

OCT/NOV 2024

REMEMBRANCE LEST WE FORGET ...

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MAIDEN ERLEGH CHILTERN EDGE

Open evening
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REPAIR CAFÉ

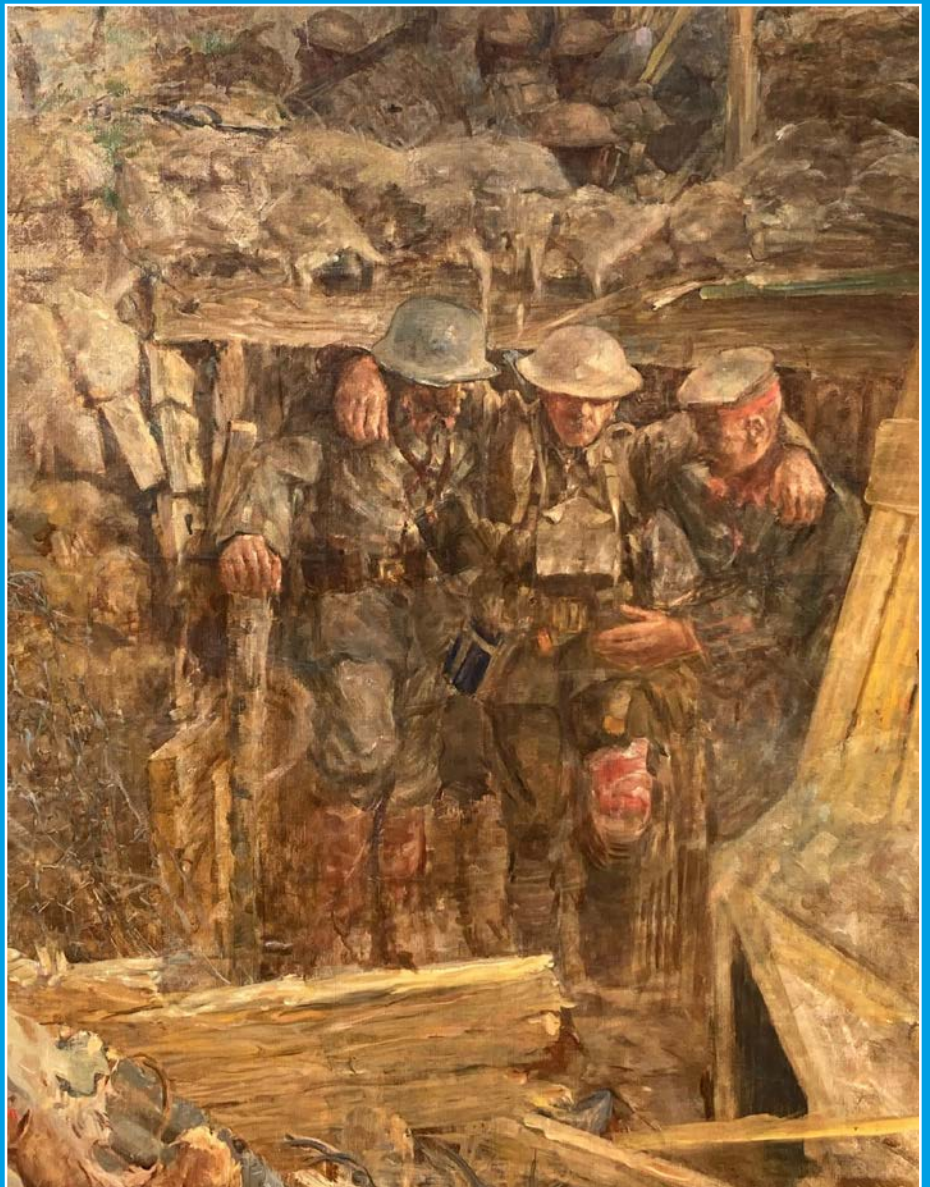
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HENLEY LIONS

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sonningcommonmagazine

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"Marcus, Richard and Karen were fantastic throughout our buying process. They kept the process moving forward with quick and clear communication. Helps they were a nice bunch too!" *Mr Simmons*

"Would thoroughly recommend the team at Beville Estate Agents, they found us a buyer in a matter of weeks and led us through to a successful sale and completion. Excellent service and customer care." *Mr & Mrs Pilling*

"We have had experience dealing with Beville Estate Agents as a purchaser in 2020, and we chose to use them to sell our home. Richard and Marcus were professional, helpful and honest and a pleasure to deal with both as buyers and as sellers. Their service went above and beyond and we would not hesitate to recommend them to others" *Mr & Mrs Aronsson-Storrier*

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FROM THE EDITORIAL TEAM

REMEMBER it is MECE Open evening on 3 October at 5.30pm and 7.30pm

This is a good way to start my editorial as this issue of the magazine has been a tough one to put together. After 6 weeks of the holidays, it is hard to remember the deadline of 1 September, other priorities have taken over. However, with a few reminders it has been done.

It includes information about a much more significant event which is recognised by a gathering in the Village Hall to remember all those who have died during and since the great war of 1914 to 1918. Linked to this lots of volunteers are needed to sell poppies around the village? Could you help?

The Noticeboard is full of happenings and hopefully one to suit your taste. There is a lot of news of events that have happened but also some are continuing. Examples include the great success of the Repair café, the Compassionate loaf sale, fun in the library and even a visit to the Soldiers Museum in Oxford.

There is even a hint about Christmas – oh dear is it that close? However, more of that in the next issue of the magazine. Meanwhile some sunshine would be good. ●

Diana Pearman

MOVE IT OR LOSE IT

This exercise class runs on a Tuesday morning in the Village Hall from 11 to 12 noon, My apologies for incorrect information in the last issue.

FUTURE DEADLINE DATES FOR MAGAZINE COPY

1 November, 1 January, 1 March

We would love to receive your articles! 😊

MEET THE EDITORIAL TEAM



Diana Pearman



Christine Atkinson



Joan Grummant

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07766 254422
0118 9471955

Published by:
Sonning Common Magazine CIC

Cover image:
Art of the Great War -
Henry C Seppings Wright

While every effort is made to ensure the accuracy of information printed in this magazine, the editor and the publisher cannot accept any responsibility for the consequences of errors that occur.

SC SONNING COMMON
MAGAZINE

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MECE NEWS

Student achievement, Sports and Enterprise Event and lots more



As I write it is the end of the first week of the Autumn term here at MECE and although the skies are grey, it has not dampened the spirits of the students who have returned to school this week. It has been a particular pleasure to welcome our new cohort of year 7 students who have impressed us all from the very first day when they achieved 100% attendance which is a brilliant start to their secondary school careers. With the autumnal weather, we also return to our smart winter uniform and in my first assemblies it was clear that in all year groups students had taken care over their appearance and have come back to school with a clear sense of purpose ready to learn wearing their blazers and house ties with pride.

The end of the school year was full of activity and the highlight was our Sports and Enterprise event. Our ambition was to create an event run by the students for the students to allow them to develop their skills of leadership and teamwork,



and to bring the whole school community together. Year 10 students took on the challenge brilliantly and created a range of exciting activities including cake sales, a tug of war, sponge the teacher, hook a duck and a golf challenge amongst many others. In the afternoon the PE department ran a traditional sports day afternoon and there was fierce rivalry as all four houses cheered their support from each side of the track. Bespoke medals created by the Technology team were awarded and overall Chiltern House were victorious. It was an afternoon of sunshine and smiles, truly the MECE community at its best.

The summer break was punctuated by the publication of the GCSE results and we send our congratulations to the year 11 students who sat their exams this year. The results represent five years of hard work by students and their teachers through a period of unprecedented disruption both for the school and nationally, and they can all be proud of what they have achieved. MECE students will continue on to a wide range of Post-16 courses including some who will be taking A levels at sixth form or college, with others moving into apprenticeships and vocational courses. Whatever their ambition, MECE gives our students the tools for the next stage of their education or career.

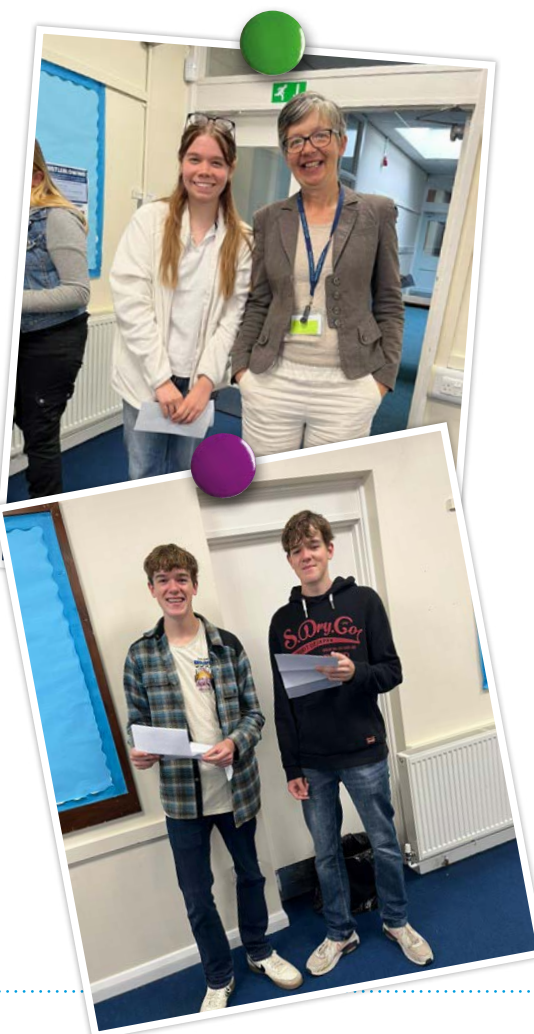
Star of this year was Amelia Beecroft who achieved nine GCSEs above grade 7 with three grade 9s - she will be moving on to study A levels at Piggott School. Others with top grades include Ben White, Theo Ridgetts and Martina Legouais-Rios who will going on to study A levels at Henley College. Twins Dan and Josh Kimpton achieved a matching set of results with one grade 8, and four grade 7s each amongst their collection of grades and will be continuing their A level studies at Highdown Sixth form.

We are especially proud of the haul of GCSEs received by two students who joined us from the Ukraine, both achieved an impressive 9 GCSE grades - an incredible achievement.

I am very proud of all our students who have shown resilience and commitment to achieve these results and of the staff who have gone above and beyond to support them. I am excited for their next steps post-16 and the contribution they will make to our community in the future.

Our open evening this year will be held on Thursday 3rd October if you are considering MECE for your children do come and meet us to see for yourselves what a special community we are. ●

BRIONY BOWERS
Headteacher Maiden Erlegh Chiltern Edge



SCPS NEWS

By CHRISTINE ATKINSON

New Year and New Head!



Mrs Salmons has had her first few weeks as the Head of SCPS and is getting used to being in the 'big' office! The new intake of foundation children are also getting used to their first few weeks in 'big' school and taking part in all

the great activities in the Kites area – learning where to put their coats, making new friends, and getting involved with messy play.

The school are lucky to have wonderful grounds for the pupils and are interested in getting a group of volunteer parents, or local people who have a little spare time, who would be able to be involved in school ground maintenance projects on a regular, monthly, basis. The types of maintenance tasks are:

- Ongoing weeding and pruning
- Planting trees, shrubs and bulbs
- Looking after the Christmas trees and fruit orchard

- Managing brambles, mile a day track, and ivy at forest camp.

If you are interested in volunteering, please contact the school office

Open days for tours and information will be held on the 1st and 24th October. More information on the poster.

Although it feels like summer has only just ended, the school PTA are once again selling Christmas Trees this year to raise funds. Please see the poster for details on ordering yours!

3 photos/poster – xmas trees, xmas fair, open day ●



Sonning Common Primary School invests in energy efficient classrooms

'As someone who is passionate about climate action and sustainability, I find myself in an influential position as Oxfordshire County Council's Cabinet Member for Children, Education and Young People's Services. 'It's meant I've been able to push a number of exciting initiatives to make schools more energy efficient and children more aware of the environment. Sonning Common Primary School is a success story I'm delighted to share. 'Pupils at Sonning Common Primary School are set to benefit from environmentally friendly classrooms after the school successfully applied for a schools energy efficiency loan from Oxfordshire County Council. 'We've been running the interest free loan scheme since July 2023 to help maintained schools reduce their overall energy usage, which in turn could help cut operational costs. 'The school applied to the council for just under £12,000, out of an £800,000 fund, to finance the classroom installation of photovoltaic (PV) technology, which is designed to convert sunlight into electrical energy. 'We've already carried out 50 energy efficiency audits on our council maintained schools. 'The latest round of the loan scheme was launched earlier this year, with Sonning Common Primary School being the second to make use of the fund, after Nettlebed Community School. 'The school hopes to install the photovoltaic (PV) technology during the summer break in readiness for the new term in September.' ●

by Councillor John Howson Oxfordshire County Council's Cabinet Member for Children, Education and Young People's Services

CASHPOT

Sonning Common Primary school has joined Asda's 'Cashpot for Schools' initiative and we would love your support! From now until 30 November, every time you shop at Asda, either in-store or online, Asda will donate to our school.

Here's how it works:

- Dates: 2nd September - 30th November 2024
- What Asda donates: 0.5% of your total shop value to our school
- Bonus: Each time someone opts in to support us, Asda will give an extra £1 to our school, Plus, every school starts with £50 boosts from Asda.

How to get involved:

1. Download the Asda Rewards app and register.
2. Opt-in to Cashpot for Schools and select our school by name or postcode.
3. Shop at Asda stores, George, or online at Asda.com and start filling our school's cashpot.

Remember: Anyone can sign up – so share this with friends and family to raise even more for our school. This initiative is in addition to your personal Asda rewards so you will still earn your own benefits while helping our school

For more details, visit Cashpot for schools (asda.com)

We would be very grateful for your support. ●

Sonning Common Primary School PTA

SONNING COMMON PRESCHOOL NEWS

With thanks ...



It has been great to be 'back to school' after the summer break. There are lots of new starters this term who are all settling in well, enjoying making new friends, and using the wonderful outside space that preschool have.

The staff and children would like to say a massive THANK YOU to the Eco Soco

Sonning Common Repair Café for repairing all of the balance bikes and enabling the children to learn how to manage on two wheels!

And another huge thank you to the new preschool committee for organising the garden tidy days, and to them and parents for coming in during the summer and working hard. It has made a big difference, and the staff and children appreciate their time and energy improving the areas.

Parents and children enjoyed a brilliant sports day, and with some of the funds raised have purchased a brilliant new obstacle course which encourages mobility and helps with learning how to balance.

Do you know we have extended opening times during the week? There is early drop off from 8:30 am, and children can stay

after their pre-school session on Monday to Thursday until 4pm. All enquiries for future places to the office on 0118 972 4760 or email info@sonningcommonpreschool.co.uk ●



REQUEST FOR DONATIONS

to provide a gift voucher for disadvantaged people in Sonning Common at Christmas 2024

Over the past few years this has been a charitable cause which has been led and supported by the Sonning Common magazine. It started in Lockdown when it was perceived to be a 'bit of a treat' for disadvantaged members of our community. In 2020 there were treat boxes delivered, more in 2021 and 2022, and by last year the number had risen to 90.

There was not really any feedback on what had been provided but there was a sense that a different approach might be more acceptable. After discussions with the food bank organisers and the staff at FISH, giving people choice seemed to be the rationale and with it the idea of vouchers.

Furthermore, some SODC personnel visited the food bank at Springwater where they heard about the Christmas vouchers, and they thought it was a splendid idea. We have therefore decided to fundraise for vouchers again this year.

The value of the voucher will be dependent on the amount we can raise from various charitable bodies and through setting up a just giving page.

These vouchers are likely to be All for One or for the Co-op store in the village. All for One vouchers can be used in a wide range of stores so give plenty of choice to the recipients. The Co-op vouchers are better for those residents who do not travel outside of the village.

A just giving page will be set up in the next few weeks and shared to the community through our facebook page and in the library.

We do hope that you are able to support this worthy cause at this very special time of year for giving. Any amount would be most welcome and much appreciated.

<https://www.justgiving.com/crowdfunding/SCMagazineChristmasVouchers> ●

DIANA PEARMAN and CHRISTINE ATKINSON

YOUTH CLUB FUN AND GAMES



Sonning Common Youth Club had a fun packed week throughout the summer. We had a brilliant turn out and everyone enjoyed all the activities that took place. The young people behaved impeccably even when we were out on our trips, they made us proud.

Each session we had a fun activity such as an inflatable hungry hippo, a craft resin making session and each day we made a healthy lunch and sweet treats. The young people found the roller disco the most fun where a company came in and provided the safety equipment as well as the music, disco lights and roller skates.

It was a really successful week with many new young people who had never been to youth club before, so clearly word of mouth and our social media posts worked well.

We hope to be able to do it again next year. We will also be doing craft sessions in the October half term, so keep your eyes peeled for info for that soon.

SUNNY SMITHERS
Youth leader



Late Bus for Sonning Common

Bus PINK 25 in and out of Sonning Common

The service has been extended to later in the evening, every day except Sunday.

TIMETABLE FOR SERVICE H1: WOODCOTE – HENLEY ON THAMES

WOODCOTE - HENLEY
Thursdays only (except Public Holidays)

	Thu	
WOODCOTE, Co-op Store	10:15	
Checkendon, Parkside	10:22	
Stoke Row, Church View	10:27	
Peppard Common, Unicorn	10:31	
Sonning Common, Library	10:35	
SONNING COMMON, Post Office	10:37	
Rotherfield Peppard	10:40	
Rotherfield Greys, Village Hall	10:42	
Greys Court, Main Road Entrance	10:43	
HENLEY, Market Place	10:53	

	Thu	
HENLEY, Market Place	13:00	
Greys Court, Main Road Entrance	13:04	
Rotherfield Greys, Village Hall	13:05	
Rotherfield Peppard	13:07	
Sonning Common, Library	13:11	
SONNING COMMON, Post Office	13:14	
Peppard Common, Unicorn	13:18	
Stoke Row, Church View	13:23	
Checkendon, Parkside	13:27	
WOODCOTE, The Close	13:34	



NATURE IS VERY FORGIVING

Nectar Cafes are coming to Sonning Common... Eco SoCo are planning ambitious verge projects around the village; by planting early spring pollinator friendly flowers we will create nectar cafes which will provide a welcome energy boost to the very earliest emerging insects.

Having researched our soil type, we have identified a range of suitable bulbs which we also hope will provide colourful and inspirational spaces for the residents of Sonning Common.

Below is just a selection of the bulbs that we would like to start planting this autumn. If you think that you could offer some help, either by coming along to lend a hand on our planting days in late October, or splitting Primroses or Hellebores from your own garden to donate, please email ecosoco24@gmail.com

Other exciting projects on the go...

Working with Oxfordshire County council we have identified 24 sites suitable for additional trees on village verges – there could be one on your street – happy to help water a tree next summer? Let us know!

Four (possibly 5) Village Community Orchards are to be planted this Autumn in collaboration with Oxfordshire County Council, SOHA and Abbey Crest. Happy to help plant or create rain reservoirs (adapted dustbins!)? Let us know!

Our community veg garden is underway – join in; help build the raised beds, plant the veg ready to enjoy next year!

Hedgerows – we have a Biodiversity Opportunities Map of SC – it shows where there's potential to plant additional hedgerows, vital to our local biodiversity. Want to join our hedgerow team? Let us know!

Garden Tree Giveaway...2 free trees per household will stocks last. Trees



will be available to collect from SC in December. Registration via: www.internationaltreefoundation.org/garden-tree-giveaway

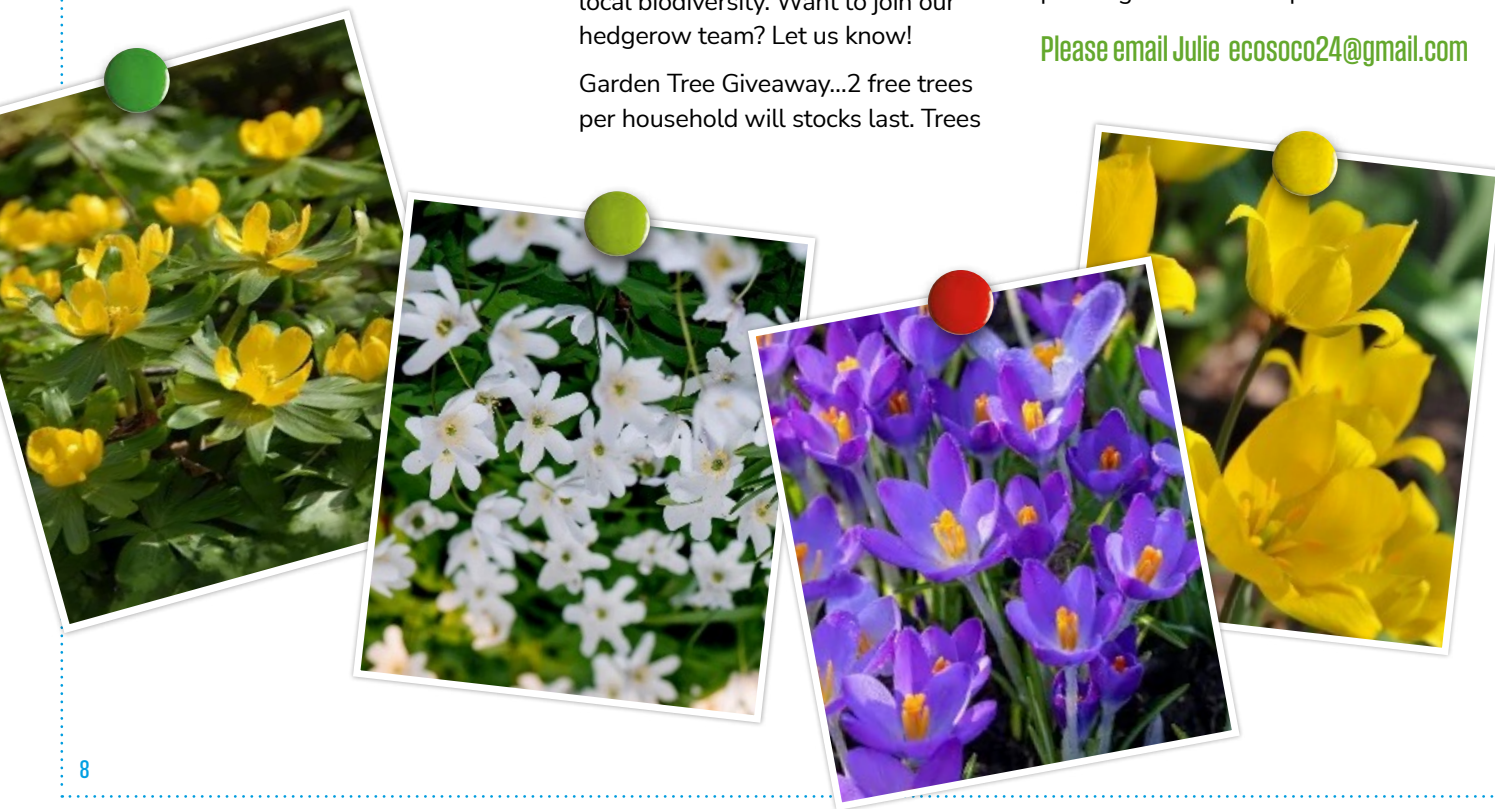
Last but by no means least...Eco SoCo's Repair Café has been so successful that we've decided to run it monthly on the 1st Saturday of the month, 10-12.30 @ Springwater Church, Blounts Court Road. Delicious homemade cakes, tea and coffee are available to enjoy. Although the Repair Café is a free community service donations are warmly welcomed, as they'll ensure the Repair Café, and our other projects remain sustainable.

And why are we doing all of this?

'Nature is very forgiving. If we give it half a chance, it will bounce back.' Inger Anderson, exec director of the UN Environment Programme

To get involved, even one hour planting bulbs will help ●

Please email Julie ecosoco24@gmail.com



REPAIR CAFÉ



Eco SoCo
REVIVE COMMUNITY CAFE
**SONNING COMMON
REPAIR CAFE**
AT SPRINGWATER CHURCH
1st Saturday Every Month 10.00 - 12.30
Revive Cafe, Tea, Coffee, and Cake
Small Electrical Items
Garden equipment
Bicycles
Jewellery
Textiles
Computer Equipment
**FREE COMMUNITY SERVICE
REPAIR-RECYCLE-REUSE**
SPONSORED BY
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MEET JENNY WARD

Always actively helping the community



Jenny has lived in Sonning Common for over twenty years and is a very familiar figure in many local organisations. She was born in 1937 and lived in Thames Ditton, Surrey with her parents and two older brothers. She was a very active child loving all sports and being in the great outdoors and this passion has continued throughout her life. On leaving school she attended the Edinburgh College of Domestic Science and while she was there, she played Lacrosse for Scotland.

Her first teaching post was in Guildford where she met her husband to be, a PE teacher called Peter. Soon after they met, he tragically broke his neck as the result of a rugby accident and spent nine months in Stoke Mandeville Hospital, having become paralysed from the shoulders down. They married and both taught at George Abbot school Guildford and became extremely interested in developing sport for the disabled, organising a Surrey team to compete in the Stoke Mandeville games

which were in their infancy. When Jenny became the Deputy Head of Sheerwater School and Peter worked in a local primary school both continued developing sporting opportunities and recognised the physical and mental health benefits of participation.

After her husband's death in 1979 Jenny took a break from teaching accepting a post as Regional Officer for the British Sports Association for the Disabled in Greater London. During this time, she was instrumental in the inclusion of wheelchair users in the London Marathon for the first time. -something that has gone from strength to strength. Also, following a newfound enthusiasm she trained as a guide for visually handicapped skiers and represented the Haute Savoy region of France in master skiing races.

Her love of Skiing and mountains led her to take a teaching post in Switzerland for six years after which she returned to the UK and found Sonning Common to be a friendly and welcoming place to settle. During the early days of the Covid Epidemic when all residents were required to stay indoors for lengthy periods, Jenny relieved the boredom by deciding to share her ample supply of books with others who might be interested. She put up notices around the village and soon had many interested phone calls. This led her to organise boxes of books in her garage with a bell for people to press when they wished to enter. People

were required to wear masks and help themselves to books and then call out when leaving the premises. It soon became apparent to Jenny that people wished to pay for the books, so she made a donations box available with all proceeds going towards charity.

When Covid restrictions lifted, many donations of books soon followed so Jenny was then able to offer a choice of over two hundred and the demand for books remained very strong. Jenny still welcomes any paperbacks that are donated at her home, and these are available to all comers at the coffee mornings organised by the SC WI. They cost £1.00 for 3 books and the proceeds go to local charities.

Jenny has always enjoyed being busy and keeping active. Her love of the outdoors has enabled her to enjoy walking the Coast to Coast, the Pembrokeshire Path, the Tour de Mont Blanc and many other long-distance walks. She plays a huge part in our local community and as well as being President of the SCWI for three years she still organises coffee mornings, is a very keen Village Gardener, a member of the Chiltern Edge Horticultural Society and also regularly plays Lawn bowls for Shiplake and Caversham. This very busy and active lady has many interests that motivate her to help others and is a huge believer in the power of sport and activity being central to physical and mental wellbeing. ●

Providing opportunities to grow confidence - garden therapy at Manor Farm

GREENSHOOTS

2024: celebrating 56 years

Open every weekday
9 am to 4 pm

Order a Harvest Wreath? Or a pumpkin for Halloween? Join us on **Saturday 23rd November** at our annual **FESTIVE FAIR**, Sonning Common Hall, for homemade jams & pickles, Tombola, Raffle, Christmas gifts, books, planters, jewellery, homemade cakes and refreshments.

Or please **volunteer** a little of your time to help us do more stuff!

For more information, please call 01491 628 933
Email: frances@waysandmeans.org.uk
www.facebook.com/greenshoots96
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The Ways & Means Trust ♦ Charity: 255074

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?? The Library ??

QUIZ NIGHT

Treat your brain to a night out

Sonning Common Primary School Hall
11th October
7:30pm start

BAR **RAFFLE**

Tickets in advance from the library or friendsofsonningcommonlibrary.org.uk
£30 per table, max six per team

VILLAGE COFFEE MORNINGS

Sonning Common Village Hall
WEDNESDAY 2nd OCTOBER
and
WEDNESDAY 6th NOVEMBER
10 a.m. – 12 Noon

All Welcome – Please join us for a Cup of Coffee/Tea and Biscuits

TOMBOLA AND SALES TABLES
WOOL ♦ HANDCRAFTED CARDS
JEWELLERY ♦ 200 BOOKS

GREENSHOOTS: selling Produce, Plants, Jams, Chutneys and Gifts

Meet your local Community Information Networker
For Information on Local Activities and Classes
Free advice on getting Help at Home ♦ Find out about Benefits

Hosted by: **Sonning Common** **theWI**

Sonning Common Primary School

Christmas Fair

30th Nov 12-3pm

- Live performances from our musical clubs
- Christmas Games
- Mulled wine served at the cafe
- And lots of festive fun

Adults £1 entrance

Oxfordshire ageUK **The Hive**
A Community Coffee Morning for all

All welcome for refreshments and a friendly chat. A great social morning with a chance to meet your local Community Link worker, along with our colleagues at **Dementia Oxfordshire** and **Carers Oxfordshire**.

We'll also be supported by your local Social Prescribers and support staff from Sonning Common Health Centre, our Digital Support Volunteer, and different local services in your community, including FISH Volunteer centre.

When: First Thursday of the month, 10am-12pm
(3rd October, 7th November, 12th December and 2nd January 2025)

Where: Sonning Common Village Hall, Wood Lane, Sonning Common, RG4 9SL

Cost: FREE - with support from Farrans Construction.

Transport: Bookable places on the FISH minibus available. Please call the FISH office on **0118 972 3986** to confirm transport arrangements.

Rachel 07827 235 420
Abbie 07827 235 431
community@ageukoxfordshire.org.uk
www.ageuk.org.uk/oxfordshire

Compassionate Loaf Charity

Pop Up Bread Sale

Saturday 23 November from 11-1.30 @ Springwater church, Blounts Court Road.

Delicious handmade artisan breads, Chelsea Buns straight from the oven, gluten free treats, tea & coffees. All at reasonable prices and all profits to local charities.

Sonning Common Primary School

Christmas tree sale

- ★ 5ft-6ft @ £35
- ★ 6ft-7ft @ £45
- ★ Pot grown trees 2-3ft @ £20
- ★ Harvest your own 6ft tree on request @ £45

Collection on
Dec 6th 4pm till 5pm
Dec 7th 10am till 11am

Orders can be emailed to pta@sonning-common.oxon.sch.uk
Pre order by Nov 15th

"Sing, Enjoy & Go Home Happy"

Is the motto of Harmony Choir

We have just returned after our summer break. We meet every Thursday afternoon, Peppard Memorial Hall at 1.30pm.

Around 70 members consisting of Sopranos, altos and a pretty strong section of men.

A fabulous music director who guides us to great performances. We shall soon be starting rehearsals for our annual Christmas Concert on 14 December.

New members most welcome please contact
Jackie Brown on 07388360989
Clive Mills 07934875237
Ray Noble 07793214385

ZOO LAB presents

ZOO ON The BROOM

Sonning Common Library

Tuesday 29th October
9:30 - 10:30
10:45 - 11:45

Tickets £5 in advance
From the Library or friendsofsonningcommonlibrary.org.uk

SONNING COMMON HEALTH CENTRE

PATIENT PARTICIPATION GROUP

ONLINE HEALTH EVENT

A DAY IN THE LIFE OF A GP

DR THOMAS ROCKELL
A PARTNER OF SONNING COMMON HEALTH CENTRE.

THE TALK WILL LOOK AT AN AVERAGE DAY IN THE LIFE OF A GP PARTNER, AND ALSO LOOK AT SOME OF THE CHALLENGES FACING DOCTORS/NHS AT THE MOMENT.

TUESDAY 8TH OCTOBER 2024 7-8.15 PM

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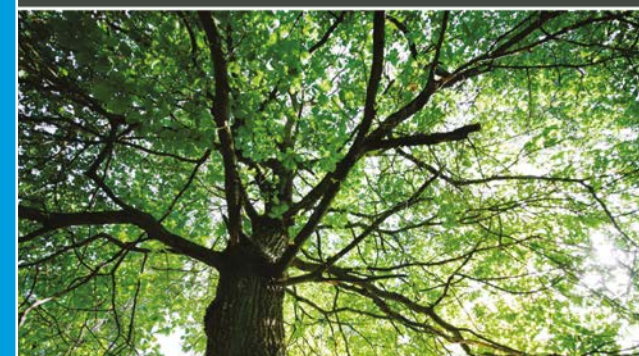
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ROTHERFIELD UNITED FC

NEWS UPDATE - NEW SEASON 2024/5



The new football season is now underway and with the highest number of members ever! So, a big Rotherfield welcome to all new and returning players and volunteers.

Even though it wasn't the best weather, a pre season social was held at the home ground on the first weekend in September. Lots of people had a fun

time and are looking forward to other events through the season.

The club have a new men's team for the first time in a few years. The new chair, Matt Beech, and one of the club's ex youth players, Ollie Wagstaff, are managing the new team together. They played a few friendly matches in the summer in which they were unbeaten and are now playing in the Thames Valley Premier League Division 4. They have 32 adult players signed up to play so might have two teams in the future!

If you are interested you can get some more info and follow them on their social media pages or the main website - https://linktr.ee/rotherfieldunited?utm_source=linktree_profile_share

Wishing them good luck in their first season and we will hopefully have a write up from Ollie in the next issue.

The youth teams have been training and

are all raring to go along with the girls. Great news from the women's Queen Bees is that they now have two teams with a new development team as well as the first team. It is very exciting and encouraging that so many local women want to join in and play competitive football.

The club are pleased to have Sloth Coffee serving up fresh coffee, teas, hot chocolates as well as delicious homemade treats at Bishopswood on Saturday morning match days. Just what the spectators need as we head into chillier days of Autumn!

Good luck to all the teams and also to all the volunteer coaches and supporters. ●

#footballforall



Successful Charity Event at Basset Manor Raises over £8,700 for Citizens Advice Oxfordshire South & Vale

On Saturday, 27 July, nearly 350 attendees gathered at the picturesque Basset Manor for a spectacular evening of theatre and philanthropy. Baroness Sheehan and family, generously opened up their home for a captivating outdoor performance of 'The Hound of the Baskervilles'. Brought to life by the talented Illyria Theatre Company.

The event was more than just a night of suspenseful entertainment, it was a tremendous success for charity, raising over £8,700 in support of Citizens Advice Oxfordshire South & Vale. This essential organisation provides free, confidential and impartial advice to help

the community of South Oxfordshire and Vale of White Horse with benefits, debt, housing, family and employment issues.

Debbie Watts said "we are overwhelmed by the generosity and enthusiasm shown by everyone who attended and supported this event. The money raised will help us to continue to support those that need our help. Thank you to Baroness Sheehan and family for sharing their home with us and their unwavering support".

The team at Citizens Advice Oxfordshire South & Vale want to extend its heartfelt gratitude to all those that attended, the volunteer helpers and of course

the wonderful Illyria company whose collective efforts made the event a triumph.

For more information about Citizens Advice Oxfordshire South & Vale please visit: www.citizensadviceosav.org.uk ●



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REMEMBRANCE TIME



The Henley and Peppard branch of the Royal British Legion: - is looking for more recruits in the Sonning Common area

We meet in the Menza cafe at Henley rugby club on the third Tuesday of every month for a luncheon talk and social get together. Speakers entertain us with military-related talks or other general interest topics. The branch is always keen to welcome new members and our new chairman is about to come on board who will have some new ideas about other events and trips that we can offer. Non-members and all members of the RBL are also very welcome to join us in Henley for the talks and lunch.

Richard Pinches is the Henley Poppy Appeal organiser and he is looking for some support to allocate poppy tins and collection boxes in the Sonning Common area over the remembrance period this year. Please contact him (info@richardpinches.co.uk) if you would like to help with this, or Karen Grieve (kcgrieve@btinternet.com) for event enquiries, or Mollie Jeffrey (MCJ1145@gmail.com) about membership. ●

RICHARD



Can you help the charity, Royal British Legion selling poppies in Sonning Common. Here's my suggestions of venues in Sonning Common

- CO-OP
- ONE STOP / POST OFFICE
- CHEMIST
- HEATH & WATKINS HARDWARE
- DISPLAY OUTSIDE SC VILLAGE HALL (gazebo as seen below)

Let's see what we can do to make this happen. Either let me know by replying to info@richardpinches.co.uk

CLLR JONNY BIDGOOD

Searching for a relative

My name is Adrian Cole my uncle Mr Harry Ward was killed in action in a plane crash in 1944. His plane, a Halifax mk3 together with the rest of his crew crashed on the 25 August 1944 in Eperleques northern France.

I am trying to contact any living relatives of the rest of his crew including a Sgt Ronald Albert John Bosworth who's parents Jesse John and Kathleen Francesca Bosworth, and sister Doreen Violet lived in Sonning or surrounding area.

I would be grateful for any help you could give to try to put a face to names.

My contact details are 0121 550 0634 or 079475 15515.

Adrian Cole

WAR POETS

There are many great poets from both World Wars including Wilfred Owen who lived locally.

Another from the First World War was Rupert Brooke. He was already an established poet and literary figure. When war broke out, he joined up and in the last months of 1914 he wrote five 'war sonnets' that would make him famous, including 'Peace' and 'The Soldier'. He suffered an insect bite in Greece on the island of Skyros which became infected, and he died of blood poisoning on 23 April 1914. He was buried in an olive grove on the island.

Edmund Blunden was one poet who survived the great War. He was born in London and gained a classics scholarship to Queen's College, Oxford, but instead enlisted in the Royal Sussex Regiment in 1915. He started writing poetry at school and continued to write while he trained with the regiment.

Between 1916 and 1918, Edmund saw some of the worst fighting of the war, on the Somme and at Ypres on the Western Front. He was awarded the Military Cross. His active service ended in the spring of 1918 when he was sent back to Britain to recover from a combination of exhaustion and asthma, having been gassed twice. He was greatly affected by his experiences and loss of friends and many of his war poems were written afterwards, contemplating events in retrospect and a deep understanding of the experiences of



Keith Douglas

the soldiers and the brutal destruction. He died at the age of 77.

Poets from the Great War are still studied in school during English GCSEs however World War Two poets should not be forgotten.

Captain Keith Douglas is considered one of the greatest of his generation and many view him as the only poet of the Second World War to really grasp and carry on the tradition set by his Great War forebears. Through his poetry Douglas shared a vision of the brutal warfare that characterised the Second World War. Conflict is a harsh business.

Captain Douglas was killed in combat three days after D-Day in June 1944. Leaving his tank to go on reconnaissance while pinned on high ground around Tilly-sur-Selles, Normandy. Douglas was struck and killed by mortar fire. He was buried close to where he had died, but eventually moved to the Tilly-sur-Selles cemetery in Normandy. ●

PEACE by RUPERT BROOKE

Now, God be thanked who has matched us with his hour,
And caught our youth, and wakened us from sleeping!
With hand made sure, clear eye, and sharpened power,
To turn, as swimmers into cleanness leaping,
Glad from a world grown old and cold and weary;
Leave the sick hearts that honor could not move,
And half-men, and their dirty songs and dreary,
And all the little emptiness of love!
Oh! we, who have known shame, we have found release there,
Where there's no ill, no grief, but sleep has mending,
Naught broken save this body, lost but breath;
Nothing to shake the laughing heart's long peace there,
But only agony, and that has ending;
And the worst friend and enemy is but Death.



Rupert Brooke

Remembrance Sunday, 10 November 2024

Remembrance Sunday this year will again be marked by a short, secular Act of Remembrance in the Village Hall led by retired Lieutenant Commanders Alex and Gillian Manning. All are welcome and the doors will be open from 10.45 for a 10.55 start.

The traditional spoken Homage will precede 2-minutes' silence at 11 o'clock, followed by the Kohima Epitaph and the placing of a poppy wreath at the memorial in the Hall entrance honouring 3 local lads who most recently lost their lives in our country's name: Fred Slough in the Falklands, Cyrus Thatcher and Barry Weston in Afghanistan. Brief addresses by Alex Manning and Councillor Diana Pearman will then complete the event, after which tea, coffee or soft drinks will be available courtesy of the Sonning Common WI.

Please note, however, that the Village Hall's maximum capacity is 100, so anyone wishing to attend is invited not to leave it to the last minute, just in case.



NEWS FROM THE LIBRARY

Greetings from Sonning Common Library! I hope the gloomier weather isn't putting you off visiting us. The bright yellow walls in the Library certainly make it feel sunshine-y most of the time and there's always something cheery going on here. Just pop in for chat, you're always welcome. You don't have to borrow a book!

With half-term coming up at the end of October, we are having Zoo Lab visit us on the morning of Tuesday, 29 October. There will be two sessions available (9.30am and 10.45am) for 5 year olds and over. The cost is only £5 as the Friends of Sonning Common Library kindly subsidise it. Come to the Library

to grab your ticket and we hope to see you for some creepy, crawly, Halloween-themed fun.

On the subject of Halloween, there will also be a special Saturday story time from 10am on 26 October. Expect (not too) scary stories, spooky crafts and a sumptuous cake sale.

In October and November we will have other things on our mind too. We shall be celebrating National Libraries Week, an annual celebration in the UK that highlights the importance and value of libraries in communities. Since taking up the Manager's position in January, it has really hit home to me the wide range of people who use Sonning Common Library and also the number of reasons for coming in. It's a real community hub



as libraries all over the country are (I can't resist popping into one when I'm on holiday, to get some new ideas!).

International Men's Day is on 19 November so we shall be celebrating positive male role models and also spreading awareness of men's well-being and mental health. Look out for displays in the library.

So, there is plenty coming up to whet your appetite. And if you want to just come in to borrow a book, discover a new author or get some advice on what series might keep your young child (or grandchild) reading, we do that too!

See you soon. ●

JULIET LEGG
Librarian

DID SOMEONE SAY CHOCOLATE?

Here's a question we all used to ask ourselves: if you went on Mastermind, what would your specialist subject be? I always thought mine would be chocolate, as they say you need to truly love your topic (no pun intended) if you're going to spend hours swotting up on it. Of course, I never did apply to Mastermind, but I did spend a lot of time studying chocolate (if you can call eating copious amounts of it and always being willing to try a different brand, studying). Imagine then my glee when I realised there was a round all about it at a quiz I'd gone along to. Finally, my hour to shine had arrived! Well actually no, it turns out I have absolutely no recollection of the wrappers and that's what I needed to know. Honestly, what type of person pauses long enough to look at the wrapper!

You see, quizzes aren't like Mastermind or any other TV quiz show. The rounds can take any format: name the flowers from the pictures; identify the crisp flavour from the samples; listen to these songs with

cities in their title and tell me who had a hit with them. At last year's Friends of Sonning Common Library (FoSCL) quiz there were rounds called, "The Shoes On Your Feet," and "Famous Comedy Catchphrases". My point is, you don't have to have an encyclopaedic knowledge of the capital cities of the world to be able to take part. Sure, a question along those lines might crop up, but then so might one about baking. For example, what cake is traditionally made using 1 lb flour, 1 lb butter, 1 lb sugar and 1 lb eggs?

I enjoy a good quiz although often I don't know many of the answers. But, as my team-mates frequently point out, you only have to know one thing that nobody else on your team does and you've made a vital contribution.

This year the Friends of Sonning Common Library's annual fund-raising quiz is on Friday 11 October in the hall at the Primary School. Why not muster some friends (maximum of 6 in a team) and come along? Book your tickets in advance from the library. Don't know anybody else

who fancies it? Contact the library who will try and put you in touch with others looking for team-mates. What a great way to make new friends! Going to a quiz is a fun night out. The chance to socialise and discuss things which you'd never usually think of talking about.

There will be a raffle on the night. We are lucky enough to have very supportive businesses in the village who donate wonderful prizes. If you would like to do the same, please contact the library or just drop them in.

Money raised from the quiz and raffle is used to subsidise events at the library throughout the year, of which everyone in the village can take advantage. I can't guarantee you'll know the answers, but I can be pretty confident when I say you'll have a fun time.

Oh yes, before I forget, the answer to the cake question isn't Victoria Sponge (my go-to answer) but pound cake. Who knew? Turns out my husband did! ●

ALISON SMITH (FOSCL)

Jenny Jones - a totally committed person



with the County to draw up the rota of volunteers to support the staff and keeping the minutes at meetings. When the Friends of Sonning Common Library re-formed in 2016 Jenny continued with these duties and helped to draw up the constitution. She made tickets and posters for events, was instrumental in drawing up the website and for keeping it up to date. Thanks to Jenny, the Friends became a charity and that has enabled us to claim back gift aid tax on donations which make a significant difference to our income.

In June, we lost a loyal friend of the library, who didn't just support us with a monetary donation but with so much practical help. When the library was under threat in 2014 Jenny Jones without hesitation stood up and volunteered to be secretary of the newly formed committee, working

In addition, Jenny herself volunteered to visit Abbeycrest Nursing Home, choosing books for the residents and reading to them.

Perhaps more amazingly, Jenny involved her whole family in the annual quiz. In addition to canvassing local businesses to get raffle prizes, she would arrange

the licence and purchase the drinks and on the evening she and her family would run the bar.

Even when the constitution required Jenny to resign from the committee, she continued to offer valuable advice, to organise the volunteer rota and was always on hand to help at events. She was co-opted back onto the committee at the beginning of 2023 as secretary and trained our current secretary Jill Collinson, allowing Jenny to finally step down in November.

We will miss her so much.

Thank you to the Jones family and thank you Jenny for everything. ●

JILL HUTCHINSON
Former Chair: Friends of Sonning Common Library

The Big Bear Hunt Winner 2024

There were more entries than ever in this year's Big Bear Hunt which ran throughout August. The lucky participant whose name was drawn at random from all the completed entry forms was Mia Hawkins, aged 7. She won A Book of Bears by Katie Viggers which was donated by The Friends of Sonning Common Library. Congratulations Mia!

Well done to everyone who took part whether you spotted all the bears or not. They have now gone into hibernation but will be back next summer along with some new friends. ●



Treasurer Needed

ARE YOU GOOD WITH FIGURES?

The Friends of Sonning Common Library are looking for a new treasurer to manage the funds of this low-income charity: it could be you!

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THE POSITION

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4. Committee members are only allowed to stand for a maximum of 5 years.
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For more details please contact friendsofsonningcommonlibrary@gmail.com

PARISH NEWS

The content of this page is the sole responsibility of, and is paid for by, Sonning Common Parish Council

Philip Collings retires ...

After 13 years we will say goodbye and thank you to our Sonning Common Clerk Philip Collings who has been a stalwart of village life, managing its requirements and generally being the contact for any issues in the Parish and our liaison with other organisations. In most recent times he was instrumental in the securing of land for the new Memorial Park and its transformation from a field to a fantastic asset for all to use. I and the Parish thank him for all his hard work.

VICKY

Hard working, proactive, very reliable, helpful a good sounding board and advisor. He played a very important role in helping to coordinate as the Plan developed; and liaising on our behalf with local government officers, landowners and relevant organisations as needed. Without his support and the trust of the Parish Council in his abilities, the Plan would not have been so successful and one of the first published in the UK.

BARRIE



Sonning Common was fortunate to obtain the services of Philip Collings as parish clerk when it did. At the time the parish council had been in a poor way for some years – ineffectual and inert. Philip and a new chairman, put it back on its feet and instilled the sense of purpose that had been missing for so long. Philip has remained with his firm hand on the council tiller and has been a remarkable force for good in the village. I have always had great admiration for Philip's drive, energy, and sense of commitment. As I say, we were lucky to get him and we will be lucky to have someone of the same stamp again.

TOM

Douglas Kedge and I were entrusted with the task of interviewing for a new parish clerk and it was very obvious that Philip was an outstanding candidate and so he proved to be. He dragged a previously moribund parish council into the 21st century encouraging us to apply for money to improve the village and its environs. He was so widely read and a wealth of information. I look forward to more of his letters in the Henley Standard and wish him well in what I know will be a very busy retirement.

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Tori Yates, Google Review



MAKE ART NOT WAR

Oxfordshire military museum celebrates anniversary with art exhibitions and competition -
'Journeys Through War' exhibition to open on 19 October 2024



Marking the Woodstock-based museum's 10th anniversary and commemorating 110 years since the start of the First World War in 2024, Soldiers of Oxfordshire Museum is currently hosting a Great War art exhibition and has run an art competition for young people over the summer, which will culminate in its own exhibition this autumn.

The museum is looking for entries that tie into the theme of 'Journeys Through War', inspired by the museum's own collections. These could take the form of art portraying a glider pilot's flight to Normandy on D-Day, the journey made by the many evacuees who came to Oxfordshire during the Second World War, or even the journeys made by carrier pigeons used to send secret messages during wartime.

The Journeys Through War exhibition will go on display from Saturday 19 October - Sunday 17 November 2024, with any media accepted, and both physical and digital entries welcome.

Submitted work can take inspiration from museum collections from the First and Second World Wars but could take in more recent events or even earlier conflicts.

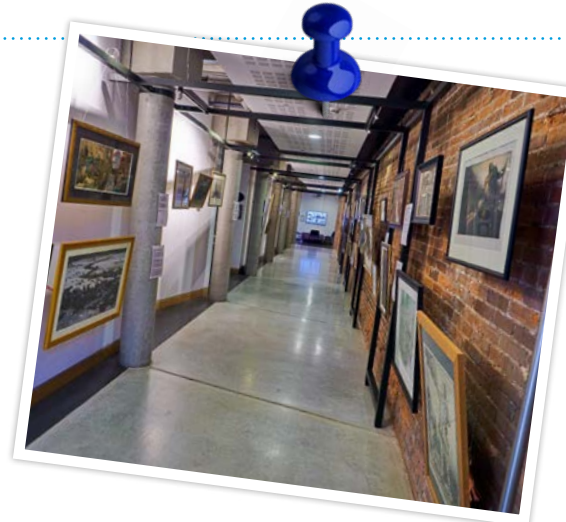
Based in Broadway, John Noott has been an art collector and dealer for over 50 years, and during this time has drawn together an incredible collection of WW1 art. This latest exhibition is a follow up to The Art of World War II - an exhibition previously hosted by Soldiers of Oxfordshire Museum which proved incredibly popular, showcasing a diverse range of original art from a unique mix of artists both amateur and professional, both up-and-coming and well-established.

The Art of the Great War presents a similarly broad range of original art and prints, all produced during, or depicting scenes from, 'The War to End All Wars'. Capturing both the horrors of the conflict and snatched moments of humour during the darkest of times, together the collection provides a very

human perspective of the events of 1914-1918.

The collection is a personal one for John, as he was inspired by childhood memories of his own father, who served in the Royal Army Medical Corps during the Great War's often-forgotten Salonika campaign. Asked for a personal highlight from the exhibition, he points out one of the largest paintings on display by artist Henry C. Seppings Wright - an official artist to New Zealand forces. The striking piece depicts two German soldiers helping a wounded British Tommy out of a trench. John explains:

"That, to me, it goes to say, we're all human beings ... why are we doing this?". ●



SAVE A LOCAL PERSON OR FAMILY FROM A WINTER CHILL



2024/25 is going to be a hard Winter for an increasing number of Sonning Common residents.

We are all too aware of rising prices, watching our energy costs, and of costs increasing all around us. This will leave some people unable to meet all the expenses of running a home and caring for their family.

It's Heat or Eat for many even after receiving the benefits they are entitled

to. People in 'fuel poverty' are those whose energy bills are greater than 10% of the net family income. There are sadly, many local people who are in this situation.

We hope with your support some of this can be helped. A big thank you to all those Sonning Common News readers who donated to last

year's appeal. You made a difference. Can you help again?

Any donation of any amount is very welcome. The process Henley Lions adopts is for Citizens Advice Henley to meet applicants for help from this fund and make sure they are getting the benefits and assistance they are entitled to. This is all completely confidential. Henley Lions then make a payment direct to the client's utility account.

citizens
advice



To make a donation online via www.henleylions.org.uk - click on "Donate" and identify your donation as "Winter Fuel Project". To get information on paying by cheque or bank transfer please email donate@henleylions.org.uk or phone 0345 833 7387.

Please Gift Aid if you are a taxpayer.

If you are in need yourself or know of someone in need please encourage them to talk to Citizens Advice Henley or NOMAD in Henley who can offer help and guidance. Citizens Advice can also give assistance in managing debt.

Any donation, however small, can make a difference.

Thank you for your support! ●

PEPPARD UNPLUGGED

Held every second Saturday of the month (except August), starts at 7:30 pm:

- Saturday, 12 October 2024
- Saturday, 9 November 2024
- Saturday, 14 December 2024

Please check Facebook for the events, postings, and more photos and videos

Peppard Unplugged is run totally by volunteers; no membership fees, no paid

staff . . . we do it to keep our Hall in good condition and for the love of enjoying live music with like-minded people. As well as fund-raising, entry includes unlimited tea/coffee and a seasonal buffet, usually including biscuits, cakes, fruit, cheese, bread and more! But bring your own booze! There is also our bumper Rapid-fire Raffle with donated prizes. Entry is £6 (cash), reduced to £3 for performers. ●



TOM FORT PUFFING

Our virtuous new government's plan to outlaw smoking in pub gardens set me thinking about my own happy days long ago, with a fag in hand.

I was a precocious smoker. Aged twelve, I was delving into my mother's handbag when she came to take me out for the day from my boarding school and liberating two or three of the Senior Service that she puffed on all day. Not surprisingly, we were not allowed matches at school, so a cigarette had to be lit on the school boiler and secreted up the sleeve. I would then run as fast as possible out of the building, around the lake and into the wood on the other side when – as often as not – the precious fag would have gone out.

At my next school I graduated to French tobacco – Disques Bleus, Gauloises and Gitanes. We thought ourselves so sophisticated. Did I imagine myself to be Alain Delon making eyes at Brigitte Bardot? Probably.

When I went to work in a newspaper office in Slough in 1972 most of the journalists smoked most of the time. As typewriters were pounded, ash rose from the keys then floated back again. My friend and mentor John Jones would squeeze the lighted end of his Number 6 into the wastepaper basket and put the unsmoked half in his jacket pocket for later use. Every now and then the waste paper would erupt into flames after he had left for some murky assignation.

I was a regular smoker – untipped Gitanes or Gauloises – into my forties, then like almost everyone else pretty much gave up. It was no struggle for me as I am not an addictive personality, and I have never missed them. Except.....

I DO still smoke, when I go fishing. I do three or four roll-ups and take time to sit on the riverbank, and stare at the water and puff away. I love it, even though I know that I am a bad, bad boy. ●



COME AND JOIN THE STAMP CLUB

Like many Clubs and Societies we are looking for new members. You would be surprised how wide the range of interest there is in stamp collecting. It is not just collecting little pieces of paper but looking at how they are designed, manufactured or used.

There is a wide range of subjects that come under the umbrella of philately.

The Henley Stamp Club is a friendly group and we would be delighted to see new visitors or members. If you are interested in facts concerning stamps or postal history, why not come along and explore how you can promote your interest?

Meetings are held on the 2nd and 4th Wednesday of the month in Bix Village Hall at 7.30 p.m.

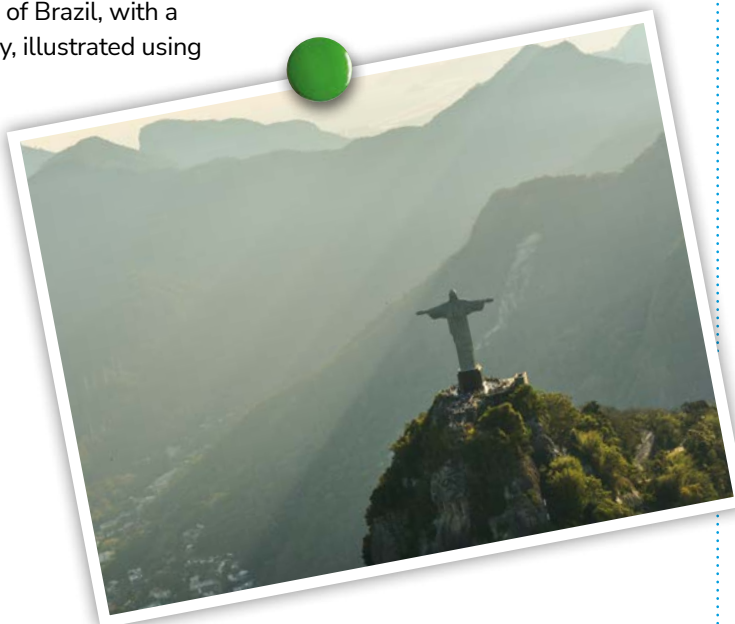
Next meetings are Wednesday 9 October and 23 October.

On the 9th we have exciting visiting speakers Janet and Nick Nelson presenting "An evening in Brazil" the history and culture of Brazil, with a power point display, illustrated using stamps of the country from the first issue to the present day.

There will be plenty to interest both philatelists and non-collectors alike all are welcome. Visitors and new members are very welcome.

Further details can be obtained by phoning Steve on 07767 251670 or on our website: -

www.henleyphilatelic.org.uk ●



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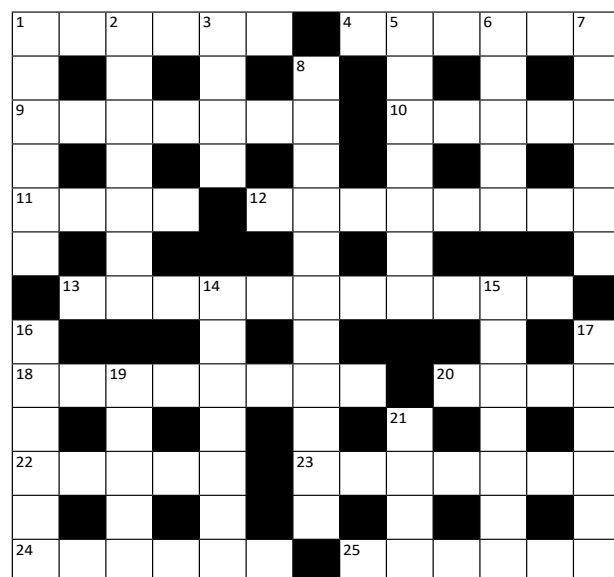
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PUZZLE PAGE

By DAVID DUNSTAN

Cryptic crossword



ACROSS

1. Spoil depressed local town (6)
4. Turkish officer with misplaced hat is Bertie's aunt (6)
9. Actor Peter damaged units – half over (7)
10. Cry of horse at Broken Hinge (5)
11. Previous partner with computer know-how is way out (4)
12. Embroid in twisted net with a point of view (8)
13. Darling fowl misplaced in local town (11)
18. Noggins get hold of big cushions (4,4)
- 20&23. Euphoric search in river for local town (4,7)
22. A French back-lit till (5)
23. See 20.
24. Secretion is strangely aware with a kiss (6)
25. Farce erupted about name of country (6)

DOWN

1. Second drug addict is a cat (6)
2. Wine is nastier when mixed (7)
3. Grunt is satisfactory around Indiana (4)
4. Wizard is held by Craig and Alfred (7)
5. Slim golf article (5)
7. Perhaps Laura Hayles – maybe (6)
8. Smoothing dress for formal attire (7,4)
14. Throw priest a plant (7)
15. Royal airman maybe – train driver perhaps (7)
16. Simple angle (6)
17. See badly after a revolutionary in Gloucester maybe (6)
19. Headless part player (5)
21. Mark modified cars (4)

Sudoku

Grading: medium

	9	8	2						
		2	3	4					8
		7		8	9	6			
	4	1	6	2				8	
	2	6	7	1					4
8								6	
7	6	4	8	9	3	1			
1	5			7		8			
					6				3

Cryptogram

The following quotation has been encoded using a simple letter substitution. What does it say?

“SUIRG YEHNT NU TGPDA WGA NPSKEHR
LINT UB FPO, PHN TIFFAS’T KAPTA GPWG
PKK WUU TGUSW P NPWA.”
– YEKKEPF TGPDATMAPSA

Quiz: English cheeses

1. Made in Blue and White varieties, it can only be produced in Derbyshire, Leicestershire and Nottinghamshire, although named after a village in Cambridgeshire.
2. Named after a village in Somerset, but produced all over the world; the most popular cheese in the UK.
3. A crumbly cheese named after an English county, it was most popular in the late 18th century.
4. A semi-hard cheese made in Cornwall, it is wrapped in nettle leaves.
5. A semi-hard cheese, named after an English county; there are two varieties: Single and Double.
6. A medium cheese, supple and crumbly, named after a valley in North Yorkshire, popular with Wallace and Gromit.
7. A washed-rind cheese produced since 1972, it is made from the milk of Old Gloucester cattle.
8. A soft cheese named after a region in France, but made in Cornwall, Somerset and elsewhere in the UK.
9. A hard, crumbly white cheese that originated in the area around a town in Wales, which it is named after, but now produced in England.
10. A hard cheese from an English county, in three varieties: Creamy, Tasty, and Crumbly, it is traditionally paired with Eccles cakes and Chorley cakes.

See answers on page 34



Care from the heart

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Our care home is situated in the village community of Sonning Common in the beautiful South Oxfordshire countryside on the edge of the Chiltern Hills, with comfortable quiet spaces to relax or entertain visiting family or friends. We actively engage with the local community, welcoming visitors and organising intergenerational activities with local schools. This connection to the community enriches the lives of residents and fosters a sense of belonging.

We know choosing a care home for yourself or your loved one can be a difficult decision. We want to ensure that we can support you to make this decision as easy as possible. By far the best way to get a feel for our home is to visit us and meet our colleagues. We'll be delighted to show you around.



SCAN TO FIND OUT MORE

Types of care | Nursing • Residential • Dementia
Types of stay | Permanent • Respite • Day Care



“I have been blessed to have a very successful career working in the health and social care sector with over 30 years of experience. At Abbeycrest, we are one big family and everything we do is from the heart, treating the people living in our community as individuals understanding their choices, wishes and dreams for no other reason than to make a difference every day. It is important to us that they feel valued and respected as their experiences and life stories are something we can learn from.”

Sue

Sue Smart, Home Manager

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ARIA CARE

DO YOU THINK YOU HAVE FLU?



Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to.

Check if you have flu symptoms, they are similar for children

Flu symptoms come on very quickly and can include: a sudden high temperature, an aching body, feeling tired or exhausted. A sore throat and dry cough as well as headache, feeling sick and tummy pain

HOW TO TREAT FLU YOURSELF

If you have flu, there are some things you can do to help get better more quickly.

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- give paracetamol or ibuprofen to your child if they're distressed or uncomfortable – check the packaging or leaflet to make sure the medicine is suitable for your child, or speak to a pharmacist or GP if you're not sure

- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A PHARMACIST CAN HELP WITH FLU

A pharmacist can give treatment advice and recommend flu remedies.

Do not take paracetamol and flu remedies that contain paracetamol at the same time as it's easy to take more than the recommended dose.

You or your child have symptoms of flu and:

- you're worried about your baby's or child's symptoms
- you're 65 or over
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a condition that affects your heart, lungs, kidneys, brain or nerves
- you have a weakened immune system – for example, because of chemotherapy or HIV
- your symptoms do not improve after 7 days

You can call 111 or get help from 111 online.

HOW TO AVOID SPREADING THE FLU

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu: Wash your hands often with warm water and soap, cover your mouth and nose with a tissue when you cough or sneeze (if you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand)

Bin used tissues as quickly as possible.

Try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities.

Flu vaccines are safe and effective. They're offered on the NHS every year in autumn or early winter to help protect people at risk of flu and its complications. ●

SUE LITCHFIELD

NEWS FROM SONNING COMMON HEALTH CENTRE

Please join Sonning Common Health Centre in welcoming new staff to the team - Hannah Padgham our management assistant, Rachel Howling and Karen Franklin both join our Admin team and Jocelyn Laugher joins our Receptionist team.

Our Inaugural 'The Hive' coffee morning held in Sonning Common village hall was a huge success. It is an opportunity for our patients and community to get together, to be able to meet Rachel and

Abbie our Social Prescribers along with other members of the Sonning Common Health Centre team. Please come along to have a cup of tea and a chat and to meet different organisations who can offer help, support and advice.

With the months fast approaching the autumn we are now looking towards the Autumn Flu and Covid vaccination programme. We will be running combined Flu and Covid clinics, both afternoon and Saturday mornings through October. Our Care Coordinator team will be sending out invitations to

all who are eligible for the vaccines. Please wait to receive the invitation before calling the health centre. ●



WALKING NETBALL LAUNCHES AT MEMORIAL PARK



Amanda Watkins Cooke, passionate about helping everyone to enjoy being active, has inspired walking netball to take off in Sonning Common. It was previously hosted at Sonning Common Primary School and has now moved to Memorial Park on Monday nights 5.30-6.30pm, where it is possible to play throughout the year, with the benefit of floodlights and the bouncy surface (slightly easier on the knees!)

Sonning Common Parish Council and Chiltern Edge Community Association

have funded new netball posts so that 2 games can be played at the same time. This is all about fun, encouraging anyone to have a go whether or not they have played netball before. The sessions start with simple ball handling games to build confidence, then include opportunities to pass, shoot and move (walking!) around the court. The games are non-contact, well controlled and teams are sorted out to ensure everyone feels comfortable. Keeping mobile and active is really important and Memorial Park offers the perfect venue.

"Great fun on a beautiful evening", "It was fab!", "Great session, good to be back", "Thank you, I really enjoyed it" – were some of the sentiments expressed by those who attended the first session.

If you would like to join in, please contact amanda@activeleaders.co.uk. Sessions are £5 each, or £24 for any 6 sessions paid in advance. Everyone is welcome. ●



SPEEDWATCH IN SONNING COMMON

Our first event was a familiarisation session with members of Kidmore End Speedwatch. Thanks to them for their helpful advice, and getting us used to the equipment.

We have followed this up with a Speedwatch on Blounts Court Road in August, where the statistics are worrying high with almost 50% of those vehicles passing were speeding. However, it was good to see the impact we had with almost all drivers slowing down. Thank you!

It's really important that people observe the speed limits in Sonning Common, to reduce the severity and frequency of accidents. You are seven times more likely to survive if you are knocked

over by a car travelling at 20mph than 30mph.

Watch out we could be coming to a road near you! If you are caught the police do record this, and if we catch you multiple times the Police will issue a Penalty notice.

We would welcome more members to join Speedwatch, if you are keen on making our roads a safer place for us all.

Please join by following the procedure below:

1. Firstly type <https://www.communityspeedwatch.org> into a web browser.
2. Click on the [Register] tab.

3. Then to the left, click on [Join Existing Group].

4. Choose [Thames Valley] from the pull down and click [Continue].

5. Choose [Oxfordshire] from the pull down and click [Continue].

6. Now choose [Sonning Common, Reading Common Speedwatch Group] from the pull down and click [Continue].

7. Finally complete your details in the registration form and follow the emailed instructions.

Please Note:

There is a downloadable guide to registration by clicking on [Help] then [Documents] finally [User Guides]

CHURCH NEWS



SPRINGWATER

Springwater is a community of people seeking to live out the way of Jesus and engage with God. We strive to love God and love our neighbour just as Jesus asked. We gather on Sunday mornings to sing, pray, discuss, listen, contemplate, sometimes eat together, and be physically and spiritually restored.

Many who come, sense the Spirit of God and are encouraged and empowered. Please feel free to come along if you wish to explore faith and the uncluttered Jesus.

Springwater is also heavily engaged with the surrounding community. This occurs through the foodbank we

manage, which other local churches, individuals, businesses, and schools also support. The food bank runs a life skills program with Christians Against Poverty on a Thursday afternoon.

On Monday mornings, Compassionate Loaf facilitates a free artisan bakery workshop and is currently helping develop a bakery in Romania for the marginalised Roma people, see our website. On Wednesday mornings, the Ark creates safe spaces for mums, guardians, and toddlers. Our Revive café opens Thursday morning, providing a safe space and fabulous bakes. The café also partners with EcoSoco to bless the local area with a monthly repair café on Saturday mornings. The Ark and the Revive

café welcome people who want to volunteer and support their local community.

We also have spiritual support groups that meet weekly or monthly in homes and elsewhere and seek to help us deepen our understanding of Jesus.

Feel free to chat with us—more details are on our website, www.springwaterchurch.org.uk, or call the office on **0118 972 4519** •

ST MICHAEL'S CATHOLIC CHURCH

Earlier in the year Fr Michael celebrated his 50th anniversary of ordination to the priesthood. In July the parish celebrated another anniversary, that of Deacon Brian's 10 year anniversary of ordination as a permanent deacon. This was marked by coffee and a cake after one of the Sunday Masses. During the same month St Martin's, our primary school in Caversham Park Village, marked 50 years since its foundation.

For a second year we celebrated the rich diversity of our parish community at our International Mass with prayers and readings spoken in many languages and African dance. The event concluded with lunch in the parish hall with a wide range of dishes from the countries represented.

As well as continuing our support for the local food bank and CIRDIC in Reading we collected women's clothes for Smart Works. This charity provides women with the clothing, coaching and confidence they need to succeed, in interviews and getting a job. A number of parishioners participated

in the annual 'plastic blitz' along the Thames by Sonning. These activities are coordinated by our Thoughtful Living group.

During the holiday season we welcomed a number of visitors who were visiting family in the local area.

We are looking forward to celebrating our St Michael's Weekend at the end of September. It is an opportunity to receive teaching from a visiting priest on the Friday and Saturday and to celebrate together on Sunday at our parish lunch which includes our AGM.

If you know of a housebound Catholic who would like to receive Holy Communion at home, please ring the parish office and talk to Fr Michael.

See our website for contact information: www.saintmichaelsonningcommon.org.uk •

CHILTERN EVANGELICAL CHURCH

What is the kingdom of God like?

On Sunday afternoons we've been reading Luke's gospel and learning Jesus' answer to this question. It's been riveting – and personally challenging.

In Luke 13 Jesus uses pictures to show what His Kingdom is like. He heals a woman from a disabling illness that had 'bound her for 18 long years'. The Kingdom of God brings real liberty. Jesus the King is not restrictive; instead He brings real and lasting freedom.

Jesus then uses two word pictures to describe the Kingdom; first a mustard seed, that starts off very small, but grows to be a tree big enough for birds to settle in. Jesus' kingdom started with a few disciples in Palestine but has grown to include

people in every continent – including Christians in Sonning Common! – who gladly follow Jesus as their King.

Secondly, yeast that is added to dough, working silently to leaven the whole loaf. Jesus' kingdom may seem irrelevant when you first hear about it, but Jesus' words have the power to sink deep into your heart and change your life and our community.

Want to hear more about Jesus' wonderful Kingdom? Come and join us on Sunday afternoons! •

MARTIN SECCOMBE

CHRIST THE KING AND ST JOHN THE BAPTIST

Autumn is upon us! As a Parish we have celebrated the successful gathering in of the harvest and soon enough we will be approaching the end of the church year and the first Sunday of Advent, the start of a new church year, on Sunday 1st December.

Over the summer months, fundraising continued ahead of planned improvements to the fabric of Christ the King and St John the Baptist churches. If you have passed through Kidmore End recently, you might have spotted the St John's fundraising banner in front of the War Memorial. To date, over £100k has been raised, a great start, but more is needed to fund improvements to the church, including servery and toilet facilities, as well as improved access, lighting and heating so that the church can continue to be used for worship and other community activities. If you can, please support the various events planned for the months ahead, including 'Wine Fest' on Saturday 16 November – a chance to sample fine wines and to enjoy an evening of music performed by

talented local musicians. For more information about events, fundraising, contact details and anything else to do with the Parish, visit

www.achurchnearyou.com

The improvement works to Christ the King, originally scheduled to start in October, will now commence in the New Year. These improvements include an extension to provide a new entrance to the church, roof replacement and insulation, installation of solar panels, as well as redecoration, flooring and new bifold doors between the church and the hall. The church hall is already used by several community groups, and it is hoped that these improvements will provide a more comfortable space for present and future hall and church visitors and worshippers.

A reminder of church service times:

- Christ the King: Eucharist, 9.30am (every Sunday)
- Christ the King: Second Sunday service, 4.30pm (2nd Sundays)
- St John the Baptist: Sunday Eucharist, 11.15am (2nd, 3rd and 4th Sundays)
- St John the Baptist: Evensong, 6.00pm (1st Sunday of the month)
- St John the Baptist: Service of Remembrance, Sunday 10th November, 10.50am (by the War Memorial, followed by a service in the church).

You will receive a warm welcome! •

PUZZLE PAGE ANSWERS FROM PAGE 28



Cryptogram
"ROUGH WINDS DO SHAKE THE DARLING BUDS
OF MAY, AND SUMMER'S LEASE HATH ALL TOO
SHORT A DATE." – WILLIAM SHAKESPEARE
Quiz: English cheeses
1. Stilton. 2. Cheddar. 3. Cheshire.
4. Cornish Yarg. 5. Gloucester. 6. Wensleydale.
7. Stinking Bishop. 8. Brie. 9. Caerphilly.
10. Lancashire.

Sudoku

2	8	9	1	5	6	4	7	3
6	9	8	7	2	3	4	1	5
7	6	4	8	9	3	1	2	5
8	7	5	9	3	4	2	6	1
9	2	6	7	1	8	5	3	4
3	4	1	6	2	5	7	8	9
4	3	7	5	8	9	6	1	2
6	1	2	3	4	7	9	5	8
5	9	8	2	6	1	3	4	7

Cryptic crossword

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

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