

## HOT SAUCE BRAND REACHES NEW HEIGHTS!



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A Gloucestershire-based producer of hot sauces and seasonings has experienced significant growth since partnering with local business consultancy - upscaling its production from 13,000 bottles a year to an impressive 166,000!

Over the past four years, **Tubby Tom's**, based in the Forest of Dean, has transitioned from a solo operation to now having six staff members, a new production unit and a growing network of stockists that can choose from over 70 unique creations.

The most important target for Tubby Tom's was to secure a central hub of operation, where production, packaging and distribution could all take place under one roof. Fortunately, in December 2018, the brand secured an industrial unit in the Forest of Dean, which served to catapult the business by increasing its production capacity and facilitating its relocation to a new specially designed kitchen.

Now, four years on and having survived the hardships of the pandemic, the hot sauce producer is bottling over 22,000 litres of extra sauce per annum for its growing customer base. Tom has since built on his social media presence, subscription box service, and wider brand collaborations, in addition to hosting pop-up events.



## Facts about Blakeney Gloucestershire

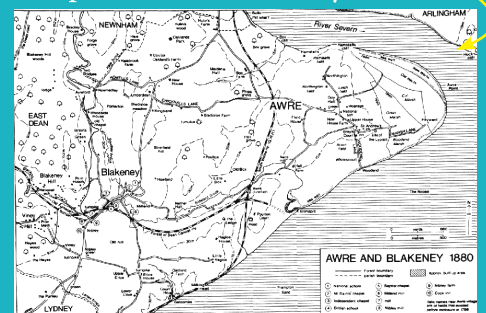
Blakeney is a beautiful village in Gloucestershire. It is situated in the parish of Awre and has views of the Forest of Dean. Awre lies 16km south west of Gloucester between the river Severn and the Forest of Dean.

Previously it was the site of a Roman villa dating back to 75AD and home to Thomas Sternhold a groom of King Henry VIII's robes.

The local manor house is Hayes Manor, Viney Hill. Hawfield House on Newnham Road was built c.1790.

An attempt to build a railway from the Forest into Awre parish was made in 1832. The bill failed in parliament but parts of the line, to be worked by steam locomotives running to Purton by way of a tunnel under Old hill at Nibley, had already been built, and a bridge over the Purton road at the south end of the parish survived in 1989. The population of Blakeney at the last census was 1714.

### Map of Awre & Blakeney in 1880



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## Concerns: Injured Sheep

Injured sheep are needlessly being left for days by the side of the road in Gloucestershire according to the Forest of Dean Commoners' Association.

The running of sheep through public land is a Forest tradition dating back more than 800 years, and there are around 48 registered commoners in the district.

The Commoners' Association is a non-profit organisation dedicated to protecting the tradition of free roaming sheep in the Forest.

But general secretary Mick Holder says sheep are suffering needlessly because authorities are not following the agreed procedure of notifying when hurt or dead sheep are found.

He said a sheep that was hit by a van in Whitecroft earlier this year was lay injured by the side of the road for

*three days before it was humanely killed.*

Kevin Stannard, Forestry England's deputy surveyor for the Forest of Dean, says *they support the tradition of free roaming sheep and continue to encourage the responsible shepherding of those sheep.*

*He said: "As part of Our Shared Forest, Forest of Dean Land Management Plan, we are committed to shape a wider appreciation, and better understanding, of the role that grazing animals play in maintaining and improving the ecological qualities of the Forest.*

*"Members of the public can report sheep issues via Forestry England by calling 0300 067 4800; or by emailing westengland@forestryengland.uk*

**Good to know they are finally on the case.**



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## Top Treatment Options for Arthritis ...

Various forms of physiotherapy can be very effective when it comes to relieving the pain that is caused by arthritis. If you suffer with arthritis, your doctor will usually be able to prescribe medication, and may be offered the opportunity to work with a physiotherapist.

Working with a physiotherapist will help you get a better understanding of how arthritis affects your muscles and joints. They will also be able to give you some useful advice on how to manage any pain and discomfort.

### *Massage*

When it comes to treating arthritis, massage therapy can be an ideal treatment option to consider. Many people who suffer from arthritis find that massage therapy is soothing and helpful. You can sometimes carry out massages on your own, but you may get the best benefits from having the treatment carried out by a professional massage therapist.

### *Ice and Heat Packs*

Ice packs can be applied to soothe swollen joints and reduce inflammation and swelling that has been caused by arthritis. Along with this, you may also find it helpful to use a heat pack to stimulate blood circulation and soothe pain and discomfort. You can either buy pre-made ice packs and heat packs to apply or create your own by soaking a wet flannel in either cold water or warm water.

### *Gentle Exercise*

While exercising might feel like the last thing that you want to do when you are experiencing pain and discomfort from arthritis, the truth is that general exercise can actually be quite useful with reducing pain. The best option is to go with graded exercise, where you start off slowly and gently increase the amount that you do as you go along. Gentle exercise like walking, swimming, and yoga can be very helpful with reducing pain, stiffness, and discomfort from arthritis.

## Earned their Tae Kwon-Do Belts!

The newest members of **Cinderford Tae Kwon-Do club** earned their first belts recently at the new club, called **Tigers**, for 4-7 year olds.

Instructor Mr Ken Penman said, *"Huge congratulations, Cinderford Tigers, you should all be really proud of yourselves!"*



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