

NOVEMBER 2025 EDITION



# St Mary's Snippets

The SMGV Residents' Association are pleased to keep you up-to-date with all the goings on within our community.

Welcome to St Mary's Snippets. A big thank you to everyone who suggested names and took part in the vote.



## FROM THE RESIDENTS' ASSOCIATION (R.A.)

*SARAH COOK AND DEBBIE HALL*

**As Christmas approaches, we're embracing the season of goodwill to all. Whether you're decking the halls or planning a quiet winter we're here to help keep you informed.**

### PROGRESS ACROSS THE VILLAGE

You will have noticed that changes are finally starting to happen around St Mary's. We know it's not moving as quickly as many would like, but progress is being made. Your R.A. continues to work hard on your behalf - updating the Fix List, liaising with developers and managing agents, and quietly pushing for improvements to get our village looking its best.

### Pumping Station Update

The pumping station has undergone major works, with additional issues uncovered along the way. We're hopeful that completion is near.

### Trim Trail / Yellow Brick Road

It's open at last! There are still a few teething problems, we will keep pressing for this long awaited feature to be something we are all proud of.

### GET INVOLVED YOUR VILLAGE, YOUR VOICE

Don't forget to come along to our monthly Coffee Mornings held 10am-12pm on the first Saturday of each month. It's a great chance to catch up, ask questions, meet neighbours and hear the latest updates.

Whether you've lived here for years or just arrived, there's always a way to make a difference. From reporting estate issues to lending a hand at events, every contribution helps shape our community. Contact the R.A. at [SMGVRA@outlook.com](mailto:SMGVRA@outlook.com).

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## COMMUNITY NOTICES

### HELP US MAKE COMMUNITY EVENTS EVEN MORE SPECIAL

The R.A. would love to host Easter, Halloween and Christmas events that are as close to free as possible for the younger members of our community.

To allow this we will be planning fundraisers and we need your support to make them a success. We would welcome any suggestions for future events and fundraising ventures.

We are proposing a Bring and Share Curry or Casserole evening on Friday 20th February from 7pm-9pm. If you'd like to cook and share your favourite curry or casserole dish, please email [SMGRA@outlook.com](mailto:SMGRA@outlook.com) by 6th December to take part. Additional residents are warmly invited to dine for £5 per person, bring your own drinks.

Please note: this event can only go ahead if enough people commit to cooking and attending. We kindly ask you to register your commitment by 6th December either by emailing [SMGVRA@outlook.com](mailto:SMGVRA@outlook.com) or signing up at the RA coffee morning also on 6th December.

### A REVIEW OF BABY MASSAGE WITH NURTURE BY SOPHIE HELD AT THE HUB

"I joined when my daughter was just six weeks old, not knowing what to expect, but from the very first session, we were hooked. We loved it so much, we ended up doing five courses! In fact, my daughter was often fast asleep before we'd even left the mat! It quickly became a cherished part of our weekly routine... Classes are small and welcoming and suitable for babies from birth to crawling... I can recommend Baby Massage with Nurture by Sophie as a weekly dose of baby bliss! Contact Sophie on 07481121240 for details of courses starting in January" - LB

### CHRISTMAS TRACTOR RUN ALONG STARLING ROAD

21<sup>st</sup> December @ 6pm



## IMPORTANT CONTACT DETAILS

### Developers – Edenstone:

[customercare@edenstonegroup.com](mailto:customercare@edenstonegroup.com)

### Managing Agents – Elite:

**Contact point for Hub Entry Codes, Glofox Bookings and Estate Issues**

[enquiries@elitepropertymanagement.com](mailto:enquiries@elitepropertymanagement.com)

### Residents Association:

[SMGVRA@outlook.com](mailto:SMGVRA@outlook.com)



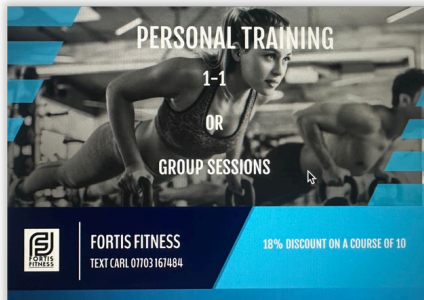
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## COMMUNITY HUB EVENTS

### CHRISTMAS-THEMED COFFEE MORNING

Saturday 6<sup>th</sup> December

10:00AM-12:00PM

Join us for: A Raffle to win a Christmas Hamper, Games for all ages and delicious treats with a festive twist. Bring your Christmas sparkle. Cash only. Children to be accompanied by adults.

### A FESTIVE EVENING WITH MUSIC & MULLED WINE

Saturday 12<sup>th</sup> December

TIME TBC

Enjoy an evening of music and festive refreshments at the hub.



## REGULAR HUB EVENTS

### COMMUNITY COFFEE MORNING

New Year, New You Coffee Morning

Saturday 3rd January 2026

10:00AM-12:00PM

Goal Setting and inspiration corner come along and get tips and ideas to kickstart 2026 .

### QUIZ NIGHTS

Thank you to everyone who has attended. Don't forget to check Facebook for updates on future dates.

### WI GROUP

Second Tuesday of each month

7:00PM

## WEEKLY HUB EVENTS

MON

### Toning Class | Fortis Fitness

6:30PM-7:30PM @ £10 pp

No. to book: 07703167484

WED

### Relaxing Yoga | Yoga Me Time

7:00PM-8:00PM @ £8-£10 pp

No. to book: 07966584950

## CARDIO VS. WEIGHTS FOR FAT LOSS QUIZ

by Fortis Fitness / Carl

Each question is worth 1 point, and you can score a maximum of 10 points. 3 lucky winners will receive a free 1-1 Personal Training Session. Send your answers to 07703167484. Good Luck!

### 1. Which exercise type typically burns more calories during the workout?

- A) Cardio - B) Weights

### 2. Which exercise type promotes an increase in muscle mass?

- A) Cardio - B) Weights

### 3. True or False: Weight training can elevate your metabolism even after the session ends.

### 4. Which exercise type is generally better for enhancing cardiovascular health?

- A) Cardio - B) Weights

### 5. Which exercise type tends to create a greater afterburn effect?

- A) Cardio - B) Weights

### 6. True or False: Cardio is the sole effective method for fat loss.

### 7. Which exercise type aids in improving strength and functional fitness?

- A) Cardio - B) Weights

### 8. For fat loss, is it more beneficial to do just one type of exercise or a combination of both?

- A) Just one type - B) A combo of both

### 9. True or False: Weight training can enhance insulin sensitivity and assist with fat loss.

### 10. Which type of exercise usually requires more recovery time due to muscle fatigue?

- A) Cardio - B) Weights



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