



Community Connect

ISSUE 14

AUGUST 2021

HELPING TO
CONNECT CHURCH
AND COMMUNITY
GROUPS
TOGETHER
FOR THE
WELLBEING
OF ALL

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Rev'd Mandy writes...



I recognise that for a large part of the Community the Church may seem out dated and irrelevant. After all, only a very small percentage of people actually attend our weekly Church services. However, the Church is here, and has been here in Duston and Upton for centuries in the midst of the community seeking to act as a signpost directing people to God. Even in a predominately non Christian culture, the Church is still called upon to speak of God in those key moments of people's lives be it marriage, a birth or death.

But according to Jesus, the Church is to be so much more. Jesus said we are to 'love our neighbour', and that means we are called to pray for those around us and to serve them in whatever way we can. One way we seek to do that is by providing a Wellbeing Café at St Francis' Church on a Wednesday afternoon. Please see the Wellbeing Café notice in this newsletter.

Of course, the Church does not have a monopoly on serving the

Community. There are many local organisations and charities which do that very well. But the Church does have a role to play in supporting those in need, spiritually through prayer, but also by actively engaging with those who seek to address the needs in the community such as the Food Bank. Indeed, I believe that we are called to work alongside others in the Community to help bring the support that is needed.

That is why this newsletter is not just a church publication but contains contributions from the wider community. (See the reports from both Duston and Upton Parish Councils).

I believe that the Church is not called to be a Holy huddle confined within the walls of a church building but is called to be a people who follow Jesus Christ and take His Way of living, forgiving, serving and loving into the community.

With that in mind, I want to encourage you to think about our community of Duston and Upton. What are the things that concern you in our community? Care of the elderly, vulnerable and lonely perhaps? Anti social behaviour? Fly tipping? People struggling to make ends meet or experiencing feelings of loneliness and isolation?

Are there issues that the church can pray about and help to take action on? If so let us know and email me here on aj.marriott123@gmail.com Thank you.

What are the things that excite you in our community? Can we promote those things and advertise them here in order that others might benefit also? If so let me know!

Jesus calls those who follow Him to be salt and light in the world. Salt is used for seasoning. It brings out the flavour of food. It is used as a preservative keeping food fresh. Salt has healing properties. It can be used to clean. It can help to melt ice, and is used to grit our roads to make them less slippery in the winter. Salt is not an element useful to itself. Its value comes in its application on other things.

So, when Jesus says 'You are the salt of the earth' likewise the followers of Jesus are called to exist for others. Christians are to be agents of the healing love of God, bringing Christ's healing touch through prayer and deed.

Jesus calls his followers to be like light, dispelling darkness, to shine out with the love of God. So, let's all do our best to be salt and light and to love our neighbour whoever that may be.

Service Rota Aug / Sep

Sunday 1st August St Luke's	Tuesday 31st August St Francis'
Tuesday 3rd August St Francis'	Sunday 5th September St Francis
Sunday 8th August St Francis'	Thursday 9th September St Luke's
Thursday 12th August St Luke's	Sunday 12th September St Luke's
Sunday 15th August St Luke's	Tuesday 14th September St Francis'
Tuesday 17th August St Francis'	Sunday 19th September St Francis'
Sunday 22nd August St Francis'	Thursday 23rd September St Luke's
Thursday 26th August St Luke's	Sunday 26th September St Luke's
Sunday 29th August St Luke's	Tuesday 28th September St Francis'

Please note that Church services are at 10am unless otherwise stated.

Although Covid restrictions have been lifted in the UK, churches are encouraged to continue to take all steps necessary to limit the transmission of the virus. The decision as to how we move forward in the light of the lifting of restrictions is now left to the incumbent and PCC.

Duston and Upton PCC have now agreed that for the time being, while Covid cases are on the rise, face masks must still be worn during church services and the practice of hand sanitizing and social distancing continued.

We hope that you will understand why the PCC has taken this decision and we shall continue to review the situation as time progresses.

Thank you.

Revd Mandy Marriott.

We are considering re-introducing a Sunday 8.30am monthly service of Holy Communion at St Luke's Church. If you would be likely to attend this service, please let Revd Mandy know. Thank you.



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twin your fridge

Now I expect like me you have already gone to your fridge this morning, perhaps to get out the milk for your tea or coffee, or to fetch a yoghurt for breakfast. Many of us turned all too often to the fridge for the comfort of eating during the lockdowns.

But of course for millions of people across the world, they do not have the luxury of opening a fridge door in their home in order to grab a snack. Millions of people are going hungry because of the economic fall-out from Covid-19. More than 40 million people are facing extreme hunger, and South Sudan and Yemen are on the brink of famine.



In South Sudan, food prices rose 42% in just one month. Tearfund, is a member of the Disasters Emergency Committee (DEC). And they are promoting a scheme called Fridge twinning.

This means you can twin your fridge with a family in a community in one of the poorest countries in the world.

Fridge Twinning will help people who were already vulnerable before Covid-19 hit: people who lack access to adequate healthcare, water, food & ways to earn a living.

Those who are most at risk of being destitute are people paid a daily wage, and those who rely on cash from family abroad. These sources of income have dried up due to lockdowns and job losses in the global downturn. Refugees, millions of whom live in overcrowded camps and makeshift shelters, are even more at risk now, without the opportunity to work and access healthcare.

Now of course impoverished households don't have fridges, and families usually go to a local market a few times a week to buy food. In effect, by twinning your fridge, you are twinning the contents of your fridge with food-related projects overseas.

So here's the important bit. By donating just £30 to twin your fridge you will help provide emergency food and support to families across the world who are suffering most from the economic impact of Covid 19.

Your twinned fridge will supply emergency supplies of beans rice and other basics and give families vouchers and cash grants to buy food. It will also enable families to start a small business. This could be growing crops, fishing, rearing animals or another enterprise. If you want to find out more about twinning your fridge then go to.....

www.toilettwinning.org

Yes they twin toilets too!

And on their site you will see how easy it is to twin your fridge and even your loo. So, when you go to your fridge today, why not think about twinning it?

We Don't Get Out Much

A parody on "Executive"
by John Betjeman.

Jane Stagg

I am a modern woman, I'm trying to be greener,
I've acquired a new possession, it's great for the demeanour,
Every place I enter, my way is clearly there,
All I need is a good breakfast, and plenty of fresh air.

You may wonder how I manage, so tell you I really must,
When I actually get going, you don't see me for dust.
Initially I put together what I need to know,
And set off every morning with accessories in tow.

When activating the ignition it gives a quiet purr,
Next a click, then off we glide, in any mode that I prefer
The headlights are a marvel, they show up every detail,
When cornering or parking up, you know, we really cannot fail.

Now I do like to leave a place as I would like to find it,
Although to start from scratch again, I really do not mind it,
Am I talking of a fancy car, that's keeping me serene-er?
Of course not, I'm delighting in a brand new vacuum cleaner.



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- Local What's On
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- Local Community Groups
- Local Charities
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with great music from today and the hits of yesterday

Healthy Summer

E	A	S	V	E	G	E	T	A	B	L	E	S	S
T	I	K	F	A	M	I	L	Y	B	C	N	G	T
P	S	E	I	V	O	M	H	F	O	I	U	N	R
N	B	P	O	E	B	N	T	R	O	S	A	I	O
C	E	L	O	A	N	P	L	I	K	U	A	N	P
B	S	A	B	O	B	K	A	E	S	M	N	N	S
E	G	C	I	N	L	R	E	N	E	E	E	U	D
A	N	T	K	D	K	A	H	D	H	N	M	R	E
C	I	I	I	I	N	P	E	S	F	I	N	A	P
H	S	V	N	M	S	L	E	E	P	U	S	R	G
S	S	I	G	M	I	I	C	R	S	R	G	N	O
S	E	T	T	I	U	R	F	I	T	N	E	S	S
N	C	Y	I	U	K	S	N	R	E	T	A	W	G
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- SING
- FRIENDS
- MOVIES
- VEGETABLES
- SUN
- SAND
- SLEEP
- POOL
- BEACH
- GAMES
- WATER
- FRUIT
- BIKING
- ACTIVITY
- CAMPING
- FAMILY
- FITNESS
- HEALTH
- MUSIC
- PARK
- BOOKS
- RUNNING
- FUN
- SPORTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1254235/>



A Special Day Out

By Ann Morris

29th June 2021. The day we went to Wimbledon!

'We' was my stepdaughter, Lynne, and myself. The way this came about was a complete surprise.. Firstly, Lynne had worked at St Luke's school for a number of years and was about to retire. Then we heard that the sports teacher, Stuart, had entered the school into a competition and won 2 tickets to Wimbledon!! The head teacher, Sonia, and the staff thought it would be nice to give the tickets to Lynne, and I was the lucky person she asked to go with her!

As this was one of the 'test events' for the Government, there were several hoops to jump through regarding Covid etc, which involved needing a smart phone for all the details and tickets to be stored on. Fortunately, my amazing 'tech savvy' son in law, Dave, liaised with Stuart and managed to sort it all out, and also the travel arrangements to SW 19. Next for us, was what could we take with us, as bag sizes were limited, and we needed everything from brollies to sun cream. On the day, Dave took us to the station, and we were on our way to Wimbledon!

We arrived safely, but our hearts sank a little when we saw the length of the queue for our particular entrance! However, the young steward at the end of the queue assured us that it wouldn't take too

long and he was right. As we moved, another steward came along checking our Covid details and gave us wrist bands to show we had been checked. As we got to the gate, someone else checked on the size of our bottles of water (only 500 mls allowed). The poor man in front of us had a huge container which he had to empty on the flower beds! There were several water points around the grounds to fill up our bottles, so we wouldn't go without. Then our tickets were checked, our bags searched and we were in!

Our first port of call was the Ladies, which was nearby, and there was no queue. We must have looked a bit confused, as a lovely gentleman in a blazer and a straw hat, asked if he could help. He showed us how to find our seats and then it was off to find some lunch. There was a Café just round the corner-

again no queue, luckily, and we enjoyed relaxing with some food, including a bowl of juicy strawberries – it wouldn't be Wimbledon without those would it? Then, off to find our seats!

We were on court 1, which is right near the entrance, so easy to find. We were shown to our seats by one of the volunteers from the armed forces who do this job every year – so smart in their uniforms! We could hardly believe we were actually inside the court, having watched on TV so often. Gazing around we spotted Judy Murray in the next block to ours. We marvelled at the discipline and precision of the line judges and the ball boys/girls, and then, out came the players -we saw two of the seeded

players Alexander Zverev and Angelique Kerber, who both played really well. During the first match it started to rain, so the covers went on (great fun)! And the roof was closed. So, although it was really wet outside, we were dry all afternoon. In between matches there was a half hour break,

so we went in search of some souvenirs to take home.

We had really enjoyed the tennis, but decided not to stay too long as there was a certain football match at Wembley, and we were not keen to be mixed up with those fans on the train! So, sadly, we had to leave, not before seeing the fans still sitting on Henman Hill – a bit soggy, but determined not to miss anything! Another steward pointed us in the right direction for a taxi. A word of appreciation for all the stewards/volunteers – everyone was so friendly and helpful! It was as if they were saying 'This is a special place and we want you to enjoy it as much as we do'. A lesson to be learned there, perhaps. We had a good journey back, and arrived home tired but happy, having really enjoyed our day.

So, a big thank you to everyone who made our day possible. It was slightly surreal to be there, especially for a huge tennis fan like me, and we can still hardly believe it happened. Truly, the chance of a lifetime and a very special day out!



The FOOD BANK Needs you!

Duston Food Bank need your donations!

Keep them coming.

Thank you.

Duston United Reformed Church works with Re:store to offer a food bank.

Situated opposite the Bakery in Main Road Duston, we are open on Saturday mornings from 10.00 until noon to provide ready packed groceries, we also have household products, personal hygiene items, nappies/wipes, baby food and a treats box from which you may chose additional items.

PLEASE if you need some help, come and see us. You will be assured of a confidential, warm and friendly welcome. If you

know of anyone who could do with a helping hand, please tell them about us. During the current pandemic, we follow COVID guidelines, please wear a mask. One person at a time, unless you have children with you, in which case you may bring them in with you. A one way system is in place.

Donations may be brought to URC on Saturday and Monday mornings between 10 and noon.

Thank you so much.



**Remember
YOU may also
need the Food
Bank!**

Top Items to donate this month

All in date please...

- ◆ Individual, large and small cereals (Weetabix type really helpful),
- ◆ Long life milk, tinned meat, tinned fish, tinned spaghetti, cooking oil
- ◆ Baked beans, tea bags, sugar, squash, tinned vegetables,
- ◆ Crisps, tinned fruit, tinned rice puddings, biscuits, packet soups (box of 4),
- ◆ Loo rolls, spray deodorants (men's and women's)
- ◆ Shampoo, washing up liquid, household cleaner (not bleach).



The good news is that donations can now be dropped off at St Luke's and St Francis' churches on the days when there are services.

See service rota in this

newsletter. Or drop them at the Rectory 3 Main Road Duston or **call Revd Mandy On 07898 364827** if you would like Suzi or Liz to pick up donations from your home.

Thank you.

Donations

St Luke's & St Francis' churches (on days when there are services)

St Luke's Rectory – 3 Main Road

Liz & Suzi can Pick up on their walks

The wait is nearly over...



..... Starts again on Wednesday 4th August!

We are very glad to announce that Wellbeing Café will re-open on Wednesday 4th August and every Wednesday following from 1pm -4pm at St Francis Church Eastfield Road Duston NN5 6TQ.

Measures will be in place to make your visit as safe as possible with hand sanitiser available, disposable gloves and a spacious area in order to socially distance. We shall ask you to leave your name and a contact number for track and trace purposes should it be needed.

There will be tea/coffee and cake available for a small donation and crafts and games too and you are welcome to bring along your own knitting/sewing or any other table activity.

We look forward to welcoming you back or if you haven't been before, come along!

Further details from Revd Mandy on 07898 364827.



DUSTON PARISH COUNCIL

More info on our Facebook and Website or contact us by phone if you are not online.

01604 583626

events@duston-pc.gov.uk

www.duston-pc.gov.uk

Facebook@DustonPC

DUSTON PARISH COUNCIL: Connect with us

We hope you are finally enjoying catching up with family and friends in the sunshine. It's been a while, hasn't it?

Here's how you can connect with us during August;

THE GROW TOGETHER ALLOTMENT – 11 & 12 AUGUST

It's National Allotments week this month and to celebrate we have some early evening gardening with a chip supper and summer holiday gardening activities for young people. As ever, all ages and abilities are welcome. You choose for how long. Fresh air, friendship and fun. Please call to register or book your child's place:

jenny@cypn.org or call 01604 583626

VIRTUAL WELLBEING TALK – COOKING & NUTRITION ON A BUDGET THURS 19TH AUGUST 12 NOON – 1PM

DPC and St Luke's PPG welcome you to our next FREE virtual health talk. We are delighted to welcome Lorraine Hirst, Director at Cooking Good. Lorraine will be talking about how you can still cook nutritious meals on a budget, with recipes using basic ingredients & leftovers this is sure to be a popular talk. You can pre-submit any questions to bcdm@duston-pc.gov.uk

For more info & to register for your FREE place email events@duston-pc.gov.uk or call 01604 583626

LOCAL COMMUNITY SUPPORT

Volunteering really is a win, win situation. Not only are you making a difference to those you can help but you get a great feeling of satisfaction in doing so. We have lots of opportunities for you to get involved, however you wish and for as little or as much as you want. Coming up later this year why not join us on a community litter pick or help us spring into 2022 with some autumn bulb planting around the village. We will be looking for people to become a 'Friend of DPC', to help at our events or join us on community projects. Why not register as a volunteer for the Duston Good Neighbour Scheme which we hope will be up and running by late summer.

We would love to tell you a bit more about what we have planned. Please email bcdm@duston-pc.gov.uk or call 01604 583626

01604 583626

www.duston-pc.gov.uk

Facebook@DustonPC

Parish Council Reports

This month we are pleased to include reports from our local Parish Councils and a reminder of the work they carry out in order to serve our communities.

A report from Duston Parish Council

Duston Parish Council has met on thirteen separate occasions, over the last twelve months and I am grateful for the attendance levels of all Councillors. Although by video is not the same as sitting here in the Caswell Centre.

Following the recent elections we have lost several Councillors. I would like to thank Cllr. Mike Pepper, Cllr. Suresh Patel, Cllr. David Huffadine-Smith, Cllr. Alison Nish and Cllr. Ken Clarke for their commitment and efforts on behalf of the Parish.

I would like to thank the local Borough Councillors, Cllr. Tim Hadland and Cllr Suresh Patel for the work they have done for the residents of Duston and our County Councillor Matt Golby.

I would like to offer our congratulations to our recently elected West Northamptonshire Councillors Matt Golby, Anna King and Jake Roberts for Duston West and St. Crispins, and Nigel Hinch, Paul Dyball and Greg Lunn for Duston East. All candidates, whether successful or not, that stood for these new seats should be thanked for their commitment and willingness to represent and support all areas of Duston.

It is good to see the new Council in place and to welcome back some 'old faces' who have returned to the Council. I would particularly like to welcome Cllr. Jan Ennis-Clarke, Cllr. Nigel Hinch and Cllr. Anna King as new members of the Council.

It has been a difficult year for everyone and the situation has meant that very few, if any, Parish events have taken place. However, it is a tribute to the Council considering what projects have been implemented.

These have included:

- Working with the RBL, Church and the Duston Covid-19 Facebook group to provide support for the residents of Duston during the pandemic. The excellent work carried out by this partnership will be carried on as it metamorphoses into the Duston Good Neighbour Scheme;
- Working with the residents of the Timken development regarding management companies;
- Liaising with NBC regarding CIL and S106 money;
- Working with residents regarding HMO's;
- Looking at providing a lasting memorial, in the form of commemorative benches, to the sacrifices of Duston residents during the recent pandemic.

The Parish Council have made several grants to organisations working in the Parish. These include The Royal British Legion, Boys Brigade, Wellbeing café, Favell Day Services, Girl Guides, Duston Village Hall and Affinity Day Care.

Duston Parish Council also supported the essential and vital work of our local police, by providing funds for the purchase of a new bike.

The Council also recognises the work carried out by the staff during the pandemic. This has seen a complete and very successful refurbishment of the Caswell Centre, our thanks to Pete Wisbey and his team for this. The move by staff into the new reception centre is an excellent development to the appearance of the centre. The continued work with the Speed signs and attempts to reduce traffic speed across the Parish.

Parish Council Reports

A report from Duston Parish Council cont...

We also thank the events staff for the creative way in which they have put on virtual events for the residents of Duston. These have included an Easter egg hunt, craft fair, festive pets competition and also provided the tree of hope and the tallest sunflower competition.

We are particularly pleased to accept transfer of several public areas from NBC and the developers. These include Errington, Grafton, Melbourne and Mendip Parks, Rose Villa Garden, Timken Gates and the strip of land behind Pendle Road. This ensures that these vital areas of Duston are preserved and protected by the Parish for the future generations of Duston Residents.

The Parish Council continues to work with the developers and the various Management Companies to hopefully improve both the services that they deliver to you and the local environment.

The Parish Council responded swiftly to support vulnerable residents during the current Covid-19 pandemic. This involved working with the RBL and local residents to set up a Covid support group. I am particularly thankful to Cllrs. Enright-King, Stonehouse and Maitland for this work.

Council have also embedded into its structure Wellbeing and now this forms part of the new Engagement and Wellbeing Committee.

Duston Parish Council will continue to work with all agencies and especially WNC, to ensure that residents have the necessary facilities and resources to make a happy and peaceful place to live.

I would also like to thank all the groups and individuals involved across the parish this includes the Councillors around this table and the Parish Clerk, Deputy Clerk and all staff for their continued work for the residents of Duston.

Shaun Pape
Chairman

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Well done Everyone!

The last 3 Church plant, cake and craft stalls raised:

£1466.33

So a HUGE thank you to all!

A report from Upton Parish Council

Upton Parish Council has met on sixteen, which is a record for the Council, separate occasions, over the last twelve months and I am grateful for the attendance levels of all Councillors. I think that we can congratulate ourselves on the creative use of video conferencing.

Following the recent elections, and due to a move, to we have lost several Councillors. I would like to thank Cllr. Robert Barrett, Cllr Ian Duly, Cllr. David Huffadine-Smith, Cllr. Pinder Chauhan and Cllr. Darren Stevens for their commitment and efforts on behalf of the Parish.

I would like to thank the local Borough Councillors, Cllr. Allan Botwood and Cllr Brian Sargeant for the work they have done for the residents of Upton and our County Councillor Pinder Chauhan.

I would like to offer our congratulations to our recently elected Unitary Councillors Brian Sargeant, Nick Sturges-Alix and Imran Chowdhury and welcome Imran back to the Council.

It is good to see the new Council in place and to welcome back some 'old faces' who have returned to the Council.

It has been a difficult year for everyone and the situation has meant that very few, if any, Parish events have taken place. However, it is a tribute to the Council considering what projects have been implemented.

These have included:

- Working with the RBL and Duston Parish Council to support the Covid support group;
- New way-signs throughout the parish;
- An initiative in conjunction with the RBL to provide commemorative tankards, and beer!, to 110 veterans:
- Litter picks;
- Butterfly garden at St Crispins Retirement Village;
- Commemorative benches installed;
- Pushing for work to be finished on St. Crispins playing fields;
- Christmas singers and the Mayor for the Retirement Village.

The Parish Council have made several grants to organisations working in the Parish. These include The Royal British Legion, Friends of St Lukes School, Foxfields and Upton Meadows Residents Association.

We are currently in the process of negotiations with the developers and West Northamptonshire Council (WNC) with the intention of considering any asset transfers to the Parish Council. This is particularly important to preserve public open spaces and community facilities in light of the new unitary developments. We hope that WNC works swiftly to implement the asset transfers so that these facilities are under the control of local organisations.

The Parish Council continues to work with the developers and the various Management Companies to hopefully improve both the services that they deliver to you and the local environment.

The Parish Council have responded swiftly to support vulnerable resident during the current Covid-19 pandemic. We have financially supported schemes run by the RBL and by UMRA to ensure that vulnerable and elderly people in the Parish have received food and assistance during the current crisis. I would like to particularly thank Cllrs. Stevens and Alex for organising this.

Parish Council Reports

A report from Upton Parish Council cont...

Upton Parish Council will continue to work to ensure that residents have the necessary facilities and resources to make a happy and peaceful place to live and residents should be assured that we will do whatever is possible to ensure that the developers comply with both their legal and moral duty to the people who have moved onto the estate.

I would also like to thank all the groups and individuals involved across the parish this includes the Councillors around this table and the parish Clerk for her diligence and the efficient manner in which she carries out her duties.

Shaun Pape
Chairman

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KAY SMITH
INDEPENDANT PRODUCT CONSULTANT

Welcome

"dōTERRA PURE ESSENTIAL OILS ARE REVOLUTIONISING THE WAY FAMILIES MANAGE THEIR HEALTH. WE HARNESS NATURE'S MOST POWERFUL ELEMENTS AND SHARE THESE GIFTS THROUGH OUR GLOBAL COMMUNITY OF WELLNESS ADVOCATES"

CONTACT ME:
TELEPHONE 07891 609343
EMAIL:
KSPUREESSENTIALS@GMAIL.COM

AFTER A CAREER AS A DANCE INDUSTRY PROFESSIONAL WORKING ON STAGE AND TELEVISION AS A DANCER, CHOREOGRAPHER AND DIRECTOR WORLDWIDE I AM IN SYNERGY WITH MY MIND AND BODY TO PURSUE A LIFE OF HEALTH AND WELLBEING IN ITS GREATEST FORM. LAW OF ATTRACTION BROUGHT ME TO THE 'GIFT OF THE EARTH' THAT IS dōTERRA. THE POWERFUL ESSENTIAL OILS AND THEIR PROPERTIES IMMEDIATELY IGNITED PASSION AND ENTHUSIASM WITHIN ME AND I BEGAN TO USE THEM AND QUICKLY BECAME A dōTERRA ESSENTIAL OILS ADVOCATE WITH A MISSION TO SHARE MY EXPERIENCE. THESE UNBELIEVABLE PLANTS HAVE POSITIVELY IMPACTED ON MY FAMILY'S LIFE FOR THE BETTER.

dōTERRA OILS ARE A NATURAL GIFT FROM THE EARTH, FOUND IN ROOTS, STEMS, SEEDS, BARK, FLOWERS, HERBS AND RINDS OF THE PLANT. COMPOUNDED, DISTILLED AND PREPARED TO BRING THE POWER OF NATURE INTO YOUR HOME EMPOWERING THE NEEDS FOR IMPROVING INDIVIDUAL AND FAMILY HEALTH AND WELLNESS.

I CAN BRING YOU A PERSONAL, UNIQUE AND INDIVIDUAL EXPERIENCE TO ENABLE THE INCREDIBLE POWER OF WHAT dōTERRA ESSENTIAL OILS CAN DO FOR YOU WHILST BUILDING A RELATIONSHIP OF TRUST.

FEEL FREE TO CONTACT ME FOR A 1:1 CONSULTATION TO FIND OUT MORE.

dōTERRA



PLEASE JOIN US for our next
**VIRTUAL HEALTH &
WELLBEING POP UP**

Thursday 19 AUGUST 2021 | 12 noon - 1pm

**'Cooking & Nutrition on a
budget'**

with **Lorraine Hirst,**
Director at Cooking Good

A **FREE**, informative presentation giving help and advice

**Hosted via
zoom**

**Online cookery
demonstration &
nutritional advice**

For more info and zoom link details,
please contact: lorraine@health-works.co.uk

Duston Parish Council working in partnership with St Luke's PPG



T: 01604 583626
E: bcdm@duston-pc.gov.uk
www.duston-pc.gov.uk





Helping to connect Church and Community groups together for the wellbeing of all

Community Connect

The Rectory
3 Main Road
Duston
NN5 6JB

Email: aj.marriott123@gmail.com

We aim to get Community Connect out by the first week of each month, so articles for the following month need to be submitted by the beginning of the last week of each month. They can be emailed to Rev'd Mandy Marriott at aj.marriott123@gmail.com or put through the Rectory door 3 Main Road Duston NN5 6JB.

This is your community newsletter so keep your articles coming in.

We love to hear from you.

*We currently don't charge for Community Connect but if you would like to make a donation towards printing costs then we would be very grateful. Donations can be made by cheque to Duston and Upton PCC or by BACS transfer to Duston and Upton PCC Acc number 32599613 Sort Code 23-05-80. **Thank you.***

In your next issue of Community Connect...

Next month:

Weddings at St Luke's

Why not send in pictures of your gardens, or unusual holiday or day trip pics?

Send them as usual to Revd Mandy on
aj.marriott123@gmail.com

TREE QUIZ

How did you do with last month's Tree Quiz? Well, here are the answers!

- | | | | |
|-------------|-------------------|------------|-------------------|
| 1) Ash | 7) Fir | 13) Pear | 19) Holly |
| 2) Bay | 8) Olive | 14) Spruce | 20) Magnolia |
| 3) Beech | 9) Maple | 15) Oak | 21) Elder |
| 4) Cork | 10) Giant Redwood | 16) Willow | 22) Monkey Puzzle |
| 5) Birch | 11) Pine | 17) Palm | |
| 6) Chestnut | 12) Plane | 18) Yew | |