

# All Saints' Croxley Green

Parish Magazine

May 2024





# All Saints' Croxley Green

## Sunday Worship in Church

**8am Holy Communion BCP**  
(Second Sunday of the Month)

**9.45am Parish Communion**

**12-12.45pm Family Service**  
(First Sunday of the Month)

## Weekdays

**Morning Prayers 8am in Church**  
Monday, Wednesday and Friday

Thursday 9.30am Holy Communion

**The Church is Open Daily** for private prayer and meditation.

**The Parish Office** is open for enquiries from 9am to 12 noon, Tuesday to Friday. Answerphone available outside these hours. Tel: 772109

**Parish Administrator:** Judith Man

**Website:** [www.croxleygreenallsaints.org](http://www.croxleygreenallsaints.org)

**Email:** [office@croxleygreenallsaints.org](mailto:office@croxleygreenallsaints.org)

## Magazine

[magazine@croxleygreenallsaints.org](mailto:magazine@croxleygreenallsaints.org)

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Revd. Canon Miriam Mugan  
The Vicarage WD3 3HJ Tel: 772109

## Honorary Priests:

Revd. Dr Anne Shaw Tel: 827663

## Assistant Curate:

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## Churchwardens

Lyndon Palmer Tel: 720856

Anne Oke Tel: 220782

## Assistant Churchwardens:

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## Sacristan:

Chris Oke Tel: 220782

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## Parochial Church Council:

**Secretary:** Chris Fagan

Tel: 720319

**Treasurer:** Andrew Nobbs

Tel: 770039

## Hall hire email;

[hall@croxleygreenallsaints.org](mailto:hall@croxleygreenallsaints.org)



**May 2024**

**Revd. Canon Miriam writes:**

Dear Friends,

We had great fun at the Quiz Night on 19th April as each table battled to win the first prize or, depending on the team confidence, the losing table award. We were treated to a lovely curry cooked by Wendy and her team which as always went down very well. Thank you Wendy and the team for the hours spent in the kitchen cooking and then serving the food in the evening. A big thank you to Ben and Sarah Guest who organised the whole event. It was a great success and we really appreciate the hard work, time and energy that they put in to ensuring it was such a great evening. We raised over £1500 for Church funds.

Some years ago, the Archbishops of Canterbury and York launched an initiative to encourage people to pray for church growth called 'Thy Kingdom Come'. This has now become a global event. Each year, between Ascension Day and Pentecost (which is 10 days) we are encouraged to pray for church growth and also to commit to praying every day for up to five people who we would love to come to faith in God. This year Ascension Day falls on Thursday 9th May and Pentecost falls on Sunday 19th May. Starting on 29th April we will be using the 2014 Thy Kingdom Come reflections at our livestreamed worship on Mondays, Wednesdays and Fridays. These are also available to download from the Thy Kingdom Come website. I wonder who you will commit to pray for during this time? Do also remember to pray for our church growth as well. It has been lovely to see so many new people join us over recent months, God is truly blessing us, so please do not stop praying for God to give us wisdom as we seek to continue growing his church here in Croxley Green.

The Deanery Ascension Day service will be held at St Mary's Church Rickmansworth starting at 7.30pm. It would be lovely to have a good representation from All Saints' attending so do come along if you can.



On 19th May, not only will we be celebrating Pentecost, the coming of the Holy Spirit on the disciples which led to the beginning of the Christian Church, we will also be welcoming Revd. Paul as he reaches the end of his curacy and is licensed as Assistant Priest here at All Saints' by Bishop Jane, who is the Bishop of Hertford. It is so lovely that Revd. Paul has decided that he wants to continue in ministry here at All Saints'. He has blessed and enriched us with his gifts over the last three years as a curate and we really look forward to this continuing into the future. Revd. Paul will be licensed during the 9.45am service. I do hope that you will be able to come and be part of this service on this very special day for him and us. There will be a bring and share lunch afterwards to which everyone is invited.

Looking forward to 22nd June we will, as always, be taking part in Croxley Revels by having a stall. We will go with the usual children's attractions and also cakes which are always very popular. Please look out for sign up sheets to help at the event and/or to bake cakes nearer the time.

With my love and prayers

*Miriam*

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## **The Easter Garden**

The Easter Garden on Easter Sunday morning with the stone rolled away.

After a joyful, uplifting service that was enjoyed by a full Church, we shared the Easter biscuits that had been baked by Carys and Nerys before the children went out into the garden on an egg hunt.



# Parish Register and Records

## BAPTISMS

6th April 2024 Lucas Alexander HILLMAN  
7th April 2024 Grace Lauren PEARCE and Maisie Mae PEARCE  
13th April 2024 Finley Astor Alan MARTIN

## FUNERALS

7th March 2024 Phyllis Agnes LIPPIATT aged 99 years  
24th April 2024 Charles Clayton SMITH aged 102 years

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## Gospel Readings for May

Sunday 5th May John chapter 15 v 1-17  
Sixth Sunday of Easter  
Sunday 12th May John chapter 17 v 6-19  
7th Sunday of Easter  
Sunday 19th May John chapter 15 v 26-27, 16 v 4b-15  
Pentecost  
Sunday 26th May John chapter 3 v 1-17  
Trinity Sunday



# World Day of Prayer Friday 1st March 2024

The themes for World Day of Prayer are chosen seven years in advance and prepared in the first few months of the specified year. Palestine was chosen for 2024 with the theme “I beg you bear with one another with love”.

This theme could not have been more appropriate following last October. The Churches Together in Croyley meet together to organise the preplanned service. We all found the task quite emotional and touched us far more than planning any other previous service.

The service focused on Peace using Psalm 85.

The service booklet provided a background history of Palestine which was really helpful and inspired me to investigate further. I have a copy of the service which people may wish to borrow.

The following prayerful reflection summed up the whole service;

Put peace into each other's hands  
Put peace -it requires action Lord.  
Prayerful action  
Not hoping for something, yearning for something,  
even praying for something but actively doing something.  
And put peace into each other's hands Lord?  
But what about my view point and opinion?  
Because to put something into someone else's hand means  
Giving it away, not holding onto what is mine, letting go.  
It might be a bit easier  
If I knew I would be giving to those I know and love,  
Those who I trust.  
But what about the 'other'  
those who are different from me?  
those I don't agree with?  
those who I am not sure I can trust?  
My thoughts, viewpoint, hopes, prayers-given away.  
And as I stand, momentarily empty handed, how do I feel?  
There is a vulnerability in giving, offering, peace.

Will it be rebuffed? mocked  
Or accepted? welcomed?  
Put peace into each other's hands  
And like a treasure hold it

Like a treasure hold it.  
A reminder Lord that this is something precious,  
This gift of peace we give to each other.

Having given, can I recognise its worth?  
Can I treasure it?  
Indeed, can I even accept it?

That's not so strange a question as it may seem,  
Because, again, it'd be from those I know and love.

Those I trust.

But can I receive from the 'other'?  
those who are different from me?  
those who I don't agree with?  
those who I am not sure I can trust?

Surely one of the most significant parts  
of the parable of the Good Samaritan  
lies in the wounded traveller accepting help, care and provision  
from one of the Samaritans who were so despised-  
very definitely –“the”  
the “different”  
the “I don't agree with them”  
the “I never trusted them”.

Giving and receiving peace  
requires generosity of spirit,  
openness and trust,  
as well as the humility to accept.  
It's a precious thing then!

Lord, grant us grace to  
Put peace into each other's hands  
And like a treasure hold it.

Amen

*Jane Bates*

# Celebrations for Revd. Anne and Don Shaw

Sunday 21st April 2024



On Sunday 21st April, at the 9.45am service, we celebrated the 30th anniversary of Revd. Anne's ordination to the priesthood. She was among the first group of women who were ordained priest at St Albans Cathedral on 23rd April 1993.

Anne presided at the service and her dear friend, Revd. Canon Hugh Wybrew, was the guest preacher. He is pictured with Anne and Miriam after the service.

The Church was full of people who wanted to share this special service with Anne and celebrate the 30th anniversary of a special event in Anne's life and also in the history of the church.

A cake had been baked to mark the occasion and was shared at the end of the celebration lunch.



After coffee and a good chat, lunch was served as the celebrations continued. We all raised a glass to Anne and Don to mark their 60th Wedding Anniversary before we shared a delicious lunch.





There was another cake to cut and Miriam presented Anne and Don with a gift from us all and a bouquet of flowers.

Thank you to Janet for organising the food and to the people who helped her to prepare it. Thank you also to Kelly for the beautifully decorated cakes which tasted delicious...

...and thank you to all the people who helped to set up, wash up and clear away.

It really was a wonderful celebration.



# Ignatian Spiritual Exercises

**Dear friends,**

Following on from a deeply reflective Holy Week I hope this letter finds you renewed in awe and wonder of all Jesus did for you, and questioning how you might continue to go deeper in your discipleship. The journey of Lent maybe over but, as disciples, we continue to explore how we can continue to grow deeper in our relationship with God.

Many of you will be aware I am currently in my first year training for ordination. As part of my training, I was privileged to go on a 3-day silent retreat which was ‘An Introduction to Ignatian spirituality.’ I had done a little reading before the retreat and have continued since my return. I thought it would be helpful to share some of my experiences over a couple of articles as Ignatius has a lot to offer us as we seek to journey ever deeper with God. I hope you find the following contains some useful insights that will allow you to experiment in your spiritual life.

## **Who was Ignatius of Loyola?**

Ignatius was born in 1491 in Basque Spain. He served as a soldier and was keen to achieve power and status in life. His desires were hindered when a cannon ball smashed into his leg resulting in a long and challenging recovery requiring his leg to be broken and reset. Whilst recuperating he asked for a book to read and the only one available was on the ‘Lives of Saints’ and ‘Life of Christ’ and so began his journey of faith. He acquired a spiritual guide, and seeing God as his teacher began to keep a journal. The collection of his writings, as he sought to journey deeper with God, is available to us in the form of the Ignatian Spiritual Exercises. When talking about his exercises Ignatius says we should use them if they are helpful, and this is advice we should heed in our spiritual lives as we seek to find that which draws us into a closer relationship with God. I would like to share one idea you might like to try.



## The Examen

This is an opportunity to look at where God is active in our lives. We replay the events of the day looking for his presence. Maybe this is in creation, a conversation or a smile from a stranger. God is interested in meeting us exactly where we are, so we come to this honestly, bringing all of our emotions and feelings from the day and we look for guidance and forgiveness for the things we get wrong.

There are many versions of the Examen, and it can be done in different orders, so it may take experimentation to see what works for you.

Below are 5 simple steps to help you explore God's presence in your day.

- Begin by replaying the video of your day. As you reflect, consider if any strong emotions arise, these may be positive or negative and may guide the next steps.
- Can you find times where God was present in your day? Remember, this may be in unexpected ways.
- Then give thanks, even if you are struggling to see God active in your day, for he is always there with you.
- Next, say sorry for all the things you feel you didn't do or say, for the ways you acted in situations that maybe were unkind or unhelpful.
- Finally looking forwards, ask God for his help, guidance and support with tomorrow.

I would encourage you to try this a few times before deciding if it is working for you or not. It becomes easier to sit and remember the stages after a few tries and then flows as a practice better. Do let me know how you get on with it, I would love to chat to you more about Ignatius and your experiences of the Examen.

*Sam*

*Part Two to follow next month.*

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## CONGRATULATIONS

Congratulations to David Heath and his wife, Nina, on the birth of their first grandchild, Lucas Andreas Glen Fuge born on 11th April.



*With Ascension Day (9<sup>TH</sup> May) and Pentecost (19<sup>th</sup> May) in mind*

## **The U in JesUs**

Before U were thought of or time had begun,  
God even stuck U in the name of His Son.

And each time U pray, you'll see it's true  
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful name,  
For U, He was born; that's why He came.

And His great love for U is the reason He died.  
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand  
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,  
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,  
He felt there was one thing He just had to mention.

"Now go into the world and tell them it's true  
That the love I have shown is not just for U."

So many great people are spelled with a U,  
Don't they have a right to know JesUs too?

It all depends now on what U will do,  
He'd like them to know,  
But it all starts with U.

*Parish Pump*



## All in the month of May from Parish Pump

It was:

200 years ago, on 7<sup>th</sup> May 1824 that the first performance of Ludwig van Beethoven's Symphony No. 9 took place in Vienna. It is regarded as Beethoven's greatest work and is one of the most-performed symphonies in the world.

150 years ago, on 29<sup>th</sup> May 1874 that the British writer G. K. Chesterton was born. A novelist, short story writer, philosopher and critic, he was best known for his Father Brown stories.

100 years ago, on 4<sup>th</sup> May 1924 that the British children's writer E. Nesbit (Edith Nesbit) died. Best known for *The Railway Children*.

90 years ago, on 25<sup>th</sup> May 1934 that the British composer, Gustav Holst, died. Best known for *The Planets*.

70 years ago, on 6<sup>th</sup> May 1954 that Roger Bannister became the first person to run a mile in under four minutes (3 minutes, 59.4 seconds), in Oxford.

Also 70 years ago, on 20<sup>th</sup> May 1954 that Bill Haley & His Comets released the song *Rock Around the Clock*. It brought rock and roll into the mainstream and is regarded as one of the most important records in music history.

Also 70 years ago, on 29<sup>th</sup> May 1954 that Diane Leather became the first woman to run a mile in under five minutes (4 minutes, 59.6 seconds), in Birmingham.

60 years ago, on 2<sup>nd</sup> May 1964 that Nancy Astor, American-born British politician died. She was the first female Member of Parliament (MP) to take her seat in the House of Commons.

50 years ago, on 24<sup>th</sup> May 1974 that Duke Ellington, American jazz pianist, composer, and big-band leader, died. Regarded as the greatest jazz composer of the 20<sup>th</sup> century.

Also 40 years ago, on 19<sup>th</sup> May 1984 that John Betjeman, British poet, writer, and broadcaster died. He was Poet Laureate 1972-1984.

30 years ago, on 6<sup>th</sup> May 1994 that the Channel Tunnel linking England and France was officially opened.

## May Prayer Diary

<b>Date</b>	<b>In our Church Family</b>
1st	Margaret and Dick Paddick
2nd	Paul, Siu and Kelly Palmer
3rd	Lyndon and Ann Palmer
4th	Wendy and Peter Rennoldson
5th	Francesca Sams
6th	Cathy Scarborough
7th	Sarah and Cameron Selleck
8th	Wendy Shafe
9th	Revd. Anne and Don Shaw
10th	Dorothy Sims
11th	Anthony and Mary Smith
12th	Marjorie and Tommy Stevenson
13th	Alice Tims
14th	Lilian and Jenson Tsang
15th	Vicky, Katherine, William and James Vandy

16th	Derek Wakefield
17th	Katie, Martin and Scott Wakefield
18th	Mary Wong
19th	Michael Adam
20th	Shirley Barnes
21st	Jane Bates
22nd	Sam Beard
23rd	Nik and Fran Bennett
24th	Mary Bittles
25th	Shelagh and Tony Booth
26th	Rae Bowyer
27th	Ben, Michelle, Sanna and Sophie Brogden
28th	Kelly Buckle
29th	Alick and Hazel Burge
30th	Carole Chesterfield
31st	Brian and Jennifer Clemow





## **16<sup>th</sup> May Caroline Chisholm, helping the emigrants to Australia**

If you want an example of someone who can show you their faith through their works, Caroline Chisholm is a saint for you. This doughty little 19th century English woman had such a compassionate heart that she helped tens of thousands of people, from India to Australia.

Caroline was born in Northamptonshire in May 1808. Her father William was a pig dealer, and already had 15 children, by four wives. When Caroline was about five, her father brought a poor maimed soldier into the family home and urged his children to look after the wretched man well, as he had fought for their freedom. This disinterested compassion for a poor struggling ‘outsider’ would become the lodestar of Caroline’s life.

In 1830, when Caroline was 22, she married Captain Archibald Chisholm, of the East India Company Army. Out in Madras, Caroline grew alarmed for the young girls growing up in the barracks. She founded the Female School of Industry for the Daughters of European Soldiers, to provide a practical education.

After having two sons and working on the Indian subcontinent for a number of years, Captain Chisholm was granted a two-year furlough in 1838 on grounds of ill health. The family moved to the sunshine of Australia, near Sydney. Here Caroline was appalled at the conditions that faced emigrants, especially female, arriving in the colony. Many ended up working the streets, just to survive.

Caroline stayed for seven years in Australia, placing more than 11,000 people in homes and jobs, and in all, her Female Immigrant Home helped more than 40,000 people. Highly respected by the government, she gave evidence before Legislative Council Committees, but accepted money from no one. When Archibald left the army in 1845 he and Caroline toured Australia at their own expense, collecting more than 600 statements from emigrants that detailed the truth about the problems of emigration.



Back in England, the statements caught the attention and respect of Charles Dickens, the House of Lords Select Committees, Lord Shaftesbury, Sir Sydney Herbert, Wyndham Harding FRS and even Pope Pius IX. Caroline and Archibald went on to help more than 3,000 people safely emigrate to Australia, before moving back there themselves, where they both died in 1877. In his novel *Bleak House*, Charles Dickens is said to have partly based the character of Mrs Jellyby on Caroline Chisholm.

*Parish Pump*

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## Social and Fundraising Committee Diary

### Croxley Revels : Saturday 22nd June

As previously announced, we will be having our usual stall at the Croxley Revels on Saturday 22nd June.

As always, we will be looking for help in setting up the stall in the morning, dismantling afterwards and manning the stall during the day.

If you think you may be able to help, there will be a sign-up sheet in the Church (nearer the time) or please speak to Ann or Lyndon.



*Ann Palmer*

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## Smile Lines *from Parish Pump*

### Just the man

Small boy: “Please, sir, my dad says you are a Doctor of Music.”

Famous pianist: “That is quite right.”

Small boy: “Then I wonder if you’d be so good as to mend my trumpet?”

### Grin

Keep smiling – it makes people wonder what you’ve been up to.



## New Sanctuary Carpet

A new carpet has been laid in Church. Thank you to the people who generously donated the funds to enable us to buy it. It really is an improvement on the old one and the new one extends further to make a much better finish.

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## Hall Update

The Hall Committee is pleased to report that the Committee Room and Kitchen lobby have been decorated to match the main Hall. New radiators have also been fitted in the Committee Room and accessible toilet.

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## Smile Lines from Parish Pump

### Taking Jesus

A Sunday School teacher asked her class why Joseph and Mary took the boy Jesus with them to Jerusalem. A small child replied: *“They couldn’t get a babysitter.”*

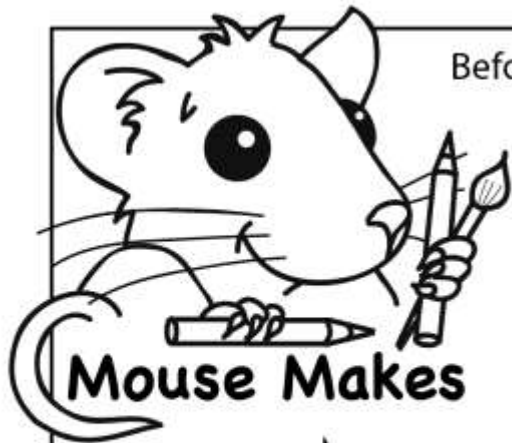
### Board meeting

“There will be a meeting of the Board immediately after the service,” announced the minister. And so, after the close of the service, the Church Board gathered at the back of the church for the meeting. But there was a stranger in their midst – a visitor who had never attended their church before. “My friend,” said the minister gently, “Didn’t you understand that this is a meeting of the Board?”

“Yes,” said the visitor, “and after today’s sermon, I suppose I’m just about as bored as anyone else who came to this meeting.”

### Share

There are only two things a child will share willingly – a communicable disease and his mother’s age.



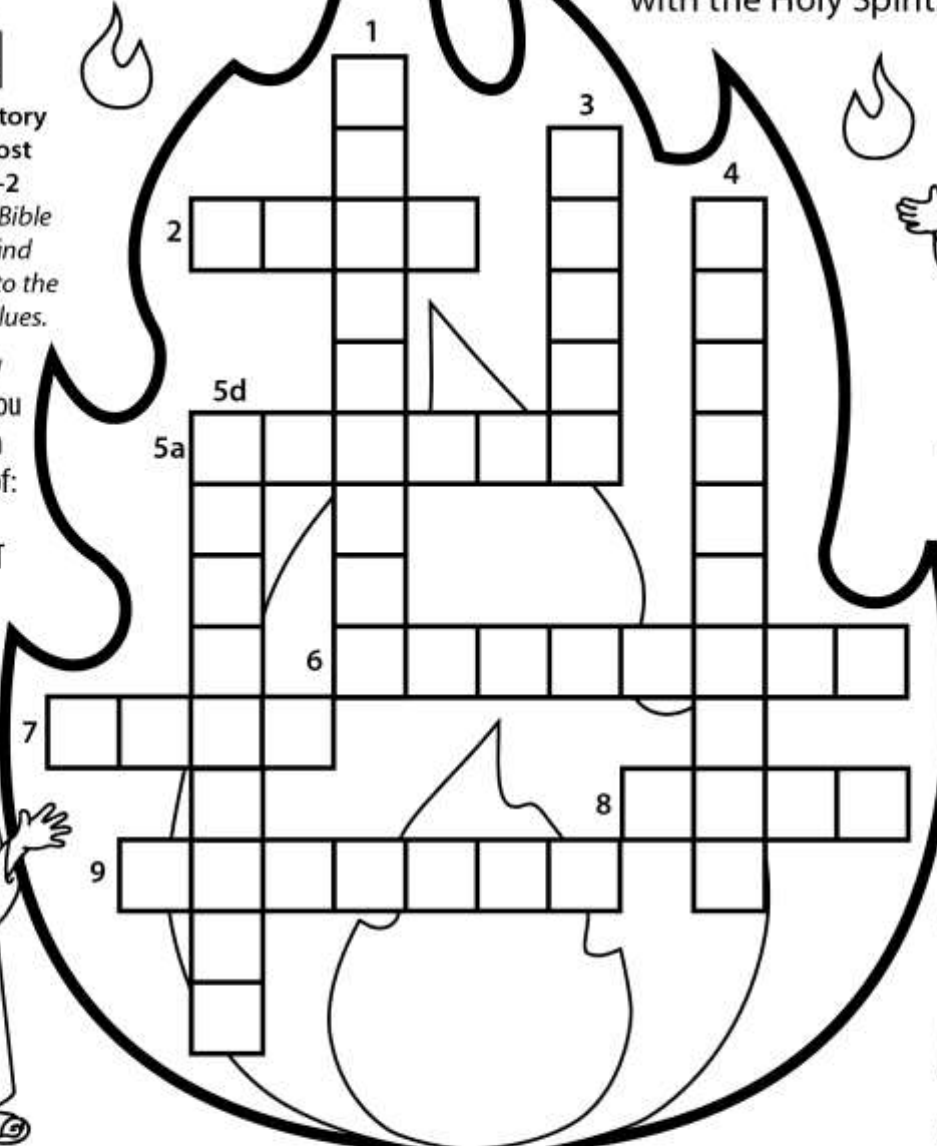
Before Jesus ascended to heaven he told his disciples  
*"You will receive power when the Holy Spirit  
 has come upon you, and you will be my  
 witness in Jerusalem and in all Judea  
 and Samaria, and to the end of the earth"...*

*...When the day of Pentecost arrived,  
 they were all together in one place,  
 and they were all filled  
 with the Holy Spirit."*



READ the story  
 of Pentecost  
 in Acts 1-2  
 Look up the Bible  
 verses to find  
 the answers to the  
 crossword clues.

How many  
 words can you  
 make from  
 the letters of:  
 DAY OF  
 PENTECOST



- 1 After Jesus ascended into heaven, which city did the Apostles return to? *Acts 1:12*
- 5a What did the Apostles devote themselves to? *Acts 1:14*
- 6 Who was chosen to replace Judas? *Acts 1:26*
- 5d Which special day was it? *Acts 2:1*

- 8 What rushing sound came from heaven? *Acts 2:2*
- 2 What appeared? Tongues of ...? *Acts 2:3*
- 4 What were the disciples filled with? *Acts 2:4*
- 9 What did they start speaking in? *Acts 2:4*
- 3 Who spoke to the crowd? *Acts 2:14*
- 7 Who had prophesied this? *Acts 2:16*



## **Christian Aid Week 2024** **Sunday 12th May to** **Saturday 18th May**

Christian Aid is the relief and development agency of 41 Christian (Protestant, Catholic and Orthodox) churches in the UK and Ireland, and works to support sustainable development, eradicate poverty, support civil society and provide disaster relief.

Christian Aid says:

*'With your help, we can work towards a world where families can escape the trap of poverty and fulfil their ambitions. With your support, more families can build reliable and diverse incomes that bring them food security, better health, safer homes, increased resilience and hope.'*

For most of you, your Christian Aid giving envelope will be delivered through your door during Christian Aid Week by kind volunteers from all the churches in Croxley Green organised by the Croxley Green Christian Aid Committee.

There are several ways in which you can make your donation this year:

- you can deliver your filled envelope to a house in your own road. The house number will be on your envelope and the house will be displaying a Christian Aid Poster.
- there is a QR code on the envelope label that links to the Rickmansworth and Croxley Green group which some might prefer to use
- you can donate via the website <https://www.christianaid.org.uk>
- you can bring your envelope to Church or the Parish Office.

If you do not receive an envelope, there will be envelopes at the back of our Church. Please feel free to take one and either return it to the Parish Office, bring to a service or post in the wall safe.

Every contribution will make a real difference, so please give as generously as you can.

*Fran Bennett and Anne Oke*



# Christian Aid Art Café

## Saturday 20th April



### ARTS CAFÉ - THANK YOU

*Thank you to everyone who supported the Arts Café last Saturday at St Oswald's. It was a great success. The hall was buzzing the whole day and the church was serene, full of music and art.*



*We have received many enthusiastic comments from those who attended saying how much they enjoyed the day and this is all down to the team of people who exhibited, played, entertained, served, baked, set up and cleared away. Together you helped raise **£1,100 for Christian Aid**, which is even more than last year. Thank you and well done!*



## Quiz Night at All Saints'

As you can see, the Church was packed for the Quiz Night held on Friday 19th April.



The Quiz was devised and written by Ben, Sarah, Vicky, Katherine, Abbie, William, Josh and James and the rounds were both entertaining and challenging for the participants. Ben was the quizmaster and some of the question rounds were 'performed' as you can see in the photo.

There was a curry supper part way through the evening and a bar (thank you Steven) and raffle.

A huge thank you to Ben and the team for putting the quiz together, to Jude and Wendy for cooking



the supper and to Sam Jones and Wendy Rennoldson who helped to serve the food and wash up afterwards. Thank you also to everyone who helped to clear everything away at the end and put all the furniture back.

The evening made more than £1500 towards Church funds, which is fantastic, and we also had great fun.

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### **Smile Lines** *from Parish Pump*

#### **Happy**

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.



# World Labyrinth Day

WALK FOR PEACE AS ONE  
AT 1PM

4th May

Join others around the world gathering to walk for world peace to create a rolling wave of peace!  
The church will be open 1230-2pm.

**COME AND JOIN US FOR A VARIETY OF LABYRINTH ACTIVITIES**



ALL SAINTS' CHURCH  
CROXLEY GREEN. RICKMANSWORTH, WD3 3HJ





## All Saints' Church Hall for Hire

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[www.croxleygreenallsaints.org](http://www.croxleygreenallsaints.org)

Hourly rates for single bookings:  
Hall only £32

Hall with kitchen for light refreshments £37

Hall including full use of kitchen £45

Committee Room £10

Kitchen alone £17.50

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# FALLS PREVENTION EXERCISE CLASS



**Every Tuesday 11.45am-12.45pm**  
**All Saints Church, Croxley Green, WD3 3HJ**

Are you 65 over years of age?  
Are you worried about falling?  
Have you had a fall in the last year?  
Do you feel unsteady?  
Do you have brittle bones (osteoporosis)?  
Do you feel weakness in your legs?  
Would you like to improve your **strength, mobility, balance and confidence?**

**£10**  
**per**  
**class**

Join a **physiotherapist** led 60 minute postural stability class to help improve your strength, balance and confidence and **reduce your risk of falls.**

**You can self refer**  
**by calling**  
**07961 249343**  
**or get referred by**  
**your local GP or**  
**physiotherapist**



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for more details

## **Cancer Support Group**

**At All Saints' Church Hall**

**At 2.30 - 4pm on Thursday 2nd May**

We welcome anyone who has been affected by cancer.  
Join us to meet others , share your experiences and learn coping techniques in a warm and friendly group.

## **Let's Talk about Mental Health**

**At All Saints' Church Hall**

**At 12.30 - 2pm on Friday 24th May**

A drop-in session about self harm  
Run by Parish Nurse Ruth



Croxley Parish Nurse  
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07562 515791

[croxleyparishnurseecathy@gmail.com](mailto:croxleyparishnurseecathy@gmail.com)

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Croxley Parish Nurse  
Ruth Owusu-Ansah  
Registered Mental Health Nurse  
07305084948

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# Could a Personal Assistant make life a little easier?



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01923 624 604

[www.hubcaresupport.co.uk](http://www.hubcaresupport.co.uk)





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### **Acknowledgement**

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*We encourage articles from a wide range of contributors and the opinions expressed are not necessarily those of the editors.*



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