

WEST HENDRED

MARCH 2022 NEWSLETTER

**Deadline for next Newsletter
25 MARCH 2022**

IMPORTANT! Please can we ask that, if you know of any neighbours who may not have access to the internet, you print a copy off for them and pop it through their door. Thank you.

For the most up to date Government advice regarding the Coronavirus, please go to <https://gov.uk/coronavirus>

ACCIDENT ON A417

£70,000-£100,000 required for the installation of a crossing.

As some of you may be aware there was a serious road accident on the A417 by the Hare on Monday 24th January. The accident happened when a child was hit by a car while crossing the road to catch the school bus. The child has serious injuries to the legs and will be on crutches for some time. It could so easily have been even worse.

Crossing any road is dangerous – in the early morning and evening even more so with poor light and ever-increasing traffic volumes. Extreme care is therefore always needed and we ask that you all talk to your children about the dangers posed by having to get across the A417 without a formal, safe means of crossing.

As a Parish Council we are painfully aware of the risks to everyone, and particularly schoolchildren, of crossing the A417 to and from the bus stop, and have been in discussion over many years with OCC on what practical measures could be put in place - such as a pedestrian crossing.

In 2015 Councillor Stuart Lilly did fund a feasibility study and design for each village along the A417, but lack of funding meant it got no further. We have also looked at a 30-mile speed zone, but West Hendred doesn't have enough houses along the A417 to qualify.

In 2017 West Hendred Parish Council (WHPC) commissioned the Children Crossing lights which flash in both directions during the hours when children are going to and coming back from school. Finding the money to do that from our

Your Village Help Co-ordinators : If you need help please get in touch with any of the following people:

Nigel Findley 07900 554537
Nigel.findley@westhendred.net

Angela Findley 07775 863350
Angela.findley@westhendred.net

Stefan Povolotsky 07460 727374
Stefan.povolotsky@sky.com

small precept was difficult enough but, as a small parish, we have no hope of raising it.

Now the day we warned about has happened, a child has been seriously injured, and WHPC are determined to do everything we can to persuade Highways that action must be taken.

Please keep yourselves safe crossing the road and especially our children safe on their way to and from school.

WHPC David Clayton (Chair), Hugo Axel-Berg (Vice-Chair), Julia Evans (Clerk), Dan Bashford, Sarah Lloyd and Richard Evans

Springline Singers

Springline Singers, our Community Choir, are delighted to announce that they will re-start, after a few months break, on **Thursday 17th March for four weeks up to Thursday 7th April**. £7 per session. After a break for Easter the choir will start the summer term on Thursday 21st April. The choir for anyone aged 16+ who wants to sing. We meet on **Thursday evenings 7.30 to 9.30** usually at **West Hendred Hall** (please look out for venue changes). Music includes world music, folk, pop, musicals, sea shanties. No singing experience needed. We are a very friendly inclusive group. Come and **improve** your health and wellbeing and be part of our community of singers! For more information please look at the Facebook group **Springline Singers**

Aladdin–The Panto is Back – Oh Yes It Is!

After a four-year absence the village pantomime **ALADDIN** is back and promises to be a fun filled evening. The performances have been delayed for a month due to Covid restrictions. It will now be performed on **THURSDAY 10TH MARCH** and **FRIDAY 11TH MARCH** at Snells Hall at 7.30 pm. **SATURDAY 12TH MARCH at 2pm and 7.30 pm**. There will be a pay bar at all the evening performances. Tickets can be purchased from Hendred Stores, £12 per adult, £8 for under 16. Under 3s free if sitting on parent's lap. Cash or cheques, no cards. Don't delay – we anticipate this being a sellout event!

Cost of living crisis on the way – Citizens Advice warning

Citizens Advice has issued press releases warning that inflationary factors leading to higher food prices and energy bills will cause hardship for many this year. Unavoidably we will be paying much more for essentials (rent or mortgage, food, telephone and broadband, household bills, Council Tax) by the middle of 2022. However, much can be done to manage the expected debacle, and setting your own personal budget is a key step. Start preparing now, making a budget and seeing if you can maximise your income. Look closely and objectively at your financial figures – how much comes in every month, how much goes out, so that you have a clear picture of your situation. Take an average over a period of, say, six months, so that quarterly bills are taken into account. Decide what the priorities are and reduce your costs even on essentials if possible. Do remember that inflation will increase your outgoings. There are various helpful resources which you can take advantage of. Citizens Advice can tell you about fuel vouchers, benefits or government grants and Covid support that might be available, as well as the Household Support Fund, administered by the local district councils of South Oxfordshire and Vale of White Horse at <https://www.southoxon.gov.uk> and <https://whitehorsedc.gov.uk> The Citizens Advice website at <https://www.citizensadvice.org.uk> has tips on how to reduce your living costs. You can also contact your energy suppliers and ask about affordable options to pay. If you need more specific support or don't feel able to manage your situation alone, call Citizens Advice for general advice on 0808 278 7907 or the debt helpline on 0800 240 4420.

Jubilee Weekend Celebrations

Plans are in hand for several events bringing together villagers from West and East Hendred and Ginge from June 2nd to 5th in celebration of the Queen's Platinum Jubilee. These include lighting the national beacon on the Ridgeway on the evening of Thursday June 2nd, the Big Bash in East Hendred on Friday 3rd, a lunch at West Hendred Village Hall on Saturday 4th and a possible outdoor ecumenical service in East Hendred, followed by street parties and children's activities on Sunday 5th. And maybe more!

Collecting Memories for the Queen's Platinum Jubilee....

In commemoration of the Queen's Jubilee this year we are putting on a display of written memories and photographs in our church to celebrate her reign. To do this, we are collecting stories of the past commemorations: street parties, parades, dressing up, corgies, crowns etc. We are happy to assist in transcribing them for you. In addition, it would be wonderful if you have photographs of previous celebrations: those taken at other Jubilees or even the Coronation itself. (These would be copied and originals returned). We would love to see memories of West Hendred and the surrounding villages, but are happy to hear memories from wherever you were celebrating. To share your memories, please contact Angela on 01235 862912

Jazz in the Village Returns to West Hendred Saturday 19th March

Ian Millar and Dominic Spencer, the sax and piano duo, return to West Hendred Village Hall at 8pm on Saturday 19th March for an evening of music, magic and stories. There will be a paying bar for the evening. Tickets at £10 each (under 16s free) are available from whvhbookings@gmail.com and from Hendred Stores. For more information, go to <https://drive.google.com/file/d/1dr6Jgm31WFDJf9X05yAhr57hwqtaN4Aq/view> Tickets purchased for the cancelled 2020 Jazz in the Village will be honoured; please just request a new ticket with your details.

Yoga4Health

Improve your health and wellbeing
Yoga for health is a ten-week programme supporting NHS patients to gain self-care skills by learning yoga breathing, relaxation and mindfulness techniques. No prior experience is

needed and the gentle stretching and strengthening yoga postures can be done in a chair or on a yoga mat.

What will the classes involve?

Each of the ten two-hour sessions are led by a qualified Yoga4Health teacher and include:-

Breathing practices-

Simple yoga postures-

Meditation and mindfulness-

Relaxation-

Group discussion

The Yoga4health evidence-based programme was originally commissioned by the NHS and created by the Yoga in Healthcare Alliance. It fuses the wisdom of ancient practices with modern medical science. The programme's benefits have been validated by Westminster University. Yoga4Health classes are inclusive and secular and do not promote any religious position. Further information can be found at

www.yogainhealthcarealliance.com

The course has been designed for people with stress, anxiety or mild to moderate depression; at risk of type 2 diabetes or cardiovascular disease; suffering from social isolation. There are two ways to join the programme:

1) Discuss with your GP or social prescribing link worker

2) Self-refer by contacting the Yoga4Health teacher directly:

Linda Davey – 01235 863647

linda@soderstrom.myzen.co.uk

Next course starting at West Hendred Village Hall on Wednesday 16th March 10am – midday.

The cost of the course is £45 (which includes a yoga mat and the Yoga4Health manual which includes all the practices). This course is being supported and partly funded by the Vale of White Horse and Move Together. We are particularly interested in hearing from people who have been having to isolate during Covid.

Hendreds Tennis Club

Our famous Quiz Night is back!

Date: Friday 25th March 2022

Venue: West Hendred Village Hall

Time: Doors open 7.00pm, eyes down 7.30pm prompt. Join in the cracking quiz fun with delicious food served at half time.

Great for teams of 8. No team? We can help you join forces! Fingers on the button! Email play@hendredstennis.co.uk with your team ASAP. Online payment details will be supplied.

West Hendred Summer Event – Saturday 9th July

12 noon in aid of Holy Trinity Church. West Hendred will be at Manor Farm House, kindly offered by Lys and Peter Cook. We are at the early stages of deciding what kind of Summer Event we can do in these Covid/Post-Covid times. We would like to have a lunch or similar event. If you would like to help on this, please do contact Hugh on 833174 Sally Hutchinson on 833081 or Patsy Jenkins on 835113. We will also be asking for help for stalls, and also for putting up tents and marquees on the Thursday or Friday evening.

New Play Equipment!

West Hendred Playpark now has a Basket Swing and 3 new ride-on Springies for the younger children. Please come and try them out! They have been paid for by putting aside some precept money each year for the last 3 years, as well as grants from the County Councillor Priority Fund and kind donations from villagers. In the next few years the Play Trail will need replacing, and West Hendred Parish Council are starting the process of applying for grants and seeking funding to make that happen.

East and West Hendred WI

Our WI is currently celebrating 101 years since its inception by women from East and West Hendred in 1921. Rural life has changed almost beyond recognition since then but our members still value their involvement for the friendships, mutual support and social contacts generated by the WI. 2021's programme was unfortunately mostly on Zoom. However, we are now resumed face to face starting from February.

A few weeks ago we were in dire jeopardy for our future as we did not have anyone within the membership of our WI willing to take on the main Officers roles for the coming year starting in April 2022. As a registered Charity we are not permitted to run without them. HOWEVER after an article on Facebook we have had some new people who have volunteered to take on the management of our WI so we are saved!! With our future now secured we will continue meeting on the Third Thursday of every month with a speaker, social time and of course Tea/coffee and cakes/biscuits. We usually meet in Snells Hall, and sometime West Hendred Village Hall and as well as our monthly meetings have organised visits, social occasions and outings.

New or recently moved to the area? Just retired? Come along and see what we do. All are welcome

at our meetings, the next one being on March 17th which will be in Snells Hall and our speaker will be Bayley Eyley with a talk entitled "And you think Talking is Easy"

For more information Contact: Margaret Sharp, Secretary, 01235 833367, m.l.r.sharp@btinternet.com

HEG Community Larder - opens Monday 28th March 3:30-6:30pm

Sports Club - Mill Lane

It's not a food bank – it's for everyone who wants to reduce good food being sent to landfill as well as those who want to save money.

You're not depriving those who need help more than you – there's plenty for everyone; each week we'll be sent a generous amount for all our subscribers.

It's not all nearing its Best Before date – that's just one of many reasons supermarkets send food to the scheme.

It's not just junk stuff you wouldn't buy – there's different stock every week and a huge variety. Come along and see for yourself.

Look on Facebook for HEG Community Larder or email heglarder@gmail.com for more information and to sign up.

The deadline for items for next month's newsletter is 25th March. Please email items to newsletter@westhendred.net

THE WEST HENDRED AND GINGE VILLAGE HALL NEWS

HALL LETTINGS All hall enquiries/bookings should be made via email to villagehallbookings@westhendred.net

www.westhendred.net

Covid-19

As we go to press, we have just received updated Government Guidance / Advice from ACRE (Action with Communities in Rural England) regarding the lifting of Plan B restrictions. All hirers will be fully informed as part of their booking process, which continues includes the need to do a risk assessment.

CURRENT EVENTS

JAZZ IN THE VILLAGE – SATURDAY 19th MARCH 8pm to 10pm

Jazz in the Village is coming back as agreed pre-Covid!

PUPPY SCHOOL

Puppy School has paused for a few weeks. Please contact Deb (see below).

Puppy School is on Monday evenings from March.

Please get in touch for more information or visit my website www.new-tricks.net. I'm a Certified Animal Behaviourist (CAB) and also offer behaviour and training services for dogs of any age. Deb

MINI-KICKS

We offer fun and imaginative football coaching sessions for children aged 18 months to 7 years old, enhancing their football skills as well as using their imaginations and improving social skills.

Class are 9am Saturday mornings at the Village Hall.

For more information contact minikicks18@gmail.com

REGULAR EVENTS AT THE HALL USUALLY INCLUDE:

Boogie Mites – Monday mornings

It's music and dance for preschool children, every Monday morning. Contact Lizzie on

LizzieL@boogiemites.co.uk

West Hendred Stitchers – Alternate Tuesdays

West Hendred Stitches started again in June and are very dependent on updates on Covid regulations - call me for details. Thanks very much, Jane

Further information from Jane Soffe 01235 832554

Pilates - General Mat classes on Mondays and Wednesdays 7-8pm

This is aimed at all ages and abilities. Places are available for anyone who is interested.

Zoom Pilates continues to be held on Mondays at 7-8pm.

Wednesday evenings are now back for face to face classes in the hall at 6-7pm and 7.15-8.15pm.

Please contact me and I can provide more information.

Please contact Charlie Prince on 07581 462 317, or charlie@princepilates.co.uk or see Charlie's website for more information about classes etc. www.princepilates.co.uk

Charlie Prince

Yoga

Thursdays 9.30 – 10.45am Hatha Yoga – suitable for improvers

Fridays 9.30 – 10.30am Hatha Yoga (on Zoom) – suitable for beginners and improvers

Tuesdays 10 – 11am Gentle / chair yoga (on Zoom)

Tuesdays 5.30 – 6.30 Teen Yoga with mindfulness – looking for a sport or skill for Duke of Edinburgh?

Please contact me. New students very welcome!

Wednesdays 10-12pm – Yoga4Health Course (see newsletter for further details). Starts 16th March

Please contact me for further information on 01235 863647 or linda@soderstrom.myzen.co.uk.

Not sure if yoga is for you? Contact me and arrange for a free trial lesson.

Linda Davey – British Wheel of Yoga / TeenYoga Teacher

Village Hall Committee Contacts

Hugh Rees (Chair) 01235-833174 / 07802-416031

Sarah Lloyd 01235-833373