

Tidmarsh with Sulham Parish Magazine



SUMMER 2025



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Welcome to the Summer edition of the Tidmarsh with Sulham magazine. We have been so blessed with a dry and bright spring, and with the summer on its way, hopefully more fine weather and several village events to look forward to. First, the Summer Event on 24th August to celebrate the 25th anniversary of the Millenium Green and 70th anniversary of the Village Hall. Second, the late Summer Show on 6 September, when you can showcase your horticultural, handicraft and artistic prowess!

You can find details of both events in this issue, together with articles on and ideas to enjoy our local environment, new recipes and a new restaurant. We share memories from another local resident and last but not least, Joy Ellis contributes her gardening expertise as our new resident expert.

A big Thank You to Bronwyn Wynne and her team for organizing the 80th anniversary VE-day Celebration on the Millenium Green last month, which was a great success. The front cover features the event and those who attended to commemorate the day. Thanks to Mark Farrington for the photograph.

As always, please keep your ideas and contributions to the magazine coming! Wishing you all good health and a glorious summer.

Lucy Clow, Editor

editortsmag@gmail.com

DATES FOR YOUR DIARY

DATE	EVENT	TIME
4 July	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
6 July	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
9 July	Parish Council meeting - Village Hall	8.00 pm
20 July	All Together Worship - St Nicholas Church, Sulham	11.15 am
1 August	Village Walk - Meet at Village Hall	11.15 am
	Coffee Morning - Village Hall	9.30 am
3 August	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
13 August	Parish Council Meeting - Village Hall	8.00 pm
17 August	Morning Worship - St Nicholas Church, Sulham	11.15 am
24 August	Tidmarsh & Sulham Summer Event, the Village Green and Village Hall	12.30 pm
5 September	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
6 September	Village Summer Show - Village Hall	2.00 pm
7 September	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
21 September	Family Worship - St Nicholas Church, Sulham	11.15 am
24 September	Parish Council Meeting - Village Hall	8.00 pm

ST NICHOLAS CHURCH

The Easter day service at St Nicholas church was well attended and the children enjoyed an Easter egg hunt at the end of the service. Thank you to everyone who helped to decorate for Easter, the church looked beautiful, filled with spring flowers.

There are two weddings taking place this year at St Nicholas and we look forward to welcoming both couples and their families into our church community.

Quotes have now been obtained for the repair work needed to the church interior after the water ingress damage of last year and we are hopeful that work will begin soon.

St Nicholas Church has services on the 3rd Sunday of every month at 11.15am. Everyone welcome.

WELCOME

To Amy, Adam and their children Jacob and Aya who have just moved into the Old Rectory, Sulham. We hope you will be very happy here!

TIDMARSH & SULHAM QUIZ NIGHT

The Spring quiz on 10th May was an evening enjoyed by all. Jon and Annette Chiswick created a wonderful quiz which at times was both serious and absolutely hilarious. A huge thank you to Gillian and John Alderton, Alan Maskell and John Harland for setting up the hall and guiding us through the evening and the raffle. The winners: Sulham !

GARDEN TOUR

This year Richard and Rosemary Thomas have hosted groups to Walnut Tree cottage to raise funds in support of the maintenance of St Nicholas Church, Sulham. First, in May, a tea party for the Reading Garden Association and then in June, a tour from members of the Historic Houses Association. A grand total of £896 was raised; thanks go to Richard and Rosemary and their merry band of helpers who helped set up the events and provided refreshments to the visitors. You can find a full article on Walnut Tree cottage house and gardens in the History section of this magazine.

THE 80TH COMMEMORATION OF VE DAY - THURSDAY 8TH MAY 2025

The Tidmarsh and Sulham VE Day 80th Anniversary Celebration on The Millennium Green was a wonderful event. Thank you to everyone who attended and paid their respects to those who made the ultimate sacrifice and also celebrated their freedom with friends and family.

Jonathan Murby ensured The Millennium Green, with its trees and hedging, was in excellent condition. Mark Farrington provided the amazing star marquee and Eamon Wynne put up two gazebos, creating a gathering point and a pop up bar. The staff of The Greyhound Pub were truly professional and provided all those attending with a constant supply of much needed snacks and refreshments.

The event was opened with a prayer by Reverend Mark Hopkins. Colin Pawson followed with a reading of the World War II poem All Day it has Rained by Alun Lewis and a reflection on the Kohima Epitaph:



“When you go home, tell them of us and say. For your tomorrow, we gave our today.”

The Last Post was then played by Claire Holliday from the Pangbourne Band. The marvellous band then went on to play for a further hour.

The weather was kind to us that evening, in that there was no rain, but the clear skies meant that by 8.30pm it was exceedingly chilly. The Beacon was lit by the ever-supportive John Harland, providing much needed warmth to all. The successful event ended at 9.30pm with the community clearing The Millennium Green.

The Millennium Green was created for the benefit of the Tidmarsh and Sulham villages during the Millennium and is now 25 years old. Any suggestions as to how we can celebrate this milestone would be appreciated. I can be contacted on the following e-mail address:

b.wynne@tidmarshwithsulham.co.uk

Bronwyn Wynne

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

If you have any news to share with our community please do send it in to me at editortsmag@gmail.com.

This magazine is one of the few channels of communication we have to share information across the Tidmarsh and Sulham community. We also have a Tidmarsh & Sulham website, which hosts a noticeboard of events and parish news: www.tidmarshwithsulham.co.uk

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TIDMARSH VILLAGE HALL

The Village Hall Annual General Meeting was held on April 23.

Bookings of the Hall are slightly up on last year - but more bookings are always welcome! In more good news, wifi has recently been installed.

As previously reported, a number of changes to the Village Hall committee were confirmed:

Karen Fontaine was voted in as Chairman, on the retirement of Alan Maskell Steve Innes will become the new Treasurer, on the retirement of Axel Lagerborg Bronwyn Wynne joins as Parish Council representative and Lucy Clow joins as Parish Magazine reporter.



Following the AGM, the Village Hall Committee said Farewell to Alan Maskell. Alan joined the committee in 2010. He also took on the role of caretaker and became Chairman in 2012.

Alan has guided the hall through many changes. His professional and stoic manner, has provided support and reassurance to not only his fellow colleagues, but also to the wider community, of which he is a valued member.

Having recently guided the winning team to victory, at the annual Village Quiz night. We hope that Alan will continue to take part in other events being organised within our vibrant community.

Alan has said that he believes the Village Hall has been left in 'Safe Hands' and will continue to support Karen as the new Chairperson along with her fellow Committee members.

We all wish you well Alan! Thank You for your excellent and loyal service!

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.

Karen Fontaine

UPCOMING EVENTS

VILLAGE SUMMER EVENT

A Summer Event is being organised to commemorate the 25th Anniversary of the Millennium Green and also the 70th Anniversary of the Village Hall.

The event will take place on Sunday 24 August, starting at around lunchtime 12.30pm. It is planned that the community come together with a picnic on the Millennium Green. The Village Hall will be holding a Table Top sale from midday and also serving tea and cakes from 2pm.

We hope to have music and some fun activities for everyone to enjoy on the day.

If you are interested in getting involved and helping make this event a success, please contact Bronwyn Wynne b.wynne@tidmarshwithsulham.co.uk.

VILLAGE SHOW FOR TIDMARSH WITH SULHAM

Village shows are traditional village events that are held throughout the country, usually held annually in late summer. This year we are holding one in Tidmarsh Village Hall on the afternoon of **Saturday September 6th 2pm - 5pm** to reinstate a community event that includes all age groups.

Entrants from both villages will be invited to participate for prizes in horticultural, handicraft and artistic classes. Classes are open to all entrants including children. To help you start planning now please see the list of categories below.

Veg Garden A bunch of Mixed Herbs 3 Onions 4 Potatoes 3 Carrots Pair of Marrows 6 onions 6 Runner Beans 3 Beetroot 9 French Beans 6 Tomatoes any colour (same or different varieties) 6 Cherry Tomatoes	Fruit 3 Dessert Apples 3 Cooking Apples Bowl of any Mixed Fruit Bowl of 6 Plums Bowl of 3 Dessert Pears Bowl of Raspberries Flower Arranging Harvest Seaside
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2 Cobs Sweetcorn

Basket of Mixed Vegetables (no flowers nor fruit)

Courgettes (same or different varieties)

1 Pumpkin or Squash

4 Chillies mixed or same

Animal from Fruit or Vegetable (Adults)

Flowers

3 Dahlia blooms

Single rose flower.

Vase of mixed Garden Flowers

Bowl or vase of Roses

Pot Plant in Bloom

Pot Plant Foliage

Photos of Britain

Seaview

Wildlife

Arts and Crafts

A bread man (females only) A bread woman (males only)

A knitted or crocheted animal

A cross stitch piece

An embroidery piece

A felted animal

Limerick (must contain the word 'Tidmarsh')

An original Lego creation - children only

Garden on a plate - children only

A painting of nature

Food & Drink

Jar of Marmalade

Jar of Jelly

Jar of Chutney, Pickle or Relish

Jar of Honey

Jar of Curd

Banana Cake

6 Fruit Scones

6 Shortbread biscuits

A lemon Drizzle Cake

Carrot Cake

Traditional Victoria Sandwich max

8" (raspberry jam filling, caster sugar on top)

6 Cheese Scones

6 Eggs from your own Poultry

Bottle of Homemade Lemonade

Bottle of Fruit Spirit

Children only (3-7 years old and 8-14 years old)

An original Lego creation

A garden on a plate

A painting of your home and family.

A painting of a pet

An animal made out of junk

A thumb print picture

6 decorated biscuits

A Single Animal made from Fruit or Vegetables (Children, all ages)

Funniest Shaped Fruit or Vegetable (no additions)

Longest runner bean

Tallest sunflower - grown in a pot

COULD YOU OFFER A YOUNG PERSON A PLACE TO BELONG IN TIDMARSH OR SULHAM?

Here in our corner of the Pang Valley, we're lucky to live in close-knit villages where people look out for each other. Whether it's a friendly chat by the church noticeboard, community litter picks, or lending a hand to a neighbour, there's a strong tradition of kindness in Tidmarsh and Sulham.



Step by Step, a local youth charity, is appealing to that very spirit. They support young people aged 16 to 21 who are at risk of homelessness, many of whom are care leavers with no family to turn to. They're looking for hosts who can offer a spare room, a steady presence, and a safe place to call home.

This isn't about becoming a parent. It's about providing a young person with the space and support they need to take their next step towards independence. Some hosts are retired, some still have children at home, what matters most is your willingness to listen, encourage, and be part of a young person's journey.

Step by Step provides full training, ongoing support, and a financial contribution to help with costs. Hosts are carefully matched with a young person who suits their household, and the team is always on hand to help. You're never doing this alone.

One host, Alice, shared: "Becoming a host was one of the most rewarding things I've done. It's about offering guidance, stability, and a place to call home."

If you've got a spare room and a generous heart, or if you know someone in the area who might, this could be a powerful way to make a difference right here in our community.

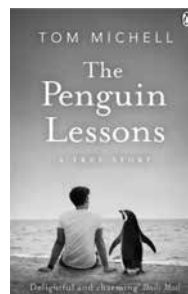
To find out more, visit www.stepbystep.org.uk/reading , click on the QR code below or contact the team for a no-pressure chat.

Sometimes the smallest act of welcome can help change the course of a young life.

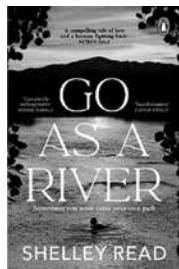
Nic Groom, Step by Step



The Penguin Lessons is a true story of a young English teacher who travels to Argentina to take up a position at a school. Whilst on a short break to Uruguay, he finds and rescues an oil covered penguin on a beach. He degreases it in the bath, but realising he cannot release it into the same oil filled sea where he found it, he makes the decision to take it back to Argentina and so the adventure and relationship develops.



Book club readers all enjoyed this heartwarming book. Set in 1970's Argentina, it beautifully describes the relationship between penguin and man.



Go as a River is set in the Colorado mountains in 1948 and is a coming of age novel. The author uses beautiful language to describe the natural world, the small peach farm, river and community that are the backdrop of the story.

A chance meeting between a young native American man and the protagonist Victoria Nash triggers events that change their lives forever.

Book club readers all enjoyed this beautifully written book that explores topics of racism and prejudice.

Our Summer read is **The Twyford Code** by Janice Hallett.

If you would like to come along to the book group, please contact Editor Lucy who will supply details of the host for the next meeting.

Gillian Alderton



Englefield CE Primary School

Sowing the Seeds for a Flourishing Future



Just before the Easter break, we all had a truly wonderful experience on our whole school trip to Ufton Court. The younger children learned about animals and their habitats whilst the older children learned about life in the Stone Age, having a go at creating sparks from a flint, spinning fleece into thread and building a wattle fence.

The children listened well and participated with enthusiasm in all the activities.

We were then treated to some fabulous performances of the Year 3/4 production of Porridge. The children learned and performed their many funny lines brilliantly and sang with enthusiasm. A particular well done to Max, Alex and Evalyn for their touching solo singing.





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Fifteen children entered the Team Kennet Cross Country held at Newbury Showground. With 1600 runners taking part and 52 schools, it was a massive event with a competitive field! The team embraced the experience and calmed the nerves, running with grit and determination over a bumpy and windy route cheered on by a huge crowd. As a team they came in third in Division 3 (for small schools) which was a brilliant achievement - well done runners! Individual achievements: Isla 7th, Stanley 19th, Luca 29th & Max 32nd.



A huge well done to our Year 4/5 football team who won The Oratory Football Tournament, collecting gold medals after winning their 4 matches. They showed super team spirit and excellent teamwork, thanks to the brilliant leadership of Ben Fabianczyk, a parent and a coach at Pangbourne Football Club.

Recently it has been so lovely to walk outside at lunchtime to see everything that is going on. We are blessed with space so the children have plenty of room for play, both alone and with their friends. One aim of OPAL is to create more social spaces and more creative play. We have now added dressing up, small parts (such as gutters and crates which the children can build with), frames and fabric to create dens and more small world such as dinosaurs and Lego. Our sandpit is nearly complete and the mud kitchen is going in over half term. OPAL playtimes are full of enterprise and creativity...and the tidying up is pretty impressive too!



Such developments are time-consuming and are almost impossible in a small school. We are blessed with an extremely supportive parent body who give up their time to help us out on our TLC Days. On the most recent one tyres were washed, the sandpit dug, built and lined, the pond area weeded and topped up with water, the hedge trimmed, the music wall moved (though it now has to move again!), the cobwebs removed, the loose parts sorted and spare bits tidied away.

Thank you to our committed group of 'TLC-ers' who even include the Hawthorns, a family who no longer have a child at the school - great commitment!

TIDMARSH WITH SULHAM PARISH COUNCIL

Tidmarsh with Sulham Parish Council meet in the Tidmarsh Village Hall, The Street, Tidmarsh normally on the 2nd Wednesday of each month at 8p.m.

The public are welcome to attend the Parish Council meetings and to raise issues with their Councillors. There is time allocated at meetings for the public to raise issues in a public forum (limited to 15 minutes, and maximum of 5 minutes per person). The public may be asked to leave meetings if a matter of confidentiality or sensitivity is being discussed by the Councillors.

Your current Councillors and positions with effect from 14th May 2025 are:

Name	Council Role	Other Positions Held
Councillor Jon Dunn	Chairperson	
Councillor Mark Farrington	Vice Chairperson	
Councillor Jonathan Pearson		
Councillor Jon Chishick		(a) Representative on Pangbourne Neighbourhood Action Group (a multi-agency group consisting of appointed representatives from Thames Valley Police, local Parish Councils, West Berkshire Council, local schools, and Neighbourhood Watch) (b) Representative on the AWE Local Liaison Committee
Councillor Sima Elliot		
Councillor Bronwyn Wynne		Representative on the Tidmarsh Village Hall Committee

CONTACT DETAILS:

Chairperson: Cllr. Jon Dunn. Email: j.dunn@tidmarshwithsulham.co.uk

Parish Clerk: Mrs. Wendy Rapley. Email: clerk@tidmarshwithsulham.co.uk

(Please note: the Clerk is part time and works flexible hours)

Website: www.tidmarshwithsulham.co.uk *(There is a Parish Council section on the website where the public can view information about the Parish Council, read latest minutes from recent meetings, agendas for upcoming meetings, or details of accounts, etc).*

Dates of the remaining meetings for 2025 – All meetings commence at 8p.m.

Wednesday, 11th June - Wednesday, 9th July - Wednesday, 13th August

Wednesday, 24th September (*changed from Wednesday 10th September, as agreed at Council meeting of 14th May) - Wednesday, 15th October (*changed from Wednesday, 8th October, as agreed at Council meeting of 14th May -

Wednesday 12th November - Wednesday 10th December

PANGBOURNE BOWLS CLUB

Your local Club is now fully up and running for the Summer.

At the time of writing we have already held two open days for locals to try their hand at the game. This was enhanced by our hosting of the Houdan French Exchange visitors in early May, when, along with the adjacent tennis club, we gave visitors a chance to join us on the Green.

All three events were very enjoyable and successful, making more people aware of who we are and where we play. Maybe you came along?

The match season is also well under way. Both Ladies and Gents teams have had some success so far, whilst enjoying the opportunity to meet old friends and make new ones along the way.

We play men only matches, ladies only matches, and mixed games. Thrown in the mix are internal competitions which are open to all, regardless of experience.

Regular roll ups take place on Monday afternoons and Friday evenings, giving everyone practice time. Friday evenings are also open to members and visitors to socialise around the Green or in the Pavilion afterwards. The bar will be open!

If you go along you will see us at Pangbourne Fete on 14 June, raising money for the Club.

The Green is looking a picture now and bowling well. This does not happen by chance of course, so fundraising enables us to pay for all the supplies needed to keep the playing surface fit for purpose.

An introductory session can always be arranged for you. All you need is a pair of flat shoes to begin with, as practice bowls can be supplied.

If you require any further information please contact me - Sue Jones - on 07803 927767 or jonesue1943@gmail.com

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FOND MEMORIES - JOY KING

Joy and I moved to Tidmarsh in February 2005; just two days after the fire at The Greyhound.

Since late 2023 Joy had been virtually housebound due to her arthritis. Then pneumonia struck 29th May last year; the day of our 25th Wedding Anniversary and while she recovered, it returned several times and she sadly passed away, very peacefully, at the RBH on 16th March this year.



Joy was born in Bournemouth and lived there with her parents and elder brother and sister. After marrying, because of her husband's work they went to live in Nigeria, where her first son, Steven, was born. A couple of years later they relocated to Libya where a second son, Christopher, was born. Sadly, in the years between the birth of her sons, Joy lost twin girls within hours of their premature birth.

After we moved to Tidmarsh, she worked and enjoyed her position as a teaching assistant at the Pre-school in Whitchurch. She also became an active and competitive member of Pangbourne Bowls Club. Joy was also on our Village Hall Committee for several years but later gave up, to devote time to my mother when she moved down to The Coombe House in Sreatley,

Joy and I met through work in 1986, initially my company was doing business with her company. Within a year her boss had poached me to go and work there. Despite her often telling people that she couldn't stand me, some years later she changed her mind!!!

Initially we lived in Maidenhead where her family and I, plus my three children all gelled together well. Joy retired in 1993 so she could look after a new granddaughter so her mother could return to work. Joy and I finally decided to marry and did so in 1999.

Although I really enjoyed work, we decided that I should retire at the end of 2016. The plan was that we could have exotic holidays and enjoy ourselves while we were still able to do so and we often said in recent years that we were so glad we made that decision.

Joy was a wonderful, kind and caring person, liked by all who knew her. She is very sorely missed.

Peter King

CHURCH NEWS

CHURCH SERVICES

St James | St Laurence | St Nicholas

www.pangbournechurches.org

JULY

Sunday 6th

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

Tuesday 8th

7pm	Confirmation Service	St James
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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
10 am	Holy Communion	St James

Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

AUGUST

Sunday 3rd

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

Sunday 10th

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

Sunday 17th

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

Sunday 24th

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

Sunday 31st

10am	Holy Communion	St James
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A WORD FROM OUR RECTOR, REV MARK HOPKINS

Dear friends,

In recent months, I have been taking advantage of the warm weather to walk sections of the Thames Path between Reading and Oxford over several Saturdays. Rather than attempting this in very long stretches, my companion and I have been doing this a few miles at a time, taking time to enjoy Wallingford, Goring, Dorchester and the Barley Mow pub at Clifton Hampden. Getting to the start of each point of the daily walks has been for me a fun exercise in navigating local buses and trains, which feels to me like a mini version of the Race Across the World television show. We have also had to exercise faith at times; that the weather would hold up, and that the ferry at Benson lock would be running and not leave us stuck on the wrong side of the river.

For a Christian, life is a spiritual journey. Like the bends of a river it often takes us in unexpected directions rather than a predictable straight line. Sometimes the terrain is hard going, at other times it is downhill, but it is always varied. But we have a guide on our journey who always accompanies us. As Psalm 23 ("The Lord is My Shepherd") goes, "He leads me beside quiet waters; he refreshes my soul. He guides me along the right paths for his name's sake."

On July 8th at St James the Less Pangbourne, Bishop Mary of Reading will be confirming four of our congregation. Confirmation is a special moment on the journey of many Christians, as it is a chance for those who have been baptised as infants to make a public declaration of their faith in Christ. For these candidates, and for all of us, this celebration is not marking a rite of passage at the conclusion of a journey, but a waymarker along the journey of life, a friendly reminder that though our journeys may be hard, God is present with us even when we may feel lost.

God bless,

WHAT'S ON IN ST JAMES-THE-LESS

Noah's Ark



NOAH'S ARK over the Summer

The last Noah's Ark toddler and baby group before the Summer holidays will be on **Friday 18th July at 10am** in St James church.

It will start again at **10am** on **Friday 5th September**.

Stay and Play during the Summer holidays

We'll be holding a couple of stay and play sessions during the holidays from **10 to 11am** on **Friday 1st and 22nd August**.

Little ones and school aged children welcome.

www.pangbournechurches.org



St James Café

St James Church, Pangbourne

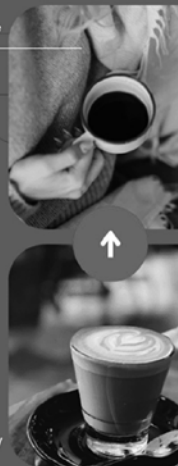
2nd & 16th July
6th & 20th August

Coffee & Chat

Drop into St James Cafe in Pangbourne

each 1st and 3rd Wednesday

11am to 12pm



BEREAVEMENT SUPPORT GROUP



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

*Getting together for
coffee, company and conversation*

2 to 3.30pm

The Elephant Hotel, Pangbourne

**On Thursday 24th July and 21st August and
then on the fourth Thursday of each month**

RESULTS OF ANNUAL PAROCHIAL CHURCH MEETING ELECTIONS

Following the Annual Parochial Church Meeting in May, we are pleased to say that Julia Sheppard has been re-elected as Churchwarden and Jill Palfrey has taken on the role of Deputy Churchwarden.



Saturday 13th September
10 am – 6 pm

WHAT WILL YOU BE DOING?

Why not walk, cycle or ride to some local churches and raise funds for our parish

To find out more, visit:

www.berkschurchestrust.org.uk/ride-and-stride-2/

ASIAN HORNETS: YET ANOTHER THREAT TO OUR POLLINATORS?

I wonder how many of you have heard of Asian Hornets? There has been mention of them in the British press, but what are they and do they really pose a threat to us here in the South of England?



As the name suggests, these large insects originated in south-east Asia but were accidentally introduced into France in 2004. Since then they have spread across Europe. They are voracious insect predators with a particular liking for honey bees, resulting in honey bee populations in some parts of France to be decimated. If no honey bees are available then any type of insect (including pollinators), spiders and even small mammal carcasses are on the menu. They have no natural predators so their movement across vast areas has been largely uninhibited. Since 2016 there have been over 100 confirmed sightings in the UK including 85 nests, all of which were destroyed. The majority of these sightings were in the south of England. Worryingly, 78 of these were in 2023.

The UK Animal and Plant Health Agency and the National Bee Unit are monitoring the situation carefully in an attempt to stop the spread of these destructive creatures. The only way that this will be possible is to identify nests or individuals and to destroy them.

There are ways that we as individuals can help with this process - however, do be careful as Asian Hornets can be aggressive and their sting can cause an allergic reaction.

What we can do:

- 1. Find out what an Asian Hornet looks like.** The Asian hornet is smaller than a European hornet and has yellow legs. The European Hornet is a useful pollinator and an endangered species. A good website for identification is Asian Hornet Action Team at ahat.org.uk
- 2. Be vigilant!** Keep an eye open while you are outdoors. If you see what you think might be a hornet, check for those yellow legs. If you suspect that it is an Asian hornet and it is safe to do so, then take a photo of it. If you manage to trap one, do be careful and make sure you don't release it.
- 3. Report it.** The easiest and quickest way is to download the Asian Hornet App onto your phone. This will enable you to send a photo quickly along with location and any other details direct to the relevant authority. Otherwise, record on the online reporting form that can be found at aphascience.blog.gov.uk

SULHAM FARM AND BIODIVERSITY NET GAIN PROJECT UPDATE

As I write this piece at the end of May, the farm is looking very dry, with almost no rain in March and April. So the short showers we have experienced over the last two weeks have been gratefully received.

Whilst making the turn out of cattle a breeze, the persistent dry weather has been a challenge for our crops and newly planted trees. Winter wheat has exhibited a curled leaf (a defence to conserve moisture) and the characteristic blue hue associated with drought stress. Crop fungicide programs have been adjusted down to account for the reduced disease pressure and expected crop yield. Sadly, little can be done to help our newly planted trees, which will certainly be suffering.

Work on the Biodiversity Net Gain project continues, with stock fencing works nearly complete on the wetland and Saddlers areas. The new meadows over the Stonehams site have shown good establishment, with an excellent display of Oxeye daisies over the last two weeks, resulting in a sea of white flowers. Look out for the Knapweed and Yarrow in the coming few days.

Finally I must mention the recent passing away of a colleague. Neil fought an all too brief battle with cancer and will be commended here for the dignity he displayed over his last months. Neil's cheerful nature made him a joy to work with on the farm and he is greatly missed.

Andrew Clay, Farm Manager, Sulham Estate

LYME DISEASE

The sun is shining and everyone is out and about and walking through the long grass. But beware – that long grass may have ticks waiting for you to brush by them. Around here they are very common, particularly in Sulham and there have been several proven cases of Lyme disease locally. Not all ticks carry the bacteria - but be alert, as Lyme disease can be very nasty indeed.

So – the symptoms. You may have seen a tick on you but maybe not. If you develop a rash, typically bulls eye but again maybe not, or a high temperature - go to your GP. They will prescribe antibiotics and do a blood test. The sooner it is treated the better.

How to protect yourself and your children: Wear long trousers and if going through long grass – long socks to tuck your trousers into. At home, check yourself and particularly your kids for ticks. Dog owners regularly see ticks on their animals, but remember, humans can get them as well. Tick bites don't hurt. The best and most informative website is from the NHS. I encourage you all to read it if you are a rambler. Great pics as well.

Happy and safe walking. <https://www.nhs.uk/conditions/lyme-disease/>

Margaret Myszor

MY JOURNEY INTO BEEKEEPING - PART 7

What a busy few months it has been with the bees! When I wrote the last piece, we seemed to have had non-stop rain and everyone was looking forward to the forecasted week of sunshine to come. That week has turned into months and goodness me what a spring we have had! The bees were checked regularly during March, to make sure they had enough sugar fondant to keep them going until they could find enough pollen and nectar to feed the increasing numbers in the hives. On the 6th April the daytime temperature was 17°C, warm enough to do a full inspection and re-configure the hives, so that the brood box was at the bottom with the queen excluder on and the super with stores on top. Having lost Hive 1 to wasps in November, it was left closed up, while Hives 2 and 3 were beginning to build up with plenty of brood, and whilst the queens were elusive, they had clearly been very busy judging by the number of eggs. My 'insurance' nuc was moved into Hive 4 – a brand new polystyrene one rather than the more traditional cedar ones I had previously bought. Again, the queen was well hidden but eggs and brood were seen, encouraging signs that the colony was establishing itself well.



As temperatures continued to stay high throughout April, everything came into bloom earlier than normal and the lack of frosts, damaging winds and rain meant there was vast amounts of food available to birds, insects and of course the bees. Reports started to come in about bees swarming as early as mid-April from all over the country, so it became essential that inspections were carried out weekly and that any evidence of swarming was spotted early. The signs that the bees are preparing to swarm include a very high population of bees in the hive, brood frames completely full so the bees



are running out of space and of course queen cells. The addition of supers for them to store honey is certainly one way to deter them as the workers are kept busy drawing out the wax foundation and collecting pollen and nectar. However, one of the most successful methods, when queen cells have been found, is to split the hive. This involves placing 3 brood frames (including the one with the queen cells) containing eggs and brood plus the bees on them, 2 frames of stores and an empty frame into a nuc box. The roof is then placed on it and they are left to hopefully raise a new queen. Unfortunately, over the early May Bank Holiday I had to spend a few days in

hospital so it fell to my son Ed and a friend and fellow beekeeper to do the inspection. That week the temperatures had been up in the mid 20's, so they weren't surprised to find queen cells in the most populated hive. The split was done and the nuc was placed on top of the empty hive in the hope that, if successful, that would become their new, permanent home. I'm pleased to say that an inspection on Saturday showed that all had gone well. While the new queen wasn't seen, there was plenty of evidence that she had been busy with eggs and brood in abundance. Now safely moved into the vacant hive, the apiary is up to capacity of 4 and I'm determined to keep it at that!

And as for all the pollen and nectar that came flooding in during April and May – the girls have worked overtime and produced my first ever spring honey! Extracted two weeks ago, it is thicker than the summer honey with a more delicate flavour drawn mainly from the flowers of the sycamore, willow and hawthorn with a touch of dandelion. If anyone would like to try some please let me know – Tel 07875 707141.

Karen Elliott



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July 2025			
Tue 1st July 10:00	Redhill Wood	Conservation work in line with seasonal demands. Parking off road on entrance to the main ride	SU420 642 inserted.stable.homecare
Wed 2nd July 9.15pm	<u>Nightjar Walk</u>	Join Society members to look for and hear these summer visitors to the heathland. Meet at the Crossroads on the Common	SU556 961 taskbar.flagpole.sensual
Tue 8th July 10:00	Sulham Home Farm	Continuing ragwort control on this SSSI. Parking at Sulham Home Farm. Please bring a fork if you can.	SU643 758 artist.resist.humans
Tue 15th July 10:00	Ashampstead Common	Raking previously cut grass in woodland glades. Meet at Buckhold car park.	SU587 751 swells.wrist.dandelions
Tue 23rd July 10:00	Grove Pit Common, Leckhampstead	Path maintenance on this parish wildlife site. Access the common 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
Tue 29th July 10:00	Rushall Manor Farm	Habitat management. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield.	SU584 723 telephone.brink.crate
August 2025			
Tue 5th Aug 10:00	Furze Hill, Hermitage	Grassland and butterfly habitat management on this parish wildlife site. Ample parking at village hall - through double gates off Pinewood Crescent.	SU512 740 simmer.equipping.casual
Tue 12th Aug 10:00	Eling Way	Clear invasive vegetation either side of the Eling Way. Park at Hampstead Norreys village car park	SU527 762 singing.during.barrel
Wed 13th Aug 8.00pm	<u>Bat Walk</u>	Join Rose-Ann Movsovic (Chair Berks and S.Bucks Bat Group) to discover bats along the canal at Kintbury. Booking essential via editor@westberkscountryside.org.uk	SU386671 dozens.snow.cable
Tue 19th Aug 10:00	Padworth Common	Habitat and pathway management with BBOWT. Parking at the reserve.	SU619 648 bigger.restores.highlighted
Tue 26th Aug 10:00	Rushall Manor Farm	Conservation management tasks. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield.	SU584 723 telephone.brink.crate
September 2025			
Tue 2nd Sept 10:00	Malt House, West Woodhay	Coppicing and hedge laying, Parking is on the track off the West Woodhay road.	SU404 637 belts.glorified.connects
Tue 9th Sept 10:00	Winterbourne Wood	Coppicing hazel and clearing paths and bracken. Park on the main woodland entrance track	SU447 717 headboard.tubes.olive
Tue 16th Sept 10:00	Boxford	Brash clearing and tree lopping. Park along Westbrook Lane and in the site entrance in Boxford village	SU426 717 rectangular.maybe.scatter
Tue 23rd Sept 10:00	Bucklebury Common	Heathland and woodland management. Meet at the Crossroads	SU556 691 taskbar.flagpole.sensual
Tue 30th Sept 10:00	Rushall Manor Farm	Habitat management. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield.	SU584 723 telephone.brink.crate

SUMMER IN THE GARDEN

*'I cannot see what flowers are at my feet
Nor what sweet incense hangs upon the boughs....'*



June is traditionally the month of the rose, but with climate change, and the efforts of David Austin, roses begin earlier and go on longer. Some roses are so undemanding and strong. Compassion grows with passion and determination, a lovely mix of pink and peach and green-bronze leaves. Iceberg is the bravest and most tenacious rose I know - climber or tea. And of the reds, the scent and beauty of Ena Harkness as it climbs a wall or fence, and hangs its multi-folded heads for inspection - is the thing of beauty.

Shakespeare's bank sums it up - creating a riotous canopy of wild thyme, oxlip, dog rose, honeysuckle, violets and the magical pansy. Add jasmine - *Vulgaris* or *Trachelospermum*, for a heady mix of white and green scented stars. Bounteous colour and smell. Christopher Lloyd's garden at Great Dixter near Rye grips and runs with riotous colour and overflowing life.

At the end of June, after the initial riot, give your plants plenty of compost, and water judiciously. Water once a week for ground plants approximately, though always keeping an eye on weather and soil; soak at the roots. More regular watering for pots - using the finger test (finger into the compost a couple of inches; if dry - water). Use fertilizer for your pots, do not for a second upset the natural wealth and health of your soil, mulch (compost) if you have doubts. Peat-free good quality compost is available at any garden centre.

I have not used insecticide on my garden for decades. Nature will call in the troops, including the invaluable chats, blackbird, robins and thrush, ladybirds and so on, and balance will be restored. There's enough greenfly, black fly, nectar, scent and colour for everyone.

Wildflowers add to the life and beauty of any garden. Use one or two big pots if space is short or guarded. Marigolds, antirrhinums, nigella, cornflowers; for a patch of lawn you can spare use clover and dandelions (if you dare, for bees love them, and they are invaluable to the population). Daisies and buttercups are gifts. The bees, butterflies, moths and hoverflies, and many other pollinators need us to step in and share a little. A word for the Oxlip, Moonflower, or Dog Daisy. I sowed seeds by the side of my climbing roses a few years ago - they flash-flowered throughout June, they heralded the blue, lavender and shocking pink geraniums of Rozanne, Johnson's Blue and Ann Folkard. It was an exuberant bed, beneath the roses; and they came back every year.

By the way, it's quite true, If you are bored, cross or miserable, plant something. Start a pot! With good wishes for a joyful life-filled summer.

Joy Ellis

SEASONAL RECIPES FROM THE OLD SCHOOL (HOUSE) KITCHEN

For the first time in months, the gardeners amongst us are happy. Sun and rain, almost at the same time. Chef J is back from her skiing trip, so she has provided a cake recipe so old that the photocopied method sheet she uses could be an exhibit in the Reading Museum of Rural Life. (Note to self – must go visit) As for Chef M, she's opted for food you can take on a picnic.

Coronation chicken salad

(Thomasina Myers – Guardian) Serves 4-6

6-8 chicken thighs or a jointed chicken
(boneless thighs work well)
2 medium red onions peeled and cut into
wedges
1 head of garlic broken up but not
peeled
200g sourdough bread torn into pieces
60g raisins
1 tbsp mild curry powder
1 tsp turmeric

For the salad:

4 tbsp natural yogurt
4 radishes very finely sliced (*optional*)
2 heads of little gem lettuce
A handful of chives finely chopped (*optional*)



4 tbsp extra virgin olive oil
1 heaped tbsp mango chutney
plus 2 tbsp for the dressing
Juice and zest of 2 lemons

2 celery sticks very finely sliced
(*optional*)
Salt and black pepper

Heat the oven to 190C (170C fan, gas 5). Put the chicken, onions, garlic, bread, raisins, spices and chutney in a large mixing bowl and toss together with 4 tbsp of olive oil and the zest and juice of one of the lemons. Mix everything together and put on a baking tray. (chef M tip – maybe 2 baking trays – don't crowd). If the croutons are looking dry, add a little more lemon juice. Season generously and roast for 45 minutes until the chicken is cooked through and golden.

Meanwhile, in a small bowl, mix together the yogurt, 2 tbsp of olive oil and the remaining chutney. Prepare the salad and lay it on a large plate or salad bowl. Once the chicken is ready, pour any juices from the chicken tray into the yogurt. Break up the chicken pieces into large chunks and scatter over salad. Top with celery and radish and drizzle with yogurt dressing.

Tabbouleh (*Angela Hartnett – Telegraph*) Serves 6

150g fine bulgur wheat	Zest of 2 lemons and juice of 1
2 ripe plum tomatoes	100 ml olive oil
4 spring onions	½ tsp ground coriander
200g flat leaf parsley	½ tsp allspice
Leaves from a bunch of mint	½ tsp cumin

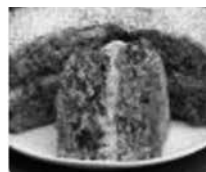
Angela Hartnett uses very fine bulgur wheat which you rinse under cold water until it runs clear and don't need to cook. Drain and leave to one side. If using standard bulgar wheat follow the instructions on the packet. Chop the tomatoes into fine dice and finely slice the spring onions. Add both to the bulgar wheat and season. Chop the parsley and mint together, very finely and mix into wheat with the lemon zest and juice, oil, spices and some salt and freshly ground pepper. Mix well and serve at room temperature.

For an alternative there is another Hartnett recipe which we haven't tried yet with broccoli and halloumi on the Waitrose website. <https://www.waitrose.com/ecom/recipe/broccoli-tabbouleh-with-halloumi> (*Chefs M and J dislike halloumi so we would leave this out*)

And finally, THE CAKE from Chef J. This recipe is perfect for serving at a fete, an open garden or the staff room in theatres at RBH, because it cuts into many slices.

Chocolate chip and banana cake

Preheat the oven to 170C gas mark 3. Grease and line cake tin.	
8 inch/20cm deep round cake tin	275g self-raising flour
2 large very ripe bananas	1½ tsp bicarbonate of soda
1½ tsp vanilla essence	3 eggs beaten
175g butter	(original recipe says size 3 but even we oldies
225g sugar – ½ granulated ½ light muscovado	can't remember what size that is – Chef J uses large)
Pinch of salt	125g chocolate chips.



Peel and mash bananas until smooth and mix in vanilla essence. Heat butter and sugar in a saucepan over low heat until sugar dissolves. Remove from heat and stir in flour, salt and bicarbonate of soda. Beat in the eggs and mashed bananas and leave to cool, then stir in chocolate chips and spoon into tin. Bake for approximately 1½ hours or until a knife or skewer comes out clean. Leave to cool. It keeps well in a tin and freezes well. To freeze, wrap in foil and then a plastic bag.

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RESTAURANT REVIEW

THE RETREAT, *Elcot Park*



Looking for somewhere to go on a Monday lunchtime is often tricky, as it can be too quiet. So I settled upon The Retreat at Elcot Park, as it was promoting a 3 course lunch for £30.00, which I thought might mean more customers. I booked online for an outside table and in the comments I put that it was Patrick - my husband's - birthday.

When we arrived, the staff were courteous and efficient. It was a bit windy, so they suggested we have a drink outside and come in for our meal.

A good choice of menus and we ended up picking from the main menu. We shared some cauliflower popcorn, I had a cosNopolitan which I really enjoyed and Patrick had a pint of beer.

Patrick had green Thai monkfish curry which was absolutely delicious and very well presented. At £36 it was one of the pricey dishes but we felt worth it. I had sea bream with capers and beurre noisette. They happily changed the new potatoes for French fries and we shared some seasonal green vegetables, which were cooked to perfection.

By then we were full, but were persuaded to look at the pudding menu. We chose to share mini donuts with Nutella filling, which came as three and were presented on a very pretty plate. They came warm and served with a small jug of cream. Again, delicious.

They also bought out a black slate with a brownie on and Happy Birthday written in white chocolate, which was a nice touch.

To finish off we went back outside to enjoy a cup of very good coffee.

The staff and food were of a very high quality. This is only my 4th time visiting, but it hasn't disappointed yet. The menus cater to all pockets and tastes. Or you can just go there for coffee. Lovely setting. Worth a visit.

Sally Puxley

HEALTHY AGEING – MASTER YOUR METABOLISM WITH FORMULA HEALTH

Metabolism encompasses all biochemical reactions in the body, including converting food and drinks into energy for essential functions like breathing, digestion, and muscle repair. The speed at which calories are burned is called metabolic rate, which varies by genetics, age, muscle mass, and activity level. A faster metabolism burns more calories, while a slower one requires fewer and is less efficient at energy conversion. Boosting metabolism increases calorie usage both at rest and during activity.

Does metabolism slow down with age?

The answer is yes, your metabolism slows — but not as drastically as you may think. While people may assume it's a gradual decline after young adulthood, your metabolism doesn't significantly slow down until later in life.



From the age of about 20 to 60, your metabolic rate actually remains pretty consistent. A 2021 study found that metabolic rate starts to decrease after age 60, by about 0.7 percent each year. A slow metabolism is often blamed for weight gain later in life. While science does confirm this is a factor for weight gain, there may be other reasons for gaining weight as you age, including how we respond to the food we're eating.



Why your metabolism slows down with age

There are multiple reasons why your metabolism slows with age, which may lead to weight gain. As you get older, you lose more muscle mass. Studies have found that muscle mass decreases approximately 3–8% per decade after age 30, and after 60, the rate of decline goes even higher. This impacts metabolism because muscle tissue burns more calories at rest than body fat. If you become less active later in life, not only do you burn fewer calories with less movement, but less movement can also contribute to the loss of muscle, which further decreases energy expenditure.

Additionally, other hormonal changes, such as declining testosterone and oestrogen, also play a role in decreasing muscle mass as we age. Using modern technology to provide insights into metabolism changes through the menopause (for example) is

incredibly helpful at providing personalised guidance to avoid common concerns.

As you age, the number of calories your body requires starts to decline. Maintaining balanced glucose levels can also play a role in maintaining a healthy metabolism and weight. Some of the changes in muscle mass seen with ageing may be the result of insulin resistance as insulin plays a big role in the way our body digests and uses protein, along with its effects on glucose. Additionally, steady glucose levels have been shown to positively impact your mood, energy levels, mental focus, sleep, and more. This can be monitored with simple wearable devices that are specifically designed to measure your blood glucose levels.



Handy Hints for Maintaining Metabolism:

1. **Prioritise protein:** Doing so will benefit your glucose levels, insulin sensitivity, and support muscle tissue. Aim to eat 25-35 grams of high-quality protein (eg eggs, meat, fish, tofu, legumes) at each meal, including breakfast and lunch.
2. **Stay active:** Focus on strength training. The NHS recommends adults do 75 minutes of muscle strengthening activities at least 2 days a week, and 150 minutes of moderate intensity exercise.
3. **Maintain steady glucose:** As we age, the ability of your muscle cells and other tissues to respond to insulin is impaired. Focusing on foods that keep glucose levels steady (and in turn, do not require large amounts of insulin) can help, like low-GI foods (non-starchy vegetables, beans and pulses, nuts, seeds, and whole grains). Additionally, evidence shows that protein is better metabolised in older adults when consumed without carbohydrates.

While metabolism does slow down as you age, it's often much later in life than many people expect. Health technology now allows us to gain detailed insights to measure your individual basal metabolic rate (BMR) and your body's reaction to specific foods. Helping you understand your habits and patterns and working towards limiting glucose (and insulin) spikes, can help mitigate the metabolic changes seen with ageing.



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

HISTORY

WALNUT TREE COTTAGE, SULHAM

Walnut Tree Cottage can be found along Sulham Lane, across the road from and facing Sulham woods. This year, its owners Richard and Rosemary Thomas have twice welcomed groups to the cottage in support of raising funds for the maintenance of St Nicholas Church, Sulham.

First, in May, the Reading Gardening Association held an afternoon tea party in the garden. Richard and Rosemary were really gratified by so many lovely comments from the visitors praising the garden, particularly as these came from fellow gardeners who understand the thought and effort that goes into the making of a good garden.

For those who do not know Walnut Tree Cottage, the garden is in three parts spread over two and a half acres.

The first and only part visible from Sulham Lane, is an arboretum, largely still in the making as many of the trees are still immature. For the late winter the trees are under-planted with thousands of crocuses. Unfortunately, this year the muntjac ate nearly all the flowers as they appeared! Those familiar with the arboretum will have noted the new fencing designed to keep the deer out, so we look forward to seeing the crocuses next March.

The second part of the garden, lying between the house and the Sul brook, is divided into several separate 'rooms', each with their own ambience, plus a larger open lawn down by the brook.

The third distinct part of the garden lies behind Jennie Vincent's new house at Sulham Stables. This is the most recent addition, largely created as a winter garden with silver birches, willows, cornuses and many other winter flowering trees and shrubs surrounding a large pond. For additional interest there are hundreds of bulbs for the early spring and numerous paniculata hydrangeas under the silver birches to give interest in the later summer and autumn.

Then, on 4th June, members of the Historic Houses Association visited Walnut Tree Cottage. As the name suggests, the group were more interested in the house, but also enjoyed the garden and the coffee and cakes provided by a team of local ladies who were supporting the event.

Walnut Tree Cottage itself was originally two separate cottages: 17th century, according to the listing under the Town and Country Planning Act. Richard was



able to show that many of the timbers were second hand even in the 17th century: so how old must they be?! The picture shows the cottages, each with its own front door, probably in 1900, and with a Victorian extension. When Rosemary and Richard arrived in 1997 there were still two front gates onto Sulham Lane.

The two cottages were converted into one house in 1958/59. That was to a very high standard with superb arts and crafts details: much admired by the members of the Historic Houses Association. The house was then twice extended by Michael and Biddie Metcalf, to provide firstly a studio for him as a professional architect, and then a large garage with bedroom and bathroom above. In 2001 Rosemary and Richard extended the other end of the house by adding a modern living room looking out onto the garden.

As a result of the two recent visits a most satisfactory total of £896 was raised for the upkeep of St Nicholas Church.

Richard Thomas

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HISTORY

DOWN MEMORY LANE :

We asked Dorothy Pickering :

When did you move to Sulham and why?

“In 1973 I was living in Abu Dhabi with my husband who worked for BOAC. We had a baby daughter and I wanted to make a home base in the UK. I grew up in Bucklebury and we were looking for somewhere similar in the area to become our family home that was within easy reach of Heathrow Airport. We found a house in Sulham that had once been the Parish Rooms that had been converted to a house in the 1950's by the Ward family. I fell in love with the lovely clay roof tiles and the beautiful wrought iron gates that were made in Tidmarsh Forge; they are still in place today.

Before moving in we wanted to add an extension, so we did not actually take up residence until May 1974, though this was temporary as work quickly took us overseas again. So the house was rented to air hostesses until we came home permanently in September 1984. Many years later our daughter was married in Sulham church.

What was the village like then and how different is it today?

“Sulham was a lovely place to bring up our daughter. Sulham Lane was quiet, we used to walk quite safely along the lane to look at our neighbour's donkeys in the field adjacent to their house. Cattle grazed in the field next to ours. It felt very rural; cows were moved from pasture to pasture by walking along the lane. There was much less traffic than we see now. When we first moved here, the school had just closed and was being converted into a house. Sulham Lane looks different now as many old trees have gone. There used to be a beautiful copper beech at the junction with Mill Lane and there was a large Lime tree that blew down in the storm of 1987. It only just missed hitting The Old Rectory! And of course the Ash trees that bordered the lane that recently had to be felled due to Ash dieback have gone”.

Dorothy has been part of Sulham village now for 50 years. She is a much loved member of the community and brilliantly manages the Neighbourhood watch scheme, for which the members are very grateful.

If you are a longstanding resident and would like to share your memories of Tidmarsh and Sulham, then please contact me at: editortsmag@gmail.com

A DAY OUT AT WEST GREEN HOUSE GARDEN

The Garden of West Green House surrounds a pretty manor and is beautiful in all seasons. It was created over two decades by Marylyn Abbott, an Australian garden designer with a passion for English Gardens.



The gardens combine neo-classical style with contemporary design. There is a walled garden, restored to its original lines, entered through an arbor of wisteria. Apple trees divide an elaborate potager with fruit cages, annual flowers and colourful vegetables. Beautiful perennial borders are planted in hues of mauve, plum and blue. There is a lake where fritillaries and daffodils bloom in spring and from there a path leads to a water garden with chinoiserie inspired bridges.

West Green Garden has a theatre lawn where opera performances take place in summer and in winter the garden is open with a light trail.

It is a level garden that offers the opportunity for a gentle walk, with many unusual plants bordering the paths. After enjoying all of this there is a lovely cafe where you can sample some delicious home made cakes.

Entrance is free to National Trust members. The journey from Tidmarsh to the garden by car takes approximately 30 minutes and there is plenty of parking space available.

***Opening Hours: From Wednesday March 12 to November 2 2025,
Wednesday to Sunday 11am to 4.30pm and Bank Holiday Mondays.
The garden opens for Christmas and the Illuminated Garden Adventure from
November 26 to December 30.***

***You do not need to pre-book tickets to visit the garden.
Thackhams Lane, Hartley Wintney, Hook, RG27 8JB.
The Tea Room is open 11am-4pm serving teas and light lunches.***

Gillian Alderton

PUZZLES



ANIMAL	FUR	NEOCORTEX	VERTEBRATE
BACKBONE	HAIR	OMNIVORES	WARM-BLOODED
BATS	HERBIVORES	PLATYPUS	WHALES
BREATHES AIR	HUMANS	QUADRUPED	WORLDWIDE
CARNIVORES	MAMMALIA	RODENT	
CLASS	MARSUPIALS	SWEAT GLANDS	
EXTINCTION	MILK PRODUCTION	VARIETY	

PHRASES AND THEIR ORIGINS

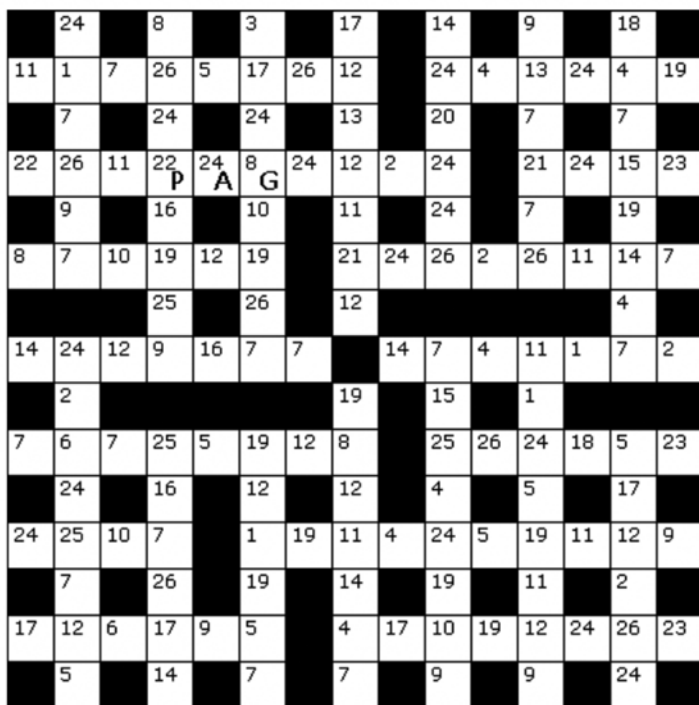
"A Nest Egg": Farmers often leave an egg to encourage the chickens to continue laying. By the 17th century this custom had evolved into a saying that meant to set aside a sum of money for the future.

"A Pinch of Salt": Was first used to refer to King Mithridates VI of Pontus in AD77, who developed immunity to poison by ingesting small, regular doses of poison with a grain of salt to make them more tolerable. The English adopted a similar expression in the Middle Ages that implies that, just as adding salt enhances flavour, taking a dubious story with a pinch of salt makes it more digestible.

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

Advice and Support

West Berkshire Citizens Advice Bureau

Bartholomew St, Newbury 01635 516 605

Pangbourne and District Volunteer Centre

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

Ecclesiastical

The Church of England Parish of Pangbourne with Tidmarsh and Sulham (PTS)

Priest in Charge of Pangbourne with Tidmarsh and Sulham

Rev Mark Hopkins

The Rectory, St James Close, Pangbourne

0118 984 2928

rector.ptschurches@gmail.com

Church Administrator

Vanessa Saunders

Church office open Tuesday and Friday

12.00-3.00pm

office.ptschurches@gmail.com

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

PCC Secretary

Helen Hopwood 07733 106020

Friends of St Laurence

Chairman

Jon Chishick 0118 984 3666

Treasurer/Secretary

John Butler 0118 984 2621

Emergencies 999

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

Olivia Bailey (Labour)

olivia.bailey.casework@parliament.co.uk

Councillor for the Pangbourne Ward

Matt Shakespeare (Liberal Democrats)

matthew.shakespeare1@westberks.gov.uk

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

Village Hall Committee

Karen Fontaine (Chair)	kFontaine@gmail.com
Gillian Alderton	
Karen Elliott	
Lucy Clow	
Carol Williams	
Steve Innes (Treasurer)	
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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Please email any items, **including photographs**, for the next edition of the magazine to editortsmag@gmail.com by 1st September 2024 at the latest.

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