

SC SONNING COMMON MAGAZINE

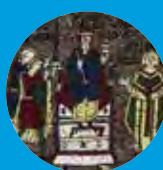


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Moved House, Broke a leg, Recovered from
a stroke and still found time to get Married!

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FROM THE EDITORIAL TEAM

Life is returning to normal, schools are open again, people are back at work after holidays and the weather is barely autumnal. Will it be a very colourful season after such a lot of summer heat?

The NHS at 70 has been celebrated by many and patient care is a theme that appears in this issue with articles about cost, the Matters of Memory day, how we can help our over stretched Health centre and protect ourselves against flu.

Contributors have written about volunteering for the Witness support service, a war against squirrels, post war memories of the '50's and a book review. All the favourites appear in this edition as well as the good news about the school SATs and GCSE results and Chiltern Edge becoming an Academy.

An unusual request appears in this issue, from the Soldiers of Oxfordshire Museum in Woodstock. They are asking for local stories and mementos from the 1930-70'S. This museum is also hosting a modern version of the Bayeux tapestry made in mosaic. A must see!

I hope you enjoy reading this magazine and keep sending in your fascinating articles ●

Diana

Diana Pearman Editor

Email: editor@sonningcommonmagazine.org



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MEET THE TEAM ...



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CHILTERN EDGE COMMUNITY SCHOOL BECOMES MAIDEN ERLEGH CHILTERN EDGE

The school officially joined Maiden Erlegh Trust on 1 August 2018.

Mary Davies (Chief Executive Officer, Maiden Erlegh Trust) said "I am delighted that Chiltern Edge has now officially joined the Maiden Erlegh community. The school represents a body of professional colleagues and bright and articulate students who will enrich the Trust and who have already shown great determination to improve".

Moira Green (Headteacher, Maiden Erlegh Chiltern Edge) added "We are looking forward to a successful future as part of the Maiden Erlegh Trust. The opportunities for collaboration and development will strengthen our ability to provide the very best educational experience for the children of Maiden Erlegh Chiltern Edge."

Nick Jones (Chair of Maiden Erlegh Trust) said "the Trust wholeheartedly welcomes Maiden Erlegh Chiltern Edge into our community and we are looking forward to working with the staff, students, parents and indeed the local community to ensure that this becomes a school of choice for parents once again" ●

Editor's apology

In the last magazine an article was written about What's in a Name, referring to people's homes. As part of this piece reference was made to the new homes in Grove Road that have been named and alternatively might have been 2a and 2b. However, there is already a 2a and 2b in the road and this error has caused difficulty and offence to one of the residents in the numbered home. We apologise to him, no offence was intended and hope that his difficulties with the utilities company have been resolved. ●

GCSE RESULTS 2018

STUDIOUS STUDENTS SECURE POSITIVE PROGRESS

Celebrations are taking place at Maiden Erlegh Chiltern Edge where students have been awarded an excellent set of GCSE results. There was a record haul of top grades including the new Grade 9s, with almost 40 being awarded to students across a range of subjects including Maths, English Literature, English Language, Biology, Physics, Geography, History, Drama and Textiles. The Grade 9 represents the very best grade a student can achieve deemed more coveted than the previous top result of an A*. In addition to the Grade 9 successes, there were top grades for students taking Polish GCSE and Distinction * awarded in BTEC Dance. Headteacher, Moira Green, has praised

the resilience and commitment of the students and staff in the light of these results. "I am hugely proud of the success of the students who thoroughly deserve the grades they have been awarded; their commitment to lessons, revision and attendance at Saturday school has truly paid off. These results are the outcome of the hard work and dedication of staff, students and parents and herald a bright future for the school".

Over 20% of all grades awarded to Maiden Erlegh Chiltern Edge students were a Grade 7 or better, with 63% of students gaining a pass grade in both English and Maths. ●

WORLD OF WORK WEEK

The 'World of Work Week', was a real highlight of the school year at Kidmore End and a good way to explore the value of responsibility.

Takeover Day, timetabled by School Council, gave everyone who applied a chance to take part. Some pupils were office assistants, sending emails, raising invoices and completing a health and safety walkaround. The headteachers for the day led assembly, went on a learning walk and covered playground duty, and lessons across the school were taught by children who had planned their own activities with great thought. Year Six produced 250 bread rolls that filled the school with the most amazing smell and were sold out in minutes!

Throughout the week, visitors from different professions came into school, and the children talked and wrote about their ambitions. Each class was a hive of activity, the school was festooned with posters advertising various goodies, and the corridor outside Year 4 was filled with the scent of lemons as their production line swung into action.

The excitement was palpable as doors opened to parents, grandparents, aunts

and uncles, with stalls selling bird feeders, plant pots and decorated lanterns. Refreshments included smoothies, decorated biscuits and delicious lemonade. Gardening Club sold their produce and Year Five ran games on the school field. £403 was raised and will benefit all the children in our school.

The school will be looking for other rich learning opportunities for the children to grow their independence and develop their understanding of the wider world. ●

LINDA HULL
Headteacher



WHAT A DIFFERENCE 21 DAYS MAKES!



A well-known figure in the village, Chrissie Godfrey (known to many as Chrissie Phillips-Tilbury) Parish Councillor has had a busier summer than most. When Chrissie, 76 and her fiancé Derek Godfrey 82, semi retired flight instructor, set off to Blenheim Palace for a lovely summers evening concert in July, they had no idea what was to follow. At the concert, an unfortunate accident involved Derek losing his balance and the couple took a tumble on some steps. With Derek's help, Chrissie hobbled back to the car but quickly realized that the injury was more serious than she first thought.

The following day, after multiple scans and X rays, Chrissie was given the news she had been dreading: the leg was broken in several places and needed a metal plate and pins to fix it. Chrissie who is known for her 'can do attitude' to most things seemed to take this in her stride (pardon the pun) and the operation went as planned. 'It wasn't the broken leg that upset me as much as the fact that I didn't want to be pushed down the aisle in a wheel chair' said Chrissie. Soon back at home friends and family rallied round to help, but what no one was ready

for was the news that Chrissie had also apparently suffered a small stroke, but even this didn't put a stop to their wedding plans.

The wedding took place on the 12 August 2018 at Wallingford Town Hall, followed by a reception for family and close friends at the Waterfront café in Benson. Chrissie was absolutely determined to walk down the aisle, with the help of a gorgeous pair of bright fuchsia crutches, decorated with ribbons provided by Brambles the florists in Sonning Common, who also created all the flower decoration for the wedding and reception. Chrissie wore an elegant full-length dress with a 'fairly tale' watercolour design.

The wedding cake, planned by Chrissie was a complete surprise for the Groom, a two tier chocolate and vanilla sponge cake, complete with fluffy clouds and replica of Derek's airplane and a wing walker on top looking remarkably like Chrissie - minus the crutches of course! ●

LAURA JOHNSON

Our best wishes to Derek and Chrissie - she has been involved with the work of the magazine for many years and most recently as one of our proof readers. (Editor)

Photos by Tara Taylor Photography
www.tarataylor.com



WI WINS FIRST PRIZE AT HENLEY SHOW

Perhaps a bit early to be reminded that Christmas is on the way but what a pleasure, when touring Henley Show in September to see that the Sonning Common WI entry for the Caple Young Challenge had not only won first prize but also best in class. The exhibit was based on the Twelve days of Christmas and the competition was open to a group of six or less friends, club, school or family. The WI choose "Seven swans a swimming" and, as can be seen in the photo, made a really attractive display. The entry was to include a Christmas wreath, Christmas cracker, Christmas card, Bunting, Christmas Stocking, 6 handmade tree decorations, 6 decorated cupcakes and a hand written verse and that the exhibit was mounted in a decorated picture frame. Well done Sonning Common WI and especially the team that designed and produced the entry. ●

GEOFF ADAMS

KEY STAGE 2 SAT RESULTS

Every year all children, in their final year at Primary school (year 6), take tests during May which measure how well the school has taught them in four key areas - Reading, Spelling & Grammar, Writing and Mathematics. These test (SATs - Statutory Assessment Test) results are published and can be assessed by the general public. Sonning Common Primary School children have been working hard through the year towards these tests, and their results are as follows:

	SCPS	National
Reading	83%	75%
Maths	81%	76%
Spelling & Grammar	76%	78%
Writing	80%	78%

Headteacher Chris Hirst was very pleased. "Our results were above both local and national averages and the school is proud of our pupils. The results show what a dedicated and hardworking team Sonning Common Primary School continues to have, and we wish all the children good luck in their new schools."



GET HALF TERM OFF TO A ROARING START

YOU'VE READ ABOUT THE TIGER WHO CAME TO TEA? NOW YOU CAN GET TO KNOW THE LION WHO VISITED THE LIBRARY IN A SHOW THAT CELEBRATES TWO ENDANGERED SPECIES.

The award winning story "The Library Lion" by Michelle Knudsen is being brought to Sonning Common by a Birmingham based theatre group, Untied Artists. Fusing drama, music and story-telling, the Library Lion is suitable for children under six. Tickets for the show on Monday October 22nd (starts 11am) cost £3 for one child and £5 for two. Space is limited. More details are available at: www.untiedartists.info/shows/library-lion

We're kicking off National Libraries week with our main fund-raising event of year – the Library Quiz at SC primary school on Friday October 12th. . . some tickets may still be available (£20 for a table of six) at the library and Occasions.

The following day there'll be a craft session, cake sale and the presentation of prizes for FoSCL's short story competition. Thanks again to this year's sponsors: TA Fisher and Stephen Anthony Developments.

We'd also like to thank all our volunteers and Friends who continue to support the Library. You can hear about our annual accounts and what books have been bought with the FoSCL subscriptions at the AGM – on Monday November 19th in the library at 7pm. ●

Or get in touch: friendsofsonningcommonlibrary@gmail.com

PUBLIC TRANSPORT

AND ENVIRONMENTAL ISSUES STEMMING FROM THE LACK OF IT, SHOULD SURELY BE MUCH HIGHER ON THE AGENDA.

by CHRISTINE ATKINSON

Sonning Common sits in a difficult position where it is not a part of Reading (yet!), but also suffers from being just a little too far from Henley to always be included as part of South Oxfordshire.

This means that public transport to our local county town is lacking, local buses that were subsidised by OCC have been axed, and the easiest place to go shopping, work or get to a train via public transport, has always been Reading.

Reading Buses (owned, by the way, by Reading Borough Council) adjust their timetables during the summer to take effect in September, and unfortunately they have decided that the pink No25 service that covers Sonning Common and Peppard has to be reduced. Apparently this is due to the service being under used, and to ensure reliability and assess their resources, the company have had to take action in these financially challenging times.

Mr Tony Pettit – interim CEO of Reading Buses – said "We have to be aware that in the current challenging financial climate the resource levels for each route are appropriate to the demand. Whilst some routes are in growth, we are seeing lower than expected usage on other services around the town. We have to try and match what resource we use with the demand whilst still delivering an attractive and usable service."

In reality this means that the service will continue to be half hourly at peak times – starting at 5.49am from the Unicorn till the 10.10am service, and from 3.06pm till the last bus at 8.28pm – and one hourly through the late morning and early

afternoon. A double decker will be used on some peak journeys as the bus also serves Chiltern Edge School in the morning and afternoon. However, on Saturdays the bus will be every hour only and on Sundays every two hours.

Timetable link - <https://passenger-line-assets.s3.eu-west-1.amazonaws.com/readingbuses/RB/25-timetable-20180903-8c4c2691.pdf>

A local teenager has started a petition to ask Reading Buses to change their mind on this. He is a student and uses the bus to go to shops and meet friends in Reading. As he has no car it will be taking away some of his independence, and is the same for many people in Sonning Common and Peppard. www.change.org/p/reading-buses-stop-crippling-caversham-cuts

He has over 700 signatures now and there are many comments on it relating to views around congestion, road safety and climate change. There is a worry that more people will just drive into Reading as the bus service will not match their needs. This will just make the roads even worse at peak times, and the parking even more difficult. ●



AUTUMN PRODUCTION OF TEECHERS BY JOHN GODBER

This funny but poignant piece by prolific playwright John Godber is about 3 school leavers whose only interest in school was kindled by their new drama teacher. As he prepares to leave the school for more comfortable pastures, the kids present him with a play devised by themselves, showing their appreciation of his encouragement and help. Originally all 15 parts were played by three actors. We have chipped the mould slightly and bring it to you with 7 of our finest.

In any event it promises to be a very funny evening. Tickets on sale £9 at Occasions. ●

ROSEMARY HOUSE

SPORT, RECREATION AND A PLACE TO PLAY

Saturday 8 September was the day for all residents to be consulted about the recreation ground to be developed in Sonning Common. Over 100 came to view the display and gave their views. Together with those who attended the Focus Group sessions in July, we have now had feedback from over 200 individuals of all ages. We are now finalising the groundworks plans. This is what you have told us you would like us to create space for:

OUTDOORS

- walk/run/parkour/cycle track around the perimeter for broad use whether on foot, small wheels, roller blades or mobility scooter; distance markers, orienteering
- an all-weather training pitch (possibly floodlit) or flat area for outdoor events (eg ice rink in winter, annual fete in summer etc) and recreational games with multi use; landing surface to minimise injury
- play areas for younger children making use of natural materials
- adventure play areas and activities for older children including zip wire, jumping pillow
- outdoor gym / fitness stations
- areas and equipment for recreational sports activity – frisbee, basketball, table tennis, multi-use games area, cricket nets, golf nets, football, tennis
- wild life conservation area, community garden, memory walks, picnic areas
- small lake / water feature / paddling pool / splash fountains

- Good lighting for safety and visibility, sensitive to local neighbours
- Access for dogs in restricted areas or on leads

BUILT FACILITIES

- new modern community building to accommodate a wide range activity from indoor sports/recreational activity to performance and events
- swimming pool – highly desired but running costs a concern
- athletics track – may require flatter land than we have available

The working group will consider these suggestions, together with the points raised about access on foot and road and car parking. The next step is to finalise our business feasibility study which will determine what we can fund and timescales.

Residents are welcome to e-mail editor@sonningcommonmagazine.org with further suggestions.

DIANA PEARMAN and PENNY SNOWDEN



LIBRARY NEWS

There's a lot going on in the library nowadays, from regular Rhymetimes (1st and 3rd Mondays of the month at 10am) and Storytimes (Saturdays 10am) for the youngsters, to Gadget Sessions (Thursday mornings – please book) and Scrabble Club (Friday mornings) for adults.

We hope to start another adult reading group based at the library on Wednesday mornings once a month – the first meeting will be on October?

Please let us know as soon as possible if you'd like to join!

If you can't get to the library for any reason, give us a call and we'll find a volunteer to either bring books to you, or help you get to the library.

There are lots of things you can do online via our website: research your family history, read current magazines, or download ebooks and e-audio books. Go to www.oxfordshire.gov.uk/libraries to investigate. ●

ROSEMARY DUNSTAN library manager
(Library phone: 0118 9722448)

HEALTH ACTIVITIES AROUND SONNING COMMON

Dr William Bird started the Health Walks in 1975 with the aim to improve people's fitness for both body and mind, by encouraging them to use their local countryside for walking. They remain very popular not only in Sonning Common but in many other counties in the UK.

My intention is to inform our community of the great choice of activities there is in Sonning Common and nearby. It is hoped this booklet might inspire the young and not so young to take up a new challenge, maybe as a family group or on your own, it is never too late to start. Research shows that exercise reduces the incidence of Dementia, Cancer, High Blood Pressure and Diabetes and helps to promote a healthy old age. Starting young increases the benefits and together with a healthy diet will help control obesity.

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10 October Guest speaker from Warminster - a display on Napoleonic POWs and The Life of Nelson.

24 October To be announced - please see our website.

14 November Tony & Rosa Lawrence our friendly Postcard and Stamp Dealers will be in attendance for our Postcard Evening

November 28 - to be announced - please see our website

Meetings are held the 2nd and 4th Wednesdays of the month at Bix Village Hall at 7.45 p.m. Visitors and new members are welcome. Further details can be obtained by phoning 01491 681739 or on our website: - www.henleyphilatelic.org.uk

SONNING COMMON HEALTH CENTRE

Wood Lane, Sonning Common, RG4 9SW
Tel: 0118 972 2188 (reception)
or 0118 972 2745 (apps line)

2018 FLU CLINICS

Monday 24th September	12:30 - 14:00	under 65s only
Wednesday 26th September	12:30 - 14:00	under 65s only
Wednesday 26th September (evening)	17:30 - 19:00	under 65s only
Monday 1st October	12:30 - 14:00	over 65s only
Wednesday 3rd October	12:30 - 14:00	over 65s only
Monday 8th October	12:30 - 14:00	over 65s only
Wednesday 10th October	12:30 - 14:00	over 65s only
Friday 12th October (evening)	17:30 - 19:00	ALL AGES
Wednesday 17th October	12:30 - 14:00	ALL AGES
Wednesday 17th October (evening)	17:30 - 19:00	ALL AGES
Monday 29th October	12:30 - 14:00	ALL AGES } includes
Wednesday 31st October	12:30 - 14:00	ALL AGES } children
Monday 5th November	12:30 - 14:00	ALL AGES } when vaccine
Wednesday 7th November	12:30 - 14:00	ALL AGES } available
Monday 12th November	12:30 - 14:00	ALL AGES
Wednesday 14th November	12:30 - 14:00	ALL AGES
Monday 19th November	12:30 - 14:00	ALL AGES
Wednesday 21st November	12:30 - 14:00	ALL AGES
Saturday 27th October	08:30 - 10:00	Adult and children
Sunday 11th November	08:30 - 10:00	Adult and children

Clinic dates and times may change due to demand
Please book an appointment with Reception.

This is eligible for a free flu vaccination if you fall into any of these categories:
Children aged 2 and 3 years; Over 65s; Pregnant women; Registered carers;
Core home residents; Aged 6 months to under 65 years and in a clinical risk group.
(if you are unsure of your eligibility, please ask your Nurse or GP)

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Thursday-Saturday
11-13 October
7.45 for 8 pm



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by John Godber



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Lunch with our Community First Responders

31st October!

Come and enjoy a jacket potato with choice of filling followed by fresh fruit, tea or coffee at Sonning Common Village Hall at 12.30pm. Our First Responders Chris and Sue will welcome you with a drink of fruit juice and the lunch will be followed by a talk and demonstration by them of the equipment they carry to emergency calls. The First Responders are trained volunteers and we aim to raise money to help them to continue this valuable service to our community.

Tickets £12 each are available from 20 September from 'Occasions', Wood Lane Sonning Common.
Further information from Sue Nickson 0118 972 4520

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HEALTH WALKS

October November

We always welcome new walkers and with such beautiful countryside around us, walking is a really pleasurable way of keeping fit and making new friends.

Our new programme of free daily walks begins on Monday October 1st, and if you've never been on a health walk, autumn is the ideal time of year to try one: not too hot, and hopefully not too wet! We aim to have 2 trained leaders (volunteers) on every walk, one to lead the way, and the other to bring up the rear to ensure no one gets lost.

The new timetable is available from the library, the Health Centre and the Herb Farm, or on the website at www.sonning-commonhealthwalks.co.uk/timetable.

Rosemary Dunstan

Snack & Chat Lunch

We are continuing our free Snack & Chat lunches in the parish hall on the third Tuesday of the month. Everyone is welcome to come for a bowl of soup, bread and cake to follow. Doors open at noon

There is no charge.

St Michael's Church hall
behind the church on the Peppard Road
next to the petrol station
16 October and 20 November 2018
12.30pm.

Sonning Common Primary School

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24th November
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REMINISCENCE OBJECTS APPEAL

APPEAL FOR OXFORDSHIRE MEMORIES AND OBJECTS FROM THE SECOND WORLD WAR TO THE 1970's



The Soldiers of Oxfordshire Museum (SOFO) in Woodstock is planning a new 1930-1970s Oxfordshire exhibition and is now appealing to the public for help filling new displays with local stories and mementos.

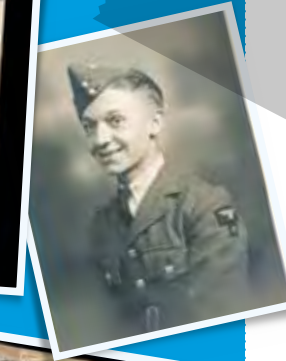
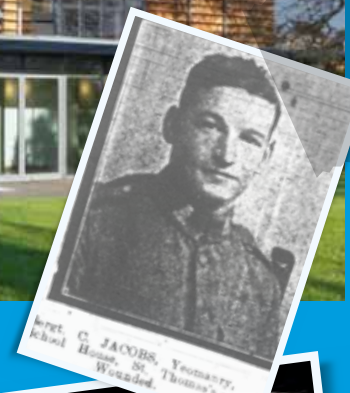
The new exhibit will link the home front and domestic experience more closely with the county's military history and tell the stories of the women and children living in close proximity to the various military bases and locations that feature so heavily in the area's history.

Examples of donations have been a child's necklace given to her by a POW and a set of letters from a man held prisoner in Stalag Luft camp who kept the letters he received that provide a fascinating insight into war time Oxfordshire.

Vicki Wood, SOFO's Education and Outreach Officer, says:

"We are looking to local people to help us find the stories and mementos for the displays and reminiscence boxes. Do you have small objects or photographs of domestic life in Oxfordshire from about 1930 to 1970? We're looking for ordinary items that are typical of each era - perhaps baby clothes, children's toys, empty tins and packets, and items from the home. Perhaps you have diaries, letters or memorabilia from family members who lived through the Home Front in the Second World War, post-war National Service or the Cold War?"

SOFO Museum would be delighted to hear from anyone who could help with this appeal by donating their own objects, photos and stories. Please contact SOFO at: oxfordshirehome@sofo.org.uk. Alternatively, stories and images can be uploaded to the SOFO website directly by going to: <http://www.sofo.org.uk/storiesofconflictcounty/>



THE BAYEUX TAPESTRY IN MOSAIC



The mosaic took its creator Michael A. Linton 33 years to complete after he started work on the piece in 1979. Made from 33 million individual pieces of spring steel, the mosaic now measures 64 metres long and weighs 350kg. This earned 1066: A Medieval Mosaic the title of the world's largest steel mosaic and a place in the Guinness Book of World Records.



The mosaic re-creates the entirety of the original Bayeux Tapestry, including the depiction of the Battle of Hastings, but also expands on it with additional historic scenes. In 2005 Michael added an 8 metre 'Finale Section' which depicts events leading up to the crowning of William the Conqueror on Christmas Day 1066.

In 2012, a further 22 metre section was added to cover the Battle of Fulford and the Battle of Stamford Bridge. These added scenes bring this re-



creation close to twice the length of the real Bayeux Tapestry.

To coincide with arrival of the mosaic, SOFO Museum will also hold a mini-exhibition of objects that tell the story of WW2 as the Bayeux tapestry does for the Norman Conquest. Visitors will be able to see these objects on display until February 2019.

1066: A Medieval Mosaic will be on display from 5th September 2018 to 1st February 2019, throughout the museum's regular opening hours and is included in the admission price.

SOFO Museum is open Tuesday – Friday 10am to 5pm, Saturdays 11am to 5pm, and Sundays 2pm to 5pm. Changes to regular opening times are always added to the museum website. ●

MATTERS OF MEMORY FRIDAY 13 JULY

"I learned about research and the different support groups available"

Sonning Common Health Centre Dr Sue Ronay and Patient Participation Group members Sue Litchfield and Rika Adams organised an open day about Dementia called 'Matters of Memory' on Friday 13 July at Sonning Common village hall. About 145 people attended.

The aim was to inform people about Dementia and Alzheimer's, to explain what help and care is available and who to contact if you or someone you know has the condition.

There were 8 speakers giving presentations and 23 organisations with stalls ranging from local provision; Sonning Common's Library, Day Lewis chemist and FISH to Oxfordshire organisations and from a distance, Kings College London. All provided masses of information, including several research studies that require more volunteers.

£230 was collected in a donation which has been split between FISH, Dementia

Oxfordshire and the Orders of St John Care Trust. Refreshments were enjoyed all day and Nottakwire, Notts Choir group, entertained the attendees over lunchtime. ●

DR ELLEN MADE THE FOLLOWING COMMENTS

"I stayed until the end which I had not planned to do"

"Congratulations Sue L, Rika and Sue R on organising such a fantastic day; I really enjoyed it...;

It was buzzing with people and so many relevant stalls with friendly and familiar faces, the side room talks were excellent and I learned a lot.

(You even managed to run on time with the talks; very impressive!)

Also the 'chefs' in the village had done a tremendous job again producing the quiches/ salads /cakes; great to see the volunteering spirit of Sonning Common come out like this again. Very well done to you all!"



HELP YOUR GP PRIOR TO AN APPOINTMENT

All GPs are very busy; their workload has increased 15% in last 5 years.

If you prepare a plan beforehand, it will make better use of GPs time and your time.

Before you make your appointment, consider seeing a pharmacist, they have a lot of experience, one of the nursing team, or a physiotherapist; a telephone consultation with a GP maybe adequate. The reception team will guide you in making the correct appointment. For instance they know the GPs specialities, which may help you to make the best choice.

The Minor Illness clinics at the surgery deals with many ailments see the Practice Brochure or advice on the SCHC website.

Help Your GP to make use of your appointment

Make a list of ailments or symptoms you

want to discuss; if more than one it could be better to book a double appointment. It is far better to have extra time than to come away frustrated and disappointed that you haven't had time to discuss something important to you and it is unsatisfactory for your GP as well.

Get to the point, prioritise your list, perhaps share the list with your GP at the beginning of the consultation, don't leave the most serious problem until last when time maybe running out. Think about your symptoms and how you will describe them to your GP, for example when did your symptoms start, have they changed over the time. Have you taken any Over the Counter (OTC) medication to alleviate the symptoms and has this helped. This information can help your GP diagnose your illness.

Think about what you will be expecting from your consultation, medication, a referral or, how worried you are about

having something serious and need some reassurance.

If you are at the surgery for a follow-up on test results, give a summary of why you are there as your GP is unlikely to have had time to look before your appointment.

Remember you can get your test results, make and cancel appointments, request repeat medication and view medical records online, go to the link <http://www.sonningcommonhealthcentre.co.uk/website/K84020/files/Patient%20Online%20Information%20Leaflet.doc> or ask at reception.

At the end of your appointment

Your GP may repeat the important points; ask if you need clarification. If there is a lot of important information, ask for written instructions to help. Only 10% of spoken information is remembered. ●

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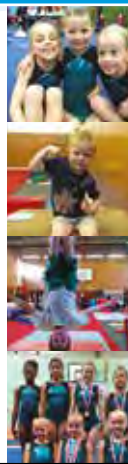
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FROM THE CRADLE TO THE GRAVE

THIS IS HOW WE EXPECT OUR NHS TO LOOK AFTER US

By **DIANA PEARMAN**

I have an MRI scan booked this week for a damaged leg and with the injection it will cost £500. The enormity and reality of the cost of this precious service, suddenly struck home. So, I decided I ought to investigate further.

Seventy years ago, the leaflet that announced the formation of the National Health service promised that "Everyone – rich or poor, man, woman or child- can use it or any part" With that pledge the NHS became in the words of its architect Nye Bevan, the "envy of the world". This was certainly the belief in 2012 when it featured so highly in the extravaganza that was the opening of the Olympics Games in the UK.

It is now facing the toughest challenges in its history, with an ageing population, increasing demand and ever more pressure on budgets. So, are these the causes of the problem?

Ageing

The ageing population is growing and living with conditions which they may have died of in previous years. It should be a good news story. The amount required to keep pace with these demands is about 3.3% which is 3.7 % less than the current total budget allocation..... So not unsustainably expensive.

Increasing demand

This reflects a greater willingness and ability of the NHS to treat sicker individuals for non-emergency surgery. An increase in the prevalence of diabetes and related conditions have led to a large rise in admissions for metabolic diagnosis;



infectious diseases have also increased especially septicaemia. Meanwhile a slower rate of growth has been seen in pregnancy and mental health treatments.

Pressure on budgets

Most formal care is delivered in hospitals with GPs as the 'gate keepers', who refer patients to the specialist. At the beginning of the NHS the focus was on 'fixing' people who were ill but now it is more about treating chronic, and sometimes multiple, conditions which require ongoing support and management.

Could there be more savings?

Some potentially big long-term benefits could come with care redesign but the change in demographics and a rise in the cost of medicines and pay, will require a change of gear in the amount of money going into the NHS in the long term.

Prevention

About 5% of the Health and Social care budget goes into Public Health but the cost of preventable illness, due to poor diet, drinking, smoking and physical

inactivity is much greater than that. But people's health is a combination of different factors – many to do with genetics and environment.

It would be wrong to blame people for the rising cost of health spending. An increase in the cost of technology and medicines, which improve the quality and productivity of care, are both very expensive and contribute significantly to the need for rising expenditure.

There is little evidence that costs of the NHS will decrease. Just as it is said that building new roads or car parks do not diminish the problem of traffic jams or unavailability of parking, the same applies to the NHS. Bevan recognised this dilemma in 1948 when he said

"We shall never have all we need. Expectations will always exceed capacity. The service must always be changing, growing and improving – it must always appear inadequate." ●

£150 BILLION

Overall spending on the NHS across the UK is about £150bn this year

7%

That accounts to more than 7% of national income

10%

Includes private spending and the social care sector. Health represents ten per cent of the entire UK economy

£125 BILLION

In England spending in the last year was around 125bn – or a little over £2,200 per person

In Wales it was £7.3bn or £2,300 per person

In Scotland it was £13.2bn or £2,500 per person

In Ireland it was £5bn Or £2,700 per person

0.6%

In 2016/17 the total budget rose by 0.6% in England. The rate of increase was lower than population growth so total healthcare spending per person in England actually fell.

£95 BILLION

£95bn - Despite the governments £20bn birthday present for the NHS, just to maintain current service levels spending will need to increase by £95bn over the next 15 years. That is an increase of 3.3% annually.

£437 MILLION

In 1948 the NHS budget was around £437m the equivalent today of £15bn today.

3.7%

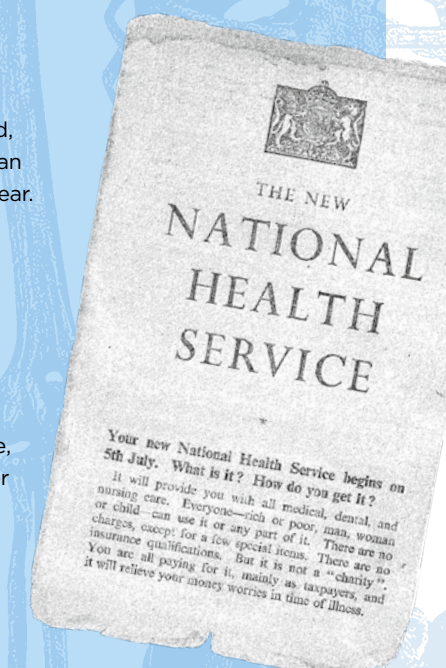
Since the NHS was founded, budgets have increased by an average of 3.7 per cent per year.

4%

to improve the current service, an increase of around four per cent may be needed.

54%

Investment in equipment has fallen by 54% in the last 5 years.



Church *news*



STRAWBERRY TEAS

A typical English summers morning when you couldn't tell whether it was raincoat or sundress weather blossomed into a pleasantly warm afternoon for the Strawberry Teas at Christ the King on 18 August.

Armed with crates of strawberries, gallons of cream, freshly ironed tablecloths and garden furniture, Sue and Fred Nickson and their team set about creating a tea shop at Christ the King church in Sonning Common.

Aiming to raise money for the Parish and the Home of Hope orphanage in Malawi, Africa, Sue had been planning the day for some months. So, fresh from their gypsy caravanning holiday in Wiltshire, it was all systems go.

In the kitchen Freda and her team created mouth watering cream teas with freshly

baked scones, strawberry jam and huge basins of whipped cream. Whether you subscribed to jam or cream first, all 90 scones disappeared. And in the strawberry corner: huge bowls of strawberries and cream, equally delicious.

There were outdoor and indoor games, including boules and hoopla proving to be as popular with adults as children, a big plant stall, cakes, books, games and bric a brac.

And, after all the hard preparatory work Rector James Stickings congratulated all organisers and participants for raising a pleasing £373.97. This will be divided into two thirds and a third respectively amongst Parish and The Malawi Orphan Fund.

ROSEMARY HOUSE



BENEFICE OFFICE OPENS OFFICIALLY

During a ceremonial cutting of the ribbon followed by a timely glass of champers and a lovely boozy cake, Rector James Stickings declared the new Benefice Office at Christ the King open on Sunday 19 August 2018.

The office has been in operation for several months and is a significant first, as it is used by all three churches in the Benefice: All Saints Peppard, St John the Baptist Kidmore End and Christ the King, Sonning Common. The opening came in the form of a blessing of the work undertaken there both in the past and for the future.

The combined congregations crowded into the coffee room to hear James thank all those who had been instrumental in

moving furniture, donating items for the office, organising the new all singing/all dancing reprographics machine and generally making the whole scheme a great collaborative success so far. In particular he thanked Adrienne Heriot who donated a lovely cross made of olive wood from Jerusalem. This, added James, is a reminder of why we (and the office) are there in the first place. He also thanked Jocelyn Lynch who has been central to the quiet, efficient running of much of the administrative business over this period.

Jokingly referring to Health and Safety and Risk Assessments, James then asked two youngsters to help him cut the ribbon, thus declaring it officially open. ●

ST MICHAEL'S CATHOLIC CHURCH

During the heatwave of July, a few weeks after some of the young people were Confirmed or made their First Holy Communion, we tried a new social event. A couple of parishioners organised a games afternoon in the parish hall. With the help of friends, they provided what seemed to be a hundred different board games to choose from. Not the usual Monopoly, Cluedo but a diverse range of unusual games aimed at 6 years upwards. About 30 people of all ages enjoyed 3 hours of fun with helpful advice from 'the experts.' No electronic devices were used! It was such a success we plan to run it again in the spring.

More recently we celebrated the feast of St Michael over the weekend of 21 to 23 September. This combined a number of social events with spiritual input from Fr Michael Miners, the parish priest of Watlington. His theme was Carmelite spirituality.

During November our thoughts turn to those who have died. As is our custom we will be visiting Kidmore

End cemetery to bless the graves of parishioners and also holding a service to pray for family members who have died.

To usher in Christmas a number events will be happening: a Christmas Pudding Evening, Flower Arranging Workshop and at 5pm, Sunday 9 December, the Pangbourne Silver Band will give their Christmas concert.

We are keen to maintain contact with Catholics who are housebound or are in care homes. If you are aware of a Catholic who would like Holy Communion brought to them please contact the parish office.

Everybody is welcome to join us for our daily Masses and social events. Check the weekly newsletter on our website to confirm dates and times. ●

Contact details:

phone 0118 972 3418,

email stmichaels.rc@hotmail.co.uk,

website

www.saintmichaelsonningcommon.org.uk

SPRINGWATER CHURCH NEWS

Since the deadline for the last Sonning Common Magazine there have been a lot of good things happening at Springwater

21 July the Ark (parent, toddler, and baby group) put on a Family Fun Day with face painting, bouncy castle, BBQ, cream teas, puppet show and various stalls, which adults and children alike seemed to thoroughly enjoy. The event also raised a considerable amount for charity, so thank you to all who came.

14 August The Steering Wheel Fellowship had a great evening at a classic car show on the village green in front of The Six Bells at Warborough. Many couples and individuals came and enjoyed the BBQ, the huge number of unusual, ordinary and exotic cars, beautifully prepared and in such wonderful surroundings.

31 August A barbecue was held at Springwater for local churches from Sonning Common, Peppard, Stoke Row, Rotherfield Greys, and any others in the locality, this was great fun and very well attended.

22 September The Commissioning Service was held for our Pastors, Kevin and Linsey Potter plus the leadership team, followed by a light tea.

29 September and 13 October A Contemplative Camera workshop is being run by a talented local photographer/artist.

If you would like to be kept up to date in advance of events taking place do please call the church office on: 0118 972 4519 and ask to be emailed our regular Church Newsletter or come along at 10.30am on a Sunday, to one of our welcoming and relaxed services. Coffee/tea, biscuits and a chat are always available afterwards.

Finally, we all have ups and downs in life but whatever your current circumstances, you are entitled to God's love. It is not something you have to earn. ●

Chris Girdler

JACKIE'S CRAFT COLUMN

SPOOKY SPIDERS WEB

Hang these webs around your home and garden to create a spooky atmosphere for Halloween.

What you'll need:

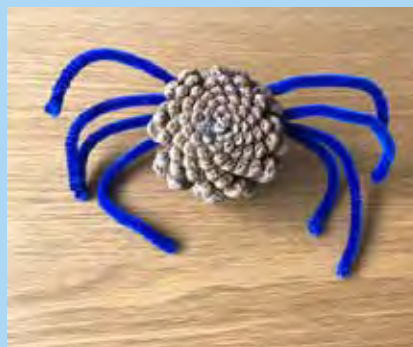
- Paper plate
- Scissors
- Hole punch
- String/wool
- Pine cones
- Pipe cleaners
- Wobbly eyes
- PVA glue and brush



- 1) With the help of an adult, cut out the centre of the paper plate. Throw the centre circle away.
- 2) Using the hole punch create holes around the ring that is left – the more holes the more intricate your web will be.



- 3) Tie a length of string/wool through one of the hole then weave the string through the holes. There doesn't have to be any order to this, keep weaving until you are happy with your web design. The end of the string can be kept loose to hang your web at the end.



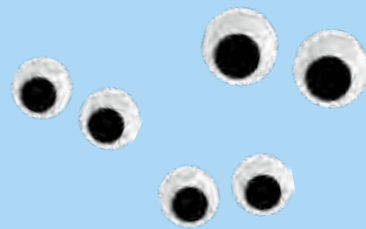
- 4) Now to make the spider. Wrap 4 pipe cleaners around the spikes of the pine cone to create 8 legs for your spider.



- 5) Next glue the eyes onto the end of the pine cone – remember that most spiders have 8 eyes!



- 6) Finally tie a piece of string around the middle of the pine cone and hang from the web. Now you can display your creation in your house or garden to scare any trick or treaters!



Parish news

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GALLAGHER APPEAL DECISION – WE WON

There was a huge collective sigh of relief in Sonning Common in mid-July when the news came through that we had beaten off the attempt by the development company Gallagher Homes to trample all over our Neighbourhood Plan by building 95 homes off Kennylands Rd. Just to remind people, the NP allocated 26 homes in an infill strip along the road – the SON 6 site – and Gallagher wanted to cover the whole field with houses.

At the planning inquiry in April, we and South Oxfordshire District Council argued that the Gallagher plan would wreck a lovely piece of countryside – and, more important, make the Neighbourhood Plan overwhelmingly

approved by the village worthless.

In essence the Inspector backed us and SODC all the way. He found that the NP had allocated the houses the village was required to provide and more; that those houses were being delivered on schedule; and that the assertion by Gallagher that their homes were needed because the Neighbourhood Plan wasn't working properly was totally unfounded.

It was a sweet triumph for local democracy and decision-making, which left a predatory development company and its representatives with egg on their faces, and a very large bill. It cost us – Sonning Common parish council – plenty as well, although thanks to

the superb crowdfunding campaign organised by David Winchester, the financial impact was minimised.

As organiser of the appeal, I would like to thank David for his efforts, and all those who contributed towards making our very strong case. I would also congratulate SODC's appeals officer, Tracy Smith, for her first-rate performance, and all those who backed her up. And I'd also like to say well done to the inspector, for his sane and sensible judgment.

No one is foolish enough to believe that the campaign against opportunistic and ill-conceived development has been won. But this was a great and significant victory. ●

BASKERVILLE ROAD PARK RECEIVES A MAKE-OVER

In mid-July Baskerville Road park was treated to a mini make-over with thanks due to the funding from the Tarmac Landfill Communities Fund.

The existing grassed surface of the play area was showing signs of wear and tear. In some places the grass had worn away from the top of the grass tiles/mats and in other places the mats had lifted. The play area surface was generally uneven in places and needed levelling as well as replacing.

The parish council applied to the Tarmac Landfill Communities Fund and were thrilled to receive £21,771 to carry out the project.

Tiger Mulch rubberised surface was chosen by the parish council for its durability and safety rating. Star Rubber Environmental Ltd completed the works, their crew having worked extremely hard in the blistering heat for over a week, in order to have the works finished before school holidays started.

Once the work was completed Rob Smith reinstalled missing swings and Mark Weston cleaned the inevitable dust from play equipment, ready for the park to reopen.

The park has been very busy over the summer holidays. We hope that the improved surface in the play area will mean that the high use will continue

over the autumn.

We are extremely grateful to have dedicated volunteers who secure the park at dusk and unlock the park in the morning. If anyone else is able to help with this, please contact the parish office on 0118 972 3616. ●



Sonning Common Parish Council
Parish Office, Village Hall, Wood Lane, Sonning Common RG4 9SL
T: 0118 972 3616

E: clerk@sonningcommonparishcouncil.org.uk (Philip Collings)
deputyclerk@sonningcommonparishcouncil.org.uk (Ros Varnes)

W: www.sonningcommonparishcouncil.org.uk

Reminder to all readers to use the Parish website for information

The Edge

HIYA! 😊

It's me Olivia again. I've always liked looking at the stars but did you know sometimes they can tell you quite a lot about yourself? These are called your zodiac signs also known as your star sign, based on the month you were born, your sign can reveal a good deal about you and your personality. So, without further ado, I present to you your star sign and what it means!



AQUARIUS, THE WATER BEARER JANUARY 20 - FEBRUARY 18

If you were born within these dates, you probably love to help people and you are most likely highly intellectual and love to spend time with friends. However, you dislike dull situations and being limited when it comes to opportunities.

Most compatible with: Leo, Sagittarius

PISCES, THE FISH FEBRUARY 19 - MARCH 20

As a water sign, pisces are very emotional and sensitive. You are gentle, compassionate, wise and artistic. You are extremely generous although you take everything too much to heart. Try to see criticism positively.

Most compatible with: Virgo, Taurus

ARIES, THE RAM MARCH 21 - APRIL 19

Aries, like the ram are very confident and determined. You're innately courageous and daring. By nature, you're very impulsive so you tend to take action before thinking first. Aries is the most active sign which makes you very competitive.

Most compatible with: Libra, Leo

TAURUS, THE BULL APRIL 20 - MAY 20

As an earth sign, you are very down to earth and reliable. You tend to be very patient and responsible, especially with younger children. However you can tend to be over-protective and materialistic

Most compatible with: Cancer, Scorpio

GEMINI, THE TWINS MAY 21 - JUNE 20

Geminis can sometimes be the most affectionate sign but by being twins, your weakness is your indecisiveness. You're very curious and eccentric but that does mean you dislike any routine. You're expressive and quick-witted with a very open mind.

Most compatible with: Leo, Sagittarius

CANCER, THE CRAB JUNE 21 - JULY 22

My dear cancers, you are all very emotional signs. You're sentimental and you're prone to get very attached to people. On top of that you are one of the most imaginative signs. Cancers are the best liars of all the signs and can be very manipulative.

Most compatible with: Scorpio, Capricorn

LEO, THE LION JULY 23 - AUGUST 22

Like lions, Leo's are very dramatic, dominant and more so than any sign, confident. You love the spotlight and to have all the attention. This isn't a bad thing but when the spotlight isn't on you, Leo's can get very jealous and somewhat arrogant.

Most compatible with: Aquarius, Gemini

VIRGO, THE MAIDEN AUGUST 23 - SEPTEMBER 22

Virgos are very driven and analytical. Remember to let down your hair a little as you can tend to do all work and no play as you are naturally very hardworking. Just learn to relax and stop criticising yourself and others. You pay attention to very small details, making sure everything is exact.

Most compatible with: Pisces, Cancer

LIBRA, THE SCALES SEPTEMBER 23 - OCTOBER 22

Libras love to spend time with friends and family. You love to live in harmony and you tend to enjoy the outdoors more so than any other sign. You're always willing to learn. You dislike injustice and try to be as fair as possible to avoid violence.

Most compatible with: Aries, Sagittarius

SCORPIO, THE SCORPION OCTOBER 23 - NOVEMBER 21

Scorpios are the bravest and most assertive sign. Very little fears you however you can be cruel at times, especially when you know someone is lying. You are very trusting yet you rarely open up and remain somewhat a mystery to others.

Most compatible with: Cancer, Taurus

SAGITTARIUS, THE ARCHER NOVEMBER 22 - DECEMBER 21

You are very generous with a fantastic sense of humour you love to travel and be free which makes you dislike clingy people and commitment. You incline to always speak your mind and you can be very impatient, you tend to not listen to details.

Most compatible with: Gemini, Aries

CAPRICORN, THE GOAT DECEMBER 22 - JANUARY 19

And lastly, my capricorns. You all are very responsible with good self-control. You like to spend time with your family and you adore family traditions. Although you can come across as a know it all and you find it hard to forgive people.

Most compatible with: Taurus, Cancer

A DAY IN THE LIFE OF A WITNESS SERVICE VOLUNTEER



I have now been working in Reading Crown Court as a Witness Service volunteer for over ten years. It all started when I read and replied to an advert requesting support for victims or witnesses of crime with training given. It proved to be a very thorough training and I had a probationary period with a patient but necessary mentor to help me learn to navigate the vast and intimidating building that houses six Crown Courts in Reading. It proved to be a challenging but rewarding job where no two days are the same and I meet an assortment of interesting and colourful people. They all have one thing in common if it is their first visit to court ... they are usually very nervous and often stressed, frightened people. A lot has changed over time but the basic service remains the same: we support people to give the best evidence they can when they are often at their most vulnerable. The service has about twenty-five volunteers and most of us commit to one day a week.

Each day starts with a briefing from our team leader and we are given a list of the trials taking place. This is followed by a visit to the Crown Prosecution Service to find out what witnesses are expected and if any have special measures or needs. Our witnesses range in ages from seven to 75+ and, depending on the cases, we can place them in our main waiting room or in a special family room. When witnesses arrive, we meet and greet them and offer tea, coffee and biscuits and explain that the waiting time is usually quite long and we will keep them fully informed about how things are progressing. Sometimes we will have met the witness at a pre-trial visit and it can, usually, help a lot to see a familiar face and someone who is already aware of any health issues or learning difficulties.

Most witnesses and victims will be given statements to read and that is the beginning of the journey they make reliving some of the often harrowing things that they have experienced or witnessed. It can be a very daunting prospect to face detailed questioning from prosecution and defence and we stay with them throughout this experience. Some witnesses are awarded special measures if they are particularly vulnerable or /and young. Anyone under the age of sixteen is able to give evidence via a live link so they do not have to go into the courtroom and a witness service volunteer will sit with them throughout ensuring they get breaks if necessary and providing water

and a calming presence. The Witness service now works under the umbrella of citizens advice so while we go through the procedure of what will happen in court we can also make referrals to other services that might give support.

Some trials are by nature very shocking and emotionally traumatic for all family members whether witnesses or not. In those instances, the Witness Service endeavours to provide a place where personal privacy is respected and families can support each other appropriately. During trials volunteers engage with a vast assortment of people including barristers, police officers, social workers, intermediaries and translators. We try to remember that Police Officers also find the process very taxing especially the first time of being in court so just being given a cup of tea can really help! As well as providing information and support the Witness Service can provide things to help with stress. Stress balls are readily available and a recent innovation are our Trauma Teddies for the younger witness. We have recently received some of these made by the knitters of Sonning Common WI. They are colourful, beautifully made and might be the only pleasant thing for someone during a tough day. I recently gave one to a young girl of 14. I thought she might be a bit old for one but the way her face lit up said not. She named it to take home and it certainly made her day far less bleak. So, a big thank you to Sonning Common WI knitters.

This is just a flavour of what we do but if anyone out there feels the need to contribute some of their time I can thoroughly recommend this as something different and worthwhile. ●

JOAN GRUMMANT

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ENVIRONMENTAL WAR

I like feeding the birds. From my habitual chair in the kitchen I have a great view of my feeder, a pole with three hooks holding fat balls, peanuts and seed. When I erected it earlier this year, however, I encountered two major problems, one, pigeons, who could empty a whole feeder at a sitting and two, squirrels, who also destroyed the holders so that the food scattered on the grass and could be consumed at their leisure. I finally confounded the pigeons by extending the lower hook out of their reach (there was a ring intended for a water bowl which gave them a satisfactory perch) but the squirrels proved more intractable. The pole proved no obstacle, they climbed it with ease. I have seen a face book video in which a lady greased the pole and watched as the squirrels slid down but I am sure they would have eventually learned to scrape the grease off. I tried the method of placing an upturned plastic flowerpot on the pole but after some thought they climbed onto a piece of statuesque driftwood I use as an ornament and reached the top of the pot with a flying leap. I moved the feeder away - and then again as their athleticism

proved extraordinary. Eventually the distance was beyond them. After some consultation they chewed away the knot of polypropylene rope on which the flower pot rested, but craftily I replaced it with a piece of chain. This worked for approximately two months while they slowly gnawed the flowerpot until they succeeded in establishing a practicable route. I then tried a terra cotta flowerpot without much hope as I was convinced they would find it steady enough to act as a climbing platform - but no, I seem to have won (for a period) and I am treated to the picture of them sitting below contemplating. I am sure when I return from holiday they will either have persuaded the pigeons to fly them up or constructed a siege engine but for the moment I can enjoy the fledgling coal tit family, the spotted woodpecker, and the many others who come to gorge at my expense. Not that my opponents starve, the little birds are such messy feeders they knock down two seeds for every one they eat and I have added a large rook, who comes for the broken meats, to my aviary. ●

PS. My set up may have defended successfully against squirrels but it failed miserably against marauding grandchildren on bicycles who managed to smash my flowerpot so I returned from holiday to empty feeders and a chewed through peanut holder, the squirrels having had a field day. Is there a vendetta do you think? This could become expensive in flowerpots (and peanuts!)

Peter Dayton



THESE WERE THE DAYS

In my younger days the early 1940's it was the done thing to go to Sunday school in the afternoon. This was held at the free church (bottom of Grove Road) by Major Hunt, his wife and daughter. We used to meet at the major's home then walk down to the church. Did you go there when I did?

I lived at 54 Woodlands Road for 12 years (early war years). Dad was doing his bit in North Africa and Italy. In those days Mum had much of her shopping delivered. Our delivery men were marvellous, Grocer Morgan from Grove Road, Baker Ted Kew from Peppard, Milkman Maurice Kew from Sonning common and Butcher Jennings from Caversham. An ice cream man came weekly on his 3 - wheeled bike and was very welcome.

Another welcome visitor we had was the Fish and Chip van which also came weekly and was, I think, Shinfield fisheries.

In my early teen years Sunday night, once a month was Big Band night at the Palace theatre, Reading (sadly no longer there). I used to go with Rob Beeton and Lee Taylor. We travelled on the Big Red Thames Valley bus and came back the same way, avoiding the 'Teddy Boys'. Among the bands we listened to included Johnny Dankworth, Ronnie Scott, Eric Delaney and Ted Heath. They were the 'Good Old Days'.

Again, in my early youth I joined All Saints Peppard Church Choir until my voice broke. Those others I remember in the choir were Peter and John Lambourne, Ken Peedell in the boys,

Jack Bowles, two Charlies and Cyril in the men's, Ella Butler, Miss Brown and Mrs Price in the ladies. Our choir master and organist was Bert Busby. If I remember rightly the organ had to be pumped to keep it playing. It was later replaced by a more modern one, no more pumping involved.

Finally ...

Thanks to Roy Newall for writing about the SC Fire Brigade. I did not remember them but I did recall the Home Guard, my Dad being a member. I think Albert Peachy was Sergeant at the time. I also recall (not the bodgers) but the tent peg makers in Old Copse during the war years. I could take you to their pits, I think, we used to visit them regularly. ●

Cliff Pryke



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TOM FORT HAVING FUN

To my mind nothing illustrates the chasm dividing people of my generation from the young than the matter of festivals.

Last summer we – myself, wife, two teenage daughters – went to the Port Eliot Festival, which combines music, literature, crafts, food and a lot else on a grand estate near St Germans in Cornwall. As I was booked to speak on the literary side we got a “boutique tent” on the campsite, free (which is why we went).

Port Eliot in the sunshine is, I was assured, a fun affair. In the incessant rain that accompanied our visit it was close to a nightmare. During my talk the downpour made such a racket on the roof of the tent that I could hardly hear myself speak. The mud was up to our

shins. Everything was wet through. The “music” ended at 3am, and the first baby on the campsite struck up a lusty cry at 5am, allowing little time for sleep.

It was hell – my first and last festival.

Last weekend, as I write this, was the Reading Festival, and our 16-year-old daughter was there with her friends. It rained two out of three days. They shivered in their tent at night. The food was terrible, the latrines worse. She came back looking like a zombie or a refugee from a war zone, and has been asleep pretty much ever since.

But she had the best time ever, she said. Now I concede that I and her mother were present at Port Eliot and absent at Reading, which may have had something to do with it. But even so, how could anyone actually enjoy three days of filth,



squalor, sleep deprivation, no proper food and being crushed together with thousands of other similarly mud-encrusted lost souls.

It's the music, they say. Ah, the music! Don't get me started on the music....

My analysis: they are all suffering from a form of delusional insanity. Fortunately, it is only temporary. ●

COOK'S CORNER

By SANDY ONOFRIO

CHEWY OAT & CHOC CHIP COOKIES – MAKES 20

225g butter, softened
220g light brown soft sugar
100g caster sugar
2 eggs
2 teaspoons vanilla extract
155g plain flour
1/2 teaspoon bicarbonate of soda
1 teaspoon salt
250g porridge oats
110g dried fruit (raisins/sultanas etc)
170g chocolate chips



Preheat oven to 170/Gas 3. Cream together the butter and sugars and beat in one egg at a time, stir in vanilla. Combine the flour, bicarbonate and salt and stir into creamed mixture. Mix in oats, dried fruit & choc chips. Drop by spoonful onto ungreased baking trays. Bake for 12 minutes, allow to cool for 5 mins on tray and then transfer to a cooling rack. ●

ITALIAN VANILLA BISCUITS – MAKES 18

115g unsalted butter, softened
100g caster sugar
3 eggs
2 teaspoons vanilla extra
375g plain flour
3 teaspoons baking powder



Preheat oven to 180 C / Gas 4. Grease baking trays.

In a large bowl, cream together the butter and sugar until smooth. Mix in the egg and vanilla. Combine the flour and baking powder; stir into the creamed mixture until blended.

Divide dough into walnut sized portions. Roll each piece into a rope and then shape into a loop. Place biscuits 5cm apart on the prepared baking trays.

Bake for 8 to 10 minutes in the preheated oven, until firm and golden at the edges. ●

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NEW GRANTS TO HELP VOLUNTARY GROUPS

The council has launched a pilot grants scheme to give voluntary groups the chance to apply for grants to support them to recruit volunteers.

Community groups have told us that one of the biggest obstacles they face when trying to attract volunteers is finding money to meet training, transport and insurances costs, so we've set aside £25,000 to provide financial support.

Small voluntary groups can apply for a grant of between £250 and £750 to help cover costs.

COUNCILLOR GRANTS UP FOR GRABS

Each of our 36 district councillors has £5,000 to award to good causes that benefit their local communities.

A total of £180,000 is available from our councillor grants scheme.

Last year, councillors gave just over £154,000 to 105 different community organisations to projects throughout the district for building improvements, updating playground equipment, wildlife and environmental projects, sports equipment and special events and celebrations.

This year's grants scheme is open until 17 December. To find out how to apply, see our www.southoxon.gov.uk/grants

CONTINUING WORK ON OUR LOCAL PLAN

We're continuing to review the available sites for major housing development in South Oxfordshire as part of ongoing work to finalise our Local Plan.

We've recently agreed a timetable setting out how the Plan will move forward and are expecting councillors to make a decision on sites, following completion of assessment work,

in December.

We'll then publish the plan and you'll have a chance to comment on its technical 'soundness' in early 2019. All of your comments will be passed on, along with all the thousands of other comments already received, to the independent inspector appointed to examine it.

At this time, we're expecting to submit the plan for examination in March. This means that we will meet a deadline agreed with the government and the Oxfordshire's other councils to bring extra money to support housing growth and infrastructure, such as roads, in the county.

Find out more about the review and see our website for further details about the Local Plan. See the Oxfordshire Growth Board website for information about the Housing and Growth Deal.

www.oxfordshiregrowthboard.org



PARKING TICKETS

There can be few experiences as disheartening and utterly deflating as floating back to your car after some marvellously therapeutic shopping trip, laden with parcels and shopping bags, to find a black and yellow parking notification attached to your windscreen, like some enormous striped stinging hornet - and certainly having a stinging effect on your feelings too.



It could spoil anyone's day - but don't let it! Don't panic, don't curse and don't waste any time before getting to grips with the problem.

The Citizens Advice website has a useful section which you should consult: <https://www.citizensadvice.org.uk/law-and-courts/parking-tickets/>

If you think the ticket was justified (and let's face it, some of them are), one option is to pay the fine right away, thus getting a substantial discount:

- 50% if you pay a Penalty Charge Notice or Excess Charge Notice within 14 days
- 40-60% if you pay a Parking Charge Notice within 14 days

If you think that you were parked correctly and within the rules, or there were mitigating circumstances, you can try an appeal (but don't pay a ticket issued by a parking company that isn't a member of

the Accredited Trade Association - they can't force you to pay or take you to court).

If you appeal, you should explain that you didn't break any rules, and, if possible, send evidence to prove it.

Citizens Advice is frequently consulted about parking tickets. If you get one and aren't sure how to proceed, it's comforting to know that there are sympathetic people you can talk to.

For more help, contact Citizens Advice on Adviceline 03 444 111444 or drop in to your nearest Citizens Advice. For locations and opening hours see www.citizensadvice.org.uk/local/oxfordshire-south-vale

citizens advice

BOOKREVIEW

LOCAL AUTHOR BRAVELY TACKLES A CHALLENGING SUBJECT IN HIS FIRST BOOK

A Quiet Genocide from new author Glenn Bryant is a quiet book. Right up until it punches you in the gut. It's historical fiction with a topic I've never seen broached. And I've read WW2 stories for decades now.

It opens in post-WW2 Munich with the Diederichs. They're a small family—just young parents and their school aged son. Catharina is a housewife, and Gerhard is a businessman. Young Jozef is a typical boy. But Gerhard drinks too much, Catharina is dissatisfied with life, and Jozef is mischievous. And Gerhard has a friend, Michael, who's uncomfortably menacing.

The book then jumps forward to Josef's first year at university, when

things start to unravel. Catharina is more restless. Gerhard is less discreet. And Jozef begins to question his own reality.

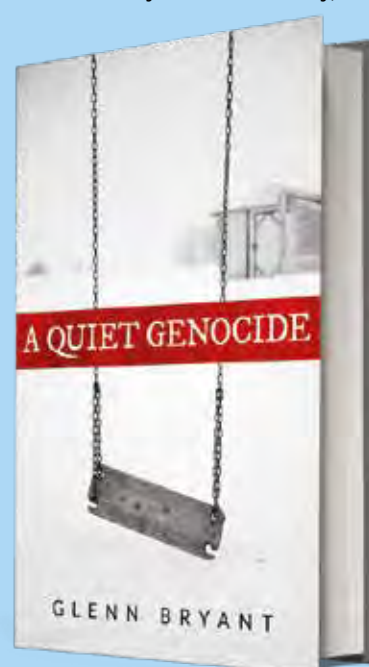
Since the book's subtitle is The Untold Holocaust of Disabled Children in WW2 Germany, I anticipated grisly details. When Bryant delivers, it's more of an intense emotional hit than a gruesome one. But it still hurts. Especially given the kinds of things happening in the 2018 United States.

Bryant writes like an author with many more books to his credit. A Quiet Genocide is absorbing. Its truth-telling is subtle and unfurls like a big black umbrella on a rainy day. The book has a darkness to it from the start. Then that umbrella opens and the true storm begins.

Bryant learned of this specific genocide while studying modern history at university. Stunned that it's not taught more often, he determined to make people more aware. Using fiction as a tool makes the story more palpable. There were tens of thousands of families like the Diederichs. Their story deserves to be told. I'm also intrigued to know about Amsterdam Publishers, a small house that specializes in Holocaust Memoirs and WW2 historical fiction. Their catalogue looks like something to work my way through.

I hope you'll give this book a try. It's well worth your time! ●

Reviewed by **Barbara Searles**



ABOUT THE AUTHOR

A debut novel by a Kingwood author tells the story of the Holocaust of disabled children in Germany in the Second World War.

A Quiet Genocide was released in ebook and paperback last month by Amsterdam Publishers, which is passionate about Holocaust survivors sharing their stories with future generations. Its author is Glenn Bryant, 42, whose wife Juliet has a spinal cord injury after a car accident and is paralysed from the waist down.

A Quiet Genocide is based on the experience of between an estimated 5,000 - 25,000 disabled children, who were killed by the state in Germany from 1939-45 because they did not fit the National Socialist mould for a master race.

"I was appalled and wanted to find out as much as I could," said Glenn. "A Quiet Genocide is the final result."

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DIARY DATES

OCTOBER 2018

Monday 1

New Health Walks daily walks timetable

Wednesday 3 10.30am - 12noon

Village Coffee Morning hosted by Sonning Common WI. Open to all. Village Hall

Friday 5 7 for 7.30pm

Autumn Celebration supper tickets from Occasions. Village Hall

Monday 8 2.30pm

FISH - Tea party. Village Hall

Tuesday 9 7.30pm

Chiltern Edge Horicultural Society - "Herbs For the Garden and the Vase All Year Round" by Claire Brown. Peppard War Memorial Hall

Wednesday 10 7.45pm

Henley & District Philatelic Society - Guest speaker from Warminster, a display on Napoleonic POWs and The Life of Nelson. Bix Village Hall

Thursday 11 19.45pm

Chiltern Players present "Teechers" a play by John Godber. Peppard War Memorial Hall

Friday 12 19.45pm

Chiltern Players present "Teechers" a play by John Godber. Peppard War Memorial Hall

Saturday 13 19.45pm

Chiltern Players present "Teechers" a play by John Godber. Peppard War Memorial Hall

Monday 15 8pm

Sonning Common Parish Council. Village Hall

Tuesday 16 12.30pm

Snack and chat lunch. St Michael's Church Hall

Thursday 18 1.30am

FISH - Pub lunch

Thursday 18

Sonning Common Women's Institute - "Tears of a Dragon (Shop Pearly for Christmas!)" a talk by Frances Benton

Thursday 25

FISH - Henley Farmers' Market

Wednesday 31 12.30pm

Community First Responders lunch. Village Hall

NOVEMBER 2018

Wednesday 7 10.30am - 12noon

Village Coffee Morning hosted by Sonning Common WI. Open to all. Village Hall

Monday 12 2.30pm

FISH - Tea party. Village Hall

Tuesday 13 7.30pm

Chiltern Edge Horicultural Society - "Pruning Trees & Shrubs" by Chris Bird Peppard Memorial Hall

Wednesday 14 7.45pm

Henley & District Philatelic Society - Postcard Evening with Tony & Rosa Lawrence, postcard and stamp dealers. Bix Village Hall

Thursday 15 11.30am

FISH - Pub lunch

Thursday 15 7.30pm

Sonning Common Women's Institute - "Up in the Clouds - with some fluffy bits!" a talk by Alan Brewer. Village Hall

Monday 19 8pm

Sonning Common Parish Council. Village Hall

Tuesday 20 12.30pm

Snack and chat lunch. St Michael's Church Hall

Thursday 22

FISH - Henley Farmers' Market

Saturday 24 12-3pm

SCPS Christmas Fair. Sonning Common Primary School

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Beville Estate Agents	2	Paul's Painting, Decorating and more	26
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Caversham Aerial Services	2	Sonning Common Beauty	35
Compass Water Softeners	12	Sonning Common Garage	30
Computer Repairs	29	Sonning Common Pet Care	12
Curtains, Blinds, Pelmetts,	12	Sonning Common Pre-School	2
Davis Tate Estate Agency	8	Spruce Property Maintenance Service	16
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Ell's Decor	9	T C Fuller Plumbing & Heating	35
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G B Transport (Removals)	29	Time 4 Pilates	9
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Graham Blake Soft Furnishings	16	TV Aerial Services	29
Heights Tree Care	16	Wee-Cot Seating	26
Henley Antiques	26	Wood Lane Dentistry	2
Henley Glazing & Window Centre Ltd	35	Wheeler's Electrical Contractors	30
Influential Computers	16	Zero Dry Time (Dry Carpet Cleaning)	29
Jefferies Accountancy Services	29		
Kennylands Gymnastics	16		
Kidbys Sheds	9		
Laurence Hansen	12		

The FISH Volunteer Centre runs regular door-to-door shopping trips to Tesco in Henley every Monday morning and to Henley Waitrose, Henley Farmers Market, Morrisons in Reading and Reading Town Centre every month.

The programme of shopping and leisure trips for each month is published and distributed on 20th of the preceding month and bookings are taken from that date. Copies of the programme are available from the FISH Volunteer Centre, Sonning Common Library, the Christian Community Action shop, Pet Country Supplies and on request from Carson's Chemist. The monthly programme of trips is posted on noticeboards in both Peppard and Sonning Common and is also sent to individual email addresses. If you would like to receive a regular monthly copy, please email busmanager@fishvolunteercentre.co.uk with the message 'bus programme please' and your name.

Details of all minibus trips can also be found on the FISH website www.fishvolunteercentre.co.uk

For more information and to book any trip call 0118 972 3986 any weekday between 09.30 and 11.30 a.m. •

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