

WELCOME TO

AYLESBURY METHODIST CHURCH

Minister: Rev Richard Atkinson

[*See note on following page]

Church Office: 01296 426526

E-mail: office@aylesburymethodists.org.uk

Website: www.aylesburymethodists.org.uk

This Church is God's house.
God loves and welcomes you whoever you are, whatever your age, gender, mental health, physical ability, race, sexuality or financial situation.
You are welcome here, whatever your circumstances; however much or little you wish to engage; whatever you feel about faith.

Sunday 19th May 2024



8.45am: Communion Service led by Mr Arthur Sara.

10.30am: Morning Worship led by Mr Ken Harris

If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, today, are Gill Marks at 8.45am, and Gill Nord and Gill Marks at 10.30am.

Please join us in the Hall after the service for tea, coffee, and a biscuit.

The words of the hymns are projected at the front of the Church.

If you would like to have a hymnbook for the service, please ask.

Hymns	8.45am: StF 152 353 592 394 10.30am: StF 152 379 372 611 676
Readings	8.45am: Acts 2: 1-21 10.30am: John 14: 15-21 Galatians 5: 16-18, 22-26
Organist	8.45am: Derrick Matthews 10.30am: David Brooker
Streaming	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.



If your little ones (up to age 3) become restless during services, you are welcome to take them into the creche room in the Welcome Area to play. The service can be heard from there. **All children MUST be accompanied by an ADULT.**

The flowers this week are given by the Sara family with fond memories of Chris's parents.

*** A reminder that Richard Atkinson is currently on Sabbatical until July 8th 2024.**

For pastoral concerns, please contact either:

Rev Heegon Moon: 01844 698237, heegon5@gmail.com or

Rev Noreen Daley-Lee: 01525 240083, noreendaley1@hotmail.com



We are celebrating **CHRISTIAN AID SUNDAY** this morning, and there will be a retiring collection at the end of the service for their vital work. You will find a collection envelope in your notice sheet, with the opportunity to complete a Gift Aid declaration, which allows the charity to claim back the tax paid on your donation, at no extra cost to you. If you prefer, the envelopes can be returned over the next couple of Sundays.

You are invited to attend the District Ordinands Testimony Service for Reverends James Patterson and Phil Robinson THIS EVENING, 19th May, 6pm, here at Aylesbury Methodist Church. Please come along to support James and Phil on this special milestone as they share their testimonies. See posters on notice boards.

Fred Ireland will be preaching his last service before he retires, on **Sunday 28th July, 10am, at Long Hanborough Methodist Church, Witney, OX29 8JX.** Although he doesn't want any fuss, his daughter Rachel knows he would be really pleased to see some old friends from AMC.

Methodist Women in Britain (MWiB) are holding a District Day at the Square Methodist Church, Dunstable ([LU6 3SN](#)) next Wednesday May 22nd from 10.30am to 3.30pm. The day will consist of Worship, a talk with Ukrainian Women living in Dunstable and biblical drama. Any woman wishing to attend would be made welcome. There is council parking behind the church - payment is morning only. Ruth Watkins.

Easter Offering. I am pleased to tell that this year's Easter Offering collection amounted to **£558.00** - an increase on last year - and will be welcomed by the World Church office. Thank you, Ruth.

DEREK TREKS BRITAIN (continued)

Leg 7, Day 21. Thurs, 9th May.

As mum mentioned yesterday, today was a relocation day, but not before Derek enjoyed one last hearty breakfast at the Abbey Court Guesthouse. No wonder he enjoyed it so much; they're a previous winner of Channel 4's 'Four In A Bed'! Kelly and David have been excellent hosts and even sent our traveller on his way with a generous donation towards his fundraising efforts for Cancer Research UK; thank you both!



Dad walked into town and met up with Martin and Ramsay, (see picture) and, after being persuaded to have one last hot chocolate 'for the road', they were discussing the need and possibility of reopening the Guildhall Museum behind Martin's cafe, housed in a fabulous Tudor building (also in the picture!).

After a few well-wishes, including Sheila who he had helped out in town a couple of days ago and who had joined him for the 'Greggs experience' (hot chocolate and a warm sausage roll, for the

uninitiated), he caught the bus to Dornock to pick up from where he had left off.

The walk today was pleasant; a little hilly, and bordered by lots of agricultural land inland. He could look back across the water to Sillioth where he was a few days ago, and inland could see Caerlaverock Castle - a bit too far away for a visit, but I've added a stock aerial photo which shows off its triangular design.



His destination today was Dumfries; home for the next three

nights. On entering the town, he saw a very ornate fountain in the square, an impressive centrepiece. Derek recalls a similar-looking and impressive fountain which once took pride of place in the



centre of Northampton; which begs the question, why did the council decide to knock it down?

Leg 7, Day 22. Friday 10th May.

A beautiful day today. Our intrepid explorer started the day in style; yes, across the road from his digs at the moment is a Greggs, so he had his usual and then took the bus into Dumfries from where he would walk today.

While in Dumfries he visited the British Heart Foundation shop there. As you will know, BHF is one of the charities that Dad is raising money for, and he was delighted to receive a shirt from them which you will see he then wore proudly all day!

While still in Dumfries he found his way to the river Nith, and he thinks he can see the Rabbie Burns centre on the other side. Rabbie was living in Dumfries when he died in 1796. He may get to visit it tomorrow.

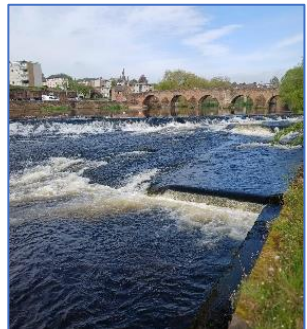
Also along the river was a salmon ladder, but no sign of any salmon using it to get upstream yet.

Due to some military land along the coastline, our intrepid explorer found himself inland a little bit for the first few miles of his walk today; just as beautiful and very quiet! In fact, the only

person he met in the first 6 miles or so was Angus and his dogs. Angus showed Derek how to get to the birthplace of John Paul Jones, who became something of a military legend in America (not the one who was the bass player in Led Zeppelin!).

This JPJ was a Scottish-American naval commander in the American Revolutionary War. Sometimes called the 'Father of the American Navy', Jones is highly regarded as one of the greatest naval commanders in the history of the United States.

Jones was born and raised in Scotland, and became a sailor at the age of thirteen, where he eventually served as a commander. After having killed one of his mutinous crew members with a sword, he fled to the Colony of Virginia, and around 1775 (aged approx. 28) he joined the newly-founded Continental Navy in their fight against the Kingdom of Great Britain in the American Revolutionary War, raiding British merchant shipping in the Irish Sea. He persuaded his crew on April 17, 1778, to participate in an assault on Whitehaven, the town where his maritime career had begun.



Legend has it that, after spiking the defensive guns along that stretch of coast, he and some of his marines went to a local hostelry and enjoyed a pint or two with the locals!!



Derek worked his way further along to Kippford. He appreciated a lift into town from Elaine who just stopped and asked him if he needed a lift! She took him to the RNLI station, where he met a fellow Northamptonian Jo (pictured) who had moved from Chapel Brampton a few years ago and now lives in Kippford with her husband Eddie, and volunteers her time during the week in the RNLI shop.

Heading inland to Dalbeattie to get the right bus route, Derek was grateful for another lift from

Matthew, a landscape gardener, who also just stopped for him when he saw him. What a friendly bunch they are!

Unfortunately, it was a 1.5 hour wait for the next bus, so our weary traveller was grateful that Greggs was still open when he got back and he finished his day as he'd started; hot chocolate and a sausage roll!

Leg 7, Day 23. Saturday 11th May.

An “absolutely scorching” day, so Derek had an early start - he says every mile walked today felt like four! He trekked to Kirkcudbright, a delightful fishing town on a very obviously tidal River Dee, which has the most idyllic RNLI station he has visited so far! Unlike Kippford, the boats here all lie on miles of treacherous, glutinous mud - think quick-sand. The local fishing trade is still alive, but struggling.



See the photo for a very modern food truck, Skipper's Scran Van, which visits Kirkcudbright each Thursday and Friday, and some Saturdays - including today! There's also a Scran Cafe, which has a reputation for having the best food for

miles, and Derek's experience today would bear this out! Aware that he was in a fish-based establishment, he steeled himself for possible ridicule, and asked for a sausage roll... which did indeed cause amusement among the locals! He ate his sausage roll with glee, and the kind lady wouldn't take his money for it, but asked for it to be put towards CRUK, so it has been, thank you! The castle, which dominates the harbour, is relatively new,

described as “built after the troubled years” - the troubled years being the reign of Edward I until the 19th century. Said castle was built, according to a lady Derek met, “by a local big wig that wanted to be noticed”!

The war memorial (see photo) is impressive, and very different to what we’re used to, so was built before the Commonwealth War Graves Commission brought in some standardisation from 1922 onwards.

The Old Fella then returned to Dumfries by bus, due to the heat, and enjoyed visiting local sites around the city (he mentioned that they have at least two Greggs...)



The most impressive place visited today, and one which he will take his wife Sue to, one day, was the family home of JM Barrie, complete with Peter Pan statue! Moat Brae had beautiful gardens, filled with wonderful things to delight children of all ages. The Lost Boys sway in the breeze, and a crocodile (not ticking) makes his way up the river bank. Having recently decided he’s going to reverse the numbers in his age and be 18, Dad felt

very much at home.

Finally, a much-needed rest at Wetherspoons, which is close to the site where Robert The Bruce killed his rival for the throne of Scotland. With the Battle of Bannockburn a mere 7-8 years later, the rest, as they say, is history!

Having also seen a statue of Robert Burns, Derek says he will enjoy pleasant memories of Dumfries and Galloway in the future when singing Auld Lang Syne!

With just a week of his current leg left, he is going to treat himself tonight by *not* watching Eurovision! Cheeky so and so!



Leg 7. Day 24. Sunday, May 12th.

Derek is ‘moving camp’ as he puts it, today, so no Church service.

He left the Dumfries Travelodge early and walked into town. He seems to be surprised that Greggs wasn't open when he arrived there at 7.30am, although admitting that there was “no-one about in town.” Nor was anywhere else open, and further dismay on discovering that the first bus wasn't due until 11.35. Not one for being disheartened, he decided to use

his time doing a few miles of ‘backstitching’ along the west bank of the River Nith. Still no one to chat to until he was back in Dumfries. Following the sound of a dog barking, he was thrilled to see a well-known coffee house, just being opened up by Kathy, who was accompanied by her teenage daughter Caitlin, and guide-dog-in-training, ‘Gunner’.

Derek assumed that Gunner is an arsenal supporter. Kathy quickly produced a coffee for our gasping hero, and what was obviously a quite long and rewarding conversation ensued, with himself, Kathy and Caitlin. Derek describes them as how families should be: friendly, engaging and enjoying an intelligent conversation, both challenging, and being challenged. Sounds a bit like the ‘old days’ pre mobile phones, doesn't it?

He enjoyed his time with them, but now it was approaching 11.35, time to join the queue for the first bus of the day to Ayr.

Derek got talking to an attractive young lady dressed ready for a fitness workout, in the queue, by enquiring if the bus went all the way to Ayr. It did, although the young lady was only going a short distance herself. They sat on aisle seats and continued their conversation along the lines of fitness regimes. As she was about to get off, she told him that she was a Rugby player, and played for the Scottish National Team.

He says, "Well done, keep it up!" I say, " Out of your league, Derek!"

Derek passed the home of Keir Hardy, Labour Party Founder, known for wearing a ‘cloth cap’ in common with most working men of the day.

Derek often tells the story of how, back in the 60's when he was working as a pastry chef in Ankara, some of his Turkish colleagues told him that Mustapha Kemal, the founder of the Young Turk Political Party, banned the wearing of the fez in 1925 because of its connection with the Ottoman Empire. One of many reforms to establish Turkey as a modern, secular nation, more in keeping with Western norms. He then appeared in Parliament sporting a Keir Hardy-type cap, still very fashionable with the Turks in the 60's when Derek and his mate, Doug were there.

The afternoon was almost over, and Wetherspoons was calling him - time for a meal. This Wetherspoons, at the centre of Ayr, is called the ‘West Kirk’, (kirk being Scottish for church), and, although modernised, retains much of its previous character, apart from the pews being replaced by tables and chairs.

Back then to his new home to plan the next few days’ walks.

Photos below: Midsteeple, Main Sq, Dumfries.



A plaque here shows the distances between the important stops on horse-drawn coaching roads of 18th century. Carlisle still retains its position of major link between England and Scotland.

It also shows Huntingdon, where Derek served as Community Development Officer in the latter days of his career, as being a major stopover point on the Great North Road.

The other photo shows a 'lost boy' blowing in the wind, in



J.M. Barrie's garden.

Leg 7, day 25. Monday 13th May.

Setting off nice and early from his new digs in Ayr, our intrepid explorer walked into town and started with his usual at Greggs.

A bit of backstitching was required and, three buses later, he found himself in Portpatrick ready to start adding to his mileage, after a visit to the RNLI station there.

On a good clear day, you can look across to Northern Ireland. It wasn't quite clear enough to do that today sadly. Another beautiful bit of coastline today, he described the colours of the gorse, heather and rhododendron as striking.

The weather deteriorated as he walked around the peninsula towards Stranraer, he was very grateful to Chris who picked him up. As he took him into town to find some shelter and some food, they talked about their

shared experiences as foster parents, quite a few years ago in Derek's case!

There was no-one at Stranraer RNLI sadly, but he did see two large ferries (P&O and Stena) heading out to Larne and Belfast respectively.

In Stranraer stands The Castle of St John, (pictured, also known as Stranraer Castle), an early 16th-century L-plan tower house. It was built by the Adairs of Kilhilt (who originally came from Ireland) c.1510 and has been used as a home, a court, a police station and as



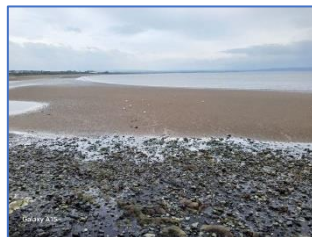
a military garrison during the 'Killing Times' of Covenanter persecution in the 1680s. During the Victorian era, the castle was modified to serve as a prison, and it was used as an ARP base during the Second World War. The castle was refurbished in the late 1980s and is now a museum.

As the weather cleared a little, he set off again along the coast. For a large stretch of this walk past Ballantrae to Girvan, he could look across to the beach's land Ailsa Craig, once lined for granite but now a nature reserve. He also saw an adder on this stretch, but managed to avoid getting bitten by this one! On reaching Girvan, he was pleased to find Callum working at the RNLI station and picked up a badge to add to his collection.

Leg 7, Day 26. Tuesday 14th May.

"Only" 14-ish miles walked today due to the weather!

Today, Derek had a gentle walk along the coast in the rain. He walked past Prestwick, the only bit of British soil to have been graced by Elvis Presley - his flight back from army conscription in Germany landed at Prestwick before continuing on to the US.

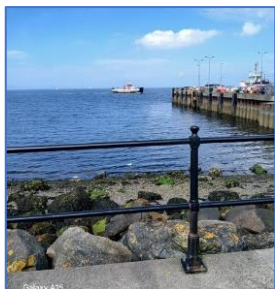


The Old Fella visited the ferry port at Troon, where he was told about a yacht (named Kismet), which has eight bedrooms, once hosted Beyoncé, and can be hired for 'oooh about a million quid a week!' He decided to give it a miss.

The RNLI station at Troon was closed, but the RNLI shop was open! He wandered a little further north to Irvine, before rain stopped play and he returned by bus to Ayr.

Leg 7, Day 27. Wed. May 15th.

Another early start today, on what Derek describes as a "very pleasant" morning, although it did get a bit too warm for his comfort later in the day.



He walked from Irvine across sandy beaches, with one "up and down" headland, and in to Saltcoats. Superb views from here across the entrance of the Firth of Clyde, to the Isle of Arran.

On then into what he describes as "a gem of a place", Largs. Largs still retains a lively and pleasant sea front with photogenic views across to Grest Cumbrae Island. This is served from Largs' attractive

little harbour by 2 craft, reminiscent of the busy Isle of Wight crossings. This put him in mind of his views on the very first day of the trek, in June 2022, when he set off from Lee on the Solent, looking across at the Isle of Wight. He had built up an appetite during the morning, and enjoyed a hearty breakfast at Wetherspoons, at the Harbour. The name of this branch is 'The Paddle Steamer' in recognition of the local, and only, ocean-going paddle steamer in the world, "The Waverley". Derek had encountered 'The Waverley' about 50 years ago when it was operating in different waters. Derek, myself, and a very young Toby crossed from Ilfracombe to the Isle of Lundy on it.

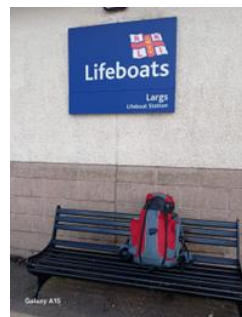
His spirits were slightly dampened by the closed RNLI shop at Largs today, and no sign of an engineer at the time either.

This area had contained Viking settlements, but no sign of any today. A few more miles covered following breakfast, this time with the Isle of Bute as his afternoon companion

Today's walk concluded at Cloch Point at Lunderston Bay. Here there are clear views across the Firth of Clyde to Dunoon and the entrance to Holy Loch. This takes Derek right back to his days with the CND and the protests that took place in this area

He spent the rest of the afternoon singing a ditty that the marchers made up at the time: "Oh the Mayor of Dunoon, he wants his half a croon, but we dinna want Polaris!!"

A kindly gentleman named John then kindly pulled over to ask if Derek wanted a lift, which he gratefully accepted for this last 3 miles. I do hope he didn't sing to him!



Just to remind everyone of the fundraising Derek is trying to achieve: £10,000 to be divided across his chosen three charities: RNLI (Royal National Lifeboat Institution), BHF (British Heart Foundation) and CRUK (Cancer Research UK). Any donation to get him closer to his target is very much appreciated. <https://justgiving.com/team/DEREKtreksBRITAIN>

or donations can be given direct to Derek's wife, Sue.



‘Will the real Jesus please stand up?’

*‘Everyone will know that you are my disciples,
if you have love for one another.’*

John 13:35 NRSV

Have you seen the poster depicting three men, each representing a different version of Jesus?

The first looks like an uncouth mountain man, the second is tanned and athletic, the third is a slight, meek-mannered character. The caption underneath says, ‘Will the real Jesus please stand up?’

In John 13, the real Jesus stands up. He tells us what He is all about and what He wants us to be all about – and it’s love!

In the upper room, Jesus recognised that His time was short. The cross was looming, Judas was about to betray Him, and He had to prepare His disciples to continue without Him. It’s like asking a pastor, ‘If you had one last sermon, what would it be?’ Or asking a teacher, ‘What great truth would you most like to convey to your students?’ Or asking parents, ‘If you could tell your kids only one thing, what would it be?’

Jesus spells it out: ‘I give you a new commandment, that you love one another. Just as I have loved you... By this everyone will know that you are my disciples, if you have love for one another’ (vv. 34-35 NRSV).

Like a last will and testament, Jesus’ final message is important, not only because of its content but because of its tone and timing. It sums up His life and our responsibility to God and to others – to love them!

Now, since love isn’t what you say but what you do – today, go out and find practical ways to express God’s love to those you meet. They will feel good, and you will too.

*Source: The Word for Today, a daily devotional, produced free of charge by United Christian Broadcasters. For your regular quarterly copy write to UCB at **FREEPOST RLTX-ABUL-GRAR, United Christian Broadcasters, Westport Road, Stoke-on-Trent, ST6 4JF**, or telephone **0845 60 40 401**. Or you can read them online. As a charity, UCB relies on donations, so a gift of at least 50p per copy, which just covers the cost of printing the booklet, would be appreciated from time to time.*

There are currently a few copies in the display cabinet. Please take one!



'GOOD NEWS' FROM AROUND THE CIRCUIT

CIRCUIT LEADERSHIP TEAM

Dear All,

The focus of our Circuit Prayers this Sunday, 19 May, is the Circuit Leadership Team. This week, Arthur shares his story with us, and shows how God can use us even though we feel we do not have the gifts for the task. When God gives us a job to do, He equips us for it and is with us every step of the way. Rely on God and go forth in faith! Please pray this Sunday for all those who face challenges, that they may trust in the Lord to guide and equip them on their journeys. Pete.

As I have been preaching in this circuit for 30 years, many people will know a great deal about my background because I often refer to it in my sermons.

I was born and brought up in a loving family with strong links to the Methodist Church. As a child I went to afternoon Sunday school, and, as we got older, Sunday evening worship. It had to be evening worship as my father had a smallholding and a milk round so on Sunday mornings we were busy working. My older sister and I were in the choir and attended youth club. Our whole social life revolved around the Methodist chapel and all its activities. My only other social involvement was the friends I made playing rugby for school, and, as I got older, a local club.

I went to Saint Luke's college in Exeter where I trained to be a teacher of maths and physics, and was heavily involved in the local church and Meth Soc. At the end of my training, I got a job at The Grange School in Aylesbury, where I stayed for the whole of my teaching career, as, every time I considered moving on, I got another promotion, including the post of deputy head.

I have told many people that I used to refuse to speak at the front of church as it terrified me for a number of reasons, but Fred Ireland convinced me to deliver a eulogy for a dear friend and I reluctantly agreed; and as I left the pulpit he said, very quietly, "We will have you preaching yet". From that moment on everything seemed to demand I become a preacher, so, just after Easter in 1994, I asked Fred for a note to preach, and in 1996 became a fully qualified local preacher. In 2003, when I retired from teaching, I was

appointed as a part time lay worker in the circuit for 3 years, and I still continue in that role, but it is now on a voluntary basis.

I am not sure my life would have turned out like this at all if I had not, with a fairly large group of rugby players, gate-crashed a Christmas party in Saint Mary's Square, where I danced with a young woman who lived there. She was incensed about the ruffians who had gate-crashed the party, but I managed to calm her down. The following day was Sunday and it was the Carol service in Aylesbury, and I went along with one of my house mates. Across the balcony sat the girl I had danced with on the previous evening and we were invited back for coffee. The young lady and I became friends, and at Easter we went to the cinema together, and she discovered she fitted perfectly under my arm. She has been my partner in all things ever since, and we agreed that if I accepted the call to preach, we would do it together; and we have been doing just that for the last 30 years. I pray that it may long continue.

I have been involved in Methodism for the whole of my life and did all the things that were expected of me. But, during the first 5 years in Aylesbury, I did not attend church. Being a newly qualified teacher was demanding, and my rugby also took a great deal of my time, but when our son was born, things changed. We took him to be christened and made those vows about bringing him up in a Christian home, and so went to church, and I took on several roles, including church steward, circuit steward and chairman of several committees.

It was after I received my call to preach that I felt my faith radically change. Suddenly I was doing not what was expected by those around me, but what God intended me to do. I remember when I was training, I read that, after the research, you sit down to write your sermon, and this is the exciting time because this is when God speaks to you. I did feel that excitement and I did feel he spoke to me and through me, and, praise God, I still feel that excitement. Often, when I look back at a sermon or a whole service that I have delivered, I think to myself 'so where did that come from?', but you and I both know the answer to that question.

Finally, when I look back at all that has happened in my life, I am sure I have been helped and guided and strengthened by my Lord and Saviour.

Arthur.

A Heartbeat of Love

When I am feeling down
And all around me seems dark,
The sky, although blue and cloudless,
Echoes with a tinge of sadness.

The rustle of trees and flowers,
Once a happy sound to hear,
Seems to be so very quiet now.
Even the birds appear not to be singing.

I close my eyes and pray,
Remembering that He is here with me.
I just need to seek His Peace.
To find Him in my heart.

Jesus is music that fills my soul.
He is the light in the darkness.
His sweet, sweet fragrance
Perfumes the air with tranquility.

His very being awakens my senses.
When I touch creation, I know God.
The trees and flowers, come alive
With awesome colours and light.

I listen closely and then feel utter Peace.
Slowly, colour returns around me,
And, as darkness turns to light,
The sky is no longer full of sadness.

I smell the beautiful fragrance
of God's Awesome Son, Jesus Christ,
As all of creation whispers
His Glorious name in harmony.

Thank you, Father, for your Son,
Still here amongst us all;
With a heartbeat full of Love
Only a Prayer away.

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Prayer Requests. If you have requests for people or situations to be included in the prayers, there is a Prayer Request folder in the display cabinet in the Welcome Space for you to write in, or you could let a steward know in advance.

Our Prayer Group also meets on alternate Tuesdays, 10.45-12noon, and are very happy to receive prayer requests. They would also welcome anyone who would like to join them. Please email Ruby: rubydarku@hotmail.co.uk

Don't forget your donations for the Aylesbury Foodbank

Currently, the need is for donations of: *UHT milk, tinned meat, fish & fruit. Sponge/rice puddings, small jars coffee, long life juices, pasta sauce, tinned meals (eg chilli, curries). Tinned soups, jam & spreads, as well as toiletries, together with washing up liquid & laundry detergent pods.*



Next Week

Mon	20 May	6.15pm 6.30 - 8.00pm	Girls' Brigade Food Hub
Tues	21 May	9.30am 10.45am 6.00pm	Chair Yoga Prayer Group Boys' Brigade
Thurs	23 May	10.00am From 1.45pm	Sunbeams Baby & Toddler Group Blood Donor sessions
Frid	24 May	2.30pm	Friday Feathers – Badminton Club

Sunday 26th May 2024

10.30am: Morning Worship led by Mr Peter Honeyball.

The designated fire officers are the Duty Stewards
First Aid boxes are located in each of the kitchens
Fire doors are not to be wedged open, except those fitted with Dorgard (Please ensure other doors close behind you after passing through
Duty Manager (Roger Kirk: 01296 415312 Mobile: 07484 392734)