

SC SONNING COMMON MAGAZINE



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Awarded Pub of the
Season Spring 2019
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OUR DESIGNER LEADS TEAM TO SUCCESS

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FROM THE EDITORIAL TEAM

The holidays are here at last and July weather was set fair – let's hope it continues.

The bad news for RUFC in the last issue has turned to celebration of the success of the teams in their last season. Our own magazine graphic designer, Kevin is responsible for leading, motivating and enthusing the players to their winning outcome. Congratulations to him and to the players who he has trained so well.

Lyndsay Henderson has motivated a group to move forward the awareness and need for involvement of us all in less waste and more recycling, ably supported by the primary school initiative. The school's allotment is thriving, helping the children to realise the importance of growing and eating fresh produce and their very successful summer fair is well documented.

The village working groups have provided updates, the library has activities for the children and a trip to Kew could include the new children's garden which looks fun. At the health centre there is lots of news and I am sure all who knew Dr Ronay would wish her a very happy retirement.

I cannot mention every article but hope you find this issue a good read.
Enjoy the summer. ●

Diana

Diana Pearman Editor

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MEET THE EDITORIAL TEAM ...



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MAIDEN ERLEGH CHILTERN EDGE

As the academic year draws to a close there is lots to celebrate here at Maiden Erleigh Chiltern Edge. Our students have once again shown themselves to be resilient, determined and successful. From those who competed in the International Biology Competition and



ranked in the top 5% of the world, to our young women who impressed Microsoft at a DigiGirls conference and were commended for their innovation. We will soon need a new trophy cabinet for all of the silverware that our sports teams have won and our performing artists continue to delight and entertain appreciative audiences.

This year support from Maiden Erleigh Trust has helped to accelerate the positive progress we have been making here at MECE. Significantly, over £1.2 million has been invested in upgrading the buildings and IT infrastructure. We are looking forward to a dry and warm autumn no matter the weather!

Looking forward we are delighted to be welcoming our new cohort of Year 7 into the school community and the first set of neighbours who will be moving into the new houses across the road from the school.

The future is positive for Maiden Erleigh Chiltern Edge and I would like to thank everyone who has supported us on our journey. ●

MOIRA GREEN
Headteacher



SUMMER IN THE LIBRARY

This year's theme for the Summer Reading Challenge for children is 'Space Chase', celebrating the first Moon landing 50 years ago. The challenge for primary age children (and younger) is to read 6 books over the summer, between 13 July and mid-September, and visit the library 4 times to collect their stickers and Space Chase goodies, culminating in the claiming of a gold medal!

On every Saturday in August there will be special story and craft sessions in the library at 10am for about an hour (home-made cakes will also be on sale on those Saturdays!)

For teenagers and adults there is the 'Oxfordshire Reads' challenge. Choose a book from our specially wrapped collection (i.e. without knowing what it is), read it and fill in a short review card about it. All entries will be entered into a prize draw to win rewards from sponsors around the

county (e.g. days out, or free entry tickets) The challenge is to read whatever book is in the wrapper, whether it's the sort of book you'd normally read, or not! This year we have included a teenage selection too (for those who are too old for the Space Chase challenge)

On Wednesday 14 August Lego Masterbuilders will be holding a session in the library for primary age children. This is subsidised by the Friends of the library, so tickets are available for the reduced price of £9 per child (siblings only £5.00) Booking is essential – contact the library on (0118)9722448

The gadget session volunteers are having a break over the summer, so there will be NO gadget sessions on Thursday mornings during August. Normal service will resume in September.

All other regular library activities continue as usual. ●

PUB OF THE SEASON SPRING 2019

Rob Blues and his team at The Butchers Arms were celebrating a few months ago when the local hostelry was awarded 'Pub of the Season Spring 2019' by South Oxfordshire Campaign for real ale (CAMRA)

Members of South Oxfordshire CAMRA regularly (hic!) review the beer in their local pubs and those that consistently receive a mark of three are then automatically selected for consideration of this accolade.

David Cooper, Branch Chair commented that 'in addition to the recognition of Robs' excellent beer keeping we wanted to acknowledge the commitment that has been made to become a proper community pub'. He then went on to commend The Butchers Arms, and all involved with various events, for the significant charitable donations that have been made over recent years. ●

SANDY ONOFRIO



POSTCARD FROM THE ALLOTMENT

by AMY O'CONNOR

Rain, sun, growing time...blooming marvellous

The good old British weather has been as unpredictable as ever. Since the last postcard we have seen torrential rain, some chilly nights and some lovely sunny days. Perfect weather for plants though, and it has encouraged the gardeners outside.

The strawberries continue to ripen in the allotment and each Year Group has been out to visit and pick them on a daily basis and they are very sweet and juicy. The gooseberries are ready and the raspberries are on their way too.

The potatoes have been harvested and were cooked for the children's lunch by Kites Kitchen. Some children were reluctant to try them but when they were informed that they were grown at school lots more gave them a go. Which does prove that children should be encouraged to grow their own.

Mrs Fraser (Year 1 teacher) harvested the Year 1 runner beans and the onions, peas, corn, parsnips and squash are establishing bigger, more robust plants.

A pallet has been recycled into a non-dig flower bed and the plants growing through are cape gooseberries. Around the pallet are large cans recycled from Kites Kitchen and used as plant pots.

Pupils from Bishopswood school also go into the allotment every week and it is a great outdoor learning space for them. Amy said that "the feedback has been brilliant from the staff telling us how much they appreciate the allotment and seeing everything growing. The children can pick, water and learn about nature."

Everyone loves the bee friendly flowers which are continuously blooming and there have been lots of beautiful poppies in the garden. It has been a very successful first year with the allotment and a big congratulations to the gardening team of Amy, Nan, Helen and Nesko!

Their aims are for the allotment garden are:

* to be self-sufficient financially by selling produce and having cake sales to enable reinvestment

* to reuse raw materials already on the school site in our projects

* to get the children out more in the garden and maybe have a regular lunchtime gardening club in future

* and to involve the local community in sharing their produce and planting ideas and selling together in future.



FOSCL

The summer holidays are now in full swing so if you're looking for something to keep small hands occupied, look no further than your local library. As well as the Summer Reading Challenge and craft activities every Saturday through August, the Lego Master Builders Club will be holding a morning workshop for primary school children on Wednesday 14 August. Starting with a Space themed story, budding architects, engineers and artists will then get access to thousands of lego bits and pieces – allowing them to let their

imaginations run wild. Tickets are limited to 25 and can be bought in the library: £9 for the first child and £5 for any subsequent children.

Looking ahead, FoSCL's main fundraising event – the quiz – is returning on Friday 11 October in the Village Hall. Tables for 6 cost £20; tickets will be available at the library and Occasions from the start of September. There's also still time to enter the Photographic Competition – entries have to be submitted by 2 September.

The Friends committee are looking for new members. Nobody will be asked to

do too much -- but if you value the library and feel you could contribute just a few hours a month, please get in touch. You can hear more – and see the annual accounts – at the Friends' AGM on Monday 11 November at 7pm in the village hall.
friendsofsonningcommonlibrary@gmail.com ●



NP UPDATE

For those of you who thought our Neighbourhood Plan was done and dusted and finished with – sorry, but it's still alive and kicking and moving forward towards a revised and hopefully even better form.

Just to refresh memories: the original NP was approved in a village referendum and came into force in the second half of 2016. What a relief that was! But we were soon made aware that, for it to retain its full statutory weight, we would need to revise it to take account of changing circumstances – in particular South Oxfordshire District Council's long-awaited and much-troubled Local Plan 2034.

As some of you may have noticed, SODC's LP2034 (as it is affectionately known) has still not managed to stagger over the finishing line – and, with a new council administration in power, we still don't know when or even if it will. But we – Sonning Common's NP revision working party (gluttons for punishment that we are) – have gone ahead with the revision in the belief that a new version will stand us in good stead whatever the future holds at a district level.

Now seems a good time to tell the loyal readers of this magazine how far we've got, and where we still have to get to. The new working party – with most of the regulars in place, plus some bright new talent – was put

together towards the end of 2017. The first major project was to organise the Community Survey in the spring of 2018, in which we asked the village to tell us what our priorities should be. We got a really solid response, and the results of the survey will help provide the foundation for the new plan.

SODC's draft LP2034 proposed allocating Sonning Common an extra 108 homes on top of the roughly 200 provided for in our original plan. We have kept that target in mind, even though it has not been confirmed – better to be ready than not. To that end we did what we are legally obliged to do, which was to invite the owners of potential development sites in and around the village to submit them so we could look at them, assess them, and decide if we thought they might indeed be possibilities.

Nine new sites were submitted, along with some previously considered and rejected. I won't list them all – it would take too much space – but we are well on the way to completing the laborious task of assessing them. To that end we organised a very well-supported exercise to get local people to go out, look at the sites, and give their verdicts. The results of that are being collated and tabled at the moment.

We have also commissioned a highly regarded firm of landscape architects, Terra Firma, to carry out environmental evaluations of the sites, to give us a solid

body of data on which we can base our final recommendations. At the time of writing I cannot give an indication of which way we are going – to do so would be to risk compromising the whole operation. All I can do is give an assurance that we are doing our utmost to be thorough and fair, and to keep the best interests of Sonning Common at the heart of everything we do.

That is the whole point – to do the best we can for the village. Whatever we, the working party, may think, the final decisions have to be taken by you, the residents. And we are approaching the time when we will ask you to start thinking about all of this.

Our aim is to put together our recommendations at a meeting towards the end of September, when we have all the evidence in. After that we will be organising public meetings and exhibitions to present our thoughts to you. Rest assured, you will be kept informed. And rest assured, nothing – I mean nothing – has yet been decided. ●



VILLAGE CENTRE WORKING PARTY UPDATE

The group is currently focussed on working up a scheme for Wood Lane in particular the shopping area. All based on and driven by Ben Hamilton-Baillie's excellent "Placemaking Report" which was commissioned and exhibited by the Parish Council last year.

In tandem to this the working group has

decided to develop the ideas for Kennylands Road and Reade's Lane. Traffic speeding and volume is recognised as a problem in these roads and they aim to do something about it. There are some exciting ideas to explore like the "Chiltern Edge Place" concept in Reade's Lane.

Jonny Bidgood is leading this group and he would like to hear from anyone who lives in these two roads who is enthusiastic to help him progress the plans. They are also planning a traffic survey in July and August which needs Volunteers. Please contact him at grantdesigns@talktalk.net ●

SONNING COMMON YOUTH CLUB REBRANDS...

By CHRISTINE ATKINSON



Sunny Smithers, who runs the local youth club thought that it was time for a rebrand. After consulting with the young people and other leaders they came up with a new logo with a colourful square image.

There has been lots going on at the club in the last few weeks. Sunny thought it would be a good idea to try and have cooking evenings which started with Mexican – Taco Tuesday! This has been followed with brownie making, and a dumpling making evening. Children have also tried tie-dyeing and slime making –

both of which are quite messy – and are looking forward to a trip to Lagoona Park, an obstacle course based on the river, and hopefully a camping trip away from phones and technology so they can learn to enjoy being outside and play games.

They've also had pranic healing evenings of relaxation sessions to help children learn techniques, that over time, will help improve concentration levels, manage challenging emotions, build emotional resilience and can improve sleep. Alongside this a session about body image and social media which is so important for the children these days.

Since Chiltern Edge was taken over by the academy Sonning Common Youth Club have been asked to pay for the space each week. This cost is £50 a week which is now having to come out of their small budget.

The lovely ladies from the local WI are donating money each month to help with these new costs. They are doing this by fundraising and car boot sales, so if you have anything you no longer want or need – IE game consoles, stereos etc, toys, brick a brac. They will take anything apart from clothes. All donations will all go for sale at the car-boots and proceeds will go towards the youth club. These funds are vital to

keep the youth club able to provide all the varied experiences and events for the children. Please contact Sunny if you have anything to donate @sunny.clubsc@gmail.com

If any local businesses would like to sponsor or make a regular contribution to the club do contact Sunny.

Sunny said "we are so lucky to have such a supportive community around us that helps keep us going, so THANK YOU TO ALL AT THE WI!" ●



BUS SERVICE REVISED



H1/H2

Thursdays only from 18 July

To Henley

11.01 Health centre	Return to Sonning Common
11.04 Library	14.05 Henley Market Place
11.19 Henley Market Place	14.20 Sonning common

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Summer Fun

ON SONNING COMMON'S NEW RECREATION FIELD, READE'S LANE

9 days of fun activities and games organised for children from aged 5 promoted to Sonning Common, Kidmore End, Peppard, Stoke Row, Checkendon;

Using new recreation field and Kidmore End Memorial Hall
Led by Amanda Watkins Cooke, trained Active Leaders, Sunny Smithers and volunteers – supervised but not childcare due to lack of field security; the team to be responsible for set up, leading, and clear up

Games, activities and challenges themed to suit ages, facilities, field – healthy outdoor fun and indoors if wet; using natural environment as much as possible (den building, make a garden, mud kitchen, butterfly spotting, treasure hunt, scavenger hunt, fill a matchbox, table tennis keepy-uppy, pairs throw and catch, obstacle races; mini Olympics; water fun; bug hunt)

Grass area mown and a specific area staked out for games. Brambles cleared for access to Kidmore End Hall from the rear. Reade's Lane partially closed so participants encouraged to cycle or walk. Those in cars can park in the Memorial Hall car park and arrive from Gallowstree Common direction. Parish council to organise the above. PC Insurance will cover.

Picnic lunches welcome, no BBQ or fires; Healthy tuck shop; no fizzy drinks; avoiding single use plastic

10-12am and 1-3pm on the following dates:

Week 1 - Tuesday 30 July; Wednesday 31 July; Thursday 1 August
Week 2 - Tuesday 6 August; Wednesday 7 August; Thursday 8 August
Week 3 - Tuesday 20 August; Wednesday 21 August; Thursday 22 August

Costs include staffing (£300 each day – 1 overall supervisor plus 3 paid staff), T-shirts (£200), Equipment and prizes (£300), Supplies for re-sale (£500), Posters and leaflets (£150).
Promoted via Magazine, SC Primary School, Chiltern Edge, Active Leaders, Village notice boards, flyers. Linden homes to be informed and prospective purchasers invited.

Eco SoCo Kids' Clothes Swap

Thursday 12 September
7:30pm

Village Hall

Bring along unwanted, pre-loved kids' clothes
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9.15am – 10.15am

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outdoor games for children,
stalls selling bric-a-brac, books, cakes to take home and garden produce.
Proceeds to Parish funds and the Vocational Training Centre, Home of Hope, Malawi.
More information from Sue Nickson 0118 9724520



Health Walks

The Health Walks continue through the summer, whatever the weather. However, some of the meeting places change in the middle of July – check your leaflet or online at the web address below.

Health walking is for fitness – and it's friendly, fun and free! The walks are for everyone, whatever their age and ability, and are graded accordingly. Not all of them are super fast: contact us (see website address below) for advice about which one is best for you. Timetables are available from the Health Centre, the library and the Herb Farm, or at www.sonningcommonhealthwalks.co.uk
Come and join us!

Nottakwire

Traditional Carol-Singing outside the Village Hall
(inside if the weather dictates)
Saturday 7 December
2pm - 3pm and 4pm - 5pm.

Leaflets will be available for anyone who wishes to come and sing carols with us in either, or both, time slots.

Collection will be to support village groups - as is our annual custom.

Refreshments will be on sale in the hall - hot drinks and seasonal eats - throughout the afternoon.
Please come and join us and support your local singing group and village charities.

Sonning Common Women's Institute



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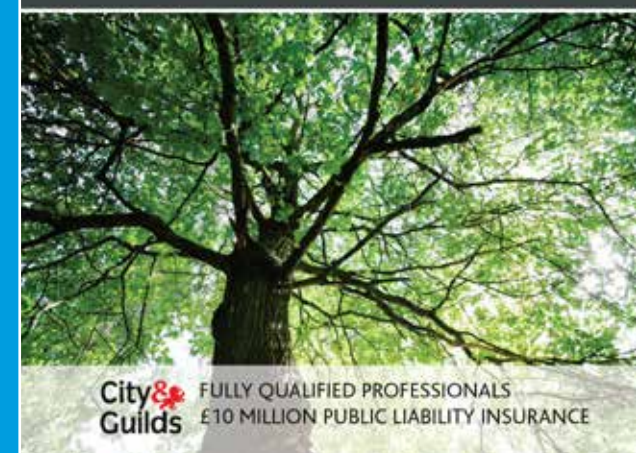
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WOW! WHAT AN ACHIEVEMENT TO RAISE NEEDED FUNDS

By CHRISTINE ATKINSON

SCPS annual summer fair is one of the best school highlights of the year. It takes an awful lot of preparation and this year, as is often the case, the sun shone brightly overhead and the community came to enjoy a great afternoon.

Ice creams were popular with the children, with the summer punch and beer proving very popular with the adults. The BBQ was busy and the tea rooms inside were a nice cool reprieve from the heat.

The PTA had organised a climbing wall for the children and there was face painting, second hand toys, wellie wanging, crafts, and many other stalls for the children to enjoy. With an emphasis on recycling at school

there was a central 'station' for all waste and reusable items.

A big thank you from the PTA to everyone who helped make the fair a special day. As well as everyone enjoying themselves they raised a fantastic, record breaking, £6,000 to benefit the pupils throughout the year! ●



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To see for yourself what makes Henley Manor a care home with a difference, go to hallmarkcarehomes.co.uk, call Henley Manor, on 01491 455204 or email henleymanor@hallmarkcarehomes.co.uk

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MACMILLAN NURSE WINS VERY SPECIAL AWARD

By JOAN GRUMMANT

On 23 May 2019, Jessica Higson from Sonning Common was presented with the prestigious Royal Berkshire NHS Foundation Trust's (RBFT) Nurse of the Year Award at the Town Hall in Reading. It was presented to her by the Trust's Director of Nursing Caroline Ainslie. This is especially significant because it's an award that was the result of nominations and votes from her peers in recognition of the care and high standard of her work. This is the fourth year of the RBFT Staff Excellence Awards. The scheme enables staff to nominate colleagues in 12 categories, including The Most Inspiring Nurse/ Midwife or Allied Health Professional and recognises the excellent work being done to promote the best possible care for patients and staff.

Jessica, who is Macmillan Matron for the Berkshire Cancer Centre was selected to be one of a shortlist of three people and was filmed carrying out her daily work. The short clip was shown at the awards ceremony ahead of the presentation. Jessica felt completely overwhelmed, honoured and proud when she was announced as winner. As matron in charge of cancer care she has a wide ranging, challenging and responsible job to face each day and to be chosen as an inspiring practitioner by her peers was very special. Her motivation

has always been to provide the best possible care for patients, and spending time with them is the best part of the job for her. She also recognises and appreciates the wonderful work done by her colleagues and does everything possible to provide a welcoming and cheerful working environment so that staff enjoy being at work and being part of the team. She has a strong commitment to creating an ethos of 'being kind to each other' for all who visit the centre.

Jessica's dedication and warmth does

not stop at the hospital. One of her greatest admirers and supporters is her neighbour, 93-year-old Cyril Ince. Cyril suffered a ruptured aorta at home and was very thankful indeed when Jessica stayed with him until he was moved to a London hospital. As well as being extremely grateful for her help he recognised that she stayed by his side and supported him, so generously, through a very difficult time. Well done Jessica for helping to provide such excellent care and also for being such an inspiration to those around you. ●

Jessica Higson (on the right) receiving her award



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PHOTOS CANNOT DO THIS EXHIBITION JUSTICE

By DIANA PEARMAN



Dale Chihuly, an iconic artist, has an exhibition of his work at Kew Gardens until October this year. His luminous glass artworks are set in the spectacular Kew landscape, featuring pieces never seen before in the UK.

In 2013 we were fortunate to visit his Chihuly Garden and Glass, a long-term spectacular exhibition, opened at Seattle Centre in 2012. This exhibit is absolutely amazing! The glass is breathtaking and each piece is beautiful and unique.

The glasshouse 'museum' housing his work is modelled on the Kew buildings which make a very special connection and setting for his talent.

If possible, a visit to Kew gardens before the end of October would enable the sight of Chihuly's dazzling sculptures which transform the gardens and glasshouses into a combination of art and nature. There are unique art installations situated across the grounds and in

the buildings. The Shirley Sherwood Gallery of Botanical Art houses his Drawings and Rotolo series - the most technically challenging work Chihuly has ever created - and Seaforms that conjure underwater life.

The celestial vibrant blue masterpiece Sapphire Star welcomes the visitor who enters through Victoria Gate. The Temperate House will be home to a brand new, specially designed sculpture inspired by the cathedral-like space it will inhabit.

For the children there is a trail to find the Chihuly exhibits amongst the trees and plants.

Dale Chihuly was born in 1941 in Tacoma, Washington and was introduced to glass while studying

interior design at the University of Washington. After graduating in 1965, Chihuly enrolled in the first glass course in the country, at the University of Wisconsin. He continued his studies at the Rhode Island School of Design (RISD), where he later established the glass course and taught for more than a decade.

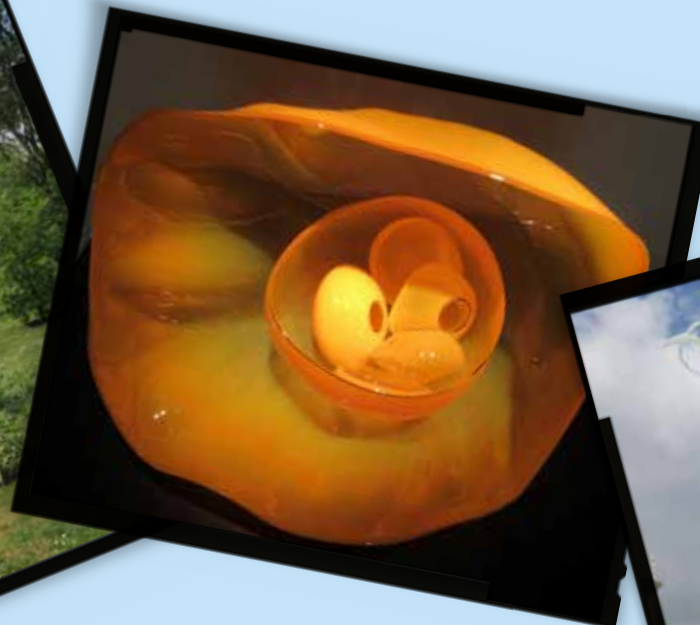
In 1968, after receiving a Fulbright Fellowship, he went to work at the Venini glass factory in Venice. There he observed the team approach to blowing glass, which is critical to the way he works today. In 1971, Chihuly cofounded Pilchuck Glass School in Washington State. With this international glass centre, Chihuly has led the avant-garde in the

development of glass as a fine art.

His work is included in more than 200 museum collections worldwide. He has been the recipient of many awards, including twelve honorary doctorates and two fellowships from the National Endowment for the Arts. ●

"As I wandered from room to room in the Shirley Sherwood Gallery my reaction was a continual WOW. Then to head out into the Garden and see Glass sculptures matching the flower gardens - that was beautiful."

Visitor 2019



HEALTH MATTERS

By **SUE LITCHFIELD**

EAR SYRINGING

Ear syringing stopped at the end of March 2018 for all patients except those who the hospital's Ear, Nose & Throat department have requested it for or pre-referral to the Audiology (hearing) clinic.

Tripp Hearing will no longer be running clinics at our Health Centre; however they are continuing their clinics at Goring Surgery. <http://www.tripphearing.co.uk/services/external-clinics/> for more details.

Patients can also contact the following private clinics:

Hearing Clinic, 25 Hart Street, Henley, 01491 577555.

Leightons Opticians (branches in Reading, Woodley and Marlow). The Reading branch can be reached on 0118 959 0055 visit www.leightons.co.uk.

Oxford Hearing Centre, Eynsham Road, Oxford, 01865 861861.

Forbury Clinic (the ENT consultancy), 23 Craven Road, Reading 0118 921 3166 or www.theentconsultancy.co.uk.

BEREAVEMENT GROUP

The bereavement group sessions at the FISH building on Kennylands Road. will no longer take place. Jill Poll and her husband are moving out of the area so Jill will unfortunately not be able to hold these sessions. She will be greatly missed having provided a very valuable service. Good wishes to her for the future.

LEAVING A WONDERFUL TEAM

Dr Sue Ronay is retiring at the end of June after 22 years at Sonning Common Health Centre and 30 years

as a GP. As a GP partner Dr Ronay has contributed enormous amounts of time and energy to the practice and has been instrumental in making the health centre what it is today. Dr Ronay will be hugely missed.

Dr Ronay says how privileged she feels to have got to know so many patients over those years and be part of the wonderful team looking after them. She apologises if she hasn't managed to say goodbye personally to anyone.

There is a book available in the Reception area for patients to write in to leave a message for Dr Ronay. The health centre team all wish Dr Ronay a very happy retirement.

A new salaried GP, Dr Sarah Baker has been appointed and Dr Ronay's patients will move to her this summer. Dr Baker will be welcomed by the team at the health centre.

SUPPORTING INDIVIDUAL NEEDS

Social Prescribing is a service provided by Age UK Oxfordshire which continues to successfully operate across South Oxfordshire in conjunction with local GP surgeries including Sonning Common Health Centre.

Across South Oxfordshire we have seen in excess of 110 people since March 2019, visiting them and their families in their own homes working to support their individual needs in order to maintain a better quality of living.

We work with anyone over the age of 18 years old which can be as a result of a GP referral or self-referral. For further information please see Social Prescribing leaflets located at The Health Centre or visit:

<https://www.ageuk.org.uk/oxfordshire/our-services/social-prescribing/>

OVERCOME STRESS AND ANXIETY WORKSHOP REPORT

On Tuesday 18 June at Sonning Common Health Centre we were lucky to have a two hour workshop at the Health Centre to help people overcome stress and anxiety.

The workshop run by Louise Carter DHP MAPHP was quickly booked up, with many people having to wait for the next course.

On the day the group learned about the causes of stress and anxiety, the effects of the fight or flight response on the body and how to change their thoughts. They learned breathing techniques and took part in a relaxation session at the end, so that they left calmer and more relaxed than when they arrived.

Feedback from the workshop was all extremely positive and more will be running in the future. Tea, coffee and delicious homemade cake were all enjoyed afterwards by the group, which rounded off a fantastic event.

Louise Carter helps people with many issues at both Sonning Common Health Centre and Emmer Green Surgery. To find out further details about how Louise can help you, look at her website www.positivethinkinghypnotherapy.com

If you are interested in coming to a future workshop, Louise's details are below. To make an appointment louise@positivethinkinghypnotherapy.com or 0118 947 1749 •



AGE UK OXFORDSHIRE'S COMMUNITY INFORMATION NETWORK

My name is Rachel Poole and I work with the Community Information Network, which is part of Age UK Oxfordshire. My role involves visiting communities like Sonning Common, bringing along with me information on where people can get advice on a whole range of subjects. We have information about activities that take place in your local area such as lunch clubs, coffee mornings and exercise classes. We provide IT lessons and gadget Drop In's around the county and also bereavement support groups called Late Spring.

We also have leaflets on many subjects such as how to go about setting up

Power of Attorney, claiming Pension Credit and Attendance Allowance, how to go about finding a Care home or Care Agency and how to get support as a Carer or if you've been bereaved, to name just a few.

We can also signpost to other organisations such as Carers Oxfordshire and Dementia Oxfordshire and offer a free Information and Advice Helpline which can organise home visits where appropriate, to assist with benefit forms.

I attend the WI run coffee morning at Sonning Common Village Hall on the 1st Wednesday of the month 10.30am-

12.00pm and my colleague Rachel Downey attends the FISH tea party at the Village Hall on the 2nd Monday of the month, 2.00-3.30pm. Please drop in for free advice, information and support and come and see what is going on in your local area.

Alternatively feel free to contact me on 07827 235 460 or by email rachelpoole@ageukoxfordshire.org.uk



UNIVERSAL CREDIT BEING USED IN NEW SCAM

citizens advice

Universal Credit has well and truly arrived - but now scammers are using the benefit as a pivotal part of a new sting to target vulnerable people.

Citizens Advice says scammers are offering loans to their victims and then using their personal banking details to apply for Universal Credit in their names.

The scam is usually carried out by telephone, so do not accept a loan if you have been contacted by cold calling. If you are contacted in this way, just hang up. In general, personal details should not be divulged on the telephone or in an email.

The Universal Credit scam is also being carried out in public places. As victims

leave job centres and pubs, they are approached by smartly dressed people claiming to be from the Department of Work and Pensions, who then offer "government loans". Instead, the victim is signed up for Universal Credit. The scammers then apply for an advance payment of the benefit. This payment goes to the victim's bank account but the scammers then charge a huge fee, around 50 per cent, for this unnecessary "service".

Citizens Advice has its own free service to help those applying for Universal Credit for the first time. "Help to Claim" is available over the telephone, face to face, and online through "webchat" and Internet content.

The national Freephone number for Help to Claim is 0800 144 8444. Telephone and webchat services are available from 8 a.m. to 6 p.m. (Monday-Friday)

For any other issues you might need help with, telephone Citizens Advice Adviceline on 03 444 111 444 or come and see us in person. For locations of offices and opening hours see www.citizensadvice.org.uk/local/oxfordshire-south-vale



WHAT A WASTE!



By **LYNDSAY HENDERSON**

NEWS

We've had a busy couple of months in the Eco SoCo community in May and June. We had our first meet up at the Butcher's Arms and compiled a comprehensive list of all the ideas and initiatives we want to put into action over the next few months to help our community make a positive impact on the environment. Some are quick wins, and some will require a bit more planning and we will update once we have more information. If you would like to be involved with any initiatives or have any ideas you'd like to share please do get join our Facebook group (Eco SoCo) or email ecosoco@sonningcommonmagazine.org



CLOTHES SWAP

In May, we had our first event in the Village Hall, a Kids' Clothes Swap. Around 10 people attended, and we all swapped clothes that our children no longer needed for bits they could

use in the future and had a cup of tea and a chat. A great way to share our community resources! There will be another clothes swap on 12 September at 7:30pm at the Village Hall, get in touch if you are interested.



TERRACYCLE

We are now helping local pubs recycle their crisp packets through the Primary School's Terracycle scheme. We have obviously enjoyed collecting from the pubs on a regular basis so if your business would like to know more about minimising your landfill waste and increasing your recycling do contact me.



TURN IT OFF

Finally, look out for the 'Turn it Off' Public Health England and SODC posters around the Village that the Parish Council have put up promoting anti-idling to improve air quality. This is a really positive campaign and one where we can all make a difference - if you are stopped for more than a minute or parked then you should turn their engines off to reduce pollution. There is loads of great information on the SODC website at www.southandvale.gov.uk/turnitoff.



FOOD WASTE

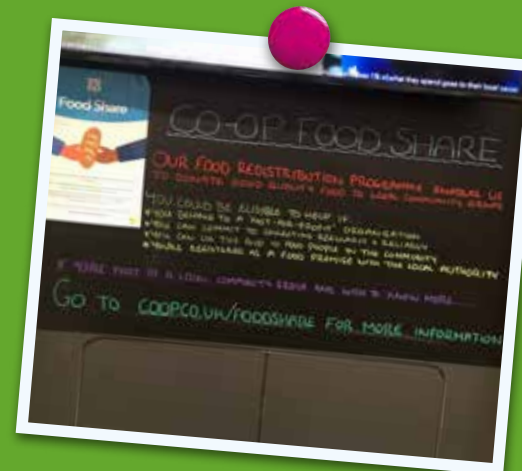
Most of us hate the thought of wasting food but, as well as being bad for your wallet, do you know it's really bad for the planet. Recently, I was shocked to find out that according to the charity, WRAP's LOVEFOODhatewaste website, in the UK, we throw away 18% of all the food we buy: 7.1 million tonnes of it every year - nine Wembley stadiums full of food. And, roughly two thirds of this would have been good enough to eat - it's leftovers, peelings and food that's just been left to go bad. Everything we eat has a carbon footprint; from growing or farming, harvesting, producing, packaging and transporting an item to your plate. The more food we waste, the more we have to buy and the higher our carbon footprint and the more money we spend. The best ways to minimise your food waste are to plan what you want to eat and buy what you need, don't make more than you need and know how to maximise and store your leftovers.

On the Facebook group we've mainly been discussing food, what we buy, where we buy it from and how we use it. There have been some brilliant tips on using up food to avoid waste - we've learnt a lot about all the ways you can turn leftover lemons into cleaning products, jam making and using up a bag of spinach. As well as leftovers, we've also discussed buying habits as well which can make a difference to the supermarkets' waste - buying mixed weight eggs and single bananas for example as these can get left behind and will go to waste.

I talked to Matt and Becky from the Co-Op about how they manage their food waste as a store.

The Co-Op are proactively trying to reduce the amount of food that gets wasted - if you visit in the evenings after around 6pm, you can pick up food at a significantly reduced price. They have launched Co-Op Food Share, a scheme to redistribute good quality food to local community groups. To be eligible your group has to be a 'not-for-profit', be able to commit to collecting food regularly, use the food to feed people in the local community and be registered as a food premise with the Local Authority. This is great initiative and they mentioned that the store in Woodcote has given away around £2,000 worth of food in the last few months. If you are interested in finding out more then you can find it online at www.coop.co.uk/foodshare.

If you want to give your view to the Co-Op on food waste, packaging or anything else, the best way to do this is to complete a 'Your Store, Your Say' survey online or on a card in store as these are read by local and regional management. You can pick up cards in store or access via www.coop.co.uk/yoursay with the store code 9797. The more people who use this, the better the chance of change.



CHALLENGE FOR THE MONTH

Love Food Hate Waste launched a 'Compleating' campaign to encourage not wasting any food. Their strap line is 'don't just eat food compleat it. There are lots of ideas on their website and the challenge to try something new, here are some to get you started:

- Wake up your wrinkled and wilted veg in a bowl of cold water for 30 minutes
- Make your mash with skins on
- Include the leaves and stalk when you make cauliflower cheese
- Don't peel beetroots! The skins are great when roasted in oil and leaves are also delicious raw or cooked



TOM FORT CARER NEEDED

This is what happened to me in the evening on the last day of May.

I was trout fishing on the Itchen near Winchester when I hooked a good fish which dived into a thick mat of reeds and became stuck. I took off my wellington boots and socks and lowered myself into the stream. The water was a lot deeper than I had bargained for but after floundering about for a while I managed to reach the trout, unhook it and send it in its merry way.

At that point I realised that my car key/dongle thing was in my trouser pocket. It was full of water and dead, so I couldn't get into the car. The bloke at the nearest breakdown firm

couldn't come out but he said that if I could dry the dongle out it might work.

I trudged a considerable distance to the nearest house where a nice couple applied a hairdryer. I trudged back and pressed the button on the dongle like a man possessed. No sign of life. But the dongle had flashed red intermittently so I thought: try again. I trudged back to the house. We did more drying. The man of the house then drove me back to my car. The red light was flashing encouragingly. Nothing happened when I pressed the button. I confess that I came quite close to tears.

My new friend said he would take me to a hotel in Winchester so I could sort

it out in the morning. The he said: this catch on the dongle, I wonder what it's for. Then a miracle: he pulled out a key, an old-fashioned metal key from inside the dongle. No, I never knew it was there and I've had the car eight years.

I opened the door, the car started. I told my friend I want to hug him, but we settled for a handshake, which was highly emotional on my part. I drove home.

What's the moral of this tale? I need someone to look after me. ●



COOK'S CORNER

By SANDY ONOFRIO

THINK OUTSIDE THE BUN

BASIC TOMATO PASTA SAUCE – serves 4

- 4 tablespoons olive oil
- 1 onion, chopped
- 3 tomatoes, chopped
- 1 to 2 tablespoons tomato purée
- salt and pepper to taste



In a large frying pan over medium heat, cook onion in olive oil until translucent. Stir in tomatoes, cook until juice begins to thicken. Stir in tomato purée, salt and pepper. Reduce heat and simmer 15 minutes more, until rich and thick. Great as a base for bolognese, ratatouille or pizza but just as good as a burger/fried chicken relish. ●

CHICKEN SCHNITZEL – serves 6

- 1 tablespoon olive oil, or as needed
- 6 chicken breasts, butterflied
- salt and freshly ground black pepper to taste
- 100g plain flour
- 1 tablespoon paprika
- 2 eggs, beaten
- 250g breadcrumbs
- 1 large lemon, zested



Preheat oven to 220 C / Gas 7. Line a large baking tray with foil and drizzle olive oil over foil. Place baking tray in preheated oven. Flatten chicken breasts so they are all about 1/2cm thick, season with salt and pepper. Mix flour and paprika together on a large plate. Beat eggs with salt and pepper in a shallow bowl. Mix breadcrumbs and lemon together on a separate large plate. Coat each chicken piece in flour mixture, then egg and then breadcrumbs. Repeat for all pieces set aside in a single layer on a separate tray. Remove baking tray from oven and arrange chicken in a single layer on the tray. Drizzle more olive oil over each piece of coated chicken. Bake in the preheated oven for 5 to 6 minutes. Flip chicken and continue baking for at least another 10 minutes or until no longer pink in the centre and the breadcrumbs are golden brown. ●



BOOKREVIEW

SONNING COMMON PRIMARY SCHOOL READING GROUPS

THE DREAM-SNATCHER

by Abi Elphinstone

Synopsis: An orphan called Moll is being summoned every night by the dream-snatcher. Leaving the safety of Oak's camp she journeys to find a way to defeat Skull and the Shadow masks before it is too late



Review by Evie Gainsford: I thought the story was too descriptive for a child's book, and there were too many words you couldn't understand. I felt a little anxious for Moll. The story was believable because you do get traitors in real life. Everything except Skull and his gang was believable

THE LONDON EYE MYSTERY

by Siobhan Dowd

Synopsis: It's about a boy (who has dyslexia and autism) and his sister who take their cousin to the London Eye. A stranger offers their cousin a free ticket, so he boards. However, when the capsule lands and everyone exits, their cousin isn't there. Can they solve the mystery before it's too late?



Review by Alice McNeill: The story had you hanging on every word – each clue is vital to the solution. I loved the story because each character isn't the stereotypical main character – they all had their own 'flair'.

CAR-JACKED

by Ali Sparkes

Synopsis: Jack is a genius, but when Jack's parents' car gets hi-jacked with him inside it, he's as clueless as the rest of us. The car-jacker doesn't know that Jack's in the car – yet...

Review by Sam Moore: It was an amazing story because nobody ever writes this sort of story! Jack responds to challenges in ways which really suit his character as a genius teenager. Ross, his kidnapper, is caring because he's being tricked and forced to be a bad guy, even though his morals dictate that he should not be like it



THE LAST WILD

by Piers Torday

Synopsis: A boy called Kester embarks on an incredible journey to save the last Wild from the 'red-eye'. But dangerous hazards await and Kester needs to choose who's an enemy and who's not

Review by Freddie Hodges: This, for a first book in a series, was absolutely amazing! The message that we need to look after the Wild, the animals and the environment is extremely important. This was a heart-stopping story and I'd love to read the next book in the series (The Dark Wild)

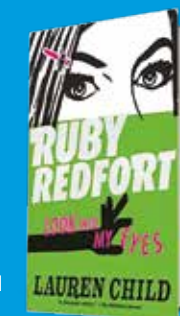


RUBY REDFORT: LOOK INTO MY EYES

by Lauren Child

Synopsis: Ruby Redfort is a normal girl who is especially good at coding and spying. She is recruited by a company called 'Spectrum' to help defeat the baddest guys in the business

Review by Lily Sutton: I thought that it took a really long time to get into the actual story but at the end it was really interesting and exciting. Some parts were a bit hard to believe though, like when the contents of the house were stolen – including the housekeeper!



All of these books are available to borrow from Sonning Common Library

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ROTHERFIELD UNITED PRESENTATION DAY



Our local youth football club has had a fantastic season of football with lots of teams doing very well in their leagues and a few winning plates and cups too.

Notable were the U14 Jets winning their division and the U12 Scorpions were unbeaten in winning their division and won the league cup.

The whole club got together on Sunday 30 June - another hot and sunny day following the Big Bash - for the annual Presentation Day. Each team has their own presentation and then the club awards are presented. There was a great BBQ, beer flowing, bouncy castle, lots of football games, ice creams and a lot of fun!

Clubman of the year went to Paul Hodges who is running a half marathon every month in 2019 for club funds - an amazing challenge - and has so far raised over £600

Junior Clubman of the year was awarded to Noah Howe.

The Christopher Cup was awarded this year to Joshua Ellison. The cup is awarded to an U9 player who plays football in the right spirit and for the love of the game. This cup was presented to the club by Fred and Margaret Kendrick. Fred was the chairman of Rotherfield for many years and the cup commemorates their son Christopher, who died of leukaemia at a young age and loved his football.

Club Manager of the year award went to Kevin Taplin who manages the U12 Scorpions. As mentioned above they have been unbeaten all season.

Congratulations to all of them.....

A special thanks to Tina Blumfield for producing the programme, Michelle Boden for cooking on the BBQ all day in the sun, our treasurer Paul Collier for organising it all, and all those who helped make it a special day. ●





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KENNYLANDS MILLENNIUM GREEN

At the southern end of the village we are very fortunate to have a lovely area –the Millennium Green. A peaceful, green space for everyone to enjoy.

In the summer months the central 'meadow' area is left uncut to encourage wildlife, and on summer evenings there are butterflies and birdsong to be heard as you stroll around the perimeter path, or sit on one of the benches to take a breather. In winter the path stays reasonably mud free, so an ideal place to get a breath of fresh air!

There is a dog-free field surrounded by lavender hedging ideal for children to play or for a picnic. Dogs can, however, be walked around the Green and exercised on the large areas other than the centre wildlife area (where they may disturb nesting birds) or the picnic/play area.

To keep the area a haven for wildlife and a pleasant place for villagers to enjoy, and in an effort to reduce litter, waste bins and bins for dog waste are

provided – and free dog-poo bags are available near the notice board for dog-owners who find themselves without one to hand! It really is appreciated if visitors try to help maintain a clean and safe environment.

The area is managed by the Trustees of the Sonning Common Millennium Green Trust, a registered charity. Much of the maintenance is carried out on a voluntary basis at present, but the trust relies on the donations from the Friends of the Millennium Green to pay for more extensive work, such as the tree cutting along Kennylands Road last year. This was done to allow the double decker buses to pass more safely.

You can become a Friend for an annual donation of £5 (larger donations are, of course, very welcome!). If you are a UK taxpayer the Trust can claim gift Aid on your donation, increasing its value at no cost to you. Forms for this are usually available in the Library or by the noticeboard in the Millennium Green

The Trustees would love to hear from you if have any comments or are interested in becoming a Friend, volunteer or Trustee. The Trustees can be contacted by e-mail at scomit1@outlook.com or via telephone at the number below.

Most of all we would love you to visit the Green and see for yourselves how lucky we are to have it! ●

Lynne Appleby,

Treasurer, Sonning Common Millennium Green Trust

Tel: 07876652908



TODDLER GROUP PLANS FOR SUMMER HOLIDAYS

Are you at home with young kids?

Do you struggle to find affordable things to do with them?

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Did you know there was a baby and toddler group at the Peppard War Memorial Hall every Tuesday morning?

We are a community group for pre-schoolers run by volunteers and we meet every Tuesday morning from 930-1130. And we will continue to open over the summer holidays!

Every week we have a craft activity which may be painting, making cards, marbling and so much more. We try and

keep the week's theme connected to whatever is happening in the calendar that week. So, we made cards for Father's Day, Valentines, Easter etc. On Chinese New Year we had noodles to play with and ate fortune cookies at snack time.

Snack time is at 1030 which includes fruit, bread and a biscuit. And we finish with a story and singing time.

There is a lovely enclosed garden which we use on sunny days and we get out the paddling pool, the bubble machine and the parachute. Its lots of fun with plenty of space for the little ones to run around and it means you can enjoy some sunshine and fresh air too.

It can be a real lifeline getting out of the house and meeting like-minded people.

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Find us on Facebook or call Catherine on 01491 640861 for more information. ●



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Parish news

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UNSUNG HEROES

Question: Do you know who keeps our village streets and public places clear of litter on a regular basis?

Answer: Mark Weston and Tony Parisi.

Through this page, we would like to say our thanks, on your behalf, to the excellent work carried out by Mark and Tony. So often, efforts like theirs are unrecognised. In addition, they are also the 'eyes and ears' of the village because they are out and about on a regular basis and can alert the SPC about any issues that occur.



Tony Parisi

from 'Fix My Street', so I wondered if it might be an idea to tell everybody about it.

Back in February our street sign was knocked over by a large vehicle. After making contact with Fix My Street, a workman from SODC arrived within a few days to assess the situation. He told us that he could not make a permanent repair that day, so he re-affixed the sign to the supports on a temporary basis. We arrived home yesterday to find a nice new sign ... well done and thank you to Fix My Street! ●

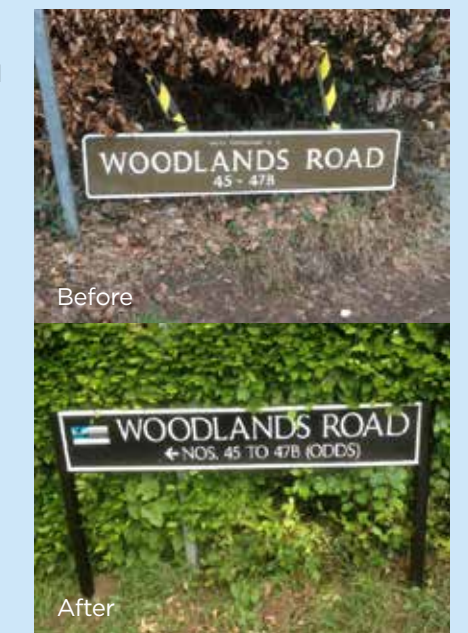
Carole Lewis

enforcement of local parking restrictions, regulations and other traffic control measures to parish councils and that this council should approach other parishes with parking issues to explore taking a joint approach to enforcement'.

This follows complaints by residents and councillors about drivers parking on yellow lines outside the Co-op in Wood Lane. Councillor Fort commented 'there's nothing this parish council could do that would cause greater happiness in this village than doing something effective to deal with rampant illegal parking'. ●

FIX MY STREET

In our part of Woodlands Road we've had some excellent service



Before

After



Mark Weston

PARKING

At the June Parish Council meeting, Councillor Tom Fort proposed a motion 'That this council urges SODC to proceed as a matter of urgency with delegating the

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deputyclerk@sonningcommonparishcouncil.org.uk (Ros Varnes)
W: www.sonningcommonparishcouncil.org.uk
Reminder to all readers to use the Parish website for information

Church news

LENT LUNCHESES SUPPORTED OUR THREE LOCAL PRIMARY SCHOOLS

Everyone who came enjoyed a different home-made soup on each occasion and the chance to catch up with friends. We invited a small group of children from Kidmore End, Peppard and finally Sonning Common to come and tell us about a project at school for which they are raising money.

The children from Kidmore End School explained that they need money to create a prayer space at school. They engaged their audience by giving us all coloured strips of paper on which to write down something for which we are grateful. The strips were then formed into a paper chain and held up by the children.

The Peppard children need money to refurbish their playground and showed us pictures of playground equipment that needs mending and new items they would like in their playground.

At the third and final Lent lunch the Eco Council from Sonning Common School told us about their scheme to recycle crisp packets, single use pens, tooth cleaning and beauty products. They want to buy more recycling bins to collect the items at different local sites. The collected items are then sold to buy school sports equipment. New recycle bins can be found at the library.

It was a delight to have youngsters as our guest speakers for the first time at Lent lunches. Their impressive presentations were generously rewarded with donations totalling £797! ●

SUE NICKSON

May Safari Supper

Another very convivial Safari Supper in May hosted by six local churches saw happy diners starting their gastronomic journey at either Stoke Row Chapel, All Saints Church Peppard or St John's Kidmore End.

Here they were treated to some very tasty starters before continuing to either Springwater Church or Christ the King for a main course of poulet au fromage fraies, new potatoes and a lovely salad or delicious coronation chicken (an authentic 1953 recipe) potatoes and salad respectively.

To round off the evening, they enjoyed a medley of wonderful desserts at St Michael's Catholic Church.

At each church the Grace was said by the resident clergy and guests chatted over their meal. There being no such thing as a free lunch, guests then took part in a raffle and gave generously to a collection for the FISH Volunteer Centre and Christian Community Action.

Special thanks go to all the organisers of this complex but very special event which allowed church members and their friends to meet one another socially and eat together. Representing the six churches involved was a highly organised committee, ably headed up by Linsey Potter, Minister of Springwater Church. ●

ROSEMARY HOUSE

ST MICHAELS

During June, ten children from our school made their first Holy Communion at St Michael's. Fortunately, the weather was very kind to them. Five others celebrated their special day at other churches in Reading or abroad.

We had a parish outing to, St Michael's Abbey, Farnborough. We were surprised to find ourselves in a little bit of France. The Abbey was built in the flamboyant French style by the Empress Eugenie in 1881 as a mausoleum for her husband Napoleon III and her son the Prince Imperial. The Abbey is home to a community of Benedictine monks. We were present as the monks sang the Divine Office. The Abbey is open to the public Saturday afternoons and is certainly worth a visit.

We are looking forward to celebrating St Michael's feast day at the end of September with a weekend of special activities.

As always check our website for Mass times and other activities: www.saintmichaelsonningcommon.org.uk ●



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2.30pm

FISH - Tea party. Village Hall

Tuesday 13

8pm

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Butcher's Arms**Thursday 15**

11.30am

FISH - Pub lunch

Sunday 18

2pm

SC Village cricket vs
Pangbourne**Thursday 22**

2 - 4pm

Film Afternoon for over 50's.
Village Hall**Saturday 24**

3 - 5pm

Strawberry Teas. Christ the
King**Sunday 25**

1.30pm

SC Village cricket vs Peppard
Maharajas

SEPTEMBER 2019

Sunday 1

1.30pm

SC Village cricket vs Highmoor

Wednesday 4

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

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

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

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

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