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MID
BORDER NEWS

Your **FREE**,
quirky,
local magazine!

Autumn 2025

CONTACT DETAILS

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PRINTERS

Huge thanks to everyone at Signworx for all the help and support with publishing the MidBorder News.

FRONT COVER

Celebrating the autumn with a mushroomy feel.
Photograph © CJR

ACKNOWLEDGEMENTS

We are grateful for support from Kington Town Council and to all the contributors. Special thanks Austyn Hallsworth at Hergest Croft Gardens for his professional input into the production of the magazine. And always, a special thank you to Annie!

A WORD FROM THE EDITOR

We've had the most glorious summer of blue skies, warm days and balmy evenings but as the days shorten and berries ripen, autumn edges in. Our cover image, inspired by mushrooms sprouting in unexpected places, is a reminder of the harvest to come. See the beautiful seasonal shots sent in by budding photographer Jess Tillier below.

We've once again teamed up with Hergest Croft Gardens for a chance to win Season Tickets (see page 14) and enjoy the spectacular autumn colours. I always welcome this season – unlike summer or winter, autumn never disappoints.

Life on the border remains vibrant: hArt exhibitions, music in pubs, clubs and groups keeping our communities buzzing. The beautiful countryside needs celebrating and the centre pages show some scenes from the area – send in your images and get them published.

In the meantime, dig out jumpers, slippers and cardigans, seek energy advice if the house is chilly, and when not out enjoying culture or nature's gifts, settle in with your free, quirky local magazine. We'd love your comments, photos or contributions – details inside the cover. Until next time!



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SEE CONTACT DETAILS.

DEADLINES

10th February for Spring issue coming out in March.
10th May for Summer issue coming out in June.
10th August for Autumn issue coming out in September.
10th November for Winter issue coming out in December.
email info@midbordernews.com



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.. NEWS FROM THE BORDERS... NEWS FROM THE BORDERS... NEWS FROM THE BORDERS... NEWS FROM THE BORDERS... NEWS FROM THE B



Kington Trefoil Guild are holding their annual Macmillan coffee morning on FRIDAY 19th SEPT 10-12 at Markwick Hall Kington. Usual stalls and warm welcome from the Trefoil members. £2 entrance which includes refreshments. Raffle prizes, Tombola, bric a brac, produce & cakes, books all for sale & great bargains.

*See page
14 for
another
chance to
win a pair
of Season
Tickets to
Hergest
Croft
Gardens*

**PUBLIC MEETING WITH
ELLIE CHOWNS IN
BROMYARD**

ASK YOUR MP

Open to All.
Doors open 6.15pm for refreshments.
Question & Answer Meeting.



Wednesday 24th September 7.00-8.30pm.
Queen Elizabeth High School,
Bromyard, HR7 4QS.



FREE HOME ENERGY HANDYPERSON SERVICE FOR OLDER POWYS RESIDENTS

Age Cymru Powys has launched Catrefi Cynnes Plus, a two-year, energy support service helping residents aged 65+ cut energy bills, improve efficiency and stay warm. Delivered by a trusted local handyperson, the scheme offers impartial advice and installs free energy-saving measures such as radiator reflectors, draught excluders, water cylinder jackets and low-energy lighting.

Older residents can also access guidance on switching suppliers, resolving energy

issues and maximising income. Many have already benefitted through warmer homes and lower bills.

Funded by the Energy Redress Scheme, the project builds on Age Cymru Powys' successful earlier programme and now includes a Rural Energy Advice Van, taking support to isolated communities.

Chief Officer Gail Colbridge highlighted the health risks of cold homes, while Home Energy

Officer Steve Cadwallader-Jones urged families and neighbours to encourage older people to get in touch.

Contact: 01686 623707
enquiries@acpowys.org.uk
www.agecymru.org.uk/powys



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PRESS GANGERS

... a lot of Shanty, a touch of Irish!!



A shanty band from Presteigne - this nine man crew of singers and musicians perform a mix of shanties, songs of the sea, and some rousing Irish foot tappers

Future gigs

Ludlow Brewery - Thursday 14th August 2025. A Ludlow Fringe event. Fundraiser for RNLI

Comminwood Cider Barn - Friday 22nd August. Fundraiser for RNLI

Norton Hub - Friday 3rd October 2025. Fundraiser for RNLI, Norton Hub and Rotary/Waleska Ambulance

Everodd Village Hall - Friday 17th October. Fundraiser for RNLI and Village Hall

Rose Garden Residential Complex - Friday 24th October 2025. Fundraiser for Hereford Lions

New Radnor Community Hall - Saturday 1st November 2025 - both Presteigne Pop Choir. Fundraiser for RNLI

Elephant & Castle, Newtown - Friday 14th November. Fundraiser for RNLI

The Fountain Inn, Tennyson Wells - Thursday 27th November. Fundraiser for RNLI

Olney Center Hall - Friday 12th December 2025. Fundraiser for RNLI and Center Hall

Presteigne Assembly Rooms - Friday 20th January. Fundraiser for RNLI

Pullastone Village Hall - Saturday 17th October 2025. Fundraiser for RNLI and Village Hall

Raising funds for



and



To book us call/text Peter 07960 785105



Sponsored by Radnor Hills

Lego Group

218 words



I love running this Lego Club at The Globe. I run it once a month on Sunday mornings.

I am Jo from The Therapywise Foundation. I use therapeutic skills to create a humorous and enjoyable group time. I welcome anyone who enjoys playing with the small format Lego. You can choose to stay for the full 3 hours or just drop-in (k out as you wish).

I require parents to stay on site; you can sit inside or outside, enjoy drinks or food if you wish. Just please make sure you're available if your child needs you. I also expect that everyone is respectful of each other.

There will be very few rules other than keeping each other safe & sharing the Lego as necessary to ensure an enjoyable time for all.

You will be able to build whatever you wish with the Lego available. I aim to provide enough Lego & enough variety for all. But I'm making no promises here! Please don't bring your own because all Lego needs to be shared and whatever you make will need to be left at The Globe.

So if your child enjoys Lego please come along and see what it's like. No obligation to stay.

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THE LADY FROM SPAIN

As regular readers of the MidBorder News are well aware, this magazine enjoys bringing far-flung people into the realm of the mid-borders. Whilst our Man from Mongolia is back on the steppes herding camels, another interesting person has found her way into the pages of the magazine. Introducing, the Lady from Spain:



A Spanish illustrator has appeared to add some European flair to the historic streets and close-knit community of Knighton.

Growing up under the scorching Spanish sun, in the small but lively mountain town of Orgiva, Emily was raised by a Belgian mother and English father to be fluent in three languages and eat tuna on peaches for Christmas (it's a Belgian thing!).

With the world at her feet, and family spread across three countries, Emily felt the inescapable pull of 'dominion over the decks' and took up training as a video disc jockey, in the neighbouring City of Granada, in the famous mountains of Andalusia.

Although the call of the booming beats was strong, this was not to be Emily's destiny. Instead, her side passion for secretly sketching the oddest-looking townsfolk she could spot from



her seat in local cafes or benches, would suddenly bloom into a future career path she hadn't even known was possible.



Emily Chandler has now drawn her way across Europe and over the channel working freelance as a self-taught children's book illustrator. With over 13 published books to her name, Emily has a flair for making her clients feel more like friends and a knack for bringing their wholesome dreams to life on the page.

With her love of all things green, fluffy and cow shaped, she has fallen head over heels for her partner Troy's homeland, the rolling hills and magical valleys

of Celtic Cymru. "It has such a welcoming community, wonderful nature and not enough cows!" She said jokingly, "After only a month here I found an incredible person who was willing to share their allotment and gardening experience

with me. Not long afterwards, I was given the opportunity to volunteer at the fantastic history museum where I have met so many wonderful people. I've only been here half a year and I've already house-sat for two lovely ladies and even tried my hand at print making!"

It's obvious Emily has made quite the impression, not afraid to roll up her sleeves and give what she can to Knighton; in return, she has found a place she is happy to call her home, until the wind changes or the call of the DJ world reclaims her body and soul.

You can check out Emily's drawings at: www.emilychandlerillustrations.com



EMILY CHANDLER ILLUSTRATIONS

Caring Corner

Send your thoughts to Julia at: j.m.rafferty1@gmail.com and she will anonymise them or provide different initials to your name.

My Thoughts by Julia

When Primrose Care, in Knighton, took over mum's care two years ago, it was life changing. One careworker adjusted mum's day to ensure she had four care visits, creating space for me to just 'drop in', or take her out. The careworker suggested that it might free up time "so you can be a daughter again." I'll never forget those words.

Until then, no one but my family had really seen the shift in our relationship nor the strain on managing two separate lives. I didn't expect that moment to unlock so much mixed emotion: guilt because I needed to work more at the time and greater guilt because I couldn't take mum out every week. Guilt never really starts or ends: it simmers quietly, sometimes coming to a boil, but the hob is never turned off.

Entertainment and information links

If you have the **BBC Sounds app**, find Mary Bourke: 'Who Cares?' She's an Irish comic and unpaid carer to her husband. She's hilarious. You'll love her! It's six episodes and in each one Mary interviews other unpaid carers who are stand-up comedians like her.

Turn2Us

<https://www.turn2us.org.uk> or Google Turn2Us
Their home page has the benefits calculator (incl carers allowance) and the PIP helper as well as the link to their grants section.

Facebook

The Unpaid Carers Support Group is there if you need to speak to other unpaid carers. There are also ones based in the UK.

How has guilt affected you as a carer?
Do you make time for yourself?
Are you a care worker, or unpaid carer, or sandwich carer (unpaid carer and parent)?
How do you cope with caring?

We'd love to hear about your experiences and tips for switching off. Writing them down and sending them in really helps to think through problems so it can be a therapeutic process.

Guilt Experiences

Virginia Woolf wrote in 'Moments of Being':
"The past only comes back when the present runs so smoothly that it is like the sliding surface of a deep river. Then one sees through the surface to the depths. The past sometimes presses so closely on the present that one is forced to relive it."

So true. This can also be interpreted that people apply guilt and slide back that surface for you when things are ok, to reveal old and new regrets.

Guilt is a strange thing. It doesn't stop with you or your loved one. Neighbours and friends can be experts at maintaining it too.

References

Woolf, Virginia. 1978. Moments of Being : Unpublished Autobiographical Writings. Edited by Jeanne Schulkind. New York, N.Y.: Harcourt Brace Jovanovich., no date.

Boyd Maunsell, Jerome, 'Epilogue', Portraits from Life: Modernist Novelists and Autobiography (Oxford, 2018; online edn, Oxford Academic, 21 Dec. 2017), <https://doi.org/10.1093/oso/9780198789369.003.0009>, accessed 12 Aug. 2025



CarersUK

<https://www.carersuk.org/> or search for CarersUK.
Visit the Carers UK website for helpful information for unpaid carers, and latest news of their campaigns and research. Carers UK also offers a range of online meetups for carers to connect, share experiences and enjoy relaxing activities. Find out more at go.carersuk.org/meetups. You can also join their online discussion forum Carers Connect at forum.carersuk.org

Benefits and discounts for carers

<https://www.discountforcarers.com>

If you need a little help with discounts this site finds discounts and vouchers for you! It is amazing how many of our UK shops have signed up to help carers.

If you'd like to share your accounts of care, we'd love to hear from you.
Send your stories to Julia:
literacy@ymail.com

Caring Corner

Guilt About Nursing Homes Story 1 by PT

"I had reached rock bottom and couldn't care for my mum anymore. She had heart and leg problems, so her balance wasn't good, and she fell a lot. I couldn't manage, and I had to move in to care for her. I talked to a friend about finding mum a good care home that could support her, and within a week, it was all round the town that I was 'getting rid of her'. My friends, my family and even mum's neighbour's dog walker had an opinion about my mum's feelings – despite nobody regularly visiting her, except the Tesco delivery every Wednesday.

"Everyone was confident she'd 'hate' the nursing home, but I hadn't even chosen it by that point. "Yes, but are you sure she'd want this? they would ask. As if I would do this behind her back!

It was her idea!

The guilt was awful.

"Mum's friends suggested I needed 'more walks in the fresh air', more 'patience'! But caring for so many years



throughout the day and night felt like I was getting angry and bitter. I did it for five years, and mum hated that our relationship changed. She hated that our once close friendship had altered – and was affecting me. She was right.

"When she finally went into a care home, she was so happy. More people visited and she

made new friends and I visited three times a week. When I'd visit, we'd talk for hours about the activities in the centre, the people, our family and we'd giggle over shared old times. I got a job and could take her out to a local café she liked or to meet her old friends. I also had time to arrange a local volunteer service to pick her up so she could go to church when I was working.

People need to think about what they say to unpaid carers and careworkers. They have feelings too."

Julia says

This sounds like something my cousin is going through with his dad. Everyone seems to know best! I'm glad it worked out for you.

Story 2 by KL

"Dad visited a local day care centre in his town once a week and it would give me some respite. On one day, the receptionist called because he had started commenting on other people's medical problems and appearances. They explained this inappropriate behaviour could be Dementia. He began to be unpopular at the centre.

I felt awful for him and for his friends who were his targets for those unpopular observations – and for the day care centre staff that were struggling. So I did something that any overwhelmed unpaid carer with a full-time day job might do: I avoided the care centre altogether explaining to dad that I was busy and 'couldn't take him that week'. Cue even more guilt, because now he was lonely, and I was failing at the sacred art of spinning plates – caring for my children and husband, organising my home and appointments, while also managing his home and appointments.

Shortly after that, Covid hit and I felt like I finally had an understandable excuse to keep him away from the centre. He understood that nobody could go anywhere and that only carers could visit him in his own home. Honestly? It felt like this was the first time I wasn't the baddie! I was still working, and somehow still squeezing in visits. I was so tired I could barely look after myself, but the guilt about him being lonely was relentless.

If guilt were a sport, I'd have won a prize.

After Covid, I brought in more care – but well-meaning people still suggested, 'He just needs to get out more'.

As if I wanted to keep him in a box under the stairs.

When you're scraping together every ounce of energy to work, care, stay sane, and look after your own family and home – those comments sting."

Julia says

I understand about that pull of responsibility to your father and yourself. It's easier to neglect oneself.

My thoughts on guilt, the guilt equation:

The action + ruminating over the consequences = guilt = shame. This may be useful to motivate some people, but it can also be wasted and cause a lot of stress.

Guilt can be all consuming and can permeate every bit of your day.

I feel guilty about prioritising my work over seeing my own mum, but I need a roof over my head and food. I also need to prioritise me so I can spend quality time with her. If you've ever met her, you wouldn't want to be away from her: she's so funny and wise.

SCYTHES OF RELIEF

Caring for God's Acre (CfGA) was established in 2000 as a national charity, promoting the protection and conservation of burial sites, including many that are more than a thousand years old. CfGA supports the people who look after and maintain them. Go to: www.caringforgodsacre.org.uk for more information.



In August a quiet mid-border churchyard was the site of a Hay Day. On August 5th several cars arrived in the village of Norton, people unpacked scythes, hay rakes and pitch forks and

headed for St Andrews Churchyard, now the home of Norton Community Hub. They were all volunteers with Marches-based conservation charity Caring for God's Acre (CfGA). What made that day different was that this mid-Wales churchyard has been described as a time capsule of traditional wildflowers and it is passing on its natural heritage to a new nature reserve. Leigh Harling Bowen, a Presteigne town councillor and one of the volunteers said, "A well-managed churchyard represents a time when all meadows were full of wildflowers". He added, "The churchyard at Norton is one of the most bio-diverse that CfGA manages." The grass and the many wildflower seeds in it was cut and raked up and taken in builder's bags by local volunteers the couple of miles to nearby Presteigne. There it will help establish a new meadowland at Coed Llanandras near the Primary School. "Churchyards are wonderful seed banks for rewilding 21st century countryside with local wildflower species," Leigh said. "They are a snapshot in time stretching back a thousand years as they have never had fertilisers or pesticides applied to them."

The work in Norton was led by Alex Logan who coordinates Caring for God's Acre Volunteer Team. The team manages churchyards in Powys, Herefordshire and Shropshire using environmentally friendly methods. Most of the team are trained to work with scythes and the summer cut of long grass is carried out using these scythes which cut grass near the ground but not as close as a modern mower. Someone using a scythe will also be more aware of what is beneath their blade and can avoid plants like the magnificent harebells at Norton that are still in bloom to allow them to set seed later. "Churchyards are very special places for nature," said Alex, "they are home not just to wildflowers but also birds, butterflies, insects, small mammals including dormice, even slow worms. Each week throughout the year our volunteers are busy making sure our ancient burial grounds are looked after in a way that means they remain important places for biodiversity in their local communities." Strewing grass from an existing meadowland has now been shown to be the much-preferred way of encouraging species-rich growth rather than using wildflower seeds or plugs. The Coed Llanandras Reserve opened in June 2023 in an attempt to introduce diverse habitats including ponds, scrub and native woodlands as well as meadow. The last Hay Day this year will be at Crug y Byddar LD7 1YT on Tuesday 2nd September and all these events are shown on the God's Acre Volunteers Facebook page.



Thank you to Angela Dyer for sending in this article showing the work of the team in Norton. If you would like to showcase the work of volunteers or a charity, please send articles and images to: info@midbordernews.com.



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Kington Community Apple Juicing Days

2025

SATURDAY 6th SEPTEMBER & SAT. 11th OCTOBER
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KLEEN
Kington Local Environment & Energy Network

Bring washed apples & clean containers
Take away your own delicious juices
Help others & taste the difference!
For small amounts - up to a couple sacks
If you've a lot of fruit - borrow the kit
For use at home or community events

Kington Local Environment & Energy Network (KLEEN) - www.kingtonkleen.org.uk
Contact: Jon Cooke 01544 231977 or 07776 236823 email: kingtonkleen@gmail.com

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KINGTON MARKET HALL

KINGTON ART & CRAFT MARKET

2025
20th SEP
1st OCT
15th NOV
XMAS MARKETS
22nd NOV
1st DEC
20th DEC

QUALITY WORK BY LOCAL ARTISTS AND CRAFTERS

3rd Saturday of the month (Apr. - Dec.)
KINGTON MARKET HALL. 9.30 - 3.30.

CELEBRATING OUR BEAUTIFUL BORDERS

In celebration of our wonderful countryside, these pages have been dedicted to showing some of the wonderful sights that surround us in the fields and on the farms dotted along the border.



This page
Top: Sheep in Whitton
Centre left: Mackrel skies
Centre right top: Curious cow
Centre right bottom: Pumpkin carving
Bottom: Sunflowers

Next page
Top: Mist in the valley by Rhos-y-meirch
Bottom: Sorting Belana potatoes on Cwmwhitton Farm

Images by CJR



*SEND IN YOUR PHOTOGRAPHS TO
info@midbordernews.com*



Presteigne Flower Club



**For info: contact
Ann (secretary) –
01544 340453**

Flowers for Fun

The informal flower arranging classes in Whitton Community Hall will resume after a summer break on September 18th and continue on most Thursdays from 11am – 1pm.

This is a friendly group, suitable for beginners, all are welcome. Contact secretary as above, for exact dates and materials to bring.

Our meetings are held in Presteigne Memorial Hall on the 2nd Wednesday, at 7 pm.

We are affiliated to the National Association of Flower Arrangement Societies (NAFAS) and aim to book excellent demonstrators, including National, Area and Gold medal winners. Lucky ticket winners can take home one of their expert floral arrangements. There is a competition at each meeting, open to all. Visitors are always welcome at a cost of £10 per meeting.

In addition we have informal workshops, social meetings and arrange outings.

Our forthcoming programme includes a demonstration on October 8th by Andrew Lloyd entitled ‘On an Autumn Day’ when the competition is a design illustrating Gems of Autumn. The following meeting, on November 12th, is a workshop to create a headpiece using plant material. The Christmas demonstration on December 10th will be with Delyth Price, entitled Winter Wonderland, and the competition is an arrangement without using floral foam.

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**SUNDAY 12 OCTOBER
10.00 – 4.00
WWW.HERGEST.CO.UK**



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With stunning views towards the Black Mountains and next to Offa's Dyke Path, these horticulturally important gardens contain more than 5000 rare trees and shrubs. The 70 acre gardens hold the National Collections of Maples and Birches plus over 130 Champion Trees.

To be in with a chance of winning a pair of Season Tickets to Hergest Croft Gardens, just answer the following question correctly:

Q:How many Champion Trees are there in the gardens?

Email your answer to: info@midbordernews.com by the closing date of Wednesday 1 October, subject HCG competition.

Please include your name, address and telephone number.
Good luck!

T&Cs: Available at www.midbordernews.com and valid for 12 months only. Non transferable and not exchangeable for cash or goods. The Season Tickets will be allocated to the winners after the closing date and in time for the Autumn Plant Fair on Sunday 12 October.

JOIN THE CIRCLE!

STEP INTO THE CIRCLE AND AND FIND THIS WELCOMING CLUB IN PRESTEIGNE

Located in the Youth Centre next to the Police Station in Presteigne, is The Circle. A group of older people dedicated to providing a warm and welcoming environment for others to join. The Circle offers companionship, fun activities, seated exercise, entertainment and on alternate weeks, a delicious bowl of homemade soup with bread. All dietary requirements can be catered for including vegan, dairy free and gluten free choices.

People at The Circle understand the importance of social interaction and the positive impact it has on their mental and emotional well-being. The seated exercise and games of bowls offer opportunities to help improve mobility and stretch out stiff joints. The coordinator Tina Fenton explained, “One lady started coming here and needed help out of her wheel chair – now she walks independently on her frame as a result of being more mobile. She has made new friends and her whole outlook has changed.



A PLACE FOR CONNECTION

Others were full of praise for the groups – some of whom have been attending for years. Calling it “the highlight of the week”, members describe The Circle as being “our happy place” and saying “Everyone here is like family. We have such a laugh together”. The atmosphere is certainly one of fun and friendship; the men joke about having their own seats and the women banter with them keeping them firmly at the far end of the table! Once the exercises start up in another airy space, the jollity continues with dancing and joking but at the same time, the trained volunteer ensures no one will injure themselves.



Circle members enjoying a game of Giant Jenga



Delicious homemade soup, bread and fun banter!

Whether you're new to the area or a long-time resident, you'll find a warm welcome and a sense of belonging at The Circle.

'The Circle', is a drop-in session held at on Tues (10am - 2pm) at the Youth Centre in Presteigne. If you would like more info, feel free to phone: 01544 260806
email: admin@pnco.org.uk
serach for: <http://www.pnco.org.uk>

Image: ©Rolly Bee



Kington Town Council are delighted to be able to support the MidBorder News magazine and help to share the details of local events and information.



Brilley Flicks in the Sticks

Thursday 4th September at 7.30: Mr Burton (12A), £5

Charts the relationship between a Port Talbot school teacher and wild young school boy Richie Jenkins, the son of a boozy miner. Richie dreams of becoming an actor and Philip recognises his raw talent, tutors him and becomes his adoptive father. This is the story of how Richie Jenkins becomes Richard Burton, the greatest star Wales has ever produced, and who later said of Philip Burton ‘I owe him everything’.

Thursday 2nd October at 7.30: A Complete Unknown (15), £5

Set in the influential New York City music scene of the early 1960s, we follow Bob Dylan’s meteoric rise as a folk singer from a 19-year-old newcomer to concert halls and the top of the charts as his songs and his mystique become a worldwide sensation. The film culminates in the singer’s groundbreaking electric rock-and-roll performance at the Newport Folk Festival in 1965.

Advance booking only - please book and pay for your tickets online at pay-brilley.co.uk, and check here for our other autumn films.

Brilley and Michaelchurch Village Hall (HR3 6JG), doors open at 7pm - don’t forget to bring your own refreshments!

September

- 03 - 09 Kington First Responders
- 10 - 16 Kington Medical PPP Group
- 17 - 23 Radnor Valley Young Farmers
- 24 - 30 Kington Show

October

- 01 - 07 Titley Village Hall
- 8 - 14 Eardisley Primary School
- 15 - 21 Early Music in the Marches
- 22 - 28 Kington Choral Society
- 20 - 04 November TBC

November

- 05 - 11 New Radnor Old School Community Hub
- 12 - 18 Pembridge Primary School
- 19 - 25 Friends of St. Mary’s Kington
- 26 - 03 Newchurch Church



Events @ The Oxford Arms

September

- Wed 3 Sept, 10am–12.30pm: Sunflower Social—hidden disabilities support group, first Wednesday of each month. Free.
 - Sat 6 Sept, 11am–3pm: Community Apple Pressing—bring washed apples and containers to make juice with KLEEN’s kit. Free.
 - Wed 10 Sept, 10am–12.30pm: Dementia Matters—support network, second Wednesday monthly. Free.
 - Sun 14 Sept, 1–5pm: Skills in Hand Heritage Day—live demos, hands-on activities (basket-making, blacksmithing, pottery, more), Caravan Cafe open. Free.
 - Sun 21 Sept, 1–5pm: Kington Walking Festival—guided walk, Caravan Cafe serving light meals and cakes, bar open. Free.
 - Sun 28 Sept, 2–4pm: Creative Workshop—decoupage activity, suggested £5 donation; 100 Club draw at 3pm, bar/cafe open 1–5pm.
- Regular opening hours in September:**
Places of Welcome: Wed mornings, 10am–12.30pm
Chair Yoga: Wednesdays, 12.30–1.30pm (£5pp)
Friday Summer Bar: 5th & 19th Sept, 5–10pm
Closed: Sunday 7th September



October

- Wed 1st Oct, 10am–12.30pm: Sunflower Social for hidden disabilities at The Oxford’s barn. Free.
 - Sat 4th Oct, from 7pm: Barn dance with Join the Dots ceilidh band. Tickets/info on website.
 - Wed 8th Oct, 10am–12.30pm: Dementia Matters support group, The Oxford’s barn. Free.
 - Sat 11th Oct, 11am–3pm: Community apple pressing in The Oxford’s courtyard with KLEEN. Bring apples & containers. Free.
 - Sun 19th Oct, 1–5pm: Diwali at The Oxford Arms. Info on website. Free.
 - Sun 26th Oct, 2–4pm: Creative Workshop—beginner’s crochet at The Oxford Arms. Donation suggested (£5). 100 Club draw at 3pm, bar/cafe open 1–5pm.
 - Fri 31st Oct, from 5pm: Halloween activities for kids and bar at The Oxford Arms. Info on website. Free.
- Regular opening hours in October:**
Places of Welcome at The Oxford Arms, every Wednesday morning in October, 10am–12.30pm

November

- Wed 5 Nov, 10am–12.30pm: Sunflower Social (hidden disabilities support), The Oxford’s barn. Free.
 - Wed 12 Nov, 10am–12.30pm: Dementia Matters (dementia support), The Oxford’s barn. Free.
 - Sun 30 Nov, 2–4pm: Creative Workshop—handmade gift boxes at The Oxford Arms. Donation suggested (£5). 100 Club draw at 3pm; bar & cafe open 1–5pm.
- Regular opening hours in November:**
Places of Welcome at The Oxford Arms, every Wednesday morning in November, 10am–12.30pm.



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FRIDAY 7 NOVEMBER

7.30pm

St. Andrew's Church

Presteigne

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Or look up information on www.citizensadvice.org.uk

Or Drop in:
at our Hereford office (behind the Town Hall on St Owen's Street). Every Monday, Tuesday and Wednesdays between 10am and 12pm
Drop in at Bromyard Town Council offices or at Leominster Community Centre (dates are on our Facebook page @caherefordshire)

For more details, find us on Facebook @caherefordshire or check our website www.herefordshirecab.org.uk

citizens advice

Herefordshire

Registered charity number: 1128497

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At Knighton Community Centre

5.30pm to 8.30pm, Saturday 27th September

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Take the Veg Pledge to have at least one meat-free day a week and be entered in a

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Pay bar.

Pick up recipes and share ideas to help you choose local, seasonal, healthy and tasty foods.

Share ideas and tips for how to grow-your-own.

SUSTAINABLE FOOD KNIGHTON

Please note that Citizens Advice Worcester and Herefordshire can provide advice to those living just over the border, however some advice may be best provided by a Welsh Citizens Advice.

Clients can find out where, and the contact details for their local Citizens Advice using the search tool at: www.citizensadvice.org.uk or going directly to: www.powyscitizensadvice.org.uk for those living in Powys.

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MIDBORDER NEWS

AUTUMN 2025

Lesley Wootton

Francis Hillhorst

Art

herefordshire art week

The Old School is a large building with unusual architectural features and quirky artifacts. We exhibit with resident studio artists and visiting artists showing new creations, work in progress and archived work. We are a child and dog friendly venue with a delicious pop up cafe at exhibition times throughout the year.

Ciara Lewis

Malcolm Turner

Claudia Petley

Old School Studios Knighton

MIDBORDER NEWS

Dan Gray

Saoirse Lewis

Isobel Craggs Alteroff

Lucy Hariades

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CREATIVE BREAKS CELEBRATE 25 YEARS

Founded in 2000, Creative Breaks is a group of 13 Herefordshire and Borders based artists who all run 'hands on' courses in traditional and contemporary crafts such as rag rug making, rush weaving and watercolour painting.

All our members have many years of experience behind them and are passionate in what they do and keen to pass on their skills by running courses.

They are excited to be celebrating 25 years of teaching by holding an exhibition of their own work at The Chair in Hay-on-Wye during Herefordshire Art Week running from Tuesday 1st to Sunday 14th September. There will be demonstrations, talks and taster workshops running daily in the gallery.

The theme for the exhibition is rivers.

We have over 100 courses planned for 2025, ranging from a couple of hours to several days. Some are held in artist's own workshops whilst others run them in a variety of public venues around the county.

These can be seen on our website <https://www.creativebreaks.co.uk/>

Our full list of courses: living mosaics, wet felt making, Suminagashi (Japanese paper marbling), rag rug making, stone carving, wood carving, hedgerow medicine, textile and sewing techniques, upholstery, glass fusing, stained glass, pottery, rush weaving, watercolour painting and Japanese printmaking.

Testimonials:

"I just wanted to thank you very much for such a rich day - lovely to learn a new, slow quiet task - with a random and beautiful result."

"I've been struggling a bit since losing my dog and this has been so good for my soul. For nearly four whole days there has only been room in my mind for this process - so therapeutic - and I've come away feeling tired, but reset and ready to start a new chapter."

Lottie O'Leary
Stone Carver
Chair of Creative Breaks



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- Newspapers/magazines (daily and local)
- Vegetarian products • Gluten free products
- Alcohol

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LONELY PARTS

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Saucepan lid looking for new knob. Must be screw fit and heat resistant. GSOH essential. Photo must be included.

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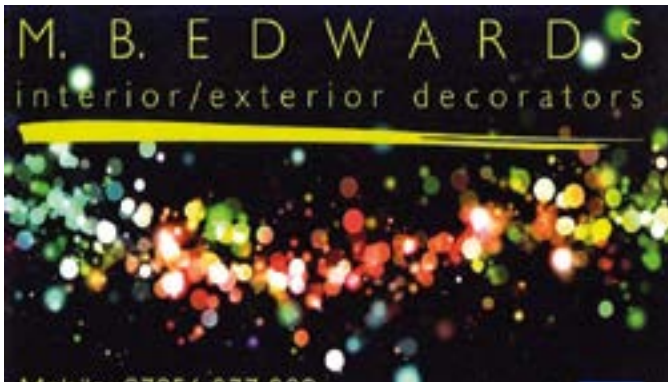
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