

WEST HENDRED

NOVEMBER 2022 NEWSLETTER

**Deadline for next Newsletter
25 NOVEMBER 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> Your Village Help Co-ordinators: If you need help please get in touch with any of the following people:

Stefan Povolotsky 07460 727374
Stefan.povolotsky@sky.com

Angela Findley 07775 863350
Angela.findley@westhendred.net

Stefan Povolotsky 07460 727374
Stefan.povolotsky@sky.com

Holy Trinity Church, West Hendred
A message from the new parish priest:

"My name is Nikolaj Christensen (pronounced 'Nikolai') and I'm delighted to be your new parish priest. I have recently moved into the Rectory in East Hendred with my wife Hannah and our two children, one of whom was born this September.

I grew up in a Danish village about the same size as West Hendred. Sadly, I had to get a bus rather than a footpath through green fields to get to the nearest East Hendred-sized village to go to school.

I've lived in Oxfordshire since 2011 and was most recently a minister at Iffley Church in south-east Oxford. I very much look forward to my first service at West Hendred Church on Sunday 30th October at 9:30am. It would be lovely to see you there or at one of our other upcoming services to hear about the God who loves us all no matter what."

Holy Trinity Church, West Hendred, Christmas Cards

There are three designs of Holy Trinity Church, West Hendred. The cards are in packs of 10 (with envelopes), £5 per pack, and are sold in aid of repairs to the Church. The packs will be available at the church, which is open every day.

You can pay by cash or cheque payable to West Hendred PCC. Also, you can pay on-line via the Donate on our home page at

www.achurchnearyou.com/church/6046/

Look out for pop-up sales, which we're hoping to do closer to Christmas.

One design uses a photograph taken in February 2019, printed to similar high quality of the 2009, and 2011 designs. We've also refreshed the very popular 2009 design, which is re-printed on high-quality textured card, and a limited number of the 2011 design.

The greeting inside the card is:

*Best Wishes for
Christmas and the New Year*

Also available are packs with no greeting inside the card. Further information from Hugh and Annabel Rees on 01235-833174.

Holy Trinity Church, West Hendred North Aisle roof – urgent work to the church starts 31st October

As has been widely publicised, urgent repairs to the North Aisle's supporting roof beams are needed.

The structural engineer, following his inspection in late June 2022, gave his assessment that *"In its current condition the roof is safe for continued use of the church provided the proposed repairs can be implemented within the next 6 months."* He emphasised that we need to get the repairs done ASAP! We have received revised costs of £39,847 net to take into account inflation of building costs.

We should be able to reclaim most of VAT. The PCC reviewed the entire costs, and its current funds, and decided that funds are now sufficient to proceed with the work. Just as the Newsletter goes to press, we have just had a pre-contract meeting with the architect and the contractor, Ward & Co. Work will begin on Monday 31st October, and is planned to be finished by 27th January.

The whole of the north aisle, and pews north of the central aisle will be covered by plastic sheeting, as

well as scaffolding. From 31st October, access to the church on weekdays will be restricted by the contractor. We will be able to have services on Sundays. However, there will be only about half the pews available. The organ will be wrapped in plastic sheeting to protect it during the work, so we'll be using an electronic keyboard for services.

We need your support. Thank you for the very generous donations from individuals. The total raised so far from grants and donations is £60,744 (including Gift Aid).

If you have not done so already, please can you help secure the future of West Hendred's church, by donating either online via

www.achurchnearyou.com/church/6046/

and selecting "Give Now" from the webpage; or by contacting the church Treasurer, Roland Jack rolandmjack@gmail.com or 01235 831894.

Hugh Rees

Poppy Appeal 2022

Service, the act of defending and protecting the nation's democratic freedoms and way of life, is really without cost for those who serve. Physical, mental or emotional injury or trauma; the absence of time with family; or the pressures and dangers that come from serving, highlight why the Remembrance of service is so important.

2022 marks the 40th anniversary of the Falkland's Conflict and 78th anniversary of D-Day.

As we pay tribute to those who have served and sacrificed during the Remembrance this year, we hope you will show your support to all our amazing Poppy Appeal collectors in our community. Without our partners, volunteers and without you, we wouldn't be able to continue supporting serving and ex-serving men and women, and their families. In 2022 the Royal British Legion's Poppy Appeal will focus on how your poppy shows you care and helps the RBL to continue its vital work supporting the Armed Forces.

This year's Poppy Appeal will launch this Thursday 27th October. Our Poppy Appeal collectors will be distributing poppies throughout our village and across the United Kingdom so please do look out for them and get your Poppy from local sellers. We will be offering several ways to donate, including cash, contactless terminals and QR code quick link on our website. The most effective way to recycle your Poppy is to return it to Sainsbury's after Remembrance Sunday 13th November.

Holy Trinity Church West Hendred – Food Bank Collection

Many thanks to everyone who gave to our harvest appeal for the Wantage and Grove Food Bank. All the tins, packets and boxes of groceries have now been delivered to the Food Bank in Wantage from where they will be distributed. Thank you all very much for your kindness.

Holy Trinity PCC

Holy Trinity Church, West Hendred Oxford Historic Churches Ride and Stride – Saturday 10 September 2022

The weather was mostly good for this year's sponsored event – a slight shower or two, a light wind, and the sun shone! We're continuing to collect money from sponsors. We've had some additional sponsors as we go to press. The total so far received is £723.50, with quite a lot more to come in. I did Ride & Stride, with a slight improvement on last year, yet nowhere near the number of churches in 2017 and 2018. I wended my way from West Hendred, to East Hendred, and then via Steventon and Milton to Sutton Courtney then Abingdon. I bumped into Janice Spearing in St. Michaels, then I continued to Christchurch, and Peachcroft. Thence to Radley, and Janice Spearing arrived while I had part one of lunch. I continued to Sandford on Thames for part two of lunch, and then to Littlemore, Cowley, Iffley, and St. Albans on Charles Street off the Iffley Road, with its fascinating carvings by Eric Gill. I managed to visit St. Bartholomew's chapel, just up a lane off the Cowley Road, opposite the "Regal" cinema of old. It's a delightful chapel of the leper hospital founded by Henry I. I continued to St. Clements Church, through Mesopotamia to St. Cross, and round central Oxford, including St Mary Magdalen, Holyrood, and St Frideswide. Thence on St. Barnabas church in Jericho, with its glorious 19th Century mix of Ravenna and Torcello! I finished at the Greek Orthodox church in Canterbury Road. Such a great variety of churches in both style and setting. I clocked up 50 churches, exceeding my 2021 total by at least 10.

Thank you to all who rode or strode, and all who have sponsored.

Hugh Rees

Samaritan's Purse Operation Christmas Child Shoebbox Appeal 2022

A reminder. Please could we have any completed shoeboxes by Tuesday 15th November and many thanks for those already received.

Patsy 835113 and Angela 862912

A417 Crossing

As your Parish Council we need your help in our continuing push to make the A417 safe for children to cross on their way to and from school. Plans to install a crossing have stalled at Highways level for the usual financial reasons given and we need to show how many of our children have to cross that dangerous road on a daily basis - and to keep emphasising that a serious accident has already taken place and further accidents (heaven forbid one may be fatal) are likely unless a safe crossing is installed.

So please could you let our Clerk, Julia Evans (email: parishcouncilclerk@westhendred.net) know how many children in your household are of secondary school age? And how many of those children currently take a bus to school?

We would welcome all comments supporting the urgent need for the children's crossing to be created. We are aware that the crossing is not only unsafe for children but all villagers, particularly those with reduced mobility. We will use all your comments to strengthen the case for a crossing to be installed as soon as possible. WHPC

Waste and Recycling Christmas and New Year Collections 2022/2023

Normal collection day - Revised collection day

Friday 30 December - Tuesday 03 January

Friday 06 January - Monday 09 January

Friday 13 January - Saturday 14 January

Hendreds' Grotto

The Hive Hut is opening from 12 November as a pop-up Christmas Grotto for all your bespoke, gorgeous Christmas needs. Our small and local traders need us so please spend your £ locally this Christmas. For more info just follow us on Facebook or Instagram @hendredsgrotto
If you are a local small and independent business do get in touch and join us - table top spaces for just £5 each: bzbeewraps@gmail.com
Mulled wine and mince pies on Thursday night opening. Fundraising for the Roots & Shoots community Hub.

HEG larder, Community Café & Roots & Shoots Kitchen

As the cost-of-living squeeze effects so many, the Roots & Shoots Community Hub is ready to support our communities with a warm space, food, company, chat and more! It's a combination of measures and events to help all our residents, from the cafe to the slow cooker off Friday night suppers and weekly kitchen provision. The Community Kitchen cooks / supplies meals for the whole community, all made from food waste, using energy efficient cooking methods like Slow Cookers. The Café is a chance to come and home work/relax, craft, chat, hang out, give your kids a supper (we do a kids tea for £1!), and more!
The HEG larder, a food waste scheme, saves money and landfill, you join this directly with SOFEA and costs from £3.50 a week! Click here and make sure you select HEG Larder as your local hub.

<https://www.sofea.uk.com/prpose-projects/community-larder>

We require extra funding towards this warm space use. We recently received a donation from the West Hendred Beer festival which has allowed us to pay the monthly bulk kitchen food costs for 6 months insurance and the West Hendred Hall use. The need is increasing weekly, and our vision for the food deliveries / kitchen, is to have "drop points" and delivery teams to make sure we reach everyone. We need help with cooking, delivery and more! The way to get through this winter is together. It's predicted 45% of all adults in all

communities will hit energy and financial poverty points, even more so in rural communities, to added costs.

At the cafes we will have drop ins, social prescribers visiting, energy advice, and hope to create some boxes of extra help this Christmas with mince pies and chocolates and more! We will advertise and hope to share this with you. Open to all ages, the Roots and Shoots Community Hub is about kindness and each other.

To join or use these initiatives email

HEGlarder@gmail.com

Roots & Shoots Community Cook Off Friday 28th October – West Hendred Village Hall

The Roots & Shoots community hub holds a monthly community cook off. We make, bake, chop and chat. It's a warm space initiative but focused on using low energy appliances like slow cookers to achieve meals, mostly from food waste. This will alternate month by month from East to West Hendred.

We start at 4pm preparing and people can drop in and out at any time, this is a flexible event, the more who prepare the more the feast at the end! You don't have to prepare to come and eat either, just turn up and enjoy what you can, when you can. Families more than welcome!

Food will be served from 6.30pm. We always have a veggie and a meat option, and it's 3 courses. This month's theme is Moroccan food, so do join us.

Open to all, great chance to learn new skills, cook and eat together as a community, all welcome, no costs but donations are welcome at the end to keep us going in the community. Please do bring Tupperware as there's always leftovers, and your own bottles / drinks for the meal!

We cannot cater for any dietary needs specifically, but we do have the recipe sheets / label the food at serving.

If anyone wants to help with this or any other local initiative, please see the other attachment on how to get in touch.

This event has been made possible by the Beer festival and their kind and generous donation.

Roots & Shoots Community Hub Volunteers needed

We need help with:

Running warm spaces
Cafe/making drinks and lunches
Community kitchen
Cooking
Co-ordinating
HEG Larder

Can you help us help our community this autumn/winter and lend a hand?

Phone us on 07939912997

Benefits:

Lunch/dinner - we feed you too!
Make new friends
Learn new skills

Be part of an amazing team
Snells Hall, East Hendred: Mondays 2-6pm,
Tuesdays 8am-12pm Fridays 10-5pm
For more information email
rootsandshootsox13@gmail.com

Oxfordshire 500

A reminder about this excellent local charity - you pledge a minimum of £1 per week and can then nominate local causes and vote on the nominations each month. Amongst many beneficiaries to date, funds have recently helped to support:

- Be Free Young Carers who had a special Christmas party for 50 young carers.
- Start-up costs for 4 refugee families
- A single mother with fibromyalgia who had to stop work and wasn't eligible for benefits.
- An elderly couple who are ill and really struggling to eat properly and heat their house
- A donation to Mulberry Bush School who work with children with extreme trauma
- 4 families able to access food for 33 weeks through SOFEA

Do please look at www.oxfordshire500.com

There is hardship within every community at present, and of course Oxfordshire is no exception. Our target has always been to recruit 500 people to join Oxfordshire 500, donating at least £1 a week. When we achieve that target, we will have at least £2,000 a month to contribute to the community, £1,250 a month more than at present. So, please encourage friends and family to join (Lloyds Business account sort: 30 98 97 Account no: 46557962) and note there are no administrative costs or bank charges to water down our contributions.

The Hendred Owls WI

Our next meeting is on Wednesday 16th November at Snells Hall, East Hendred, and we would love to meet more ladies from West Hendred and the surrounding villages. For our next event we will be making some Christmas crafts - details to follow on our Facebook and Instagram pages.

Doors open at 7:15pm so come and catch up with friends over a glass of wine (tea, coffee and soft drinks also available). Members free entry, suggested donation of £5 for non-members. Our programme for the year can also be found on Facebook. For more details contact our President, Louise Low, via email:

thehendredowlswi@oxfordshirewi.co.uk and follow us on Instagram @hendredowlswi and Facebook.

Citizens Advice - Under pressure to use energy pre-payment meter?

Citizens Advice is expecting to see more cases of low-income families with energy supply debts being pressured into using pre-payment meters for their gas and electricity. Energy supplied by pre-payment meters costs more than energy paid by direct debit or on-demand, at a time when increased price tariffs this autumn will probably see

most people's fuel bills double. Energy suppliers are legally obliged to negotiate repayment plans with customers who are falling behind on their bills, but many suppliers are ignoring this and proceeding with installing pre-payment meters or, for customers with smart meters, remotely switching them to prepayment.

If you are confronting this problem, or are worried, get in touch in confidence with Citizens Advice on Adviceline 0808 278 7907, the Citizens Advice Consumer Helpline on 0808 223 1133 or the Citizens Advice Debt Helpline on 0800 240 4420. Also see www.citizensadvice.org.uk.

Citizens Advice – seeking new trustees

Oxfordshire South and Vale Citizens Advice is a local charity providing free, confidential and independent advice to help people with problems in South Oxfordshire and the Vale of the White Horse. We are looking for several new trustees to join our Board: Company Secretary Trustee / PR and Communications Trustee / Research and Campaigns Trustee. The main issues people bring us concern benefits, debt, employment and housing problems. Following advice, four in five people are able to resolve their problem and we help most to find a way forward. We also use evidence to influence policies and practices that affect people's lives both locally and nationally. If you are interested in joining our Board, please email our recruitment team: recruitment@osavcab.org.uk

The Extraordinary Hare

News and events from our village pub:

- * Quiz night every Tuesday at 8.00pm
 - * Kids Halloween Party 27 October 6.00-7.30pm
 - * Afternoon Tea 12 November £15 per person
 - * Sunday Roast every week 12.00-4.00pm
 - * Full English Breakfast for the family with Santa on Christmas Eve.
 - * Vacancies front and back of house staff, over 18.
- For more information please call us: 01235 834953.

For Sale

Two Raleigh bikes:

A young person's bike, suitable for 8-13 year old and an adult women's full size bike.

e-mail annabel@citidata.co.uk or call 01235 833174 / text 07831 460082

Vauxhall Corsa:

Ideal for young driver, X reg, 22 years old, yet 50,800 miles! Petrol 973CC, MOT to Oct 23.

Very reliable; low cost – both maintenance and excellent MPG. Low insurance cost. Full service history. Sale due to bereavement. £750

Contact: Hugh Rees, 01235 833174

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

West Hendred and Ginge Village Hall News

All hall enquiries/bookings should be made via email to:
villagehallbookings@westhendred.net or www.westhendred.net

Hendreds Tennis Club presents: A Desert Island Friday Quiz Night

Date: Friday 2nd December 2022. Where: West Hendred Village Hall. Time: Arrive 7:00pm for 7:30pm start. £14 for members, £16 for non-members. Includes a two-course meal.
If it's even half as good as last time, tickets will sell out fast! Book a team now.
Email play@hendredstennis.co.uk

Covid-19

We have received Government guidance/advice from ACRE (Action with Communities in Rural England) regarding the lifting of Plan B restrictions. All hirers have been fully informed as part of their booking process, which continues to include the need to do a risk assessment.

Thank You – Beer Festival

The Village Hall committee is hugely grateful to the Beer Festival committee for a generous donation to our funds. This will help us to cope with rising energy and running costs and, thus, to continue to support all ages in our local community. Thank you, Beer Festival!

Current Events:

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. Classes are at 9.00am, Saturday mornings at the Village Hall.
For more information contact minikicks18@gmail.com

Regular events at the Hall usually include:

West Hendred Stitches meet on the SECOND and FOURTH Tuesdays in the month.
For further information, contact Jane Soffe: 07455076584

Pilates - General Mat classes on Mondays and Wednesdays 7.00-8.00pm

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 7.00-8.00pm.
Wednesday evenings are now back for face-to-face classes in the hall at 6.00-7.00pm 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

Yoga

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|------------------------|--|
| 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 10.00-11.00am | Gentle / chair yoga (on Zoom) |
| Tuesdays 5.30-6.30pm | Teen Yoga with mindfulness – looking for a sport or skill for Duke of Edinburgh? Please contact me. New students very welcome! |
| Wednesday 10-11am | Move Together – gentle Yoga. Still a couple of places available |

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
Jenni Dimbylow 07776 134463