

# The Lychgate



The magazine for the people and community of Long Ditton



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## Thanking two kinds of Mother on 30<sup>th</sup> March

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.

Mother's Day is an annual day to honour our mothers, and it began in America in May 1907.

In the US, Canada, Australia and Mexico, Mother's Day is still held in May. In Britain, Mothers' Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. If you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment 'Honour thy father and mother' was the first commandment that came with a promise of blessing on you, if you obey.

Front cover photo was taken on One Tree Hill by Susan Le Roux

## REGULAR SERVICES AT ST MARY'S

### **Sundays:**

08.00am Book of Common Prayer Holy Communion  
10.15am Parish Communion with Organ and hymns  
6pm Evening Prayer (Choral Evensong 3rd Sunday of month)

### **Wednesdays:**

10.00 am Holy Communion followed by Coffee Club

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### **Prayer Chain**

If you, or someone you know, would like to be prayed for (for any reason) please send your request by e-mail to:-  
[prayerchain@stmaryslongditton.org.uk](mailto:prayerchain@stmaryslongditton.org.uk)

Your request will only be known to those in the Prayer Chain and your confidentiality will be respected.

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### **True Love**

(Lk2:22-35)

Broken world,  
Broken lives,  
Broken hearts  
Without hope  
Until there, in the Temple,  
In that bundle of a baby,  
Love provides  
Restoration,  
According to His word.

***By Daphne Kitching***

## FROM THE REGISTERS

**Funeral of:** Edna Francis



\*\*\*\*\*

### DATES FOR YOUR DIARY

- Wed 12 Feb 2025      7pm - Book Box - newspaper columnist and author Bryony Gordon on her book "Mad Woman". Reflecting on ten years of leading the drive for acceptance of the importance of good mental health.
- Fri 21st Feb          2pm - Film Friday in Community Hall - followed by tea and cake - no charge but a donation welcome
- Wed 19th Mar        8pm - Book Box - Victoria Scott - journalist and author talks about her book 'The Storyteller's Daughter'
- Fri 21st Mar          2pm - Film Friday in the Community Hall - followed by tea and cake

The Rectory, 5 Church Meadow  
Long Ditton, KT6 5EP  
Tele: 020 8398 1583  
email: rector@stmaryslongditton.org.uk

Dear Friends

As February arrives, we find ourselves in a month that is often marked by love and connection.

Valentine's Day stands at the centre, reminding us of the joy and responsibility of love in all its forms. Yet for Christians, this season holds deeper meaning beyond cards and roses—it's an opportunity to reflect on the love of Jesus and His call to love one another.

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres."*

*1 Corinthians 13:4-7*

Love is more than a feeling or a fleeting moment; it's an active choice to care, to serve and to give of ourselves. Whether it's sharing kindness with a neighbour, offering forgiveness to a friend, or extending compassion to someone in need, we are given endless opportunities to live out the love we have received from God.

As we celebrate the relationships in our lives, let us also take time to nurture our relationship with God.

Blessings

## REGULAR GROUPS AT ST MARY'S

### Friendship Lunch

Friday 7th February & Friday 7th March at 1.00pm

### Babes and Tots

Every Friday in term time. All carers and their little ones welcome for singing, outdoor play and crafting. 09.30 - 11.30  
Coffee makers always welcome!

### Film Friday

Friday 21st February & Friday 21st March at 2pm

**All of the above activities take place in  
St Mary's Community Hall**

## BOOK BOX

Wed 12 February - **7pm** (note revised time) - Bryony Gordon—  
newspaper columnist and author joins us to celebrate the launch of  
her paperback 'Mad Woman'.

Wed 19 March - 8pm - Victoria Scott - journalist and author talks  
about her historical novel 'The Storyteller's Daughter'. A time slip  
novel that has already won significant praise. She will tell us about her  
former life overseas and how she combines this with teaching  
broadcast journalism at Kingston University. The book will be  
available to order from the Regency Bookshop in Surbiton

Tickets £10—available in church, on the door or through  
the church website

Tea/coffee and homemade cake  
included in the ticket price

These events will be held in St Mary's Community Hall

## ST MARY'S CHURCH CONTACTS

Ministry Team	The Rev'd Dr. Kuhan Satkunanayagam	020 8398 1583 (Day off -Tuesday)
Associate Priest	The Rev'd Prof Alison Baverstock	020 8546 9267
Churchwardens	Bob Hancock Joanne Hall	020 8398 0519 020 8398 5637
Pastoral Team	<i>Call us if you need someone to listen or talk with you</i>	
Pastoral Assistants	Cathy Doyle Joanne Hall Diana Jemmett Kenneth Mould Judith Topp	020 8398 0715 020 8398 5637 020 8398 1184 020 8339 0933 020 8399 1004
Sunday Club		children@stmaryslongditton.org.uk
Churches Together	Cathy Doyle	020 8398 0715
Director of Music	Julia Bowyer	music@stmaryslongditton.org.uk
Church Electoral Roll	Lucy McMullan	office@stmaryslongditton.org.uk
Flowers	Tessa Vallings	020 8398 4807
Sacristan	Val Tanner	020 8974 2713
Stewardship Hon Treasurer	Sarah Carvalho	treasurer@stmaryslongditton.org.uk
PCC Hon Sec	Penny Fussell	020 8672 0838
PCC Hon Treasurer	Sarah Carvalho	treasurer@stmaryslongditton.org.uk
Parish Office & Community Hall	Mandy Ali The Parish Office Church Road	020 8339 0008 office@stmaryslongditton.org.uk

**www.stmaryslong ditton.org.uk**

**LONG DITTON**  
**GENERAL CONTACTS**

<b>Group</b>	<b>Contact</b>	<b>Contact</b>
Sugden Road Allotments	Mark Barwick	markbarwick@yahoo.com
Babes 'n' Tots	Cathy Doyle	020 8398 0715
LD Residents' Assn	Mark Herbert	020 8398 6037
LD Garden Club	Sue Corb	07766 742370
Village Hall	Michelle Aveson	07804 057589
Rainbows	Lesley Sullivan	07801 440510
Brownies (Wednesday)	Lesley Sullivan	07801 440510
Brownies (Wednesday)	Rache Bowie	07786 991 469
Guides	Fay Tiplady	07486 696167
Rangers	Georgie Sibley	07885 540472
Dittons Scouts contact	Stuart Jack	07971 479740
LDSM Junior School Sugden Road, KT7 0AD	Sarah Martin (Head)	020 8398 1070
LD Infant School Ditton Hill Road, KT6 5JB	Sarah Martin (Head)	020 8398 4398
Long Ditton Youth Club	Glenn Sampson	07588 825917
Ditton Bridge Club	Redvers Cunningham	020 8398 4338
Long Ditton Cricket Club	Jeremy Huntingford	07876 171899
Surbiton Bowls Club	Keith Stedman	07543 095070
Lychgate Editor	Janet Burton	07810 810822
Citizens Advice Bureau Esher	01372 464770	
Elmbridge Borough Council	01372 474474	
Elmbridge Dial-A-Ride	01372 474944	
Samaritans Kingston	0330 09405717	
Dittons & Weston Green		
Neighbourhood Care	020 8398 8600	

**ST MARY'S 100 CLUB 22 RESULTS**

**100 club results for January 2025**

Thank you to all who renewed their membership of the 100 Club and to all those new people who joined. We had full allocation and raised £1,050 for the re-oiling of the Hall floor which will be carried out during the February half-term.

The first draw of this year's 100 Club took place on Sunday 5<sup>th</sup> January. The results were as follows:

1st Prize: No. 91  
2nd Prize: No. 39  
3rd Prize: No 17

Congratulations to all the winners

The next draw will take place on Sunday 2<sup>nd</sup> February in St Mary's Community Hall after the 10.15 service.

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**National nest box week – 14<sup>th</sup> to 21<sup>st</sup> February**

Where can family-minded birds raise their young these days? As our gardens and parklands become smaller and tidier, too many natural nest sites, such as holes in trees, old buildings and unkempt hedgerows, are rapidly disappearing. No wonder that our sparrows, greenfinches and swifts are in precipitous decline, and that one in four of our UK bird species is now under serious threat. This makes it more important than ever to care for our remaining birds. By feeding, providing water and putting up nest boxes we can give them a safe space to raise their chicks.

The National Nest Box Week initiative encourages bird conservation across the UK, and it's easy to get involved, whether you're a teacher, part of a local wildlife group, or just wanting to boost the bird numbers in your own garden.

Visit: <https://www.countryfile.com/wildlife/birds/national-nest-box-week-how-to-help-birds-in-your-garden>



## The Big Freeze of 1955

Seventy years ago, from early February 1955 and well into March, a Big Freeze took place in Britain. Deep snow and freezing temperatures caused havoc, with many places cut off. The RAF dropped food and medical supplies to affected areas, while thousands of sheep died from exposure. Although the winters of 1947 and 1963 have attracted more publicity, 1955 saw severe weather in most parts of Britain, as well as in other parts of Europe and North America.

Snow fell in many areas of the UK from 11<sup>th</sup> February onwards, with night frosts gradually worsening and blizzards developing over the north of Scotland, where the RAF scrambled to do several rescues: in Caithness the response by emergency services was known as Operation Snowdrop. An exhausting search for a postman from Thurso, who went missing in the deep snow, eventually led to his being found at a remote farm where he had sought refuge.

Several snowploughs were stranded and the heavy snow spread gradually south, reaching as far as the Scillies and the Channel Islands. In North Norfolk there were 10ft drifts on the coast road and Lancashire had its worst storm for 14 years. Devon, Cornwall and the Peak District had similar experiences.

More than 70 roads in Britain were blocked by snow, according to the Automobile Association and hundreds of vehicles were abandoned in snowdrifts. Many parts of the country were cut off from essential supplies and rail travel was disrupted. Of course, church attendance was also hit.

Temperatures in some places fell below 28F (-3C) – the lowest for 30 years, and February's record UK minimum was set. That year also experienced the last May snowfall of the century but, despite all that, there was plenty of sunshine and as a total contrast, there was a drought and a heatwave the following summer.



the natural woodland will recover and the EBC Countryside team will be planting new trees in the Autumn 2025. The LDRA will keep a watching brief and will stay in touch through our councillors.

### Plough & Harrow Pub Anniversary

The Plough & Harrow pub, on Ditton Hill Road, celebrated its one-year re-opening anniversary on the 5th December, following major renovations. It is great to have a quality gastro-pub/ restaurant in our village.

### LDRA Committee

We are seeking new volunteers, so if you are interested in a position on the LDRA committee, please contact Mark Herbert (Vice Chair) or Paul Bartlett (Treasurer).

### LDRA on Facebook

The LDRA Facebook page continues to grow in popularity and has over 2,500 members. It is a great source of local information. You can join by searching FB for 'Long Ditton Residents Association' and requesting membership. Please read and agree to the FB page rules to be accepted.

### Monthly LDRA Committee Meetings – Community Hall

The LDRA continues to hold monthly committee meetings in the Long Ditton Community Hall, behind St. Mary's Church. All residents are welcome to attend, especially if they have an issue to raise. The meetings start at 8.00pm, on the first Wednesday in the month, except May, August and November.

### Local Police

All incidents of anti-social behaviour should be reported to Surrey Police (ring 101 or online <https://www.surrey.police.uk/>). The LDRA is working with the local police team, so please feel free to keep us informed too. Information on police matters can be viewed on <https://www.police.uk/pu/your-area/surrey-police/the-dittons-and-hinchley-wood/>

### Help us to help you!

In addition to Facebook and our website, we would like to use e-mail to keep you informed. If you would like to be on our e-mailing list please send your full name, your road and e-mail address to: [mark.herbert@longditton.org](mailto:mark.herbert@longditton.org). All information supplied will be used in accordance with GDPR, strictly by the LDRA Officers only, and not made public. All recipients are e-mailed using *Blind carbon copy* (Bcc).



### Elmbridge Borough Council (EBC) – New Local Plan

The Planning Inspector found the Elmbridge Local Plan 'unsound' and gave EBC six months to review and make main modifications to increase the housing supply. Her suggestion was for EBC to consider releasing Green Belt land for development. EBC wrote to the Planning Inspectorate and to the MP Matthew Pennycook (Minister of State at the Ministry of Housing, Communities and Local Government) to ask if they could intercede, but both have refused, supporting the position of the Planning Inspector.

It appears that Elmbridge is back to square one for the Local Plan. This will involve restarting all the planning work, investigative work and redoing all the surveys, incurring all the costs again. More up to date information is available on the EBC website: <https://www.elmbridge.gov.uk/local-plan-examination/>

### 2024 LDRA Annual Subscriptions

2024 annual subs are still being received as online payments (and cheques for those who do not use online banking – to be sent to the Treasurer, 7 Chalcott Gardens, KT6 5HJ). We suggest £3.00 or more per household. Bank details remain the same:

Sort Code: 20 – 46 – 73      Account No.: 3350 6282      Payment Reference: <<Your road name>>

### Overgrown Verges, Gutters and Public Areas

LDRA co-opted supporter, Paul Fagan, has been challenging EBC and SCC on the state of Long Ditton's verges, church environs, cemetery, open public spaces and street cleaning. Paul continues to press home the fact that the gardening contractors are not fulfilling their contractual obligations. Our councillors are assisting Paul with his ongoing pursuit of these matters. This is slow but very determined progress.

### Stokes Field Nature Reserve

The LDRA was made aware last October that there would be EBC woodland management work undertaken to fell and remove Ash trees infected by Ash Die Back disease. The work looks quite brutal, but

## BookBox - Wednesday 12th February

Do join us for the next BookBox when we are delighted to welcome a very special guest.

Bryony Gordon is a much loved author and columnist, and she is joining us in St Mary's Church, Long Ditton on Wednesday 12<sup>th</sup> February at 7pm (please note the slightly earlier start time) to celebrate the paperback launch of her bestselling book 'Mad Woman' which is published the very next day!



She will talk about the importance of positive mental health, and her long time advocacy for mental health being just as important as physical health (and closely connected).

Tickets cost £10 and thanks to our friends at Regency Bookshop in Surbiton, this includes £2 off the new book, on the night (one ticket per book).

You can register here [Bryony Gordon, in conversation Tickets, Wed, Feb 12, 2025 at 7:00 PM | Eventbrite](#)



## In praise of the humble egg

We love eggs. On average, we eat at least two of them each week, which makes eggs one of Britain's most popular foods. Eggs are exceptionally good for you – high in protein, containing all the essential amino acids, rich in the B vitamins, vitamin D and A, and choline, and a source of healthy fats.

Eggs are also filling, and with 7.5g of protein in less than 80 calories per egg, there are few other foods that can match them for so much protein per gram. They are also inexpensive and easy to cook.



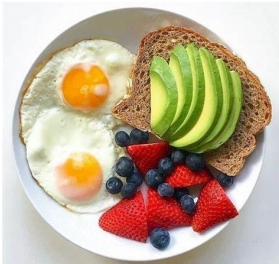
Experts recommend eating one or two eggs a day and choosing a low-fat way of cooking them, by boiling or poaching. Cooking them in butter is a bit lower in fat than frying them in olive oil. Free-range eggs generally contain more vitamin D.

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## Middle aged? Do not skip breakfast

If you skip breakfast in your middle age, it can make you fatter and unhealthy. Instead, a recent study advises that having a well-balanced breakfast helps manage daily calorie intake and lower cholesterol, BMI and waist size. Breakfast “serves the critical role of breaking the extended fasting period from sleep.”

NHS guidelines recommend 2,000 calories a day for women and 2,500 for men. Breakfast should account for a quarter of this: 500 calories for women and 625 calories for men.



The study was carried out at the Hospital del Mar Research Institute in Barcelona. It disregarded the ‘full English’ breakfast as being too full of saturated fat levels. Instead, it recommends cereals, protein, a healthy fat source, fruits and vegetables.

In a last despairing attempt to find common ground I asked him if he had ever preached. He was slightly apologetic to admit that he had done so very rarely, as he found it took such a long time to write an hour-long sermon. When I mentioned that I did not think I had ever exceeded eight minutes in my entire life, he gave me such a look of withering astonishment that with heroic Christian charity, I did not beat him over the head with the Bible he was carrying.

Your loving uncle,

Eustace

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## Smile Lines

### Bishop

A vicar was expecting his Bishop to come for lunch. He told his small son to be very polite to the visitor, and to address him as ‘My Lord.’ As they all sat down, the bishop smiled at the little boy and asked him how old he was. The little boy gulped and said: “My God, I’m seven.”

### Cow and choir

From a Cambridgeshire local newspaper in January 1900: ‘WANTED – a steady respectable man who is able to look after a garden, milk a cow, and sing in the church choir.’

### Chocolate

A lovely heart-shaped box of chocolates was received on Valentine’s Day by a young student from her new boyfriend. On the enclosed card was the inscription: ‘To Helen, with all my allowance.’

### No news

A traveller was marooned in a small town because of a landslide caused by heavy rain. It fell in torrents for three days. Looking out of the window of the restaurant, he finally remarked to the waitress: “This is like the flood.”

“The what?”

“The flood. Surely you have heard about the great flood and Noah and the Ark?”

“Sorry, sir,” she replied. “The internet’s been down for three days.”



## St James the Least of All

### On the peculiarities of ordination candidates

The Rectory  
St James the Least

My dear Nephew Darren

I was quite happy to see the young person from your church whom you are encouraging to get ordained – even though we did not entirely see eye to eye.

When I answered the door to someone dressed in T-shirt, jeans and trainers, I naturally assumed he was the gardener. It was only after I had given him the wheelbarrow and shown him where the spades were, that I found out who he really was. His assurance that this is how Jesus would dress, were He to visit in person again, jarred somewhat. I think that a three-piece suit and stout pair of brogues would be far more likely. We agreed to differ.

I was interested to hear that he was a church musician. Wanting to know if he sang tenor or bass, or even played the organ, he told me that he was the drummer in the worship band and provided backing vocals. I felt obliged to comment that I was not sure how that would fit in with Mattins but, he told me that he had never heard of that service and only attended Mega Rock Praise. Since I suspected it would not have been written by Cranmer, we moved on.

I had hoped we may have been on safer ground when I asked him whether he preferred early perpendicular or Victorian gothic, but as he had apparently only ever worshipped in your converted cinema, he was unable to offer any opinion. His reaction to my offer to show him round our late Norman church, prompted him to tell me that he believed all churches should be closed and people should gather in each other's homes, like the early Christians.

### Plan your way out of personal debt

*'... making a way in the wilderness and streams in the wasteland.'* (Isaiah 43:19)

The bills left over from Christmas are still coming through your letterbox with a thud. You can recognise which are bills before you open them, and your heart sinks. Many people have debts which they struggle with and which they cannot control. Such debts can lead to relationship problems and ill health, and in time, ruin your whole life. Meanwhile, it is very tempting to leave the post unopened but then the phone calls start and soon some of your debtors may even threaten you. So what do you do?

- Be honest with yourself and those closest to you
- Get help
- Do not borrow more to pay off debts because you end up in a spiral of debt.
- Check if you are being hounded for debts that are not yours, or which are over six years old
- Are you being unfairly treated? It is illegal to harass anyone in debt. That could include persistent telephone calls or turning up at your house
- Make a budget.
- Prioritise – sort out essentials
- Get advice about increasing your income and cutting expenditure.
- Manage family expectations. There is often pressure on you to spend too much on holidays, Christmas and birthdays.
- Start a savings plan with a credit union, even if it is just a pound a week.

You can get help from money and other advice agencies. Christians Against Poverty (CAP) is a Christian organisation which does very good work.

*As always this is a light-hearted guide to a serious subject.  
Get proper advice, as soon as you can!*

## The world of P G Wodehouse

Fifty years ago, on 14<sup>th</sup> February 1975, P G Wodehouse died. The well-loved British-born comic novelist, short story writer, lyricist and playwright who lived his later life in Long Island, USA is best known as the creator of Jeeves.



He was always a prolific writer, publishing more than 90 books, 450 plays, 200 short stories and much else between 1902 and 1974. He had an unusual first few years, being brought up by relative strangers in England while his parents lived in Hong Kong. He later went to Dulwich College, with which he formed a close attachment.

Wodehouse's genius was primarily in his writing; in person he was described as "dull," and was certainly very shy. Baptised an Anglican, he had an agnostic outlook: Evelyn Waugh once said that Christianity didn't really apply in his work because he – or his characters – had never left the Garden of Eden. He wrote sympathetically about "pious but fallible" curates, vicars and bishops, and his work revealed an unexpectedly deep knowledge of scripture.

Born in Guildford, he moved to France for tax reasons in 1934 and was later taken prisoner by the advancing Germans in 1940. After his eventual release he made the naïve mistake of making five broadcasts on German radio to the USA, which had not yet entered the war. The broadcasts were humorous and apolitical, but they provoked some anger in Britain, to which he never returned.

Wodehouse took US citizenship in 1955, while retaining his British one. He had always loved America and his biographers suggested that this "exile" may have benefited his writing, helping him to go on describing an idealised England, rather than the harsher reality of the post-war years.

He died in Southampton, Long Island, New York, a month after he was made a Knight in the Order of the British Empire (KBE).

## Time for a Spring clean?

*Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. (Psalm 51:77)*

People used to have an annual 'Spring clean' when they would clean the house from top to bottom. Perhaps it was a way of marking the new season or because the longer days and increasing sunlight rays made the dust stand out. Certainly, the coal fires used all winter before central heating would have made the houses dusty!

If you do have a clean-up, why not have a clear-out as well? Some of us are not good at throwing things away. Even if we don't use the thing, we can have a sentimental attachment to it and not want to let it go.

What do you do with the stuff you no longer want, without simply adding to landfill? There are online places to sell second-hand goods and local online organisations that advertise things people want to get rid of. You could also have a garage sale (called a yard sale in America) where you sell stuff, or even go to a car boot sale.

Another way of passing things on is via a charity shop. Charity shops are particular about what they can accept. Many reject items that do not have a safety label, and items that could be potentially dangerous, such as electrical goods.



## Remembering those who live in Care Homes

Care Homes are one type of communal establishments measured by the Office for National Statistics in the 2021 Census. In 2022, there were 408,371 people living in care homes across the United Kingdom and that number has now increased substantially.. Some residents enjoy regular visits from family or friends, while others lead a very lonely life. Some will 'pass on' relatively quickly, while others may live in the same room for several years.



Some residents are collected for church and some join church services in their Home, while others have to resort to radio or television for spiritual encouragement. Only a relatively few will have the technical competence and equipment to live-stream.

What does this mean for church leaders? It is likely they will have some church members or ex-members living in Care Homes. While for some, live-streaming of services will be a huge blessing, they do not replace regular visiting, where possible.

Giving elderly people the opportunity to go outside (in their wheelchair) will normally be enthusiastically welcomed, and, for some, especially the opportunity to attend Sunday service in their wheelchair. Pastoral work, gifts of flowers from the church, and personal prayer are hugely important, in the context of end-of-life spiritual care.

A visiting team from the Church to take a regular Sunday service is not only an encouragement to believers, but can also be a gentle encouragement to those without faith, particularly if accompanied by a regular opportunity for Communion (for believers) and hymn singing (favourites) for those with Sunday School and Church memories.

## Eric Liddell from Olympic star to Japanese internment prisoner

Eighty years ago, on 21<sup>st</sup> February 1945, Scottish athlete Eric Liddell died. An Olympic gold medallist in 1924 at Paris, he had withdrawn from the 100m heat because it was held on a Sunday, and had entered the 400m instead. The story is featured in the film *Chariots of Fire*.

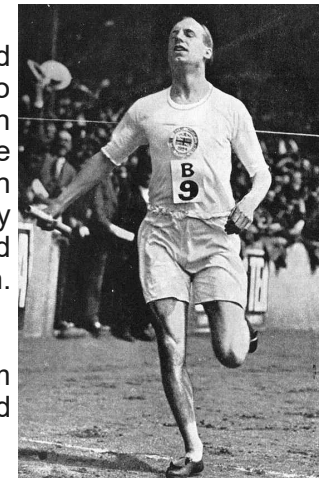
Liddell died in a Japanese internment camp in China, aged 43. He wrote to his wife on the day he died saying he was suffering from a nervous breakdown brought on by overwork, but he was also malnourished and had an undiagnosed brain tumour. Five months after his death the camp was liberated.

Liddell was born in China to Scottish missionary parents and attended boarding school at Eltham College in South London, where he is remembered as an outstanding all-round athlete "entirely without vanity". He later went to the University of Edinburgh, which awarded him a posthumous degree last year in recognition of his contribution to sport and humanity.

Originally intending to run in the 100m at Paris, Liddell discovered en route that the heats for the event would take place on a Sunday. So, he switched to the 400m – and won in an Olympic record time of 47.6 seconds. "God made me fast. And when I run, I feel His pleasure," he said.

He returned to China the following year and stayed there until his death, apart from two furloughs to Scotland, during one of which in 1932 he was ordained a minister of the Congregational Union of Scotland. He then continued his selfless missionary work, largely as a teacher, in China, where he married Florence Mackenzie, a China-born Canadian. Their daughter Heather died in 2023.

When Scotsman Allan Wells won the 100m gold medal in Moscow in 1980, he dedicated his victory to Eric Liddell.



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### Tearfund in action in the Middle East

As conflict in the Middle East continues, millions of people across Gaza, Lebanon and the wider region are still in urgent need of food, shelter and medical care.

One British Christian charity in the region is Tearfund, working through a variety of local churches and partners.

In Gaza, Tearfund International Health Partners provide medicine and healthcare. In Lebanon, Tearfund provides food, mattresses and other essentials through local churches. In the West Bank, Tearfund works with the Diocese of Jerusalem in healthcare and education.

But Tearfund says: "This is only possible with your support. Please, join us in prayer and give if you can, to help us respond to the growing need."

<https://www.tearfund.org/campaigns/middle-east-emergency-appeal>

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### Love the children

The original St Valentine gave love in the form of compassion for some needy children. That sort of love is still needed today, as UNICEF says that about 1 billion children worldwide are currently facing 'multidimensional poverty.' That means they lack necessities like food, water, shelter, education and health care. No one can get their minds around the needs of one billion children, but most of us could do something to help at least one child in need.

With World Vision's Sponsor a Child campaign, you can choose how much to give. It could be as little as £5 a month. It could be as much as £26. Whatever you can give, you will be joining an "incredible community" of child sponsors who, like you, simply want to give the most vulnerable children a brighter future.



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### How many minutes of walking might help you avoid a heart attack?

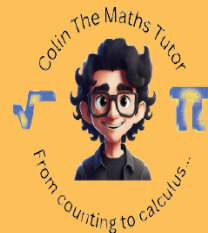
It seems that keeping your heart reasonably healthy may not take a lot of time. Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.

Sedentary women who did just 3.4 minutes of "vigorous intermittent" exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

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Long Ditton Residents' Association (LDRA)  
[www.longditton.org](http://www.longditton.org)

Contact: Mark Herbert Tel: 020 8398 6037

We aim to:

- Preserve Long Ditton from over development
- Maintain the character of the district
- Improve the amenities and defend our Green Belt
- Keep in close contact with our councillors

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## Danger ahead for Britain's canals

Our historic canals are in danger of disappearing.

Caught in a 'perfect storm' of extreme weather events and funding cuts, the canals could be facing irreparable damage to huge stretches of their waterways. The Canal and River Trust (CRT) warns that even the historic sections of the Grand Union Canal and the scenic Oxford Canal are at risk.



Now the CRT, which is responsible for the upkeep of the country's historic canal network, has launched a major fundraising campaign. Millions of pounds are needed for a programme of replacing ageing lock gates and repairing tunnels and bridges.

The problem is huge because our canal network, dating back to the 1760s, runs for a whopping 2,000 miles, providing a haven for wildlife as well as thousands of jobs along its routes.

But major storms caused almost £10 million of additional repairs to the network in just the past 18 months alone. This included a major landslip involving 4,000 tons of mud on the Oxford Canal, which severed one of the busiest and oldest canals in the country. Then parts of the Grand Union Canal bank and towpath near Leicester collapsed, needing £500,000 of repairs. Elsewhere, dams were breached and other canals flooded.

Meanwhile, the CRT says the money it receives from DEFRA is set to fall by more than £300 million from 2027.

Yet CRT points out: "Britain's ageing canals are a national treasure. They have been re-purposed for modern society for leisure, recreation and for their wildlife, supporting thousands of jobs and the economy and saving the NHS more than £1 billion annually because of the health and wellbeing benefits they bring to millions of people."

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At Long Ditton St Mary's School, we celebrated our history learning with an exciting event for the community.



The Night at The Museum was an impressive display of the children's learning, creativity and hard work. The parents and carers as well as teachers and governors from neighbouring schools enjoyed the immersive experience. The school was glowing with twinkling fairy lights and candles in every corner, all creating a stunning backdrop to showcase the children's work over the autumn term.

The visitors had the opportunity to look at all the work the children have completed as well as a plethora of photos, cooking, interactive activities, items to buy and beautiful singing in each of the year groups to accompany their topics.



The event transported the visitors to four different parts of history. Year 3 took us back to the Stone Age with cave drawings, clay pots as well as an outdoor quiz.

Year 4 was a journey to Ancient Egypt with elaborate canopic jars, decorative sarcophaguses and mask making.

Whereas in Year 5, there were Viking shields, portraits and stories based on The Viking boy. Finally, Year 6 transported the visitors to World War II with poetry, poppies made from chicken wire and newspaper articles.

The impressed looks on the adults and proud little faces of the children was the most enjoyable part of the evening

