

Tidmarsh with Sulham Parish Magazine



SPRING 2023



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With this edition of the magazine we have much to look forward to; Easter and the school holidays, the coronation of King Charles III in May and of course spring and the beginning of lighter warmer days (what a long winter we've had!).

In the meantime, this magazine is packed with content which we hope you will enjoy including; local news and updates on the environment, delicious recipes in the Food section, a review of Lisbon, Health & Beauty articles and new puzzles for you to crack. As always, please keep your ideas and contributions for new content coming!

Thank you to Peter King for the front cover: Sunset – Manor Farm Lane, Tidmarsh.

Wishing you all good health and a very happy Easter.

Lucy Clow
Editor

lucy.clow@gmail.com
Tel: 07500 937607

DATES FOR YOUR DIARY

DATE	EVENT	TIME
2 April	Holy Communion – St Laurence Church, Tidmarsh	11.15am
7 April	Village Walk – Meet at Village Hall	9.30am
	Coffee Morning – Village Hall	11.00am
9 April	Easter Celebration – St Laurence Church, Tidmarsh	11.15am
	Family Worship – St Nicholas Church, Sulham	11.15am
16 April	Family Worship – St Nicholas Church, Sulham	11.15am
5 May	Village Walk – Meet at Village Hall	9.30am
20 May	Coffee Morning – Village Hall	11.00am
21 May	Spring Quiz – Village Hall	7.30pm
	Family Worship – St Nicholas Church, Sulham	11.15am

DON'T FORGET TO TAKE PART IN THE NEW 'TIDMARSH AND SULHAM VILLAGE RAFFLE' – 1ST DRAW 20TH MAY

In the Winter Parish Mag we launched the “Tidmarsh & Sulham Village Raffle” – a new community raffle, the profits from which will be split between two of our key village resources; the Village Hall and the publication of the Parish Mag.

Here's how it will work:

- In the spirit of the 100+ club, **Tickets will be £5** each and can be purchased by bank transfer or by contacting Gill Haggarty or Lucy Clow (details below)
- There will be **two draws each year** at the Spring and Autumn village quizzes
- Tickets for the **first draw can be purchased from January to the day of the Spring Quiz : Saturday 20th May** – *see details of Quiz in this magazine*
- There will be **prizes to the value of £25, £15 and £10** (the number of prizes will depend on ticket sales)
- Tickets for the second draw will be available from 1st June to the day of the Autumn Quiz.

Payment

Bank transfer to: 'Tidmarsh with Sulham magazine'

Bank: Lloyds	account type: Business
Sort code: 30 96 96	a/c number: 58794260

or cash to: Lucy Clow, Step-up Cottage Sulham.

or contact: Gill Haggarty at haggartyjandg@btinternet.com

Please provide your surname and 1st line of address as a reference

Many thanks!

Gill & Lucy

ST NICHOLAS CHURCH

Family services are at 11.15am on the 3rd Sunday of each month, lasting approximately 45 minutes. Hot drinks and cakes are served after the service. All ages welcome.

St Nicholas 2023 flower and cleaning rotas need volunteers. Cleaning is done monthly and can be done singly or in pairs. Church flowers are changed every two weeks, you don't need to be a florist, simple arrangements are welcome. There are a selection of silk flowers to use with fresh greenery so there is no need to spend large amounts on fresh flowers. The cleaning and flower sign up rotas are on the back of the blue entrance doors.

If you would like more information contact Gillian (9842729) or Gill (9844122).

Spring Flower Sunday at St Nicholas Church

Spring Flower Sunday took place on February 19th. More people than ever came to see the churchyard full of crocuses, snowdrops, and primroses, all in full bloom as the sun was shining. Visitors enjoyed tea and cake served in church and thanks to very generous donations £570 was raised and will go towards the upkeep of our little church.

A special thanks goes to Gillian Alderton, Gill Haggarty for hosting the event and laying on a wonderful spread of tea and cakes.



Photo taken by churchwarden Mark Littledale.

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VILLAGE WALKS

Village Walks leave from Tidmarsh Village Hall at 9.30am on the first Friday of every month. All walks are gentle paced and end at the Village Hall at 11am where walkers can join in with The Village Coffee Morning 11am to midday. Sociable doggies are very welcome.



VILLAGE HALL

The Village Hall continues to be a centre offering regular slots and one-off hirings for a selection of sporting, recreational, business and hobby activities. Individuals can hire for festive events or even rehearsing ballroom dancing. An ongoing programme of maintenance projects keeps the hall an attractive and useful facility.

April 26th at 8pm is this year's Annual General Meeting held at the Hall, where you learn more about how the Hall is run. Due to current committee members retiring after many years of service, we are once again looking for new committee members, so please give this some thought. Three meetings a year are all it entails.

The current fundraising activities are the Village Quizzes. The Spring Quiz will this year be held on May 20th at 7.30 for 8pm. John and Annette Chiswick are once again our expert quizzers. It is always a good evening and is open to all – so if you haven't attended before or not recently, do come and join us. A raffle will also add to the general entertainment.

If you need to book or enquire about the Village Hall please contact our Booking Secretary Hilary Innes by phoning 0118 984 2561 or emailing tidmarshvillagehall@hotmail.com.

NEW CARE HOME

For those of you who have been wondering about the new development at the top of Sulham Hill (on Stonehams Lane off Long Lane), this is to be a new care home. Due to open in autumn 2024, it will be operated by Barchester Healthcare, which says it will provide “personalised residential, dementia and respite care”. Described as a luxury care home, the facility will consist of 64 ensuite bedrooms and bathrooms, with amenities including a cinema, cafe and beauty salon.



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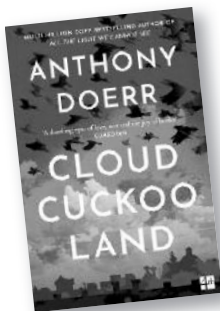
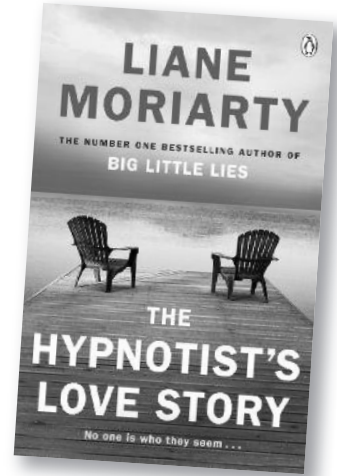
REVIEW:

THE HYPNOTIST'S LOVE STORY

by Liane Moriarty

Set in Australia this novel is told in a third person narrative from hypnotherapist Ellen's viewpoint; and in a first person narrative from her new boyfriend's stalker's perspective. The author explains the therapeutic and ethical work of a hypnotherapist and looks at the stresses placed on relationships by a stalker.

Sulham & Tidmarsh book club readers enjoyed this book and would recommend it as a good holiday read.



Next Book Club read is
Cloud Cuckoo Land
by Anthony Doerr.

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Meg and Mike Orr have lived in Sulham for the last 35 years. Meg sadly died in January and her 'Thanksgiving Service' was held at St James the Less in Pangbourne, in February.

Throughout her life, Meg appreciated being outdoors. As a child, she enjoyed walking, riding, cycling and wild swimming. Therefore, perhaps unsurprisingly, after school, she went to Seale Hayne Agricultural College in Devon, to study for a 'Diploma in Dairying' Here, she threw herself into every opportunity. She took up rowing, went caving and learnt to drive a Lambretta scooter.



After a couple of years at Seale Hayne, Meg joined the Relief Milking Service, used by farmers who needed someone to take care of their cows at short notice. She absolutely loved this, visiting various remote and beautiful farms across the British Isles and also showing prize cattle at the National Dairy Show at Earls Court, making cheese and working behind the bar in the local pub. Having settled on a farm near Stratford upon Avon, Meg was a regular visitor to the theatre, including at performances with Laurence Olivier and Vivien Leigh.

After a few years, Meg wanted a change of career and she became a school nurse at a prep school in Maidenhead and then a House Matron at Bruton. She then decided to train as a secretary in Oxford and it was here that she met Mike. Their first date was driving down to the South Coast in Mike's white frog eyed Sprite. Meg used to joke that it was because of his sports car that she first agreed to go out with him, and she continued to enjoy driving an open top sports car even when she was in her 70s and 80s.

Meg and Mike soon married and had two children. The family lived in Henley and Meg got a job as a secretary at Shiplake College, where she worked for the French Master who was also the Careers Master. While in Henley, the family had rowers staying with them during Henley Regatta. Meg enjoyed hosting people from many different countries – including, for a few years, some Argentinian rowers who were Olympic gold medallists.

While in Henley, Meg and Mike were very involved in the local church at Nettlebed. Meg was part of a Women's Bible study group which visited Israel, which she found absolutely fascinating, and also Iona, in the Scottish Highlands, where she loved the peace and beauty of the landscape.

Then, in 1987, Meg and Mike moved to Sulham, where they have enjoyed being part of the local community. Meg loved her garden and was an enthusiastic member of 'Reading Gardeners'. She was a long standing member of the Monday Art Group and enjoyed meeting people at the Sulham Book Club. She was responsible for the bottle stall and then the cake stall at the annual Fete. She enjoyed taking part in the annual carol singing in Sulham Lane and she loved the 'Farm Walk' each year, showing a great interest in what was happening on the farm. Once Mike had retired, Meg and Mike became regular members of St James the Less, where Meg was part of the Singing Group.

Sadly, last Summer, Meg fell over at home and her health gradually deteriorated. She moved to a local care home in September, until she died peacefully at the end of January. She will be much missed by her family, who would like to thank everyone for their kind messages.

Susie Catcheside (Meg's daughter)



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CONTINUING THE HISTORY OF TIDMARSH WITH SULHAM VILLAGE HALL – THE FINAL EPISODE

And so into **2002** and we did not have to wait long for the result everyone had been hoping for. January brought the great news that we had indeed been successful and we were to receive a grant of £37,227.00! Now the proposed removal of the old toilets and that area extended to include an extra ladies toilet could go ahead, with a new toilet for the disabled, storage space in the loft and passageway and more space added to the men's toilet. Also, at the rear of the building there would be another ramp for wheelchairs to make access easier when parking at the back of the hall. Soon too the many many letters that had been sent out some months earlier were beginning to bear fruit and donations of money and offers of either help or materials were all adding to the fund. Although the large sum that had been granted to the hall by the Lotteries Board was fantastic, all of this was soon swallowed up in the building of the new extension and the hall fund had to fill in the short fall from its own fundraising campaign. The eventual cost of the building was approximately £45,000.00. To enable other improvements to be carried out it was vital that this type of fund raising was ongoing. The sum raised by donations was in the end over £20,000.00, a truly magnificent and well organised campaign but involving a lot of hard work and thought.

It was decided that the best time to start the work would be during the summer months when the holiday season had begun, bookings were slowing up and the education classes were over. Although the hall did not close down completely as it had in the last major refurbishment in 1969, nevertheless the usage was limited. So it was to be May of that year when work began and it was intended to be completed by the end of August. Of course that was wishful thinking and as is usual with most building work, it ran on into early October

Another item on the list for replacement was the floor in the main hall (it was now over 30 years old and showing severe signs of wear and tear) and so with money in the kitty this could now be considered. It was proposed to lay another wood floor on top of the existing one, as after inspection it was still sound and it would keep the cost down So the final decision was that it should be maple wood, the type used in sports halls.

The kitchen also had a different look; although it lost one of its windows, the ceiling was higher and it was slightly enlarged. Fortunately, the new units installed in 1998 were still in good condition and so little needed to be done in that department.

The front entrance hall too had an update, with the new wood floor being continued to that area and matting added as well to take most of the tread from the car park.

The exterior of the hall was redecorated and the front doors were painted black.

Other improvements were the resurfacing of the car park and new gates (already purchased) to replace those stolen earlier. In addition, the interior doors into the main hall were replaced with new wooden ones and a hearing loop installed for those with impaired hearing.

So on October 20th 2022 there was once more a Grand Re-Opening and unveiling of the new toilet extension. John & Jean Harland, as long standing members from 1954, were invited to perform this task. A good representation from both villages filled the hall and with memorabilia from past decades on view the conversation flowed and as usual there was wine and other delicacies to enjoy.

2003 dawned and although by now most of the main work was over, there were still jobs to be finished off and new tasks to begin. The hall gates were now in place and this time more securely fixed so that hopefully they would be more difficult for would-be thieves to steal.

In 2004 the hall celebrated its Golden Jubilee. One wonders what those past committee members of 1954 would say if they could see the hall to-day, and no doubt could not have imagined the transformation from its humble beginnings to what has been achieved today. But we have to be grateful to them in those post war years when the country was still suffering the after effects of four years of war, to have the courage and determination to persevere and build a hall as a meeting place for the communities of Tidmarsh and Sulham.

And so to bring it up to the present day. As always, many more changes have occurred, not least the Covid situation with all the lockdowns, but the Hall is once again back on form and able to provide something for everyone. The long running Table Tennis Club which started in the 1950s is still there and so too is the Village Quiz night, to name just a few. But as times and entertainment change other activities come along to take their place and the Hall is there for everyone to enjoy.

I hope you have enjoyed this trip down memory lane and the many changes that have taken place. Hopefully this hall will continue to flourish and serve these two small villages for many years to come, and for future generations to use and enjoy.

J B Harland

Tidmarsh Village Hall

Spring Quiz Night

Saturday May 20th

7.30 for prompt 8.00pm

Light Ploughmans provided

Bring your own drinks and glasses

Come as a team or join one on the night

£7.50 per person

Contact alanmaskell56@gmail.com or

phone 0118 984 5326 to book a table

by 10th May

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Sport

Film

Lucky Dip

Entertainment

General
Knowled

History



BURGHFIELD BOWLS CLUB – JOIN US IN 2023

Burghfield Bowls Club would like to invite you to one of our Open Days, where you can try the sport of Lawn Bowls for free and without any obligation.

The club will be holding Open days from 2:00pm – 5:00pm for prospective members on Sunday 23rd April, and then again on Monday 29th May. These are open sessions for people to visit our green in James Lane (behind the BCSA) and try the game. Please check our website www.burghfield.bowls-club.co.uk, email burghfieldbowls@btinternet.com or ring David or Pat Glover on 0118 9833812 nearer the time to check the latest details. All you need do is bring along some flat shoes, as all other equipment is provided.

If you are unable to make any of these Open days, feel free to contact us and we will arrange something.

Bowls is an easy sport to learn, and with our focused coaching program you could be playing in club matches within a few weeks. Every year several new bowlers find themselves playing in league matches in their first season. Others just play informal games with friends or join our regular Tuesday evening club nights. Bowls does not need excessive strength, speed or stamina, nor does it require an intensely competitive attitude. What Bowls does provide is moderate exercise in fresh air and in a sociable environment with moderate competitiveness that is ideal for both physical and mental health.

The club has planned a full fixture list for 2023 with friendly and league matches including men's, ladies and mixed events. We also run internal club competitions and organise several social events, which include skittles, barbeque, and candlelit bowls.

Burghfield Bowls Club
James Lane, Burghfield, Reading RG30 3RS

New Clerk

The council is pleased to announce that we have a new clerk. Janine Lewis joined us in February and is getting to grips with how we work as councillors and as a team. Janine has worked in various industries, education, and has a passion for charitable fundraising; we're very happy to have her join us.

You can contact her via the clerk's email account: clerk@tidmarshwithsulham.co.uk. Further contact details will be added to the parish website in due course.

Millennium Green

As our only large public space in the parishes, the Millennium Green in Tidmarsh is a valuable resource. Since taking over as trustees, the council has been considering how best we can make more use of the Green for the local community, within the limits of the trust deed.

Those of you who drove past in winter may have seen that we planted a Christmas tree and added some solar-powered lights. This came about after several people mentioned that the parishes don't have a dedicated spot to gather when celebrating Christmas, such as singing carols, outside of the churches – or pub! Admittedly the tree isn't huge, but from small fir cones....

One limiting factor for having events is the lack of power and water on the green. Previous events have relied on the generosity of neighbours running hose pipes and extension leads from their houses – hardly a long term solution! The council will be looking into the feasibility of providing more permanent supplies and would like to thank John Butler in Tidmarsh for sharing the research he undertook some while ago regarding this.

For the forthcoming King's Coronation, the council is thinking of organising a picnic on the green in the same way we did for the late Queen's Jubilee. Once we have details finalised, we'll share them with the magazine and on the web site.

Money from Local Developments

As some of you know, the council has some funds (known as either Section 106, or CIL) that have come from local developments such as the Ikea store. Unfortunately a large portion of the funds have a restriction on them that they can only be used for "public open spaces". The Millennium Green is obviously our largest such space, but other items qualify. The kissing gates on the Parish Walk are a relatively recent example.

We welcome suggestions from parishioners on other potential works; one recent suggestion was a bench beside one of the hillside footpaths in Sulham, for which

we're currently obtaining quotes. We should point out that the funds are for capital purchases, not for paying ongoing costs.

Small Grants

Small grants are available from the Parish Council for local not for profit and/or charitable organisations that provide services to residents in Tidmarsh and/or Sulham. The Council can award the grant via Greenham Trust's grant platform www.thegoodexchange.com or direct to the organisation. Please email: clerk@tidmarshwithsulham.co.uk further details.

Monthly Meetings

Council meetings are held on the second Wednesday of every month. The next meeting will be held on 8th March 2022 in Tidmarsh Village Hall. The public are always welcome to attend meetings. Please email the clerk or visit www.tidmarshwithsulham.co.uk/pc.htm for the meeting agenda.

Contacting the Parish Council

Residents are welcome to email: clerk@tidmarshwithsulham.co.uk, or to contact a councillor (see Local Information section at back of Magazine).



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CHURCH SERVICES

St James | St Laurence | St Nicholas

MARCH

Sunday 5th

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

Sunday 12th

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

Mothering Sunday 19th

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

Sunday 26th

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

APRIL

Palm Sunday 2nd

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

See details of Holy Week and Easter services overleaf

Easter Sunday 9th

5.45am	Daybreak Service	Rectory Garden
10am	Easter Celebration	St James
11.15am	Easter Celebration	St Laurence
11.15am	Family Worship	St Nicholas

Sunday 16th

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

Sunday 23th

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

Sunday 30th

10am	Holy Communion	St James
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Midweek Holy Communion

10am every Wednesday morning in St James



Letter from Revd Mark Hopkins, Rector

By the time this is read in March we will be well into the season of Lent. Often in Lent I attempt to give something up - usually chocolate or caffeine, with varying degrees of success. In church, Lent is a time for reflection on our lives and world, when we think about what are getting wrong and might need to change, and it is a time of preparation, where we get ready for the future, including our Easter celebrations.

This year I find myself reflecting on a turbulent 12 months; the continuing war in Europe, the energy and cost of living crisis, and as I write, the ongoing strike action. Yet in the midst of anxiety, as we count the cost of what we spend more carefully than ever, the teaching of Jesus challenges us not to worry about these things but instead to "Seek first the kingdom of God and his righteousness" (Matthew 6.33). We are taught not to lose our compassion in the midst of crisis but to show qualities of generous giving, forgiveness and kindness to others, humbly considering their needs alongside our own.

Although Lent is a sombre time prior to the joy and celebration of Easter, there are many opportunities for us to gather and enjoy the company of each other. For details of our services and events in addition to those advertised here, please check our church website and notice boards.

With all best wishes,

Revd Mark

www.pangbournechurches.org

The Parish of Pangbourne with Tidmarsh and Sulham

HOLY WEEK AND EASTER SERVICES

St James | St Laurence | St Nicholas

Monday to Wednesday 3rd to 5th April

Compline 10pm St James

Maudy Thursday 6th April

Holy Communion 8pm St James

Compline 9pm St James

Good Friday 7th April

Family Worship 10am St James

Meditation 2pm St James

Easter Sunday 9th April

Daybreak Service 5.45am Meet in the Rectory Garden with Holy Communion in St James followed by breakfast

Family Communion 10am St James

Family Communion 11.15am St Laurence

Family Worship 11.15am St Nicholas

Easter Egg hunt for children at each service



WHAT'S ON IN MARCH AND APRIL

Lent Lunches

Come and enjoy a light lunch on Wednesdays in Lent, starting on **1st March**. 12 noon – 1.30pm in St James in Pangbourne

Donations in aid of Christian Aid



Drop into **St James Church** in Pangbourne for a hot drink, biscuits and friendly chat. **11am to 12.30pm** every first and third Wednesday.

**1 & 15 February | 1 & 15 March
5 & 19 April | 3 & 17 May | 7 & 21 June
5 & 19 July 2023**



Tickets: **£12.50** in advance from Garlands in Pangbourne or office.ptschurches@gmail.com or **£15** on the door. In aid of PTS churches

Annual Parochial Church Meetings on Sunday 23rd April 2023

10am Worship in St James the Less, Pangbourne will be followed by:

1. The meeting to Elect Churchwardens by Parishioners (3 vacancies)
2. The meeting of Electoral Roll members to receive the Annual Report and elect Parochial Church Council Members (5 vacancies) and Deanery Synod members (3 vacancies)

SULHAM FARM NEWS

As we enter into Spring, the cows will soon be heading outside, as hopefully by the time you have read this, we will have had our first calves of the season.

At the start of the year, the farm entered into a Higher Tier Countryside Stewardship Agreement, which means lots of projects are underway. These include the planting of hedging just off Nunhide Lane, which was undertaken with the help of West Berkshire Countryside Volunteers, who worked extremely hard to get the plants in the ground.

In addition, over the coming months there will be a number of grass margins, winter bird food and pollinator mixes planted across the estate, creating habitat on less productive areas.

I am pleased to say the crops are looking well after a cold dry winter. Let's hope the good weather continues for the rest of the growing season!

Andrew Clay

VOLUNTEERS PLANT HEDGES IN SULHAM VALLEY

In January the West Berkshire Countryside Society volunteers planted their third hedge in recent years in Sulham Valley.

Frozen ground had caused a week's postponement of the January session, but warmer weather enabled us to set out a mixture of 900 whips (small plants that were mainly hawthorn, but also blackthorn, dog rose, alder buckthorn, common dogwood and hazel) along a 150-meter field boundary alongside the footpath from Tilehurst to Malpas Farm as far as the wartime pillbox,

Last year the Volunteers planted 200 whips in gaps in a 400-meter hawthorn hedge alongside the track that runs north-west from Nunhide Farm. These look to be



flourishing. And just before Lockdown we planted 240 whips, mostly hawthorn but with some field maple, to extend an existing hedge-line running from Sulham Wood to Sulham Lane.

The work is done on the land of Sulham Estate and Farms under the auspices of the Countryside Stewardship Agreement, which sets out very clear specifications

for applicants. The aim is to maintain the traditional pattern of the landscape and encourage flora and fauna. And they can offer protection from the wind to rambblers – which was a thought that several volunteers had in January as they worked in a chilly breeze blowing down the valley!

The WBCS's programme of tasks is listed on www.westberkscountryside.org.uk/

CLEAN RIVERS CAMPAIGN

A protest was held on the Pangbourne meadows in January to demand an end to the release of raw sewage into the county's rivers and streams. Clean water campaigners were joined by swimmers and kayakers, including residents from our parish, to condemn the Government's 2021 blocking of an amendment which would have required water companies to reduce the amount of raw sewage they dumped into rivers.



Thames Water has continued to release untreated sewage into the Thames and waterways across the Thames Valley. The protest was reported on the local BBC News. Further information on the campaign can be found at: <https://actionnetwork.org/forms/dirty-water>.

DID YOU KNOW

It is estimated that the energy used by a single Google search could power a low-energy light bulb for an hour.

Corrosive toilet cleaners are among the most toxic home cleaning substances. Because these products go directly down the drain they contaminate groundwater and soil, toxic for plants and animals. Cleaning materials like this can wash into water bodies, contributing to toxic algal bloom.

To clean a toilet using natural products, sprinkle baking soda into the bowl, add vinegar, close the lid, leave for 30 minutes then clean with a toilet brush.

Washing powder or liquid, whether it goes into septic tanks or main drains, eventually goes into sewers, then waterways and seas, making them one of the chief contributors to harmful algal blooms. An Ecoball or ecological washing liquid provides an eco-friendly laundry solution.

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It was good to see spring flowers appear in February, a profusion of yellow and white, and in March, pink and white tree blossom. Changeable weather such as we have had encourages some flowers to come out early and others are delayed. Keep an eye out for late frosts in April and cover plants overnight if you can.

By now there will be a profusion of fruit blossom. In my garden I have white blossom stretching across the garden; an Amelanchier, Bramley, and Pear. For a day or two they are all in flower, a pretty sight.

April will hopefully see the weather drier and give a chance to start cutting lawns, by now very lush. Hopefully water will have drained away and the ground firmer, because it is not good to mow lawns when it is too soft as it leaves ridges in the lawn. However, the grass length may be too much to bear, especially on sunny days. If you can't wait, remember to leave cutter blades on higher settings for the first few cuts. Grass should only be cut short in hot weather.

Winter flowering shrubs such as Forsythia and Viburnums can be cut back now the flowers have faded. Get weeding as soon as possible before the weeds go mad in May. Put tender plants out on warm days to harden them off.

If you are trying to get rid of Arum, make sure you dig up the bulb, otherwise it will grow again next year. Also known as Cuckoo's Pint or Lords and Ladies, they spread very easily and red berries are poisonous.



Alan Maskell looks after gardens in the RG8 postcode area.



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References Available

RESTAURANT REVIEW:

The Crooked Billet, Stoke Row

Whatever the term is for the Crooked Billet; either gastro pub or restaurant, it is well known as an award winning venue, run by chef Paul Clerehugh.

Taking advantage of the post-Christmas offer of a 2 course lunch for £26, it seemed an opportunity too good to miss. I had not been there for a couple of years so went along with Gill and were accompanied by John and Gillian Alderton. We were lucky to choose a bright sunny Spring day, and venturing inside, you find it furnished with numerous old pictures and an eclectic mix of table and chairs. It is divided into a large dining room plus several small rooms.

Even this special menu had a choice of six starters and six mains. Oysters, their signature dish, were on the menu but we chose the chicken wings, crispy squid and a crayfish cocktail to get things going. Service was excellent and attentive. The starters went down very well and the squid in particular was amazing.

For the mains we selected crispy pork belly and Gillian had pan roasted gurnard cuttlefish. Gurnard is not a fish you see on too many menus and was often regarded by fishermen as one to throw back! Everything was delicious, though my crispy pork could have been a bit more on the crispy side. All the vegetables were beautifully cooked and with the pork we had “heirloom” carrots, though we were not sure how they differed from a normal carrot.

The portion sizes were very generous and there were not many takers for the puddings. However, Gill decided on a coconut panna cotta with raspberry sorbet and on arrival it had the correct wobble! We finished up with tea and coffee of our choice and relaxed back with no pressure to clear the table – we had been some of the first to arrive and were just about the last to leave. We slightly blew the lunchtime special offer by our drinks tab which featured a very nice bottle of white. The draught beer was from the Brakspear Brewery which always goes down well. All in all, a very enjoyable lunch.

The Crooked Billet hosts music events throughout the year, usually on a jazz theme, with very established musicians. This is held in a marquee outside with a cover charge added to the food bill.

We took a glance at the a’ la carte menu and it was very extensive with a huge choice throughout the courses. It is a fantastic place to go for a special event or to push the boat out – dinner and wine in the evening will set you back a fair amount!

John Haggarty

SEASONAL RECIPES FROM THE OLD SCHOOL KITCHEN OF JULES AND MARGARET

For our second chance to share recipes with you all, we are sending you East of Suez, or Ilsley. We hope these recipes work, particularly as our recipe books are still in boxes at the time of going to press (don't ask)!

BENGALI FISH CURRY

from *I Love Curry*, Anjam Anand – serves 4

Vegetable oil (*she says 5 tablespoons, Chef M's tip – 2*)

1 medium onion finely chopped

10g fresh ginger grated into a paste

2 fat garlic cloves grated into a paste

¼ to ½ tsp chilli powder or to taste

2tsp ground coriander

Salt to taste

1-3 green chillies, stalks removed, left whole
(*Chef M's tip – 3 chillies is very hot*)

2 small tomatoes blended to a puree

(*Chef M's tip is to use more. In the Old School kitchen we freeze any tomatoes that have gone a bit squidgy and defrost them for curries, stews etc.*)

2-3 heaped tbsp good Greek yogurt

500 – 600g firm white fish cut into fairly large pieces

Fresh chopped coriander to serve



Heat the oil in a pan and gently fry the onion until soft and lightly golden (about 8 minutes). Add the garlic and ginger pastes and cook over a gentle heat for around 2 minutes, stirring often. The garlic should smell cooked. Stir in the spices, salt and green chillies. Pour in the pureed tomatoes and 150 mls of water and cook over moderate heat until the liquid has evaporated, then continue stirring until the tomato takes on the rich colour of tomato puree. Stir in the yogurt until really well blended.

Pour in 200ml of water (Chef tip – maybe 100ml – you can add later to taste, but we don't like runny sauces). Bring to a gentle boil, stirring constantly, then simmer for 5-8 minutes. You may want to add more salt or chilli powder.

FOOD

Add your fish and shake the pan to coat the fillets with sauce. Cover and cook gently for 3-5 minutes, or until the fish is cooked through. Serve with a little fresh coriander.

(Chef's tip – you can make the sauce ahead then add the fish at the last minute. This also works well with uncooked prawns, squid or a mixture. The important thing is not to overcook the fish.)

EAST ILSLEY SPINACH CURRY

invented by Chef M when in Airbnb February 2023

1 red onion finely chopped

1 tin of lentils – drained

1 bag of frozen spinach, defrosted and cooked in the microwave for 7 minutes. Drained and excess water pressed out.

2 finely chopped bulbs of garlic

2cm piece of ginger, chopped

½ red chilli finely chopped

½ teaspoon cumin

¼ teaspoon turmeric

Salt and pepper

1 tablespoon of vegetable oil



Saute the onion in the oil for 10 minutes. Add garlic, ginger and chilli and saute gently for 2 minutes. Add cumin, turmeric, salt and pepper and saute until cooked out. Add lentils and spinach and warm everything through. You could add some tomatoes if you wanted.

YOGURT CAKE WITH PISTACHIOS

from the *Moro* cookbook 2001 – serves 6

This is originally a Lebanese pudding and can be served warm or chilled.

(Chef J's tip – it can be made the day before).

3 large eggs – separated

70g caster sugar

2 vanilla pods split in half lengthways

350g Greek yogurt

Finely grated zest of 1 lemon and 1 orange *(Chef's tip – unwaxed)*

Juice of 1 lemon

20g plain flour

30g shelled unsalted pistachios roughly chopped

Preheat the oven to 180C/gas mark 4, and put a bain marie of water (we use water in a roasting tray) in to warm on the middle shelf. Have ready a 25cm round or square baking dish or cake tin with a solid bottom.

In a bowl beat the egg yolks with half of the sugar until thick and pale. Scrape out the seeds from the vanilla pods and mix into the egg sugar mix. (*Chef J's tip – put the used pods into a jar of caster sugar and you have vanilla sugar.*) Add the yogurt, lemon zest, lemon juice and the flour and mix well. In a separate bowl, whisk up the egg yolks with the remaining sugar until soft peaks form. Gently and evenly fold the whites into the yogurt mix. Pour the mixture into the baking tin and place the tin in the bain-marie, making sure that the boiling water comes halfway up the tin. Cook for about 20 minutes. Then add the chopped pistachios, sprinkling them gently on top and continue cooking for a further 20 minutes or until the top is light brown. The correct consistency should be a light sponge on top with a wet custard below. Serve with yogurt and seasonal fresh fruit on the side.

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LISBON

Located in Western Portugal, Lisbon lies at the mouth of the Tagus River. It is a hilly coastal city that enjoys an average of more than 300 sunny days a year. The best months to visit

are March, April, May, September and October. Named as one of the coolest European cities, this Portuguese capital perfectly balances old and new, filled with historical treasures and modern charms. It is a city known for its food, nightlife, colourful buildings, fado music, and friendly locals.



History

Lisbon is one of the oldest cities in western Europe, as its strategic position made it an important trading post. Over the centuries, the port of Lisbon became one of the most important in the world, and its trading links not least with its colonies, developed Lisbon into a phenomenally wealthy and international city.

In November 1755, Lisbon suffered a massive earthquake that killed roughly a third of its population and destroyed most of its buildings. Using the riches from its colonies, it was rebuilt in the neoclassical style you see today. Portugal was a neutral nation in World War II, and Lisbon became a refuge for exiles, including Europe's deposed royalty and refugees seeking passage to America.

Getting Around

Lisbon is an easy city to travel to, with multiple daily flights from the UK. The airport is situated near the town and the journey takes about 20 minutes by taxi or a regular train service.

Note that Lisbon is known as the city of the seven hills for good reason, and although we recommend touring it on foot as much as possible, be aware that there are lots of steps and steep climbs to make, so a pair of comfortable trainers is a must.



There are a host of good value transport options available when you need a rest. There is a good underground rail overground bus network within the city, as well as a train system with stops all along the coast and out to the neighbouring areas. Another similarity to San Francisco is the tramway. The most touristy route is the Tram 28 line, which goes past many of the city's most significant landmarks and districts, and uses heritage-style tram carriages.

Things to See and Do

1. Lisbon's superb natural setting, spread across the seven hills facing the Tagus river, offers a network of terraces from which to take in the beauty of the city. Called "miradouros" or viewpoints, they are located at the highest point of each hill, and all have spaces to sit and rest.

Check out the sunset at Miradouro da Senhora do Monte in Graca, which is at the highest point in the city and offers incredible views over the city and water.



2. June is the month of Santos Populares, a festival that takes place throughout Lisbon. The streets are decorated with tinsel and streamers, and pop-up BBQ stands serve sardines and bifana's (grilled pork sandwich), and prego (traditional grilled beef sandwich).

3. The largest square in Lisbon and one of the most iconic symbols of the city is the stunning Terreiro do Páço square. There are lots of pretty streets to explore off this cobbled square, and cafes to sit and admire the view. The square is set on the river bank, so it is also a great place from where to take a walk along the waterfront in the late afternoon, stopping for a drink to watch the sun go down.



4. Just along the waterfront stands the iconic 25 de Abril suspension bridge, resembling the Golden Gate bridge in San Francisco and constructed by the same company. The bridge connects the capital to the southern bank of the estuary and it is a short trip across the bridge to the white sandy beaches of Costa da Caparica.
5. Lisbon offers a wealth of shopping opportunities, from the swankiest designer shops to artisanale independents. As examples, Avenida da Liberdade is a tree-lined boulevard filled with designer boutiques and LxFactory, once an abandoned industrial area, is now the urban and creative hub of Lisbon offering artisan shopping.

One interesting shop to seek out is Conserveira de Lisboa (Santa Maria Maior); a small wood-panelled space opened in 1930 and lined with a dazzling array of colourfully packaged tins – sardines, tuna, anchovies, fish paste and the like.

6. Lisbon has many museums and art galleries to explore. For example, the Cordoaria Nacional (Belem), formerly a naval rope-making factory, now hosts special art exhibits and the National Museum of Modern Art (Chiado). The MAAT – Art, Architecture and Technology museum (Belem), located on the riverfront is also worth a visit.
7. Lisbon is a city full of colour and well worth strolling through for its beauty. Many of the houses are brightly painted or decked in Portuguese tiles and are stunning to behold. The city is known too for its street art and graffiti. There are remnants of a revolutionary past with murals shouting out from the streets, as well as more modern art, completed with the full support of the local council.
8. Two of the oldest neighbourhoods in Lisbon are Alfama and Graca. Tucked away from the city's main tourist areas, they make for a fascinating tour and also host lots of tascas – traditional, small Portuguese restaurants serving homestyle foods.
9. A highlight of our last trip to Lisbon was a Fado evening. Fado is the traditional music of Portugal, and several venues in the historic neighbourhoods of Lisbon offer an evening of food and music that combine to provide an authentic taste of Portugal (check out O Corrido).
10. Lisbon is a melting pot of cultures and ethnicities, which also means it is home to a rich variety of restaurants. There are hundreds of great restaurants all around, but Lisbon is always busy so do book in advance. Seafood is of course a speciality; bacalhau a bras (cod stew) is not to be missed and clams “A Bulhao Pato” are also very popular.



Another speciality to try is the Pastel del Nata (custard tarts); they are absolutely delicious and typically eaten with a coffee in mid-morning or in the afternoons. The original bakery is apparently Pasteis de Belem, which is worth seeking out if you are in the neighbourhood.

To sum up Lisbon, it is a bustling city full of colour and light, with friendly locals, a rich heritage and culture, and fantastic food. Well worth a visit!

Lucy & Willem Clow

LUNG CANCER – LONDON MARATHON – INTEGRATED MEDICINE . . .

Not exactly words that you would commonly hear in the same sentence, but this is an example of the sort of challenge we can support people through at Formula Health! This 38-year-old non-smoker, mother of two young children, was referred to us due to the comprehensive approach to integrated medicine that we take at our Pangbourne clinic and the wide range of health and fitness experts that we have under one roof.

With approval from her Oncologist at the Royal Marsden, a number of our practitioners are working with this inspirational lady to optimize every aspect of her health and fitness and ensure she feels as strong as possible to take on the London Marathon and aid her recovery.

Now, this may seem like an extreme example, but we thought we would share this story with you, as individual aspects of her treatment and rehab plan with us may be applicable to you and some of the health challenges that you may currently be facing. So here are some of the key components;

- Evaluating her musculoskeletal system with a full-body biomechanical assessment and report
- Resolving any aches, pains or movement limitations through Osteopathic treatment, kinesiotaping and sports massage
- Providing a personalized strength and conditioning program to reduce the risk of any injuries in the lead-up or during the event
- Metabolic analysis and nutritional planning to ensure she is carefully managing her energy systems and fueling correctly
- Respiratory training using the latest devices from Formula Health partner tech companies
- Electronic gait analysis to assess her walking dynamics and provide bespoke 3D-printed orthotics
- Podiatry treatment to keep her feet in the best shape, despite pounding the pavements through all those training miles
- Traditional Acupuncture to give her whole system an energy and immunity boost (this is a vital therapy in many conditions)

- Immune and gut health support through our trusted supplement partners that are stocked in the clinic; including medicinal mushrooms (with supporting scientific research) vitamins and pre & probiotics.

There is so much more to health than just curing disease – and so much preventative action that all of us can take in our daily lives in order to reduce the impact of our lifestyle choices on our longevity and quality of life. This might be through small daily changes that cumulatively have a large impact. We're lucky that we now have a wealth of information available to us that empowers us all to make informed decisions regarding our food, exercise and activities – but if you find this overwhelming or need a hand to decipher the science and to figure out an approach that's specific to you, then please don't hesitate to get in touch.

We offer free 15-minute discovery calls, if you're not sure which way to turn. We're here for you.

Follow us @Formula_Health_Ltd to read more about this patient's journey. She's currently the second highest fundraiser for the entire London Marathon!



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WEST BERKSHIRE THERAPY CENTRE

At a coffee morning recently I was waxing lyrical about a gym I am going to in Thatcham and Lucy Clow, our magazine editor, asked that I write something about it in case it could be of help to others.

In December 2020 I had a severe stroke which left me very disabled with weakness in my right leg and my right hand and I now have to walk with a stick. While trying to exercise in the kitchen one day, my wonderful cleaner/come Jill of all Trades said "What about West Berkshire Therapy Centre?" I had no idea what she was talking about as I had never heard of them but I looked it up online and the rest, as they say, is history!

I have been going there twice a week since September and can finally see a little bit of progress so I am thrilled. Apparently one can improve from strokes even 20 years later. That would make me very ancient, but in the meantime, any improvement is a bonus!

I am very surprised that I was not told about the centre by the WB Community Hospital where I spent five weeks, or any of the nurses or physios when I first came home.

The Centre can be found in Frank Hutchings Hall, Bradley Moore Square, Harts Hill Road, Thatcham RG18 4QH phone number 01635 864561 where there is ample free parking. They are open Monday - Saturday. Best to check opening hours as they have just been extended.

The Centre states that they provide power-assisted exercise to relieve disabilities or health conditions under professional supervision such as ataxia, dystonia, fibromyalgia, long-covid, multiple sclerosis, motor neurone disease, ME/CFS, Parkinson's, cardiac or respiratory problems, diabetes or morbid obesity, memory loss, rheumatism, arthritis, back pain, sight impairment or stroke. It is a charity and they do not charge fixed prices but welcome voluntary contributions. They recommend that people visit twice a week for 40-60 minutes and book in advance so that it is not overcrowded.

Finally, there is no need for a GP referral. I cannot rate them highly enough and I am so very, very grateful that I was told about them. So I hope this information might be of help to others in the area if they have any medical conditions, as above, or disability.

Dorothy Pickering

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TIMELESS ACADEMY

One academy that stands out among the rest is Timeless Academy in Pangbourne, for its provision of high-quality beauty education. The academy is one of the most respected institutions in the UK for producing highly skilled graduates who go on to work for themselves, top beauty brands, spas and salons around the world. The academy's commitment to excellence is a priority.

Courses run by the academy cover a wide range of subjects, from permanent makeup, microblading, nails, lashes, waxing and more. Timeless also boasts a highly qualified team of tutors, all of whom are experts in their respective fields and have years of experience working in the beauty industry.

Want a change of career?

Changing careers and pursuing a job in the beauty industry can be a wise decision for several reasons. Firstly, the beauty industry is constantly growing and evolving, with new trends, techniques, and products emerging regularly. This means that there is always room for growth and development in the industry, allowing individuals to continuously learn and expand their skill set.

Secondly, the beauty industry is highly rewarding, both financially and emotionally. Working in the industry provides an opportunity to help people feel better about themselves, boost their confidence, and improve their overall well-being. Seeing the immediate positive impact of your work can be highly fulfilling and motivating.

Pursuing a job in the beauty industry can provide a much-needed change of pace and a new lease on life. It can be a chance to break away from the monotony of a current job and explore a new passion, leading to increased job satisfaction and overall happiness.

In summary, the focus it places on practical training, highly qualified tutors, and industry recognition make Timeless Academy an excellent choice for anyone looking to pursue a career in the beauty industry.

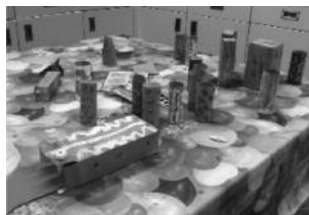
If you're interested, please contact Annie Caldeira at info@timelessclinic.co.uk

ENGLEFIELD CE PRIMARY SCHOOL

Sowing the seeds for a flourishing future



At Englefield we have a House system, with the Houses being named after Greek Gods: Athena, Demeter, Hermes and Poseidon. This term the House Captains came up with the idea of making 3D mascots to represent their Houses. They had great fun working together and the mascots look great!



Our new ECO group has set up a litter-picking rota to keep our school grounds looking nice. Great job!

All pupils from Year 1 to Year 6 had a taste of judo with Jason from Southern School of Judo. Some of the benefits of judo include getting fitter, learning values and having fun with friends. Jason runs a weekly club before school so some of pupils do this activity on a regular basis.

Early in February, ten of our Year 5 pupils headed off to Elstree School to watch a French play. It was a clever mix of French and English which helped the children to understand what was going on. A huge thank you to Elstree for inviting us.



We are so delighted that over half term work began on Ruby's Garden. Ruby was the younger sister of one of our pupils, who sadly died last year following an illness. In the short time that the Englefield community knew Ruby she touched us all with her bravery and resilience and her family wanted us to have a permanent memorial in her name. The redevelopment of our allotment area,

with all the work being undertaken by Ruby's family, has been an incredible transformation and something that the school and children will enjoy using for many years to come. Here are some before and after pictures!





With Book Week in mind, the children were buzzing in school with much talk about dragons! Author, Mark Robertson, came in to talk to the whole school and then gave a workshop to each class.

The talk included information about how Mark gets his inspiration for his stories, the story-writing process and how to be a good illustrator. The FS2 children enjoyed a story time then the other classes learned how to draw a dragon ... such detailed pictures. At the end of the day, Mark signed books for the children ... the queue went out the door!

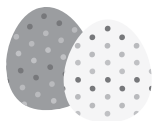


A great start to Book Week.

Finally, we are still looking for a Clerk for our Governing Body. This is a part time position and would suit someone who works part time or who is looking to get back into the world of work after a career break. The hours range from day time meetings to some evening meetings so some flexibility is essential. Please see further information on our school website or contact the office.



EASTER Word Search Puzzle



g u c a n d y a p d e c o r a t e b
a b c h o c o l a t e f e m p o g e
t r f r i d a y q f x w f c b i r g
h r m u h o p k j i q j z a l u e g
e a d y e f o f c n m m l r o b e s
r b s o m a s b p d f x c r o h n g
i b b a s k e t s v l g i o m t u j
n i g f e a r s l a o q h t s t d r
g t d a u z s h a p w b n i b p i m
v s c n d q i p k z e t f f d g n o
a a c i d f b t r x r h v a p e n t
x k q h u n t u a i s c n m w o e s
b n p i g x q c n b n e r i e b r u
a t r a d i t i o n c g e l i a d n
i p u r p l e n v l y b q y a v i d
b r t p i n k t j n w c h i c k s a
e t b e w y e l l o w z s a n k m y
v a o z l i l y p a s t e l n a d r

Find these Easter words

lily
tradition
chicks
pastel
candy
Sunday

find
bunny
blooms
spring
eggs
flowers
hop

family
green
ears
rabbits
purple
chocolate
carrot

yellow
hunt
dinner
Friday
basket

dye
hide
decorate
pink
gathering



(The words may be hidden vertically, horizontally or diagonally.)

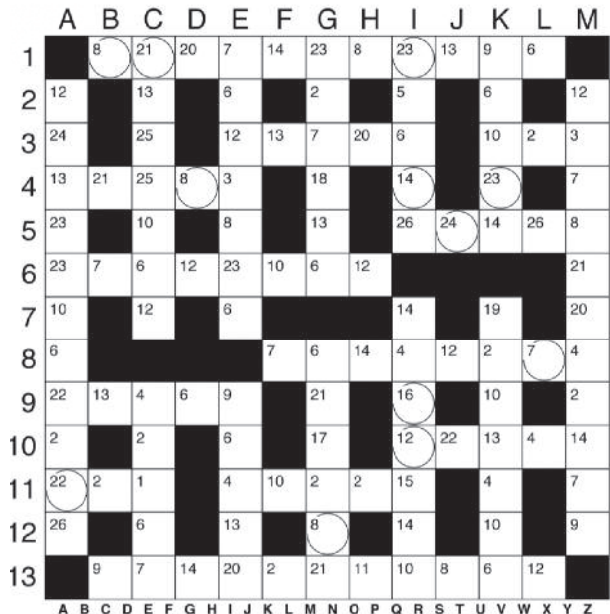
SAYINGS AND THEIR MEANINGS

'To turn a blind eye': Admiral Horatio Nelson, had one blind eye. Once when the British forces signalled for him to stop attacking a fleet of Danish ships, he held up a telescope to his blind eye and said, "I do not see the signal." He attacked, nevertheless, and was victorious.

'To bury the hatchet': In North America when the Puritans were in conflict with the Native Americans and were negotiating peace, the Native Americans would bury all their hatchets, knives, clubs, and tomahawks. Weapons were literally buried and made inaccessible.

CODEWORD

Codewords are like crossword puzzles – but have no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number. To start you off, we reveal codes for some of the letters. With these letters filled in throughout the puzzle, you'll have enough clues to start guessing words and discovering other letters.



1	2	3	4	5	6	7	8	9	10	11	12	13
			B									

14	15	16	17	18	19	20	21	22	23	24	25	26
				Q				C				

Enter the letter in each circled cell in the order given below to reveal a themed answer:

11A	5J	8L	12G	10I	4K	1B	4I	1C	4D	1I	9I

Answers will be posted on the parish council portal

<https://www.tidmarshwithsulham.co.uk/magazine.htm>

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All non-emergencies 101

Floodline 0345 988 1188

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

Gareth Hurley (Conservative) 07891 508906

Tidmarsh with Sulham Parish Councillors

Steve Webb (Chairman)

chairman@tidmarshwithsulham.co.uk

Jonathan Pearson (Vice Chairman)

j.pearson@tidmarshwithsulham.co.uk

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Parish clerk and responsible financial officer

Janine Lewis clerk@tidmarshwithsulham.co.uk

District councillor

Gareth Hurley 07515 624899

or gareth.hurley1@westberks.gov.uk

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
Thames Travel	01491 837988

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	regsec@1stPandP.org.uk
Girl Guides	0800 169 5901
	www.girlguiding.org.uk

Village Hall Committee

Alan Maskell	0118 984 5326
Hall Bookings (Hilary Innes)	0118 984 2561
Emergency Contact	07954 140048
Email:	tidmarshvillagehall@hotmail.com

West Berkshire District Council

Main switchboard	01635 42400
Streetcare	01635 519080
Planning applications	01635 519111

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