

A photograph of a forest scene. In the foreground, the ground is covered with a thick layer of fallen brown and orange autumn leaves. Several tree trunks are visible, some with light-colored bark. The upper part of the image shows the branches and leaves of trees, with some leaves showing autumnal colors. A semi-transparent white banner is overlaid across the top half of the image, containing the title text.

Tidmarsh with Sulham Parish Magazine

SPRING 2026



PR Motors...

Passing knowledge on

Will (Technician) and Mark (Senior Technician)
are part of our valued team



Email: enquiries@prmotors.biz Web: prmotors.biz

Tel: **0118 984 4889**  

Opening times: **Mon-Fri: 7:30am - 5:30pm**

Welcome to the Spring edition of the Tidmarsh with Sulham magazine! As a herald to the beginning of sunnier days, we bring you upcoming local events;- in May a Plants & Local Produce Sale at the village hall, Spring Quiz night and an Open Studio event and in July a summer community event on the Millenium green. Among the topics for this issue we have information on the Parish Walk, St Laurence church in Tidmarsh, a travel article on Brighton as well as updates from all of our wonderful regular contributors.

Thank you to those who responded to the Parish questionnaire, on how we can build a stronger community. In this magazine you will find a summary of the feedback collected, with a detailed report to be posted on the parish website shortly. And thanks to John Alderton for the front cover capturing Sulham Woods.

And finally a Big Thank You to each and every one of you who donated to support the continued publication of this magazine. To date we have raised £800, which will secure its publication through the end of the year! If anybody else would like to donate please either drop off cash/cheque to me (Step Up Cottage Sulham RG8 8DX) or make a deposit to: **TidmarshwithSulhamPM (one word) Sort code: 04-06-05 A/C No. 29264078**

As always, please keep your ideas and contributions for new content coming - and wishing you all a very Happy Easter!

Lucy Clow, Editor

editortsmag@gmail.com

DATES FOR YOU DIARY

DATE	EVENT	TIME
28 March	Defibrillator training - Village Hall	2.00 pm
1 April	Annual Parish Assembly - Village Hall	7.30 pm
3 April	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
5 April	Family Communion - St Laurence Church, Tidmarsh	11.15 am
	Family Worship - St Nicholas Church, Sulham	11.15 am
	* Easter Egg hunt for children at each service	
8 April	Parish Council Meeting - Village Hall	8.00 pm
19 April	Morning Worship - St Nicholas Church, Sulham	11.15 am
1 May	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
3 May	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
9 May	Village Quiz	7.30 pm
13 May	Parish Council Meeting - Village Hall	8.00 pm
16 May	Plants & Local Produce Sale - Village Hall	2.00 pm
17 May	Family Worship - St Nicholas Church, Sulham	11.15 am
5 June	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
7 June	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
10 June	Parish Council Meeting - Village Hall	8.00 pm
21 June	Family Worship - St Nicholas Church, Sulham	11.15 am

Tidmarsh Village Hall

QUIZ NIGHT

Tidmarsh v Sulham

Saturday May 9th

7.30 for prompt 8pm start.

Ploughman's supper provided

Bring your own drinks and glasses

Come as a team or join one on the night.

£10 per person

Email: alderton.boxcott@btinternet.com to reserve a table.



THE PANGBOURNE AND DISTRICT VOLUNTEER CENTRE

The Pangbourne and District Volunteer Centre helps people in our area who have problems with getting to medical appointments. In addition we take elderly people to clubs and many other activities but we are unable to take people shopping.

We operate within the parishes of Ashampstead, Basildon (Upper and Lower), Pangbourne, Purley, Sulham, Tidmarsh, the Postal zone RG31 of Tilehurst, Whitchurch and Whitchurch Hill.

We are based in Pangbourne Village Hall and our office is open 9:30am to 11:30am every weekday (except public holidays) Our telephone number is 0118 984 4586.

We are a registered charity governed by a Management Committee.

We have a team of volunteer drivers who will do what they can to get you to your appointment on time and return you home safe and sound.

Telephone:

0118 984 4586

Email:

PangbourneVolunteers@outlook.com

ST NICHOLAS CHURCH

Spring Flower Sunday took place on March 1st. Visitors enjoyed looking at the churchyard followed by a cup of tea and cake inside the church. £336 was kindly donated during the afternoon and will go towards vital repair work following water damage to the bell tower.

St Nicholas church has a service at 11.15 on the 3rd Sunday of every month. Everyone is always welcome.

VILLAGE WALKS AND COFFEE MORNING

Tidmarsh & Sulham Village Walks take place on the first Friday of every month. Meet at the Village Hall at 9.30 am. Everyone is welcome for easy paced walks lasting approx' 1.5 hours. The walks are followed by a community coffee morning in the Village Hall at 11.00 am. Sociable doggies are welcome too.

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

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

We also have a Tidmarsh & Sulham website, which hosts a noticeboard of events and parish news:

www.tidmarshwithsulham.co.uk

Gillian Alderton

“What’s On” in the Village Hall

Did you know that there are lots of activities available in Tidmarsh village hall? Below is the current calendar of regular bookings. If you would like to join one of the classes, please contact the organiser in advance. All activities & classes take place weekly unless otherwise stated.

Please contact the Hall Bookings Secretary if you would like to run a class or hire for an event: tidmarshvillagehall@hotmail.com

TIDMARSH VILLAGE HALL – Summer 2026

MONDAY	10 -12.30 Art Sue Logan shelsoot@btinternet.com			7.30-10.00 Table Tennis Duncan Groves duncanwijgroves@hotmail.com
TUESDAY			6.15-7.15 Martial Arts Nazim Gokcezade nazim.gokcezade@ntlworld.com	7.30-10.00 Table Tennis Duncan Groves duncanwijgroves@hotmail.com
WEDNESDAY	10.00 -12.00 Flower Arranging Shirley McCaig theridings.25@gmail.com	1.30-4.00 Art Alec Bray alec.bray@yahoo.com		8pm Parish Council 2 nd Wed of month clerk@tidmarshwithsulham.co.uk
THURSDAY	9.00 - 10.00 Amico Dance Rachel Griffin amicodanceacademy@gmail.com			
FRIDAY	11.00 -12.00 Coffee Morning 1 st Fri of month ALL WELCOME come along!	2.00-4.00 Tidmarsh Stitches 2 nd and 4 th Fri of month Karen Florey karen@therunningchicken.co.uk		
SATURDAY	10.30 – 11.30 Zumba Rachel Grocott rachelzumba4043@gmail.com			
SUNDAY				

A JOURNEY THROUGH TIME EXHIBITION

This community event was held on Sunday February 8th and was organised by the Village Hall Committee. We are very grateful to Jean and John Harland for loaning their large collection of photographs to the exhibition and for being there for visitors to talk to. Thanks too for the many photographs of more recent village memories that residents of both villages provided. The exhibition was very well attended, with visitors staying to peruse the photographs and enjoy tea, cake and a chat. Donations on the day came to £ 226. This money will be divided between the Village Hall and the T&S Parish magazine.



The Burtenshaw family, Yew Tree cottage

RESUSCITATION TRAINING

Another Resuscitation session is scheduled at the Village Hall on 28 March led by Gillian Alderton and Caroline Home at 2pm - 3.30pm. If you are interested in participating, make sure to join the Sulham & Tidmarsh village Whatsapp group (contact Lucy the Editor) as further details will be advertised there.

SAVE THE DATE

Taking into account last year’s events and the feedback collected via the parish questionnaire, we are planning the following events in 2026.

The events will be advertised in the magazine, on the parish website, Facebook page and village Whatsapp group.

If you would like to see another event happening, e.g. a new yoga class in the Village Hall, it would be fantastic if you could take the lead in setting it up. Please contact Lucy the Editor; you will be fully supported by the planning team!

Spring Village Quiz	9 May	Village Hall
Plant & Local Produce Sale	16 May	Village Hall
Community Event	July	Millenium Green
Village Cricket Match	August/September	
Autumn Show	September	Village Green
Wine Tasting	Autumn	Village Hall
Speaker Event	Autumn	Village Hall
Village Quiz	Autumn	Village Hall
Carols on the Green	December	Millenium Green



Plants & Local Produce Sale



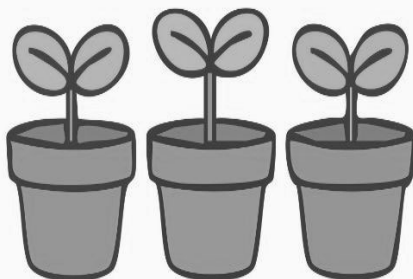
Annual &
cottage garden
plants
Locally reared
meat
Local honey
Gifts

Cakes
Refreshments
Raffle prizes

Saturday 16 May

2pm – 5pm

Tidmarsh Village Hall



Browse, shop & enjoy a cuppa!

All proceeds go to the Village Hall

TIDMARSH & SULHAM PARISH QUESTIONNAIRE 2025/6 - RESULTS

The Parish Questionnaire was issued in the last week of December 2025. Residents were given six weeks to respond. The survey was issued in the Parish magazine, on the Facebook page, to the local Neighborhood watch email list and Whatsapp group.

15% (35) of households in the communities of Tidmarsh, Sulham and Maidenhatch responded to the survey.

Executive Summary of Feedback:

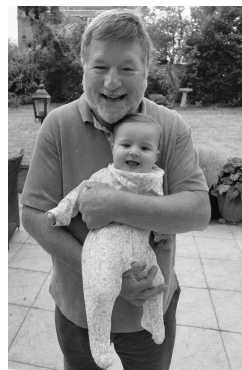
- Strong appreciation for the countryside, village and community that we live in.
- Footpaths and Bridleways were the main areas of improvement cited: Key examples given: Speed calming/lowering of limit, improving the safety of footpaths between the villages, Tidmarsh Lane and to Pangbourne.
- Community venues, environmental cleanliness and community events were the next improvements most frequently given.
- Half voiced satisfaction with the level of environmental cleanliness in the villages, however there were many calls for more to be done along the roads.
- Main areas for improving facilities; making better use of the Millenium Green, Community shop/coffee venue, Seasonal events and Workshops and classes.
- A good appetite for using the Village Hall for a variety of new events, but a clear need to communicate and promote events at the village hall and in general across the community and channels.
- An appetite for getting involved, with new volunteers raising their hands.
- A call for the parish council to provide better and more regular updates. And to provide the updates across a broader range of channels.
- Almost universally (97%) positive feedback on the value of the Parish magazine.
- A good awareness of the defibrillator, and calls for more training and even greater awareness.

REMEMBERING GEOFF HUTTON 18/04/53 - 8/1/26

I first met Geoff when he moved from Streatley into ‘The Gables’ on the corner of Strachey Close in 2013, with his two dogs, Bugsy and Woody.

Shortly after moving in, Geoff hosted a garden party so he could meet his new neighbours. It was a lovely afternoon, enhanced by copious drinks and a tuk-tuk pizza van which kept us all well fed.

He retired soon after moving to Tidmarsh, having enjoyed a long career in market research and running a successful business with his friend Derek. In retirement, he continued to put his research skills to good use, spending time online investigating holiday destinations, day trips and restaurants and pubs for lunches and dinners.



Geoff had two daughters, Caroline and Phoebe, and their move to Australia gave him the opportunity to travel there on several occasions, including four years ago when his first grandchild Georgie was born.

Over the years, he took part in many Strachey Close activities. A few years back, six of us decided to take up golf. It soon became apparent that only Geoff and Francois showed real ability and they both joined Theale Golf Club.

In 2015, he decided to buy a new car and had almost settled on a top-of-the-range Audi when a visit to the Porsche showroom changed his plans. After a weekend loan of a Porsche Macan, he was won over. He was immensely proud of his white Porsche Macan, which soon became a familiar sight on his driveway.

Geoff was also a long-time supporter of Arsenal Football Club. He followed their fortunes closely, through highs and inevitable lows, and was never shy about sharing his views on performances, managers or signings. It would have pleased him greatly to see them sitting at the top of the Premier League table — a position he would no doubt have analysed with cautious optimism and a wry smile.

During lockdown, Sally and I formed a ‘bubble’ with Geoff and spent many pleasant evenings having drinks on the patio and putting the world to rights. Every Sunday evening, the Strachey Close neighbours held a Zoom quiz and Geoff quickly established himself as the ‘Bamber Gascoigne’ of the Close with his well-researched and entertaining quizzes.

Over the last few years, Geoff suffered mobility problems and periods of illness. But whenever I called to see him, there was a warm welcome and an offer of coffee or a beer. A keen gardener, he took great pride in his outdoor space and it was always a pleasure to sit with him on the patio, drink in hand.

He did not suffer fools gladly but you always knew where you stood with him. If you were invited for dinner, at some point Geoff would say, “Right, 10 minutes and then I’m kicking you out!” Always straight and to the point.

Geoff was not dealt the kindest hand in life, having lost a brother, his wife and a daughter at a young age. However, he would always help you if you needed it. Whenever he spoke to his daughters in Australia, his parting words were always, “Call me if you need me.”

He was well known to local dog owners and in recent years cut a familiar figure on his daily walks with his beloved Jack Russell, Woody.

Geoff was a much-loved member of the Strachey Close community, a good neighbour and a great friend. We miss him dearly.

Ian White

REMEMBERING PETER COLLIER

Peter Collier and his wife lived in Four Winds, Tidmarsh for many years;- in fact they were probably the first owners of the house.

Their son Bruce and daughter Leslie were brought up there.

Peter's wife Marion was a great friend of mine from the time we moved to Spindleberry Barn in 1966. Marion was very involved with the church in Tidmarsh and with running of the village hall.

When Peter retired he took on several gardening jobs in Tidmarsh, Pangbourne and Upper Basildon. He started to come to us for three hours every Friday afternoon in the early 1980's. He was an excellent, reliable worker. We always finished the afternoon with a cup of tea and a biscuit or two, chatting in the kitchen !

Sadly, in the 1990's Marion became ill and Peter felt that he must devote himself to her care.

After this I only came across Peter occasionally, shopping or at the surgery. He asked me who was doing my garden now and I replied that I was. He was highly amused!

Jennifer Nutt



A . B . W A L K E R
FUNERAL SERVICES SINCE 1826

Independent, family-run
funeral directors, since
1826 in Tilehurst.

0118 304 0068

abwalker.co.uk | ★ Trustpilot ★★★★★
Excellent Nov '25

A . B . W A L K E R
- 200 -
SINCE 1826



Goring Chamber Choir

75th Anniversary Concert

- ◆ Saturday 16th May
- ◆ 7:30pm
- ◆ Douai Abbey

Magnificat in D major
J.S. Bach

Magnificat in B $\flat$ major
Durante (attr. Pergolesi)

Marian motets
Classical & contemporary

tickets@goringchamberchoir.org.uk



PARISH COUNCIL NEWS

Tidmarsh with Sulham Parish Council has been exceedingly busy over the Christmas period and well into the New Year. The Parish Council has limited powers but it is nevertheless the first tier of local government representing residents in our villages.

On 20 December 2025 a lawful landowner in Maidenhatch occupied agricultural land unlawfully. This unlawful occupation is a contravention of planning regulations. Matthew Shakespeare, our District Councillor, became involved and together with the West Berkshire Council Planning Enforcement Department a Temporary Stop Notice was served on the site.

The Parish Council was active in representing the interests of the residents and was in constant contact with the Planning Enforcement officials during this period of uncertainty. It became apparent that the residents required an opportunity to meet with officials from West Berkshire Council. The Parish Council was able to arrange for an Extraordinary Parish Council Meeting which took place on 4 February 2026. The Leader of the West Berkshire Council, Mr Jeff Brookes, and the Portfolio Holder for Housing and Planning, Mrs Denise Gaines, attended this meeting and took questions from residents as well as providing information on options that are available in this type of situation.

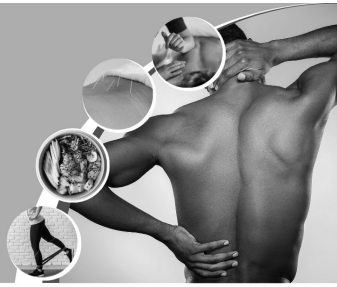
Residents and the Parish Council continue to monitor this matter and West Berkshire Council have now proceeded with serving an Enforcement Notice on this site.

In addition to planning matters, the Parish Council is presently preparing for the Annual Parish Assembly which is scheduled to take place on 1 April at The Tidmarsh Village Hall at 7.30pm.



AWARD-WINNING
INTEGRATED MEDICINE CLINIC
FORMULA HEALTH

OSTEOPATHY | SPORTS INJURY | SPORTS & REMEDIAL MASSAGE
KINESIOTAPING | SHOCKWAVE THERAPY | EXERCISE STUDIO
PODIATRY | 3D-PRINTED ORTHOTICS | COMPRESSION BOOTS
NUTRITIONAL THERAPY | VITAMINS & SUPPLEMENTS
DNA & MICROBIOME TESTS | METABOLIC ANALYSIS
ACUPUNCTURE | REFLEXOLOGY | KINESIOLOGY
PREGNANCY, MOTHER & BABY TREATMENTS
HEALTH & WELLBEING PRODUCTS

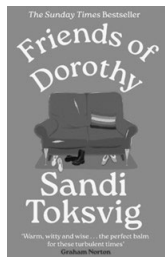


0118 4181825 info@formulahealth.co.uk www.formulahealth.co.uk @formula_health_ltd 19 Reading Road, Pangbourne, RG8 7LR

BOOK CLUB

Friends of Dorothy by Sandi Toksvig

Friends of Dorothy is a delightful and witty novel that blends humour, heart, and a dash of gentle chaos into a story about unexpected family and the messy, wonderful business of belonging.

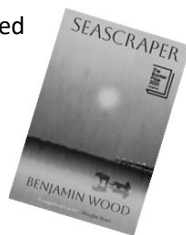


Amber and Stevie think they've bought their dream home. Unfortunately, it comes with Dorothy, an octogenarian who has absolutely no intention of leaving and even less intention of being polite about it. What follows is less a battle of wills and more a glorious siege involving sarcasm, stubbornness, and the slow realisation that the "problem" in the house might also be its heart.

Sandi Toksvig brings her trademark warmth and sharp comic sensibility to this story. The dialogue is snappy, and the characters richly drawn.

While some of us found it a bit "cheesy", most of us enjoyed the book and thought it an easy, light-hearted read.

Our next read will be **Seascraper** by Benjamin Wood.



If you would like to come to Book Club evenings, for details of next date and venue please contact Lucy : editortsmag@gmail.com



Independent Family Run Drainage Service Established 20 Years



Whether unblocking, clearing and cleaning, surveying, repairing or replacing, we will handle the job promptly and effectively.

Honest & Reliable.. It's In Our D&A!

- **24/7 EMERGENCY SERVICE • GUARANTEED ARRIVAL**
- **ALL TELEPHONE CALLS ANSWERED PERSONALLY**

CALL ANYTIME ON 0118 957 6244
www.drainandable.co.uk



Proud members of
Checkatrade.com
Where reputation matters

ART LOVERS CAN EXPECT A WARM WELCOME AT HILLTOP STUDIO IN MAY



Kerry Webb - Frosty morning at the Folly

Following the success of last year's event, local artists Simon Pink and Kerry Webb will once again be opening Hilltop Studio for three weekends in May as part of the West Berkshire & North Hampshire Open Studios event. Located in Tilehurst, Hilltop Studio is only a short 10-minute car journey from Sulham and Tidmarsh.

The Open Studios programme for West Berks and North Hampshire has grown and developed since its inception over 30 years ago and now has over 100 exhibiting artists across a wide area, opening their doors to the public in May. It's always FREE to enter, there is no obligation to buy – artists taking part just like to see a friendly face and chat about what they do.

Being part of the Open Studios initiative allows the public a unique opportunity to access artists' studios that are normally the artist's own private workspace. The event can offer an unusual insight into the places and ways in which artists work.

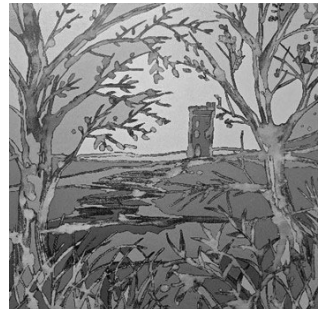
Kerry has lived near to the Sulham parish border for most of her life, and the surrounding countryside has greatly influenced her art. Kerry is recognised for her depictions of local landmarks (in particular, Wilder's Folly), rural landscapes, and vivid seascapes in oils and acrylics.

Simon has become well-known for his large contemporary colourful paintings. Simon works directly onto the canvas, pulling ideas from his thoughts and emotional response to nature. The results are energising images with hints of nature's forms and textures, a mix of excitement and calm.

Hilltop is a working studio, Simon and Kerry will be painting there every weekend throughout the Open Studios event and would love to talk to you about their creative processes and show you what they're currently working on. Original paintings, prints, cards, and gifts will be available to buy direct from the artists.

Hilltop will be open from 11am - 5pm Saturday & Sunday 9th-10th, 16th-17th, 23rd-24th May and Bank Holiday Monday 25th May. The studio is located at: 15B Berkshire Drive, Tilehurst, Reading, West Berkshire, RG31 5JJ. Further details are available at: www.open-studios.org.uk/entry-2026/hilltop-studio

Simon and Kerry look forward to welcoming you to Hilltop Studio.



Simon Pink - Wilders Folly from Sulham



Simon Pink - All Saints Church - Marlow At Dusk

CHURCH NEWS

 THE CHURCH OF ENGLAND The Parish of Pangbourne with Tidmarsh and Sulham
www.pangbournechurches.org

CHURCH SERVICES IN ST JAMES | ST LAURENCE | ST NICHOLAS

APRIL

Easter Sunday 5th

5.30am Daybreak Service Meet in Rectory Garden
with Holy Communion in
St James

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

Easter Egg hunt for children at each service

Sunday 12th

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

Sunday 19th

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

Sunday 26th

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

MAY

Sunday 3rd

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

Sunday 10th

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

Thursday 14th May - Ascension Day

7pm Holy Communion St James

Sunday 17th

9am Joyful Noise St James
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

JUNE

Sunday 7th

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

Sunday 14th

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

Sunday 21st

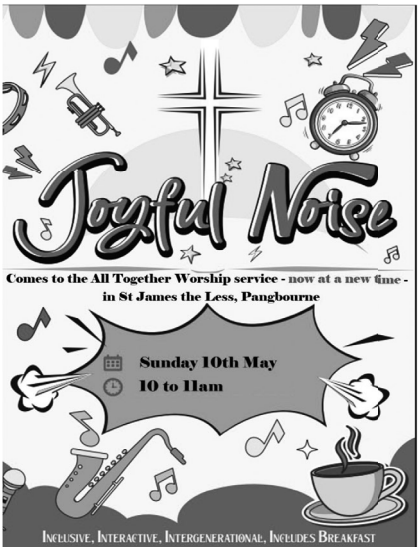
10am Holy Communion St James
11.15am Family Worship St Nicholas

Sunday 28th

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

Midweek Holy Communion

10am every Wednesday morning in St James. All welcome



Annual Parochial Church Meetings on Sunday 26th April 2026

10am Worship in St James the Less, Pangbourne will be followed by:

1. The meeting to Elect Churchwardens by Parishioners (3 vacancies)
2. The meeting of Electoral Roll members to receive the Annual Report and elect Parochial Church Council Members (6 vacancies) and Deanery Synod members (3 vacancies)

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

You're warmly invited to join us at



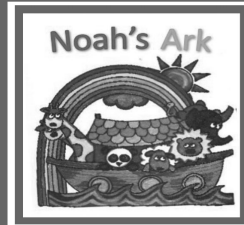
The Parish of Pangbourne
with Tidmarsh and Sulham
St James the Less : St Laurence : St Nicholas

*Getting together for
coffee, company and conversation*

2 to 3.30pm

The Elephant Hotel, Pangbourne

Every fourth Thursday of the month



Meet and make friends at Noah's Ark, a warm and caring environment where children, from tiny tots to preschoolers, can enjoy **play, craft, stories, music, and gentle worship**, all in a safe and caring environment.

We meet each Friday morning during term time at

10 am in St James the Less, Pangbourne.

Our wonderful team is always on hand—whether you'd like a bit of support, a friendly chat, or just to enjoy a cuppa while the little ones play. We're a welcoming community of regulars and newcomers alike, and you can be sure of a warm hello when you arrive.

SULHAM FARM AND BIODIVERSITY NET GAIN (BNG) PROJECT UPDATE

As I write this piece, the farm is transitioning to its spring working phase after what's been a busy winter. I am delighted to say that we have now completed the final planting for the Biodiversity Net Gain project. Remaining work centres around finishing off the last bits of fencing work and some replanting of trees and hedges after inevitable failures. Seemingly constant rain since Christmas has been helpful for watering in the newly planted trees - if perhaps making the winter fencing tasks rather unpleasant for farm staff.

From a distance, crops are looking well after the winter, but closer inspection shows that the warm wet weather has resulted in earlier than expected disease pressure. The start date of the fungicide spray program has been brought forward as a result.

It has been a pleasure to see the cows winter bale grazing the BNG land. They have coped remarkably well outside in the recent harsh conditions. Unfortunately the scanning results of the cows were disappointing this year with more barren cows than usual. The cause of this is under investigation, but it is expected to be due to the high temperatures we experienced last summer which could have affected both bull and cow fertility.

Andrew Clay, Farm Manager, Sulham Estate

MY JOURNEY INTO BEEKEEPING - PART 9

Today has been one of the first days in weeks that I have been able to get stuck in with clearing up the garden in preparation for the upcoming spring and summer. At last there have been quite a few queen bumble bees flying around and a check on the hives showed a lot of activity, with bees coming and going with some of them laden with pollen. This is a clear indication that the queens have started laying and the bees are starting to raise the next generation. They're not in the clear yet and weekly hefting of the hives to check their food stores will continue until well into March when more pollen and nectar becomes available.



Winter is always a quiet time in beekeeping with the main job, apart from hefting, being the cleaning up and repairing of equipment and making sure everything is ready for the next season. However, this year was slightly different. Apart from honey, the other main bi-product of bees is beeswax and over the three years of keeping them I have been collecting every bit of surplus wax – whether it's from the cappings on the honey, the brace comb that the bees like to build to fill every gap they can in the hive to the old foundation wax in the frames.

My aim was to have a go at making my own candles, having seen so many pretty ones in various shops and at shows. Beeswax has been used in the making of candles for thousands of years, with the earliest known examples dating back to ancient Egypt where it was also used to embalm the dead. The ancient Greeks and Romans also used beeswax candles in their religious ceremonies and to light their homes. In the Middle Ages, beeswax candles were a luxury item, only affordable by the wealthy. They were used in churches and castles and were even used as currency in some parts of Europe. As time went on the process of making beeswax candles evolved, and by the eighteenth century the dipping method, which is still used today, was developed. However by the 19th century, with the development of the electric lightbulb, the popularity of beeswax began to decline.

In addition to their rich history, beeswax candles have many benefits. They are non-toxic, emit negative ions when burned and have a natural, subtle honey scent providing a sustainable and environmentally friendly alternative to paraffin wax candles. Having previously attended a day's course on making candles, I set about collecting the things I needed to render and filter the bucket loads of dirty and very sticky wax I had collected. The first job was to render and clean it, so with the help of an old Crockpot, the wax was melted through disposable nappy liners (to get rid of any foreign bodies!) leaving me with discs of wax. These were then filtered twice more by the same method to make sure the wax was perfectly pure for use when burnt. Having bought and borrowed a number of different moulds, the wax was melted in a bain marie and carefully poured into moulds with the wicks securely fixed in place. After 45 minutes the moulds were opened to reveal some really lovely candles. I have to say it was a very long and intensive process but the end result was so satisfying. Next on my list of products to make is beeswax polish so watch this space!

The bees never fail to amaze me with their remarkable behaviour developed over millions of years and their capacity to make such a delicious and useful 'product'. For anyone who would like to see the end products of my bees, I will be selling honey and candles at the Plants and Produce Sale at the Village Hall on the 16th May along with other gifts I have made.



ENVIRONMENTAL NEWS



West Berkshire Countryside Society

www.westberkscountryside.org.uk

April 2026		
Tue 7 th April 10:00	Grove Pit Common Leckhampstead	Scrub clearance on this parish wildlife site. Access the common via the track which leaves the B4494 west at Cotswold Farm. SU440 777 Please leave your vehicles at the bottom of the track and walk up to the common. /// bossy.connected.tubes
Tue 14 th Apr 10:00	Little Hidden Farm Hungerford	Wildlife conservation tasks. Access by following the track through the farm until you can go no further. Park opposite the indoor riding school. SU351713 ///crisps.joke.encrusted
Tue 21 st Apr 10:00	Hosehill Lake Sheffield Bottom	Further footpath construction on this BBOWT site. Park in the car park of the Fox and Hounds pub at Sheffield Bottom, SU650 699 /// noisy.doll.roof
Guided Walk Thu 23 rd Apr 19:30	Warblers at Hosehill Lake	Join Cathy McEwen to hear and look for newly returned spring migrants, particularly nightingales, in this nationally important area. Bring binoculars and wear stout footwear. Please car share if possible and consider patronising the pub. Meet and park at the Fox and Hounds, Sheffield Bottom SU650 699 /// noisy.doll.roof
Tue 28 th Apr 10:00	Winterbourne Wood	Continuing conservation management tasks. Park on the main woodland entrance track, SU447 717 ///headboard.tubes.olive
May 2026		
Tue 5 th May 10:00	Eling Estate/ Grimsbury	Continuing conservation management tasks, See website more for details
Tue 12 th May 10:00	Hosehill Lake Sheffield Bottom	Further footpath construction on this BBOWT site. Park in the car park of the Fox and Hounds pub at Sheffield Bottom, SU650 699 /// noisy.doll.roof
Tue 19 th May 10:00	Rushall Manor Farm, off Back Lane, Bradfield	Continuing conservation management tasks, followed by annual BBQ. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield, SU584 723 /// telephone.brink.crate
Thu 21 st May 19:00	Member Social Evening / AGM	Members Social evening at the Victory Room, Bucklebury Village, buffet supper and drinks provided. There will be a short talk followed by the AGM, RG7 6PR
Tue 26 th May 10:00	Eling Way	Clear invasive vegetation either side of the permissive footpath named Eling Way. Park at Hampstead Norreys village car park, SU527 762 /// singing.during.barrel
June 2026		
Tue 2 nd June 10:00	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 ///simmer.equipping.casua
Tue 9 th June 10:00	Ufton Court	Continuing conservation management tasks. Parking will be directed on the day, SU626666 ///ooze.stall.tubes
Tue 16 th June 10:00	Holt Lodge Farm, Kintbury	Clearing bracken. Meet at Holt Lodge Farmhouse near Kintbury, SU387 648 ///skid.comments.tripling
Tue 23rd June 09:00	Sulham Home Farm	Continuing ragwort control on this SSSI. Parking at Sulham Home Farm, SU643 758. Please bring a fork if you can. ///artist.resist.humans
Tue 30 th June 10:00	Eling Estate/ Grimsbury	Continuing conservation management tasks, please see website for further details

Pang Valley Flood Forum

Pang Valley Flood Forum (PVFF) are delighted to confirm that the Pang Restoration and Resilience Project has finally been awarded the £200k Thames Regional Flood and Coastal Committee (TRFCC) grant, which will enable this exciting project to go ahead.

Englefield Estate developed the scheme and are the main project lead with PVFF a supporting partner. West Berkshire Council, who are the Lead Local Flood Authority and have been closely involved with the project, submitted the business case on behalf of the Project Team.

The works will be undertaken between June 2026 and November 2026 by Cain Bio Engineering Ltd, river restoration specialists with over 25 years of experience.

Historic river modification and dredging have straightened and deepened the channel of the River Pang, exacerbating peak flows downstream and increasing flood risk. This scheme is part of a bigger project which has been developed to address the multiple objectives of natural flood management, river restoration and habitat creation over 26ha of pasture and 4.8ha of woodland, along 2km of the river.

The TRFCC part of the project will involve channel re-meandering which will increase sinuosity, increase the overall length of the river and restore floodplain connectivity.

Remodelling of the bank in certain sections will also increase floodplain connectivity and large woody debris added to an in-flowing ditch will slow the movement of water during peak times.

The remaining parts of the project further upstream have approved funding in place from a different source and will include river restoration works and habitat improvements, including adding gravel from the site to the riverbed to improve conditions for spawning trout and the installation of large woody debris to help trap sediment.

This, together with a tributary stream being redirected across floodplain pastures, will slow the flow of water during peak levels, reduce flood risk downstream, help to improve water quality and provide a range of river and floodplain habitats for wildlife.

Kay Lacey

themovementclinic

Physio-led Pilates and exercise classes

- 1 to 1 sessions and assessments
- Small group mat work (Monday and Thursday evenings at 19:45, £12)
- Pilates-based seated and standing exercise class (Monday and Thursday mornings at 10:30, £12)
(All classes also available live on zoom)

Email Vicky info@themovementclinic.co.uk or call 07775 638611

Unit 2 Enterprise House, 41 Reading Road RG8 7HY



Drum Landscaping



- Hard and Soft Landscaping • Fencing • Garden Clearance
- Garden and Grounds Maintenance • Hedge Planting
- Hedge Cutting • Grass Cutting • Turfing • Power Washing
- Winter Gritting • Licensed Waste Carrier • Insured

Call Nick – Home: 01235 859229

Mobile: 07922 701634

Email: ndrumlandscaping@gmail.com

THE TIDMARSH WITH SULHAM PARISH WALK

Not to be confused with the monthly Village Walk but also an outcome of the 2005 Parish Plan, the Parish Walk is a circular, way-marked route of about 2.5 miles through both Tidmarsh and Sulham. It follows existing Public Rights of Way, authorised paths through the BBOWT Nature Reserve and a short section of Permissive Path.

Being circular it may be joined at any point, but let us start at The Greyhound (good idea!); walking along Mill Lane toward the River Pang, over the footbridge and across the fields towards Sulham Lane. During the winter, this path (TIDM 4.1) can be very wet and muddy and wellies are definitely recommended. At Sulham Lane, a short dog-leg and rather than the stiff climb up to the woods, turn right along the footpath (SULM 4) running parallel to the Lane heading towards St Nicholas Church.



Arriving at Sulham Hill, caution is needed as we turn right walking down the road toward the lay-by (a footpath on the verge here would be of benefit for improving safety);

then on to the metal kissing-gate to join footpath (SULM 5). There are often cows in this first field and if so, dogs should be kept on a lead.

Across the wooden bridge into the next field and evidence can be seen of the substantial conservation work carried out on this section of the River Sul. At the far side of the field, a right turn across another bridge and into the BBOWT Nature Reserve, following the way-mark signs (green here rather than the yellow) to arrive at the R. Pang. Another right turn and a short distance beside the Pang takes us to the edge of the Nature Reserve to join the Permissive Path across the fields of Mill Corner Farm and passing Tidmarsh Grange on our left.



There are often horses in these fields so again, dogs must be on leads. A Permissive Path is precisely that, there is no right of access, so the goodwill of Nigel and Jenny Cope in allowing this use is very much appreciated. The Walk then turns left joining footpath (TIDM 6) across the bridge over the Pang and past St Laurence Church to meet the A340 - the home straight with the Millennium Green on the left and The Greyhound in sight!

Apart from a gentle pull up to either end of the footpath running parallel to Sulham Lane, the route is reasonably level and dry, though in the wet months wellies are definitely recommended. The Walk affords a pleasant meander through both parishes with the benefits of an ever-changing vista of Sulham woods throughout the seasons and the tranquility of the BBOWT Nature Reserve.

A leaflet *“The parishes of Tidmarsh and Sulham, their history, amenities, rights of way”*, including a map of the Parish Walk, is available at St Laurence, St Nicholas, The Greyhound and the Village Hall.

GARDENING

GARDENING SPRING 2026

*There was a roaring in the wind all night;
The rain came heavily and fell in floods;
But now the sun is rising calm and bright;*

Wordsworth from Resolution and Independence

Rain, and earth, and sunshine. Not much warmth, but rain, and sun. And everything waking up. The level of light is different, bulbs and plants stir. Squirrels wake up, also rabbits hares and birds - birdsong builds to its incredible crescendo, and re-birth is in full swing.

It's important not to be left scurrying! As always, the most important job at the beginning of the growing season is to mulch your soil with plenty of rich non-peat



compost, As always - up to 2 inches depth, and as always don't touch bark or stem with the mulch - stay 3-4 inches in diameter away from them. The base of the stem is not where the roots are. For young or ailing trees, mulch as far out to the edge of the canopy as is practical. Non compacted earth, and a good mulch is all that is required in early spring. Fertilizers will not enhance the healthy balance of the soil.

Now is the time to complete any left over rose pruning. Properly done in February or a little earlier, appropriate pruning (teas, shrubs, and climbers require different severity and shapes - but the plant will right itself, and benefit from pruning in any case); then a thick mulch as above. I no longer apply fertilizer, unless my rose is in a tub.

There are already signs of your autumn bulb planting efforts - snowdrops and daffodils have made their entrance, and the rainbow of hyacinths and tulips will come later. There are Irises too which amaze with their colours, and delight with their scent. You can plant their bulbs to cover summer and autumn - the irises are a marvelous source of beauty and scent throughout the gardening season. Sweet Williams are already in and growing stronger; the breathtaking small and perfect Lily of the Valley is waiting in the wings. All were investments in Autumn for spring and early summer. You must think a season ahead in your gardening, and this is true equally with regard to seed planting.

Browse and buy the gorgeous seeds you need. Early as you can, lightly seed forget-me-knots, and aquilegia. Both bloom profusely and generously - year after year. Don't forget the marigolds, and a few nasturtiums (in the right place - since the climbers are thugs). And seed the gentle Nigella. Think of the bees - if you have space and the inclination, plant a patch of clover - as much as your lawn can manage. Select the lovely anemone bulbs which have caught your eye, and leaf through your gardening books or catalogues for those spring blooming plants which blaze in the spring garden. These are forsythias, ribes, spirea, camelias; spring is the time of fruit trees bursting into bloom; pears and apples, and cherries. These are accompanied by the berry flowers of rowan, and the unfolding beauty of the whitebeam. If you love clematis - consider Montana

Alba, Armandii, Elizabeth, or Early Sensation; clematis flower can be almond scented, lemon, or just delicious. They grow fast, and need a good space, but there are smaller varieties too, for example the Violet Elizabeth - which gives extra value, as it has a second flush of flowers in the early Autumn. At this time of the year, the jasmines are showing their bronze leaf colour, and strongly colonising your wall or arch. And so on; spring is a time of bustling bursting life. My strongest recommendation is to look around you, in garden centres, in magazines, in your neighbours patch! See what you like, and plant it. Never stop looking, you'll never be bored!

Finally, nesting now is earlier. Be extremely careful to check hedges for nest. Previously, the guideline for non trimming was the end of March to the end of August, but the season is longer now - the beginning of March, perhaps as late as mid September. Do the hedge trimming in February, or plan for November; or do the lightest non-mechanical gentle trim!

Clean out bird boxes, prepare food sites, and now you can buy hanging nesting material for spring business.

With all of this, you will be well on the way to a Spring and Summer garden filled with loveliness and life.

Joy Ellis



Perfect Boundary Limited



Hard Landscaping & Design

Approved Installer of Marshalls Products and addagrip Resin Bound Products

Professional Service; call for a Quotation.

Info@perfectboundarylimited.co.uk

www.perfectboundarylimited.co.uk

Tel. 01189 968 009 / 07796 202217



Proud members of
Cheekatrade.com
Where reputation matters

RECIPES FROM THE OLD SCHOOL (HOUSE) KITCHEN

Those of you who know us will know that the Old School kitchen has recently had to close, not for any hygiene or health and safety reasons, but the fact that chef M has had her arm in a sling for six weeks, which makes chopping impossible. Chef J is also hors de combat after having had her throat cut for cervical surgery. We have therefore been managing on ready meals. More of that later. Recovery is slow but sure and hopefully we will be back on form in the parish magazine for the summer edition.

SULHAM PRAWN AND SQUID PAELLA

60 ml olive oil
3 cloves garlic, peeled and finely chopped
500 ml of warm fish stock
One onion peeled and finely diced
200 g of chopped tomatoes
50 ml of dry white wine
200 g of paella rice
Fine green beans chopped to 1 cm
One packet of Waitrose frozen squid defrosted
Prawns, mussels, firm white fish cut into chunks, whatever
1 teaspoon of Hungarian paprika (unsmoked)
A big pinch of saffron soaked in a tablespoon of hot water
A handful of chopped flat leaf parsley



- Put the oil into a paella pan over a medium to low heat.
- Fry onion and garlic, stirring often, until the onion is soft and golden (eight minutes). Take care that garlic doesn't burn.
- Stir in the paprika and cook for a minute or so until fragrant.
- Add the tomatoes and wine to the pan and turn up heat. Bring to a simmer.
- Bubble vigorously for 10 minutes until slightly reduced.
- Add squid, fish, rice and beans.
- Stir well until all the grains are coated with liquid and the rice sits in an even layer.
- Pour 400 ml of the warm fish stock plus the saffron and its soaking liquid.
- Bring to a boil and simmer for 10 minutes without any further stirring.
- Add the prawns/mussels on top of the rice pushing them down into it but otherwise leaving it undisturbed.
- Continue cooking without stirring for about 10 minutes or more, keeping a wary eye on the pan. If it begins to look very dry before the rice is cooked, add a little stock.
- Once the rice is cooked add the rest of the warm fish stock. Take the pan off the heat and cover with foil.
- Leave to rest for 10 minutes and serve with lemon wedges and parsley if you've got it (which we never have).

So - to the ready meal section. We have been up until now purists – cooking from scratch. But all this has changed and so we pass on our experience to you. This is particularly useful if you are unexpectedly unable to cook and have a reasonable freezer. Our favourite mostly spicy ones are:

- Waitrose number one Keralan Fish curry
- Tideford spinach and lentil dahl soup

- Sainsbury's Taste the Difference petits pois and ham soup
- Charlie Bingham's fish pie
- M and S tempura prawns, mini chicken kiev, vegetable spring rolls
- Gyoza - all supermarkets do them now
- M and S spicy prawn laksa noodles bowl

And finally, two tips:

1. Put your limes or lemons in the microwave for 20 seconds before squeezing.
2. Strong recommendation to buy bread from Birch bakery in Pangbourne. They freeze extremely well. Fresh from the bakery, take each loaf, wrap it in foil and place in a plastic bag in the freezer. When you want to have fresh bread, take a loaf out of the freezer. Let it defrost naturally then bake in the oven for eight minutes at 200° C with the foil remaining closed. Undo the foil at the top and cook for another six minutes. Allow to cool and enjoy.

Margaret Myszor and Jules Reynolds

AWARD-WINNING CURRY ON OUR DOORSTEP

Calcot's own Coriander Club has just been named *Best Curry Restaurant of the Year (South)* at the Nation's Curry Awards 2026, and after visiting recently, it's easy to understand why.



The Coriander Club is a bit different from your typical curry house. They focus on Punjabi flavours and have a menu that includes things you won't usually see, alongside enough familiar dishes if you prefer to stick with the classics. There's also a street food section with smaller dishes that are great for sharing.

We went for a family meal on Valentine's evening (we couldn't make another date work), and the restaurant was packed. We ordered a mix of dishes, including the Punjabi prawns and the Coriander Club special with both chicken and lamb. The lamb was especially good — really tender with no fat — and the prawns were full of flavour. One of the surprises of the evening was something called “yoghurt bombs” from the street food menu, which were cool, minty and refreshing, with a little bit of a kick.

The restaurant itself is split into two areas, with one side used as a café during the day. Service was a little slow at times, but it was Valentine's and very busy, and the staff were friendly and apologetic. They were also very accommodating — when one of our group asked for a mushroom bhaji that wasn't on the menu, they made one specially for her.

Overall, the food was absolutely delicious and it was nice to try dishes that were a bit different from our usual choices. It's great to have such an award-winning restaurant locally, and it's definitely worth a visit if you haven't been already.

Sarah-Jane Flew

MEN'S KICKSTART POWER UP YOUR HEALTH

MEN ARE OFTEN LESS LIKELY TO SEEK HELP,
OR TALK ABOUT THEIR HEALTH,

THIS CAN LEAD TO ISSUES BECOMING MORE
SERIOUS THAN THEY NEED TO BE.



TAKE OUR SURVEY

www.smartsurvey.co.uk/s/MensHealthWestBerkshire/



SCAN ME

YOUR VIEWS WILL HELP US HIGHLIGHT GAPS,
IMPROVE SERVICES, AND MAKE SURE LOCAL
SUPPORT IS DESIGNED IN A WAY THAT
ACTUALLY WORKS FOR MEN.

healthwatch
West Berkshire

Call Us 01635 886210

Email Us contact@healthwatchwestberks.org.uk

A WEEK-END IN BRIGHTON

Brighton, a vibrant seaside city, blends historic charm with a bohemian and modern culture.

Starting at the iconic Palace Pier, there are rides and attractions to suit all ages (dogs not allowed). Then a walk along the promenade makes for a bracing stroll, either west to Hove and its Regency squares and lawns, or east past Kemptown and its equally grand squares to the Marina. In this direction you can also see the progress being made to restore the Grade II listed iron-work of the seafront arches.



Just across the road from the Pier stands Sea Life - the world's oldest operating aquarium, housing 5,500 sea creatures and a fascinating place to visit especially on a wet afternoon.

Then 5 minutes walk from here you will find the Lanes, a quirky, pedestrian-friendly warren of independent shops that offers a mix of historic charm with modern, bustling and eclectic culture. Here you will find high end jewellers, antique shops, art galleries, boutique design stores and eateries. And onto the North Laine, which offers a more bohemian shabby-chic shopping and café experience.

The Royal Pavilion is also just a stone's throw from here. Built as a seaside retreat for the future King George IV, it is a Chinese-inspired regency pleasure palace, with sumptuous interior decor and a fascinating history.

If you're looking for some entertainment in the evening, Brighton is always buzzing with a multitude of choices, from live music to theatre and comedy. Many West End shows (Theatre Royal), international bands (the Dome or Brighton Centre) and comedians make a stop in Brighton on their tours, but there are countless smaller and local events to enjoy. See the [VisitBrighton](#) website for what's on.

And finally the food: Brighton is a foodie paradise! There are countless excellent and varied food options to explore all over the city and to suit all budgets. Brunch is a big thing at the week-end, as is a pre-dinner cocktail from the many bars. And pubs; the area is made up of many neighborhoods, with a tiny pub on almost every corner;- a great place to experience the local vibe.

Lucy Clow

DECODING YOUR GENETICS

Genetics plays a powerful role in shaping how our bodies function, how we respond to our environment, and even how we think and feel. While our genes do not determine our destiny, they do influence tendencies—how efficiently we detoxify, process nutrients, manage stress, or regulate neurotransmitters. Advances in DNA testing now allow individuals to better understand these genetic variations and use that knowledge to make more informed, preventative health decisions, and testing is readily available, usually via a simple saliva sample.



What Are SNPs?

Single Nucleotide Polymorphisms (SNPs) are small variations in our DNA sequence (often called ‘snips’. They are incredibly common and usually harmless, but certain SNPs can affect how specific enzymes work in the body. These enzymes often sit at key metabolic “junctions,” meaning a less efficient version can influence multiple systems such as mood, energy, inflammation, or cardiovascular health. Understanding your SNPs can explain why your body may behave differently from someone else’s.

Well-Known SNPs and Their Effects:	
MTHFR (Methylenetetrahydrofolate Reductase) MTHFR is one of the most widely discussed genetic variants. It affects how the body converts folate into its active form, which is essential for methylation—a process involved in DNA repair, detoxification, hormone balance, and neurotransmitter production. Common symptoms or tendencies associated with reduced MTHFR activity may include: ● Fatigue or low energy ● Brain fog or poor concentration ● Higher stress sensitivity ● Elevated homocysteine levels ● Increased risk of mood imbalances	
COMT (Catechol-O-Methyltransferase) COMT is involved in breaking down dopamine, adrenaline, and oestrogen. Variants can make COMT work either “fast” or “slow.” ● Slow COMT may be linked to anxiety, overthinking, heightened stress responses, and sensitivity to stimulants like caffeine. ● Fast COMT may be associated with lower dopamine levels, reduced motivation, or difficulty maintaining focus. These differences help explain why some people thrive under pressure while others burn out quickly.	DAO (Diamine Oxidase) DAO helps break down histamine from foods and the environment. Variants that reduce DAO activity can contribute to histamine intolerance. Possible symptoms include: ● Headaches or migraines ● Digestive discomfort ● Skin flushing or rashes ● Nasal congestion ● Anxiety-like symptoms after eating certain foods

Using Genetic Information to Take Action

The true value of DNA testing lies in what you can *do* with the information. Knowing your genetic tendencies allows for personalised strategies rather than generic health advice.

For example:

- Someone with an MTHFR variant may benefit from using active forms of folate in capsule form (such as methylfolate) rather than synthetic folic acid.
- Individuals with slow COMT may focus on stress management, balanced exercise, and avoiding overstimulation.
- Those with DAO challenges can modify their diet to reduce high-histamine foods and support gut health.

Importantly, genetics are only part of the picture. Lifestyle factors—nutrition, sleep, stress, movement, and environment—can either amplify or offset genetic tendencies. This is known as epigenetics: how your choices influence how your genes express themselves.

Rather than waiting for symptoms to escalate, understanding your DNA allows you to take a proactive, preventative approach to health. By identifying vulnerabilities early, you can: Reduce long-term health risks. Make targeted nutrition and lifestyle choices. Improve mental clarity, mood, and energy. Avoid trial-and-error supplementation.

In a world of one-size-fits-all health advice, genetic insights provide a personalised roadmap. They empower individuals to work with their own biology, and not against it.

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



NEW COMMUNITY

CHOIR

ST. MARY'S, PURLEY
MONDAY'S 19:30 - 21:30

To find out how to join email

HELLO@FORTECHOIR.ORG

WWW.FORTECHOIR.ORG

Instagram, X, Facebook icons



Fun • Adventure • Friendship

PALS (West Berkshire) was created in 1997 under the guidance of the charity Scope, to provide leisure and recreational activities for children and young people aged 5 to 18 with physical disabilities in the West Berkshire area. In 2000, the charity became fully independent and was given a charity number.

We were founded to combat the extreme isolation that children and young people with physical disabilities can experience, and to reduce their exclusion from accessing opportunities that able-bodied children have access to.

We offer a wide variety of social and leisure activities for children and young people aged 5 to 18. Activities take place after school and at weekends in term time, and throughout the week during the holidays.



Children and young people are supported at activities by a team of trained volunteers and the PALS manager, who oversees the event, while parents can enjoy a much needed break. In addition, during the school holidays, we offer the opportunity to take part in residential trips. Activity costs are met by parents, but are kept to a minimum and often subsidised, especially for residential trips.

We also have a Young Adults Group which has been running successfully for over ten years. This group take part in a variety of social events and some residential trips, but emphasis is placed on the individual to be as independent as possible.

We hold a climbing session every month for the children and young people to enjoy and we also attended the recent KATS pantomime, Cinderella 2. The youth club activities so far this year have included pancake making, taking part in Parliament Week and Lego building. We are looking forward to a visit from some new born chicks and later in the year, Reading Festival for our older group and of course, the pantomime at the end of the year.

PALS (West Berkshire) exists to enrich the lives of children and young people with physical disabilities by providing fun, inclusive activities and respite support for families. To continue and expand our services — including regular group sessions, accessible outings, and trained volunteer support — we rely on fundraising and donations.

With rising activity and operational costs, any support will ensure we can offer more opportunities, greater inclusion, and vital respite for families and young people who need it most. We require funding for the general running of the charity, including but not limited to venue hire, materials, specialist equipment in addition to staff, volunteer and training support such as DBS checks, safeguarding and first aid training.

For further information and to donate, please review our website, www.palsweb.org.uk

Helen Randall – Manager helen@palsweb.org.uk 07887 871112

Do you live in
West Berkshire?

Cold, Cough or Infection?

Where Do You Go First?

Take our quick and anonymous
5-minute survey.

Pills, Chills & Pharmacist Skills
and 'Have your Say' on local
pharmacy services



SCAN ME

SURVEY LINK:

<https://shorturl.at/mxi5f>

CALL

01635 886210

Your experience can help improve
local pharmacy provision

- ☒ Quick to complete — just a few minutes
- ☒ Your views on Pharmacy First can inform future health planning
- ☒ Everyone's voice is important, regardless of whether you've used the service or not

healthwatch
West Berkshire

ST LAURENCE CHURCH IN TIDMARSH

Slightly hidden away behind tall pine trees and an old thick flint and brick roadside wall, the church of St Laurence is a local historical building of importance and great charm.



I was recently asked about our village church and felt a short article might be of interest to those of us who regularly motor past it, but know little of its history or may never have made a visit inside.

The earliest part of the church, the nave, is mainly of 12th Century construction and the ornate stone entrance doorway is Saxon. No doubt a timber and thatched roof church stood on this site before the stone and flint church was built. As the Abbot of Reading Abbey had a summer residence at Bere Court, no doubt travel there by horse over Tilehurst Common would have meant fording the river Pang near the present road bridge, and perhaps the use of St Laurence Church would have necessitated the main building work in the 12th & 13th Centuries.

The Font inside the main entrance is of the late 12th Century and stands on a plinth with intricate carving of interlacing arches. It was found in 1834 abandoned in the churchyard.

There are three bells in the wooden bell turret, mainly made in the 16th & 17th Centuries at the Knight family's Bell Foundry in Reading. The large oak supporting beams were carved with motifs copied from the Saxon doorway by the wife of the Vicar in the 18th or 19th Century.

In 1834, restoration of the nave uncovered a wall painting in each of the lancet windows of the nave, and these have been left for all to see. They depict St Laurence and other saints. The floor tiles were made by Minton in 1842 and are copies of 13th Century tiles, which are in Westminster Abbey. There are pictures of regal lions, knights & ornate designs on the tiles. Set into the floor at the end of the nave are three tomb slabs and brasses dating from the 15th & 16th Centuries. The pulpit is also of 15C date with carved foliated panel work.

Outside, the turret roof is covered by wooden shingles and the spire is in the shape of a gridiron, representing the thought that St Laurence was burnt to death on such a metal frame for refusing to give up the churches' wealth to the Roman Emperor. This is just a short piece to tell you of our village church here in Tidmarsh. The church is always open, so a short walk to see it along the pavement may be a nice Sunday stroll, when the field paths around are too wet & muddy to use.

The Friends of St Laurence is a small local charity, and it raises funds to support the continued use, maintenance & history of our unique village church.

Inside the church is a church brochure, and a form, should you wish to support the work of the Friends.

John Butler

ENGLEFIELD CE PRIMARY SCHOOL

Sowing the Seeds for a Flourishing Future



We have had a busy start to the year, and I was thrilled to join the amazing team here at Englefield this term as the new Headteacher. It has been great to begin to get to know the local community and I am enjoying watching our beautiful local area shake off the winter frosts and spring into life. We were also thrilled to have been named the 7th Best Primary School in West Berkshire and to have featured in the Top 100 Schools in the country according to the Sunday Times. An achievement that truly reflects the efforts of our wonderful school community.

The children in Early Years started the term having a wonderful time learning about the Epiphany and the Three Kings from the Nativity story. They thought carefully about what gifts they would give to baby Jesus, and I am sure he would have been thrilled to receive the rattles, cuddly toys and other gifts they wrote about!



They also welcomed in the new year with a spot of wassailing! The children made their wassailing sticks from toilet rolls, filled them with stones and went out to tap the trees while singing a song to wake them in hope of good fortune for the coming year. Fingers crossed it worked!



As we head into the Easter period, FS2 celebrated Shrove Tuesday by making delicious pancakes. They had a great time and enjoyed choosing their own toppings and eating them even more! They were really brave and stood up in assembly to explain what they did to make them. Everyone was very impressed!

Years 1 and 2 got creative by making the letters of their name using wool and putting them all together to create an eye-catching display. Theo said “We got wool and wrapped it around. I’ve never done it before but I loved it and I wish I could do it again!”



To inspire their learning about Antarctica, the children were very fortunate to welcome Mr Dennis Wilkins to the classroom. The children were fascinated to find out all about his Antarctic Explorations. He shared boxes of the resources that he used for his adventures and the children were able to ask him lots of interesting questions.

Woodland learning is also back in full swing in Key Stage One. The little ones have been making the most of our beautiful wintery Englefield to learn about how and why the trees lose their leaves. Now the spring is slowly creeping in, they are hoping to find some shed antlers on their explorations!

In Year 3 and 4 they have been reading 'Tom's Midnight Garden'. It's about a boy who goes to his Auntie's house because his brothers have the measles. While there he finds a magical garden where he gets up to all sorts of adventures. Ben said "It has lots of interesting things and lots of problems for Tom to solve, like the inside of the house keeps moving around." Sounds like a great read!

Year 3 and 4 have also been learning all about the different ways we use water. The children designed mind maps, showing how water is used in agriculture, wildlife, recreation and commercial industry.

At the beginning of the year, Year 5 and 6 had a fabulous morning at Pangbourne College learning about forensic science. During their morning, they went into a science lab where they had to solve the mystery of 'The Missing goldfish'. There were some suspects – Matron, Mr McCleod the History Teacher, The Bursar and his dog Teddy. Our children worked in teams to get to the bottom of it and after all their hard work they were rewarded with cookies. Yum!



They were also lucky enough to visit Theale Green, where they were treated to a spectacular performance of Les Miserables put on by the secondary school children. It was a fantastic production and the children were blown away by the singing and scenery. The school staff that accompanied them were highly impressed with their behaviour as they represented the school values brilliantly.



In the week before half term, our older pupils put their science knowledge of irreversible changes to the test, completing some fun and practical activities. They reinforced their understanding by making delicious pancakes and were also amazed to make ice cream in



a bag: using ice to super-cool milk, adding only sugar and vanilla essence for flavour. Finally, they worked in teams to create volcanoes and then used vinegar and bicarbonate of soda to create an eruption. They demonstrated these in Celebration Assembly to a captivated audience!

As you can see, the children have packed lots of learning activities in this term already and we still have lots more coming up this term, including Poetry Competitions, sports tournaments, World Book Day and of course our EGGciting Easter Celebrations. We will certainly have earned our chocolate eggs this year!

If you are interested in joining our amazing school, we do currently have some limited spaces across the year groups. Please get in touch with our team at office@englefield.w-berks.sch.uk and someone will be in touch.

Happy Easter everyone!

Miss Galvin

LOCAL INFORMATION

Advice and Support

West Berkshire Citizens Advice Bureau

Bartholomew St, Newbury 01635 516 605

Pangbourne and District Volunteer Centre

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

Ecclesiastical

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

Priest in Charge of Pangbourne with Tidmarsh
and Sulham

Rev Mark Hopkins

The Rectory, St James Close, Pangbourne

0118 984 2928

rector.ptschurches@gmail.com

Church Administrator

Vanessa Saunders

Church office open Tuesday and Friday

12.00-3.00pm

office.ptschurches@gmail.com

Church Wardens for St James, Pangbourne;

St Laurence, Tidmarsh; St Nicholas, Sulham

Jill Palfrey 0118 984 2698

Julia Sheppard 0118 956 1820

PCC Treasurer

Stephen Billyeald 0118 984 3368

PCC Secretary

Helen Hopwood 07733 106020

Friends of St Laurence

Chairman

Jon Chishick 0118 984 3666

Treasurer/Secretary

John Butler 0118 984 2621

Emergencies

999

All non-emergencies 101

Floodline 0345 988 1188

Medical

The Boathouse Surgery

Whitchurch Rd, Pangbourne 0118 984 2234

NHS Direct

111

Berkshire West Primary Care Trust

Reading office 0118 950 3094

West Berkshire office (Newbury) 01635 42400

Government

MP for Reading West

Olivia Bailey (Labour)

olivia.bailey.casework@parliament.co.uk

Councillor for the Pangbourne Ward

Matt Shakespeare (Liberal Democrats)

matthew.shakespeare1@westberks.gov.uk

Tidmarsh with Sulham Parish Councillors

Bronwynn Wynne (Chairperson)

b.wynne@tidmarshwithsulham.co.uk

Mark Farrington (Vice Chairperson)

m.farrington@tidmarshwithsulham.co.uk

Sima Elliot

s.elliott@tidmarshwithsulham.co.uk

Jonathan Pearson

j.pearson@tidmarshwithsulham.co.uk

Parish magazine Committee

Lucy Clow (editor) 07500 937 607

editortsmag@gmail.com

Gillian Alderton 0118 984 2729

Caroline Home carolinehome@btinternet.com

Britt Measures

Parish clerk and responsible financial officer

VACANT

clerk@tidmarshwithsulham.co.uk

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

Scouts and Girl Guides

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

Village Hall Committee

Lucy Clow (Chair) editortsmag@gmail.com
Gillian Alderton
Karen Elliott
Carol Williams
Steve Innes (Treasurer)
Hall Bookings (Hilary Innes) 0118 984 2561
Emergency Contact 07954 140048
Email: tidmarshvillagehall@hotmail.com

West Berkshire District Council

Main switchboard 01635 551111
Streetcare 01635 519080

Planning applications 01635 519111

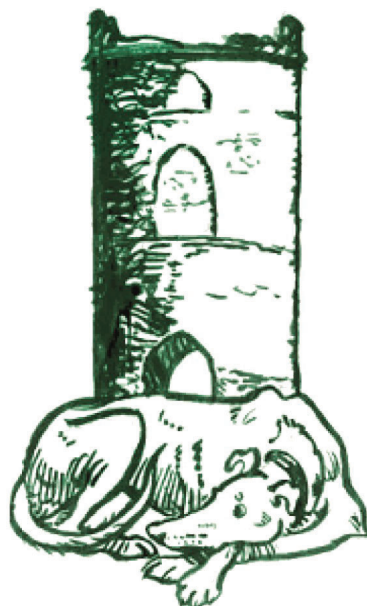
We welcome all advertisements, articles and letters submitted for inclusion in the magazine but the editor reserves the right to refuse, alter or amend material for any reason. The editor accepts no responsibility for, nor necessarily agrees with, views expressed in such submissions.

Please email any items, including photographs, for the next edition of the magazine to editortsmag@gmail.com

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.

ADVERTISING

If you would like to advertise in our magazine, send an email to editortsmag.clow@gmail.com



www.tidmarshwithsulham.co.uk