

Tidmarsh with Sulham Parish Magazine



AUTUMN 2023



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Welcome to the Autumn issue of the Tidmarsh with Sulham magazine! I write this on what may be the last day of this incredible indian summer, that has gone some way to make up for July's washout. In this edition, we bring you updates on summer activities that were held locally, including the recent Sulham v Tidmarsh Cricket match which has been reinstated after a few years' lull. There is an expanded section on local history as well as regular features including Karen Elliott's journey into beekeeping, delicious seasonal recipes for you to try and more puzzles to crack. Finally, I'd like to draw your attention to two upcoming events in October, highlighted below: the ever popular Village Quiz and a new event – a 1950s Tea party. Do come along and get involved!

Thanks to Charlie Woodward for the front cover of the Sulham dovecote at dusk.

As always, please keep your ideas and contributions for new content coming!

Wishing you all good health and a fruitful autumn.

Lucy Clow
Editor

editortsmag@gmail.com
Tel: 07500 937 607

DATES FOR YOUR DIARY

DATE	EVENT	TIME
1 October	Holy Communion – St Laurence Church, Tidmarsh	11.15am
6 October	Village Walk – Meet at Village Hall	9.30am
	Coffee Morning – Village Hall	11.00am
15 October	Family Worship – St Nicholas Church, Sulham	11.15am
21 October	Quiz Night – Tidmarsh Village Hall	7.45pm
29 October	1950's Afternoon Tea Party – Tidmarsh Village Hall	3pm
3 November	Village Walk – Meet at Village Hall	9.30am
	Coffee Morning – Village Hall	11.00am
5 November	Holy Communion – St Laurence Church, Tidmarsh	11.15am
19 November	Family Worship – St Nicholas Church, Sulham	11.15am
1 December	Village Walk – Meet at Village Hall	9.30am
	Coffee Morning – Village Hall	11.00am
3 December	Holy Communion – St Laurence Church, Tidmarsh	11.15am
10 December	All Together Worship – St Laurence Church, Tidmarsh	10.00am
	Patronal Carol Service – St Nicholas Church, Sulham	4pm
17 December	Family Crib Service – St Nicholas Church, Sulham	11.15am
24 December	Christingle – St Laurence Church, Tidmarsh	3pm
	Midnight Mass – St Laurence Church, Tidmarsh	11pm
25 December	Family Worship – St Nicholas Church, Sulham	10.00am

ST NICHOLAS CHURCH

Thank you to everyone who supported the Open Garden at Walnut Tree Cottage in Sulham on July 9th. The event raised a fantastic £1,606! This amount has kindly been donated by the garden owners Rosemary and Richard Thomas to help support the running and repair costs at St Nicholas Church in Sulham (PTS churches).

Sadly, there has been further water ingress through the roof of the church and wall decoration has been damaged. We are continuing to try to raise funds for repairs, and welcome all ideas and donations.

Is there anyone who would like to help with keeping our poor little church in Sulham looking beautiful? We need volunteers to help with flowers, cleaning and churchyard maintenance. If you would like to help, please contact the church office (or either of the Gills).email: **office.ptschurches@gmail.com**

Family services are at 11.15 on the 3rd Sunday of each month, lasting approx' 45 minutes.
Hot drinks and cakes are served after the service.
All ages welcome.

WEDDING BELLS!

Congratulations to Celia & Andrew Cave, who tied the knot at St Nicholas, Sulham on 17th June.



WALNUT TREE COTTAGE OPEN GARDEN

On July 9th Rosemary and Richard Thomas opened their very beautiful garden at Walnut Tree Cottage to the public, to raise funds for urgent repair work needed at St Nicholas church in Sulham.

Visitors came and enjoyed an afternoon looking round the 1.5-acre garden that includes an arboretum, riverside planting, wildlife and pond gardens, all with a wide variety of interesting and beautiful plant species. Richard and Rosemary were present to answer horticultural questions. Visitors were also able to relax in the sunshine and enjoy tea and cake and cool glasses of summer Pimms on the lawns.

Many, many thanks to all the visitors, volunteer helpers, cake bakers, raffle prize givers, and most of all to Richard and Rosemary who have worked hard to develop the garden over the past 28 years and had it in peak condition for visitors to enjoy. The event raised £1606.

RIP PETER BROWN 5.3.1933 – 24.4.2023

Peter was a much loved member of the St Nicholas church congregation and worshipped there regularly for over 20 years. Known for his warm personality, he was always welcoming and interested in everyone he met. His great sense of humour and dry wit meant conversations with him were always accompanied by laughter. With his wife Jacky, Peter was very much a part of the Sulham community as they joined in with Fete, summer lunches, Carol singing and annual farm walks.

Peter died peacefully at home in Purley where he and Jacky have lived since 1975.

Peter's funeral was held in St Nicholas church and was attended by over ninety family and friends. He will be sadly missed but will be remembered by all with much affection.

VILLAGE WALKS

Village Walks leave from Tidmarsh Village Hall at 9.30 on the **1st Friday of every month**. All walks are gentle paced and end at the Village Hall at 11 am where walkers enjoy coffee at **The Village Coffee Morning 11am to midday**. Sociable doggies are very welcome.

TIDMARSH AND SULHAM MACMILLAN COFFEE MORNING



Tidmarsh Village Hall

Friday October 13th 2023

11.00 – 12.00

*Join friends and neighbours and donate to this charity
who support people living with cancer.*

VILLAGE HALL NEWS

We are happy to say a warm hello to Carol Williams, who is joining us on the village hall management committee. We are also sad to say goodbye to Peter and Joy King and Derry Renwell Pye. Peter is succeeded as Treasurer by Axel Lagerborg, who has been active on the Committee over the last year. We wish the leavers happy and restful retirement and thank them for the time they have given to keep the Hall going.

The next Village Quiz is on 21st October and it will be interesting to see if the shield returns to Sulham or Tidmarsh. It is always a good evening and is open to all – so if you haven't attended before or not recently, do come and join us. A raffle will also add to the general entertainment and a ploughman's supper will keep you going through the evening.

If you need to book or enquire about the Village Hall please contact our Booking Secretary Hilary Innes by phoning 0118 984 2561 or emailing tidmarshvillagehall@hotmail.com.

TIDMARSH & SULHAM VILLAGE COMMUNITY RAFFLE – NEXT DRAW 21 OCTOBER

It's not too late to enter and be part of the Autumn Draw, which will take place at the Village Quiz on Saturday 21st October.

Remember – the more tickets we sell, the more prizes will be given out!!

Here is a reminder of how it works: In the spirit of the 100+Club, tickets costing £5 each, (any number of tickets per person) can be purchased by bank transfer or cash.

The profits from the raffle will be split between our two key village resources – the Village Hall and publication of the Parish Mag.

Payment details for Bank Transfer:

Tidmarsh with Sulham Magazine	Type: Business
Lloyds Bank	Ref – Please provide your name or
Sort code: 30 96 96	1st line of your address
A/c : 58794260	

Cash to:

Lucy Clow, Step-Up Cottage, Sulham editortsmag@gmail.com
Gill Haggarty, Sulham Farmhouse haggartyjandg@btinternet.com

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

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

We have a tidmarshwithsulham website, which hosts a noticeboard of events and parish news www.tidmarshwithsulham.co.uk.

The Tidmarsh & Sulham Village WhatsApp group is our best source of information about upcoming events, as well as up to the minute updates relating to our villages such as road closures etc etc.

There is also a Sulham area Neighbourhood watch email.

If you would like to join the Whatsapp group and or email list, please drop an Email or Text to: The Editor, editortsmag@gmail.com, Tel: 07500 937607

1950s Afternoon Tea Party

**Tidmarsh Village Hall
3pm on Sunday 29th October**

Tickets in advance – £10

To reserve a table please contact

Tel: 0118 9842 729

or email alderton.boxcott@btinternet.com

Raising funds for Tidmarsh Village Hall



PRO TENNIS COACHING AND EXHIBITION EVENT

The Pro Tennis coaching day at Pangbourne Tennis Club on 1st July, led by national coach and ex British Davis Cup player Danny Sapsford, was a great success. The mini and teen tennis sessions were well attended by enthusiastic youngsters, who were given court positioning guidance followed by fun drills to show how it would improve their tennis. The following adult Social and Team sessions were shown how to both attack and defend as a doubles pair in order to be more effective as a team.

To finish the day, Danny and fellow coach Martin, played several tie break challenges with participants in front of a crowd of spectators, who enjoyed the ability of the coaches to keep rallies going and play trick shots to please the crowd. A fantastic array of tea and cakes were enjoyed by players and onlookers alike throughout the day. Thanks to all the participants, the spectators and the Bright Ideas for Tennis professionals for their efforts, which raised over £1,500. Which, with matched funding from Greenham Trust, has added over £3,000 to the tennis court lighting fund.

John Alderton

Tidmarsh Village Hall Quiz Night

Saturday October 21st

7.45 for prompt 8.00pm

Light Ploughmans provided

Bring your own drinks and glasses

Come as a team or join one on the night

£7.50 per person

Contact alanmaskell56@gmail.com or
phone 0118 984 5326 to book a table

WIN RAFFLE PRIZES

Music

Sport

Film

Entertainment

General
Knowled

History

Lucky Dip

SULHAM V TIDMARSH CRICKET MATCH – SUNDAY 10TH SEPTEMBER

The annual cricket match was played at Sulhamstead ground and after several years of the match being unable to be played there was great anticipation. However, pouring rain at 1pm after the “heatwave” seemed to make the game in doubt. The luck was on our side and the skies cleared for the start, with Sulham losing the toss and being put in to bat.

The opening batsmen got off to a great start with Simon Home hitting the maximum 25 before retiring. The runs kept coming despite very good Tidmarsh bowling. The middle order batsmen were also able to push the score over 100. Rob Evans came in at number 8 and hit a very quick 15, with the tailenders also adding to the total. The innings finished on 160 for 9 wickets. This was only one run short of the highest figure made in the 20 overs.

The tea interval provided some fantastic sandwiches, snacks and cakes – so a big thankyou to everyone for providing such a spread.

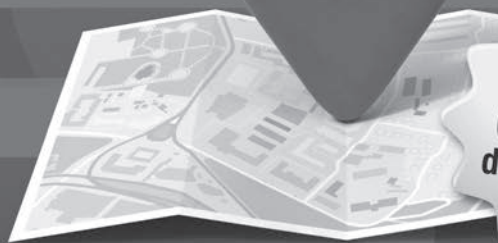
Tidmarsh set about the task of getting the runs at a real pace, with opener Simon Martin hitting a quick 28. Sulham though had some excellent bowlers, and wickets started to fall – and Chris Ogden had two out in consecutive balls. All the bowlers chipped in with wickets and only Sam Pudnell was able to get a maximum, helped by a fantastic 6 making its way to the Spring Inn! Sulham kept up the pressure and Tidmarsh were bowled out for 120 – well short of the Sulham total.

It was a very enjoyable afternoon both for players and supporters. A big thanks to Stuart for organising the Tidmarsh team and John Alderton the Sulham team.

John Haggarty



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Review: DEMON COPPERHEAD

by Barbara Kingsolver

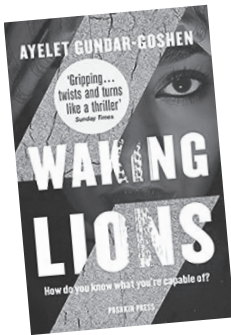
This book is a modern take on the novel David Copperfield by Charles Dickens. It tells of a boy born into a life without choices but who strives to survive against the odds. His mother is a teenage drug addict and his stepfather a cruel disciplinarian. The story follows the protagonist as he tries to find a better life. A powerful book that was very much enjoyed by book club readers.



Review: WAKING LIONS

by Ayelet Gundar Goshen

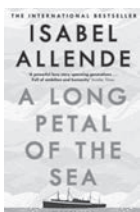
This is a moral tale about the aftermath of a fatal road accident that kills an illegal immigrant. The driver, an Israeli doctor, decides not to report it, but there was a witness. As the narrative unfolds, the ripple effect of the aftermath on the other characters becomes evident. The author looks at the dilemma from all sides. A thought provoking read.



Review: IT ENDS WITH US

by Colleen Hoover

This novel is about an abusive relationship, but it is also a love story. Lily, the young female protagonist, deals with emotional pain and conflicting emotions as she struggles to understand the very different personalities and behaviours of the men in her life. Although dealing with a difficult subject, this book was an easy read and gives a good insight into the conflicting emotions and the world of domestic abuse.



Next reads:

A LONG PETAL OF THE SEA
by Isabella Allende



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TIDMARSH WITH SULHAM PARISH COUNCIL

The official start to autumn sees the arrival of a late summer! As the seasons have changed so has our committee. Councillor Madden stepped down as Chairman and the committee voted for Councillor Chishick to take over as Chairperson. Our thanks go to Andrew Madden for his energy and drive whilst he served on the parish council.

District Councillor Matt Shakespeare has visited us twice to give a report from West Berkshire Council and the latest developments in the district. He also supported parishioners with a recent planning application that did not meet with local approval.

Currently there are the outstanding projects that the Parish Council are pursuing:

- The installation of speed control measures, such as a speed camera
- The installation of a path down Sulham Hill at the junction with Nunhide Lane. This is a consultation exercise with Councillor Shakespeare
- A community electric car charging point
- Installation of a Memorial Coronation bench within Sulham woods
- Removal of vegetation covering signs along the Tidmarsh Road and hindering public pathways

We would like to invite applications of interest to join the Parish Committee as there are two vacancies. Please send your email to clerk@tidmarshwithsulham.co.uk.

Minutes of past meetings can be viewed on the [tidmarshwithsulham parish website](http://tidmarshwithsulham.parish-website.co.uk) together with dates of upcoming meetings. Our next meetings are:

- Wednesday 11th October 7.30pm
- Wednesday 8th November 8.00pm
- Wednesday 13th December 7.30pm

If you require an agenda and time confirmations in advance of the meetings please email the clerk. Members of the public are very welcome and invited to attend.

Janine Lewis (Parish Clerk)



CHURCH SERVICES

St James | St Laurence | St Nicholas

For up-to-date details of all worship visit our website: www.pangbournechurches.org/services

SEPTEMBER

Sunday 3rd

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

Sunday 10th

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

Sunday 17th

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

Sunday 24th

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

OCTOBER

Sunday 1st

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

Sunday 8th

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

Sunday 15th

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

Sunday 22nd

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

Sunday 29th

10am	Holy Communion	St James
3pm	All Souls' Service	St James

Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

A WORD FROM REV DR RACHEL JEREMIAH, CURATE

Early Autumn always brings me very vivid memories of Harvest festivals at the village primary school I attended: crisp, cool mornings with brambles full of blackberries lining the hedgerows at the edge of the playground, the bustle of agricultural activity in the fields surrounding the school, the thrill of baking bread in the classroom and, of course, the distribution of large baskets of home-grown seasonal vegetables brought in by nearby farmers to pensioners in the local area.

The years pass, however, and things change. Harvest Festival can seem nothing more than nostalgia – celebrating a rhythm of life that once was, and perhaps is not engaged with in quite the same way anymore. After all, even the dulcet, nostalgic tones of 'We Plough the Fields and Scatter' has been replaced by the toe-tapping 'Harvest Samba' in many Primary Schools at this time of year.

In the midst of all this change, however, the Christian faith continues to speak about God's consistent care for his creation. Even in a new world that is increasingly removed from the rhythms of nature (where we can, if we want, even buy watermelons on a rainy autumn day in the south of England!) the Christian faith is characterised by God's involvement in a world he created, cares about, and promises faithfully to be present in any struggle in which the world finds itself – and God urges Christians to do the same.

Modern Harvest festivals thus may have less to do with engaging with the rhythms of our natural landscape but, I think, there is great value in focussing annually on the dissemination of produce to the disadvantaged that Harvest now brings: after all, the Cost of Living Crisis means donations of nappies and toothpaste has never been needed more by our foodbanks. Then, of course, there is the issue of climate change: our engagement with the natural variety of the seasons is now shaped by anxieties caused by the irreversible, human-made change to our planet, and a festival that brings our focus onto how responsibly we interact with our fragile planet is surely no bad thing.

So even if ploughing the fields and scattering the seed (both literally and musically!) has become increasingly removed from the reality of our daily lives, perhaps it has never been more right and relevant to devote this time of year to thinking about how we relate the world around us, as well as how it might relate to us.

We'd love you to join us at our Harvest Supper on Sunday 8th October in the Village Hall. Please contact Vanessa on office.ptschurches@gmail.com to book a ticket.

The Parish of Pangbourne with Tidmarsh and Sulham



WHAT'S ON

Moonrakers
Jacqui Johnson Jon Bennett Sarah Fell Becki Luff
Traditional and Contemporary Folk Music
"...Mesmerising....an uplifting journey." (BBC)
CONCERT
Friday 22nd September 2023
7.30pm
St James the Less Church, Pangbourne



Tickets: £12 each Doors Open: 7pm
Available from: pts.churches@gmail.com
07721614686

Harvest
Sunday 8th October
at 6pm
Supper

Pangbourne Village Hall
 2 course supper
 Games
 Musical entertainment
 Tickets from: office.ptschurches@gmail.com
 Adult: £15 | Under 18s: £10 | Under 5s: Free
 Family ticket: £40 (2 adults + 2 children)



 **NOAH'S ARK ...**
 Is back after the summer break.
 Come and join us in **St James church**
 Pangbourne from **10 to 11am on Friday 8 Sept** and
 each Friday in term time.
 Story time, songs, craft, chat and refreshments

 **St James Café**
YOU'LL BE ASSURED OF A WARM WELCOME

EVERY FIRST AND THIRD WEDNESDAY

Drop in to St James Church, Pangbourne
 For coffee/tea, biscuits and chat
11am to 12.30pm

6 & 20 Sept | 4 & 18 Oct | 1 & 15 Nov
 6 & 20 Dec 2023


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

ALL SOULS' SERVICE
Sunday 29th October at 3pm

music, readings and prayers
*To remember those whom we love
 but see no longer*



St James the Less, Pangbourne

www.pangbournechurches.org

MY JOURNEY INTO BEEKEEPING – PART 2

‘A swarm in May is worth a load of hay; a swarm in June is worth a silver spoon, but a swarm in July is not worth a fly’.

This saying, from the late 17th century, is as true today as it was then and the ever-present threat of the bees swarming and disappearing into the distance certainly gave me a few sleepless nights during the early summer. Frequent pictures and articles in the media added to stress levels and I had visions of climbing into a tree with a cardboard box to retrieve 30,000 wayward bees. Swarming is induced as the bees increase their population and run out of space, so after putting the queen on a diet, in order that she can fly, or making a new one, up to half of the worker bees set off to create a new colony. For an experienced beekeeper this is an excellent way of increasing your hives, particularly if it is early in the summer so that the colony has time to build up before the winter, but for someone new to beekeeping it is another step on that very steep ladder!

By late May, Hive No. 2 was doing really well, with the queen producing lots of brood and honey appearing in the supers. Hive No. 1, though, had always had less bees and seemed to be struggling, so it came as no surprise when queen cells started to appear – a sign that the bees were thinking of swarming. Weekly inspections are an essential part of beekeeping and it soon became clear that there was no longer a queen in Hive 1, and rather than the bees swarming, they had more than likely disposed of her and decided to rear a new one. The only thing to do was to destroy all but two of the queen cells then leave them to hatch – the first queen to emerge would then dispose of the other one. Another few weeks went by before I could check again – this time to see eggs and brood in the hive. The victorious queen had gone on her virgin flight to a drone congregation area and returned to start laying up to 3,000 eggs a day!

The warm June created an abundance of nectar and pollen for the bees and the honey started to flow, but the weather took a downturn in July and August and beekeepers across the country were reporting that rather than producing honey, the bees were eating it and many people were having to feed their bees to keep them from starving. Fortunately this wasn't the



case with my bees and I was still adding 'supers' for them to store the honey, with Hive No.2 heaving under the weight of 4. However, highly productive bees can also be aggressive bees and this started to be the case with mine. My son Ed was usually called upon to help with inspections, as the full 'supers' were getting very heavy to lift on and off. Unluckily for him, the bees took a strong dislike to him and as well as trying to sting him through his veil, regularly followed him down the garden and laid in wait for him to come out of the house again – stinging him more than once! To say he has gone off bees is a bit of an understatement!!

Honey is usually collected towards the end of August, and having bought a second-hand extractor, plans were put in place to remove the bees from the supers so that they could be taken off. It has always been my intention to only take any surplus honey, making sure they are left with plenty for the autumn (they are fed through the winter), so it came as a very pleasant surprise that the surplus amounted to four supers containing ten frames each. Three days of removing wax cappings, spinning, double sieving and jarring resulted in the grand total of 82 1lb jars of the most delicious liquid gold. I cannot believe how well the bees have gone about their work despite the weather this summer, and produced so much honey when reports from across the country are showing that it is going to be in short supply this year, and even very locally some people have no honey at all.



When I had finished extracting, I put the supers back on the hives for the bees to clean up and every drop of honey that was left was moved into their stores. Today, one of the last jobs of the season has been undertaken. With bee numbers now reducing, the empty supers have been removed, the full ones placed under the brood boxes ready for winter, and treatment strips for varroa mite have been placed in the hives. The days of the drones (males) are numbered, as the workers will dispose of them soon as they won't want to waste food on them. Then, the overwintering bees will set about making sure the queen is kept fed and warm. Towards the end of September I will start feeding the bees and then it's fingers crossed that they make it through the winter – I will let you know in the spring!

If anyone would like some very local honey produced from the fields, hedgerows and gardens of the villages please send me a message on 07875 707 141.

Karen Elliott



SULHAM FARM NEWS

After some delay due to the significant rainfall in July and early August, harvest was completed on the 22 August inline with expectations. The crops certainly took a beating this year, with wet weather in early spring preventing root growth followed by the extended dry period in May/June resulting in the majority of crops suffering from drought stress.

Keen observers of the estate's cattle herd that summer graze the 'Marsh' next to Pangbourne will have noticed the presence of a new bull this year. This marks a change for the estate, as we have moved away from the continental Simmentals and are trialling a Sussex bull. It is hoped that the resulting crossbred animals will have increased hardiness and vigour and will therefore be more suited to the conservation type grazing that the estate now has. With the Bulls having been recently removed from the cows for another season, we are all now eagerly awaiting seeing the results at calving.

After the retirement of the estate's full time farm worker Charlie, we were happy to welcome his replacement Robert and his family to the estate at the start of July.

Andrew Clay

WEST BERKSHIRE COUNTRYSIDE SOCIETY: TASK DIARY

Please see below our programme of activities for the last quarter of 2023. We hope that you will find it stimulating enough to join us on some of our tasks – but if that proves too energetic, maybe the walks will prove more attractive?



West Berkshire
Countryside Society

Sat 14 Oct 10:00-12:30 Bucklebury Common. Join the Bucklebury Heathland Group to help maintain this important heathland habitat. Meet at the Crossroads.
SU556 961

Tue 17 Oct 10:00am Eling Way Clear invasive vegetation either side of the permissive footpath named Eling Way. Park at Furze Hill village car park.
SU512 740

Tue 24 Oct 10:00am Winterbourne General woodland management. Park on the main woodland entrance track. SU447 717

ENVIRONMENTAL NEWS

Sun 29 Oct 10:00am Join Charles Gilchrist for a walk of about four miles, around the Curridge countryside to look at the interaction between Geology, wildlife and human history. Park in the WI Hall car park in Curridge. SU492 718

Tue 31 Oct 10:00am Furze Hill, Hermitage. Woodland and butterfly habitat management on this parish wildlife site. Ample parking at village hall – through double gates off Pinewood Crescent. SU512 740

Tue 7 Nov 10:00am Sheepdrove, Lambourne. Continue hedge laying and tidying previous length of hedge. Burn trimmings and stack logs. Park near the red barn SU349 816. Do not use sat nav guidance to locate this site. SU349 816

Sun 12 Nov 10:00-12:30 Bucklebury Common. Meet at the Crossroads. SU556 691

Tue 14 Nov 10:00am Bucklebury Common Clearing birch and gorse. Meet at the Crossroads on the Common. SU556 961

Tue 21 Nov 10:00am Boxford. Brash clearing and tree lopping. Park along Westbrook Lane and in the site entrance in Boxford village. SU426 717

Tue 28 Nov 10:00am Leckhampstead. Scrub clearance on this parish wildlife site. Access the common via the track which leaves the B4494 west at Cotswold Farm. Please leave your vehicles at the bottom of the track and walk up to the common. Vehicles carrying tools please drive directly to the task site. SU440 777

Tue 5 Dec 10:00am Rushall Manor Farm, off Back Lane, Bradfield. Woodland management. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield. SU584 723

Tue 12 Dec 10:00am Redhill Wood Clearing woodland floor and glade creation. Parking off road, on entrance to the main ride. SU420 642

Tue 19 Dec 10:00am Ashampstead. Park at the Common entrance just past The Cottage along Sucks Lane Ashampstead, RG8 8QT. Haloing works on the special trees on the Common. SU576 751

Colin Layton – further details: westberkshirecountryside.org.uk

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GARDENING CALENDAR: OCT–DEC

Having to deal with wet summers is an English tradition, however the change in weather patterns is pushing average temperatures up and defying traditional expectations. The mixed weather makes it important to enrich soil, ensuring plenty of organic material to keep moisture in the roots, and mulching to help against evaporation. Traditionally, autumn is when moisture is more available but there can be no guarantee of that.

The warmer weather means that more plants will survive the winter, so if you're wondering whether you should plant in the autumn or spring, the autumn may help the plant establish itself more than a cold spring would.

OCTOBER

October is ideal to move trees and shrubs, and plant hedges. Hardwood cuttings can be taken now from deciduous shrubs. Clear up fallen rose leaves to prevent diseases such as black spot from over-wintering – don't compost the leaves, put them in general waste or burn them.

Tidy borders and mulch with bark chips, well rotted manure, leaf mould or spent mushroom compost to insulate plant roots for the winter and keep weed growth in check. Reuse spent compost from containers.

Change summer bedding for winter bedding plants such as pansies, primulas. Plant daffodils.

Sow winter peas, broad beans and winter lettuce. Prepare plots for next year with well rotted manure. Divide clumps of rhubarb with spade and re-plant the healthiest looking pieces.



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To test when apples or pears are ripe, gently lift them in the palm of your hand or give them a gentle pull: they should come away easily.

A last mowing can be made this month before leaving your lawn for the winter. Aerate your lawn with a garden fork or aerator, rake thatch from the surface and repair dead patches. Autumn lawn feed can be applied. Now is a good time for turfing, although any later won't be successful as falling leaves will inhibit the growth.

NOVEMBER

Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots in situ. Raise containers onto pot feet to prevent water logging.

Winter flowering shrubs like fragrant honeysuckle, daphne, sweet gum are very fragrant to tempt insects; others such as dogwood have colourful stems or foliage.

Clear up fallen leaves – especially from lawns, ponds and beds.

Plant tulip bulbs for a spring display next year.

Prune tall roses to prevent wind-rock which affects the roots.



DECEMBER

Check your winter protection structures are still securely in place. Prevent ponds and stand pipes from freezing.



Prune open-grown apples and pears except those trained against walls. Prune acers, birches and vines before Christmas to avoid bleeding.

Deciduous trees and shrubs can still be planted and transplanted depending on weather conditions.

Reduce watering of houseplants.

Alan Maskell

(Alan tends gardens in Tidmarsh and the RG8 postcode area)

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SEASONAL RECIPES FROM THE OLD SCHOOL KITCHEN

The Reading Festival has been and gone, so it must be Autumn. What better way to mark its arrival than a soup and a chicken casserole.

PS: Does anybody have a recipe for fresh figs? Our fig tree, after years of producing one or two, has gone bonkers, and we didn't even plant it in a Gladstone bag!

BUTTERNUT SQUASH SOUP

From Quaglinos cookbook which I got free with a bottle of Beefeater Gin. How times have changed. What's interesting is that the cookbook was way ahead of its time. I certainly didn't have mirin in my store cupboard in 1995.

- 1kg of butternut squash • ½ onion
- 2 garlic cloves • 100g unsalted butter
- 225g smoked or unsmoked streaky bacon or
pancetta (2023 suggestion)
- 1 litre of chicken stock
- 150ml milk (in 1995 they just said milk – choose which
although personally I wouldn't use skimmed)



Peel the squash with a potato peeler. Cut in half, deseed and chop the flesh coarsely. (Chef M's tip – buy ready chopped as life is too short as are my fingernails after peeling a butternut squash!!!!) Peel the onion and garlic and chop coarsely.

Cut the bacon into lardons and fry gently in a dry frying pan until nearly crisp and the fat has run. Reserve the fat if you want to make croutons later.

Put the butter in a large saucepan together with the squash, onion and garlic and sweat gently until soft. Add the bacon, pour in the stock and bring to the boil. Lower the heat and simmer for 20 minutes.

Add the milk and season with salt and pepper. Raise the heat, bubble briskly and remove from the stove.

In a liquidiser or processor puree the soup in batches. (2023 tip – use a stick blender if you have one. Much less messy. If you do use a blender let it cool a little or it will be all over the kitchen – been there, done that, got the T shirt).

Bring back to a simmer. The original recipe says to add 100ml double cream at this stage. I think it makes it too rich but it's up to you.

Eat with some gorgeous bread from Birch Bakery in Pangbourne, or a panini toasted at home from Nino's deli.

PAN CON TOMATE

A small bonus dish for those excess tomatoes. This is very very easy. I think the Spanish version is better than the Italian. I ate this at Morito in Exmouth Market while waiting for Jules to get her hair coloured (No, she isn't a natural blond).

- Ripe tomatoes
- Bread
- Garlic clove, peeled
- Good olive oil
- Sea salt
- Chopped chives



Grate the tomatoes into a bowl and add pinch of salt. Transfer to a strainer over a bowl and leave for 20 minutes.

Toast the bread and rub the halved garlic over it. Top with tomatoes, olive oil, a little salt and chives. (*Chef M's tip – anchovies might go well on the top.*)

No dessert this season but Jules' contribution comes via Italy and Wales

COLUMBIA ESPOSITO'S CHICKEN from Puglia, Glynccorreg and Sulham

The quantities are very rough as this is a passed down recipe and Mary is not a quantity cook!

- 1 medium size chicken
- 200g button mushrooms
- 6 cloves of garlic peeled
- (*Chef J's tip – possibly baby chestnut instead*)
- Butter or olive oil for frying
- 4 bay leaves
- Small tin of tomato puree
- Salt and pepper
- 1 cup of marsala

Roast the chicken in 1 inch of water for one hour until you can get the meat off the bone. Take chicken out and take off the meat, discarding the skin. Cool the chicken juices and skim off any excess fat.

Fry the mushrooms and garlic in oil or butter, or indeed a mixture of both (*Chef M's tip*) then set aside. Put the chicken and mushrooms into a casserole.

Add the tomato puree, salt, pepper and bay leaves to chicken juices.

Add to chicken covering the meat.

Cook the casserole at 160 degrees for 2 hours. 30 minutes before the end of the cooking period add a cup of marsala. Serve with rice and greens.

Jules Reynolds & Margaret Myszor

RESTAURANT REVIEW: A TALE OF TWO LUNCHES . . .

The Four Points, Aldworth RG8 9RL

One fine Tuesday in August, myself and four other ladies booked for the “Light Lunch” at The Four Points. For those not familiar with this pub, it is located at cross-roads of B4009 between Aldworth/Compton/Hampstead Norris/Pangbourne.



The Lighter Lunch Menu is available 12 – 2pm and has three options to select from: 1 course for £8.00, 2 courses for £11.50, 3 courses for £15.00. Places are limited and it's very popular, so try to book at least two weeks in advance and aim to get to your table by soon after 12 or you may find that you are being hurried along a little, as since COVID the Inn closes for the afternoons by around 2.30pm.

This was our second visit and we were not disappointed. All courses, though published as light, are quite substantial for a luncheon. We opted for 2 courses: I had Fish Pie which had lots of chunks of fish and was very tasty, others had Scampi & Chips, Caesar Salad with (very generous) chicken and Homemade Mushroom, Spinach & Mascarpone Lasagne. The menu choices are extensive, well prepared and include Pub favourites. To follow I chose Chocolate Brownie & Ice cream, others had Crème Brûlée (delicious!), Bread & Butter Pud and Homemade Apple Crumble. The only slightly disappointing aspect being the ice cream choice limited to vanilla, choc and strawberry. We will definitely go again!

Sadly, John's lunch outing was less of a success . . .

The Spring Inn, Bath Road, Sulhamstead RG7 5HP

Each month, the farming group of which John is a member, meet for lunch, normally at The Bull, Stanford Dingley (see Winter 2022 Parish Mag – 3 lunch courses £20). However due to kitchen refurbishment work, they needed an alternative venue for August.

The Spring Inn menu was somewhat limited and quite expensive, so they enquired what was “The Catch of the Day” – after a 10 minute delay this was reported as being haddock, so they all chose Haddock & Chips and ordered beers. The portions were large but the batter was very oily. Service was slow despite it not being busy. They all declined pudding and when the bill was totalled up, they had all spent more than £20 on one course and a drink!

Overall, very disappointing.

Gill & John Haggarty

LOCAL HISTORY

THE SULHAM GAP'S KEY WAR-TIME ROLE

In the early 1940s, the Sulham Gap had a key role in Britain's plans to combat an invasion by German troops, who would have come up against a mixture of natural and man-made defences.

They would have found the River Thames and the Kennet and Avon Canal, with the bridges destroyed, challenging obstacles, especially after these had been reinforced by concrete pillboxes hastily erected in 1940 to form "GHQ Stop Line Red". This ran from Abingdon to Pangbourne, and then south through the Sulham Valley to Theale, where it met GHQ Stop Line Blue, running westward along the canal. The aim was to repel any attempt by enemy forces to encircle London and to advance into the Midlands.

Messrs Smallbone of Streatley built many of the local boxes, most of which would have held a two-pound anti-tank gun and machine-guns, others merely lightly-armed soldiers. Being very difficult to destroy, most of the boxes survive as familiar sights to passers-by – who might pause to contemplate the fate of the defenders had the enemy attacked them. It has been suggested these would have been Local Defence Volunteers (later the Home Guard), but in 1940 they were poorly equipped and their involvement, if any, would have been to reinforce Regular and Territorial soldiers.

Perhaps the defenders might not have been literally fighting with their backs to the wall, but certainly in some cases they would have had their backs to the river or canal, and a few boxes look very isolated in the middle of fields. And imagine the effect of an enemy shell landing on a box or a rifle round ricocheting inside, though the internal design was intended to mitigate against such risks. So for the occupants it would have been very much a fight to the death.

The 1st Canadian Infantry Brigade surveyed the Sulham area and deemed the River Pang would not deter tanks, so a ditch was dug the length of the valley. Said by one local resident to have been eight feet deep, this ran from the canal at Theale, very close to Oaklands Farm and Pangbourne Police Station and on to the Thames. It was started by the first week in July 1940, when a farmer (probably the occupant of Oaklands Farm) wrote to the Berkshire County War Agricultural Executive Committee complaining that a ditch "800 yards long and 55 feet across" had been cut



through her small farm, rendering it “practically unusable”. [*See aerial view of air defences taken in 1943*]. With the war’s end, it was filled in. Landowners farmers were offered £5 a time to demolish the pillboxes, but nearly all reckoned the concrete would prove too formidable.

One list for the “Sulham Gap Defences” notes some 35 remains and seven sites where there are no longer visible traces, with several locations being given as very close to named buildings in Tidmarsh.

The defences also featured “dragons’ teeth” or anti-tank “pimples”, which were concrete blocks about four feet tall. Some of these are concealed in a hedge along Mill Lane where they were kept to deploy to block the road– or perhaps the land-owner dumped them there after the war. And in a couple of spots may be found upright iron railings designed to act as further impediments to tanks.

No longer visible, and separate to the stop-line, was a “Starfish site” at Moor Copse, where decoy fires would have drawn enemy bombers away from Reading. It was built in January 1941 and was in use until 1943.

A little further afield is a pillbox on the railway embankment close to the former Roebuck pub on the Pangbourne-Tilehurst road, its slit-holes positioned to combat an attack from Reading. And opposite the Cunning Man pub by Burghfield Bridge is a fortified building with its machine-gun embrasures still evident.

Terry Crawford

REQUEST FOR INFORMATION

We have been contacted by some-one who recently came into possession of a silver inkwell, which had been owned by his grandfather Allan Redston. Allan was a bank manager with Lloyds in the area after the War, and the inkwell has the inscription “From the Sulham and Tidmarsh V.P.A. Sept 1948”.

Do any of you know what V.P.A. stands for, and have any other information about this interesting artefact? Our initial research points to V.P.A. standing for Village Produce Association, which originated in the Second World War – but that might be a red herring.

Please contact Lucy at editortsmag@gmail.com.
Thanks!



LOCAL HISTORY

LOCAL LANDSCAPE & HISTORY: TAKEN FROM PARISH PLAN

I recently came across a copy of the Parish Plan, and thought that our readers who were not originally involved in its creation, might be interested in its contents. The concept of a plan was adopted by local councils as a method of establishing what matters to people in their community. Ours was constructed following consultation with the local community in 2007.

Besides the actions in the Plan, the document contains a wealth of information about the landscape, environment and history of the parish, together with some lovely photography. This reinforces what a truly stunning part of the country we are fortunate to live in, as have our ancestors before us. This article serves as a very abridged version of this information.

LANDSCAPE

The Pang Valley is a part of the North Wessex Downs Area of Outstanding Natural Beauty (AONB). The Sulham brook forms the boundary between the parishes of Sulham and Tidmarsh. The land in both parishes is predominantly chalk with the River Pang, a typical chalk stream, running northwards through Tidmarsh and supporting a wide range of plant and animal life including kingfishers, crayfish, and the water vole (sadly depleted).

Moor Copse, a nature reserve south of Tidmarsh village, is part of the Sulham and Tidmarsh woods and meadows Site of Special Scientific Interest.

The main land use in both parishes is agricultural, with the main farming activity taking place on the Sulham Estate, where generations of the Wilder family have been farming since 1497.

HISTORY

A closer look at the landscape reveals many clues of the past – from the 80 million year old oyster shell and fossilised sea anemone found scattered in the fields of Tidmarsh hinting at early seascape, to the worked flint found on the edges of Sulham woods.

The Sulham Gap, through which the River Pang now flows, provided the original route of the River Kennet in the distant past. During the Mesolithic and Neolithic periods, our earliest residents lived on the wooded slopes and hunted the abundant animals that would have lived in the valley below. According to the Historic Environment Record, finds from the Bronze Age have been found in Sulham, while field walking in Tidmarsh has uncovered Roman pottery as well as several bronze Roman coins.

SULHAM

The manor of Sulham was recorded in the Domesday Book of 1086. For the next 600 years the manor passed through different ownership until in 1632 it was

bought by the Wilder family, who already held the nearby estate of Nunhide.

The Norman church of St Nicholas was demolished and rebuilt by the Reverend John Wilder in 1838. Sulham House was built in 1701 and the estate still remains in the ownership of the family today.

Sulham dovecote, with numerous nest boxes set into the brickwork, was built by the Rev Dr Henry Wilder when he was courting the daughter of William Thoyts of Sulhamset. The dovecote was located where each could see it from their home and think of one another.



Following the closure of the school in Tidmarsh around 1904, Sulham School provided an education for the children of both villages, until it finally closed in the 1970s and the building became a residential property.

TIDMARSH

The first documentation for the manor of Tidmarsh appeared in the late twelfth century. Frequent changes of ownership occurred until it was bought by the Hopkins family in 1798, with the estate finally being broken up with the sale of the Maidenhatch and Tidmarsh Estate in 1937. At that time it consisted of 1,186 acres with five main residences including Maidenhatch House, The Manor House, Tidmarsh Grange, The Mill House and the Old Rectory. In addition there were four farms, several smallholdings, and over twenty cottages as well as water meadows, copses and the Village Club Room.

The mill in Tidmarsh provided a valuable asset to the village for over 700 years until it was finally closed in the 1930s and later converted to a residential property. Tidmarsh's most notable occupants, perhaps, were the artist Flora Carrington and author Lytton Strachey, after whom Strachey Close in the village is named.

Other notable buildings in the village include the Greyhound pub, the church and the old tollhouse. The Greyhound dates back to the 12th century and is a timber-framed cruck house. Prior to its conversion to an inn in 1625, it was originally a church house called the Grid Iron, the emblem of St Laurence. St Laurence itself is a 12th century church with a rare 13th century polygonal apse, rare early wall paintings and a splendid Norman font and doorway.



LOCAL HISTORY

The main A340 from Pangbourne to Theale was formerly a turnpike road with its own tollhouse. However, the route proved to be unprofitable and the trust which ran the turnpike was closed in 1872.

A copy of the Plan is available to all on the parish website. For paper copies please contact a member of the Tidmarsh Village Hall committee
<https://www.tidmarshwithsulham.co.uk>.

Acknowledgements: Colin Pawson and the Parish Plan steering committee

PANGBOURNE HERITAGE GROUP

Welcome to our neighbours in Tidmarsh and Sulham who may be interested in solving some mysteries of the past centuries. We know that there has been a lot of research in all of our villages, and there may be information you have about Pangbourne, and we have about Sulham and Tidmarsh. It makes sense to pool resources.

If you go back to the years before 1841, when the first census was carried out, much of what was known about people and places is hidden away in documents, usually kept locked away. Through the services of Berkshire Records Office, we have been able to find the originals, often in handwriting that we are learning to read (quill pens etc).

We have found out quite a lot of detail already, and are beginning to form an idea for what might be interesting to pursue.

Most of what we plan to work on is based around the Georgian period, 1714-1832, but a bit like the toothpaste tube, you have to squeeze both ends. We are looking mainly at social history, rather than doing a broad spectrum of everything, and using individual examples specific to our villages.

If you feel you would like to contribute in any way please contact eb_thorne@hotmail.com (Ellie Thorne is an archivist at BRO) and she will be able to fill you in on what point we have reached with our research. We are planning to put some articles in Pangbourne Magazine, and maybe you would like to do something relating directly to Tidmarsh or Sulham.

Incidentally, we have our book available in Pangbourne at either the library or Garlands Organics. It is called Shops, Trades and Businesses in Pangbourne. Living Memories from the 1940s to the Present Day.

Lesley Crimp (Heritage Group Secretary and Correspondent)

SHORT BREAK IN THE COTSWOLDS

My recommendation is to stay in Broadway, where there are lots of lovely hotels or B&Bs to choose from and plenty of things to see and do in the surrounding area.

Beautiful houses and gardens to visit:

- **Sezincote House and gardens:** the house is pavilion style, inspired by the Brighton Pavillion and the gardens are beautiful. There is also a lovely orangery tea room with friendly staff.
- **Bourton House and Gardens:** truly stunning. If you like gardens this is one not to miss.
- **Snowhill Manor:** is a National trust house with a wonderful collection of items from around the world, set in lovely gardens with gorgeous views of the Cotswold countryside.
- **Broadway Tower:** a truly wonderful place to visit, with views from the top on a clear day over the Malvern hills to Wales. An uphill walk from Broadway to the tower follows part of the Cotswold Way, or follow an easier walk from the 'Fish Hill' car park, or drive to the tower where there is a large pay and display car park.

There is a lovely pub with delicious food for lunch or supper in Stanton called The Mount. It is a beautiful walk along the Cotswold Way to get there, or a short drive in the car from Broadway.

Broadway Tourist info: 01386 852937

Gillian Alderton



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FORMULA HEALTH'S GUIDE TO CHRONIC PAIN

In the UK, between a quarter and a third of the UK population live with chronic pain. Certain risk factors that make one more susceptible to chronic pain include age, gender, genetics, smoking, anxiety/depression/mental health, poverty, BMI, economic status, and the amount of sleep and physical activity someone does.

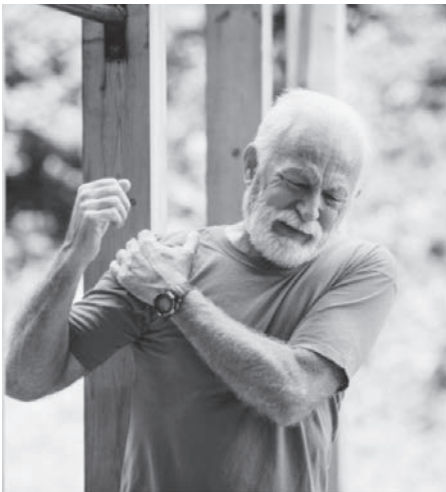
Allopathic treatment of chronic pain is usually treated via over the counter and prescription medications, however on top of this, many receive additional medication such as anti-anxiety and anti-depression medications to treat associated symptoms that arise from chronic pain.

There is however positive evidence for holistic treatments to support chronic pain conditions and the associated symptoms of chronic physical pain management, as well as chronic pain caused by conditions such as fibromyalgia.

The role of the nervous system

The nervous system is where we process pain through a process called nociception. Some forms of pain can stimulate nerves to such an extent, that the nervous system becomes highly reactive which creates chronic pain.

Our nervous systems may be primed for this reactivity for several reasons such as childhood traumas, or injuries, major life events or a build-up of everyday stresses. One of these or a combination can overload the nervous system which creates a



cascade of chronic symptoms. Common examples of these chronic conditions could be migraines, fibromyalgia, fatigue, back pain, neck and shoulder pain, jaw tension, neuralgia, knee, leg or foot pain, and lingering pain from an injury or previous surgery.

Our nervous system develops as we grow up which is why childhood traumas and injuries can be very significant in chronic pain cases, as these heighten the experience of pain and increase brain activity in the amygdala which can alter the perception of pain. This can then affect the way our body perceives pain later in life. When we add further traumatic events or everyday stresses, over time this can overload the body.

The neuroplasticity of our brains means that we can quickly catch on to new things, which is beneficial when trying to learn something new, however, our brain can easily pick up on pain in the same way.

If the brain becomes triggered through repetitive movement, or if the nervous system is activated from every day or major life event stress, our pain can increase or return due to the nervous system activating specific regions of the body. In some cases, over time our brain changes to become hyper-protective, in which these trigger responses exist despite a threat being present.

How can someone manage their pain naturally?

By understanding our body and our brain, we can take autonomy and put in place strategies and tools that can help to relieve the pain and rewire neural pathways. Creating these neural pathways through activities and tools that can increase playfulness, joy and gratitude alongside physical therapy and movement, can help support the release of pain-relieving chemicals naturally created in the body. The more these new habits are practised the more comfortable the nervous system becomes.

Movement: Great ideas to get moving are activities that involve little or no impact such as swimming, gentle yoga, pilates, walking, exercise bike or specific stretches and exercise combinations prescribed by your Osteopath or Physio to complement their hands-on musculoskeletal therapy.

Brain Training: Examples of neuroplasticity tools include guided meditation and imagery and CBT (cognitive behavioural therapy). Formula Health even has EEG neurofeedback devices to help teach you the most effective techniques and demonstrate their impact.

Acupuncture: The NHS widely accept the use of acupuncture to be helpful for chronic widespread pain, fibromyalgia, chronic musculoskeletal pain (muscle and joint pain, such as neck or lower back pain), chronic facial pain (such as temporomandibular joint disorder TMD) and chronic organ pain (such as long-term abdominal or pelvic pain).

Sleep Management: Try to put in place a sleep regime (like caffeine and screen time cut-off points) and exercise good sleep hygiene or invest in upgrading mattresses, pillows and sleep aids if needed. Use our discount code 'P-FORMH' at www.groovepillows.co.uk

Nutrition: Chronic pain is often the result of chronic inflammation and one keyway to help control inflammation levels in your body is through your diet. For example, if you have low nutrient status of key micronutrients such as zinc, selenium, iron, folic acid, and vitamins A, B6, C, and E, it can alter the function of your immune system. Similarly, excess saturated and oxidated fats, high levels of sugar and processed food additives, and low levels of antioxidants mean you're at higher risk of free radicals which can drive inflammation in the body. Choosing a diet high in omega 3's, including plenty of fibre from colourful vegetables, and ensuring you are eating at least 25g of protein per meal is a good place to start.

We hope you have found this general information useful, please remember everyone is different and the most effective approach to resolving chronic pain is a personalised one.

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TIMELESS CLINIC UPDATES

Always at the forefront of cutting-edge treatments to help you look and feel your absolute best, Timeless Clinic is thrilled to introduce some groundbreaking treatments that address not only the visible signs of ageing but also promote holistic well-being.

Firstly, our newest addition to the clinic's team is a highly skilled and experienced Botox and filler nurse. With a wealth of knowledge and expertise in the field of cosmetic procedures, our nurse is dedicated to helping our patients achieve their aesthetic goals safely and effectively.

Whether you're seeking a refreshed look or want to prevent sweating, looking to enhance your natural beauty with dermal fillers, Vitamin injections or fat dissolving you can trust our nurse to provide personalized care and exceptional results.

Intimate male waxing is also coming to the clinic soon. This is a grooming practice that has gained popularity recently, for aesthetics reasons and also for personal comfort and hygiene.

Our Academy is excited to announce the launch of our brand-new beginners' gel nail training program. This comprehensive course is designed for aspiring nail technicians who are eager to master the art of gel nail applications. Led by our in-house trainers, this course will cover everything from the basics of nail anatomy and hygiene to advanced gel nail techniques. Whether you're looking to start a rewarding career in the nail industry or simply want to expand your skill set, our beginners' gel nail training promises will provide you with the knowledge and hands-on experience needed to excel in this thriving field.

The academy is also hosting a specialized Permanent Makeup Training Course for eyebrows, starting on Wednesday 4th October 2023. This program is designed for anyone who wants to master the art of creating eyebrows using digital microblading. Led by our in-house industry experts and experienced trainers, the course will cover a wide range of topics, from the fundamentals of skin anatomy and colour theory to hands-on practice with various permanent makeup techniques. Join us this October and take a significant step towards becoming a certified permanent makeup artist.

Finally, the Academy will soon be offering in-house waxing training sessions. Whether you're looking to start a career in the beauty industry or seeking to enhance your existing skills, our training will cover all aspects of waxing, from technique and product knowledge to client care and safety protocols. Our experienced trainers will provide hands-on guidance in a supportive and professional environment. Stay tuned for more details!

ENGLEFIELD CE PRIMARY SCHOOL

Sowing the seeds for a flourishing future



The summer holiday is over and the new school year has begun. The end of the last school year was incredibly busy but was full of joyous events and celebrations. Below are some of the highlights.



We enjoyed another fantastic Sports Day at Englefield. The sun shone, picnics were enjoyed, everyone supported well and Pebbles the tortoise even joined in by meeting some of our toddlers. Events included the Englefield Mile, a carousel of activities on the school field, a family picnic, sprints and fun races, a parents egg and spoon contest (designed to slow them down!) and the wonderfully cute toddlers race. The final results showed that Athena triumphed on the day with Poseidon coming in second, Demeter third and Hermes fourth.

Over 20 children from Key Stage 2 entertained the guests at the NHS Birthday Party held in Englefield House garden. We sang many of our favourite songs including Hosanna and Corner of the Sky as well as Happy Birthday . . . of course!



Our Year 5/6 class put on a fabulous production of Let Loose! This production was all about a residential trip with all the disasters that this entails – entirely fictional of course. The performances were held in the marquee which was a super setting – especially with the ‘realistic sound effects’ of rain on canvas provided by the storm on Wednesday! The children learned their lines brilliantly, the songs were catchy and the comic timing was superb. The audiences were greatly entertained by the whole thing. Well done to the pupils and staff and for putting on such a great show.

As part of our RE Week, the whole school went for a day trip to Windsor Castle. We had a fabulous time . . . so lovely to go out together! Highlights included the Changing of the Guard, Queen Mary’s Dolls House, the State Apartments and St George’s Chapel. There was something for everyone!



The main event was visiting the resting place of Her Majesty Queen Elizabeth II . . . a really poignant moment.

Our tradition continued this year with our Year 6 Leavers producing a joint piece of artwork which will be displayed in the school hall so we can remember them. This year, following last year's piece which celebrated the Queen's Jubilee, we decided to create a piece celebrating the coronation of King Charles III. Thank you once again to Laura Alvarado who helped the children produce such a wonderful work of art which will be enjoyed for years to come.



Each term we hold a music concert at which any pupil who is learning an instrument can perform to the school, including parents. This time we had 14 separate performances played on recorder, piano, flute, electric guitar and bass and finally the drums. Seeing the progress term on term is wonderful and it is a great opportunity to encourage more pupils to take up an instrument which will provide such wonderful opportunities when they grow older.

We finished the school year with a beautifully celebratory yet poignant Leavers Service for our Year 6 pupils. They told us their best memories of Englefield before being presented with certificates, cups and Bibles. We sang their favourite songs and at the end of the service the school sang a beautiful blessing as the Year 6 pupils processed out of the church . . . the silence when they had left was really moving.

Immediately after the service, they rushed to the local pool where they all jumped in still wearing their uniform! We wish them all every happiness in the next stage of their journey.

I am sad to report that Claire Bushnell has left Englefield after 8 years as our school secretary . . . her approachable and accommodating manner has been excellent in her 'front of house' role. We wish her well in her new school and will miss her greatly. We are however delighted to welcome Mrs Helen Thomas into the role.

In addition to our 19 new pupils, we will also be welcoming two new part time teachers – Mrs Jennifer Street and Ms Susie Jenkins – and a new teaching assistant, Miss Rebecca Kemp. I am sure they will all make a great contribution to our staff team.

Finally, we are still looking for a part time teacher to cover a maternity leave in Year 3/4. If you are interested in joining our happy and welcoming school, please contact the school office. Preferred hours would be Wednesday to Friday however we are happy to be flexible for the right candidate.

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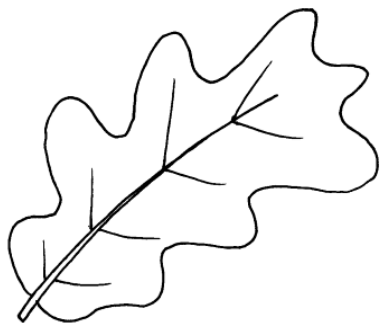
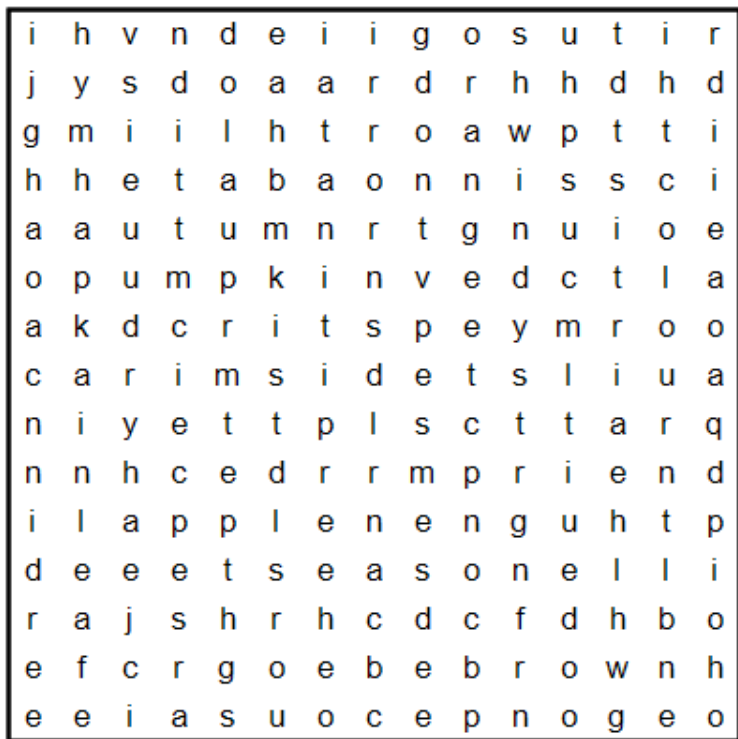
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Autumn Word Search

Autumn, or Fall lies between the seasons of Summer and Winter. It is the season when the leaves change colour and are shed from the deciduous trees. Did you know that pumpkins were once believed to cure snake bite and remove freckles?



Word List

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

Apple
Autumn
Brown
Colour
Harvest

Leaf
Orange
Pumpkin
Season
Windy



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IDIOMS AND THEIR ORIGINS

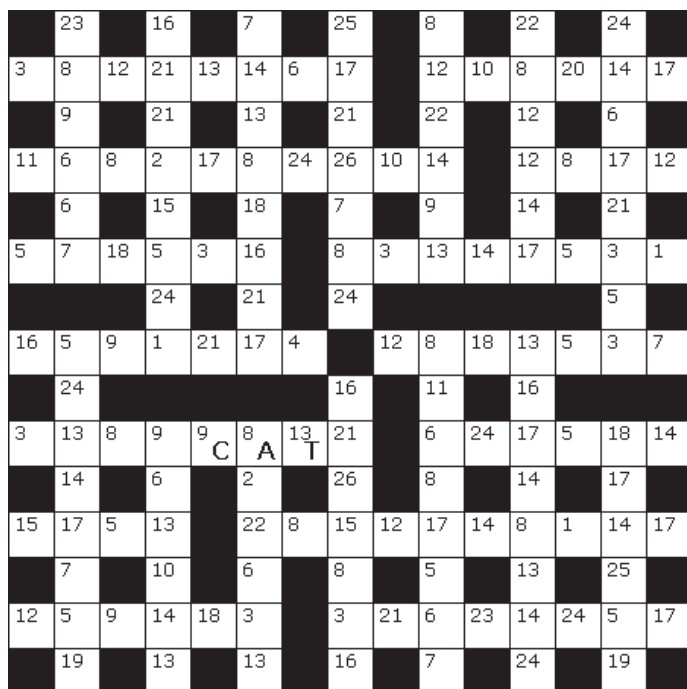
'Bite the Bullet': During battles there was no time to administer anesthetics while performing surgeries, so patients were made to bite down on bullets to distract themselves from the pain.

'Honeymoon': Derived from a Scandinavian tradition, a newly wed couple would have to drink a beverage with honey for an entire month for fertility and good luck.

CODEWORD

Codewords are like crossword puzzles, but instead of clues, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout.

You have to decide which letter is represented by which number. To start you off, we reveal codes for some of the letters. Fill in these letters in the puzzle and start guessing words and discovering other letters.



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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Answers will be posted on the parish council portal
<https://www.tidmarshwithsulham.co.uk/magazine.htm>

LOCAL INFORMATION

Advice and Support

West Berkshire Citizens Advice Bureau

Bartholomew St, Newbury 01635 516 605

Pangbourne and District Volunteer Centre

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

Ecclesiastical

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

Priest in Charge of Pangbourne with Tidmarsh and Sulham

Rev Mark Hopkins

The Rectory, St James Close, Pangbourne

0118 984 2928

rector.ptschurches@gmail.com

Church Administrator

Vanessa Saunders

Church office open Tuesday and Friday

12.00-3.00pm

office.ptschurches@gmail.com

Church Wardens for St James, Pangbourne;

St Laurence, Tidmarsh; St Nicholas, Sulham

Jill Palfrey 0118 984 2698

Julia Sheppard 0118 956 1820

PCC Treasurer

Stephen Billyeald 0118 984 3368

PCC Secretary

Helen Hopwood 07733 106020

Friends of St Laurence

Chairman

John Chishick 0118 984 3666

Treasurer/Secretary

John Butler 0118 984 2621

Emergencies 999

All non-emergencies 101

Floodline 0345 988 1188

Medical

The Boathouse Surgery

Whitchurch Rd, Pangbourne 0118 984 2234

NHS Direct

111

Berkshire West Primary Care Trust

Reading office 0118 950 3094

West Berkshire office (Newbury) 01635 42400

Government

MP for Reading West

Alok Sharma (Conservative) 0118 945 4881

Councillor for the Pangbourne Ward

Matt Shakespeare (Liberal Democrats)

matthew.shakespeare1@westberks.gov.uk

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Public Transport

Rail Travel

First Great Western	08457 000 125
National Rail Enquiries	08457 48 49 50
TrainTracker (train times/fares)	0871 200 49 50

Bus Travel

DJ Travel (Tidmarsh Fri Service)	0118 933 3725
Reading Buses	0118 959 4000
Newbury Buses	01635 567500
Thames Travel	01491 837988

Traveline

National/local bus, train, coach, ferry and underground info	0871 200 22 33
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Scouts and Girl Guides

1st Purley & Pangbourne Scout Group	
Registration Secretary	regsec@1stPandPorg.uk
Girl Guides	0800 169 5901
	www.girlguiding.org.uk

Village Hall Committee

Alan Maskell	0118 984 5326
Carol Williams	
Axel Lagerborg (Treasurer)	
Hall Bookings (Hilary Innes)	0118 984 2561
Emergency Contact	07954 140048
Email:	tidmarshvillagehall@hotmail.com

West Berkshire District Council

Main switchboard	01635 42400
Streetcare	01635 519080
Planning applications	01635 519111

We welcome all advertisements, articles and letters submitted for inclusion in the magazine but the editor reserves the right to refuse, alter or amend material for any reason. The editor accepts no responsibility for, nor necessarily agrees with, views expressed in such submissions.

Please email any items, **including photographs**, for the next edition of the magazine to editortsmag@gmail.com by 1st December 2023 at the latest.

Whilst we make every effort to ensure the accuracy of the information printed in this magazine, the editor cannot accept responsibility for the consequences of any errors or omissions that may occur.

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