

WEST HENDRED

JULY 2018 NEWSLETTER

DIARY OF EVENTS

4 July	Pizza in the Park	Village Hall Carpark	4 – 7.30pm
15 July	Family Service	Church	9.00am
20 July	Youth Club	Village Hall	7.00 – 9.00pm
19 July	WI Meeting	Village Hall	7.30pm
8 Sept	Ride & Stride	See below	
7/8 Sept	Not Just a Beer Festival	Village Hall	

Deadline for next Newsletter 25 July 2018

The 7th Not Just a Beer Festival 7th/8th September

The 7th West Hendred "Not Just a Beer Festival" will be held on Friday 7th and Saturday 8th September in the Village Hall.

There will be the usual mix of great food and drink, entertainment and fun family activities.

The Beer Festival committee is keen to enlist help for the diverse tasks that include serving behind the bar, tossing burgers, setting up and clearing away. All help is greatly appreciated.

If you are interested in helping please contact Tim Hutchinson on tim.hutchinson@outlook.com <mailto:tim.hutchinson@outlook.com> or 01235 833081 / 07885 571643

West Hendred Summer Lunch Saturday 30 June - 12-30 to 3-30 (In aid of Holy Trinity Church)

As the Newsletter goes to press, we eagerly await the Summer Lunch at Manor Farm House, kindly offered by Lys and Peter Cook. Downy Duck has been inspecting the course of this year's duck race.

Thank you to all who came along and supported, and also all who helped.

The Summer Lunch report is to follow in the August Newsletter. In the meantime, we would like to thank all those who supported this event.

Holy Trinity West Hendred Oxford Historic Churches Ride and Stride – Saturday 8th September

Sponsorship forms available now !

This year's sponsored event will take place on Saturday 8th September. The money raised will be divided equally between The Oxford Historic Churches Trust and Holy Trinity Church West Hendred.

Last year's grand total was a phenomenal final total of £1,020. (Holy Trinity Church receives half of sponsorship, which is £510); this was raised by 5 St/riders and 47 sponsorships, with 106 church visits.

Over the last 5 years, West Hendred has raised £4,554, and over the last 10 years £9,818.

Sponsorship forms are available now from Hugh Rees on 833174.

There are several "old hands", young and old, who will be participating. So please join us, either by Riding or Striding yourself, or sponsoring us.

Wantage Community Hospital

Many of you will have heard or read two years ago of the "temporary" closure of all of the beds and many of the medical resources at the Wantage Hospital.

There is now a strong threat to close the hospital completely. The Hospital was originally built and run with money raised by the local community in the 1930s. In 1974 it was passed to the NHS to run. Before it was "temporarily" closed, the hospital was the local resource for

- a) Illness, Surgery and recovery
- b) Palliative care and end of life care
- c) Respite care for patients and/or their families
- d) Minor injuries
- e) Physio, speech and language therapy
- f) X-ray diagnosis
- g) Ear, nose and throat consultations
- h) Maternity (currently day time only).

Today, all patients have to go to the main Oxford Hospitals, or for aged patients, to be booked into private care homes. This is often difficult for patients, and the main hospitals are full, regarding many of the unplaced patients as bed blocking. The 'Save Wantage Hospital Campaign' feel very strongly that our hospital should be open for our community, especially with the growth of the local population.

The Campaign is having a publicity walk on **Saturday 22nd July** at 2pm from the Green adjacent to Foliat Drive, past the Hospital to the Square.

Anyone who feels strongly about the closure and reduction of these local facilities is encouraged to take part to show we do not agree with the projected closure.

Springline Singers Community Choir

Springline Singers is a community choir aimed at getting local people together to experience all the health and well-being benefits that group singing can offer. Come along during term time on Thursdays at 8-10pm at West Hendred Village Hall or Snells Hall to join our friendly choir. Anyone over 16 is welcome whether you're a seasoned singer or haven't sung since school!

£7 per session or £35 per 6 week term. Current term is Thursday 14th June to Thursday 19th July. For more information and locations email springlinesingers@gmail.com or check out the website www.springlineproductions.com

Holy Trinity Services in July

Sunday 1st	Morning Prayer	9:00
Sunday 8th	Morning Prayer	9:00

Services contd

Benefice Communion East Hendred	10:30	
Sunday 15th	Family Service	9:00
Sunday 22nd	Holy Communion	9:00
Sunday 29th	Morning Prayer	9:00
Benefice Communion Ardington	10:30	

East & West Hendred WI

The next meeting will be on 19 July at 7.30pm in West Hendred Village Hall

"From Page to Stage"
All about life in Am Dram!!
With Jennifer Cowling.

Visitors and new members always welcome.

For more details please contact the President on 01235 224467 or jen@wpj.me.uk

Fun, friendly and affordable physical activity sessions for people over 60!

GO Active Gold is a three-year Sport-England funded project, which aims to encourage people in rural areas, aged 60 and over, to live more active lifestyles. South Oxfordshire and Vale of White Horse District Councils are bringing GO Active Gold activities to many more rural communities in 2018 following overwhelming success in 2016 and 2017.

New Keep Fit Class

This fun, low intensity, low impact class introduces easy-to-follow dance steps to music and a series of exercises to improve balance, flexibility, strength and fitness.

Wednesdays 9:30 am - 10:30 am

West Hendred Village Hall

£5 per session

Starts on the 18th July

Suitable for all abilities

To book your place or for more information please contact

Annalie.thomasson@southandvale.gov.uk
07766991487

Qualified Primary Teacher, having taught for 11 years at independent schools in both London & overseas is available for private tutoring during the weekends & holidays.

Contact Clare on 07880 564842

Citizens Advice Warning!

Criminals are setting up fake Wi-Fi hot spots.

It ought to be a time of the pleasantest relaxation, that moment when you slump down comfortably into a cosy chair in your favourite coffee bar, get out your cell phone and connect to the free Wi-Fi. But Citizens Advice has warned that just this simple leisurely action can be targeted by criminals, who are setting up their own Wi-Fi hot spots to try to get you to connect to them.

Typically, the fraudsters broadcast a Wi-Fi connection with a vague name like "free_wifi" or "coffee_shop_wifi". If you connect your phone to this, any data you are sending can be captured. Even if you log into emails using an "app", without typing in the password, the phone will still send your password over the Wi-Fi and it could be intercepted. If you use automated passwords and do not enter your user name and password manually, these details can still be intercepted. To avoid being becoming a victim of this scam, do one of the following:

- * Make sure you are connecting to a trusted Wi-Fi hot spot, operated by the venue you are in - ask staff if you are in doubt.
- * Do not use public Wi-Fi for online banking or anything else sensitive, but use your 3G, 4G or 5G connection instead (data sent over these connections is always encrypted).
- * Use a VPN (virtual private network) when connecting to public Wi-Fi.

The updated Little Book of Big Scams at <http://bit.ly/2018-the-little-book-of-big-scams> has more details about this and other prevalent frauds.

And if you suspect that you've been scammed, contact Action Fraud on 0300 123 2040 or on the Internet at www.actionfraud.police.uk Alternatively, get in touch with Citizens Advice on Adviceline 03 444 111444, or drop in to your nearest Citizens Advice. For locations and opening hours, see www.citizensadvice.org.uk/local/oxfordshire-south-vale

NEXT NEWSLETTER

The deadline for the next Newsletter is
25 July 2018

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 e-mail address:

Newsletter@westhendred.net

WW1 Armistice Day Remembered

On the 11th November 1918 at 7:05 pm the conflict of the First World War finished with the declaration of an armistice between the opposing forces. From this time on, the war finished. 100 years on from 'The Battles Over', this event will be remembered throughout the country by the lighting of beacons of remembrance, Town Criers calling for Peace Around the World and all church bells throughout the country ringing out for peace.

All churches are being encourage to participate in the ringing which will commence at 7:05pm, the time of the armistice. **The Bell ringers for East and West Hendred intend to be part of the celebration but urgently need more ringers (male or female, almost any age) to be able to ring the bells in both parishes at the appointed time. At present, we can only just manage to ring at one church due to lack of numbers, and nobody can be ill or injured!**

So we need more people to learn the art of ringing the bells and to take part in the national celebration. Bells are not difficult to ring well, just requiring co-ordination and regular practice to sound good. So to take part in the Battles Over celebrations, come and try your hands on practice nights, most Wednesdays alternating between both churches. Practice only lasts for an hour, and is excellent exercise comparable with swimming but regular practice is required to make the bells sounds perfect. It will require a couple of months of practice to be able to ring as part of the November celebrations, remembering to allow for summer holidays. If you are interested please ring me, Dave Trotman on 833531.

Pizza in the Park Wednesday 4th July 4pm- 7.30pm.

Come and enjoy a 'Pizza in the Park' or take one home for later.

PizzaSoleLuna will be in the WHVH car park serving their delicious handmade fresh wood fired pizzas with 10% of takings donated to FOTH

WEST HENDRED AND GINGE VILLAGE HALL NEWS

www.westhendred.net

HALL LETTINGS

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

Bookings Team - Vacancy

We currently have 1 vacancy in the West Hendred Village Hall bookings team. Please contact villagehallbookings@westhendred.net if you would like more information about the role.

WEST HENDRED VILLAGE HALL Annual General Meeting Thurs 7th June

The AGM was held on Thursday 7th June. Principal officers are: Chair is Hugh Rees, Secretary is Chantal Ligertwood, and Treasurer is Nigel Findley. Also Trustees are Rosemary Budge, Tony Lewis, Sarah Lloyd and Dave Trotman. The Bookings team is Jenni Dimbylow, and Stefan Povolotsky. We say farewell to Steph Colborne and Oli Barton from the bookings team. Their efforts have been hugely appreciated by us all. The bookings system is in good 21st Century shape thanks to their combined efforts! Oli kindly continues as adviser on Catering matters. We welcome Stefan to the Bookings team, and also Joff Meston is welcomed to the Committee as an adviser on maintenance and neighbourhood issues

DATES FOR YOUR DIARY

Friday 7th and Saturday 8th September - 7th West Hendred Not Just a Beer Festival

Friday 30th November – Whalebone Band – more details in the Autumn

Wednesday 4th July – Pizza in the Park.

REGULAR EVENTS AT THE HALL INCLUDE:

- NEW! 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 20th July - 7 pm to 9pm. The Youth Club meets usually on the third Friday at 7pm. It next meets on 20th July, with its Summer Party. Adult helpers are urgently needed! Anyone interested in helping to run the youth club should contact Penny Meston on 832113. We need adult helpers to go on a Rota.
- Coffee Morning, plant, and book sale – Saturday 2nd June. Thank you to all who came to the June sale which raised £31-54. So far, the sales have raised £178.44, which is nearly as much as all of 2017! Thank you for your support! The next sale is anticipated to be in the late summer. All proceeds are for the Village Hall. Please contribute - Hugh and Annabel on 833174.
- Mother and Baby/Toddler Group. Monday morning 10.15am to 11.45am. Get together in the hall and meet/chat to other local mothers. Fathers welcome too. 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 or www.princepilates.co.uk
- YOGA Tuesdays 6 – 7pm Yoga with mindfulness for teens. Classes start again 12th September. Thursdays 9.15-10.45 am Yoga for Beginners and Improvers. Thursdays 11-12.15 Gentle yoga.
- For Information Contact Linda on 01235 863647. (British Wheel of Yoga and TeenYoga teacher)

Village Hall Committee Contacts

Hugh Rees (Chair) 01235-833174 / 07802-416031 & Sarah Lloyd 01235-83337