

The Overton Oracle

Volume 24 Issue 5

May 2022

Overton's Free Newspaper - delivered to every household monthly for 23 years



Don't Forget to Vote



The Local Government elections are in the Village Hall on Thursday May 5th. 7am to 10pm.

The Scarecrows Are Back!

See Page 3 for all the details!



Village Handicraft Show Saturday May 21st, at the Village Hall

Come and take part, there is something for everyone! Classes include Art, Craft, Photography, Woodcraft, Floral Art and Floristry, and there are Classes for children too. See the schedule on the Oracle website with rules and guidelines. Entry forms are still available, or there will be spares on the door on the day.

Staging at the Village Hall is 9am -10.30am, and open to the public for viewing from 2pm. The Show is open to EVERYONE, whether a beginner or highly skilled, and every entry will be admired by all who come to visit.

Please do come and enjoy the Show, whether you are entering or not, it is a wonderful showcase of the talents and skills of local people. The Mayor of Wrexham will be presenting the trophies at 4pm - let's show him what Overton can do!

Carer/Toddler group open

From Friday 13th May, we will resume the weekly meetings of the carer/toddler group at Overton Methodist Church. The meetings are in the school room at the back, 9.30 to 11.30am. We welcome all ages from new born to school age. Pre-Covid mums, please drop in, with or

It's not long now!



We're in May already! So that means there are just 4 weeks left before

the Big Jubilee Weekend!

You all know by now what we're planning - a Beacon Parade and Lighting Ceremony on **2nd June**

followed by a Street market on the **3rd June**, a children's disco in the afternoon of the **4th June**, followed by a grown up's version that evening and it all ends with the Big Jubilee Picnic and Dog Show. Visit overton-on-dee.co.uk/community-2/overton-village-fete/ for more details and the booking forms.

Bookings are coming in but keep them coming. We've not reached capacity on any of the events yet and whilst there are still a few weeks to go don't leave it all till the last minute to book!

We're especially keen to hear from all the groups, clubs, associations and businesses in the village as we'd like as many as possible to take part in the Beacon Parade. We're hoping that at least one representative from each will want to take part in the procession, ideally dressed up in something to represent their group. We've heard from a few organisations, thank you, but we'd love to hear from the rest.

If you can volunteer to help at any time during the 4 days - even if just for an hour or two - please let Charlotte know on ccopeman@overton-on-dee.co.uk

We'd also like to hear from local photographers, videographers and artists who'd be interested in recording the event for the future. This is a once in a lifetime event, and later on in the summer we're hoping to host an event in the Village Hall to exhibit the pictures and images so it can be enjoyed for a second time

But most important of all ... get your bookings in for the Parade, the Street Market, the discos and the Picnic. It won't be any fun without YOU at this once in a lifetime event!



As part of the Jubilee celebrations the WI has organised a national bit of fun -

"Where's Winnie?"

The Queen has been President of Sandringham WI for many years. But some of her naughty corgis have run away and are hiding all over the country. Overton on Dee WI have informed the Oracle that several will be hiding in the village from May 14th. If you find a knitted or crocheted corgi, you can keep him, but follow the instructions on his label and log your find, plus a picture, on the interactive map on the NFWI website, and see where other corgis have been found around the country - thewi.org.uk



Musings from the Manse

by Rev'd. Phillip Poole



Dear friends,

*"How deserted lies the city,
once so full of people!
How like a widow is she, who was once great
among the nations.
She who was queen among the provinces
has now become a slave."*

These words come from the beginning of Lamentations and they lament the destruction of Jerusalem, 2,500 years ago. However, they could easily have come from the pen of a journalist in Mariupol during the last few weeks. The war in Ukraine has intensified, pushing the pandemic out of the headlines, but a degree of danger still exists from Covid and its ever changing variants. We are all alarmed by the escalating cost of living, and in the background the climate crisis rumbles on, threatening every future generation.

There's no doubt that these are worrying times in which to live. Some faiths advocate submission to what is perceived to be the will of God, "What will be will be." Others advocate a retreat to a place of quiet contemplation within, where it is possible to permanently shut out the world and all of its dangers and distractions. But neither of these is the way Jesus demonstrated. Instead he taught us to engage with the world and to work hopefully for its redemption. A central theme of Jesus' teaching was that the Kingdom of God is growing secretly among us, and we are each called to contribute to its growth through our acts of faith, hope and love.

In Jesus' teaching our every act of goodness or kindness is like seed sown in good soil, which produces a harvest – 30, 60 or a hundredfold. What starts as small as a mustard seed grows to become the biggest tree in the garden. St David understood this, and reminded us to 'Do the little things', knowing that the little things we do can have far-reaching consequences. Every time we pray for someone, or run an errand for a neighbour, or say a word of encouragement to someone who is hurting, or make a small donation to a favourite charity, or witness to Christ in other ways through our words or actions, we are contributing to the eventual triumph of peace, justice and love in our world.

So let's not despair in dark times. Instead let's pour our energy into working for God's Kingdom and for the good of all. What we do will make a difference. It will change the world for the better and bring the time of Love's ultimate victory nearer.

Happy Easter,
Phil Poole

email: overtonoracle@gmail.com

Country Beat

by PCSO Dean Sawyer



Over the past couple of days we have had reports about suspicious behaviour around homes. Males approaching home owners asking if they can look in gardens for keys that have been misplaced. There have been dogs at one of the addresses so please can you all bear this in mind.

There are a number of security devices that you can purchase that can help protect your home. These include a Video Door Bell Camera and Driveway Alarms. You can also protect your home by making sure you have strong solid gates and that they are padlocked. Below is a link to the North Wales Police website with some crime prevention advice -

<https://www.northwales.police.uk/cp/crime-prevention/>

Thanks and Stay Safe.

SCCH/PCSO 2961 Dean Sawyer

Swyddog Cefnogi Cymuned Heddlu/Police Community Support Officer

Email: dean.sawyer@nthwales.pnn.police.uk

Goodbye to Jeanette

At Dee Valley Medical Practice we have said goodbye to our wonderful and much loved friend and colleague, Jeanette Jones.

Jeanette started at Overton in 2008 and soon became the children's vaccination nurse, amongst many other things. She cared for all generations in the practice that she had the honour to meet. We wish her a long, happy, fun-filled retirement with her family and friends. Goodbye and much love Jeanette from all at the practice, staff and patients.



Dear Editor,

Having seen the total resurfacing of the Royal Mall known as Argoed Lane, the residents of Knolton are trying to figure out what the criteria are for a road to be resurfaced.

We thought it was deep pot holes and neglect for over 25 years ...

We have written to the local council, Wrexham County Borough Council, our A.M and our M.P. and have been met with budget excuses, passed on, and given three wheel barrows full of tarmac that nobody else wanted.

I wonder if the new criteria for a road to be resurfaced could please be sent to the residents of Knolton, Overton on Dee, Wrexham, Wales just in case anyone is unsure where we are!

Simon Edwards

Dear Editor,

Would parents have a word with their children and teenagers, and tell them that Overton Cemetery is not a playground. Overton is blessed with an excellent play area and public use of the Millennium Meadow. The cemetery should be a place of peace and respect, and not an area for running around. Thank you.

Name & Address supplied

It's time to start making a Scarecrow

For the third year running The Dough Nation Station are challenging our local community to decorate Overton in style with their amazing Scarecrows, from 28th May to 11th June.

Fundraising for Hope House and Nightingale Hospices.



We're trying to keep it really simple this year. Instead of lots of different categories we're going to award prizes to the scarecrows with the most votes and have 3rd, 2nd and 1st place.

To enter -

- Email: doughnationstation@outlook.com with Name & Location of your scarecrow, and a Photo of it in place, for us to share.
- Donate £5 via PayPal (email as above) or cash, with scarecrow details to The Berwyns, Overton.
- Ensure your Scarecrow is in place by May 31st.

To vote -

- Donate £5 by PayPal to doughnationstation@outlook.com or cash.
- You will be sent a voting slip with the names and location of all the scarecrows that have entered the competition. Simply pick your favourites. You can vote for up to three scarecrows, or just your favourite one.
- Closing date to get your votes back to us, is Friday 10th June

Winners will be announced on Saturday 11th June at 12 noon.

- 3rd Place - Delivery of 6 Pizzas on Saturday 11th June between 3-6pm.
- 2nd Place - Delivery of six pizzas on Saturday 11th June between 3-6pm & two bottles of wine.
- 1st Place - Delivery of six pizzas on Saturday 11th June between 3-6pm & Gift Hamper.

Royal Memories?

This July will be the 30th anniversary of the Queen's visit to Overton, July 12th 1992!

To celebrate this in the Oracle, could you send us any memories of that day, of taking part in the pageant, of the flower festival, of being in the crowd, did you speak to the Queen, etc. And do you have any photos you would like to share? Please email overtonoracle@gmail.com or ring 710631.



Photo shows the Queen, seated right, enjoying a scene of Overton medieval life with Jim Glover Les Hughes and a goat.

Excellent Eggstravaganza

The playing fields were buzzing on Sunday afternoon 3rd April, when over 90 children with parents, aunties and uncles and grandparents, turned up to take part in the Easter Trail organised by Pam and Peter Roberts. The coffee and cake stall run by the Twinning Association did a roaring trade. A special mention to Paul Edwards for being so obliging over our use of the football pavilion hot water supply.

Queues formed to buy raffle tickets for the wonderful collection of hampers, the Growers had a collection of children intent on planting some seeds in little pots, while the adults bought plants and Knolton apple juice and cider. The Playcentre had a very busy craft tent, where children were making Easter bonnets and Fred Edwards had a very difficult job selecting three winners from a wonderful array of hats.

The sun managed to shine most of the time, giving way occasionally to a fairly chilly wind, but no one seemed to mind and everyone agreed it was a great success, all the better for being the combined effort of three popular organisations. £840 was the total raised, so each group benefitted by £280.



Songs of Praise for the Queen's Jubilee

We can sing again! It is wonderful to be able to enjoy community singing once again, as the pandemic restrictions have lifted. Come and sing with us at our community 'Songs of Praise' on **Sunday 5 June at 11.00am** in St Mary's, Overton, in celebration of the Queen's Jubilee.

Even better – help us to choose the hymns we will sing. What hymns have lifted your heart, helped you mark a special occasion or brought you comfort over the years?

We would like to find hymns that represent the 7 decades of the Queen's reign – Coronation hymns and songs sung on royal occasions, but also the ones that are meaningful to you. Which are your favourites – school hymns from the 50s and 60s, hymns sung at sports grounds or practised for the Eisteddfod?

What were you singing in the 1970s or when you got married in the 1980s? Is there a hymn you associate with the birth of a child or the dawn of the millennium? Let us have your ideas! We would like to see what is popular – and which hymns have a special story attached to them.

Please send your requests to -

overton@maelormissionarea.uk or to The Rectory, 4 Sundorne, Overton LL13 0EB, including with them your reasons for choosing the hymn or hymns you have selected. Bonus points for a royal connection! Please include your name and contact details.

And, come and sing your heart out!

Help Needed !

We are both police volunteers (Special Inspectors) with North Wales Police and are members of the International Police Association (IPA). We have been selected by the Emergency Services Aid Charity (ESAC) and the IPA to travel from the UK, via France and Spain through the North West of the African continent, all the way to the capital of The Gambia, Banjul, to deliver ambulances, fire engines, fire and rescue equipment, and vital medical equipment and supplies to the communities of The Gambia. This will be happening in September 2022.



The ESAC intends to provide functioning emergency vehicles, radios, equipment, supplies, training, and uniforms to communities that need help. To help this emerging but impoverished nation on the west coast of Africa, September 2022 is the turn of The Gambia. This mission is called Op ZEPHYR.

We have decided to help end the suffering and unnecessary deaths caused by the absence of any form of ambulance service or fire and rescue service in The Gambia. We are absolutely resolved to do something about it. The levels of infant mortality in The Gambia, the 7th highest globally, are unacceptably high and are ranked among the highest in Africa. UNICEF state that, on average, over 1 in 20 children between one month and five years of age die, and 1 in 5 new-borns will die within the first 4 weeks of life. These figures are even higher in rural areas. The manner of those deaths for mother and child do not bear thinking about.

Additionally, the number of deaths and amputations due to late presentation of infected fractures and other wounds is unbelievably high. Amputations are unfortunately common and are even deemed "convenient", as travel for aftercare in hospital is impossible for complicated injuries due to the lack of suitable transport.

I hope you can help us, either as individuals, by donating toward our personal £5000 goal, by providing us with personal kit and equipment, or by providing the broader charity with funds, equipment, or supplies. Everything we take with us will be left with the Gambian Emergency responders to help them with their challenging tasks. You can donate by going to our [gofundme.com](https://www.gofundme.com) page which is "Ambulances to The Gambia".

Thank you,

Darren Armour and Dan McNulty

The Community Council's been busy

Have you noticed that Overton Community Council has been busy adding items to the village scene?

Electric Charging

In the carpark a new Electric Vehicle charging station has been installed, with two charging points. As more and more electric cars are on the road, these will be a welcome addition to our village facilities.



New benches

The Community Council has also installed new benches around the village. The one pictured on the left is near the entrance to the



Millennium Meadow, and this one is in the Community Growers garden next to the carpark, and there is a third in the churchyard.

Make yourself comfortable.



Give Me Five

I am proud to have been your Councillor for the last 5 years and very much need your support to get re-elected so I can continue making positive changes for another 5. I am a long standing governor at both St. Mary's and Maelor schools for a total of 30+ years, Chair of Overton Recreational Club and a trustee of the Rainbow Foundation, amongst other very fulfilling roles. I care passionately about the environment and often go litter picking and intend to set up a more coordinated group this year and continue to fight dog fouling.

With gross underfunding by Welsh Government, the same annual amount for the last 15 years, never mind inflation at 50% over the period, you will be pleased to hear we have extra money provided this year which is being dedicated on making our roads better. I have fought long and hard to get more money spent in our Ward than any other Ward over the years, with major resurfacing due imminently on Salop Road. I respond rapidly to getting potholes filled (sinkholes as well) and have had an inspection completed by Wrexham Council on the state of our pavements, looking forward to getting some of that work undertaken as well. All gullies are now on a regular rota and I will ensure it is adhered to and necessary action taken if not.

I am on more Council committees than any other Councillor and work tirelessly for my Ward and ALL of Wrexham. I choose to donate, as promised, a substantial amount of my Council income to good causes locally and am a major fund raiser for Hope House Children's Hospice. I am constantly in the village, day and night and am always approachable and welcome a chat and keep everyone updated about local issues. I am sure you will all have noticed a positive change since I was elected.

So, that's a bit about me, I hope you can see how much I thoroughly enjoy this role of being your Councillor and I'm asking you a small favour - come out and give me 5 minutes of your time and vote for me on Thursday May 5th.

Thank you.

John McCusker

Fun at the Playcentre

We have had a brilliant time this Easter Holiday Club at Overton Playcentre - OPC Holiday Club! as the children want it to be called now!)

Our first OPC Camp Day for our older children went really well with den building, eating snacks in their den, making sandwiches for lunch plus a campfire with marshmallows! And all of this despite the morning's downpour! The younger children got a head start on their Rabbit Carer's Award, grooming, petting, feeding and cleaning out our very furry friends, Millie and Milo! Lauren from Blakemere Vets came in to award our carers their certificates. We have done lots of Easter craft, made chocolate and rice crispies Easter nests, pizza, fruit kebabs, plus indigo tie dyeing. We are hatching out our own chicks so the children have been watching the babies grow inside their eggs when we candle them - they should be hatching out before Holiday Club finishes!

Overton Playcentre were fortunate to receive a grant from OCC Community Chest for our storage system which arrived in cardboard boxes of all shapes and sizes. The children used the boxes to build an incredible Cardboard Castle. (See photos on Oracle website) and make shields and swords and armour from the boxes too.

Our fundraising group is up and running and helped to raise an incredible £280. for the Playcentre with Twinners and Growers at the Easter Event. Their next event is a sponsored walk on the 14th May when the children will be walking from the Playcentre to walk across the fields (with kind permission of Tim & Claire Rosselli) down to Home Farm to enjoy refreshments at the Home Farm Cafe. So please do sponsor our children and help us raise much needed funds for Overton Playcentre! See photos p6

Wildlife Update

Flowers in the churchyard With the arrival of the Tesco's Community Grant, we will be buying a variety of wildflower bulbs to plant in St Mary's churchyard to provide early pollinators with a tasty meal in spring. This will include winter aconite, wood anemone, native bluebell, native daffodil, snowdrop and primrose among others. If you would like to help with the planting, get in touch - katharine.piercy@googlemail.com

Hay meadow magic As the summer progresses, we hope to see the various mini meadows around the village come to life. These meadows have been sown and planted with a hay meadow mixture of plants. This type of meadow, with plants such as ox-eyed daisies, common knapweed and yellow rattle, have declined by 97%. The wide range of wildflowers and grasses will support many different species of insects and other wildlife. However, they will take time to establish and are less dramatic than many ornamental mixtures used on road verges, which maybe more colourful, but require resowing every year and often contain non-native species, which are less suitable for our native pollinators to feed on. We hope to see the hay meadows become more and more interesting over time, and supporting as much wildlife as possible.

Recycling Terracycle has finished crisp packets recycling, so we are no longer accepting crisp packets. However they can be dropped off at supermarkets such as Coop and Tesco's, in their soft plastics recycling boxes. also sweet or ice-cream wrappers, bread bags, plastic fruit nets, and fruit and vegetable wrappers. The Terracycle scheme has raised £200 for the North Wales Wildlife Trust. We are still accepting toothpaste tubes, toothbrushes & tooth floss holders.

Some guidance from our younger readers

In April's issue there was a short story about Charles Darwin and his famous connections to our village. As we all know, he cut his teeth right here, observing our local wildlife. Whilst we live in a beautiful part of the countryside, I'm aware that last month's article raised some concerns, particularly amongst grown ups. There is, however, no need for alarm. It has been many months since anyone was troubled by a Goblin and as for our village Dragon, we have it on authority that there is little need for alarm. She has eaten recently and is quite full up.

Despite this, it is essential that our grown ups have the skills to handle wildlife safely and confidently. So here are some basic facts which have been shared by our youngsters to help everyone stay safe.

It's well known that Dragons are green and rightly, fiercely loyal to the nation of Wales. They are consequently very unlikely to eat anyone who lives here. We also all know about the large claws, knobbly barbed scales and particularly bad breath. Dragons of course live a very long time and it is thought that ours still feeds occasionally near the village centre. This might explain the haystack fires.

Given that Dragons need to cool their noses regularly, if the Overton Dragon does indeed still live close by, it is likely that she is hiding amongst the reeds and bulrushes by the river. Perhaps close to the crocodiles.

All Welsh Dragons are fiercely territorial creatures and it is worth remembering that the only thing they are really afraid of is a grown up. For this reason we recommend strongly that wandering small children are accompanied at all times near the water. Clearly the Council can accept no responsibility for small children being eaten in or around the river unless accompanied by at least one plump and juicy grown up.

Remember the two rules:

1. If caught in the open by a Crocodile, use a rubber band to clamp securely just behind the nose. This will cause them real difficulty in eating you.
2. If caught in the open by a Dragon the rubber band will melt. Ask your grown up for help. (if possible children should select a grown up who can't run very fast. Experience has show this to work reliably).

Turning to Goblins, again, its well known that they are relatively grumpy creatures and normally live only amongst yew trees. On occasions Yew Goblins have been known to climb out of the trees and try to play with, and sometimes bite, small children. This is why the authorities insisted on the iron fencing around the yew.

It is very important that no one ever disturbs a Yew Goblin. They are known as relatively reclusive types, and keep themselves to themselves. You must NEVER touch one of their yew trees. If you do, the Yew Goblin is likely to write down your name with her pencil and visit you, possibly when it goes dark.

Remember, if you come across a Goblin in the High Street in daylight please stand perfectly still. Yew Goblins have very poor eyesight and with luck she might not see you. If it is definitely too late, stand behind someone. Yew Goblins rarely eat more than one person at a time.

Anon



What's on at the Recreational Club

We hope everyone had a lovely Easter break and enjoyed the beautiful weather.

Here are some dates for your diaries for May -

Saturday 7th is the last of our Spring Knockouts - the singles pool. It's not too late to join - £3 entry, winner takes all.

Saturday 14th - Music Quiz similar to Pop Master - name the artist, song and year!

Saturday 21st - Motown Night

Saturday 28th - Eddie's Sport Quiz

Friday 3rd June - Jubilee Sing a long! All welcome to sing whatever you want!

Remember we are now open to all, as membership is no longer required.



Overton Royal British Legion 120 Club

Results of the "120 Club" for April 2022. 119 members entered and the draw was made on Thursday 14th April 2022. Winning numbers were selected by Mr Alan Mawdsley. **Winners -**

1st Prize £238.00 No 30 Avril Williams

2nd Prize £119.00 No 106 David Bellis

3rd Prize £ 59.50 No 104 Nigel Williams

Legion Fund: £178.50

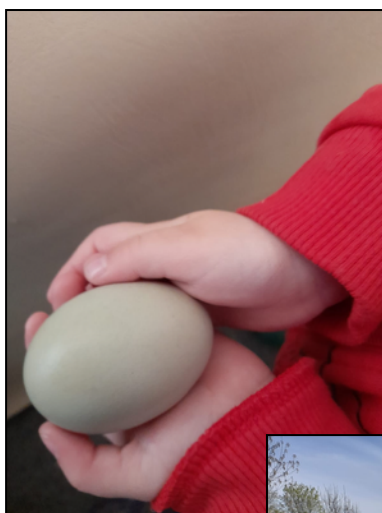
Next Draw will be on Thursday 26th May 2022
If you wish to join please ring Dave Austin Tel: 01978 710678 or contact him by Facebook Messenger.

ALL NEW MEMBERS MUST PAY BY STANDING ORDER.

"IF YOU DON'T PAY - - - YOU DON'T PLAY"

Thank you for your Loyal Support

More Photos from Overton Playcentre Holiday Club



What's On

May Diary for St Mary's & St Hilary's

May 1 st	10am All Age Worship	11.00am Holy Communion
May 8 th	11am Holy Communion	9.45am Morning Prayer
May 15 th	11am Morning Prayer	9.45am Holy Communion
May 22 nd	11am Holy Communion	9.45am Morning Prayer
May 29 th	11am Joint Mission Area Service at St Dunawd's, Bangor on Dee	

For all service details see

<https://www.stmarysoverton-on-dee.org/worship>

May Diary for Overton Methodist Chapel

Sunday May 1 st	6.30pm	Deacon Lisa Rathbone
Sunday May 8 th	6.30pm	Revd Phillip Poole
Sunday May 15 th	6.30pm	Revd Richard Parkes
Sunday May 22 nd	6.30pm	Local arrangements
Sunday May 29 th	6.30pm	Revd Phillip Poole Holy Communion

Services at Our Lady And The Welsh Martyrs

Every Saturday 5.00pm Mass

Every Monday 9.30am - 11.30pm Art Group at Penley Rainbow Centre.

Every Monday 10.00am-12.30pm Overton Art Group in the Catholic Hall, Wrexham Road.

Every Tuesday 2.00pm-4.00pm Craft Group at the Methodist Church, Overton

Thursday May 5th 7.00am-10.00pm Local Government Elections at Overton Village Hall

Thursday May 5th 12.00pm-2.00pm Penley Rainbow Lunch Club. Meet - Eat - Socialise - Enjoy. £7.50 for a freshly cooked 2 course meal.

Tuesday May 10th 6.50pm Overton Community Council meeting in the Parish Room. Members of the public wishing to speak can do so 6.50pm-7.00pm.

Thursday May 19th 7.00pm Overton on Dee WI Meeting in Village Hall. Speaker: Sue Lloyd, "Erddig, Dereliction to Distinction"

Saturday May 21st Village Open Handicraft Show. Staging 9am-10.30. Open to public at 2.00pm. The Mayor presents prizes 4.00pm

Thursday May 26th 7.00pm Overton on Dee Branch Royal British Legion meeting in the Parish Room

Saturday May 28th 10am-12pm Methodist Church Coffee Morning.

May 28th - June 11th Overton Scarecrow Festival organised by Dough Nation Station

Dustbin Days

Thurs May 5 th	Garden Waste & Recycling/food
Thurs May 12 th	General Waste & Recycling/food
Thurs May 19 th	Garden Waste & Recycling/food
Thurs May 26 th	General Waste & Recycling/food

Family Announcements

Happy May Birthdays to William Clarke,

Barbara Wynne, Grace Sidwell, David Evison, Jenny Bellis, Jade Lyndsey Hayward, Luke Haynes, Maddie Rouse, Eleanor McCusker, Aaron, Liu, Elis Perrin, Olivia Dodwell, Peter Grindley, John McCusker, Janine Austin, Eileen Drysdale, Alice Murray, Chris Worthington, Clive Hellingman, Les Mouldsdales, Lynne Williams, James Glover, Carolyn Bellingham, Catherine Eve, Beaty Roberts, Josie Ralphs, Doreen Walker and Julie Birrell.

Sincere condolences to the family and friends

of Jeanette Powell who passed away on April 21st.



RBL News !!

On Tuesday 14th June at 11am, a wreath will be laid at Overton War Memorial in remembrance of those who were lost during the Falklands War which came to an end on this date 40 years ago. Please join us if you can, in paying tribute to these men and women who gave their lives.

Also, please come and look for us at the Jubilee Street Market on 3rd June.

See you there!!

Jean Williams Secretary

Royal British Legion - Overton on Dee Branch

Rainbow Meals



The Rainbow Foundation delivers meals across the community 3 days a week on Mondays, Wednesdays and Fridays. Rainbow Meals are not only delicious, but they are also nutritious. Providing a healthy balance of protein, carbohydrates and at least two vegetables each day, they are an important tool in maintaining good nutrition.

You can find out more about the Rainbow Meals service provided by The Rainbow Foundation on www.therainbowfoundation.org.uk/services/rainbow-meals/ or call them on 01948 830730 for a chat about the service and how they can support you or your loved ones.

PLEASE REMEMBER

Copy deadline is 20th of the previous month.

Get your events & news to us early to avoid disappointment

THIS INCLUDES ADVERTISEMENTS

Leave your contributions & announcements at the Corner Shop or email overtonoracle@gmail.com

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