

# BURNHAM U3A MAGAZINE



**Autumn 2024**  
**[www.burnhamu3a.com](http://www.burnhamu3a.com)**

*U3A is the premier movement for informal life-long learning*

Disclaimer: The inclusion of advertisements in this Magazine does not imply endorsement by the U3A of the companies placing the advertising.

**LOUNGE SUITES** **DINING** **BEDS** **BEDROOM**  
*FURNITURE AND CHAIRS FURNITURE & MATTRESSES FURNITURE*

# Scotts

## home furnishers

20 Victoria Street  
Burnham-on-Sea

Telephone:  
01278 789716



100 s of  
offers in store

## Shoreline Property Maintenance

House and Garden Maintenance

Based in Burnham-on-Sea

- Drain and gutter unblocking
- Door locks repaired or replaced
- Brick and blockwork repairs
- All aspects of garden maintenance
- Garden waste taken away
- Window repairs
- Carpentry
- Painting
- Strimming
- Patio and paving
- Fencing
- Garage locks
- Lawn mowing
- Hedge trimming
- Tiling
- Plumbing

\* Small jobs welcome \*

\* Free estimates \* \* No call-out charges \*

Local Friendly Service

Phone: **01278 328654** Mob: **07715 205676**

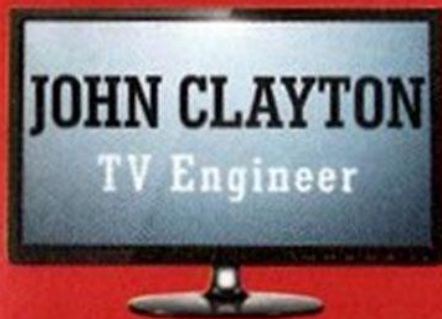
Email: [hrj.shoreline@gmail.com](mailto:hrj.shoreline@gmail.com)



**IMPROVEMENTS**

**GENERAL BUILDING & PROPERTY MAINTENANCE**  
**PLASTERING · TILING · KITCHENS · BATHROOMS**  
**DOORS · WINDOWS**

**07517217266 OR 01278 789836**  
**[dbimprovements1272@gmail.com](mailto:dbimprovements1272@gmail.com)**



- Repairs & sales  
TVs, recorders etc
- Setting up service
- Welsh channels removed
- Freeview, Freesat, Sky
- Friendly, fast, reliable  
service

*45 years in the trade*

**Burnham-on-Sea 01278 788632**

-oOo-

# DBM ELECTRICAL SERVICES

INSTALLATIONS & REWIRES  
ALTERATIONS & ADDITIONS  
NEW CONSUMER UNITS  
SMALL JOBS WELCOME



Part-P Registered/Qualified

**07710 636095**

**01278 783410**

# Burnham-on-Sea U3A

(Charity No 1068271)

Honorary President **Ken Hindle**

Telephone 787831 or email: president<a>burnhamu3a.com

Web-site: www.burnhamu3a.com

## Committee

<b>Chairman</b>	- Gail Norton	chairman<a>burnhamu3a.com	328922
<b>Treasurer</b>	- Joan Holderness	treasurer<a>burnhamu3a.com	07535736734
<b>Secretary</b>	- Geoff Banham	secretary<a>burnhamu3a.com	07766670737
<b>Website, Magazine Editor</b>	- Harriet Browne	editor<a>burnhamu3a.com	795258
<b>Groups Coordinators</b>	vacant refer to chair - groups<a>burnhamu3a.com		
<b>Membership Sec</b>	vacant - membsec<a>burnhamu3a.com		
<b>Magazine Distributor</b>	- vacant		
<b>Coffee Morning &amp; Refreshments</b>	Brenda Dibley	coffees<a>burnhamu3a.com	782150
<b>Community Centre Rep</b>	- Paul Hambleton	paul<a>burnhamu3a.com	788452
<b>Facebook Admin</b>	- Gail Norton	gail<a>burnhamu3a.com	328922

## Member Key Roles

<b>Coffee Morning</b>	-Brenda Dibley	coffees<a>burnhamu3a.com	782150
<b>Minutes Secretary</b>	- vacant		
<b>Cashier</b>	- vacant		
<b>Day Trips Organiser</b>	- Gerry Richards/Marilyn Nicholls	daytrips<a> burnhamu3a.com	783372
<b>Archivist</b>	- Veronica Richardson		773705
<b>NSAU3As Representatives</b>	Geoff Banham		07766670737
<b>Welcome &amp; New Members Liaison</b>	- Rachel Rowse & team		792618
<b>Equipment Officer</b>	- vacant		
<b>Speaker Organiser</b>	- Gail Norton	gail<a>burnhamu3a.com	328922
<b>Quizzes</b>	- Judith Betts		

All email addresses must have <a> replaced with @ to be valid. This is to prevent spamming of these addresses.

## Coffee Morning Serving Rota



26th September	French 4
3rd October	German
10th October	Lunch club 2
17th October	Painting for pleasure
24th October	Poetry
31st October	Philosophy 1
7th November	Philosophy 2
14th November	Philosophy 3
21st November	Spanish
28th November	Supper club
5th December	Supper club 2
12th December	Table tennis 1

Coffee is served from 9:45 to 11:15

Swaps may be made by mutual agreement between groups but please let Brenda Dibley know on 782150 before the day.

**The Thursday Quiz is provided thanks to Judith Betts**

## Message from the Editor

Hi all,  
This is the Autumn magazine,  
doesn't time go fast these days!  
We have all the usual  
information, about the changes  
to the groups and new things  
that have been offered.



We have an interesting article about two of our older members. Doreen and Michael Velleman. When they were young, they fostered children who needed a stable home. The account had been printed in a newspaper some 30 years ago, and Doreen passed this on to me.

I am sure there are many others of our members who have done remarkable things in the past. I do like to get a story like that for the Magazine. In fact, I would be very grateful for such articles, or stories about what you do nowadays. There have been events run by the Third Age Trust nationally where any U3A member can go. If you do, please let all our members know what and why. If I can't get contributions, either I write it all myself, or the magazine will fold ☹.

And the Vellemans are still in the news, see the back cover about their Diamond Wedding Anniversary, and the letter from the King!

Happy Autumn

*Harriet Browne*

## Chair's Message

Hello Everyone,

In the Summer magazine I wrote about looking forward to the sunshine, but we still have not seen much of it. Perhaps we can look forward to an "Indian Summer"!

We have a busy time ahead of us, starting with a Tea Party in memory of Janet Hill on Friday 13th September. This is a joint venture by the U3A and the Friends of the Community Centre. Janet did a great deal for both organisations, including selling books and jigsaws in her front garden. This was especially useful during Covid, when she raised a significant amount of money for the Community Centre to help ensure it would remain as a vital part of the Burnham on Sea community. The Tea Party will include completing a jigsaw, which will then be framed in memory of Janet. Please let me know if you are planning to attend the Tea Party, so we can organise the catering. Donations will be welcomed.

During September we will also be holding an afternoon tea for our Group Leaders. This is to thank them for their work for the U3A, as well as ensuring they are up to date with current information.

On Friday 27th September we will be having a Social Evening, which will also be a Speaker Event with Emma Britton, talking about her work as a Radio Somerset and Radio Bristol presenter and as a Celebrant. Tickets are available at Coffee Mornings, or contact me.

On Saturday 12th October we will have our annual Open Day, to show local people what is available at Burnham on Sea U3A. Groups will be asked to attend to publicise their activities.

A further Speaker Event is planned for Friday 8th November, when I will be talking about the island of Mauritius. Tickets will be available nearer the event.

There are many Day Trips planned over the next few months to Exmoor and Minehead, Hereford, Poole and Cardiff for Christmas shopping! These trips are always very popular, so many thanks to our organisers for their continued hard work.

Finally, we have a date for our Christmas Carol Service - Wednesday 18th December. The service will be led by our President, Ken Hindle, and refreshments will be available in the church after the service. Ken has recently celebrated his 90th birthday, but continues to work tirelessly as President of both our U3A and the Community Centre. Best wishes,

*Gail Norton*





## **Fostering**

Half a lifetime ago, Michael and Doreen Velleman were living in Slough. They had two children of their own at that time, but, having moved to a house with a spare room, they decided to become foster parents.

Their first charge was a 4 year old West Indian boy, who had asthma and had to go to hospital quite often. He had other problems too, and the Vellemans felt he was probably the most difficult child to deal with. He stayed with them for two years, and eventually went back to his father when he had somewhere to live. By then his asthma had cleared and he was quite well. And he came back to tell them how he was, and that he had a dog!

Next came two little West Indian girls, age 3 and 18 months. And then other children, all needing a stable home. Eventually, they had a girl who was going to be with them a long time until she had grown up, which called for a different attitude.

Though they were not a wealthy couple, they were happy to share what they had with the children in their care. More than material wealth, they have reserves of patience, kindness, good sense and affection that insecure and rejected children need.

When they applied, the Vellemans didn't know they would be paid, but they were. Rates depend on the age of the child, and there are other allowances for special things like school uniforms and holidays.

The Vellemans don't recommend fostering to anyone. "I think you need children of your own, so the child gets used to family life", said Doreen. The most important thing is to make sure the child knows he is going to leave one day. It is fatal to let him think he is staying forever. Although we got attached to all our foster children we always remind ourselves that one day they will leave us."

Putting it all together, what did they get out of fostering? Doreen said, "Fostering is a marvellous experience, and I think it has taught us and our family a lot. Our neighbours were always interested in what we were doing, and asked us who would be next to come to stay.

It is very rewarding, Even if you have a problem with a child, it's great when you overcome it So many people say to us that they couldn't do it. But we are only an ordinary family, nothing very special. So many other families with a room to spare could do it if they tried".

*From a newspaper article of the time, provided by Doreen Velleman*

# GROUP NEWS

## YOGA TUESDAY MORNINGS

Yoga classes began about 4 years ago with U3A and I believe that I am one of the original participants. I am a 72 year old male, not the archetypal example of a young, bendy female.

Originally, I was grunting, puffing and panting to achieve any of the so-called easy poses. Laraine would chastise me by saying, "age is just a number, you are not old." Since then, I can now perform without the dramatics, as things became easier and my flexibility increased.

For some time, I was the only male in the class which was slightly disconcerting when practising with ten ladies but recently we have another man who has joined the group.

In one of our lessons, Laraine was pointing out the benefits of yoga, good flexibility, supple muscles and a healthy body and mind. I did have to point out the one disadvantage for me. I am the only person in my household capable of getting down on the floor to clean it!

I still find the classes extremely inspiring thanks to Laraine's commitment and dedication. Since the pandemic, we have been a small group practising in the Community Centre but we are soon to expand our class, please read below.

*Phil Hemming*

**WE ARE MOVING!**

The Tuesday morning yoga group is moving to Mark Village Hall on 3rd September 2024. We have had a waiting list for many months and, as much as we love being in the Community Centre, we have outgrown the space. We can now accommodate everyone on the waiting list and any new members who would like to join us. If you don't drive and would like to come, there are lovely members who can offer you a lift. Parking is free at Mark. We are also happy for you to try the first session free of charge but you must be a member of U3A or an affiliate group, even though we are no longer based in the Burnham Community Centre. The postures are gentle and you move according to your ability and limitations. Everyone can benefit from an hour and half, (we start at 10.00), of gentle movement, breathing and guided relaxation. The only ability you need to have, is to be able to sit on, and get up from, the mat unaided. You will need a non-slip yoga mat, a blanket and to wear loose clothing. If you would like to try, you can reach me on my email: [bridgeslaraine3@gmail.com](mailto:bridgeslaraine3@gmail.com) or 01278 641853.

Peace and love

*Laraine Bridges*

## DAY TRIP to Bridport and West Bay

In June we travelled to Bridport for a busy Market Day, and were greeted by friendly stall holders with a broad variety of products. Some of us were fascinated by plants that can catch flies. There were also fine eating and drinking establishments. And a variety of specialist shops, one of which was like a Tardis, where we spent time trying on a selection of hats, and other accessories!

Then in the afternoon our coach driver took us to West Bay, for ice creams, a busy harbour walk, and special cliffs views in the Bay. It was a very enjoyable day trip, with good weather, a choice of places to eat and drink and great organisation from our remarkable Day Trips Team.





**Bridport**



*Niki Bowden*



Sidmouth



## DAY TRIP to Sidmouth 7/8/24

Our annual day trip to Sidmouth Folk Festival Week. Once again we had two coaches of happy day trippers for the Festival. The weather looked threatening once or twice but remained dry but cloudy and humid. There is always a wonderful lively atmosphere in Sidmouth during Folk week. Four of our U3A members got into the spirit of the Festival by dressing as Pirates for the day, Brenda Dibley, Chris Russell, Kathy May and Maggie Kelly.

Their costumes were imaginative and impressive.

Several of us had coffee on the terrace of The Belmont on the sea front and were treated to the sight of three Birds of Prey on their perches on the putting green at the front of the hotel. Bonny, Derek and Ruby are regular visitors to the delight of hotel guests but obviously not to the seagulls who made a quick disappearing act. Bonny and Derek pictured, Ruby had gone with her owner for her breakfast.

*Gerry Richards*

-oOo-

**TABLE TENNIS 4** is looking for new members. We play on Tuesday mornings from 9.30am to 11.00am at The Baptist Church in College Street. It is a very friendly group who welcome players of all levels, although some previous experience would be an advantage.

If you would like to know more please contact Carol Marriott on 01278 795773 or just turn up on Tuesday morning.

-oOo-



## THE WALKING GROUP

The Walking group have had some very pleasant walks this year. In July and August we had a couple of walks in North Somerset in Goblin Combe (led by Sandra Mathews) and in Burrington Combe (led by new member Ian Rix). The walks are typically 6 to 8 miles long, sometimes with inclines (euphemism for hills!). If you are interested in joining the group please contact group leaders Jean Fincken or Chris Preston (the contact details are at the end of the magazine) The photo shown shows some of the group in Burrington Combe with a view over the Blagdon Lake.



-oOo-

## **The Carrington Effect**

Earlier this year, there was a view of auroras, the Northern Lights, seen at places far to the south of where they are usually seen. Not only all over the British Isles but also into Europe. This was the result of a coronal mass ejection (CME) from the surface of the Sun.

A CME is a vast cloud of electrically charged particles from the Sun's upper atmosphere or corona that is heated to enormous temperatures, and launched with a huge burst of speed by the energy released in a solar flare.. They don't present a direct threat to life on Earth, but they can damage the technologies on which human society depends.

On 1<sup>st</sup> September 1859 a British Astronomer, Richard Carrington, studying sunspots, witnessed a massive solar flare for the first time.

This flare caused aurorae to be seen all round the world, as far south as the Caribbean. The aurora was so bright over the Rocky Mountains, that it woke miners who started making breakfast thinking it was morning. The aurorae were visible from the poles to low latitude areas, such as south Mexico, Cuba, Hawaii and even as close to the Equator as Colombia. It also caused sparking and fires in multiple telegraph stations, which was the extent of modern technology at the time.

Less severe storms occurred in 1921 and in 1960, when widespread radio disruption was reported. In 1989 a CME knocked out power over large sections of Quebec.

In July 2012 a Carrington class super-storm was observed, but its trajectory narrowly missed the Earth!

In 1859, there were only telegraph stations to be disrupted. In 2024 we are totally dependent on electronics. We could have lost our power grids and lines, radio and television and the Internet too. Most of these have surely been given some protection with our current knowledge of the science. It did hit Europe, Australia and China and took out all their Radio transmissions. It must have also missed our satellites in low earth orbit, or we could have lost most communications around the world including GPS.

These events usually happen when the Sun is most active. The Sun has a cycle of 11 years from being fairly quiet to very busy, and back again. Right now, the Sun is at its maximum and will get quieter over the next 5 years, until it starts to build to the next maximum.

We were lucky this time.

*Harriet Browne*



## **OPEN DAY**

Our U3A will be holding an Open Day on Saturday 12<sup>th</sup> October at the Burnham Community Centre on Berrow Rd. The event will run from 2.00 pm to 4.00 pm. Many of our groups will be displaying their activities at the event. This is aimed at publicising our U3A, attracting new members and encouraging existing members to consider joining some of the other groups. The day will be publicised via the website [www.BOS.com](http://www.BOS.com), via local media, our own website and with fliers. Please encourage friends and family to come along if they wish to know more about the U3A.

## **OTHER EVENTS**

Group Leaders Meeting – 14<sup>th</sup> September, 2.00 pm – 4.00 pm at the Community Centre.

A Speaker Event is planned for Friday 8<sup>th</sup> November, when the talk will be about the island of Mauritius.

The Christmas Carol Service - Wednesday 18<sup>th</sup> December. 10.30

## **CHEESE AND WINE SOCIAL**

Emma Britton from Radio Somerset will be giving a talk at our social evening on Friday 27<sup>th</sup> September starting at 7 pm at the Community Centre.

Friday Nov 1<sup>st</sup> James Bond Casino evening No money involved

Dress theme ; James Bond Style

**-oOo-**

## **OUR U3A COMMITTEE**

We are a Registered Charity, managed by a Committee of Trustees

: The Committee helps provide an environment for social interaction, learning and to go on day trips and holidays

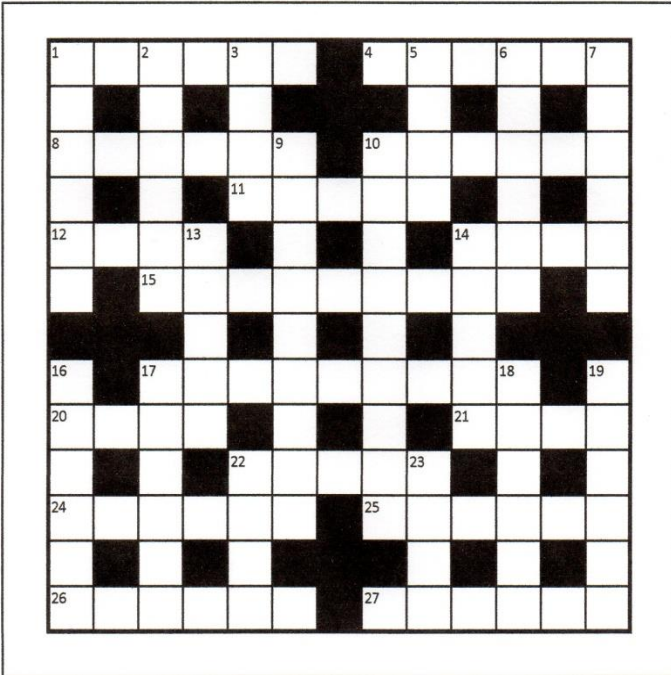
: The Committee, especially the Treasurer, take responsibility for keeping us solvent and fulfilling our financial obligations (eg to the Third Age Trust and our HQ the Community Centre)

We strive to run our U3A successfully, but the key point is that we are a team of volunteers who give up their time to create an enjoyable experience for as many members as possible

At the AGM several of our Committee members stood down from the roles they have been carrying out and we are in need of new Committee members. We thank those officers who have been carrying out those roles.

(Please see Page 5 for the numbers of vacancies)

## Crossword 47



### Across

- 1) Reptile
- 4) Aid, help
- 8) New soldiers
- 10) Outlaw or robber
- 11) Shave a sheep
- 12) Oceans
- 14) eg Rib, kneecap
- 15) He makes things from wood
- 17) Bag carried on your back
- 20) Riverside plant
- 21) It grows on your head
- 22) Type of snake
- 24) Humped animals
- 25) Old Italian soldiers
- 26) Loathe, hate
- 27) Rely on

### Down

- 1) Crop destroying grasshopper
- 2) Signs such as Leo, Aries
- 3) Rodents
- 5) It twinkles in the night sky
- 6) Opposite of outdoor
- 7) Cockney for hat
- 9) They tend their flocks
- 10) Stair rail
- 13) Cold meal
- 14) Area at the seaside
- 16) Costed
- 17) One who lives in solitude
- 18) Oriental unarmed combat
- 19) Rubbed out
- 22) Swiss mountains
- 23) English flower

Veronica Richardson

answers p 22

<b>Name</b>	<b>Leader</b>	<b>Contact no.</b>	<b>Meeting details</b>	<b>Venue</b>
<b>Book 1</b>	Anne Morris	793355	Every 3 <sup>rd</sup> Fri, 2- 4 pm	Private address
<b>Book 3</b>	Diane Cruickshank	787856	Last Thurs of month 2- 4	CC
<b>Brush Strokes</b>	Sue Meads	792021	Fridays 10:0 – 12.00	CC
<b>Burnham U3A Singers</b>	Marilyn Nicholls	780020	Every 2 <sup>nd</sup> Weds 2 - 4	CC
<b>Classical Music 1</b>	Roy West	324020	2 <sup>nd</sup> & 4 <sup>th</sup> Mon, 2 – 4 pm	Private address
<b>Classical Music 2</b>	Ken Henton	641278	1 <sup>st</sup> & 3 <sup>rd</sup> Mon, 2 – 4 pm	Private address
<b>Classical Music 3 - G&amp;S Operetta</b>	Paul Hambleton	01278 788452	3 <sup>rd</sup> Friday	Private Address
<b>Craft &amp; Card Making</b>	Jenny Collins	327100	1 <sup>st</sup> & 3 <sup>rd</sup> Weds 2-4pm	CC Room 3
<b>Creative Writing</b>	Niki Bowden	787022	1 <sup>st</sup> Friday, 10 - 12	CC
<b>Day Trips</b>	Gerry Richards	01278 783372	At Coffee am R4	
<b>Exercise to Music</b>	David Napper	792371	Every Friday 10 – 11am	CC
<b>French 1</b>	Kathy Harrison	07899 922919	Weds 2:30 - 4:00	CC
<b>French 2</b>	Colette Winfield	238583	Thursday 10 – 11 am	CC
<b>French 3</b>	Geoff Banham	07766 670737	Tues 10 - 11 am	CC
<b>French 4</b>	Robert Bridges	641853	Fri 10 -11.30	CC
<b>La Table Francaise</b>	Robert Bridges	641853	Monday 11 – 12.30	Dunstan Hotel
<b>Keep Fit</b>	Rosemary Lane	786054	Thurs 10 am	CC
<b>German for beginners</b>	Gail Norton	07883 005115	Tues 2-3 pm	CC

<b>Lunch'n Club 2</b>	Maria Tucker	07515682079	2 <sup>nd</sup> Monday, 12.30	Various
<b>Needlework</b>	Julie Challacombe	323573	Friday 2-4	CC
<b>Painting for pleasure</b>	Jane Lee	783511	Every Wed 10-12	CC
<b>Patchwork</b>	Julie Challacombe	07766520781.	Every Tues 2 - 4	CC
<b>Poetry etc</b>	Colette Winfield	238583	Every 2 <sup>nd</sup> Thurs 2-4	Private address
<b>Philosophy 1</b>	Katrina Gardiner		1 <sup>st</sup> & 3 <sup>rd</sup> Thurs am	Private Address
<b>Philosophy 2</b>	Margaret Stewart	256376 or 07980001343	Alt Fridays am	Private address
<b>Philosophy 3</b>	Roger Miller	784658	Alt Thurs pm	Private Address
<b>Rummikub</b>	Pat Reid	780806	Mon 2-4 pm	CC
<b>Short Walks</b>	Julie Esnouf	07916517774	Monday	Various
<b>Spanish</b>	Sue Royle	07837957588	Tues eve 7- 8pm	CC
<b>Supper Club</b>	Christine & Allen Owen	784500	Last Weds even	various
<b>Supper Club 2</b>	Wendy Westwood	01278 789684		
<b>Table Tennis 1</b>	J Robinson	787200	Every Wed 2 – 4 pm	Bay Club
<b>Table Tennis 2/3</b>	Ian Nield	751533	Friday 2- 4pm	Ba Club
<b>Table Tennis 4</b>	Carol Marriott	795773	Every Tue 9.30 – 10.30	Baptist Ch. Hall
<b>Table Tennis Beginners</b>	Peter Manning	07976408843	1 <sup>st</sup> & 3 <sup>rd</sup> Sat 10.30 – 11.30	As above
<b>Ukulele</b>	Terry Smith	01934 615987	Mon 2 - 4	CC
<b>Walking</b>	Jean Fincken & Christine Preston	07939 939204 07584016622	Wednesday	See prog'me
<b>Yoga</b>	Larcaine Bridges	641853	Every Tues 10 - 11:30	Mark Vill. Hall

PAUL CASE

Carpentry/Kitchens/Wardrobes/Bathrooms/UPVC/Tiling/ Property Maintenance

# P.C.CARPENTRY

chippyase@gmail.com

07714339134

www.pccarpentry.co.uk



# SUSTAIN

**BUILDING SERVICES**



**07926 731 745** (sam)

**07591 076 980** (duncan)

**CONTACT@SUSTAINBUILDINGSERVICES.UK**



**Find us on Facebook**

# Burnham Mobile Foot Health Clinic

Foot health treatment in the comfort of your own home Covering a 10 mile radius from Burnham-on-Sea

## Your feet are really important

Feet are often overlooked or forgotten about, but without healthy feet our bodily systems can become compromised.

Getting older and other life changing events can make it hard for some to reach their own feet - even cutting nails can be an impossible or challenging task. When feet are neglected, skin and nail problems can often occur.

Painful and tired feet can often be improved easily with the correct treatment and professional care.

**We are your friendly, mobile and confidential foot health care service, providing individuals with professional care and treatment for a wide range of foot health issues.**

## Let us help

We can provide foot health advice and treatment for:

### Nail Conditions:

- Thickening of the nail
- Nail fungal infections
- Nail cutting & filing
- Ingrowing nails

### Skin Conditions:

- Callus
- Corns
- Verrucas
- Athletes foot

All our treatments are finished with a relaxing foot balm massage



Book your appointment today

Contact Lydia on

**07720 383 994**

Contact Andrea on

**07729 497 377**

Or email us: [bosmobilefootclinic@gmail.com](mailto:bosmobilefootclinic@gmail.com)

We have been helping the community for over 5 years now

-oOo-

## Crossword Answers

Across: 1) Lizard, 4) Assist, 8) Cadets, 10) Bandit, 11) Shear, 12) Seas, 14) Bone, 15) Carpenter, 17) Haversack, 20) Reed, 21) Hair, 22) Adder, 24) Camels, 25) Romans, 26) Detest, 27) Depend.

Down: 1) Locust, 2) Zodiac, 3) Rats, 5) Star, 6) Indoor, 7) Tiffer, 9) Shepherds, 10) Bannister, 13) Salad, 14) Beach, 16) Priced, 17) Hermit, 18) Karate, 19) Erased, 22) Alps, 23) Rose.

# RMC SECURITY SYSTEMS

**RMC Security is a dedicated family run business based in Weston-s-Mare. We provide a reliable service of the highest quality for all your security solutions for domestic and commercial properties.**

- FREE SURVEY & DESIGN SERVICE
- INTRUDER ALARMS
- DOOR ENTRY SYSTEMS
- FIRE SYSTEMS
- MAINTENANCE & REPAIR
- CCTV

**[www.rmcsecurity.co.uk](http://www.rmcsecurity.co.uk)  
01934 752117**



ADVERT DESIGN BY  
**DISTINCT**  
GRAPHIC DESIGNS  
[sales@distinctgraphicdesigns.co.uk](mailto:sales@distinctgraphicdesigns.co.uk)

**Congratulations to Doreen & Mick Velleman on their Diamond  
Wedding Anniversary on 27<sup>th</sup> July 2024**

