

The recent spell of cold weather, which can be so serious for the elderly, has brought the suggestion that we should include some hints which have been published for older people on how to keep themselves and their homes warm.

Keep out draughts by tacking or sellotaping polythene onto your windows. (Don't cover ventilators or airbricks)

Hang a curtain over the door and/or stand a screen round your favourite chair. (A blanket draped over a clothes-horse makes an effective screen.)

An old stocking stuffed with newspapers or rags stops draughts coming under a door

Try and heat one room really well.

Give your legs a rest on a footstool. It helps to keep blood circulating and makes your feet warmer.

Wear as many woollies as you can.

Plenty of hot drinks or soup will make you feel warmer on very cold days.

Make sure you have a warm bed with as many blankets as you have and can bear on top of you.

We would also remind anyone who was in receipt of a Supplementary Allowance, Supplementary Pension or Family Income Supplement during the week starting on 16th January that they should have received automatically a £5 cash payment in that week. Anyone who should have received the payment and did not do so should make enquiries at the Post Office as soon as possible.

Those in receipt of any of the supplementary payments listed in the last paragraph who who get an electricity bill for more than £20, based on meter readings due in the three months to 31st March this year may, in some cases, be entitled to a discount equal to a quarter of the amount over £20. When you receive a bill and you think you are entitled to the discount you should take the bill, with the counterfoil still attached, and your order book or Girocheque to the Post Office where you draw your supplementary payments.

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Annual Parish Meeting. May we remind electors of the Parish of Soulbury of the Annual Parish Meeting which will be held on Wednesday, 22nd March at 8.00 p.m., preceeded by a Parish Council Meeting. We hope that as many people as possible will attend and make this a lively discussion with your elected representatives.

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Parochial Church Meeting. The Annual Meeting of the Parochial Church Council will be held on Monday, 20th March at 8 00 p.m. in the Clubroom. All are welcome; those on the Church Electoral Roll are asked to make a special effort to be present and to vote for the new P.C.C.

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Lambing Time. At this time it is a very serious matter to allow sheep to be worried by dogs. Perhaps parents could also help by explaining to children the importance of not chasing sheep when they are in lamb.

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Mrs. Hing and Family would like to thank all who sent donations in memory of Mr. Hing. The sum of £35 has been sent for Cancer Research.

All good wishes for a speedy recovery go to Mr. W. Bone, Mr. E. West and Mr. W. Rowe who are in hospital. We are pleased to learn that Mr. John Winsor and Mr. Michael Green are now at home again.

We offer congratulations to Carol and Colin West on the birth of their son on the 21st February.

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Methodist Church Building Fund. On March 4th at 2.30 p.m. in the Clubroom we are holding our next fund-raising event. This will be a Spring Sale and there will be a "Nearly New and New" stall, Cakes and Produce, and Teas will be served. We hope you will all come and support this event.

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Jumble Sale. There will be a Jumble Sale at 2.30 p.m. on Saturday, 1st April in the Queensway Methodist Hall, Bletchley, in aid of Women's Institute funds. If anyone has any jumble to be collected will they please ring Mrs. M. Rowe on Soulbury 355 or Mrs. V. Hammond on Soulbury 318.

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Easter Monday Ladies Football. Three young ladies of 16 years or over are urgently required for the Soulbury Ladies Football team to play in the knock-out competition at Wingrave. If we are unable to field a team Soulbury will have to drop out of this yearly event for the foreseeable future.

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Methodist Chapel.

Minister: Rev. Norman Burrows,  
The Manse, Stewkley. Tel: 251.

Sunday	5th March	2.30 p.m.	Mrs. A. Martin (Family Hour)
Sunday	12th March	6.00 p.m.	Mr. R. Richardson
Sunday	19th March	10.30 a.m.	Mr. K. Harris
		6.00 p.m.	Circuit Service at Stewkley
Sunday	26th March	6.00 p.m.	Rev. N. Burrows.

Sunday School each Sunday at 2.30 p.m.

Bible Study on Mondays at 2.30 p.m. Open to everyone.

March 6th	at 25 The Green
March 13th	at 11 The Green
March 20th	at "Little Oak," Broad Oak Farm.

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All Saints Church

Vicar: Rev. Paul Drake,  
The Vicarage, Stewkley. Tel: 287

Sundays 5th and 12th March	11.30 a.m.	Sung Eucharist and Sermon.
Palm Sunday 19th March	11.30 a.m.	Blessing of Palms, Procession and Sung Eucharist
Maundy Thursday 23rd March	8.00 a.m.	Holy Eucharist.
Good Friday 24th March	12 - 1 p.m.	Watch of the Passion - Rev. R. L. Howard.
Holy Saturday 25th March	8.30 p.m.	Easter Vigil Rite.
Easter Day 26th March	8.00 a.m.	Holy Eucharist
	11.30 a.m.	Procession and Sung Eucharist.

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Forthcoming Events.

Saturday	4th March	2.30 p.m.	Spring Sale
Wednesday	8th March	2.30 p.m.	Social Circle
Tuesday	14th March	8.00 p.m.	Women's Institute. Talk on the care of the feet. Competition: a Hot Cross Bun. Visitors always very welcome. If transport needed ring 355 or 318.
Wednesday	15th March	8.00 p.m.	Women's Fellowship at the home of Mrs. S. Noble, 'Little Oak,' Broad Oak Farm. Speaker: Miss Rena Stewart. Cars leave The Stone at 7.45 p.m.
Monday	20th March	8.00 p.m.	Annual Parochial Church Council Meeting.
Wednesday	22nd March	8.00 p.m.	Annual Parish Meeting.

( All meetings in the Clubroom unless otherwise stated.)

Advance Date.

Saturday 1st April 7.30 p.m. Visit of the Luton Salvation Army Singing Company at Stewkley High St. Methodist Church, in aid of Soulbury Methodist Building Fund.

Newspaper Collection on 4th and 18th March.