

Tidmarsh with Sulham Parish Magazine

AUTUMN 2024



EDITORIAL

Welcome to the Autumn issue of the Tidmarsh with Sulham magazine! I write this sheltering indoors from the rain, but in the hope that we get one final blast of an Indian summer before the weather turns. In this edition, we bring you reminders of some local summer activities, including the annual Sulham v Tidmarsh Cricket match. Besides updates from our regular contributors, we also have information on a new Family History Club, and an article from our local Greyhound pub. I'd also like to draw your attention to some upcoming events in October, highlighted below:- a coffee morning in aid of Macmillan Cancer Support, an Art Exhibition and the ever popular Village Quiz.

As always, please keep your ideas and contributions to magazine content coming!

A big thank you to those of you who have donated to the publication of this magazine so far. For every-one else, **we ask all of you that can, to make a donation of up to £20 towards its annual publication.** Please either drop cash off to me (Step Up Cottage, Sulham) or pay via bank transfer to: Tidmarsh with Sulham Magazine Bank: Lloyds Type: Business Sort code: 30 96 96 A/c Number: 58794260. *Thank you!*

Wishing you all good health and a fruitful autumn.

Lucy Clow, Editor

editortsmag@gmail.com

DATES FOR YOUR DIARY

DATE	EVENT	TIME
4 October	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
6 October	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
9 October	Parish Council Meeting	8:00 pm
11 October	Macmillan Coffee Morning - Village Hall	11:00 am
13 October	Art Exhibition - Tidmarsh Village Hall	10:30 am
19 October	Village Quiz Night - Tidmarsh Village Hall	7:30 pm
20 October	Morning Worship - St Nicholas Church, Sulham	11.15 am
1 November	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
3 November	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
10 November	Morning Worship - St Nicholas Church, Sulham Remembrance	10.30 am
13 November	Tidmarsh with Sulham Parish Council Meeting	TBC
17 November	Morning Worship - St Nicholas Church, Sulham	11.15 am
1 December	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
6 December	Village Walk - Meet at Village Hall	9:30 am
	Coffee Morning - Village Hall	11:00 am
8 December	All Together Worship - St Laurence Church, Tidmarsh	10:00 am
	Carols by Candlelight - St Nicholas Church, Sulham	4 pm
11 December	Tidmarsh with Sulham Parish Council meeting	TBC
15 December	Family Crib Service - St Nicholas Church, Sulham	11:15 am
24 December	Christingle - St Laurence Church, Tidmarsh	3 pm
	Midnight Mass - St Laurence Church, Tidmarsh	11 pm
25 December	Christmas Family Worship	10:00 am

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BRIAN MURBY'S MEMORIAL TREE AND BENCH



Following the sad passing of Brian in January, his friends and family wanted to create a permanent memorial to him in a place that had meant so much to him since he first came to Tidmarsh in the 1950's. Thanks to the generosity of friends and family a rustic bench and a tree were purchased and on the 30th June they gathered on the Village Green to remember Brian and say their final goodbyes. He would have been delighted to know how highly he was thought of within

the community and as the tree grows it will provide villagers with a place for quiet contemplation.

It is great to see that his grandson Jon has continued with the maintenance of the Green and it is looking as good as ever and a real asset to the villages.

Remembering you as ever Brian.

Karen Elliott



CELEBRATIONS IN SULHAM

Congratulations to Rebecca Home who celebrated her 21st birthday in September with a party at home in Sulham and also congratulations to James Haggarty and his fiancé Kyri who were married in August at Shaw House in Newbury, followed by a wedding in Tuscany.

CONGRATULATIONS

To the Pangbourne Lawn Tennis Association, who won the 2024 Club of the Year. They were presented their award in July at Centre Court, Wimbledon.

KEEPING IN TOUCH WITH WHAT'S GOING ON IN THE VILLAGES

These days we all increasingly rely on electronic ways to communicate information and events, as well as reading about them in the Parish mag or on posters.

We also have a Tidmarsh & Sulham website, which hosts a noticeboard of events and parish news: www.tidmarshwithsulham.co.uk

ST NICHOLAS CHURCH

In July, St Nicholas church had substantial work done on the tower roof to prevent it from leaking, costing approx' £7,000. In addition, the interior bell tower decoration has been badly damaged by water ingress and will need to be repaired.

On July 30th, the 5-yearly building and contents inspection took place combined with a specific survey of the roof, so we will be able to assess any further work that may need to be done.

We are grateful that this year, plans are in place for a Harvest Festival service on September 15th at 11.15am and also a Remembrance service will take place on November 10th at 10.30. We would love to see our little church full for these services so please come along if you are able.

If you would like to help decorate the church for Harvest Festival, please meet in the church on Saturday September 14th at 10am. All food gifts for Harvest Festival will be donated to the Drop-In centre in Reading. Please leave any gifts at the rear of the church before the 14th or bring them with you on the day.

We have been fortunate that a generous church member has been helping to pay for the churchyard grass to be cut, as maintenance expenses are increasing and income is low. If you feel you would like to make a donation to help with these costs please contact church treasurer Stephen Billyeald on 0118 984 3368.

Family services are at 11.15am on the third Sunday of each month, lasting approx' 45 minutes. Hot drinks and cakes are served after the service. All ages are very welcome.

Gillian Alderton

TIDMARSH & SULHAM WALKING GROUP

The walking group meets at 9.30am on the 1st Friday of every month outside Tidmarsh Village Hall where there is plenty of parking space. The walking pace and terrain are gentle and the group always walks at the speed of the slowest walker. There are lots of opportunities to stop and admire views. The walks last approximately 1.5 hours and follows local circular routes over meadows and through woodland.

On returning to Tidmarsh at 11am, the walkers join the Village Coffee Morning in the village hall for a hot drink and a chance to chat with residents and friends of Sulham and Tidmarsh.

Everyone is invited to come along, no need to let anyone know, just turn up at 9.30 - you will be warmly welcomed.

**WE ARE
MACMILLAN.
CANCER SUPPORT**



**Tidmarsh and Sulham Macmillan Coffee Morning
at
Tidmarsh Village Hall
Friday October 11th 2024
11.00 - 12.00**

Join friends and neighbours for coffee and cake and help this charity who support people living with cancer.



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SULHAM V TIDMARSH CRICKET MATCH - SUNDAY 1ST SEPTEMBER AT SULHAMPSTEAD CRICKET GROUND

The annual cricket match took place over a lovely sunny late summer afternoon. After a lengthy and exhaustive selection process, both villages were able to field eleven fit and able-bodied players of varying abilities. This was in no small way to the two captains Stuart (from the Greyhound) and John Alderton. The toss was won by Tidmarsh and Sulham were put into bat first.

The opening batsmen set off at a good pace, with Chris Ogden and Robbie L. hitting the boundary with some ease. Robbie duly retired after making 25 runs. Some of the middle order were well caught by good fielding from Tidmarsh, but several made it into double figures. John A came into bat when the score had just got over the hundred and put in a great innings to retire on 26 runs. The total came to 141 for 7 wickets after the compulsory 20 overs. This is a good total and would need some fine batting to reach in the allocated overs.



A fantastic tea interval was then enjoyed - and thanks to all who brought along sandwiches and cakes. This makes the event so special and every-one enjoyed a picnic in the sun. A big thankyou to Sulhamstead Cricket Club and Keith for hosting us on a superb square and outfield.

After tea, Tidmarsh came into bat and set off at a constant and measured pace. The Sulham bowlers did their best, but wickets were hard to come by. Simon M, Sam P and David Hartley all hit their 25 runs. At the drinks interval on 10 overs they reached 70, which was exactly half way and they had plenty of wickets in hand. Sulham tightened the bowling at the restart and a two wicket over by John H assisted by a catch from wicket keeper James H made it a father and son achievement. The last few overs were very tense with some great fielding in the outfield to stop boundaries. It was only in the penultimate over that the winning runs were hit by Alex.

It was a super finish to the game. I have the scorebook going back to 1997 and this was the highest winning run chase ever. Well played Tidmarsh under the guidance of Stuart!. After photos at the ground we returned to the Greyhound for post match drinks and for Tidmarsh to admire the shield on the bar.

Thanks to all for a memorable day - and looking forward to the re-match in 2025

John Haggarty

Tidmarsh Village Hall
Tidmarsh vs Sulham
QUIZ NIGHT

Sat October 19th
7.30 for prompt 8pm start

Light ploughmans provided

Bring your own drinks and glasses
Come as a team or join one on the night

£10 per person

Contact alanmaskell56@gmail.com or
phone 0118 984 5326 to book by 14th

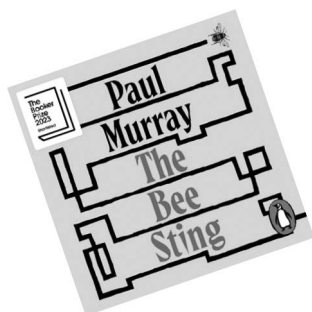
Win Prizes

Music

Current Affairs

Sport

General
Knowledge



Review: THE BEE STING

The Bee Sting is the fourth novel by Irish author Paul Murrah.

The book tells the story from the various points of view of the Barnes family – father Dickie, mother Imelda, daughter Cass and son PJ – who live in a typical small town in Ireland where everyone knows everyone and everyone knows your business.

During the course of the novel, Cass completes her Leaving Certificate and goes to Trinity College, Dublin; we learn the truth about Imelda and Dickie's marriage; we are vividly confronted with Dickie's many secrets; PJ comes of age; and just when you think that things can't get any worse, there's a final plunge towards tragedy.

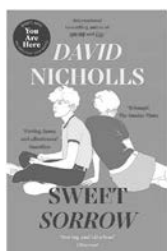
The Bee Sting is an irresistibly funny, wise and thought provoking tour de force about a family, fortune and the struggle to be a good person. It is a long book though, so be prepared to persist.

Review: HOW TO BE HAPPY by Eva Woods

Annie has been sad for so long she's forgotten how to be any other way. Polly has 100 days to help Annie find happiness. This book is the story of those 100 days and the journey they make separately and together along the path.



It is a tale of celebrating triumphs great and small, seizing the day and always remembering to live in the moment. It is a bittersweet read about love, life and friendship that makes you think long after you've finished reading the last page.



Next read: SWEET SORROW
by David Nicholls

“WHAT’S ON” IN THE VILLAGE HALL

Did you know that there are lots of activities available in Tidmarsh village hall?
Below is the current calendar of regular bookings.

If you would like to join one of the classes, please contact the organiser in advance. All activities & classes take place weekly unless otherwise stated. Please contact the Hall Bookings Secretary if you would like to run a class or hire for an event: tidmarshvillagehall@hotmail.com

TIDMARSH VILLAGE HALL – SUMMER 2024

	MORNING	AFTERNOON SESSIONS	EVENING
MONDAY	10-12.30 Art Sue Logan shelsooz@btinternet.com		7.30-10.00 Table Tennis Duncan Groves duncanw@groves@hotmail.com
TUESDAY		6.15-7.15 Martial Arts Nazim Gokceade nazim.gokceade@ntlworld.com	7.30-10.00 Table Tennis Duncan Groves duncanw@groves@hotmail.com
WEDNESDAY	10.00 - 12.00 Flower Arranging Shirley McCaig theridings.25@gmail.com	1.30-4.00 Art Alec Bray alec.bray@yahoo.com	8pm Parish Council 2 nd Wed of month clerk@tidmarshwithsulham.co.uk
THURSDAY	9.00 - 10.00 Amico Dance Rachel Griffin (amicodanceacademy@gmail.com)		
FRIDAY	11.00 - 12.00 Coffee Morning 1 st Fri of month ALL WELCOME come along!	2.00-4.00 Tidmarsh Stitches 2 nd and 4 th Fri of month Karen Florey karen@therunningchicken.co.uk	
SATURDAY	10.30 – 11.30 Zumba Rachel Grocott rachelzumba4043@gmail.com		
SUNDAY			

Good news for users of the Village Hall is that there is now a smart looking floor in the rear corridor and the Ladies and Disabled loos. Many thanks for your patience during this time of repairs.

In addition to our elected committee members we are happy to announce that John Harland of the table tennis club and Bronwyn Wynne of the Parish Council sit on the Committee and provide a valuable contribution.

A quiz is planned for 19 October, and all are welcome. Why not put it in your diary?

If you have an idea for a community event using the village hall, please contact Alan Maskell on 0118 9845326 or 07954 140048.

To book the hall please email tidmarshvillagehall@hotmail.com. We also have a facebook page.

**PLEASE JOIN US FOR AN
ART EXHIBITION IN THE VILLAGE HALL
13 OCTOBER 2024
FROM 10:30 AM**



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A NEW FAMILY HISTORY CLUB

Even when my children were three feet tall they were keen to tell me what to do. The important thing that has changed in the last few decades is that while they once talked about games, outings and presents they hoped for, they now focus on suggesting we ourselves keep active, help with grandchildren, wear warmer clothes and get regular medical checkups. Another recent idea is that I write a family life story. Of course, like most of us I'm a bad recorder of life and don't think people would be that interested, but recognize that if someone offered me letters or a diary or biography of my parents, grandparents, or their parents, I'd happily buy it - and read it with rapt curiosity.

What pushed our forebears to make the choices they did? Why did they sometimes fail to notice what now seems obvious? How far were their important "choices" the product of either years of upbringing, economic necessity or transitory impulses? So, in short, I have started to write and gather old photos, then found out how to get work published for free through Kindle, which of course is a good way of keeping it safe from loss. I've moved on to video editing, making voice commentaries about sets of pictures.

It has in addition become clear that one can gain useful advice from local amateur groups. For example there is a strong Berkshire Family History Society. A few other people have loaned me their work and it is fascinating to see how everyone has a unique way of dealing with challenges; - one loves maps, another reports on stories she has heard, a third lists friendships, jobs, homes and marriages, and so on.

Given the advantages of discussing one's approach and of learning new skills, I've thought of forming a common interest and self help group for people who live nearby in Tidmarsh and Sulham, and possibly Pangbourne. So, if you are interested, get in touch. I've set up an email, tidmarshfamilyhistory@gmail.com. Please contact me if you are interested. I plan to book an initial meeting in Tidmarsh Village Hall if there is interest.

Christopher Ellis, Tidmarsh Grange

CHURCH SERVICES

St James | St Laurence | St Nicholas

www.pangbournechurches.org

OCTOBER

Sunday 6th

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 13th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 20th

10am	Holy Communion	St James
11.15am	Morning Worship	St Nicholas

Sunday 27th

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

NOVEMBER

Sunday 3rd

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence
3pm	All Souls' Service	St James

Sunday 10th

7.45am	Holy Communion (BCP)	St James
10.30am	Morning Worship with act of Remembrance	St James
10.30am	Morning Worship with act of Remembrance	St Nicholas
3pm	RBL Remembrance Service	St James

Sunday 17th

9am	Joyful Noise	St James
10am	Holy Communion	St James
11.15am	Morning Worship	St Nicholas

Sunday 24th

7.45am	Holy Communion (BCP)	St James
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DECEMBER

Sunday 1st

10am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 8th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St Laurence
4pm	Carols by Candlelight	St Nicholas

Sunday 15th

10 am	Holy Communion	St James
11.15am	Crib Service	St Nicholas

Sunday 22nd

7.45am	Holy Communion (BCP)	St James
10 am	Holy Communion	St James
6pm	Parish Carol Service	St James

Christmas Eve 24th

10am	Holy Communion	St James
3pm	Christingle	St James
3pm	Christingle	St Laurence
5pm	Christingle	St James
11pm	Midnight Mass	St James
11pm	Midnight Mass	St Laurence

Christmas Day 25th

10am	Christmas Celebration <i>All age worship with Holy Communion</i>	St James
10am	Christmas Family Worship	St Nicholas

Sunday 29th

10am	Holy Communion	St James
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Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

To mark Baby Loss Awareness Week (9th-15th October) a prayer and remembrance station will be set up at the back of St James.



**Baby Loss
Awareness Week**
9-15 October

This is an opportunity to mark the lives of babies lost in pregnancy, at or soon after birth. Please drop in when the church is open to visit the station and light a candle.

You're warmly invited to join us at

*coffee, company and
conversation*



OASIS
BEREAVEMENT SUPPORT GROUP

**Thursday 24th Oct and
28th November at
2.30pm**

**The Elephant Hotel
Pangbourne**



The Parish of Pangbourne
with Tidmarsh and Sulham
St James the Less · St Laurence · St Nicholas

The Parish of Pangbourne with Tidmarsh and Sulham



WHAT'S ON IN ST JAMES-THE-LESS



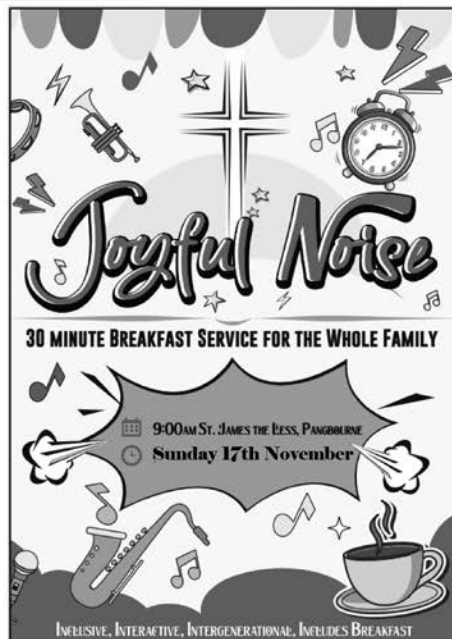
St James Café
St James Church, Pangbourne

2nd & 16th October
6th & 20th November
4th & 18th December

Coffee & Chat

Drop into St James Café in Pangbourne
each 1st and 3rd Wednesday
11am to 12.30pm

You'll be assured of a warm welcome



Joyful Noise

30 MINUTE BREAKFAST SERVICE FOR THE WHOLE FAMILY

9:00AM ST. JAMES THE LESS, PANGBOURNE
Sunday 17th November

INCLUSIVE, INTERACTIVE, INTERGENERATIONAL, INCLUDES BREAKFAST



BECOMING MORE INCLUSIVE

A SERIES OF SEMINARS IN
ST JAMES THE LESS DURING 2024

Each seminar will include personal testimony, talks from speakers with first hand knowledge of their topic, study of the Bible and table discussion.

For more information, take a leaflet or scan the QR code.

Wednesday 11th September, 7pm
ETHNICITY

Wednesday 16th October, 7pm
NEURODIVERSITY

Wednesday 13th November, 7pm
GENDER

In 2025 **ECONOMIC POWER**

www.pangbournechurches.org/becoming-more-inclusive



ALL SOULS' SERVICE

Sunday 3rd November at 3pm

music, readings and prayers
*To remember those whom we love
but see no longer*

St James the Less, Pangbourne

TIDMARSH WITH SULHAM PARISH COUNCIL

Janine Lewis will continue as the Clerk of the Parish Council. Her contact details are: clerk@tidmarshwithsulham.co.uk.

The parish council website is being updated with minutes from the last council meetings and agendas. Please find all the latest information on <https://tidmarshwithsulhamparishcouncil.co.uk>

Dates for our next meetings (always the second Wednesday of the month) are as follows:

Wednesday 9th October 8.00pm

Wednesday 13th November, (time tbc)

Wednesday 11th December, (time tbc)

We are always keen to hear ideas from the parish that help to bring the community spirit together so please come to one of the meetings or contact us with ideas.

Also, we hope to organise Carol Singing on the Millenium Green, so please watch the noticeboard and the village Facebook group for details.



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REPORT FROM THE PANG VALLEY FLOOD FORUM SECTION 19 REPORT ON FLOODING



A member of PVFForum accompanied representatives from WSP (environment consultants) when they were gathering information to compile the recent Section 19 Report for West Berkshire Council, following the flooding in Pangbourne, Tidmarsh and Sulham in the early months of this year. There follows extracts from the draft report:

13.3.3. Flooding on Mill Lane was likely caused by the lack of maintenance of the grips along the road. During WSP's site visit to Pangbourne, it was noted that the grips had silted up and filled with sediment, meaning they were no longer effectively draining floodwaters from the road. In addition, it was noted that Mill Lane has a lack of road drainage.

13.6.6. West Berkshire Council should review the current highway drainage maintenance schedule and, where appropriate, increase the frequency of inspections. Alternatively, these assets could be marked as a priority, and arrangements should be made for pre-emptive inspections on receipt of forecasts of heavy rain.

13.6.7. A schedule should be put in place for the maintenance of the grips across Pangbourne. If this is already in place, then the schedule should be updated, with grips along Mill Lane and the River Pang highlighted as priority locations for inspection on receipt of forecasts of heavy rain.

13.6.8. Another recommendation is the further investigation into road drainage along Mill Lane, because during WSP's site visit it was noted that there is a lack of road drainage. Detailed modelling could be completed to understand the hydraulic dynamics of surface water flowing along the road. This can then influence the potential implementation of more road drainage, for example in the form of gullies to prevent future flooding, as experienced in early 2024.

ENGLEFIELD SCHOOLS DAY

PVFF had a stand at the Englefield Schools Day in June where they explained flood risks, and the steps taken to mitigate flood risk, to some 400 primary school children from across Berkshire. The event was a great success and the children showed enthusiasm and interest in all aspects of flooding and the ways in which flood risk can be mitigated.

OTHER

The Chairman of PVFF gave a talk at the Cirencester Waterways Conference in June. PVFF continues to work with other interested stakeholders on the Thames Water Pang Restoration Strategy.

Stephen Billyeald, Pangbourne Flood Warden, Treasurer & Trustee PVFF



MY JOURNEY INTO BEEKEEPING - PART 5

Did you know?

Honey bees fly at speeds of 15-20 mph when flying to a food source and around 12mph when returning laden with pollen, nectar, propolis or water. Forager bees will fly between 1 and 3 miles in search of food – a strong colony therefore flies the equivalent distance from earth to the moon everyday.

In the summer there are around 35-40,000 bees in the hive, in the winter there are around 5,000.

Queen bees can live up to 3 or 4 years while worker bees live 5-6 weeks. The first few weeks of their lives are spent in the hive working as nurse, undertaker or guard bees while the rest of their lives are spent foraging for food. Bees hatched in September or winter bees can live for 5 or 6 months tending the Queen and growing brood.

June seems like a long time ago now! The hives had increased from 2 to 3 and the bees had been busy raising brood and making honey in hives 1 and 2. However regular checks of the new hive showed it wasn't increasing as hoped and there was no sign of eggs or the queen. Emergency measures were taken by placing a frame of eggs and brood from one of the other hives in it. This solved the problem and within weeks the bees had raised themselves a new queen and after her virgin flight she started to lay eggs securing the future of the hive for now.

Queens are marked by a coloured dot on their thorax which relates to the year they were hatched which not only helps you to spot them when carrying out inspections but is also an indication of older queens coming to the end of their lives. The mnemonic 'Will you rear good bees' is standardised across the world and relates to the colours used each year starting with white in a year ending with 1 (eg 2021) then yellow, red, green and blue. I now have four queens starting with the 2022 queen that came with the first bees, last year's red queen and the latest green additions.

July arrived with copious amounts of rain and below average temperatures. The weekly inspections became difficult to plan in advance as they cannot be carried out when there is a chance of rain and with the ever present threat of the bees swarming this caused quite



a lot of stress! However in between the rain the bees were bringing in plenty of pollen and nectar and despite the bees feeding on a lot of their honey in June and early July, stores started to build up again and by the end of July I was able to extract my first batch of honey this year – removing the supers, extracting the honey then replacing the supers back on the hives for the bees refill. To my delight I extracted 96 lbs of honey which was very different in density, colour and flavour to the honey produced last year. This was probably due to the fact that it was partly made from late spring flowers such as hawthorn and horse chestnut.

Bees tend to get very tetchy during August and this was certainly the case with mine, with more than one sting on inspections and the odd guard bee patrolling the garden! With the hives at bursting point I took the decision to split the fullest of them again into a polynuc, placing 5 frames of bees, brood and eggs plus one of food into it with the hope that once again the bees would raise a new queen and start a new colony. As well as doing this to take the pressure off the hive it is also an insurance against any losses over the winter or to provide a nucleus of bees to someone in need in the spring. A recent look has shown that they have indeed raised a queen so fingers crossed for their future!

By mid August two of the three hives had 4 supers on each of them, most of which were filled with capped honey so once more it was time to extract. I firmly believe in leaving the bees with plenty of their own honey for the winter, so decided to leave two supers on each of the three hives, removing four for extracting. This honey was different again – runnier, lighter in colour and again a different flavour with pollen and nectar from blackberry and lime trees along with the huge selection of flowers available in the area. A further 135lbs was extracted, making a total of just over 230 lbs from the two hives compared with 85lbs last year!! I couldn't be more proud of the girls and their hard work despite the weather.



This week sees the preparation for autumn and winter, with the reconfiguration of the hives taking place that ensures the bees have their best chance of survival over winter and treatment for the varroa mite being undertaken. Nothing more to write now until next spring but please contact me if you would like a jar of very local honey, which incidentally is currently being given to several horses at local stables that have been suffering with allergies to local plants! My number is 07875 707 141.

Karen Elliott

WEST BERKSHIRE COUNTRYSIDE SOCIETY

The Society exists to promote the understanding, appreciation and conservation of the West Berkshire Countryside. We also learn a lot and get to have fun while we do so. We hold free events where you can meet friendly and like-minded folk; organise regular walks guided by a knowledgeable leader; organise talks on natural and local history; and support Barn Owl conservation. When you join the Society, there is a £15 annual subscription. This entitles you to four copies of the 'Upstream' newsletter per annum.



Find out more and become a member! membership@westberkshirecountryside.org.uk

October

Tues 1st October 10.00am Rushall Manor Farm

Woodland management. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield

SU584 723 telephone.brink.crate

Tues 8th October 10.00am Malt House, West Woodhay

Hedge laying and coppicing. Parking is on the track off the W. Woodhay Rd

SU404 637 belts.glorified.connects

Sun 13th October 2.00pm A Woodland Walk with Charles Gilchrist, near Hermitage

A 2-mile walk starting and finishing at the small woodland car park opposite the triangular junction of Grimsby Castle and Marlston Road

SU512724 prefect.inhaler.balance

Further parking towards Hermitage. See autumn colour from the mixed deciduous and coniferous plantations; fruit, ferns, and fungi (all weather dependent).

Tues 15th October 10.00am Bucklebury Common

Maintaining important heathland habitats. Meet at the Crossroads

SU556 961 taskbar.flagpole.sensual

Tues 22nd October 10.00am Furze Hill, Hermitage

Woodland and butterfly habitat management on this parish wildlife site. Parking at village hall - through double gates off Pinewood Crescent

SU512 740 simmer.equipping.casual

Tues 29th October 10.00am Padworth Common

Scrub control on this BBOWT heathland reserve. Parking at the reserve.

SU619 648 bigger.restores.highlighted

November

Tues 5th November 10.00am Sheepdrove, Lambourn

Continue hedge laying and maintaining previous length of hedge. Park near the red barn. Do not use sat nav guidance to locate this site *SU349 816 connected.ranges.over*

Tues 12th November 10.00am Greyfield Wood, Beenham

Woodland management with the local management group. Park in the woodland car park along the track
SU581 689 skate.plans.whizzing

Tues 19th November 10.00am Boxford Water Meadows

Brash clearing and tree lopping. Park along Westbrook Lane and in the site entrance in Boxford village
SU426 717 rectangular.maybe.scatter

Tues 26th November 10.00am Grovepit Common, Leckhampstead

Scrub clearance on this parish wildlife site. Access via the track which leaves the B4494 west at Cotswold Farm. Please leave your vehicles at the bottom of the track and walk up to the common.
SU440 777 bossy.connected.tubes

December

Tues 3rd December 10.00am Rushall Manor Farm

Woodland management. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield
SU584 723 telephone.brink.crate

Tues 10th December 10.00am Bucklebury Meadows

Working on hedges around the meadows behind the pub in Upper Bucklebury. Park in Morton's Lane.
SU543 686 chuckling.notion.regaining

Tues 17th December 10.00am Ashampstead Common

Haloing work on the special trees. Park at the Common entrance just past The Cottage along Sucks Lane, Ashampstead RG8 8QT
SU576 751 nuzzling.pegg.afford



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SULHAM FARM NEWS

Harvest was completed on the 19th August, considerably shorter than previous years with the now much reduced arable area. On the whole the crops fared well with the wet spring weather a help to yields, this is certainly a farm that suffers more in a dry time than wet. Stormy weather through June resulted in a significant area of laid wheat, disappointing with a crop that had looked well for the rest of the year. The vast majority of the crop was picked up by the combine and the yield was still acceptable with the primary issue being the difficulty incorporating the subsequent crop residues with the cultivator.

At the end of June and in early July we welcomed the West Berkshire Countryside Society for two days of ragwort pulling on the SSSI meadows, hard work which has been much appreciated. A good section of the marsh was cleared despite it being a particularly bad year for the weed.

Work on the Biodiversity Net Gain project continues, landscaping of the new wetland on railway field is due to be completed on the week commencing the 2nd September. The end result will be a groundwater fed shallow sloping pool that will seasonally dry out, perfect habitat for newts and wading birds. Fencing has continued on the Stonehams area with the hanging of field gates and commencement of the deer fencing for the wood meadow and coppice woodland. In the coming weeks the last of the seeding will take place and hopefully we will be able to bring the cattle onsite to give the pastures the first graze.

Andrew Clay, Farm Manager Sulham estate



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THE GREYHOUND PUB, TIDMARSH

In the seven and a bit years since we took over The Greyhound at Tidmarsh, we have seen so much. In that time we have met many of you and looked after you for celebrations, family events, meals with friends and cheeky drinks while walking the dog.

While many of you have remained constant throughout - and for that we are immeasurably grateful - over the years many of the faces working here at the pub have changed, but we have always pushed to look after everyone who visits us.



Indeed, many children from our local community have worked here at The Greyhound and we have seen many grow and develop with us, moving on to either full time employment or university. It is always great to see them again, and the familiarity with which they slide back into their role here at the pub and how you, as locals, welcome them back.

Amongst our current team, I am sure that many of you will know Lynn who works lunchtimes during the week and Vita who, when she joined us after having to leave her home in Ukraine, has become a rock upon which so many of us rely. And in the kitchen we have Natasha and also Greg, who rejoined us just before last Christmas having previously been with us up to March 2020.

We hope to offer something for everyone from well-kept ales, lagers and wines to a menu that offers some familiar comforts as well as some dishes that appeal to your memories of travelling. Our Thursday burger offer has always gone down a storm, as does the offer of treating yourself to a steak and glass of wine on a Friday evening. Every week finishes (or starts) with a great Sunday roast lunch, followed by the evening pub quiz as the minds of Tidmarsh, Sulham and the surrounds stretch those grey cells in the chase for top spot ... and all the time raising money for charities that our teams nominate themselves. And who would miss the chance to 'Eat For Free' on the roll of two die on a Wednesday evening ... you only need to book online in advance to play the game and you can win 10, 20, 30, 40, 50 or even 100 per cent off your food!!

We hope that for whatever the reason you visit and support us here at The Greyhound, you feel that we've put the pub back into the heart of the village and we look forward to seeing you all soon.

*Stuart and Natasha,
The Greyhound, The Street, Tidmarsh, Reading RG8 8ER Tel: 01189843557*

RECIPES FROM THE OLD SCHOOL KITCHEN

As we enter the season of mellow fruitfulness, harvest moons and the bringing in of the final crops around Sulham, we, in The Old School are resolutely hanging on to summer. At least Chef M is. We think Chef J's recipe is a cheesecake for all seasons. So, we bring you three recipes and some handy tips. Finally – one of us is dieting so the recipes are low calorie, apart from the cheesecake which is a treat for Chef M's birthday. Hint for Chef J!

Prawns, Lemon and Dill pasta (originally Angela Hartnett from the Telegraph) For 2

- 175g pasta
- 8g butter
- 1 clove of garlic crushed
- 50g frozen peas
- As many cooked prawns as you want (she uses brown shrimp)
- Zest and juice of ½ lemon
- 1.5tbsp of chopped dill
- Grated parmesan to taste



Cook pasta in boiling salted water. Melt butter in a large saucepan and add garlic, cooking until soft. Just before pasta done add peas to garlic and heat through to defrost then add prawns. When the pasta is done add pasta and 1 tablespoon of cooking water, lemon zest and juice and dill to the pea and prawn mixture. Toss. Serve with grated parmesan.

Thai Style tomato and courgette salad (with peanut crumbs) Meera Sodha from the Guardian Feast app

The longer the salad sits the more juice will be released, use tongs to serve and sprinkle with breadcrumbs when serving. (Chef M hasn't made the crumbs here but included for completeness. Thai basil essential.)

For the dressing:

4 birds eye chillies or substitute whatever chilli you are comfortable with
3 garlic cloves roughly chopped
3 ½ tbsp soy sauce
Juice of 3 limes
Rapeseed or vegetable oil
1 ½ tsp palm sugar or granulated sugar
to taste

For the salad:

500g cherry tomatoes halved
2-3 courgettes (400g) julienned – *Chef M uses a potato peeler which works well*
A large handful of Thai basil leaves, shredded
40g roasted peanuts crushed
40g dry breadcrumbs
¼ tsp salt

Make the dressing by putting $\frac{3}{4}$ of the chillies into a blender with the garlic, soy, lime juice, 2 tablespoons of oil and the sugar. Whizz until well blended. Put the tomato halves in a large bowl then lightly squash them with a hand. Pour over the dressing and set aside. Put the julienned courgettes on top but don't mix in. Sprinkle over the basil

Heat 2 tablespoons of oil in a frying pan over a medium heat. Very finely chop the remaining chilli. When the oil is hot add the chilli, peanuts, breadcrumbs and salt and stir for around 4 minutes until golden brown. Take off the heat.

Mix the courgettes and basil into the tomatoes. Scatter the breadcrumbs on top at the last minute – if using, or let diners add as to their taste.

Austrian Curd Cheesecake from Mary Berry's Baking Bible

Chef J comes into her own here. The recipe, although Austrian, reminds Chef M of her heritage. After all, Poland was part of the Austro-Hungarian empire once upon a time. Serves 10

150g softened butter	100g sultanas
275g caster sugar	50g semolina
550g full fat curd cheese or ricotta	Grated rind and juice of 2 lemons
4 large eggs separated	(unwaxed)
100g ground almonds	Icing sugar to dust

Pre-heat the oven to 190C/Gas 5. Lightly grease a 23cm loose bottom or springform deep cake tin and line with baking parchment.

Soften the butter in a large bowl then add the sugar and cheese. Beat together well until light and creamy. Beat the egg yolks into the mixture one at a time, then stir in the ground almonds, sultanas, grated lemon rind and juice.

Leave to stand for 10 mins to allow mixture to thicken and so that the sultanas don't sink. In a separate bowl whisk the egg whites until stiff but not dry then fold into the mixture. Turn the mixture into the tin.

Cover the top loosely with foil halfway through cooking. Bake in the oven for about an hour until firm to the touch.

When cooked, turn off the oven but leave the cheesecake to cool for about an hour. Allow to cool completely then loosen the sides with a palette knife and remove the tin. Invert the cheesecake, remove the base of the tin and turn back the right way up to serve. Dust with sifted icing sugar

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RESTAURANT REVIEW

The Pot Kiln *Chapel Lane, Frilsham,*
RG18 0XX <https://thepotkiln.co.uk>

This is the third time, in my 30+ years in Berkshire, that the management has changed at the Pot Kiln. It is definitely the best incarnation. The restaurant is in a lovely spot with glorious views over fields and woods. The restaurant has of course been refurbished, but let's start outside. On a fine day there are lovely areas to sit and eat outside and a large pizza oven, which on Sunday evenings provides the food for the traditional Pot Kiln pizza evenings.

Inside the décor is tasteful, not staid, and welcoming. The important change is the open kitchen with views of the wood fired oven etc. The restaurant has been taken over by the folks from The Royal Oak in Yattendon, so the service is attentive and professional. The food is generally very good, although my lamb cutlets needed more rendering (sorry but as an avid Masterchef viewer I now know these things). The food is Spanish based and that makes the menu a little confusing. It's not clear what are tapas and what are sides but basically everything goes with everything else.

Stand out dishes included roasted Cornish hake (£22), charred leeks with Romesco sauce (£6), gambas in lemon and chilli (£11) and the PK chips (amazing) with cheese, jamon and bravas seasoning (£5) These are sharing dishes, which we didn't try as we can't agree on what to share (William Sitwell and Grace Dent never seem to have this problem I note). They are pricey. I fancied the Catalan fish stew for 2 (£50) and the salt chamber aged rib of beef (£85 for 2) but as this was lunch and not a celebration no way Jose.

Finally, the wine. The cava is very good, and we had a lovely bottle of Alberino (£40). We had a great lunch, relaxed and the food was good. But it ain't cheap - but then neither is the Royal Oak. If you are able bodied, which I'm not, then a walk before or after lunch would be perfect. You go if you want to but this lady is not for walking (apologies to the other Margaret for taking this liberty with her words.)

News bites

- *There has been a review of The Goat on the Roof in Newbury by my heart throb* <https://www.theguardian.com/food/article/2024/aug/04/goat-on-the-roof-newbury-smart-and-thoughtful-cooking-restaurant-review> . *It sounds really good.*
- *And in Pangbourne our dear friend Nino has opened a gelato and coffee van in the Dolphin Car Park by the Pangbourne meadows. I would recommend the Signor Whippo. The van is extremely stylish. Go visit.*

GARDENING : OCTOBER - DECEMBER

It has been so nice to have a sunny, warm August after last year's wet summer. Plants flowered early in spring then seemed to normalise and as September began we started to see autumn creeping in. Fruit trees have had good crops most likely due to the warm, wet winter. Traditionally autumn is when moisture is more available, but there can be no guarantee of that, so if you're wondering whether you should plant in the autumn or spring, the autumn may help the plant establish itself more than a cold spring would.

GARDENING IN OCTOBER

October is ideal to move trees and shrubs, and plant hedges. Hardwood cuttings can be taken now from deciduous shrubs. Clear up fallen rose leaves to prevent diseases such as black spot from overwintering - don't compost the leaves, put them in general waste or burn them.

Tidy borders and mulch with bark chips, well-rotted manure, leaf mould or spent mushroom compost to insulate plant roots for the winter and keep weed growth in check. Re-use spent compost from containers.

Change summer bedding for winter bedding plants such as pansies, primulas. Plant daffodils.

Sow winter peas, broad beans and winter lettuce. Prepare plots for next year with well rotted manure. Divide clumps of rhubarb with spade and re-plant the healthiest looking pieces.

To test when apples or pears are ripe, gently lift them in the palm of your hand or give them a gentle pull: they should come away easily.

A last mowing can be made this month before leaving your lawn for the winter. Aerate your lawn with a garden fork or aerator, rake thatch from the surface and repair dead patches. Autumn lawn feed can be applied. Now is a good time for turfing, although any later won't be successful as leaves falling on it will inhibit the growth.

NOVEMBER

Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots in situ. Raise containers onto pot feet to prevent water logging.



Winter flowering shrubs like honeysuckle, daphne, witch hazel are very fragrant to tempt insects on warm days; others such as dogwood have colourful stems or foliage.

Clear up fallen leaves - especially from lawns, ponds and beds. Plant tulip bulbs for a spring display next year Prune tall roses by half to prevent wind-rock which affects the roots



DECEMBER

Check your winter protection structures are still securely in place. Prevent ponds and stand pipes from freezing

Prune open-grown apples and pears once the leaves have dropped, except those trained against walls. Prune acers, birches and vines before Christmas to avoid bleeding

Deciduous trees and shrubs can still be planted and transplanted depending on weather conditions.

Reduce watering of houseplants.

Alan tends gardens in Tidmarsh and the RG8 postcode area.

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MESSAGE FROM THE BOATHOUSE SURGERY

We are always looking for ways to improve your access to GP appointments, as demand continues to rise. We are aware of the increasing wait times for routine GP appointments and have listened to your concerns. Following research, we have found an effective solution that will change the way you access our services. On Monday 30th September, we will be introducing a GP led Total Triage system.

All requests for GP appointments and queries (routine and urgent) will be reviewed by our triage doctor, on the same day, and an appointment will be offered as clinically appropriate.

We want to make sure patients are getting the advice and access they need in a timely manner, in line with their clinical needs.

You should no longer telephone the practice to book a GP appointment. Bookings will be replaced with a new, quick and simple online triage form on our website. This can be accessed through our website (The Boathouse Surgery (pangbournesurgery.co.uk) between 8 am – 4 pm, Monday to Friday. If you have an urgent medical need after 4pm, please call the surgery and you will be seen.

Whilst this system will be easily accessible for most patients; for those that don't have access to the internet please call our reception team who will be able to assist you by completing the online request form for you. You are welcome to come to the surgery and speak to them in person, should you prefer.

Once the GP has triaged your request, the outcome may be:

- An urgent appointment that day with the appropriate clinician (GP / Paramedic / Nurse Practitioner)
- An urgent GP appointment
- A routine GP appointment
- Referral for relevant tests
- A nurse appointment
- A reply via your chosen contact method for queries that do not need an appointment
- Passed on to our clinical pharmacist team for relevant medication queries
- Passed on to our admin team, such as medial secretaries, for relevant queries
- A referral to our social prescriber
- Signposted to other providers, such as community pharmacy, physiotherapy, minor injuries, or 111.

Please note, there is no change to the booking of nurse or health care assistant appointments for the time being – these appointments can be arranged by phoning the surgery, as usual. Please only book a blood test if you have been requested to do so by a clinician.

We would like to remind patients that if they are experiencing life-threatening symptoms, please dial 999, or if you're unsure what service you need consider using 111 online.

Over the next six weeks, we will have limited availability, as our current system winds down (routine appointments are not available to book beyond 1st October when the new system starts). All urgent and acute medical needs will still be seen and dealt with appropriately.

Many neighbouring practices are now using this system, and feedback has been very positive with the average wait for a routine appointment reduced to 10 days.

The form will allow you to state your preferred contact method so that we can get in touch with you following triage. This may be via email, a phone call, or a text message which may include a booking link to allow you to book the appropriate appointment at your convenience.

If you have any questions or concerns regarding the new Total Triage system, please send these to us via our online feedback form (Feedback | The Boathouse Surgery (pangbournesurgery.co.uk) or in writing for the attention of the practice manager. We will then be able to produce and share an FAQ to answer these. Please do not call our reception team with questions or queries.

Thank you for support and understanding as we make this transition – we hope this will improve care and continuity, enabling those who need to see a GP to do so promptly.

*The Partners
Pangbourne Medical Practice*



THE IMPORTANCE OF THE MICROBIOME AND ITS IMPACT ON HUMAN HEALTH

Understanding the Microbiome

The human microbiome, a complex ecosystem of trillions of microorganisms residing primarily in the gut, plays a crucial role in maintaining overall health. These microorganisms, including bacteria, viruses, fungi, and other microbes, outnumber human cells by about ten to one and possess an incredible diversity that is essential for various bodily functions.

The Role of the Microbiome in the Body: Digestive Health

The microbiome is essential for the digestion and absorption of nutrients. Gut bacteria help break down complex carbohydrates, synthesise vitamins like B and K, and support the digestion of fibres that human enzymes cannot break down. Imbalances in the gut microbiome, known as dysbiosis, can lead to conditions like irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and chronic constipation.

Immune System Support

Approximately 70% of the immune system resides in the gut. The microbiome interacts with the immune cells, training them to distinguish between harmful pathogens and benign substances. A healthy microbiome enhances immune responses, while dysbiosis can contribute to autoimmune diseases, allergies, and increased susceptibility to infections.

Mental Health

The gut-brain axis is a bidirectional communication network between the gut and the brain. Gut bacteria produce neurotransmitters such as serotonin and gamma-aminobutyric acid (GABA), which influence mood, anxiety, and cognitive functions. Imbalances in gut bacteria are linked to mental health disorders like depression, anxiety, and even neurodegenerative diseases such as Alzheimer's and Parkinson's.

Metabolic Health

The microbiome influences metabolic processes, including the regulation of blood sugar levels and fat storage. Dysbiosis is associated with metabolic conditions such as obesity, type 2 diabetes, and metabolic syndrome. Gut bacteria also affect how different people respond to the same foods, influencing weight management and dietary needs.

Health Conditions Associated with Microbiome Imbalance

1. Gastrointestinal Disorders: IBS, IBD, Crohn's disease, ulcerative colitis, and celiac disease.
2. Immune-related Conditions: Asthma, allergies, autoimmune diseases like rheumatoid arthritis and lupus.

3. Metabolic Disorders: Obesity, type 2 diabetes, non-alcoholic fatty liver disease.
4. Mental Health Issues: Depression, anxiety, autism spectrum disorders, schizophrenia.
5. Skin Conditions: Acne, eczema, psoriasis.

Advances in Health Technology: Personalised Gut Health Testing

Recent advancements in health technology have revolutionised the way we approach gut health. Personalised gut health testing now allows for a detailed analysis of an individual's microbiome, offering insights that were previously unattainable. These tests involve sequencing the DNA of gut bacteria to identify the types and proportions of microorganisms present.

Functional Medicine and Personalised Approaches

Functional medicine, which focuses on addressing the root causes of health issues rather than just treating symptoms, greatly benefits from these advancements. Personalised gut health reports provide invaluable data for functional medicine practitioners, enabling them to develop tailored treatment plans that address specific imbalances and health concerns.

Transforming Integrated Medicine Practices

With the detailed insights provided by gut health tests, integrated medicine practices can offer more precise and effective interventions. Nutritional therapists and practitioners can use these reports to:

- Recommend specific dietary changes that support beneficial gut bacteria.
- Prescribe probiotics and prebiotics tailored to an individual's microbiome composition.
- Develop lifestyle modifications to enhance overall gut health.

Improving Access to Gut Health Insights at Formula Health

To improve access to these transformative insights, Formula Health now stocks gut health test kits at their Pangbourne clinic. Clients can book follow-up consultations with experienced practitioners, all under one roof. This comprehensive approach ensures that individuals receive personalised care and support based on their unique microbiome profiles, leading to improved health, wellbeing, and longevity.

The human microbiome is a vital component of health, influencing numerous bodily systems and conditions. Advances in health technology, particularly gut health testing, enable a deeper understanding of this complex ecosystem and offer new avenues for treatment and prevention. By embracing these innovations, integrated medicine practices like Formula Health are at the forefront of providing bespoke, effective care that addresses the root causes of health concerns.

Gemma Fisher M.Ost Med. – Director Formula Health Ltd

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GARDEN VISITS IN THE COTSWOLDS

Kiftsgate Court Gardens lie directly across the road from Hidcote Manor, so it is easy to visit both in the same trip.

Kiftsgate Gardens sprawl down a steep hillside behind the lovely house with breathtaking views across the Cotswolds.

There are large walled gardens in the level area beside the house, with beautiful roses and herbaceous perennials. Pools, paths and steps make this an interesting garden at every turn. In contrast with the traditional gardens is the 1960s-era swimming pool, landscaped in a more modern style. These gardens are a must see for anyone who loves the countryside and plants.



Hidcote Gardens are also stunning. Interesting illustrated history talks are regularly given in an open barn. Lawrence Johnston and his mother bought the house and land in 1907 and turned the fields around the house into a garden. Laid out in garden rooms, each enclosed with neat yew hedges, are borders overflowing with

shrubs and herbaceous plants packed with colour. Narrow paths lead to secret corners for the discerning gardener to look for unusual plants. A formal pool is filled with water lilies and there are also open lawns with space for children to run around and to picnic. Hidcote Garden is National Trust, Kiftsgate is not but the £10 entrance fee is worth every penny. Both gardens have cafes and are approximately 1.5 hours drive from Tidmarsh. GL556LR



Gillian Alderton

PUZZLES

AUTUMN WORD SEARCH

L N Q F M M P S Z U Z Z O C Q O W Q I O J K K V
Y S G L U O N P Q U X R D O I Q F K K I G J P C
H T H A N K S G I V I N G R X P Y F Q R A M Y N
T K E R Q V M Y S T H H T N L V T W O L L E Y R
Z X B T T G W T C M W O R L E A V E S L G C W G
H K Q H V G E C S A O Z Q Q F D N M C L F Q I O
A V V T F A N E J T S Y Z S M K Y K J E O M S M
L T R I S R E B M E T P E S Q R G P Z E Z B G Q
L W K P J T Z A O C H B Z V H N I K P M U P B W
O T V W C N Y A O U T A C T A P J K L R I F T U
W X R G K B G Z D E M Y S L R G C X U C F U I W
E R V S H W A E Q G S X Y M V I Q J V I F I C A
E L E M S K R B Q G N W R V E D Q F Y D S J T V
N H H B U I P O T A T O E S S X N H C E D U U O
G L M V M X X G X O R V Y R T S G C F R R I R G
F Q D F Q E A L I R I S E L P P A N B K U R K E
X U H A U V V H E A Y T V B V H S C B C P E E I
D N A L E L R O P N B X K Q V N U M Y E N B Y P
H L A L N W I T N G C H E L C C R O H M Z O O V
P X G I W P J C K E K W J M H U A O U I E T E B
D D O P I X A A B R O W N D C A N Z C B K C I E
M X R B N I U Y M Z Y X E D Y F E B Q A J O K L
A D G N J L S K I E I G G L V I O P F H E A O W
T S Y K A O V D A U T U M N N P N T B V R X Y Y

Thanksgiving	Halloween	September	November	Potatoes
Harvest	October	Pumpkin	Apples	Autumn
Leaves	Orange	Turkey	Yellow	Acorn
Brown	Cider	Corn	Fall	Rake
Pie	Red			

SAYINGS AND THEIR ORIGINS

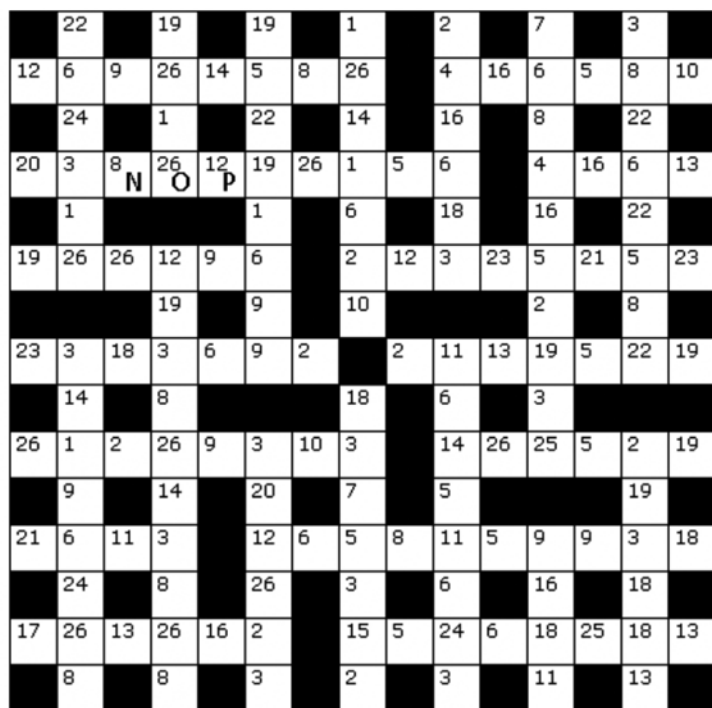
‘Barking up the wrong tree’: This refers to hunting dogs that may have chased their prey up a tree. The dogs bark, assuming that the prey is still in the tree, when the prey is no longer there.

‘Butter some-one up’: Or to impress some-one with flattery. This was a customary religious act in ancient India. The devout would throw butter balls at statues of their gods to seek favour or forgiveness.

CODEWORD

Codewords are like crossword puzzles, but instead of clues, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout.

You have to decide which letter is represented by which number. To start you off, we reveal codes for some of the letters. Fill in these letters in the puzzle and start guessing words and discovering other letters.



A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Answers will be posted on the parish council portal
<https://www.tidmarshwithsulham.co.uk/magazine.htm>

LOCAL INFORMATION

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Mon-Fri (ex Tue) 9:30-11:30 am 0118 984 4586

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Church office open Tuesday and Friday

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Church Wardens for St James, Pangbourne;

St Laurence, Tidmarsh; St Nicholas, Sulham

Jill Palfrey 0118 984 2698

Julia Sheppard 0118 956 1820

PCC Treasurer

Stephen Billyeald 0118 984 3368

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Helen Hopwood 07733 106020

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Treasurer/Secretary

John Butler 0118 984 2621

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Medical

The Boathouse Surgery

Whitchurch Rd, Pangbourne 0118 984 2234

NHS Direct 111

Berkshire West Primary Care Trust

Reading office 0118 950 3094

West Berkshire office (Newbury) 01635 42400

Government

MP for Reading West

Alok Sharma (Conservative) 0118 945 4881

Councillor for the Pangbourne Ward

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Public Transport

Rail Travel

First Great Western	08457 000 125
National Rail Enquiries	08457 48 49 50
TrainTracker (train times/fares)	0871 200 49 50

Bus Travel

DJ Travel (Tidmarsh Fri Service)	0118 933 3725
Reading Buses	0118 959 4000
Newbury Buses	01635 567500
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Traveline

National/local bus, train, coach, ferry and underground info	0871 200 22 33
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Scouts and Girl Guides

1st Purley & Pangbourne Scout Group	
Registration Secretary r	egsec@1stPandP.org.uk
Girl Guides	0800 169 5901
	www.girlguiding.org.uk

Village Hall Committee

Alan Maskell	0118 984 5326
Gillian Alderton	
Karen Elliott	
Karen Fountaine	
Carol Williams	
Axel Lagerborg (Treasurer)	
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West Berkshire District Council

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Streetcare	01635 519080
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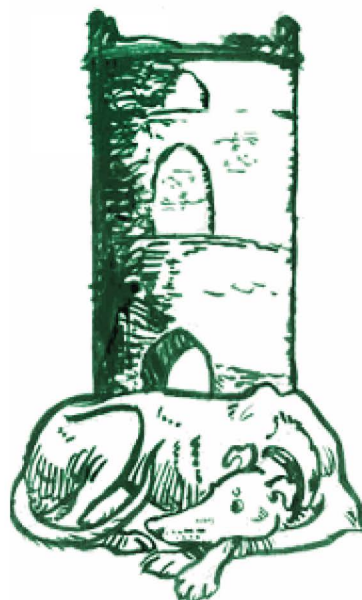
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