

# ***WEST HENDRED***

*OCTOBER 2019*      ***NEWSLETTER***

## **DATES FOR YOUR DIARY**

11 October	7.30-10.00pm	New to You Clothes Sale	WH Village Hall
18 October	7pm	Youth Club	WH Village Hall
20 October	9am	Family Service	Holy Trinity Church
15 November	7pm	Our Planet, Our Future	WH Village Hall

**Deadline for next Newsletter 25 October 2019**

### **Holy Trinity West Hendred Harvest Festival 2019**

Harvest Thanksgiving was a lovely service celebrated in West Hendred by our new rector, the Rev Orazio Camioni.

The church looked lovely with floral decorations, fruit, vegetables and two sacks of barley supplied by Robert Clayton. We had also collected dry goods to go to the food bank in Didcot. Many thanks to everybody who donated all these goods, and to those who decorated the church so beautifully, in particular to Norman Francis and Sue Bye.

Afterwards we all had a lovely breakfast of bacon rolls, croissant, tea, coffee and juice. Special thanks to Tim who cooked the bacon, David who collected the croissants and Angela, Janet, Patsy and Sally. Thanks also to Charlotte for delivering the dry goods to the Didcot Food Bank and Sally and William for taking the fresh food to Stirlings Care Home. We gave thanks to God for our good harvest and prayed for those less fortunate than us. Thank you everyone who had a part in making it so special. Christine Tanner

### **SAMARITAN'S PURSE OPERATION CHRISTMAS CHILD SHOEBOX APPEAL 2019**

It is time to launch the 2019 appeal for filled shoeboxes to go to needy children overseas. Last year the shoeboxes were enjoyed by children in Liberia. Leaflets explaining exactly what you can and cannot put in the boxes are available from Holy Trinity Church West Hendred, or from either one of us. The leaflets also contain a label to put on your box stating the age and gender of child. A voluntary donation of £5 per box is welcomed but not mandatory and we welcome ALL boxes. Please note that sweets and toothpaste are no longer allowed.

Please may we have your completed shoeboxes by **Sunday 10<sup>th</sup> November** at the latest so that we can deliver them to our nearest collection point. Thank you so much for reading this and it would be lovely if you are able to support us this year as, after many years, it will probably be our final year collecting boxes in this way.

Patsy 835113    Angela 862912

### **Need any help?**

At the moment I'm trying to raise money for a trip to Africa to do 3 weeks of charitable work, such as building schools, equipment, and helping to teach the children there. Please send me a text at 07858 596544 or email me at [jasmine.spurgeon100@gmail.com](mailto:jasmine.spurgeon100@gmail.com) if you need any small jobs being done such as: watering gardens, washing cars, lawnmowing, babysitting, any type of animal sitting, dog walking, ironing

Thank You! Jasmine Spurgeon

## Our Planet, Our Future

Friday 15 November 7pm,  
West Hendred Village Hall.  
Our Planet, Our Future - Working for a Better  
World

A talk by Martin Spray, CEO Wildfowl & Wetlands Trust, looking at positive changes in direction needed to confront the potential environmental crisis facing us - and which we have created. Martin will give practical examples of the work being undertaken by his organisation.

Entrance £10 – but no charge for 12-18 year olds (it is your future, after all). To book tickets, which include light refreshment after the talk, please email [Whvhbookings@gmail.com](mailto:Whvhbookings@gmail.com). There will also be a cash bar.

### Citizens Advice seeks volunteers

Citizens Advice Oxfordshire South and Vale is looking for volunteers to work in our friendly offices in Abingdon, Didcot, Faringdon, Henley and Thame.

As well as volunteer advisers, we also need receptionists, IT specialists and administrators. Once trained, volunteer advisers can make a real difference to our clients by helping them overcome problems they face with benefits, debt, employment, housing or family relationship issues.

Last year our 160 volunteers advised over 11,000 people face to face and by phone.

We were able to help two thirds resolve their problems. Volunteer advisers can, if they wish, progress to being paid supervisors. We offer a flexible and supportive working environment.

If you have eight hours a week to spare (we can be flexible about time) and would like to make a contribution to your local community, gain new skills and meet new people, please follow this link:

<https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/>

Or, if you would like to discuss these volunteering roles, please email Jon Bright,  
Director: [jon.bright@osavcab.org.uk](mailto:jon.bright@osavcab.org.uk)

### Holy Trinity West Hendred Oxford Historic Churches Ride and Stride

This year's sponsored event took place on Saturday 14<sup>th</sup> September. The weather was good

dry, with a light wind, and the sun shone! I opened Holy Trinity Church at just after 9-15AM, with the first st/rider, Geoff Bailey, chomping at the bit. He'd already clocked up 3 other churches, despite the official start time being 10am! A total of 15 st/riders visited the church, slightly more than last year. Roy Lennox did his Ride & Stride around the Wantage area on Friday 13<sup>th</sup> – and survived the experience, and the challenge of staying on the bike. He avoided the roads almost completely, except going through Wantage, doing a loop from West Hendred to Ginge, and then Ardington, Wantage, and then back via Ardington, then East Hendred and finishing in West Hendred. Roy says he has lots of sponsors, who have been very generous, including Anna Nymity.

Thank you to all our welcomers and all who helped at the church. Also, thank you to all who rode or strode, either on the day or beforehand. Thank you to all to took part, and all who have sponsored. Hugh Rees

This year the Findley family strode around Oxford for the Historic Churches Ride and Stride, also taking time to visit some of the historic buildings opening for the Open Doors initiative. Oxford is quite compact, so we combined visiting c.20 churches with several other interesting places, including the disused railway swing bridge over the river at Rewley Road and a tiny Baptist chapel where the integral pool was being filled for an impending baptism! It was very interesting seeing hidden corners of Oxford. Our special thanks goes to all who sponsored us. Nigel & Angela

#### October Church Services

Sunday 6th	Morning Prayer	9:00
Sunday 13th	Morning Prayer	9:00
Benefice Communion	East Hendred	10:30
Sunday 20th	Family Service	9:00
Sunday 27th	Holy Communion	9:00

#### Memorial Tree planting

All who knew Freddy Clarke are invited to join his family in the cemetery of the Holy Trinity church at 14:15 on Saturday 19<sup>th</sup> October, as we plant an oak tree in memory of his life and achievements. After the tree is safely in the ground, refreshments will be served in the Village Hall, and we shall hear some of Freddy's old friends and colleagues say a few words.

### A34 Roadworks

During October, Highways England will be closing the A34 between 9pm and 6am on the following dates:

**Monday 7<sup>th</sup> October** for two nights  
Northbound A423 Hinksey Hill junction  
to the A44 Peartree Interchange

**Wednesday 9<sup>th</sup> October** for two nights  
Southbound A44 Peartree Interchange to the A423  
Hinksey Hill junction

**Friday 11<sup>th</sup> October** for two nights  
Southbound A420 Botley Interchange  
to the A4130 Milton Interchange

**Sunday 13<sup>th</sup> October** for two nights  
Northbound A4130 Milton Interchange  
to the A420 Botley Interchange

**Tuesday 15<sup>th</sup> October** for two nights  
Northbound M4 Chieveley Interchange  
to the A4130 Milton Interchange

**Thursday 17<sup>th</sup> October** for two nights  
Southbound A4130 Milton Interchange  
to the M4 Chieveley Interchange

---

### Community Grants available

Good news for local groups and not-for-profit organisations in the Vale of White Horse! We have New Homes Bonus community grants available and groups can apply for a minimum of £1,000 (and up to 50 per cent of the total cost) towards projects which benefit the local community.

Vale of White Horse District Council runs the scheme on behalf of the government, but you do not have to have new homes built in your area to apply. Previous projects funded through the scheme include parenting courses in Botley, a play area in Faringdon and most recently new furniture for a group in Wantage caring for people suffering from dementia and alzheimers.

Local groups can greatly benefit from these grants and we would urge any organisations who think they could be eligible to get in touch. But don't delay, the grant scheme closes at noon 28 October 2019.



**What kind of projects are we looking for?**

Projects that:

- will provide new or improved local facilities and services which bring communities together
- have clear benefits for Vale of White Horse residents which will last for five to ten years - five years for grants up to £10,000 and ten years for grants over £10,000
- are both inclusive and accessible
- demonstrate energy saving measures where possible

Anyone interested in New Homes Bonus grants should see more information on the council's website or get in contact with the Community Enablement Team on 01235 422405 / [grants@southandvale.gov.uk](mailto:grants@southandvale.gov.uk) / [www.whitehorsedc.gov.uk/grants](http://www.whitehorsedc.gov.uk/grants)

### Poppy Appeal 2019 - 11 things you might not know about the popp

#### 1. The poppy is a symbol of Remembrance and hope

Wearing a poppy is a way of showing public appreciation for the service and sacrifice of the Armed Forces, veterans and their families in safeguarding our freedoms and values.

It represents all those who lost their lives on active service in all conflicts; from the beginning of the First World War right up to the present day. It also honours the contribution of civilian services and the uniformed services which contribute to national peace and security.

#### 2. Wearing a poppy is a personal choice

Wearing a poppy is a personal choice reflecting individual and personal memories.

#### 3. There is no 'correct' way to wear a poppy

It's a matter of personal choice whether someone chooses to wear a poppy and how they choose to wear it. The best way to wear a poppy is simply with pride.

#### 4. The poppy is red because that's the natural colour of the poppy flower

During the First World War previously beautiful countryside was blasted, bombed and fought over, again and again. The landscape swiftly turned to fields of mud: bleak and barren where little or nothing could grow. But out of this devastation the delicate but resilient bright red Flanders poppies grew and flourished in their thousands.

#### 5. A poem inspired the use of the poppy as a symbol of Remembrance

Shortly after losing a friend in Ypres in 1915, a Canadian doctor, Lieutenant Colonel John McCrae was inspired by the sight of poppies growing in battle-scarred fields to write his now famous poem 'In Flanders Fields'. The poem inspired American War Secretary, Moina Michael, who bought poppies to sell to her friends to raise money for Servicemen in need after the First World War. This was adopted by The (Royal) British Legion in 1921 who ordered 9 million of these poppies and sold them on 11 November that year in the first ever Poppy Appeal. The poppy has been adopted as a symbol of Remembrance ever since.

#### 6. Poppies weren't always sold with leaves

Like the natural flower, the original version of the poppy did not feature a leaf. A leaf was first introduced in the 1960s as it was the practice to make poppy sprays, (an alternative to a poppy wreath), which were made up of 5 silk poppies attached to 7 pieces of green fern. Leaves slowly became an optional extra and by 1984 demand for them had grown to 12 million a year, although they were still issued separately to the poppy.

In 1995 poppies with leaves included were made available for the first time.

#### 7. Over 40 million poppies are distributed by volunteers during the Poppy Appeal

Thousands of volunteers take to the streets, train stations and supermarkets for two weeks during the Poppy Appeal. Over 40 million poppies will be

distributed by 40,000 volunteers with aim of raising £50 million to help support serving and ex-serving members of the armed forces community and their families.

8. Donations for poppies helps families like these...

Money raised during the Poppy Appeal helps us support the Armed Forces community in lots of different ways, such as much needed breaks away from everyday life for serving and ex-serving personnel and their families

9. And funds services like this...

The Poppy Appeal also helps fund services like the Battle Back Centre - the first port of call for wounded, injured and sick service men and women as they start their Individual Recovery Program. In 2018 they took a team of 12 serving military (WIS) personnel and veterans on a life-changing expedition in the Himalayas.

10. A wonderful variety of poppies can be worn

Poppies come in all shapes and sizes. From knitted to jewelled poppies, there are so many types to choose from that can be worn as a symbol of Remembrance and hope.

11. Poppies are recyclable

Paper poppies are environmentally friendly and all of the parts are either biodegradable or able to be recycled. The petals and leaf are paper and the stem and centre are made using recyclable plastic. After Remembrance Sunday you can recycle your poppy at any Sainsbury's supermarket.

Nigel Findley

**New To You Clothes Sale**

West Hendred Village Hall, 11th Oct, 7:30pm-10pm

Come and revamp your wardrobe!  
Free entry, cash bar, Kiehl's Raffle.  
If you're interested in having a table (you can bring a hanging rail) please contact  
[jenniferdimbylow@hotmail.co.uk](mailto:jenniferdimbylow@hotmail.co.uk)

**The deadline for next month's newsletter is 25<sup>th</sup> October**

Hand delivered items – please place your article in an envelope marked clearly 'WH Newsletter' and deliver to Janet Trotman, Tean, The Millham  
Tel: 833531 Alternatively, you can send items for inclusion to our email address:  
[newsletter@westhendred.net](mailto:newsletter@westhendred.net)

**WEST HENDRED AND GINGE VILLAGE HALL NEWS**

**HALL LETTINGS:** All hall enquiries/bookings should be made via email to [villagehallbookings@westhendred.net](mailto:villagehallbookings@westhendred.net) . Web Site: [www.westhendred.net](http://www.westhendred.net).

**Village Hall Committee Contacts:** Hugh Rees (Chair) 01235-833174 / 07802-416031, Sarah Lloyd 01235-833373

**DATES FOR YOUR DIARY**

**Our Planet, Our Future - Working for a Better World - Friday, November 15th 7pm**

A talk by Martin Spray, CEO Wildfowl & Wetlands Trust. Free entry to 12-18 year olds – otherwise £10 price includes light refreshment after the talk. Cash Bar

**KONGA every Friday term time. 9.30 - 10.30 am £5 per class.**

Konga is a fusion of Boxing, Cardio, Dance & Sculpting set to the hottest sounds of music. This fitness routine is designed to get results through increasing fitness levels and redefining your physique. Can burn approximately 700 calories from one class. For more information Contact Rachel Lock on 07801 824293.

**Youth Club – Friday 18th October 7pm**

The Youth Club meets on Friday 18th October. Please contact Penny Meston for more information on 01235 832113.

**We do need more helpers! Please get in touch with Penny if you'd like to get involved.**

**Coffee Morning, plant, and book sale – Saturday 23rd November 10 am – 12 noon**

Thank you to all who came and supported the September sale, which raised £22-00. So far this year you have raised £254-67. There is no book sale in October.

**Baby / Toddler Group Monday mornings 10.15am to 11.45.**

Get together in the hall and meet/chat to other local parents. Just drop in

**West Hendred Stitchers - meet on 2nd & 4th Tuesdays in the month 10am - 4pm.** Open to everyone who'd like to stitch with friends in a warm and sociable atmosphere. Beginners welcome. Work on individual projects. Tea & coffee provided. Bring own lunch. Further information from Jane Soffe 01235 832554

**Pilates - Monday evenings 7 to 8 pm, Wednesdays 6 to 7 pm, and 7.15 to 8.15 pm**

Please contact Charlie Prince on 07581462317, or [charlie@princepilates.co.uk](mailto:charlie@princepilates.co.uk) , or see Charlie's website for more information about classes etc. [www.princepilates.co.uk](http://www.princepilates.co.uk)

**YOGA**

**Tuesdays 6-7pm Yoga with mindfulness for teens**

Focusing on strength and flexibility as well as strategies to deal with exam stress and aid relaxation. Ideal as sport or skill for Duke of Edinburgh awards.

**Thursdays 9.15-10.45am Yoga for beginners and improvers 11 – 12.15 Gentle yoga (including chair yoga)**

Not sure if yoga is for you? Come along for a free trial lesson!

For further information on any of these courses and to enrol, please contact Linda on 01235 863647 or [linda@soderstrom.myzen.co.uk](mailto:linda@soderstrom.myzen.co.uk) (British Wheel of Yoga and TeenYoga Teacher)