

Tidmarsh with Sulham Parish Magazine



WINTER 2024



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Welcome to the Winter issue of the Tidmarsh with Sulham magazine! We have another packed and varied edition for you to enjoy, including updates on local news and events running into the festive season. Amongst the topics for this issue we have an update on Sulham estates' Biodiversity net gain project and news from our Ward councillor Matt Shakespeare. We have reports on a historic road race, artefacts found locally and a write-up of a short break on the Ile de Re. And importantly, ideas on a more sustainable Christmas and delicious recipes to prepare during the festive season.

Thank you to Francois Durant for the front cover capturing the field adjacent to the (then flooded) Mill Lane.

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

Wishing you all good health and a fruitful autumn.

Lucy Clow, Editor

editortsmag@gmail.com

DATES FOR YOUR DIARY

DATE	EVENT	TIME
15 December	Family Crib Service - St Nicholas Church, Sulham	11:15 am
24 December	Christingle - St Laurence Church, Tidmarsh	3 pm
	Midnight Mass - St Laurence Church, Tidmarsh	11 pm
25 December	Christmas Family Worship - St Nicholas	10:00 am
3 January	Village Walk - Meet at Village Hall	9:30 am
	Coffee Morning - Village Hall	11:00 am
5 January	Holy Communion - St Laurence Church, Tidmarsh	11:15 am
8 January	Parish Council Management committee & Full council meeting	8 pm
19 January	Family Worship - St Nicholas Church, Sulham	11:15 am
5 February	Holy Communion - St Laurence Church, Tidmarsh	11:15 am
7 February	Village Walk - Meet at Village Hall	9:30 am
	Coffee Morning - Village Hall	11:00 am
12 February	Parish Council Trust & Full council meeting	8 pm
16 February	Family Worship - St Nicholas Church, Sulham	11:15 am
7 March	Village Walk - Meet at Village Hall	9:30 am
	Coffee Morning - Village Hall	11:00 am
12 March	Parish Council Management committee & Full council meeting	8 pm
16 March	Family Worship - St Nicholas Church, Sulham	11:15am

TIDMARSH & SULHAM VILLAGE HALL MACMILLAN COFFEE MORNING

Raised a fantastic £442 to help support people living with cancer. Thank you to everyone who attended and those who were unable to attend but dropped in donations.

NEW SULHAM RESIDENT

Many congratulations to Sulham farm manager Andrew and wife Celia on the birth of their son Wilfred!

JEAN HARLAND

Congratulations to Jean who celebrated her 95th birthday - and her wedding anniversary with John - on October 29th, with a party for friends and family at The Greyhound pub.



POPPY APPEAL: £1,780 was raised from:

Greyhound Quiz evenings: £212.00
Greyhound Box: £120.00
Jean's Party: £110.00
Village donations: £1,380.00

This is the best yet! Thank You all for the support given as well as £250.45 for the Thames Valley Air Ambulance from Jean's Party donations: £200.00 and the Greyhound Box: £50.45. *John Harland*

WREATH MAKING

On 3rd December a group of us came together in Tidmarsh Village Hall to make Christmas wreaths. Alongside hints and tips and a lot of chat, the festive mood was enhanced with mulled wine and mince pies to keep us all going.



A total of £110 was raised that will go towards the upkeep of St Nicholas church in Sulham.

A big Thank You to Gillian Alderton for organising the event, and also Gill Haggarty for contributing to the greenery.

WATCH THIS SPACE

Next year plans are in place for re-introducing a Village Show for Sulham & Tidmarsh. Village shows are traditional village events that for many years were held annually in late summer in Tidmarsh Village Hall. Sadly, they stopped because interest faded away but hopefully we can reboot this fun 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. More information and the class list will follow in the spring edition of this magazine.

WINE TASTING EVENING

The Village Hall is planning a professionally led wine tasting evening in 2025;- date TBC.

TIDMARSH & SULHAM WALKING GROUP

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



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

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

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

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

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

Refresh Pangbourne



**REFORMER PILATES
BOXING
STRENGTH TRAINING**



- **Stretch, Strengthen and Tone with our Reformer Pilates classes**

1:1 Intro session recommended before joining a class. Email or call below to book

- **Small group Boxing and Strength Training**

- **1:1 Personal Training and Reformer Pilates**

www.refresh-health.com

Email: Contact@refresh-pilates.com

Tel: 0118 9077525

11 Horseshoe Park, Horseshoe road Rg8 7jw

ST NICHOLAS CHURCH

Harvest Festival service took place on September 15th. Thank you to everyone who made very generous donations of food that were donated to CIRDIC in Reading to help feed homeless people.

During the Armistice Day service at St Nicholas a two minute silence was observed at the graveside of Sulham resident Winifred Burtenshaw who died of injuries sustained in the first world war. Names of all those who gave their lives in all conflicts were read out by curate Rachel.

We have been fortunate that a generous church member has been helping to pay for the churchyard grass to be cut as maintenance expenses are increasing and income is low.

Repairs and interior decorations to the water damaged tower will hopefully start in the new year. If you would like to make a donation to help with these costs please contact church treasurer Stephen Billyeald on 0118 984 3368.

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



CHRISTMAS SERVICES AT ST NICHOLAS AND ST LAURENCE IN DECEMBER



Sunday 8th Carols by Candlelight at 4pm

Sunday 15th Crib Service at 11.15

Christmas eve Christingle at 3pm

Christmas day family worship at 10am

There will be a Midnight Mass service at St Laurence at 11pm on Christmas Eve.

Sulham carol singing Friday December 20th.

If you would like to help decorate the church for Christmas, meet in St Nicholas on Saturday December 22nd at 9.30am. Always fun, everyone is welcome!

Gillian Alderton

QUIZ NIGHT

Saturday 15th February 2025
at 7.00pm

Pangbourne Village Hall

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

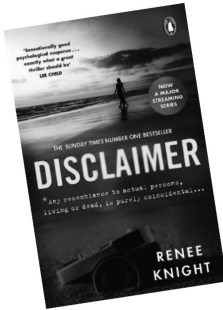
Call 0118 984 3368 or email sbillyeald@aol.com
by 31st January to book your team's place.

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*



BOOK REVIEW: DISCLAIMER by Renee Knight

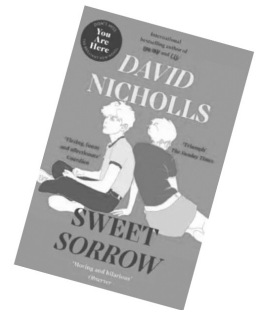
A psychological thriller, the tagline “Imagine if the next thriller you read was all about you ...” perfectly sets the premise of this story. Catherine Ravenscroft, a successful filmmaker, finds a book in her house that she does not remember buying, but begins reading it and is horrified to discover that it is about her, and a dark secret she has kept hidden for years, even from her own family. The book alternates between Catherine’s chapters and those of an elderly man, Stephen Brigstocke, who is grieving the loss of

his wife Nancy. We soon discover that he is in fact the author of the mystery novel, and for reasons we are yet to find out, he has an intense hatred for Catherine. There is a significant plot twist towards the end which, although doesn’t help make any of the characters more likeable, does sway the reader to have some empathy for them and their actions.

The majority of us enjoyed Disclaimer and agreed it was a compelling and easy read.

BOOK REVIEW: SWEET SORROW by David Nicholls

Sweet Sorrow Is a beautiful paean to young love and teenage lust, the whole thing prevented from falling into schmaltz by the air of melancholy that hangs around it, the recognition that such loves do not last, that all about is “the sound of summer packing its bags and preparing to leave town”.



The book does what Nicholls does best, sinking the reader deep into a nostalgic memory-scape, pinning the narrative to a love story that manages to be moving without ever tipping over into sentimentality, all of it composed with humour.



Next read:
MAYBE NEXT TIME
by Cesca Major

PURLEY BARN BRIDGE CLUB: The social club that plays bridge

This friendly club meets at 9:40am every Friday morning at the Barn in Goosecroft Lane, Purley, for a morning of bridge, chat and light refreshments with a most welcoming group of bridge enthusiasts – beginners and more experienced not just from Purley but also from round and about.

The club is becoming well known as locals and not so locals recommend us to their friends and neighbours. Our Friday morning informal sessions mean that you are sure to meet and play with many different partners, all of whom have the same interest as you chatting about and playing the great game of bridge.



We also play duplicate bridge on-line on Tuesday evenings at 7.00pm. You'll need a partner but we may be able to provide one. On-line bridge is very popular: just log on, see and chat to your opponents and the software does the work as you relax and play with your favourite refreshments to hand.



Bridge makes you think, makes new friends for you and gets you out and about - what's not to like? So cross the bridge and join the club. Call me on 07746 680183 or visit <https://www.bridgewebs.com/purleybarnbridge/>

Martin Fraser

Tidmarsh Village Hall
Tidmarsh vs Sulham

QUIZ NIGHT

Sat May 10th

7.30 for prompt 8pm start

Light ploughmans provided

Bring your own drinks and glasses

Come as a team or join one on the night

£10 per person

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

WIN PRIZES

MUSIC

CURRENT
AFFAIRS

SPORT

GENERAL
KNOWLEDGE

SPECIAL APPEAL - CAN YOU HELP THE VILLAGE HALL?

The Village Hall is an important asset that is used for the community, social and business activities. There is currently a concern that without sufficient volunteers to join in the running of the Hall, that it may have to close. The village coffee morning, quizzes, parish council meetings and local elections will be affected as well as the many arts, crafts and sporting activities that take place there.

After many years of being the Chair of the Village Hall Management Committee, Alan Maskell is standing down and Axel Lagerborg will also be standing down as Treasurer. These are both essential roles. Even if the other remaining members from the Village Hall Management Committee replace these posts, the committee will be short of members and will struggle to carry on. Can you help?

The role of Treasurer requires a knowledge of simple spreadsheets and access to the internet. It involves keeping a track of income and expenses, paying bills and preparing a few reports.

As Chair, Alan Maskell managed the maintenance of the building and this is vital to ensure the safe use of the hall. Anybody with a few hours a month could help in this regard.

Support and training can be made available to those volunteering to take on these roles.

The Village Hall Management Committee meets three times per year to discuss relevant points and plan social events.

Please contact Alan Maskell, Chair for more information about these vacancies on 0118 984 5326 or 07954 140048.

VILLAGE QUIZ RESULTS

The most recent quiz on 19th of October saw Sulham reclaim the Annual Quiz Shield after a few years in Tidmarsh hands. An all-age team provided a wealth of knowledge that beat Tidmarsh teams hands down. With a ploughman's supper and lots of raffle prizes the evening was enjoyable for all.

The next quiz is 10th May so make sure you put it in your diaries.



CHURCH SERVICES IN ST JAMES | ST LAURENCE | ST NICHOLAS

JANUARY

Sunday 5th

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

Sunday 19th

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

Sunday 12th

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

Sunday 26th

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

FEBRUARY

Sunday 5th

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

Sunday 16th

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

Sunday 9th

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

Sunday 23rd

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

MARCH

Sunday 5th

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

Sunday 16th

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

Sunday 9th

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

Sunday 23rd

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

Mothering Sunday 30th

10am	Holy Communion	St James
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Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

A WORD FROM REVD DR RACHEL JEREMIAH, CURATE

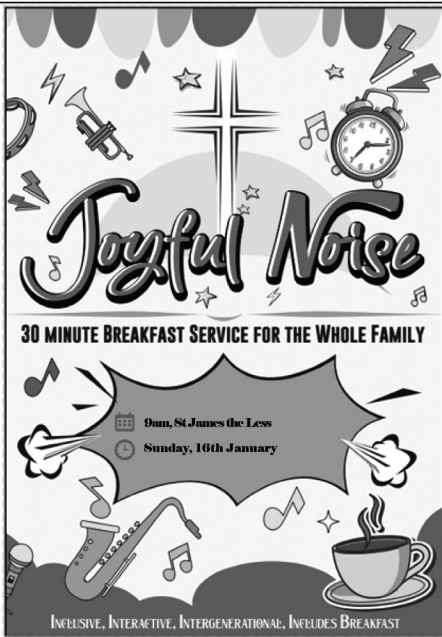
There is a tradition within some parts of the Christian Church that dates back to the Middle Ages of seeking God’s blessing on homes at this time of year. Epiphany – the celebration of the Magi arriving to worship the new-born baby Jesus – is celebrated on January 6th and, in various parts of the world, sometimes marked with the time-honoured tradition of “Chalking the Doors”. The traditional chalking reads simply: **20 + C + M + B + 25** and is written on the front of the home – somewhere near the front door. The numbers are taken from the year, the crosses represent the cross of Christ, and the letters C, M and B stand for Caspar, Melchior and Balthasar, the three wise men who we remember visited the holy family. These letters also abbreviate the Latin phrase *Christus mansionem benedicat* which translates as ‘May Christ Bless this House.’ A prayer is said, and together it is a request for God to stay with those who dwell in the home throughout the entire year.

Such traditions have largely disappeared, although you can sometimes see these mysterious markings outside churches and homes – and I enjoy spotting them in often surprising spots with my children! Yet the start of year still seems to me to be a wonderfully appropriate time to ask God to walk alongside us as we anticipate the activity of the year ahead. And what better place to start than asking for God to be present and active in our own homes, in our own families? With that in mind, I find “Chalking the Doors” a wonderful way to start the year, and as relevant today as it might have been to those in the Middle Ages as we ask Christ to bless our homes with love and light.

Whether you have ever joined in with this tradition or not, we continue to pray for every blessing to you and your household for all of 2025.

Rev Rachel Jeremiah

The Parish of Pangbourne with Tidmarsh and Sulham
www.pangbournechurches.org

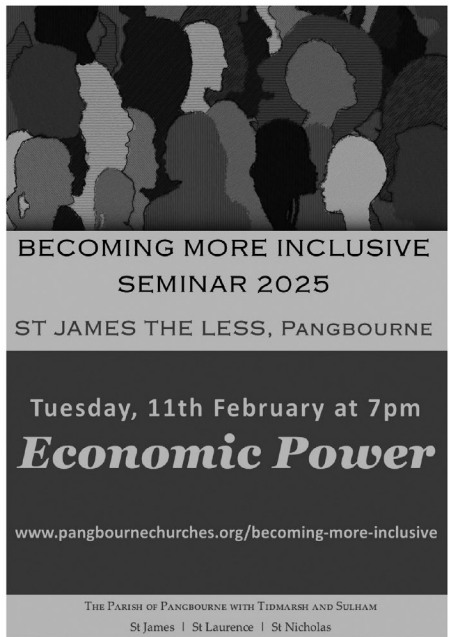


Joyful Noise

30 MINUTE BREAKFAST SERVICE FOR THE WHOLE FAMILY

9am, St James the Less
 Sunday, 10th January

INCLUSIVE, INTERACTIVE, INTERGENERATIONAL, INCLUDES BREAKFAST



BECOMING MORE INCLUSIVE
 SEMINAR 2025

ST JAMES THE LESS, PANGBOURNE

Tuesday, 11th February at 7pm
Economic Power

www.pangbournechurches.org/becoming-more-inclusive

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



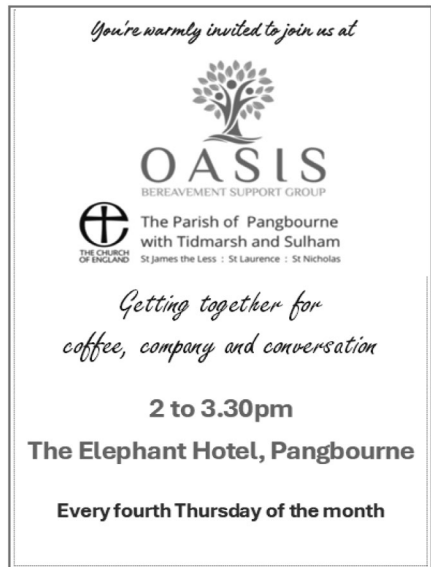
St James Café
 St James Church, Pangbourne

15th January
 5th & 19th February
 5th & 19th March

Coffee & Chat

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

You'll be assured of a warm welcome



You're warmly invited to join us at

OASIS
 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

Every fourth Thursday of the month



Focus on Tidmarsh & Sulham

APPLICATION FOR A CARAVAN SITE IN TIDMARSH

An application to set up a caravan site at Manor Farm Lane has been made to the Caravan and Motorhome club. The application would allow up to 5 caravans or motorhomes operated by members of the club to stay for up to 28 days. You can learn more and comment on the application here www.caravanclub.co.uk/clfeedback using reference 165.AT.PB.24 or contact me directly at matt.shakespeare1@westberks.gov.uk

Public Health and Community Engagement

ANOTHER SUCCESSFUL DISTRICT PARISH COUNCIL...

Was held in October when the Leader, Cllr Jeff Brooks launched West Berkshire Council's service offering to Town and Parish Councils, the first step in offering additional devolved services, including gully and ditch clearing, sign cleaning, dog waste bin collections and pop-up libraries, whilst ensuring that the quality of such services remains strong. Presentations were also given on how Town and Parish Councils can work collaboratively with Berkshire Youth to support young people across the district and by the Environment team on how to get involved and be supported to help with the Council priority of 'Tackling the Climate and Ecological Emergency'.

WINTER FUEL PAYMENTS

At September Council Cllr Matt Shakespeare (Pangbourne), proposed a Motion calling on the government to rethink their policy on changing the eligibility criteria for qualifying for winter fuel payments. The Motion found cross-party support and also called for WBC to take action to encourage pensioners to see if they are eligible for Pension Credits - which will then enable them to claim the Winter fuel payments. As a result, drop-in sessions to help people apply have now started to help people apply ahead of the Government deadline of 21st December.

Travel and Highways

20 IS PLENTY FOR THEALE AND WESTFIELDS!

Following a Lib Dem Motion in 2023 and a local petition organised by Theale Cllr Alan Macro (Theale) the way the council deals with requests from residents to lower the speed limit on their roads has changed, resulting in the implementation of several local schemes to introduce a 20 mph limit. The portfolio holder at the time was Cllr Stuart Gourley who said “By reducing speed limits [where residents request it], we are addressing local concerns, making our roads safer and supporting the Council’s long-term commitment to creating safer, more sustainable communities across West Berkshire.”



Alan added “I am very pleased that these petitions have now resulted in the introduction of 20MPH limits...these limits will make it much safer for pedestrians walking along the many narrow pavements in the village and should encourage more people to walk or cycle to the shops and schools.”

Last month WBC also fixed 260 potholes, cleaned 2,066 gullies and repaired 67 streetlights. Look for our December newsletter for a total for 2024's road repairs!

COUNTRYSIDE AND THE ENVIRONMENT

TOP TIP!

Newtown Road HWRC won the award for the best recycling centre in the country from LARAC. The awards team said “**Their focus on creating more opportunities**



for recycling and reuse has made a significant impact, making them a well-deserved winner this year. Congratulations!” New portfolio holder, Cllr Stuart Gourley praised the efforts of WBC staff and partners Veolia and reminded residents that as well as recycling increasing amounts and types of waste, Newtown Road also collaborates with The Community Furniture Project to refurbish items and sell at reduced rates to people in need.

CONTACT THE COUNCIL

If you have a problem with any of West Berks services you can let the council know via the report-a-problem service www.westberks.gov.uk/reportaproblem. If I can be of help please get in touch with me at matt.shakespeare1@westberks.gov.uk

BIODIVERSITY NET GAIN PROJECT YEAR ONE UPDATE

It has been a year of significant progress with the Sulham Estates BNG project. Standing amongst 150 acres of flowering meadows in mid-August, where on the same date the previous year I had been harvesting wheat, was certainly one of the more rewarding moments of my farm management career.

In all we have planted close to 300 acres of meadows, some of which will remain as pasture and be managed via cattle grazing and hay making, others will have woodland and scrub planted over them. Establishment of the autumn 2023 seeded areas was reasonably successful. Initial fears of excess plant competition from annual weeds and growth from the previous crop were unfounded. With only a small percentage needing mowing, we were presented with a pleasing array of annual arable weeds which were left to flower through the late spring and summer. The poppies were perhaps the most striking, previously suppressed via crop herbicides, they made one last comeback before being smothered by the grasses.

Completion of the fencing and water infrastructure enabled another milestone of the project, with the first cattle grazing beginning in October. Initially 7 in-calf heifers were brought to graze the orchard field prior to planting. These will rotate across the site, over winter being housed just before calving in March. The warm wet autumn resulted in ample grass growth so 'Peach' the Sussex bull and his company cow were brought in to ensure we get the whole site grazed before the spring.



Cattle will play a key role in maintaining the species rich pasture. The selection of certain plant species in preference to others by cattle determines the structure and composition of the pasture. The cattle will also make use of the hay that will be produced. Hay making is important in the creation of species rich pasture as it enables excess soil nutrients to be removed, thereby reducing the competitiveness of the larger more

aggressive grass varieties and allowing space for slower growing wildflowers.

It's not just cattle that have been making use of the new pastures, with our volunteer butterfly surveyors seeing an increase in numbers across the site already. A notable number of swallows could be seen mopping up insects over the field off Long Lane throughout the summer and in the autumn, we have started to notice kestrels over the area. These are a good indication of an increase in small mammal numbers.

A cool wet spring/summer resulted in good establishment of the hedges and trees planted in winter 2023. As I write this, the planting teams are back onsite beginning the woodland planting proper. This winter we will be planting just under 26,000 trees and another 4km of hedges. This represents less than half the woodland in the scheme, with the remainder planned to be planted in winter '25/'26. It was decided to split planting over several years to help reduce the risk from unfavorable weather conditions in the important first year of establishment. Much of the site is on free draining gravel - as such the potential of a dry summer poses a significant risk.

August saw the start of the creation of the wetland on Railway field to the north of the estate, enhancing previous wet areas of the field. A large volume of soil has been removed to further up the field. This lowering of the land level has enabled previously unseen groundwater to the surface. The wet autumn weather resulted in these filling very quickly and we have now had several acres covered by water since September. In time this will provide an excellent habitat of wetland birds, the field is already used by lapwing for nesting and it is expected that the changes will improve lapwing numbers. The grassland adjacent to the wetland represents the only 'wet' grassland of the project, and as such requires different grasses in its establishment compared to the rest of the BNG area. The Estate was fortunate to have permission from the Berks, Bucks and Oxon wildlife trusts to use a local SSSI water meadow at the Moor Cops reserve as a donor site for establishment by green hay. The meadow was cut, raked, baled and spread over the seed bed in one day. The theory is to collect the seeds, insects, bacteria and fungus in the hay and move it to the new site; thus expediting the establishment of the meadow compared to conventional methods. There is also said to be some benefit to using seed from local, natural meadows as it will help with genetic diversity across the project.



Whilst the project has seen significant progress this year, there is more of the same planned for next. I hope you will enjoy seeing cows and young calves grazing the site next spring as much as I will myself. We are also expecting to have the orchard planted by the end of January, with cattle guards and irrigation installed in the spring and fencing and water infrastructure worked on for Sadlers and Railway fields through next spring and summer. But my primary wish for next year is for good weather to help establish our young trees.

Andrew, Farm Manager, Sulham Estate

PANG VALLEY FLOOD FORUM

We draw your attention to the PVFF website at <https://www.floodalleviation.uk/> which has a lot of useful information. It is particularly appropriate at this time of year with so much heavy rain affecting river and groundwater levels. Real-time levels can be seen at <https://www.floodalleviation.uk/dashboard/>

We encourage you to visit the website and familiarise yourself with all that it has to offer on its multiple pages.

You might also find this useful, especially if you are new to the area:



FT Q R49

FOR SALE

the FLOOD HUB

PURCHASING PROPERTY AND FLOOD RISK

If you're considering buying a property or have recently moved, you might not be aware of the flood risk in the area. Estate agents or landlords don't always inform buyers or tenants about a property's flood risk, and sometimes, they may not know themselves. Fortunately, there are steps you can take to better understand potential flood risks on your own.

THINGS TO CONSIDER:

Check if your property is located in an area at risk of flooding and the type of flooding it is at risk from.

You can check the long term flood risk of a property here: <https://www.gov.uk/check-long-term-flood-risk>.

View flood risk maps here: <https://flood-map-for-planning.service.gov.uk/>



Check whether you are located close to a watercourse.

Research the area you're considering moving to and check if it has a history of flooding. Try to speak with locals who have good knowledge of the area. You can also request flood history for a specific address or postcode in England from the Environment Agency (note: a fee may apply).

The name of your new or desired area can often give a clue about the risk of flooding.

HOW TO BECOME MORE RESILIENT IF YOU DO FIND YOURSELF AT RISK:

- **Research flood resistance and resilience products:** Explore options for flood protection and consider installing suitable products.
- **Create a flood plan:** Develop a flood plan for your household or business.
- **Sign up for flood alerts:** If eligible, register for Environment Agency flood alert and flood warning service. If not, set up an alternative flood warning trigger to activate your flood plan. (<https://www.gov.uk/sign-up-for-flood-warnings>)
- **Check insurance coverage:** Ensure your insurance policy covers flood damage to both building and contents, or just contents if you're renting.
- **Prepare for business continuity:** Beyond insurance, have measures in place to keep your business running in the event of a flood.
- **Know who to contact:** Understand which local authorities or agencies are responsible for different types of flooding, so you know who to report specific incidents to.

RIVER DRIVE

WATERSIDE MEWS

DRAKES HOLLOW

Last reviewed: October 2024
For more information visit:
www.thefloodhub.co.uk
@thefloodhub

PURLEY SUSTAINABILITY GROUP

We spend much of the year wanting it to be another season, and Christmas planning seems to be starting earlier and earlier, but it is a reality, it's now just around the corner! It should be a season for company, family and friends, peace and calmness, but often it's the reverse! PSG thought they would share some ideas to try and make it a reality and be a little bit more sustainable.

Make your own Christmas presents

The pressure is on from all the retailers, the TV and the internet to spend..spend..spend. Instead, how about having a go at making something? Perhaps you have some craft things lying around waiting to be used, or take a walk and use some things from nature to turn into a unique present or decorations. For those wannabe chefs and bakers amongst you, perhaps you can make some edible gifts?

Offer the gift of time

Perhaps you can walk a dog, babysit, do some ironing for someone less able? This has huge benefits and is very sustainable.

Become a supporter

Instead of buying a gift, perhaps offer a gift that keeps giving and continues to support the environment or the area around us, there are many options, but some examples may be:

www.nationaltrust.org.uk/membership

www.wildlifetrusts.org/wildlife-trusts-membership

www.rhs.org.uk/join www.woodlandtrust.org.uk/support-us/join/

Shop local this Christmas

If you do need to buy a gift, think about shopping locally to save fuel and give the independent businesses the support they need.

Can your food shopping be done locally? We have some great local shops in our area that offer interesting and unique options.

Use more sustainable wrapping

Tons of wrapping paper will be purchased and thrown out as much of it cannot be recycled (due to glitter and shiny bits). When wrapping, consider using recycled paper or get crafting with plain brown paper or leftover newspaper. Fabric is another way to wrap your gifts.

Support wildlife

Cold weather can make it hard for wildlife. Consider helping wildlife out by setting up a bird table and putting out high-fat foods (sunflower seeds, peanuts, bird feed) for robins and other garden birds to keep them warm during winter nights. Remember

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The Society exists to promote the understanding, appreciation and conservation of the West Berkshire Countryside. We also learn a lot and get to have fun while we do so. We hold free events where you can meet friendly and like-minded folk; organise regular walks guided by a knowledgeable leader; organise talks on natural and local history; and support Barn Owl conservation. Find out more and become a member!

membership@westberkshircountryside.org.uk



TASK DIARY

Tues 7th Jan 10:00	Holt Lodge Farm	Coppicing. Meet at Holt Lodge Farmhouse near Kintbury.	SU387 648 skid.comments.tripling
Tues 14th Jan 10:00	Decoy Heath	Clearing invasive willow and birch.	SU613 634 spindles.pity.rear
Tues 21st Jan 10:00	Bucklebury Meadows	Working on hedges around the meadows behind the pub/restaurant in upper Bucklebury. Park in Morton's Lane.	SU543 686 chuckling.notion.regaining
Tues 28th Jan 10:00	Sulham Farm	Woodland management. Park along the track adjacent to Sulham Church.	SU645742 across.influencing.spots

February

Tues 4th Feb 10:00	Paice's Wood	Creating scallops to let in more light. Parking is in the top car park.	SU586 636 treaties.barman.unfocused
Tues 11th Feb 10:00	Malt House, West Woodhay	Hedge laying and coppicing. Parking is at the entrance to the field off the W. Woodhay Rd or as directed on the day.	SU4079763945 belts.glorified.connects
Tues 18th Feb 10:00	Sheepdrove, Lambourne	Continue hedge laying and tidying previous length of hedge. Park near the Red Barn. Do not use sat nav guidance to locate this site.	SU349 816 connected.ranges.over
Tues 25th Feb 10:00	Bucklebury Common	Heathland management. Clearing trees and shrubs to create new haloes around important trees. Meet at the Crossroads.	SU556 691 taskbar.flagpole.sensual

March

Tues 4th March 10:00	Winterbourne Wood	Clearing fallen trees, dead hedging and general clearing of wind fallen brash. Park on the main woodland entrance track.	SU447 717 headboard.tubes.olive
Tues 11th March 10:00	Rushall Manor Farm	Ride widening. Likely to be very muddy so please bring wellies. Parking by the Black Barn.	SU584 723 telephone.brink.crate
Tues 18th March 10:00	Malt House, West Woodhay	Continuing hedge laying. Parking is on the entrance to the field off the W. Woodhay Rd or as directed on the day.	SU4079763945 belts.glorified.connects
Tues 25th March 10:00	Bucklebury Common	Heathland management. Clearing trees and shrubs. Meet at the Crossroads.	SU556 691 taskbar.flagpole.sensual



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SULHAM HILL'S COMPETITIVE HILL CLIMB



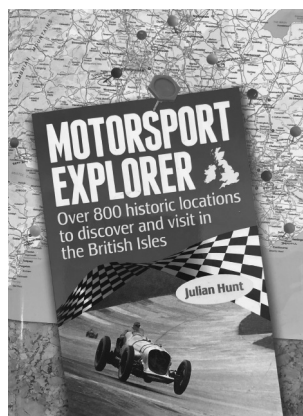
Sulham Hill was used once for a competitive Hill Climb event for cars on June 4th 1904. With a maximum gradient of 1 in 6, it almost certainly started from the thatched white cottage and finished approximately 600 yards up the hill where cars now park for woodland walks.

The event was organised by the Reading Automobile Club and the F.T.D (fastest time of the day) was set by a 16 hp – 4 cylinder Argyll driven by A H East.

The photograph of the Argyll is not the winning car here but is an example of the type of vehicle that won.

The source of this information is shown in Motorsport Explorer by Julian Hunt which is a fascinating book if you follow motor sports.

Bruce King and Jennifer Cope



SULHAM HILL Hillclimb

Used June 1904

Directions Most likely is the hill east of Sulham village, and east of A340 at Tidmarsh. **SU6474**

Description 600yd (548.64m), maximum gradient 1 in 6.

On 4 June 1904 the Reading AC organised a hillclimb at Sulham. A.H. East set BT.D in a 16hp 4-cylinder Argyll.

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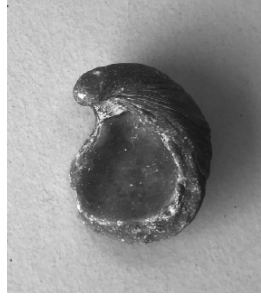
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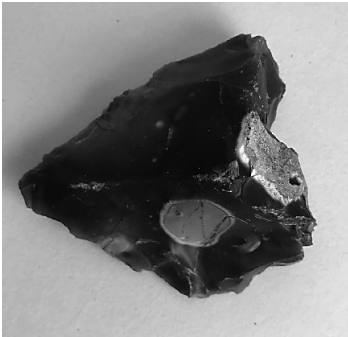
OUR GARDEN ARCHAEOLOGY

In February, we had a delivery of path gravel as our driveway needed a new surface. A few weeks later, Jane found a strange looking marine shell amongst the gravel and we looked it up online to find out what it was.



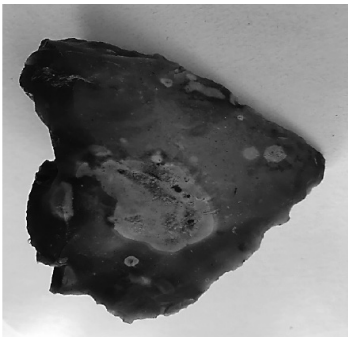
This turned out to be an extinct genus of Oyster known as “Devils Toenails” from the Triassic and Jurassic period, making our shell at least 40 million years old! Apparently, these Oysters lived in shallow waters on the seabed and consisted of two parts, - a larger gnarly shaped shell (“the Toenail”) and a smaller flattened shell (“the Lid”), where the soft parts of the animal were found. A photo of our specimen is shown.

Then, at the beginning of September, I was digging out a tree root on the edge of our front lawn when a strange shaped flintstone appeared under this root. Having washed it, the flint had obviously been knapped, had two cutting edges, and was easy in the hand and fingers to use.



Checking records of flint tools, it was clearly a Stone Age scraping tool for cleaning off flesh from an animal skin, which would then have been used for clothing or shelter. This put it at possibly 4,000 to 10,000 BC. Again, a photo is shown.

Sometimes things come in threes, so we are hoping to discover a dinosaur tooth or better still a Saxon gold hoard in our garden very soon !



*John and Jane Butler
Little Orchard, Tidmarsh*

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 egg box
- Prune fruit trees, blackcurrant bushes, gooseberries and redcurrants but avoid very frosty periods
- Avoid walking on your lawn when it is blanketed by heavy frost or snow, as this will damage it.



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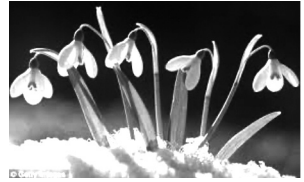
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GARDENING JOBS IN FEBRUARY

- Prune overwintered fuchsias back to one or two buds on each shoot.
- Cut back winter Flowering Jasmine to 5cm from previous years growth.
- Prune winter flowering shrubs 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 cover.
- 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

First priority in your garden is to prepare the ground. It must be reasonably drained, so if 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 like chicken manure or fish, blood and bone.

- 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 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.
- 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 or bags.
- Start sowing winter brassicas in seed trays in a cold greenhouse.

Alan Maskell looks after gardens in the RG8 area

RECIPES FROM THE OLD SCHOOL KITCHEN

This regular column has been written under extreme duress. Many of you will know what a disaster we have had with our floor. We had to move out for almost 2 weeks. Plus side – we missed Storm Bert and had lovely sunshine in Portugal. Down side – we arrived back to fog and frost, and a deadline for this column. I hope I can find the recipe books in one of the boxes.

First recipe is from the very first Marcus Wareing book. He looks so young, but then, didn't we all. This goes well with ratatouille (recipe to follow for a version that we like a lot as the veg don't go mushy (chef M's equivalent of Mary Berry's soggy bottom)). Dessert – an easy one for this time of year. It contains cinnamon so it's perfect for Christmas. Finally a cocktail recipe which I haven't tried but sounds yum.

Mum's Pork Chops, by Marcus Wareing from How to cook the perfect (2007)

Serves 4

4x pork loin chops
2 large Spanish onions, peeled
½ bunch of fresh thyme
15 fresh sage leaves
2 tsp dried sage
50g cold unsalted butter, diced
Sea salt and freshly ground black pepper



Heat the oven to 180C/gas 4

Place the chops in a single layer in a heavy casserole or baking dish. Season well.

Cut the onion in lengthways, then turn them on their cut sides and cut crossways into thin slices. Cover the chops with the onions, separating the slices as you scatter them.

Top with the thyme sprigs, fresh and dried sage, and butter. Season well.

Cover the dish with a tight fitting lid or seal with foil. Bake for about 1.5 hours, basting occasionally until the pork feels tender.

Serve the chops with onions piled on top and the buttery juices

(Chef M's tip - don't hold back with either onions or butter. But she would say that. Her cholesterol is 3.4)

Baked Peaches – from some website or other, translated from the American.

3 peaches
2 tablespoons extra virgin olive oil
2 tablespoons of maple syrup or honey
1 tablespoon brandy, bourbon or rum
1 tablespoon of light brown sugar
1 teaspoon of vanilla extract

1 teaspoon of cinnamon

¼ teaspoon sea salt

Vanilla ice cream, Greek yogurt or double cream to serve

Preheat oven to 180C Gas 4

Lightly coat a baking dish (with non-stick spray, or a little olive oil) that is large enough to place peaches cut side up in a single layer.

In a medium bowl mix and stir oil, maple syrup, brandy, sugar, vanilla, cinnamon and salt. Spoon the mixture over the peaches. (Chef J's tip – make double the quantity of the sauce).

Bake peaches uncovered for about 30 minutes until the peaches are cooked through. Enjoy

Espresso martini de olla from the Guardian, by Corrochio's bar

A Mexican espresso martini

For the café de olla for 5 drinks – invite friends

250ml just brewed strong black coffee

2 demerara sugar cubes

1 cinnamon stick

1 clove

¼ star anise

4-5cm strip orange peel

For the drink (for 1)

40ml tequila blanco

20ml Kahlua or similar

50ml café de olla



First make the café de olla. Pour the hot coffee into a large bowl or jug then add all the other ingredients then leave it to steep for at least 20 minutes. Fine strain into a clean jar then seal and put in the fridge where it will keep for 2 days.

To build the drink, measure the tequila, Kahlua and 50ml café de olla into a shaker and shake for 60 seconds. Add a big handful of ice then shake again for 60-90 seconds. Fine strain into a chilled coupe and serve. (Chef M's tip for simplicity – regular espresso martini – substitute tequila, and if you are shaking this long – wear oven gloves or you will get frostbite.)

News Flash Jay Rayner is moving to the Financial Times – so no more little anecdotes and our relationship is over – you b*****.



RESTAURANT REVIEW

The Crooked Billet *Newlands Ln, Stoke Row, RG9 5PU 01491 681048 <https://thecrookedbillet.co.uk>*

The Crooked Billet must have been reviewed before, but not in Lucy's award winning stint as editor in chief. Of course, there hasn't been an award for her, but she deserves one, but then so does the Crooked Billet, which has many. It keeps on going through all the vicissitudes of the hospitality industry and indeed flourishes. This isn't a restaurant set up by a celebrity chef which folds after 6 months. This is a restaurant set up by someone who loves and knows food and music, and also loves seeing folks having a good time with friends.

Why does the restaurant continue to draw in customers and to such a degree that you have to book? Well, the food is good. The menu changes regularly depending on what the boats have to offer, but I was delighted to see chargrilled Cornish octopus, chorizo, tomato ragout £14. Yum. There are plenty of unusual food combination dishes, but for the faint hearted there is a fine shortcrust onion tartlet with gratinated Cheddar and tomato relish, £12. The lobster, prawn and avocado cocktail £18.50, doesn't hold back on the lobster.

The mains are similarly eclectic. I often have the venison with haggis, baby spinach and red wine jus £30 and on the current menu there is Orkney halibut, Portland crab with charlotte potato and crème fraiche, kale and a green herb dressing £34, which sounds good. Desserts – forget it from this reviewer as I don't have a sweet tooth and am usually too full. The wine list is good, starting at £30.

But that's not all this establishment has to offer. The Sunday luncheon is one of the best. Great food, no stress and no washing up of all the pots and pans necessary for a good roast. We always have the beef, but the chicken is extremely popular, but we haven't tried it. There are also fish and vegetarian mains. With a starter and pudding £40 all in.

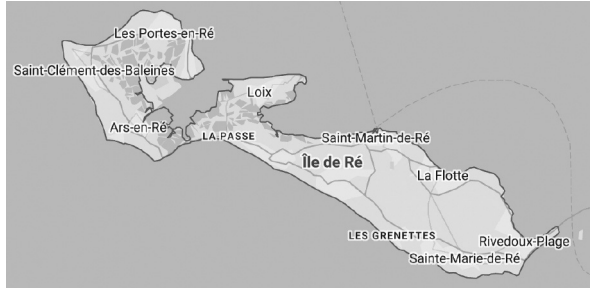
But that's not all this establishment has to offer. Music nights. These are held in the heated marquee at the back of the restaurant and are great fun. Standard menu. We went to hear Mike D'Arbo of Manfred Mann fame. He also wrote the song Handbags and Gladrags. It's lovely to listen to someone who is older than us and has so many tales. Music cover is around £30 depending on who is performing.

So thank you Paul Clerehugh and his wonderful staff, and thanks to Dick Turpin and his love for Bess, as he was the first celebrity to visit the Crooked Billet, and won't be the last.

Margaret Myszor

ILE DE RÉ

The Ile de Ré (or island of ferns) lies on France's Atlantic coast, in between Bordeaux and Nantes - about 2 hours drive from each. It is ridiculously easy to get to from the UK;- an hour's flight to La Rochelle then a 40 minute car or bus ride over a bridge to the island.



The island is only 19 miles long and 3 miles wide, so getting around is also easy, preferably via bike or foot along the many cycle routes as the landscape is totally flat, or car. The island is very eco-minded, so there is also a free bus which you can hop on and off to the main destinations.

The island has two distinct areas, with beautiful sandy beaches along the south-western coast and oyster and salt beds along the north-eastern coast. The more important towns and villages are found along the northern edge, with ports and marinas. Then the seaside resorts tend to be found along the southern edge. Saint-Martin-de-Re is the main town, with a bustling marina lined with restaurants and plenty of interesting shops and boutiques to browse around. The island also features two of the most beautiful villages in France; Ars-en-Re to the west and La Flotte to the east.

Besides the villages, a lot of activities centre around the sea and nature with plenty of opportunities to try out watersports or horse-riding, and several nature reserves to explore.

Eating: if you like mussels and oysters you've come to the right place, as these are harvested along the coast. There are oyster shacks to enjoy as well as many good restaurants around the island.

Visiting in the summer is likely to be busy as the island is typically awash with Parisians during July and August. The weather is reliably warm and sunny but you'll need to book well in advance to find accommodation. June and September are much better months to visit if you can, still with beautiful weather but much quieter.

All in all a really beautiful, accessible place to visit.



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Formula Health's Guide to Immune Health

The immune system is influenced by various factors, including stress, sleep, genetics and the microbiome.

- **Chronic stress** elevates cortisol levels, which suppresses the immune system and increases inflammation.
- **Sleep** plays a crucial role in clearing cellular debris and aiding in cell repair. A lack of sleep reduces anti-inflammatory cytokine production, further weakening the immune response.
- **Genetics** play a role in immune function, affecting susceptibility to infections and how our bodies manage inflammation.
- **Mental Health:** Anxiety, depression, and prolonged high stress weaken immunity via the neuroendocrine system.
- **Gut Health:** A healthy gut microbiome strengthens immunity, while poor gut health is linked to inflammation.

The immune system uses both nonspecific (innate) and specific (adaptive) responses, bolstered by physical and chemical barriers. Integrative health approaches can provide a range of tests that provide tailored advice, specific to your own unique physiology. You can always book a free discovery call at Formula Health if you'd like to learn more.

Nutrigenetics testing can provide personalised insights into:

- **Immune Function:** Key genes (e.g., IL-6, TNF-alpha, TLR4, MTHFR) influence immune responses.
- **Inflammatory Response:** Genetic variations affect how the body responds to infection.
- **Predispositions to deficiencies:** Being susceptible to low vitamin A, C, D and Selenium can impact immune function and infection risk.
- **Omega-3:** Supports cardiovascular health and inflammation regulation.
- **PTPN22 Gene:** Regulates T and B cell development, aiding in bacterial defence.

By understanding genetic influences through Nutrigenetics testing, individuals can adapt their diet and lifestyle to optimise immune health.

Supporting Immune Health

To maintain a strong immune system, focus on:

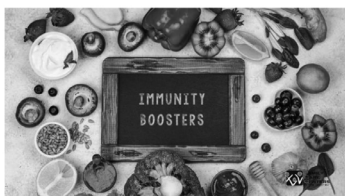
- **Diet:** A balanced diet rich in diverse nutrients.
- **Exercise:** Regular movement improves immune function.
- **Sleep:** Prioritise adequate rest to support cell repair.
- **Stress Reduction:** Manage stress to avoid immune suppression.
- **Reduce Toxins:** Limit exposure to environmental toxins.
- **Supplement Support:** Consider adding specific supplements to compensate for unavoidable lifestyle factors.

Supplementation

Due to modern environmental and lifestyle challenges, supplementation can be used in order to enhance immunity:

- **Vitamin D:** Essential in winter for immune, mood, and bone health.
- **Vitamin C:** Supports the immune system; recommended dose 500-1000mg.
- **Zinc:** Vital for immune strength and cell function. Over-supplementing should be avoided.
- **Medicinal Mushrooms:** Reishi, Shiitake, and Maitake mushrooms modulate immune responses and balance cytokines, improving immune cell activity.

(For help regarding which medicinal mushrooms or supplements may best support you, speak with our practitioners who have extensive experience in functional medicine and mycology, we also stock trusted products in our clinic)



Dietary Interventions

For optimal immune health:

- Consume high-quality proteins (organic meats, fish, eggs).
- Include Omega-3 sources (oily fish, walnuts, chia seeds).
- Eat a variety of colourful vegetables (7 portions/day).
- Incorporate immune-boosting spices (ginger, garlic, turmeric).
- Eat high-fibre foods.
- Limit alcohol, processed meats and sugary foods.



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

Englefield CE Primary School

Sowing the Seeds for a Flourishing Future



As always the start of the academic year has been full to the brim of fun and laughter with a whole lot of learning sprinkled in! We have welcomed our lovely new FS2 class who have settled in so well you would think they had been here forever!

Year 5 were delighted to be invited to St Andrew's School to see and hear Cressida Cowell, the author of the very popular written series and movie, 'How To Train Your Dragon'. The children were very excited to meet such a well-known author and intrigued to hear her talk about her life and her work. Cressida's top tip was to add just enough truth to your stories to make them believable.



Years 5 and 6 went on their long anticipated camping trip to Rushall Farm. They loved getting their cosy tents ready with piles of sleeping bags, blankets and teddies!

Activities included den-building, tractor-trailer rides, fire-lighting, woodland art, daytime and night-time woodland walks, a great campfire with

marshmallows, and raft-building for the teddies. This ended with all the children in waders in the river! We were especially lucky to see the wonderful blood moon on both nights and have our campsite lit by a shining silvery full moon.



October brought with it Harvest Festival and our children embraced the opportunity to honour our school values by showing Love of Others and gathering as much food as they could to help those in need. As a result of the generosity of our Englefield families, our food donations, added to church donations, weighed in at 180.7kg, which is the

approximate weight of a donkey! More importantly that is 379 meals for local people experiencing hardship.

Another annual October event is Bassistry Arts and once again it didn't disappoint. Each year we are visited by Marcel and Philippe who put on workshops for the

children. Each group practised increasingly complicated rhythms using body sounds, learned a song with some movement and finished by using the instruments to build a rhythmic picture. In the end of day performance, everybody was happy to get up and show what they had learnt - even the parents got involved.



If there is one thing we can say about autumn so far, it has to be that the weather has been crazy. Sunny and warm one day, freezing cold the next. No

matter the weather there is always time to take a moment to appreciate the beauty of the world around us, which is exactly what Years 3 and 4 did when we had that spectacular thunderstorm! Now we have the pretty autumn colours to admire and let's not forget the joy that a pile of leaves can bring to an imaginative playground of children! I think we can all agree that Autumn is a particularly wonderful time of year.



Finally we would like to share how proud we are of our Englefield football team who 'smashed' their competition yesterday with an astounding 6 match win! They were invited to take part in the ESFA competition which, if their success continues through the county and regional tournaments, could see them being awarded the title of National Champions. Judging by their exceptional performance, they could be in with a great chance! We wish them the best of luck.



In a few weeks it will be Christmas and the children are already buzzing with the anticipation of fun and festivities, we really do have so much to look forward to! KS1 will be putting on their nativity and are already filling the school with the sound of Christmas while learning the songs for the play. We are looking forward to Christmas Fayre, Christmas hampers and our annual tradition Christmas carols around the village on Monday 16th December. In school we will have our Christmas fun run, Christmas jumper day, Christmas dinner and the highlight of the season - The Christmas Panto! This year will be Pinocchio at the watermill, they always make it such a magical experience for the children. As we always do we will end the term with our lovely Christmas Service at St Marks to remember the true meaning of the season before heading home for the holidays.

PUZZLES

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

Angel	Festive	Miracle
Bells	Glad	Music
Blessed	Greetings	Peace
Carols	Hope	Rejoice
Children	Jingle	Shining
Comfort	Jolly	Singing
Ding Dong	Joyful	Thankful
Family	Lights	



IDIOMS AND THEIR ORIGINS

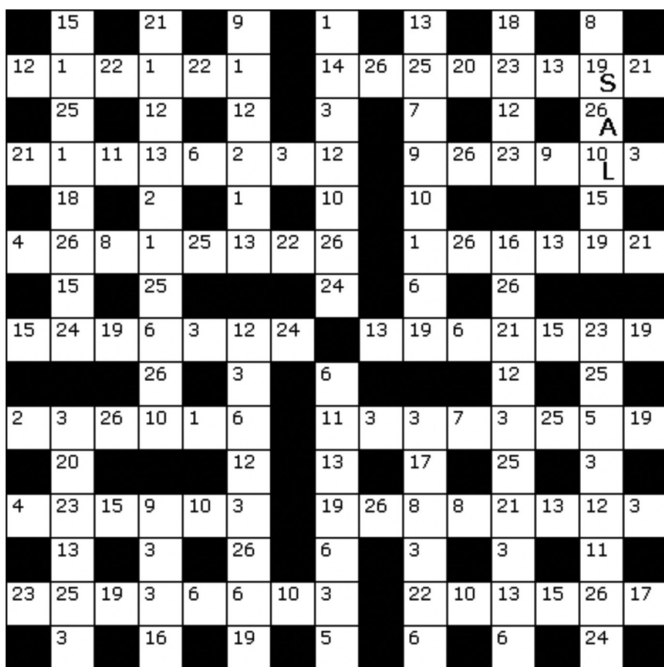
”**Let the cat out of the bag**”: To disclose a secret, normally without meaning to. Originates from the days when you would go to an agricultural fair and buy a prize piglet, put in a sack to take home then find it was just a stray cat and you’d been had.

”**Over the Moon**”: To be ecstatically happy. Comes from the popular 16th century nursery rhyme, Hey Diddle Diddle: “Hey diddle diddle, the cat and the fiddle, the cow jumped over the moon. The little dog laughed to see such fun and the dish ran away with the spoon.”

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)

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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

Alan Maskell	0118 984 5326
Gillian Alderton	
Karen Elliott	
Karen Fountaine	
Carol Williams	
Axel Lagerborg (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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