

Community Champions

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Landlord to donate prize cash



Saraan DeGuise, Old George inn landlord with people from charities she is donating to (11194196)

A SOUTH Cerney pub is lending a hand to groups in the village after scooping a pub company award. Pubcan Saraan de Guise from the Old George Inn received £5,000 for winning the Enterprise Inns' Enterprise Community Heroes awards.

She plans to improve wheelchair access to her pub, buy toy equipment for the mother and toddler group and upgrade the local scout hut which is also used by numerous organisations including the R Way youth group.

Saraan said: "I wanted to spend the money on all age groups throughout the village such as the toddler group."

"I support R Way already, I provide the refreshments for them on a weekly basis. The scout hut could do with some maintenance work and some more investment."

The Old George was selected to win the award after organising a series of fundraising events for local causes including a carol singing evening for children with Cystic

Fibrosis and the twice yearly M4 music festival which has raised more than £10,000.

Commenting on the award, Enterprise divisional director, Beki Davies said: "By supporting good causes and putting local people first they have truly made their pub the hub of the community."

The pub now goes forward to the national finals on Wednesday, October 22, with the winner set to receive a further £5,000 to invest in their community.

Friends' birthday ride tops a grand

A GROUP of friends from Cirencester begin a three-day coast-to-coast cycling challenge tomorrow in Devon to celebrate a birthday milestone and raise money for the Pancreatic Cancer charity.

Val Hindson, Jackie Stone, Tina Craig and Kate Poselthwaite from Cirencester will be joined on the 102 mile challenge by Helen Maginn from Clitheroe in Lancashire.

Val, Jackie and Helen celebrated their 50th birthdays this year and will mark the occasion by setting off from Ilfracombe, Devon, arriving in Plymouth three days later.

They set themselves a target of raising £1,200 for Pancreatic Cancer UK and had already hit the £1,000 mark at the start of this week.

Day two of their challenge is their longest ride and will see them tackle 48 miles, a lot of it uphill.

But it is not the physical side of the challenge that is a worry



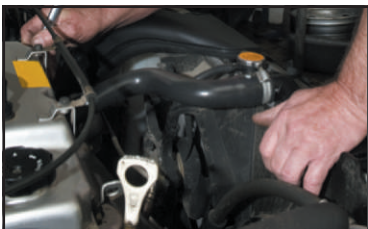
Kate Postlethwaite, Tina Craig, Jackie Stone and Valerie Hindson are setting off on a 102 mile ride from Ilfracombe, Devon, to Plymouth

for Jackie. "I am riding a 20 year-old bike, so am more concerned about mechanical failure," she admitted.

"I am also worried about what the weather might throw at us. We are fair weather riders really,

but I am sure the camaraderie of us doing it together and raising money for a good cause will keep us going."

To find out more and sponsor the women go to justgiving.com/devoncoast2coast2014



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WINTER is just around the corner, which means now is the time to check your car is ready:

* Freezing temperatures, salted roads and wintry precipitation can gang up on your car if you don't give it a maintenance session. These winter maintenance jobs will keep you out of trouble.

* Your car should contain a 50/50 mix of water and antifreeze.

* Take time to check the

tread depth and pressure of your tyres. They lose a little pressure when it gets cold. Do you need snow tyres?

* You will be driving through mess on the road which includes salt and this sprays up over your bonnet – check your wipers.

* Don't fill your washer fluid reservoir with anything except washer fluid as this won't freeze.

* Regularly treating your

battery to a cleaning can keep electrical gremlins at bay, particularly relating to starting problems.

* Inspect spark plug wires – these affect performance and general reliability, so be sure yours are in top shape.

* Inspect your brakes to be sure they are in tip-top condition.

* Checking your engine oil should go without saying – it should be done regularly anyway.

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