

COUNTRYMEN CHATTER

Keeping in touch on a regular basis

WELCOME TO OUR AUTUMN NEWSLETTER

Dear Countrymen and friends,

I am enjoying getting to know you all and absolutely love the vibe at the farm. Thank you all for being so friendly and warm and helping me ease into your amazing charity.

AUTUMN TREASURES

*Autumn leaves colours warm
Scarlett, crimson russet gold
Spiders web with spiralled orbs*

*Blustery winds boldly blowing
Branches sway leaves let go
Flying floating softly setting
A crisp and colourful carpet below*

*Ripened chestnuts hang encased
Clustered berries dangled brightly
Squirrels scamper search and race
To bury Autumn treasures tightly
By Sara Fox*

Siobhán and team



FAREWELL

We said farewell to Liz Rose and Elaine one of the gentlemen's wives sent a personal message: "We want to thank Liz for her incredible attention to the men and her support is something we shall never forget. Coming to Countrymen, my husband lacked confidence and was riven with PTSD and anxiety. Finding a group where he could relax and once again find his strengths has changed our lives. This is due in most part the way Liz ran the group and of course to the wonderful men who gather together each week. So an enormous thanks to Liz for everything she has achieved, you will be sorely missed".

Bonny Sartin visits the farm.



Bonny Sartin of the Yetties popped into the farm for a visit and chatted to the men.

He also shared a few songs and poems with us.

A wonderful fulfilled afternoon.

A very big thanks Bonny and hope to see you again soon!



You can support us on our just giving page:



www.justgiving.com/countrymenuk

Current projects & New



Some of the men organised the shed building new shelves and clearing out the old. With Geoff supervising the work

Well, hasn't the weather been fabulous these past few weeks . I know we're all anxious for some rain but we must be grateful for what we have.

The polytunnels have been bursting with produce: carrots, cucumbers, tomatoes and courgettes and even a reasonable crop of cut-flowers.

There are some runner-beans to pick and a couple of very handsome pumpkins on their way for Halloween.



Planting continues!



Peter donated bird feeders!



Carers' News

Call 0800 368 8349

email: admin@carersupportdorset.co.uk

Thursday 25th September Peter Bywater from Ridgewater Energy on ways to save energy costs.

KEEPING IN TOUCH

Email:

admin@countrymenuk.org

Phone the Countrymen's office:

01963 210789 (Tuesdays and Thursdays)

or contact the main office:

01963 210703

Post will reach us at:

Countrymen Club,
Rylands Farm, Boys Hill, Holnest
Sherborne DT9 5PS



www.facebook.com/countrymenuk

THANK YOU

- We are indebted to all those who contribute so generously with their time, money and expertise. A special thanks this month to:
- Our Volunteers who donate their precious time every week, fortnight or month!
- Our staff and trustees who provide us with never ending scones and cakes.
- Peter for donating his bird feeders and seeds.
- And of course a very Special thanks to all our men and their wives and families.

A big thank you our funders :

Garfield Weston

Friends of
Yetminster Hospital




COUNTRYMEN UK
Getting back to being you