

Tidmarsh with Sulham Parish Magazine



WINTER 2022

Hello and welcome to the Winter issue of the magazine. I am delighted to let you know that, thanks to the efforts of those in our community who rallied behind my Special Appeal in the autumn, the future of this magazine is again positive! A heartfelt thank you to our fellow villagers who generously donated £890. Also to the parish council who granted an annual £500. And lastly to the local businesses who have either renewed or newly committed to advertising in the magazine.

Donations are still hugely appreciated - however large or small, please either contact me (for cash) or make a deposit to the Tidmarsh & Sulham Parish Magazine: Lloyds Bank, Sort code: 30-96-96 Account No. 58794260.



The picture here is of Jenny the outgoing and Lucy the incoming Editor at December's village coffee morning, where we were able to thank Jenny in person for all her hard work. We also bid farewell and thank you to John Butler (treasurer) and Karen Fountaine (committee member) for their contribution over the years. And we welcome Caroline Home and Gill Haggerty, who join us on the Parish Magazine Committee.

Now to this Winter edition:- with your help we have come up with a plethora of new content, which we hope that you enjoy. As always, please keep your ideas and contributions for new content coming!

Wishing you all a very happy and healthy Christmas and new year.

Lucy Clow, Editor

lucy.clow@gmail.com Tel: 07500 937607

DATES FOR YOUR DIARY

DATE	EVENT	TIME
24 December	Christingle - St Laurence Church, Tidmarsh	3.00 pm
25 December	Midnight Mass - St Laurence Church, Tidmarsh	11.00 pm
	Christmas Family Worship - St Nicholas Church, Sulham	10.00 am
6 January	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
8 January	All Together Worship - St Laurence Church, Tidmarsh	11.15 am
15 January	Family Worship - St Nicholas Church, Sulham	11.15 am
3 February	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
5 February	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
19 February	Family Worship - St Nicholas Church, Sulham	11.15 am



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LAUNCH OF NEW “TIDMARSH AND SULHAM VILLAGE RAFFLE”

As you all know, for many years until the pandemic, every autumn the Village Hall committee sold tickets for the 100+ Club, which raised money for the Village Hall. For 2023 we are launching a new community raffle, the profits from which will be split between 2 of our key resources - the Village Hall and 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 Haggerty or Lucy Clow (details below). There will be 2 draws each year, at the Spring and Autumn village quiz. Tickets for the first draw can be purchased from 1st January up until the day of the Spring Quiz. There will be prizes to the value of £25, £15 and £10 (the number of prizes will depend on ticket sales).

Tickets for the 2nd draw will be available from 1st June to the day of the Autumn Quiz.

Payment details:

- a) Payment by bank transfer to the Tidmarsh with Sulham magazine: Lloyds Bank (business), Sort code: 30-96-96 Account No. 58794260 or
- b) Cash to Lucy Clow, Step Up Cottage, Sulham or Gill Haggerty at haggartyjandg@btinternet.com.

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

Many thanks!
Lucy & Gill

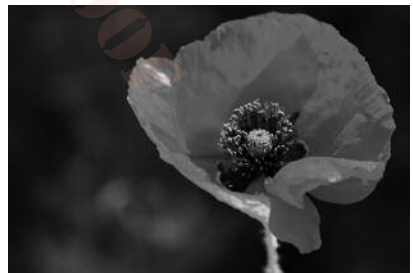
POPPY APPEAL 2022

I would like to thank all those who supported
The Poppy Appeal this year in Tidmarsh.

The total collected in the Village was £1,231
with the Greyhound collecting £80.50 as well.

Thank you once again for your support.

John Harland



VILLAGE WALKS

Walks meet at Tidmarsh Village hall on the first Friday of every month at 9.30 am. Sociable doggies are welcome.

Village walks vary the route each month but always leave from Tidmarsh Village Hall. The walks are usually around 2.5 miles long, are not difficult and take the group at a gentle pace for about 1.5 hours.

Our October walk took us on a beautiful blue sky day from the village hall along the path that borders the Pang and across the grazing meadows to Sulham Lane. After crossing the lane, we took the footpath through the recently autumn planted fields, pausing before climbing the steps into the woods. Another pause at the top to catch our breath and we continued through the woods where the beech trees were just beginning to turn colour. A descent then back to Sulham Lane and a walk across the water meadows towards the Greyhound and back to the Village Hall for coffee and biscuits.

VILLAGE COFFEE MORNING

The Village Hall is **open for coffee from 11.00-12.00 am following the first Friday walks. Everyone is welcome.**

The December Coffee Morning was Christmas themed and saw village residents and walkers sharing warm mince pies and having a good catch up chat.

MACMILLAN COFFEE MORNING



The Macmillan coffee morning on October 7th was well attended by Sulham and Tidmarsh residents. Everyone enjoyed coffee and cake and the village hall was filled with happy chatter.

The event raised £360 for Macmillan and will be used to support patients living with cancer.

Thank you to everyone who came along, brought cakes and biscuits and donated so generously. Many thanks to those who kindly dropped donations off even though they were unable to attend.

Landlines by Raynor Win

Raynor knows that her husband Moth's health is declining. She knows that walking helped him previously so they set out on another healing trek. They start with The Cape Wrath Trail through Scotland's lochs and mountains and then embark on an incredible thousand-mile journey from Scotland back to the familiar shores of the South West Coast Path. Raynor records the entire journey and includes conversations with strangers and friends whilst describing the wilderness and wildlife they encounter on the way - it's a journey that begins in fear but ends in hope.



Some book club readers loved this book whilst others did not get to the end.

Next read

The Hypnotist's Love Story by Lianne Moriarty

VILLAGE HALL NEWS

The Village Hall continues to be a centre offering regular slots and one-off hirings for a selection of sporting, recreational and hobby activities. Individuals can hire for festive events or even to rehearse ballroom dancing. An ongoing programme of maintenance projects keeps the hall an attractive and useful facility. 2022 saw external decoration, a new flat roof over the foyer, plumbing improvements and electrical maintenance works among others.

The current fundraising activities are the Village Quizzes. The Autumn Quiz saw the shield return to Tidmarsh (once the Sulham team can find it haha!) Two teams from Strachey Close and two teams from Manor Farm Lane competed against a team from Sulham. The Manor Farm teams came first and second. John and Annette Chiswick once again were expert quizzers. It's always a good evening and is open to all.

If you would like 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.



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CHRISTMAS WREATH MAKING

On Saturday 3rd December, a group of local ladies got together in the Village Hall to make Christmas wreaths. A thoroughly enjoyable afternoon of creativity and chat ensued, supplemented with mulled wine and mince pies. The resulting wreaths were all beautiful, and distinctive. In addition, the event raised a donation of £110 for St Nicholas Church.

Many thanks to Gillian Alderton for organising and supplying the materials, and Gillian and Sally Puxley for their expertise.



Tidmarsh With Sulham Parish Council

Vacancy for a Clerk

Unfortunately, our recently appointed new clerk, Katherine West, has had to give up the position for personal reasons, which leaves the council looking for a new clerk. If you, or anyone you know, is interested in the role, please contact any of the councillors for an informal chat about it. Full training in the role, and support towards gaining any qualifications, is available at no cost to the clerk. The council would like to thank the clerks of both Purley and Tilehurst for offering support and guidance in our search for a new clerk.

The clerk's email account is still in use; however, the speed of response might be somewhat reduced from normal.

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.

The council is pleased to support the parish magazine with a recent grant of £500.

Monthly Meetings

Council meetings are held on the second Wednesday of every month. The next meeting will be held on 14th December 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:

Steve Webb (chairman): chairman@tidmarshwithsulham.co.uk

Jonathan Pearson (vice chairman): j.pearson@tidmarshwithsulham.co.uk

Solvej Biddle: s.biddle@tidmarshwithsulham.co.uk

Jon Chishick: j.chishick@tidmarshwithsulham.co.uk

Sima Elliot: s.elliott@tidmarshwithsulham.co.uk

Andrew Madden: a.madden@tidmarshwithsulham.co.uk

QUIZ NIGHT

Saturday 11th February 2023 at
7.00pm

Pangbourne Village Hall

£15 per person including Fish & Chip supper
Teams of six

Call 0118 984 3368 or email sbillyeald@aol.com
by Tuesday 31st January to book your team's place.

Let us know of any special dietary requirement.

Bring your own salt, vinegar & ketchup
(and knife & fork if you wish!)

There will be a bar for wine, beer & soft drinks

*All proceeds to PCC of Pangbourne with Tidmarsh & Sulham
to help maintain our three beautiful churches*



CHURCH SERVICES

St James | St Laurence | St Nicholas

JANUARY

Sunday 1st

10 am Holy Communion St James

Sunday 8th

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

Sunday 15th

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

Sunday 22nd

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

Sunday 29th

10 am Holy Communion St James

A WORD FROM REV. DR. MARK HOPKINS, RECTOR

On behalf of the churches of Pangbourne, Tidmarsh and Sulham I write to wish you all a Happy New Year in 2023. Perhaps a good word at this time would be for a "hopeful" new year, after the turbulent and changing events of 2022. There are plenty of issues which will continue to face us in the coming months, from the cost of living to (as I write) ongoing conflict in Ukraine.

In the face of challenge however, the Christian hope is offered as a light in the darkness. At the start of January, we celebrate in church the feast of the Epiphany, the visit of the wise men or kings to the infant Jesus. This is a fulfilment of the prophecy of Isaiah 60:3, "Nations will come to your light, and kings to the brightness of your dawn."

It is the "dawning brightness", the light in the darkness, that I hold on to with hope in challenging times. At our Christingle services on Christmas Eve we held aloft in our hands oranges with candles to represent Jesus as light of the world. At Midnight we declared "in him was light, and his light was the light of all people." We need more light at times in our dark world, and to move into 2023 without losing hope.

With all best wishes for the new year,

Rev. Dr. Mark

FEBRUARY

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 James

Sunday 19th

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

Sunday 26th

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



Ash Wednesday
 — Lent Begins

Ash Wednesday Service
 10 am on 22 February
 St James the Less

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 WEDNESDAY



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THE PARISH OF PANGBOURNE WITH TIDMARSH AND SULHAM
 St James | St Laurence | St Nicholas



Saturday Stay and Play in St James the Less

on Saturday 21 January 10 to 11am
 Playtime for kids

Bacon butties and hot drinks for adults

ST NICHOLAS CHURCH

Regular 3rd Sunday family services are held in St Nicholas church. These short services are followed by time to chat and meet new friends over coffee and cake. Everyone is welcome. On November 30th Bishop Olivia gave a talk in Dt James about caring for creation. On December 4th, St Nicholas carol service was held. A collection of every-one's favourite carols were sung, interspersed with readings. The church was packed with families and local villagers, and every-one enjoyed mulled wine and mince pies after the service. A carol service will also be held on Christmas day at 11.15 am.



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Local Charity, The Green Economics Institute Trust

Celebrates its 20th Anniversary in 2023 with a Conference at the University of Oxford June 16th -18th 2023. We have just had a delegation to the COP26 and COP27 climate conferences.

The Charity specialises in Public Education for Social, Environmental and Economic Justice and climate science and womens' empowerment around the world, and runs conferences, publishes lovely books, and runs educational activities for the public such as Exhibition Stands and Training Courses and gives speeches in varied environments including Parliaments, and on TV and radio. We also have our own little TV channel.

Volunteers

We need to expand our volunteer base and have opportunities for Conference and events volunteering, book publishing volunteering, magazine coordinators, Campaigns coordinators and general administration help and membership support and management.

Please contact Miriam Kennet info@greeneconomicsinstitutetrust.org

07990 590463

Visit our lovely websites

www.greeneconomicsinstitute.org.uk, www.greeneconomicsinstitutetrust.org

www.geiclimatetrust.org and www.geibooks.org.uk

BBOWT: BERKSHIRE BUCKINGHAMSHIRE & OXFORDSHIRE WILDLIFE TRUST



Earlier this year the society paid its first visit to Moor Copse, one of the larger and most important of BBOWT's reserves. The first task was to clear vegetation obstructing the public footpath which runs from Tilehurst, through Sulham Farm land and on through the reserve. It is a well used path but encroaching vegetation can make life difficult and lead to muddy conditions after wet weather. Cutting well back to let in light and breeze will help to keep the path drier. A small group also cut back a nearby track with brushcutters in a more restricted part of the reserve, which needs to be kept open as part of a butterfly monitoring transect.

After lunch the volunteers moved to the opposite area of Moor Copse, near Tidmarsh, where the monthly Moor Copse Sunday group of volunteers had coppiced Hazel and Alder to let light into the wood in order to increase the woodland ground flora and the invertebrate assemblage. The stools had been protected from deer damage by surrounding them with pig netting, but regrowth was strong so the netting was removed then stacked nearby to be reused elsewhere.

Although this was their first visit to Moor Copse, the West Berkshire Countryside Society volunteers work regularly on other local sites including Sulham Farm, Rushall farm at Bradfield and Ashampstead Common. They also work occasionally on other BBOWT sites, including nearby Hosehill Local Nature Reserve and Wokefield Common.

*John Lerpiniere
and West Berkshire Countryside Society*

www.bbowl.org.uk
www.westberkscountryside.org.uk



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ASH DIEBACK, SULHAM LANE



There is no record of when the 19 Ash trees along Sulham lane were planted, but they were estimated to be approaching 100 years old.

During storm Eunice in February, two of the trees fell over. In the weeks following the clear up, all of the trees were surveyed and checked. Sadly, all were found to be suffering from Ash dieback disease.

Due to their position by the road, the only solution was to have them all felled.

The Sulham Estate involved Englefield Estate's tree management team, who carried out the work in October. This required a tree felling licence and permission to close the road. Following the felling, all the timber taken away was sold to local firewood contractors.

The Estate intends to reinstate the fence, with a view to plant a hedge in its place in future years.

Unfortunately, we are likely to see many more trees having to be felled due to Ash dieback in this area over the next few years.



GARDENING

Gardening Jobs in January

- **Prune Wisteria**, cutting back summer side-shoots to 2 or 3 buds.
- **Prune rose bushes** to just above an outward-facing bud, remove crossing or dead branches.
- Clip old foliage from **ornamental grasses** to within a few centimetres of the ground.
- Cut down old stems of perennial plants like **Sedum** but be careful of any new growth.
- Remove old **Hellebore** leaves to make the emerging blooms more visible in early spring.
- Start chitting (sprouting) early potatoes - place in a bright cool frost-free place in an egg box.
- Prune your **apple trees** and **pear trees**, **blackcurrant bushes**, **gooseberries** and **redcurrants** but avoid very frosty periods.
- Leave **plums**, **cherries** and **apricots** unpruned until the summer as pruning now will make them prone to silver leaf infections.
- Avoid **walking on your lawn** when it is blanketed by heavy frost or snow, as this will damage it.
- Check **Dahlia tubers** in storage, remove any that are showing signs of rotting.

Gardening Jobs in February

- Prune **overwintered fuchsias** back to one or two buds on each shoot.
- On **Winter Flowering Jasmine** cut back previous years' growth to 5cm from the old wood.
- Prune **winter flowering shrubs** such as Mahonia and **Viburnum x bodnantense** after flowering.
- Lift and divide **snowdrops** whilst still 'in the green' if you want to move propagate them.
- Plant **Lilies** and **Allium** bulbs. Sow **vegetable seeds** eg **leeks** , **onions** and **celeriac** under over.
- Prepare **vegetable seed beds** by removing all weeds and forking in plenty of compost. Cover prepared soil with sheets of black plastic to keep it drier and warmer for spring planting.
- Cut **autumn-fruiting raspberry** canes to the ground to stimulate new canes.
- Mulch fruit trees with well rotted manure or garden compost - avoid the trunk.
- Soak **sweet pea seeds** in tepid water overnight before planting them, to speed up germination.



Gardening Jobs in March

- Whatever you do in your garden, **you must prepare the ground**. It has to be reasonably drained, so if it is waterlogged dig in organic material and grit or sharp sand to improve drainage. Dig in a 5cm (or more) layer of compost or well rotted manure into your beds and a general purpose fertiliser such as chicken manure or fish, blood and bone. Most plants do not like poorly drained soil.
- **Feed trees, shrubs and hedges** with a slow-release fertiliser by lightly forking it into the soil surface. Identify whether your shrub is ericaceous (acid-loving) and get special fertiliser and compost e.g. blueberry.
- **Plant summer-flowering bulbs** such as Gladiolus, Lilies and Alliums. Lift and divide established perennial plants to improve their vigour and create new plants. **Put plant supports in** now so the plants grow up through them. Pot up begonia tubers that have new leaves.
- **Deadhead daffodils** as the flowers finish and let the foliage die back naturally.
- Towards the end of March **plant your chitted early potatoes** outside in the ground.
- Start sowing **winter brassicas** in seed trays in a cold greenhouse.

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RESTAURANT REVIEW: THE BULL INN at STANFORD DINGLEY

The Bull at Stanford Dingley is a classic country pub with reasonably priced food. The management also runs the Blade Bone in Chapel Row (recently closed for refurbishment and now about to re-open: review to follow !?).



The Bull also offers accommodation and has an outside garden area which hosts barbecues and events during the summer months, with Horse-Box Bar.

Stepping inside the pub, it has a real old-fashioned feel with low ceilings and fireplaces. The décor has been given a contemporary makeover which works well. The bar is stocked with a good supply of draught beers, most of which are from the local brewery in Yattendon.

Through the summer and autumn I have visited several times with friends for their special lunch/dinner promotion, which runs Tuesday to Thursdays. This offers a choice from the set menu of three courses for £20. The menu is constantly changing and there is always scope to try something different. The dining area spreads over a couple of rooms separate from the bar with table sizes to accommodate all groups. The staff are always helpful and very friendly.

On my last visit, a group of six sat down for a Tuesday lunchtime. The menu provides a choice of 4 items from each course: I had the cheese scones with mini sausages as the starter followed by a fish pie as the main. The cheese scones were particularly delicious and the fish pie very tasty. Other guests sampled the white bait, pate and for mains pork chop and fish and chips. Vegetarian options are available. The portion sizes are substantial and when the dessert menu came around I chose rather nice profiteroles. The restaurant likes to present the food in interesting ways, with individual ramekins or mini wire baskets for chips etc. The service was prompt and attentive and at the end of the meal we were certainly not rushed to clear the table. We finished the meal with a choice of coffee which is added as an extra.

I have not tried the evening menus but I am sure they would be equally as good if not better. It is not fine dining as defined by “Master Chef” but very good value and atmosphere. The cosy fireplace is also a great place to enjoy morning coffee and the bar also has an excellent selection of bar snacks. For gentlemen, a visit to the WC provides an interesting display of plumbing architecture - not sure what the ladies is like !

All in all a very good place to visit at any time of the year.

John Haggerty



The Old School, Sulham was built during the 1890's and some of these recipes feel as old. They are all our favourites from Delia for at least 30 years. The mash is our signature dish at the Old School but we are more than happy to share. We can't abide those who don't share recipes - or share and leave out a vital ingredient. (Mary in Wales – you know who you are.) Keep cosy, and snug up with these winter warmers.

Slow cooked beef short ribs (Gordon Ramsay adapted by Chef Margaret) for 4

6 meaty beef short ribs
Olive oil for frying
1 large head of garlic, unpeeled but cut in half horizontally
1 heaped tablespoon of tomato puree
1 bottle of red wine
1 litre beef stock
150g pancetta lardons
250g small chestnut mushrooms, trimmed and halved
Sea salt and freshly ground black pepper

- Pre heat the oven to 170C/gas 3.
- Heat a deep sided roasting tray on the hob and add a glug of olive oil.
- Season the short ribs then fry for 10-15 minutes to brown really well on all sides.
- Add the halved garlic head, cut side down pushing it to the bottom of the pan. Add the tomato puree and heat for a minute or two to cook it out. Pour in the wine to deglaze the pan, scraping up the bits from the bottom. Bring to the boil and cook for 10-15 minutes until the liquid has reduced by half, then add the stock to nearly cover the ribs. Bring to the boil again, basting the ribs with the juices.
- Cover the roasting tray with foil and cook in the preheated oven for 3-4 hours, basting now and then until the meat is tender and falling away from the bone.
- About 10 minutes before the ribs are due to come out, fry the pancetta for 2-3 minutes until crisp and golden. Add the mushrooms and cook for 4-5 minutes until tender. Drain off excess fat.
- When the short ribs are ready, remove from the oven and transfer to a serving dish. Squeeze the garlic cloves out of their skins. Spoon off any excess fat from the cooking liquid and mix with the garlic. If the sauce is too thin, reduce by heating for 10-15 minutes more.
- Serve the ribs topped with hot pancetta and mushrooms, with sauce poured over and around.
- **Chef M's tip.** If you make this the day before and leave overnight, it is then easy to remove the excess fat. You can then warm through and add pancetta and mushrooms on serving). It will also give you enough time to be with your guests or paint your toenails. Must be served with mash of some sort to soak up the gravy.

Celeriac and potato mash (Delia Smith adapted by Chef Margaret)

- 500g (1lb) potatoes peeled and cut into 1 inch cubes
- 1kg (2 lbs) celeriac peeled and cut into 1 inch cubes
- 2 fat cloves of garlic peeled (or more if you want)
- 60g (2oz) butter (or more if you want)
- 150ml of crème fraiche, full or half fat
- Salt and pepper



Put potatoes and celeriac in separate bowls of water whilst preparing so they don't turn brown. Put potatoes in one pan, celeriac in another with a clove of garlic in each. Add salt and simmer for 10 minutes until soft. Drain and mix then mash in whatever way you would normally. Add butter, crème fraiche, salt and pepper and serve.

Chef M's tip. The important thing is not the absolute weight but the ratio of celeriac to potato (2:1). Once again it can be made in advance, and will freeze well.

Apple and Cinnamon Cake (Mary Berry adapted by Chef Jules)

- 225g (8oz) softened butter
- 225g (8oz) light muscovado sugar
- 3 large eggs
- 100g (4oz) chopped walnuts
- 100g (4oz) sultanas
- 225g (8oz) self-raising flour
- 2 level teaspoons baking powder
- 400g (14ozs) cooking apples, peeled, cored and grated
- 1 level teaspoon ground cinnamon



To finish: Light muscovado sugar and chopped walnuts. Icing sugar for dusting.

- Preheat the oven to 180C/Gas 4. Grease a 23cm (9in) deep round cake tin then line base with baking parchment
- Measure the butter, sugar, eggs, chopped walnuts, sultanas, flour and baking powder into a large bowl and beat for about 2 minutes until thoroughly blended. (**Chef J tip** – it is important the butter is soft. Mary Berry always makes cakes like this).
- Spoon half the mixture into the tin then spread the grated apple and cinnamon in an even layer on top. Spoon the remaining cake mixture on top, level the surface.
- Bake in the pre-heated oven for 45 minutes then check, add generous amounts of muscovado sugar and chopped walnuts and cover top with greaseproof paper to stop it burning.
- Bake for another 30-45 minutes until well risen and golden brown. Leave to cool in tin for 10 minutes then turn out, peel parchment and finish cooling on a wire rack. Dust with icing sugar to serve.
- **Chef J's tips** – serve warm and goes very well with a dollop of cream, custard or indeed ice cream.
- **Chef M's tip** – don't ask me to do this. I'm not the baker here!

FOOD

And finally, for all of you cooks in Sulham and Tidmarsh, here is a recipe for something to sip whilst peeling sprouts. It has the added advantage of making the house smell wonderful as well. And it might be ½ of your 5 a day;- definitely what the doctor ordered (the fruit of course)!!

Old School Mulled Wine (2017 version)

1 bottle of red wine
2 star anise
1 large cinnamon stick
4 cloves
4 tablespoons of sugar
Peel from 1 lemon
Peel from 1 orange
150mls Sloe Gin (optional)

- Warm through for 10 minutes
- Let stand for 30 minutes
- Warm up again and add 150mls of Sloe Gin if you don't mind the Brussel sprouts burning.

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Stay as active as you can, any exercise can bring health benefits



Make sure you get your flu vaccine



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Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice



Keep in touch with friends, family and your community



Look out for others. Ask how they are keeping warm during cold weather

Further Information



[Simple Energy Advice](#) provides free advice on energy efficiency and National grants to help with energy bills: 0800 444202



Plan ahead. Stay up to date with the weather forecast



If you're worried about your health, visit the [NHS Website](#), call **NHS 111** or in an emergency call 999

BELFAST

When considering a city break to Ireland, you could be forgiven for instantly thinking of Dublin, and you'd be with a majority who do just that. But how many of you have seriously contemplated a trip to Belfast? It is a vibrant city bustling with culture, history, gastronomic excellence, an incredible live music scene, and last but not least, some of the friendliest, most welcoming people you could ever meet.

Easy to get to, a short 50-minute flight will take you to George Best Belfast City Airport, located just 5 minutes from the city centre. There are numerous hotels to choose from, ranging from budget to 5-star excellence such as The Merchant.



Take a walk through the city centre and admire beautiful architecture ranging from Georgian, such as Clifton House, built in 1771 as a workhouse, through to the Victorian era with the stunning Lanyon Building, now home to Queen's University, and the Edwardian grandeur of Belfast City Hall.

One of the more recent, and equally as impressive additions to the Belfast skyline is the Titanic Quarter, one of Europe's largest urban waterfront regeneration projects. Named after the ill-fated "Ship of Dreams", it is here that you will find Titanic Belfast. Located at the head of the slipways where Titanic was launched, its shimmering exterior is home to a state-of-the-art visitor centre spanning six floors, depicting the height of Titanic. Explore the sights, sounds, smells and stories of the doomed ocean liner, as well as learning about the city and people that built her, and the passengers who sailed on her, a truly moving experience.



The bustling St George's market, open Fridays, Saturdays and Sundays, is one of Belfast's oldest attractions. This covered market, located in a charming Victorian building, is buzzing with over 150 local traders, ranging from some of the finest fresh produce, to handmade gifts and crafts, antiques and more. There is even live music from local bands, all resulting in making this a great place to visit, relax over coffee and soak up the atmosphere.

Impossible to ignore of course, is Northern Ireland's historic era known as 'The Troubles'. Belfast was at the heart of the conflict, and although the city now shows little sign of the destructiveness of that time, there is still evidence in the form of the "Peace Walls". Created to separate Catholic and Protestant areas, the first one being built in 1969, they are adorned with both political and religious symbolism, as well as a more recent array of colourful

artwork. Visitors are welcome to explore these at their leisure but to get a greater insight into the significant part of the city's history take a black cab "mural tour" of Belfast.

For Game of Thrones fans, Tourism Ireland has created six giant, stained glass windows illustrating some of the most iconic scenes from the series. Follow the trail along the Maritime Mile to discover all six windows, including one depicting the Iron Throne outside the very studios where the programme was filmed.

For some ghostly goings-on, visit Crumlin Road Gaol which dates back to 1845 and closed as a working prison in 1996. Tours are available exploring the history of the site, from when the first prisoners arrived in 1846, through to the political segregation of republican and loyalist prisoners during "The Troubles". Visit the infamous underground tunnel used to move prisoners between the gaol and the Crumlin Road courthouse. The site is said to be haunted, having seen 17 men executed over its 150-year history, so for the bravehearted amongst you there is also a paranormal tour where you will hear all about the unexplained sightings and happenings that have occurred within the walls of this iconic building. The tour will take you to the various areas where this activity has been reported, and your guide will keep you entertained (or terrified!) with harrowing stories along the way. Try it if you dare!

One of the liveliest parts of Belfast is the Cathedral Quarter. In the heart of the old city, it is home to a thriving arts scene, offering an abundance of art, theatre, music and dance. The city's oldest building is now home to a traditional Irish bar called "The Dirty Onion", with live music every night ranging from acoustic sessions to live bands and "trad" gigs to get your feet tapping! With a myriad of excellent restaurants, casual cafes and traditional pubs, most with live music, you really will be spoilt for choice as you stroll through the cobbled lanes of this vibrant corner of the city.



Finally, the people; what can I say? Do not be surprised if a random stranger strikes up a conversation with you wherever and whenever, whether you're in a queue or standing at a bar. The Northern Irish are an amazing, friendly bunch who love nothing more than a bit of "craic". Trust me, you will be welcomed with open arms wherever you go.

This is so much more I could say about Belfast, a city close to my heart. I hope that this brief insight has inspired you to give it a try. I guarantee that you will not be disappointed.

Caroline Home

Editor's Note: if any of you have a city close to your heart to share with us please let me know!

TIMELESS

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TIMELESS CLINIC OPENING in Pangbourne

When Annie Caldeira started at the Beauty Box three years ago, her priority was to make her clients feel beautiful, encapsulated in her slogan "Hello Beautiful". During this time, Annie has been building relationships in the local community and listening to her customers about their skin concerns and needs, specifically when it comes to ageing.

Annie decided to act on what she had been hearing and focus on Advanced Skin care treatments to help people feel more comfortable and confident within their own skins. And she has now opened the doors of a new advanced skin centre, "Timeless Clinic" in Pangbourne.

Through a range of cutting-edge skin technology, the doctor-led Timeless Clinic introduces treatments such as High Intensity Focused Ultrasound (HIFU) and Radio Frequency Micro needling. Both treatments aim to lift and tighten the skin whilst restoring its structure. The clinic also offers microblading, skin peels and laser hair removal amongst other treatments. These treatments allow Timeless to be a one of a kind clinic in Berkshire.

But that's not all: Timeless Academy has also been opened as a training school, with its mission to develop the next generation of aestheticians, therapists and budding entrepreneurs. The courses, ranging from entry-level to masterclass, are given by skilled technicians who are experts in their fields and provide a wealth of knowledge and unrivalled education in all areas of beauty.

By adding an academy to the clinic, Annie hopes that training can be made available to everyone and that, in turn, this can help people discover the best versions of themselves.

"Timeless Talks" have also been introduced, to give local women an opportunity to talk, listen, learn and connect as a community. Please look online for our monthly meetings. We look forward to you joining us and helping to create a special community together.

Timeless Clinic is conveniently located right next door to the Beauty Box at 1st floor Abacus House, Horseshoe Road, Pangbourne. RG8 7JQ

Annie Caldeira

TIMELESS

CLINIC

Introducing the lunchtime **FACE LIFT**

- Jowl Tightening
- Neck Tightening
- Jawline Sculpting
- Eyebrow Lift
- Eye Bag Reduction
- Skin Laxity Reduction
- Acne Scar Treatment
- Double Chin Reduction
- Complexion Refinement
- Non-surgical Face Lift
- Stretch Mark Treatment
- Fine Line and Wrinkle Reduction

FOCUS_{DUAL}

Recently featured in the glossy pages of Tatler Magazine, find out why Focus Dual's complimentary treatments are the most sought after and loved by celebrities like Amanda Holden

Timeless Clinic
01189842299
www.timelessclinic.co.uk
info@timelessclinic.co.uk

Formula One Human Performance Specialist creates 'Centre for Integrative Medicine'

In recent years, Pangbourne has quickly become the place to be for all things Health and Wellbeing. The recent opening of Formula Health Ltd has taken the Berkshire village by storm, turning the typical approach to healthcare on its head.

Using an integrative medicine approach and placing an emphasis on 'boosting health not just curing disease', the team uses tools such as Nutrigenetic (DNA) screening to provide in-depth health insights and remove the reliance on trial and error to develop your health management protocols. The clinic offers a comprehensive list of services and treatment interventions to enable clients to take ownership of their health. Combining traditional therapies with modern health technology, the Formula Health team is committed to delivering proactive and effective treatment, supported by sustainable lifestyle changes, through a personalized approach.



As a Formula Health client, you can expect to receive a detailed clinical assessment that allows for a bespoke package of care to be designed for your individual needs and preferences. This could include a hands-on Osteopathic treatment, a nutrition protocol, neurofeedback practices or an exercise prescription delivered via a mobile app. The clinic has a variety of offerings aimed to guide and support you on multiple levels through your wellbeing and recovery journey. The experienced range of practitioners are on hand to collaborate to meet your specific needs.

Tucked away behind Pangbourne's famous cheese shop, the clinic has many clinicians and instructors under one roof, including award-winning Osteopaths, Acupuncturists, Nutritional Therapists, Personal trainers, Reflexologists, Massage therapists, Podiatrists (and more!). The clinic offers various healthcare packages, classes and standalone appointments as well as selling natural and organic health and performance products.



Founder and director Gemma Fisher M.Ost was the first Human Performance Consultant Osteopath in Formula One and has received national award recognition for her work with F1 Pitcrews and her health consultancy services. Gemma combines her experience in implementing Human Performance programmes to F1 teams, delivering World-Record breaking results up and down the F1 pitlane with the fundamental principle of Osteopathy that the *"The body is a whole, in which no part functions independently"*

Is it time you got back in the driving seat of your health?

If you're ready to start your health transformation, or you know someone that is, you can book an initial consultation with one of the practitioners via the website, by calling **0118 418 1825** or via info@formulahealth.co.uk.

Follow us @Formula_Health_Ltd or visit www.formulahealth.co.uk



Englefield CE Primary School

Sowing the Seeds for a Flourishing Future

October started with our annual Harvest Festival. It was super to see a church packed full of people celebrating together. The children sang songs of thanks and praise, including everyone's favourite, 'Cauliflowers Fluffy'. There was also a reading and some beautifully written prayers. The collection of produce to be taken to New Beginnings was amazing - the charity were delighted. This was such a great opportunity to show the children the importance of saying 'thankyou' and of being grateful for what we have whilst thinking of those who are in need in our own community.



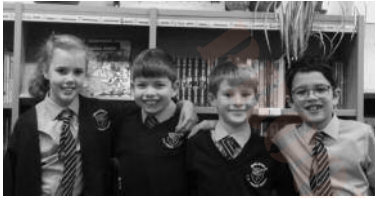
Our Worship Group has recently started prayer meetings so that children could join in with special prayers for people or events that they were thinking about or worrying about or just to say a simple 'thank you'. This will be a weekly event which we hope will give comfort and support to any pupils who are going through an anxious time.

It was great to welcome Bassistry Arts back to Englefield. Each class had a great workshop with the drum and bass duo, in which they did some rhythm work and learned a song which was then performed to the rest of the school.



Both our Year 3/4 and Year 5/6 football squads headed off to Westwood Farm School to play in a tournament. The children supported each other well and showed great sportsmanship towards the other teams. Both 'A' teams won all of their games and won the tournament for their age group. Well done to all who represented the school so well.

On Remembrance Day, our choir of 19 eager singers sang in the Junior Music Festival at The Hexagon as part of a huge multi-school choir. They sang songs for the shows to an audience of 800 plus. Parents and pupils alike had a fantastic time – what an experience!



Four of our Year 4 pupils took part in the maths challenge at St Edward's School. They had to solve various mental maths and reasoning problems and work well as a team. Out of 18 teams we came 3rd and 8th...the second-best performance of any of the schools present.

Finally, we enjoyed raising money and celebrating Children in Need. We dressed up in bright colours or Pudsey-wear and did some fun activities in our House groups. Thank you to the House Captains for organising such a great day.



Finally, we are currently 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.

We would like to wish all our neighbours in Tidmarsh a very peaceful and enjoyable Christmas.

PUZZLES

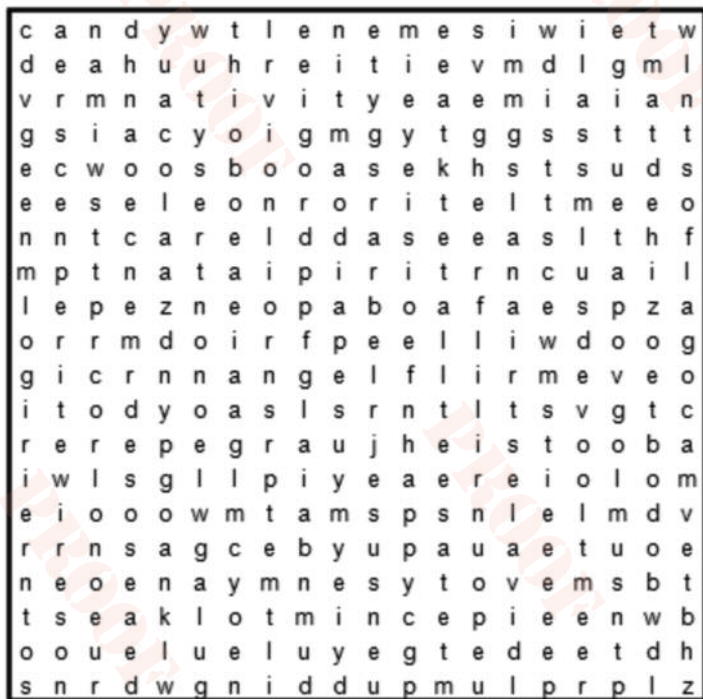
WORD SEARCH



Word List

See if you can find the Christmas related words in our word search.

Angel	Bells	Boots
Candy	Eve	Fruitcake
Garland	Goodwill	Happy
Jesus	Lights	Merry
Mince pie	Mistletoe	Nativity
Noel	Plum pudding	Sweater
Wise men	Yule	



Old Idioms and their meanings

‘Butter someone up’: An ancient Indian custom involved throwing balls of clarified butter at statues of gods to seek favour.

‘Under the weather’: On sailing ships, poorly sailors would be sent below decks to protect them from the weather.

‘Bob’s your uncle’: Phrase coined when Prime Minister Robert Gascoyne-Cecil appointed his nephew Arthur a minister. Arthur referred to the Prime Minister as ‘uncle Bob’ easy to become a government minister when your uncle is Bob!

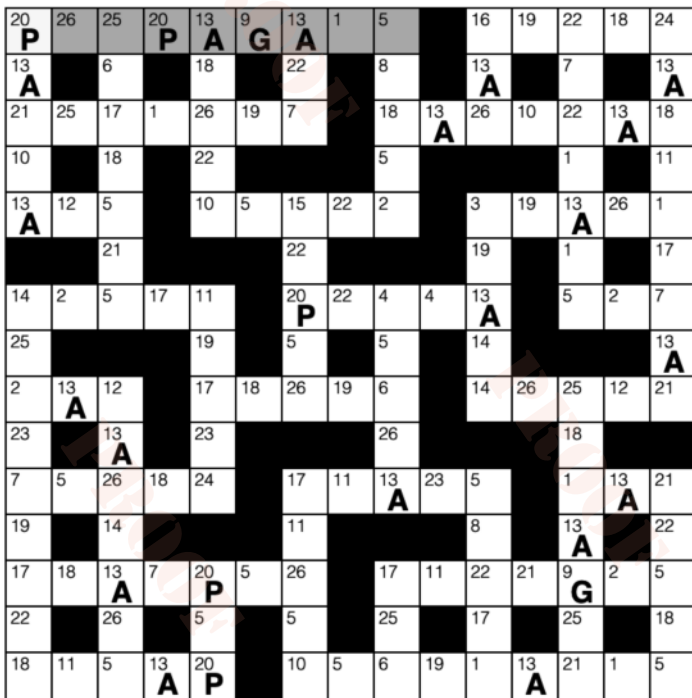
CODEWORD

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 the codes for two or three letters.

With these letters filled in throughout the puzzle, you'll have enough clues to 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

Software © 2021 crossword-compiler.com

The answers will be posted on the Parish magazine page of the Parish Council portal.

TIDMARSH WITH SULHAM VILLAGE HALL

TIDMARSH WITH SULHAM VILLAGE HALL - PART 6

Towards the end of 1999 it was once again decided that there were more improvements that could still be made to the hall and that another attempt to obtain a further Lottery Grant should be applied for. The hall had of course now got a ramp at the front door of the hall for wheelchair access, but without a toilet for the disabled this was not a lot of help. A hearing loop for those with hearing disabilities was also another item to be considered, so this grant would need to be on a much larger scale than the previous one. Once more the wheels were put in motion and so began the long process of form filling again.

2000 brought the hall into the new millennium. Although the hall itself did not put on a function as so many families were celebrating in their own way, the hall was still used by a group of villagers for a millennium party, which was well attended and enjoyed.

In the early part of this year, one of the regular users of the hall held a series of Tea Dances in the and helped to raise money towards the forthcoming and ongoing improvements.

The Women's Institute had always used the hall as their meeting place, but for many years had ceased to function, due no doubt to either lack of support or dwindling numbers. However in the year 2000, the Berkshire Federation of Women's Institutes decided to try again and so a new Tidmarsh with Sulham W.I. was formed. Whilst it was not the first one in the country of the new millennium, it was the first one in Berkshire, of which they are rightly proud.

Another well attended Educational Class was added this year to replace the Gardening Class, which had come to an end and this time it was Flower Arranging Classes. Tool Sales were another booking that helped to swell the fund, but unfortunately did not create a lot of interest so after a couple of attempts were no longer repeated.

In the summer of 2000 a fun day was held at the hall with a Bar-B-Que, Games and a Bouncy Castle, greatly enjoyed by all the children, and for the grown ups a time to partake of food and wine and generally get together,

Later in the Autumn a Casino and Auction Evening was held, which was a huge success raising the magnificent sum of £1,668.00. This was certainly a big boost towards improvements, as by this time the Village Hall Committee had learnt they had not been successful in obtaining their application for Lottery Grant. This was a big blow to them as they struggled to put all their hoped for plans and ideas into bringing the hall up to date for the year 2000. However, this setback did not deter their determination and the first thing they did was work on clearing and tidying the car park to make it welcoming for those using the hall. The hall was now very busy most of the time, with bookings from the regulars i.e. Table Tennis, W.I. Classes, etc. and popular with others from outside the area for children's parties, meetings and so on.

The year **2001** dawned and it was once again time to think about putting in another application to The Lottery Charities Board for a grant. Once more the wheels were put in motion, and the long task of form filling, endless phone calls, contacting Builders, Architects Surveyors etc. plus a host of all sorts of rules and regulations to be gone through. Many letters to various companies, organisations and trusts were sent out asking for their help, financial or otherwise. All this would take many weeks and months, in the hope that this time all would be achieved in the end.

In the meantime, with life at the hall continuing, it was decided to invest the money in the fund which had been raised from donations and other money making efforts, in replacing the old metal windows from the 1950's. With new P.V.C double glazed windows installed, straight away the hall had a new more modern look and feel about it. Once the windows were installed the interior walls were given a fresh coat of paint.

The usual yearly round of functions continued to take place and in May of that year the Village Hall helped out with the children's sports and Bar-B-Que held on the Bank Holiday Monday, on the Millennium Green. Again in November when a grand bonfire and firework party took place on the Green, committee members were there once again handing out hot dogs and burgers to hungry youngsters (and Mums & Dads) who soon made short work of them.

In the autumn, another new fundraising evening was arranged in the shape of a Race Night. This too was another popular event and the betting was fast and furious. A supper supplied by the ladies on the committee included baked potatoes, chilli, cheese, coleslaw and salad and naturally a bar on hand as betting is thirsty work. Everyone agreed it had been a super evening. As Christmas drew near there was a party for the smaller members of the villages and as always, Father Christmas and his reindeer dropped by to hand out presents. In the evening a Karaoke was held for the older children who thoroughly enjoyed themselves as pop stars of the future.

But whilst all these events were taking place throughout the year the question was, would we get our hoped for grant ?, but, it was to be into the year 2002 before we would find out if we had been lucky this time !!!

J B Harland

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

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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

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Chairman

John Chishick 0118 984 3666

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John Butler 0118 984 2621

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Alok Sharma (Conservative) 0118 945 4881

Councillor for the Pangbourne Ward

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Public Transport

Rail Travel

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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@1stPandPorg.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

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