

The



Buzz

24th November 2020

THE MARK TOWNSEND TRUST'S FIVE YEARS OF HELPING

ONE OF the Cafe's two charities is The Mark Townsend Charitable Trust and in 2020 their work has never been more relevant. We asked the people behind the Trust to reflect on their experience. This is their story....

THE PAST five years have been a rollercoaster filled with ups, downs, and everything in between. Our biggest achievement has been the fact that we had this idea, watched it come to fruition, and being able to help as many people as we have.

We are constantly learning - about each other and how we work as a team. We're just nine people who are a family and want to make the best we can out of this gift we've been given to help people. But we don't always get it right and it would be stupid to pretend otherwise.

Addressing the stigma of mental health issues is one of our main goals. We truly believe that it's slowly heading in the right direction in terms of spreading the right messages and people now understand better how

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BZZZZ: Meet Katy Upton, the maker of our latest Buzz Bee, inside, page 3



Jennie South and Adrian Blenkiron with centre (in case there's any doubt), Rogan

Stepping out with the Cafe's Muddy Buddies

'I'M NOT sure what I was expecting but I was definitely impressed that so many of us turned up at 10 o'clock to set off on a walk' says Wendy Jennings after a morning striding along the highways and byways as part of the Cafe's first Noah's Ark Two By Two walk.

It was drizzling a little but walkers were ready for some exercise in socially-distanced mini-groups of

twos and threes. 'Our group managed to navigate stiles and negotiated muddy fields, finally calling in to the Wild Carrot for a take-away coffee,' says Wendy. 'Other groups stayed closer to home but for all of us it was well worth the effort,' she adds.

The walks will continue every Tuesday, 10am at the Social Club. See inside for details.

Diary

Pop-Up Cafes and Coffee Mornings at The Bell

Cancelled until the end of Lockdown

Tuesdays 10.30-12.30
Mobile Post Office
Outside the Social Club

24th November **Noah's Ark Walks**

Exercise and company, two-by-two. Contact Wendy Jennings on wendyjennings2010@gmail.com

5th and 6th December **Orchard pruning and planting workshop**

At the Playing Fields. See the Avening Community Orchard Facebook page

8th December **Curry Night at The Bell**

Fingers crossed Boris approves. Contact Clare Bebbington on ccbebbbs@gmail.com

19th and 20th December **Delivery of Cafe Cake Boxes**

Spread joy and calories. Contact bakers Mandy Slater, Sandra Hetterley, Chris Howell, Clare Bebbington or Amanda Sanders for details. £2 a box. Orders by December 14th please.

All month
Roadside Library for readers of all ages, outside 6 Old Hill



The Buzz is published online twice a month by Avening Community Cafe.

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Mark Townsend Trust

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complex an issue this really is. What we think still needs working on though is 'It's okay to talk': those who are suffering find it hard to share with others. Communication with those around you really is key to moving in the right direction. We hope to see an increase in the quality of the support given to a wider range of mental health issues.

The help we have been offering this year hasn't changed much apart from the obvious increase that was caused by lockdown of those seeking counselling or other mental health support and who have financial concerns. During the first lockdown, we supported a lot of families with food shopping vouchers and we made donations to the local foodbanks. When someone contacts us asking for advice and support we usually signpost them to their doctor and provide them with a list of approved counsellors. We have found this to

be the most effective approach as we're not trained counsellors and don't want to cause any harm by offering tips/advice.

As for friends, relatives, and colleagues...encouragement by reminding someone to seek help, reminding them that you are there for them and that the world needs them, is so important. We believe that you cannot truly understand mental health issues unless you have walked that road yourself. *Judging* a certain behaviour / coping mechanism is more detrimental than you may realise. Go to your loved one with an open heart and ask how you can best help them. Checking in (asking how they're feeling, making sure they've managed to eat etc) is a big help as well. It always helps to know someone is thinking of you.

If you need help from or want to donate to the Mark Townsend Trust you can contact them via their Facebook Page (The Mark Townsend Charitable Trust).

HAPPY BIRTHDAY TO US!

To celebrate our second birthday, we decided that if you couldn't come to the Cafe, the Cafe could come to you! If you've had your card already, you'll know what we're talking about; if not, we hope it's a nice surprise!

The Cafe has not been able to meet at the Social Club, but it has never put up the closed sign. From early experiments with Zoom, to our roadside library, seed and plant swap, garden coffee mornings, cake bakes and walks we've tried to find Covid-safe ways of getting together. 'The Cafe community - yes, that's all



The way we were: The Cafe committee celebrating the Cafe's first birthday last year

of us - steered by a talented and supportive committee has shown amazing determination and inventiveness,' says Committee Chair Jennie South. 'Here's to all of us and the next twelve months - whatever it brings!' And my, how we're looking forward to celebrating our third birthday with a big party - all together!

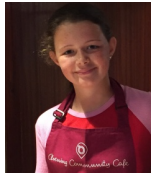
People



Photo: Jonny Barratt at Swivel (swivelme.co.uk)

KATY UPTON is a self-confessed craft addict who has tried her hand at pottery, batik, art...you name it, Katy's tried it. But she's combined two of her greatest passions, calligraphy and printmaking and now runs her Letters and Lino card and printmaking business from her garden studio. All of her prints are original designs, drawn by hand onto a lino block and hand printed. That's how our latest masthead bee was born - and we're thrilled that Katy made it for us!

Caught by the Buzz



Lola Rayner

You were the Café's youngest ever volunteer and there's really only one question to ask: how has Lockdown been for you?

When we went into Lockdown I think everyone was hoping for a calm, spiritual experience; a chance to find out what was important and a time to refresh your life.

Instead there were shortages of wine and loo rolls and endless arguing. I think everyone had just about had enough of their families when we emerged from it.

A couple of parties later and slowly going back to normal – despite the masks – and then the government announces a second lockdown!

As for my family...we weren't phased by this. In the first Lockdown we were home-schooled which was an absolute *nightmare*. We had to get used to all kinds of technology to

stay in touch with our friends. Also, our cat got pregnant and gave birth to five kittens. Not to mention how many times we sorted out rooms, and the vast numbers of snacks which disappeared into the house. This time we are generally quite calm – probably due to Mummy forcing us to do yoga. Our parents are still at home but we can go to school and see our friends. Snacks have disappeared altogether though – instead we now eat more healthily. I think everyone will look back on this experience and know deep down they needed a break from everything, although Corona was such a pain.

For me, I think it especially made me see how much I need my family. **You're brilliant Lola – here's hoping calm prevails on the home front for a while yet!**

Buzz is a winner!

As your editorial team was sweating over this edition, she was delighted to hear from the Café's 'racing correspondent' (ahem, Gill Adams, ahem) about one of the runners and riders at Friday's 2.40 at Ascot: the 9-4 favourite, Buzz. Takes punt, has flutter....donates winnings to the Café!

Angela's check(out) mate!

There's nothing like a story of a random act of kindness to bring some cockle-warming cheer, so here's to the shop assistant who stepped in to help Angela Vinson when she found herself with a stubbornly uncooperative credit card at a supermarket in Stroud. Without thinking twice, the wonderful checkout assistant paid Angela's bill herself and made sure Angela could get home safely. 'It meant the world to me,' said Angela. 'The kindnesses that people are showing each other at the moment really are beautiful things.'

Facebook's a Luff a minute

Facebook gets a bad press sometimes, but we love it. Otherwise how else would we discover that Steph Luff once gave the kiss of life to a hedgehog, only to see it run over by a neighbour just days later?

Bus stop brush up

Three cheers for King of the DIY Patrick Mulligan who has strapped on his tool-belt to spruce up the bus stop at the bottom of Mays Lane. Looking better already - and Patrick's not finished yet!



WENDY Rhodes created her etching, Summer Lane Solitude, from sketches made in Roundabout Lane during Lockdown. It shows shadows casting fluid patterns across the lane in late afternoon. Wendy, who has a degree in Graphic Design and now teaches Fine Art and Graphic Communication, says that as the summer wore on, the lanes became quieter, and this sheltered spot had a sense of calm solitude. This print is one of three which have been selected for exhibition at this year's Royal West of England Academy open exhibition in Bristol, 5th Dec to 5th March.

Go with the flow, says Ellie

IN HER latest column, Ellie Sanders urges us to be kind to ourselves - especially when things go wrong.

Too often we beat ourselves up when things don't go to plan. Of course being organised is a great quality, but we need to accept that some things are out of our control.

Lockdown has got in the way of many things: businesses can't run as normal, facilities have closed and families divided. Most of us struggle without routine, myself included, and we are currently in a situation where keeping a routine seems impossible.

It's okay to feel a little overwhelmed or lost - allow things to be a bit out of line or to go a bit wrong; we're all in the same boat on a very choppy sea.

Buzz Food

Chandy's Thai Sweet Potato Soup

NO SURPRISES that Chandy Rodgers' recipe has so many health benefits: she's one year in to a course in Naturopathic Nutrition at the College of Naturopathic Medicine in Bristol. 'There's anti-inflammatory and immune-boosting ginger, garlic and turmeric,' says Chandy. 'Sweet potatoes are full of fibre and antioxidants and coriander is good at eliminating heavy metals from the body.' Tastes fab too.

Ingredients

3 tbsp olive oil
2 onions diced
2 garlic cloves crushed
2 inches fresh ginger finely chopped
1 red chilli (or more depending on heat)
Stick of lemongrass finely chopped
1tsp EACH of turmeric, ground cumin and ground coriander

2 medium sweet potatoes (or butternut squash)
500ml chicken or veg stock
1 tin of coconut milk
1tsp honey or palm sugar or brown sugar
Squeeze of lime juice
Salt and pepper to taste
Fresh coriander, sprinkle of fresh or dried chilli flakes and drizzle of natural yoghurt to serve

Method

Sauté onions for four minutes. Add garlic, spices and cubed sweet potato and sauté for a few more minutes. Add stock and simmer until sweet potatoes are soft. Add coconut milk and simmer for 5-10 mins. Whizz up with stick blender or pop in liquidiser. Add lime juice and sugar and stir thoroughly. Check seasoning...and serve.
