastors – Coordinator
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01530 564204

chrisuk452003@yahoo.co.uk

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THE CHILDREN'S SOCIETY

PRIEST ROOM GANG

(Youth group for year 7 onwards, all welcome)

PRG summer outing:

For their summer meet up, PRG got together for a day out in Melbourne (not Australia). One of the group had never been on a public bus before so we chose to make the short journey on the number 9 from Ashby. During the visit we spent plenty of time being entertained by the many ducks at Melbourne pool as well as helping a Moorhen back into the water when we noticed it had become injured. We enjoyed a picnic and ice cream in the sunshine as well as visiting the parish church and receiving marvelous hospitality at the home of Margaret and Allan Jacques. We'd like to thank them for having us, and thanks to Liz Smith for organizing the day.



If you would like to join in praying for our young people and schools at the start of this new term, here is a helpful prayer shared by the diocese:

God of wisdom and knowledge, enlighten by your Holy Spirit those who teach and those who learn.

Bless the students in our schools with good friends and help them to be good friends to others.

Open their hearts to life and their minds to learning. Let holy wisdom be their companion.

In Jesus' name, Amen.

'Are we clouds or are we angels?'

Written by Lois Crofton from Worthington

Are we clouds or are we angels,
Lifting Him through death and dust,
Giving those His true disciples,
Thy blessed gift of simple trust?

Are we waves or are we seagulls,
Dip and diving, rolling free,
Time and tide His story mulls,
From the shores of Galilee?

Are we such the stuff of neurons,
Mere chimera of the mind.
Conceit of fancy from first photon.
Neurotic figment of mankind.

Are we driftwood on the shore,
From the shipwreck of religious meme,

I have faith that we are more,
Than chaos dancing in its dream.

(A poem submitted by Pam Watson)

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A HUGE THANK YOU!

Many, many thanks to all who so generously gave sketch pads, colouring books and coloured pens and pencils to children from asylum-seeking families housed in Loughborough. I am told news spread like wildfire that these were available and each child greeted the gift with great excitement!! I know these will have given both children and parents a real boost, especially on those rainy days during the school holidays.



I'm also pleased to report that all the secondary aged children from these families now have school places allocated to them, although of course, as their parents are not allowed to work, they are struggling to provide uniform and even the basic kit needed to begin school.

So yet again - that's where your help will be much appreciated! Because your gifts of art materials 'in kind' were so generous (all the younger children have now received a gift pack) the remaining donations of money will now be spent to support the older children as they start secondary school. I do hope you will feel that this is appropriate - and I can assure you that it is much needed and will also be very much appreciated!



If you still have art materials you are intending to give, these will be used to support 'in house' art and craft sessions which are now being offered by another community group to support young children and parents from these families. Again - I can promise they will be put to good use!

Honestly, I have been quite overwhelmed by your generosity - THANK YOU!

Pat Stafford

ASHBY YOUTH FOR CHRIST

A message to supporters and anyone who would like to hear more about youth work in the town.

Thank you for supporting our work outdoors with local young people. The majority of our outdoors work is with young people (yp) we already know through our clubs and projects - but not all. We also support local schools and youth workers by providing outdoors activities for yp with whom we have previously had little or no contact. On one such day we had taken a group of young people rock climbing.

One young man I had never met began to climb. He confided in me that he had never climbed before and that he was scared. He began. His progress clearly required a good deal of courage. He told me he was shaking. He didn't have to tell me. I moved alongside him and offered encouragement and advice. He responded and climbed higher. After he had climbed the hardest part of the climb it was time for him to descend. He began shaking again and asked if I would descend with him. Down we went together. We reached the ground. He was still displaying the signs of high anxiety but with them was gratitude.

After lunch we went stand up paddle boarding (SUPing). He told me he had never SUPed before, and that he couldn't swim. I offered some more words and joined him on the SUP. He was again, clearly rather scared but 'up for it' - literally. When he did stand the whole board wobbled with heightened nervous excitement. As the crew laughed encouragingly he smiled even as he quivered. When he (the non-swimmer) fell off the board I hauled him back aboard and he was grinning.

In time I left the crews in a prescribed area and watched them playing on and off the boards - in the water. While others left the water to dry, warm themselves and change he carried on having fun with the other young people. One of the volunteer youth workers who had brought him joined me. Together we enjoyed watching the show - splashing, races, cartwheels, human pyramids... He told me he was amazed. He was amazed at the trans-

formation he had seen that day, in several of the young group but particularly in the young man above. He told me a little of his back story. It was horrible. He also said that until now he had never been spoken to by the young man, or seen him talk to his peers - with whom he was now playing and joking freely.



‘The presence of a caring, praying adult alongside young people who are afraid - and possibly showing their fear in antisocial, even unpleasant ways - is the single greatest factor in the development of a young person.’ Discuss. How are you gifting yp with your presence?

It appears that courageous trust in those who are reliable is liberating and transforming. How’s your trust in the one who is entirely and perfectly reliable? When did you last grow in freedom? Was it the last time you shook with fear and trusted him?

Advice on inheriting freedom: ‘Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.’

Joshua 1:9

Vernon Bayliss

“How are you gifting young people with your presence?”





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FUNDRAISING

CREAM TEA SUCCESS!

A huge thank you to everybody who attended the fundraising cream tea in aid of Ashby Youth For Christ. The sun was shining and the event was definitely a success with a total of £510 being raised from ticket sales and the raffle. Without the generosity of Geoff and Lynne from La Zouch restaurant it would not have been possible– they hosted fantastically and donated the cream teas free of charge so that proceeds could all go towards supporting young people in Ashby.

RIDE AND STRIDE

Saturday 9th September

This year, as always, St Helen's will be open for the annual Ride and Stride event. Rob Millward will be completing a sponsored cycle.

Why not join in yourself? As the poster suggests, you can make your way around as many of Leicestershire's churches (or go further afield) as you feel you can manage either walking or cycling or scooting or unicycling... A full list of churches taking part is available on the Leicestershire Historic Churches Trust (LHCT) website so you can plan your route, along with a sponsorship form to download. (<https://www.lhct.org.uk/ride-and-stride/>). The

money we raise will be split between St Helen's and the LHCT– who help churches like our own to access grants and funding. This year, the big goal is £40,000, but every little helps! Please do consider how you could support this event in any way you can.



OUR WORSHIP IN SEPTEMBER

	am	pm	Wednesday
1st Sunday 3rd September		3.30pm All-Age Worship 6.00pm Choral Evensong	1st Wednesday– 6th Holy Communion 10.30am In church
2nd Sunday 10th September	10.30 am Holy Communion		2nd Wednesday– 13th Holy Communion 10.30am Prior Park Community Centre
3rd Sunday 17th September	10.30 am Word & Worship		3rd Wednesday– 20th Service of the word 10.30am In church
4th Sunday 24th September	10.30 am Holy Communion	3.30pm Messy Church Viscount Beaumont’s school	4th Wednesday– 27th TBC

Regular activities:

- Monday mornings - Little Fishes 9.30 - 11.30am during term time
- Mondays - Monday Group – 8pm
- 3rd Tuesday - MU meeting – 10.30am till 12 noon
- 3rd Tuesday - PCC meeting – 7 till 9pm
- 1st Wednesday - Knit and natter – 2 till 4pm
- Thursdays - Choir practice – 6.30 till 8.30pm
- Fridays - Heart- warming Space 1-4pm
- Saturdays - Parish Prayers – 9.30am in the Hastings chapel

DATES FOR YOUR DIARY // SEPTEMBER

- **Sunday 10th - ECO-INITIATIVE BREAKFAST**

The Eco-Initiative Group warmly invites you to breakfast, featuring local, organic and home-produced vegetarian products, on Sunday 10th September prior to the 10:30 morning service. We would welcome any offers of home-grown/home-made produce to share at the event. If you are able to join us, please give your name and any dietary requirements to Caroline Millward. There is a sign up sheet on the notice board in church.

- **Sunday 17th September- ASHBY STATUTES SERVICE- 10:30am**

We are warmly invited to the annual service, hosted by Ashby Methodist Church, at Ashby Statutes bumper cars, where early arrivals can be provided with a seat! About 65 people from Ashby churches attended last year and several passers-by stopped to see what was going on. Song sheets will be provided but it would be helpful to have a rough idea of numbers – please speak to Judith Lewis if you plan to go.

HERITAGE AND SEW IT DONT THROW IT:

- **Saturday 23rd - “Visible Mending/ Darning workshop” - 10am.**

With visible mending becoming popular, the holes and worn edges in our clothes can now be brightly repaired without having to worry about hiding the damage. This is a fun way to bring unused clothes back to life from the hidden depths of our wardrobes and save money on buying new ones. Bring along something in need of darning or mending. All sewing skill levels are welcome and tools and threads will be provided. *Please note: This workshop is part of a PhD research project which you can choose not to be part of if you wish. This will not affect the support you get in the workshop in any way. More information will be supplied about this project at the start of the session.*

- **Tuesday 5th (Crazy Patchwork) and Tuesday 26th (Rag bags) - Sewing workshops: 10-11.30 am**

These workshops follow on; the patchwork can be used to make rag bags so it is advisable to book the two. Please bring along any small pieces of fabric you may have.

- **Tuesday 26th - Heritage Talk “Coalmining during the wars of the roses: the medieval miners of Leicestershire” by Stuart Warburton - 7.30pm / £4 per person including light refreshments.**



JP SPRINGTHORPE & C^o

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Sun, Sea and NOT Sangria, but TEA and a Beach Mission.

In 1886 the Scripture Union (SU) Beach Mission set up its stall in Sutton on Sea on the Lincolnshire Coast and, 137 years later, the SU Team still descend on Sutton on Sea for 2 weeks each year. What an amazing achievement. (When I was a little girl I used to go to a similar Beach Mission in Mablethorpe where we holidayed.)

We now have a static caravan near Sutton on Sea and since Allan and I have retired we have made a point of sitting in on the Sutton on Sea Beach Mission for 2 weeks each August. This year we offered to do the Mission Tea/Coffee stall on the Promenade every morning and, over



the two weeks, I guess we gave out in the region of 400 cups of free tea or coffee to anyone who wanted one. While we were doing this between 60 and 100 children and their parents were just over the sea wall behind us each day on the beach for their games followed by the Beach Show.

This year's theme was "Rise Up" and each day focussed on one ingredient of a recipe "what makes a Christian" e.g. a life of prayer, worship, service, forgiveness etc. The morning Beach session was followed up in the afternoon by holiday clubs for each age which developed the theme from the morning on the beach. If you google Sutton on Sea Beach Mission and then open their facebook page you can get a flavour of what they did.

Some of the families who come along just happen see us round and about and are encouraged to join in. Some book in early and some come every year from all corners of England and stay in local caravans just to come to the Beach Mission. Some of the parents of today's children originally met other parents at the Beach Mission when they were all children themselves.

There is always one new song which lives with me. Last year it was "This is the Story of the Cross". This year it was "We're cooking up a Recipe for

prayer” by Pete James 2020 Song Solutions Daybreak: Swell Revolution. The words of this catchy song remind us that we can pray in so many ways : Spinning around, kneeling down, or jumping in the air, shouting aloud in a crowd or silent with no one there – you just stir up your prayer with love. You can look this up on the internet as well.

One of the things we really enjoy about Beach Mission is that that everyone from babies right through the ages to grandma and grandads smile and join in very enthusiastically. I long for the day when we might see such laughter, enthusiasm and smiles in our church services!

Revd Margaret and Allan.

MESSY CHURCH PICNIC



Wow! What an amazing afternoon at our picnic! A huge

thank you to Christine for all her hard work and generosity.

We were blessed with lovely weather and young and old

were able to relax in the sunshine, have fun and enjoy each

other's company.

Don't miss our next Messy Church at Viscount Beaumont's School.

3:30, Sunday, 24th September!



A MASSIVE EXPLOSION - 1944

In last month's article, I wrote about the grave of Rorke's Drift hero, John Smith in Ashby Cemetery. Private Smith is mentioned in the Town Council's leaflet about the cemetery, along with James Beard, a mines rescue worker who died as a result of an explosion at a munitions dump at Fauld, Staffordshire on 27th November 1944.

There were two explosions which took place shortly before noon at an underground RAF munitions depot containing high explosives and incendiary bombs. The depot, a former coal mine, consisted of a number of tunnels running in various directions. The explosions blasted a way through to the surface, shattering a large cement works, demolishing many other buildings and causing a large number of casualties, many of which were fatal. It was heard as far away as parts of Leicestershire and even Northamptonshire where doors and windows rattled, chimney pots were blown down and a church steeple made unsafe.

In Burton on Trent, people believed there had been an earthquake and some ran into the streets expecting houses to collapse. Two farms near the site were badly damaged and one completely disappeared in a crater which was said to be 300 yards across.

Reports of the explosion appeared in newspapers across the country, including this extract from the Burton News Chronicle:

"Fire broke out immediately, and it was nearly an hour before the flames had been sufficiently subdued to allow rescue parties to reach the inner rooms. Hundreds of helpers were quickly on the spot, including Service ambulances, fire brigade, police and Civil Defence personnel.

"All day and far into the night, ambulances were dashing backwards and forwards between the scene of the disaster and the hospitals. The work went on by the light of powerful searchlights and rescue squads worked in relays.

"In the evening their task had become so dangerous that the men worked in asbestos suits. All roads leading to the dump were cordoned off and police

and service personnel were on guard. Hundreds of men and women waited as near as they could get to make inquiries about their men folk, but so complete was the devastation that very few of them got any satisfaction.

“Many of the men who were working underground, it is feared, were blown to pieces and late this evening all hope was abandoned in one section, which was sealed off to avoid further danger.”

Another reporter described the scene like this:

“A scene of peace had changed in a second to the hell of a battlefield. A cratered landscape, littered with the debris of shattered trees and buildings, was all that could be seen from the dump. Farms, a whole works, had been engulfed, and a burst reservoir turned the area into a sea of liquid mud.

The tiny village of Hanbury, typically English in its beauty, became a shambles of shattered homes and churned earth. Meadows were littered with the bodies of cattle and horses and the wreckage of farm buildings.” It was later stated that 70 people had lost their lives and many more were injured. Among the dead were six Italians, described in the newspaper report as “co-operators”, but presumably prisoners of war.

Among the rescuers were men from the Mines Rescue Station in Ashby; James Beard was presumably one of them. The station superintendent, Jack Perry, was awarded the British Empire Medal for conspicuous bravery at the explosion. A number of other men involved in the rescue also received awards.

The danger remained long after the explosion. Army bomb disposal units were called in to search for bombs buried in the mud after being hurled hundreds of feet in the air in the explosion. The original explosion involved 4,000 tons of bombs and shells but another 20,000 tons in an adjacent store remained in a highly dangerous condition and men worked for months clearing the debris under constant threat to their safety.

A year after the explosion, a Telegraph reporter and photographer revisited the scene. They reported that a great deal of restoration work had taken place, some carried out by men from a Midlands prison.

“But” they wrote, “there is still one terrible scar. It is the yawning chasm which engulfed an entire farm. The desolation of death still lies here. Water-filled hollows and grotesque overgrown piles of earth and rock pave a dangerous way to the lip of the crater. ... To look into it—some 600 feet deep and nearly a quarter of a mile across—gives the impression being perched on the steep side of a Peakland dale.

“It is estimated that the surface area of the crater covers more than two acres. The lip is continually crumbling away and thousands of tons of rock and clayey earth have already crashed into the bottom. Even greater subsidence is expected with the winter frosts.

“From the lip the crater - itself the grave of six people— one looks across to the green lumpy stretch of ground, once the valley where stood the plaster mine offices, and which now covers the bodies of 19 victims of the tragedy. It was here that the memorial service was held for those whose bodies were never recovered and although time may heal the scars that mar this little part England, this spot will ever be sacred to those whose loved ones perished in the disaster.”

Wendy Freer

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CLEARING THE GRAVESTONES



If you've walked through the churchyard recently, you might be able to see that a group of hard workers have cleared the grass around some of the half-buried gravestones. We are from time-to-time contacted by people who are trying to trace their ancestors who were buried in St Helen's Churchyard, and we can sometimes help them to find their exact graves. The stones lying flat at the east end of the church are 18th and 19th century slate stones, of men, women and a surprising number of children. The gravestones, once we have cleared the overgrown grass and soil, tell us their names, when they were born and died, family relationships, often have a short poem or bible verse, and also may have the name of the carver of the stone. Next time you are around the churchyard, go and see what you can find!

The 'graveyard gang' have had two sessions so far, with a further one on **Saturday 16th September at 10am**. Everyone is welcome – the more people, the more gravestones we can clear. There are undoubtedly some which will never re-emerge from the overgrown vegetation, but we still have plenty to work on. Susan Boardman-Weston is piling up the turfs of grass thus liberated to rot down for compost to put on the flower beds, which she regularly weeds, guaranteeing beautiful floral displays in future years.

Many thanks to Susan, Julie, Peter, Robert, Caroline x2, Helen, David and Liz. It's hard work, but surprising fun too!

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Gardening tips for September

In the past, September has usually been cooler and windier than August. Also, the days are becoming noticeably shorter. Officially it's the start of Autumn and so we can see the garden planting slowing down.

There is still lots to do in the fruit and vegetable garden but not so much in the coloured flower areas. That is not the case if you are redesigning or starting a garden from scratch.

Hopefully, you will be gathering the fruits (and vegetables) of your labour whilst getting out to start planting Spring-flowering bulbs for next year. Bulbs make a lovely Spring display when planted in containers or in borders, especially Snowdrops, Daffodils, Crocus and Hyacinths. There are lots of other jobs to do in the garden this month. If you have a pond, then it is best to spread a net over it in order to reduce the amount of Autumn debris (mainly dead leaves) entering the water. You may want to cover your pond with a Heron Net. We didn't and our Beautiful Fish were All Eaten (we now have covered it in order to protect Fred, Wilma and Pebbles – named by my wife).



Clean out the greenhouse, plant nursery and cold-frames ahead of Autumn sowing and growing. Continue watering on hot days (ideally with a watering can).

Start to reduce the frequency of house plant watering. You can reduce your indoor watering even more if you have Succulents.

In the flower garden, continue to dead-head annuals, hanging-baskets and containers as they will go on until the first frosts.

Many perennials look tired and have brown leaves. When the frost strikes, some of them will just collapse into a brown mess. However, some remain in good shape. Sedum looks good as it fades, but plants such as Hostas can look awful, but don't remove dead foliage until they fully die.

Late Summer/early Autumn is an ideal time to collect seeds for use next year but they must be kept dry. Also, the risk of frost is getting closer and it may be worthwhile storing outside-tender plants in a frost-free place such as a conservatory or sunny porch. If placing them in an unheated green-

house, then cover them with fleece as well as raising the plant pots off the ground so air can circulate and reduce the chance of grey mould forming. Finally, the vegetable garden is still active. You can plant onion and garlic sets to over-winter and pot up plants of Basil, Coriander, Dill and Parsley to grow them on the kitchen/porch window sill for a supply of herbs during winter. Keep picking Courgettes and Beans whilst young, fresh and tender. Dig up remaining main crop potatoes before slug damage spoils them. They do need to be stored somewhere dry and, most importantly, dark. Hessian sacks are ideal for storing them. Potatoes can go green very quickly when exposed to light, even if left in a greenhouse or conservatory for 24 hours after harvesting. However, they have to be dry before putting them into sacks otherwise they can rot. Tidy up your strawberry plants and clear away any used straw as this will harbour pests and diseases over Winter. Pick apples, and to test when they are ready, gently lift them in the palm of your hand and give them a gentle pull – they should come away easily. We hope that rain will continue to fall, preferably during the night and so leaving the shortening days free to garden - WE HOPE!



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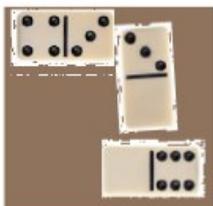
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St Helen's Church & Community Heritage Centre

Every
Friday

HEART WARMING SPACE



All
Welcome

1pm
to
4pm

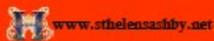
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Cake
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Cards
Games



Includes a
'children's
corner'



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St Helen's Community Heritage Centre

Ashby-de-la-Zouch

Heritage Talks 2023—2024

September 26th Stuart Warburton *Coalmining during the Wars of the Roses: the medieval miners of Leicestershire*

October 24th Moira Ackers *Staunton Harold Church & Robert Shirley: an Act of Protest*

November 28th Mary Tuckey *Threads of History*

January 23rd Peter Liddle *Burying the Dead - 5000 years of death & burial in Leicestershire*

February 27th Ursula Ackrill *Parish Libraries of Leicestershire*

March 26th Lesley Rowe *Puritanism in Leicestershire*

Tuesdays at 7.30 pm / £4 including light refreshments

Tickets available on the door



Facebook.com/sthelenschurch

Website: www.sthelensashby.net



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SHOPPING LIST FOR SEPTEMBER

Donations can be left in the boxes at the back of St Helen's Church, in the porch of Holy Trinity or the Congregational Church, or at any of Ashby's Co-ops. Thank you to everyone for the continued support.

- Tinned sweetcorn and carrots
- Tinned stewed steak/ chicken in white sauce
 - Cake bars
- Pot noodles/ pasta pots/ cuppa soups
 - Chocolate treats
 - 40 tea bag boxes
 - Long life milk
- Neutral deodorants and shampoo

St Helen's Church is part of the **Ashby Churches**

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Ashby Baptist Church	01530 413721
Ashby Congregational	01530 563301
Ashby Methodist Church	01530 412298
Holy Trinity	01530 412339
Our Lady of Lourdes	01530 412237