

The Oaks



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Bucklebury Parish Council

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Bucklebury Parish Chairman's Letter

I am sure those who came to the annual carol service at the Cemetery Chapel enjoyed the experience. The collection for charity resulted in the Bucklebury Community Bus and Young People and Children First (a local charity supporting young people leaving care) sharing the donations of £257.

Notwithstanding the current very wet and muddy condition of the Common we are still being plagued by 4x4 vehicles and motorcycles churning up the byways and bridleways and causing noise disturbance. Action has been taken to put temporary fencing across these routes. The Police have been successful in apprehending some of the perpetrators. If you come across illegal use of vehicles on the Common please phone 101 or contact Thames Valley Police on line.

Since we have had the new water main to Bucklebury installed by Thames Water we have been getting better water pressure. The final part of the improvement programme is the commissioning of a new pumping station at the foot of Harts Hill Road which is due to be completed by the end of April. One of the main advantages of this new pumping station is that it has back-up generators so ensuring continuity of water supply in the event of a power outage.

Recently much time and effort has been expended by Cllr David Southgate and Helen, our Clerk, in ensuring there are full grit salt bins positioned near hills and inclines identified as hazardous in icy conditions.

Many of you will be aware that my predecessor, Wynne Frankum, received thoroughly deserved recognition for her service to Bucklebury in the form of a West Berkshire

Council Community Champion Lifetime Achievement Award.

One of our longer serving councillors, Tim Banks, has resigned from the Council as he is moving to the Midlands. We owe a debt of gratitude to Tim for his work on IT and communications issues and stalwart support to our community.

Conscious of the need to try and do something to combat loneliness in the Parish we are starting a monthly coffee morning for people to get together. The first of these will be held in the Oak Room in the Memorial Hall on 27 February. Other venues may be used in the future and there will be assistance for those in need of transport to the event.

Finally there are plans afoot to celebrate the 75th anniversary of VE Day on 8th/9th May, appropriately enough in the Victory Room. Look out for more information on what should be a splendid occasion.

Barry Dickens - Chairman Bucklebury Parish Council

Parish Council Chairman
Barry Dickens

Parish Council Clerk
Helen Pratt

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District Cllr. Graham Pask presenting Wynne Frankum with her Lifetime Achievement award.

Parish Council Matters Arising

Speeding Group

The working group has now been joined by several parishioners, but sadly we have lost our chair, Tim Banks, who is moving to the Midlands. David Southgate, a Parish Councillor, has offered to take over as chair.

In November, at short notice, we borrowed SID (speed indicator device) from West Berkshire Council, and during the course of a week, a few of us monitored speeding at different times in various parts of the parish including Broad Lane, Chapel Row, Burdens Heath and the village.

SID lights up and shows the speed of vehicles approaching the device, and is a timely reminder to drivers of the actual speed they are doing in a 30mph area. It records the number and speed of vehicles and during the week in November demonstrated significant problems in Chapel Row and Burdens Heath. Of course timings depended on when volunteers were available to set up and operate the device. We intend to borrow SID again in the spring and use it in different places and at different times. We also hope that the road safety team at WBC will operate their sentinel camera in Burdens Heath and Chapel Row. This takes videos of speeding cars and results in letters from the police.

Meanwhile one member of the working group is organising a poster competition in Bucklebury Primary School. She has been to a full school assembly to introduce the topic and ask children to design posters which will get drivers to slow down. Prizes were awarded during the community week at the end of January, and we intend to get the winning posters printed in a durable material and display them across the parish in various locations.

Graham Pask, our District Councillor, is in touch with the police and is hoping to get them on board for a community speed watch programme in Bucklebury for further monitoring and enforcement in the parish. We have noticed police speed vans operating in Chapel Row quite often.

The group met again at the end of January to discuss further options and measures. Your input is always welcome so do contact either Lindy Clarke or David Southgate if you have ideas or can get involved.

Cllr. Lindy Clarke: lindy.clarke@live.co.uk.

Cllr. David Southgate: d.southgate99@btinternet.com.

Do you recycle?

As of the commencement of the recycling of PLASTIC BOTTLE TOPS, thanks to all of you who do recycle, we have achieved a weight of 6.5kgs of bottle tops (10/01/2020). The majority of these were delivered to Rubber & Plastics Collection Services Ltd. for recycling, interestingly some of their recycled plastic is used in the fabrication of UPVC windows!

In the parish there are now additional drop off points for clean plastic bottle tops: **outside** the Memorial Hall; **outside** the Victory Room, and a mini bin container in the **phone box library** at Chapel Row. The original points for dropping off are still into the mini bin containers at: **Bucklebury Primary School, the Memorial Hall Kitchen, the Oak Room Kitchen, the Victory Room Kitchen** and also on Mondays between 9am and 12 noon – during Coffee Mornings at **All Saints Church** – washed plastic MILK bottle tops can be handed into the kitchen. Thank you to whoever dropped off a full large bag of clean



Cllr. Cairns delivering the bottle tops.

plastic bottle tops to the Memorial Hall – they are being processed and are not included in the above weight of plastic bottle tops.

Please wash before drop off to any of the above locations. Thanks.

RECYCLING - THINK GLOBAL – ACT LOCAL

Cllr. Hilary Cairns

Thursday Coffee Mornings

The Oak Room,
Memorial Hall,
Upper Bucklebury

10.00am – 12 noon

Thursday 27th February



All Welcome – come and
enjoy a coffee

Thursday Coffee Mornings

We would like to invite you to come to a monthly coffee morning in the Oak Room, Upper Bucklebury. It will be held on the last Thursday of each month from 10am to 12noon. Coffee, tea, biscuits and possibly a piece of cake or a bun will be served for a small contribution to cover the costs of the hall.

Every one is welcome (including children). The aim is to provide a social setting for the community to be able to get together. Would you like to “get out the house” for an hour or so? Or know someone else who might? If so, please come along!

If transport is an issue, please contact Helen on 01635 863581 and we will see if we can help. If you enjoy baking and would like to make a cake to bring along and share, that would be very welcome, but you don't have to do this!

Cllr. Anne Hillerton, Helen Pratt and Fiona MacCallum

Bucklebury Cemetery



Although the Parish Council employs a contractor to maintain the cemetery we do from time to time have a small working party to clear greenery from over the graves, inspect headstones and cut back rhododendrons.

The next one of these will be on Saturday 21st March from 10.00am - 11.30am. Refreshments are provided. We would be delighted if some parishioners could join us. Please let Helen, our Clerk, know if you can come along.

Barry Dickens Chairman of the Burial Board.

Grit bins

Bucklebury Parish Council have recently refurbished and refilled the salt bins in the parish. This material in these bins is solely for the use on public highways and pavements. If you have had reason to use the salt bin or you believe it is getting empty please could you advise the Parish Clerk of the location and % level so that we are able to manage stocks.

Cllr. David Southgate.

Bucklebury Parish Council

Common Clearing and Parish Litter Pick

Please come to help clear litter from the
paths of **Bucklebury**

Saturday 28th March 2020

Equipment will be provided

SKIPS at the Memorial Hall

and Chapel Row

Meet Bucklebury Memorial Hall
2.00pm

Free refreshments afterwards

“Keep Bucklebury Beautiful”

Planning

When you look at the planning applications, you might notice that there are two applications down to be determined by an Area Planning Committee; but one is down for the Western and one is down for the Eastern. This is because the application for Land Adjacent to Summerfield, on the Ridge, is in Cold Ash Parish rather than Bucklebury. Applications from Cold Ash are considered by the Western Area Planning Committee, and from Bucklebury by the Eastern Area Planning Committee.

Helen Pratt Clerk to Bucklebury Parish Council

Reference	Description	BPC Status	WBC Status
19/00832/REM	<u>Land Adjacent to Summerfield, The Ridge (Adjacent Parish)</u> Approval of reserved matters following Outline permission 16/02529/OUTD - Change of use of part of existing agricultural field to residential and the erection of 5 no. detached dwelling houses with ancillary garages, access, parking, landscaping and associated works. Matters seeking consent - Access, landscaping and scale.	Object	Western Area Planning Committee
19/02004/HOUSE	<u>10 Hatch Close.</u> Proposed glazed porch, rear glazed link and new lantern roof light in existing garden room.	No Objection	Approved
19/02129/HOUSE	<u>Hartlands, Burdens Heath.</u> Single storey and first floor extensions and new roof over garage for domestic storage.	Object	Approved
19/02097/FUL	<u>St. Crispins Farm, Chapel Row.</u> Section 73: Variation of condition 2 'approved plans' and 3 'materials' of previously approved application 18/02034/FUL: Section 73: Variation of condition 2 'approved plans' and 3 'materials' of previously approved application 17/01905/FUL: Demolition of the existing house and replacement with a simplified form with double pitched roof.	No Objection	Approved
19/02125/HOUSE	<u>Ramblers, Little Lane.</u> New porch and single storey side extension.	No Objection	Approved
19/02108/COMIND	<u>Bucklebury Farm Park.</u> Retrospective application for 7 glamping units and associated de-	No Objection	Awaiting decision
19/02300/MDOPO	<u>The Lodge, Donnington Close</u> Modification of the obligation of the third schedule of planning permission 147230 varied under 03/02480/RELAX.	No Objection	Awaiting decision
19/02247/AGRIC	<u>Homerstead House, Hawkridge Hill.</u> Timber framed building extension measuring 8.8m wide x 12m long x 2.750m to eaves and 4.050m to ridge. Proposed cladding and timber stock walling to infill open areas on existing building.	No Objection	Application not required
19/02476/FULD	<u>82 Roundfield.</u> Section 73: Variation of condition 2 'drawings' to enlarge single storey attached annex at plot 1 of previously approved application 19/01668/FULD: Proposed demolition of existing pair of semi-detached houses, and development of two houses, a bungalow,	No Objection	Approved

19/02517/HOUSE	<u>Riverbarn.</u> Retrospective in part - Distributary channel with foot bridge; Two storey extension replacing single storey extension; Restoration of Mill Barn; Oak framestore; Partial demolition of outbuilding.	No Objection	Eastern Area Planning
19/02565/HOUSE	<u>Bucklethwaite.</u> Single storey side and rear extension.	No Objection	Approved
19/02631/HOUSE	<u>Ramblers, Little Lane.</u> Retrospective electric gates and fence.	No Objection	Withdrawn
19/02636/FULD	<u>Site of Former Abbey View.</u> Two storey detached 3 bedroom dwelling with car port, parking and garden.	No Objection	Approved
19/02942/HOUSE	<u>42 Mortons Lane.</u> Upper storey extension to form new bedroom and conversion of existing garage into new family room.	Object	Awaiting decision
19/02973/HOUSE	<u>Beechlyn, The Slade.</u> Replace the flat roof dormers to the front and rear with gable end orners. The dormer at the front will overhang the front elevation and be supported on oak stilts. Remove the porch and build a small single storey extension on the eastern elevation. An oak framed garden room is to be built on the western elevation on an existing foundation in place for a historic extension which was never built. Remove the central chimney and breast. A timber framed veranda connecting the rear kitchen entrance and the garden room.	No Objection	Approved
19/03051/HOUSE	<u>Shady Oak, Little Lane.</u> Replacement of flat roof over single storey bedroom with pitched, hipped roof.	No Objection	Awaiting decision
19/03158/MINMAJ	<u>Harts Hill Copse, Burdens Heath.</u> Section 73: Variation of condition 1 -temporary permission 3- approved plans and 28-final levels of approved application 17/03493/MINMAJ: Section 73. Variation of condition 1 (time period of operations) of the appeal decision APP/U0300/A/88/93423 for Extraction of hoggin from Land adjoining Harts Hill Road, to enable a satisfactory restoration scheme to be agreed, implemented and completed.	No Objection	Awaiting decision
19/03182/FUL	<u>Bucklebury Chase (Little Roselands), The Avenue.</u> Section 73: Variation/Removal of Condition (2) Approved Drawings of previously approved application (17/02266/FUL): Demolition of the existing dwelling, annexe, garage and outbuildings and the erection of a replacement 5 bedroom dwelling with associated parking	Object	Awaiting decision
20/00018/HOUSE	<u>Oak Lodge, Upper Woolhampton.</u> New first floor to existing bungalow, single storey rear extension and new detached garage.	Object	Awaiting decision
20/00058/HOUSE	Corner Croft, Little Lane, Replacement of existing wooden and wire fencing and posts with a 1.8m closed board wooden fence and posts adjacent to Little Lane, Upper Bucklebury.	Object	Awaiting decision
19/03101/CERTE	<u>Foxhold</u> Extension of curtilage to include boundary of whole property.	No Comments	Awaiting decision

West Berks District Councillor

Bucklebury Ward contains the parishes of Bucklebury, Midgham, Stanford Dingley and Woolhampton. Our District Councillor is:

Graham Pask Tel: 01635 864023

Email: graham.pask@westberks.gov.uk

WBC Councillor's Report

Happy 2020!

Draft Environment Strategy

In the summer of last year West Berkshire Council, like many other local authorities, declared a Climate Emergency. We now have a draft strategy out for consultation which details the various ways the Council, with the help of local communities and businesses, can contribute towards tackling the climate crisis and achieve our goal of becoming carbon neutral by 2030.

I think it is right that the Council takes a lead and that we build on the initiatives we have already started. These initiatives will make a positive contribution to help protect and preserve our environment and assist in achieving that goal of becoming carbon neutral. These include:

- Installing more solar panels on Council buildings to ensure that most, or all, of our energy is derived from solar energy reducing our reliance on the use of power from the grid.
- To continue to install charging points for electric vehicles (primarily in urban areas where it is more difficult to access power from houses without driveways).
- To conduct a carbon audit within the Council to gain a greater understanding of what we need to do to achieve our goal.

We have already been looking at a lot of data and have engaged with local businesses over the past few months to establish where our priorities should be and what opportunities and challenges lie ahead to address these important issues. Now we want to hear your views. The consultation has been running for a few weeks but continues until February 21st so there is still time for you to respond. More details can be found on the Council's website www.westberks.gov.uk

West Berkshire lottery

I wrote a year ago that we had started a local lottery and I am pleased to report that ticket sales are doing well. Tickets cost £1 and you could win up to £25,000 but, importantly, it is local causes that really benefit. If you are involved in a group eligible to take part you will receive 50p from each ticket sold (you nominate which group you wish to support when you buy your tickets) and, additionally 10p from each sale goes into the Community Fund.

So far this year the Fund has distributed over £8,000 to good causes ranging from primary schools, Riding for the Disabled and other charities such as Swings and Smiles and Flag DV (a charity that helps those suffering from domestic abuse).

You can sign up to buy tickets, or apply, if you are a "good cause" to become a beneficiary at www.westberks.gov.uk/lottery

There is a lot of work going on at the moment covering illegal 4x4 use on the Common and the speeding issues within the Parish which are detailed elsewhere in The Oaks so I won't go into more detail here, but if you have any feedback on these or any other WBC problems please do not hesitate to contact me.

District Cllr. Graham Pask.

Illegal use of 4x4 vehicles on the Common

During the past few years there have been times when our Common has been abused by the illegal use of off-road vehicles, and this year, with the especially wet weather in autumn and early winter, there have been a very large number of incidents of such misuse. I thought it would be helpful to explain what we have done so far this year to prevent this antisocial and illegal activity, which organisations are responsible for taking action to stop this abuse and what we can all do as a community to help prevent the drivers of these vehicles from returning to Bucklebury, both now and in the future.

Some of the worst hit areas are at Ramsbury Corner off Holly Lane, the Fishponds at the top of Pease Hill where a bridleway (which should never be driven on by a vehicle) has been damaged and the byway between Osgoods Gulley and Pease Hill.

Action taken by West Berkshire Council.

The Council is responsible for maintaining rights of way on the Common. As repairing damage is expensive and time consuming, we have been implementing a plan that has evolved over the last few winters to minimise such damage. The plan is for the Council to apply Traffic Regulation Orders (TROs) to a number of byways on the Common. A TRO is a legal document to allow the police or local authorities to enforce road restrictions. They are used to improve the safety of road users, preserve or improve the character or amenity of an area and prevent serious damage to roads and bridges.

These TROs are temporary and last for six months so it is important to start them before the wet winter weather sets in (there is no “fun” in off-roading unless there is challenging mud!). This year we placed the orders in early November but intend to put them on earlier this next autumn probably at the start of October so they would finish at the end of March.

To reinforce these orders, metal barriers have been erected at the ends of the byways with both copies of the legal order and plain language signs stating that;

Vehicles may NOT be driven by the public:

- **On the common.**
- **On public footpaths, Bridleways or Restricted Byways.**
- **On Byways which have a TRO notice banning vehicles over the winter.**
- **Where causing alarm, distress or annoyance where driven without due care and attention on a road or public place.**

Action taken by the Police.

Having placed legal orders on the byways it is the job of the police to enforce them. I have had various meetings with them from the new Area Commander to his officers and have their commitment to take appropriate action, subject to their operational requirements at the time, when reports of activity are received.

I am pleased to say that a Section 59 notice (see below) has already been served on a driver and this notice applies to the individual driving **any** vehicle and to any person driving **that** vehicle.

“The provisions of section 59 of the Police Reform Act 2002 came in to effect on 1st January 2003 and provides uniformed police officers and Police Community Support Officers (PCSO) with powers to deal with persons using

mechanically propelled vehicles in an anti-social manner, either on or off road.

The measure introduced by section 59, was brought in to respond to growing public concern about the anti-social use of vehicles. Although not expressly reserved for youths racing vehicles around estates and driving recklessly on roads and footpaths, or across parks and open spaces, a section 59 notice is undoubtedly intended to deter new or overzealous drivers whose driving could be deemed dangerous or antisocial. Applied in the wrong situations however can lead to experienced drivers with little or no previous record of driving misdemeanours being caught out by this provision”.

Action needed by all of us.

Having put in the notices and obtaining the cooperation of the Police, we now need anyone who sees or hears (activity takes place after dark at this time of year and at weekends) to report this to the Police;

If you see any of this happening, report the incident the Police:

- **Tel 999- life is in danger or the crime is happening now**
- **Tel 101- non-emergency crime incident**
- **Online www.thamesvalley.police.uk or the neighbourhood team at www.police.uk**

It is important to report as many incidents that occur so the Police can build a “picture” of what is happening. They will respond whenever possible and have two off-road vehicles so can access all areas. If you can give as much information as possible (although seeing registration numbers is difficult when they are covered in mud or at night) and even photos, it would be helpful. Please do not put yourselves at risk getting this!

One helpful way of identifying where anything is happening is by downloading an app on your phone that the police can use too www.what3words.com. It's useful anyway!

I am happy to say that a lot of activity has reduced since these measures were put in place and we intend to be proactive next autumn too. Although TROs do not specifically cover motorcycles, any abuse of the Common should still be reported as other laws cover them.

Apologies for a long report but I felt everyone should know what actions have been taken and what they can do to help.

Graham Pask—District Councillor and Chairman of the Bucklebury Common Advisory Committee

Prepare your home for winter–energy efficiency grants and collective switching news from West Berkshire Council

Heat the Home Counties Energy efficiency grants

A consortium of councils (Bracknell Forest, Royal Borough of Windsor and Maidenhead, Runnymede, Spelthorne and West Berkshire), in partnership with the HEAT Project and Happy Energy Solutions Ltd are working together to make homes healthier, warmer, and more energy efficient. Grants are available towards measures such as boiler upgrades, central heating systems, insulation, and renewable energy systems.

Central heating grants funded by the consortium's successful bid to the National Grid's Warm Homes Fund; are also available. These are for households who currently have no central heating, but open fires or plug in electric heaters, or those who wish to switch from electric storage heaters to a full radiator heating system. Grant funding can also be provided towards the cost of a new mains gas connection, or, in rural areas, the new heating system can be fuelled from LPG, and in some cases, by a ground source heat pump.

You may be eligible for a grant if your household income after tax, Council Tax and energy costs is less than £35,000 per year, or if someone in your household receives benefits. Residents looking to take advantage of any of these grants can call Heat the Home Counties on 01344 888930, or go to www.heatthehomecounties.org.uk. All works are subject to survey, eligibility criteria and limited funding.

West Berkshire Energy Switch - See if you can pay less for your energy bills

The West Berkshire Energy Switch is a free to join scheme which gives residents the chance to see if they can make savings on their fuel bills.

Since 2016, over 660 households have switched supplier through the scheme, saving nearly £149,000 between them. The October auction saw switchers saving an average of £108 on their annual bill.

A one day reverse auction will be held in February; with suppliers competing with their best offers, and the winning supplier/s then sending registrants their personalised offer for consideration. Auctions are held each year in February, May and October.

There is no obligation to switch. Sign up and see if you can save; to register or find out more, visit www.westberks.gov.uk/communityswitch

You will need to have your latest energy bill to hand, as you'll need the details during the registration process.

Registration and acceptance is open until 24th March, and offers will begin to go out from 24th February.

West Berkshire residents without internet access should contact West Berkshire Council on 01635 503267 by 13th March to register. Remember to have your energy bill or annual statement to hand when you call.

Social Prescribing



Would you like to?

- Improve your general health and wellbeing
- Reduce feelings of isolation
- Volunteer your own time and experiences
- Find bereavement support
- Access social groups and parenting classes
- Explore support for housing, employment, benefits, debt & legal advice
- Become more active
- Get involved in your local community
- Discover local self-help groups, clubs and befriending agencies

If so, make an appointment with the social prescriber at your local GP surgery to help you achieve these goals.

Our social prescribing service is available to anyone registered at Mortimer Surgery, Chapel Row Surgery, The Boathouse Surgery or Theale Medical Centre. Talk to your healthcare professional about a referral. Alternatively, call Lucy Hill on 07933 944 556.

West Reading Villages PCN

Newbury Cancer Care (NCC) targets expansion

Newbury Cancer Care (NCC) is now ready to build on the success of its major project over recent years creating the Greenham Trust Wing at West Berkshire Community Hospital. This huge project was launched jointly with Newbury and Thatcham Hospital Building Trust as the Rosemary Appeal. As a result of the wonderful generosity of the local community, the new wing and a CT scanner are now fully functional. NCC is the parent charity for the Greenham Trust Wing and Rosemary Centre.

Following discussions with members of the local Clinical Commissioning Group, Cancer Leads, Healthwatch and other charities, NCC is developing a programme to further enhance services which will help people with cancer at all stages. We would welcome contact from anyone who has had treatment for cancer, to advise us of gaps in the support that they experienced, so that we may develop our provision to better help those affected.

The local community has always supported the work of NCC, and over the last four years our focus has been concentrated on the Rosemary Appeal to build the magnificent new wing. To assist our developing plans we would welcome offers of support whether it be by becoming a Trustee, a volunteer driver or arranging an event to help raise funds - please contact Helen Milroy at office@newburycancercare.org or phone 01635 31542 if you can help. NCC needs your support to continue its amazing work.

NCC was founded as The Newbury & District Cancer Care Trust in 1984 and has provided enhanced services mainly for people with cancer, but also for some with end of life problems other than cancer. The charity continues to support people in the whole of West Berkshire. Briefly, NCC funded and maintains the four Rainbow Rooms in the community hospital, provides transport to hospital appointments etc by our wonderful volunteer drivers, supports physiotherapy, counselling, complementary therapy and can give grants in cases of hardship and also supports education programmes for doctors, nurses and allied professionals. Further information is on the website <https://www.newburycancercare.org.uk>

Family

Bucklebury Community Bus



Bucklebury Community Bus (register charity no. 1174111) continues to provide a service for the local community. The charity is run by 5 volunteer Trustees, and relies on the good will of volunteer drivers should

our current driver be unable to work (for example in times of sickness).

The bus currently transports 43 children from Upper Bucklebury down into Thatcham to attend Kennet School. The bus also provides school transport for children attending Bucklebury Primary School who reside in Thatcham. The normal drop off and pick up point is Bluecoats School, however as part of Harts Hill Road is currently closed, with kind permission from The Mill pub, we have been able to use their car park as a safe drop off and pick up point until the road works are completed.

We were pleased to receive a donation of £128.62 from the annual carol service towards the running of the bus, and a big thank you to Gary at The Cottage Inn who not only allows us to park at the pub but also supports the bus maintenance, which in line with current legislation is carried out every 10 weeks.

The bus is available for all the communities' use, and is available with a driver (subject to driver availability) for a donation of £15 per hour.

If you are interested in using the bus, wish to add your child to the Bucklebury to Kennet run, or becoming a volunteer driver, please contact us on buckleburybus@gmail.com. If you have a primary school child who you wish to use the service, then please contact the Primary School Office.

Michelle Hunt Bucklebury Bus Trustee

Bucklebury Guides



Our energetic little unit continues to thrive and we have been enjoying a variety of activities.

Last term we completed most of the activities for the "Express Myself" Theme. It included making a "Plastic Promise" where we created endangered animals from recyclable plastic and then made our own promises about what we can do personally to help reduce plastic waste. This also forms part of the "Future Girl" initiative looking at ways in which Guides can be empowered to change the world! We also enjoyed some very amusing Christmas plays on the stage, cooking and crafts and had a fun Christmas party with secret-Santa gifts.

This term the girls are continuing to look at the "Skills for my future" theme which involves thinking about practical aspects such as repairing, shopping, finances, risk assessment and DIY. They have used tools to build shelves and have stretched their interior designer muscles to decorate them for a given client. We will be trying out other DIY skills as well as playing games and tackling challenges to help us think about money and finance. Some of the activities are undertaken as a whole unit while others are organised by the girls in their patrols. They are also working on interest badges at home in order to gain the full theme awards.

Beyond the themed activities, we are looking forward to a Circus Skills session and a visit from PCSO Preston to talk about policing and security. Plans are afoot for a bowling session too.

Alongside parents helping, we do now have a more regular helper each week but the search for a volunteer to support the leadership of the group continues. Please don't hesitate to contact me (see email below) if you would like to join us in helping to run this popular and busy unit. Adult helpers may not get paid, but we certainly do have a lot of fun. We hold our Guides sessions on Monday evenings (7-8:30pm) at The Victory Room in Bucklebury. If you are interested in joining us as a Guide, please do get in touch via the Girl Guiding website.

Mel Wilkes (buckleburyguides@wilkesam1.plus.com)

West Berks Ballet School

Our very best wishes to all our WBBS families, dancing off into 2020!

Early Christmas present for our dancers who took their ballet exams at the end of last term – we heard that, once again, we had a 100% pass rate with 50% being awarded Distinction (more than 80%) and the others gained a Merit with marks of over 60% - congratulations – all that hard work was worth it!



Father Christmas popped in to watch some ballet.

2020 is the year of our Musical Theatre production. We shall be putting on three performances of 'The Wiz' in the Summer half-term at the Memorial Hall and the cast has been enthusiastically rehearsing since September.

This term we shall be holding our Cup Classes, in February, for the ballet students - independently adjudicated by an important honoured guest. The afternoon will be divided into a Junior & Senior Section, with 4 separate awards in each.

Our Easter School, will be a four-day intensive ballet course ending with a performance for the families to show what the dancers have been working on, so lots to look forward to.

We have our 7th male dancer joining us and we would like to wish a very warm welcome to all the new families!

Jane Scholl, Claire Bowden, Holly Unnuk & Lucie Wilson www.wbbs.org and facebook.

Bucklebury CofE Primary School

The spring term is the fulcrum of the school year. It is the time when every child needs to gather pace in their learning and build on the foundations they have built in the autumn. It is an exciting time being as it is also the shortest term!

Our core value for the term is faith. We believe that every child should know the strength of living faith. Across the term through collective worship, in classrooms and throughout the school day, we will consider how crucial belief is for every one of us. Whether this is belief in ourselves, in each other or in God, we know that if we can say yes, it makes so much difference. As Henry Ford said 'whether you think you can, or think you can't, you're right'.

That wonderful children's programme, Sesame Street, once showed a song called 'The power of YET'. It's message is rooted in the gospel value of faith. It reminds us that to succeed and learn we need faith and we must always remember that just because we can't do something today, it doesn't mean we shall never be able to do it. It can be found on YouTube by the way!

Children in school will be striving to show the key learning behaviour of resilience time and again this term. On the first day of term, it was Epiphany. We discussed how the wise men showed great faith in pursuing the star to see the infant. Of course their belief was especially crucial as they were from 'afar' and not Jews. We are aiming to inspire each other to keep going no matter the challenges. We hope that by living out the value of faith and nurturing values of truth, humility and service, we can grow the whole child in every child such that every child shines.

Growing as humans is hard. Learning is a risky business. Believing in yourself, recognising resilience in one another and being ready to accept one is not there *yet* are all crucial in a learning community. Through into the spring and the mysteries of Easter we will be aiming high, working hard and remembering that excellence is never an accident and that ultimately, with faith in ourselves and one another, we can.

Mr. A. Higgs Headteacher

Groups & Organisations

Bucklebury Events Committee

Burns Night in Bucklebury was celebrated on Sat 18th January at the Memorial hall. Over 60 people enjoyed the rendering by Lindsey McNish of the history and poems of the great bard, with locals reading a selection in both excellent Scottish accents and our very local Sassenach ones. A piper in full Highland costume greeted the arrivals and piped in the haggis. The committee cooked the delicious three course supper and a profit of approximately £500 will go towards supporting future parish events

VE Celebrations on the weekend of 8th/9th May 2020.

The Victory Room Committee, supported by the Bucklebury Events Committee, is planning a parish celebration on the recreation ground. Look out for updates

Wynne Frankum BEC.

Mah-jong

We meet on the first and third Mondays of each month (not Bank Holidays) for a couple of hours of fun and relaxation. We are a mixed group and welcome beginners. At the moment we don't score at the end of each game but do have a member who is proficient in this should you wish to learn.

We usually have 6 – 12 playing each time and chat over a cup of tea and a biscuit (or two) as well. Cost is £3.00 per person.

We play using the rules written by Max Robertson, whose book "The Game of Mah-Jong" has been accepted as the foremost authoritative guide to the rules and scoring of this fascinating game. It is a Penguin book, ISBN 978-0-14-300659-6, and would be available through bookshops or on line. The U3A in Thatcham also follow these rules so it would be easy for anyone to join their group. I also have photocopied sheets showing the basic hands from this book available to members.

Do come along and enjoy a fun afternoon with lots of laughs.

Helen Relf, grannyrelf@btinternet.com 01635 867619

Tuesday Ladies' Club (TLC)

Bucklebury TLC has enjoyed a busy and interesting year in 2019. The new committee have settled in and been busy planning the programme for 2020. We would like to thank Janet Ford for her work as membership secretary this year – a role she took on for 12 months. I am happy to take on this role for the coming 12 months and feel sure someone will come forward for 2021. The committee is small, with 6 members, but would benefit from having one or two new general members that could join us, as I did for the last year. Being a general member gave me the opportunity to see that the roles are not onerous and also to help at monthly meetings as a willing pair of hands. By fulfilling a role for a finite period we are hoping more members may feel able to join us. Do talk to any of us if you feel you could help: we get together two or three times a year for a short meeting and would love to have you join us.

Our monthly meetings have been varied and once again I have enjoyed finding out more about topics I had not previously considered. I look forward to each meeting – and my husband has spotted a couple he is looking forward to as we have certain meetings where partners are most welcome, and he has heard that 'other men' come too! (see below for details)

In October we were treated to a fascinating Armchair Tour of Oxford by Magnus Macfarlane: a Green Badge guide. This meeting was open to partners and we had a great turnout who thoroughly enjoyed getting to find out a little bit more about the history of central Oxford. It was amazing to see what is often hidden in plain view and to appreciate how much more can be discovered with a knowledgeable guide.

We welcomed Jenny Ainsworth back to TLC in November: this time to talk to us about the differences and similarities of St Michael's Mount in Cornwall and Mont St Michel in Normandy. For anyone who has visited either of these places the talk was illuminating and for others it created an interest in visiting. It is very easy just to walk around places of interest and come away with little appreciation of the history so our thanks to Jenny for sharing this with us.

Christmas seemed to be upon us in no time and our TLC gathering for December celebrated the season. As ever we had a lovely plate buffet provided by members along with

Christmas fizz and a few other tipples! Many thanks to Di for making our table look beautifully festive! Thanks also to members who brought along Xmas items and shared their stories and memories with us. It was a fascinating insight into Christmases- past, present and future.

January found us gathering together to find out more about Thatcham and its curiosities from Dr. Nick Young. I am new to this area so found this fascinating – I had no idea of the Roman heritage of Thatcham or the many later local developments. Street names take on new meaning as their origin was explained and the photos accompanying Nick's talk were enlightening.

Our programme for 2020 is, once again, varied and interesting. We really appreciate those on the committee that contact speakers and make all the arrangements so this continues to happen. We meet in the Oak Room at the Memorial Hall, Upper Bucklebury starting at 7.45pm. It can sometimes be daunting coming to something new where you may not know people, so if you fancy giving TLC a go feel free to contact us on email so we know to look out for you and welcome you on the night.

Dates for your diary:

11th February The golden age of the coach and horses to the present day. Plus, demonstrations of coach horn calls and tunes. Colin Pawson. **Partners invited to this meeting.**

10th March A walk from Lands End to John O'Groats. Jayne Windmill. **Partners invited to this meeting.**

21st April (Please note a week later than normal) Spring Quiz

12th May Talk on crime prevention, home and personal security and scams. PCSO Sarah Preston. **Partners invited to this meeting.**

9th June Summer Outing (To be confirmed)

TLC is a social group for women in our community and surrounding areas and all are welcome. The committee can be reached with any queries at the email address below: buckleburytlc@gmail.com

Carole Clothier Membership secretary of TLC.

Bucklebury and Marlston Horticultural Society

The new 2020 schedules should now be distributed to all members. Please take time to browse the contents; it contains all you need to know about this year's activities and how you can make the most of your membership. This year we share a special anniversary with the National Trust, which also started its activities in 1895. We have not grown into a national force, but continue to offer parish gardeners the services that were established in Bucklebury 125 years ago. If you have yet to make your New Year resolution, how about a making at least one entry in a Show this year?

You may have noticed that there is no January meeting. Our first talk is on Tuesday 18th February, a very funny presentation by Tony Strafford. He is a genuine Beefeater and has inside information that will amaze you. But a few days before this, on Saturday 15th February, we will be holding our winter Social. The entertainment will be wine based, whereby you will be able to test your viticulture knowledge against our "experts" in a light-hearted degustation. Tickets are available from Vivien Ward (0118 9712581) and include our famed hot supper, but bring your own preferred drink and favourite glass.

Looking forward to the next few months we have several evening events to enjoy. On Monday 16th March we present a demonstration of rustic skills. On the 5th April, our Spring Show retains its Sunday afternoon slot in the Memorial Hall from 2.30pm until 4pm (**exhibits staged from noon**). The change to Sunday proved very popular last year, with more exhibits, and increased attendance of villagers enjoying the display with a cup of tea. Entry is free. On Tuesday 14th April Austin Crabbe, the Nursery Manager of Englefield Garden Centre will update us on their activities. Then we are invited to Cottismore Garden Centre's open evening on Wednesday 6th May.

Don't forget to visit the nurseries and garden centres listed in our book. If you feel you have the energy to help the Society, why not join our very small committee?

Details of all our activities are included in our Celebration schedule. New members are always welcome. Bring a friend or neighbour to any of our events. Membership is free for a trial year - contact John Wright (01635 863429).

Happy Gardening.
Derek Matthews (0118 9712587)

West Berkshire Countryside Society



West Berkshire Countryside Society

The events below give you the opportunity to come out on practical tasks, learn new skills, meet new people and, above all, enjoy yourself. The tasks usually begin around 10am and finish by 3pm but you are very welcome to come for as much time as you wish to give during these hours. Please wear suitable footwear and clothing, and bring a packed lunch if you are coming for the full day. Hot drinks are usually provided mid-morning, as are the necessary tools.

Sat-08-Feb-20 10.30 am - 1.00 pm Bucklebury Common, heathland management. Join the Bucklebury Heathland Group to help maintain this important heathland habitat. Meet at Angels Corner SU 550 688

Sun-08-Mar-20 10.30 am - 1.00 pm Bucklebury Common. Heathland management. Join the Bucklebury Heathland Group to help maintain this important heathland habitat. Meet at Angels Corner SU 550 688

Tue-24-Mar-20 10.00 am Stanford Dingley. Riverbank clearance. Clearing selected trees and scrub along the riverbank of the Pang to allow light into the bed of the river. Park on the Byway which runs South from Bucklebury Road in Stanford Dingley opposite the entrance to Pangfield Farm SU566 716

Bucklebury Walkers

We are a mixed group of walkers who meet on the first Thursday of each month at 10.00 a.m. and walk for about 3 – 4 miles and we now also organise a shorter walk leaving at 10.30 and walking for about 2 miles. We then meet back at the venue for coffee (or go back to The Cottage Inn, where we also enjoy a lunch). You are welcome to join either group.

Thirty two walkers had a lovely Christmas meal at The Cottage Inn just before Christmas – thank you Gary & staff for a very enjoyable evening.

Please contact me for more details or just turn up at any of the walks – the diary is in The Oaks and on the village website.

Please note that these are social walks and you are responsible for your own safety.

Helen Relf,

01636 867619. grannyrelf@btinternet.com

Honesty Cafe

Founded in 2014 by Romilla Arber, Honesty Group has gradually grown and flourished into the food business it is today. The inspiration for the business began with bread, the staple that forms a significant part of many people's diets. As the mother of a growing family, Romilla became concerned by the prevalence of ultra processed food, particularly the amount of additives and preservatives pumped into highly processed bread. In an effort to change people's perception of bread as a bad food choice associated with ill health, she set out to



The Counter at Honesty Bucklebury

champion this undervalued and underappreciated product. Her vision was to return bread making to its four basic ingredients – flour, water, yeast and salt. No enzymes, no emulsifiers, no trans fats and no preservatives – just natural, wholesome, honest ingredients. Thus Honesty business was born and has continued to expand its reach remaining true to the values that inspired its inception.

Honesty began life at The Crown and Garter in Inkpen, Berkshire. The business, a restaurant, pub and 10 hotel rooms, showcased the Honesty brand serving a freshly cooked, seasonal menu and a selection of drinks from local breweries. The old skittle barn next door was then converted into a bakery and coffee shop. To sustain the high demand for fresh bread and other Honesty baked goods the bakery has now moved to much larger premises and Honesty has since opened another eight coffee shops, embedded in local communities across Berkshire and Hampshire, all with their simple mission to be honest about food, what's in it, where it comes from and how it is cooked.

In 2019 Honesty was invited to assume the running of the cafe at Bucklebury Farm Park, allowing the owners to focus on developing the farm. Refurbished to keep the warm, friendly atmosphere of the Honesty brand, it is open to all visitors and non-visitors to the farm alike and is happy to welcome walkers, cyclists, families and their children and anyone else who wishes to visit. The cafe now serves food created and cooked by Honesty kitchens and delivered daily. This ranges from warm and hearty meals, to paninis, sandwiches, pastries and cakes, all accompanied by our range of carefully sourced beverages and last but definitely not least, our freshly made loaves which can be purchased on site.

Now well established at the farm, Honesty has plans to serve the community further by introducing a deli counter and shop to bring more organic, fresh produce to Bucklebury. As with all of our shops the produce will be carefully researched and sourced only from those producers that meet our strict guidelines. Alongside this enterprise we hope to use the space to hold events aimed at all ages – from activity mornings for children during the holidays to monthly game nights for adults, so everyone can get their moment to retreat and relax. Today the Honesty brand is respected and trusted in the local communities it serves, fulfilling its mission everyday: **To be honest about food, what's in it, where it comes from and how it is cooked, never at the expense of our principles.**

To find out more information about Honesty Café at Bucklebury Farm Park, visit our website or look for more information on the Bucklebury Parish Council website.

Halls

Following the presentation at our AGM in November, the trustees have submitted a new planning application to West Berkshire Council for the refurbishment and extension of the Victory Room. The application is for the part demolition of the Victory Room by removing the toilet block to the west, the removal of existing corrugated galvanised steel cladding and replacing with new plastic coated corrugated galvanised sheet and insulation. An extension will be built to the south and west which will be clad in the same material and insulated. Below is a 3D view of how the refurbished and extended hall will potentially look.

This plan will deliver against all the objectives the trustees set out to achieve. It will retain the old 'Tin Tabernacle' look of the hall which many Parishioners preferred to a new hall. The reality is that it was just not possible to raise the funds required to replace the hall and therefore the trustees had to look for an alternative. The budget for this plan is approximately £253k and at the moment we have donations and pledges totalling just over £200k.

The project has been updated on the Good Exchange Website, the link is www.thegoodexchange.com and by using reference number 11581 or searching for The Victory Room Bucklebury you can make a donation. The Good Exchange is match funding £50,000 toward this revised

project and if you are a UK tax payer all donations are available for Gift Aid. Therefore every £1 donated will provide approx. £2.20 to the fund. We would really welcome any personal donations you can make to get us to the target.

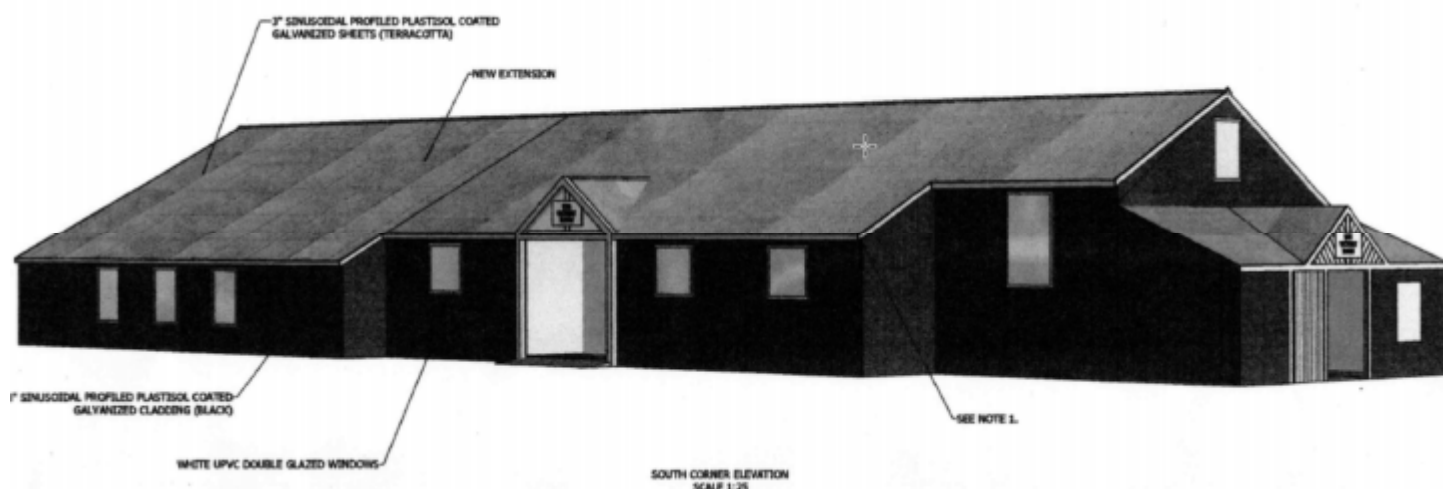
Currently the Good Exchange only shows donations made directly to the Victory Room or via its platform and therefore only shows £44k raised. The confirmed pledges getting us to the £200k are not shown in this figure. We are trying to have them shown but we thought we should explain why you might see this discrepancy.

The trustees are planning some events this year. We will advertise on the Parish Website when we have more details:

Event	Date
Race Night	7 th March 2020
VE Day 75 Celebration	8 th /9 th May 2020
Beerfest	3 rd October 2020

We are working with the Bucklebury Events and local businesses to see if there are some events we can put on over the VE Day 75 weekend around the Parish. If you have any suggestions we would like to hear from you. My contact details are below.

John Brims
Chair of the Trustees of the Victory Room
0118 9713308 or 07799 348451
jbrims@outlook.com



Bucklebury Memorial Hall

I'm sure parishioners are all aware of this wonderful facility which is available for hire by visiting buckleburymemorialhall.org.uk

It is worth mentioning that parishioners have on occasion, turned the hall into an amazing party venue creating an event to rival one at a much more expensive venue.



The Hall is run by a committee of volunteers. The Hall committee meets 5 or 6 times per year. If you would like to help run this local resource please contact Mike Scholl (01635868607 MikeScholl@btinternet.com) or any of the trustees (see the hall website for the list)

BUCKLEBURY HISTORY GROUP

St. Mary's Parish Church. A History Talk by John Tennant.

Saturday 16th May 2020

3.00 p.m.

John has agreed to give us a short history of our lovely Parish Church so please put this date in your diaries.

No charge but donations appreciated

For more details please contact - Helen Relf, 01635 867619

grannyrelf@btinternet.com

Exercise & Sport

Bucklebury Bowls

INDOOR CARPET BOWLS in BUCKLEBURY
throughout the year

Do you want to take up a sport that you can play all the year round, and still be warm?

READ ON!

A small group of parishioners are now enjoying INDOOR CARPET BOWLS in the Memorial Hall (mentioned in the last OAKS). We have now been active since September 2019, but we are still looking to expand the numbers who participate.

We play regularly on Monday mornings from 10.30 a.m. to 12.30 p.m. and have a second session on Friday afternoons 2.00 p.m. to 4.00 p.m.

It is "Pay & Play" and the current charge is £2 per session, which includes coffee, tea and biscuits during the sessions.

We have all the necessary equipment including the bowls to be used so all you need to do is "Turn Up".

There is a very mixed standard of skills and it is a relaxed way of getting a bit of exercise and, of course an entertaining and challenging bit of fun.

COME ALONG AND TRY IT OUT

Interested folk are welcome to get in touch with me or come along.

Mike James: m-a-james@tiscali.co.uk 0118 971 2285



Bowls in the Memorial Hall.

Bucklebury Tennis Club

Tennis Club Clubhouse:

The Clubhouse has now been completed. The opening took place in October 2019 when the Chairman Mike James officially cut the tape. This was followed by a celebration of Mike's over 30 years as Chairman.



Opening of the new Clubhouse.

Drills and Skills:

Drills and Skills continue with Damian Lane.

Session 1: 5.30 - 6.30 p.m; Session 2: 6.30 - 8 p.m.

We must congratulate Damian on being awarded the **BERKSHIRE LTA COACH OF THE YEAR**. Congratulations Damian from us all.

Junior coaching:

Our Junior programme will continue after the Easter holiday. Everyone welcome.

To sign up to this or for further information contact Karen Pegg: kppegg61@gmail.com

Club Membership:

New members and visitors are most welcome. There is plenty of opportunity to play - Mens Mornings; Club Nights; League matches (both Newbury and Berkshire); Social tennis. Visitors or non-members can play on a pay and play basis. Details regarding membership and visitors are on the website: www.buckleburytennis.com

Please contact the Club Secretary, Norman Casson: normancasson@aol.com if there are any queries.

Skittles Evening:

The Skittles Evening is for all local residents and friends. Teams will be playing for the Peaches Challenge Cup plus prizes for best individual players. There will be a grand

raffle and a Fish and Chip supper. Full details will follow but if you would like to make up a team or join in please contact me: robinlondon145@gmail.com

SATURDAY 28th March 7.00 pm for 7.30 p.m. at Bucklebury Memorial Hall.

League Tennis:

The winter season continues. We have teams entered in the Berkshire Leagues and the Newbury and District Leagues. Details of fixtures and Captains are on the website.

Robin London: robinlondon145@gmail.com

Bucklebury Tennis Club.

www.buckleburytennis.com

Exercise classes for Older Adults

Come and join us for some gentle exercise and fun! The Seated Exercise Classes last for around 45 minutes with time at the end for cuppa and a chat. We start off with a gentle warm up, then move into an activity which includes things like Circuits, basketball shooting and beanbag activities. We then go back to our seats for an all-time favourite 'chair dance' which is a choreographed dance to a popular piece of music. Next is some strength training comprising of upper body, lower body and core (tummy and back). We use body weight for these exercises but I also bring along resistance bands for those that want to make it more challenging. Lastly, we have a gentle cool down including some flexibility. Although the exercises are predominately in the chair there are always options to make things harder and progress yourself.

Your Life Fitness in partnership with Get Berkshire Active are currently running sessions at 10.30am each Tuesday at Bucklebury Memorial Hall and 10.30am each Thursday at Aldermaston Parish Hall. There is a small charge and this includes refreshments afterwards. The mix between exercise, games and socialising seems to be a hit but most importantly we have fun and there's always plenty of laughter! Everyone is welcome, so come along and give it a try - I look forward to seeing you there!

Caroline 07739 509824

caroline@yourlifefitness.me.uk

www.yourlifefitness.me.uk

<https://www.facebook.com/yourlifefitness.me.uk/>

West Berkshire Body Control Pilates

Pilates is a form of exercise that is suitable for everyone bringing together mind and body, allowing clients to work safely and effectively. All exercises are built around 8 principles of:-

Relaxation
Alignment
Co-ordination
Core stability
Stamina
Concentration
Breathing
Flowing movements.

In November we hosted a **Pilates with Prosecco** evening at Elstree School in their Sports Hall. This event was supported by at least 40 clients and through everyone's hard work and generosity we raised in excess of £1040 for Parkinson's. The raffle was particularly amazing with great prizes donated.

In December some of us enjoyed classes following the theme of The Twelve Days of Christmas, which was repetitive, but some finding it a good workout. Clients added Christmas touches to their usual fitness outfits in their last class in December, ranging from Christmas socks, jumpers and a few more elaborate elves and reindeers appeared!

As we had a busy time leading up to Christmas we chose to go out for a meal during mid-January at **The Cottage Inn**. It also gave us the opportunity to celebrate another 'special' birthday!!! Thirty of us filled the pub where we were catered for well by the chef and served by Gary and his waitresses. No easy task to serve 30 people all at the same time! Well done to Gary and his team.

We have qualifications to teach **Reformer, Pre and Post Natal Pilates** as well as **Pilates for Bone Health (Osteoporosis)**

Classes are held at **Bucklebury Memorial Hall** in **The Oak Room** on:

Monday at 8.30pm, Wednesday at 9.30 am, 10.45am, 6.30pm and at 7.45pm

Friday at 9.30am and at 10.45am

Classes are also held at **The Fisher Rooms** in **Cold Ash** on **Monday at 7.00pm** and at **Peasemore Village Hall** on **Tuesday at 6.15pm** and **Thursday at 6.15pm and 7.30pm**

We are also able to offer one to one sessions.

If interested in attending a class please contact Mel at meriel58@yahoo.com

Bucklebury Badminton Club



From left to right; Alan Arnold, Stuart May, Olivia May, Danni Du Toit, Kim Rae,
Olivia Hope, John Holloway and Nick Garrard

Chocolate medals and prizes were awarded to the winners and runners up of the level doubles tournament held just before Christmas. As usual, competition among club members was both friendly and fierce. The men's final was won fairly comfortably by Nick and John. The ladies fought a harder battle and Danni and Kim sealed their win by just one point.

Come along and join in the fun! We play doubles on club night and you will find yourself mixing in with different partners and opposition for each game. If you are a beginner or you haven't played competitively before, we will ease you in gently. We have two club coaches to help you. On the other hand, if you have played at club level before, we definitely need you for matches in the Newbury League if you would like to play.

Club night is on Tuesdays in the lovely sports hall at Elstree School in Woolhampton from 8 to 10 p.m. All the details can be found on our website. You can use the contact details below if you would like more information or just to let us know that you are coming. Visitors are always welcome and there is no commitment to join for the first six weeks.

VENUE: Elstree School, Woolhampton, RG7 5TD

DAY: every Tuesday 8 to 10 p.m.

COST: £5 for visitors (deducted from subscription which is £110 per annum **pro rata**. £50 for students)

CONTACT: Margaret Neville 01635 873811

margaretnev@yahoo.co.uk

WEBSITE: buckleburybadmintonclub.com

Yoga

Yoga has an incredibly rich (and complicated!) history going back thousands of years. Most classes today focus on 'asana' (yoga poses), breath and mindfulness. Modern yoga is very different from its roots and there are countless styles but all yoga aims to bring about a sense of peace, fulfilment and happiness by reducing physical and emotional pain, suffering and stress.

The classes held at the Memorial Hall combine different styles and other movement approaches including vinyasa, hatha and yin amongst others. Essentially, students are guided by the teacher to move, balance, breathe and stretch. The benefits are numerous but include:

- Relaxation
- Improved posture, strength, flexibility, mobility & balance
- Reduced muscle tension & pain
- Healthier breathing
- Meditation
- Increased awareness (mindfulness) of your body, emotions and thoughts
- A sense of community & connectedness with others
- Better sleep & more energy

Taught by Janine Ford who has been practicing yoga for over 20 years, classes are relaxed, informal and aimed at anybody who wants to learn and practice yoga in a down to earth and non-intimidating setting.

After qualifying as a massage therapist and reflexologist, Janine completed her yoga teacher training in London in 2018. She is passionate about anatomy and physiology and brings her knowledge of the body into every class and pose, encouraging students to use yoga as a therapeutic tool.

Class schedule (Class times are subject to change.)

Mondays in the Oak Room

12.00 - 1pm - Gentle Beginners (all levels welcome)

7pm - Slow Flow (some experience required)

Tuesdays in the Committee Room

12.00-1pm - Mixed ability

6pm - Gentle/beginners

7.15 - Slow Flow

Sunday workshops (Tickets £15)

These two-hour-long workshops are aimed at people who might not have the time during the week to make it to yoga; who want a more in-depth and focused practice on specific topics or who have particular yoga needs/interests. Workshops start at 10am on the following dates:

Yoga for men (01.03.20): For men who want to give yoga a try in an informal setting and learn about how it can benefit you. We'll explore how to build strength, flexibility and balance in a calm and relaxing way. All levels welcome.

Yoga for relaxation (29.03.20): Melt away stress, anxiety,

muscular tension in this slow, chilled and soothing workshop. Yin style yoga, meditation and breathing techniques to rest your body into rest and digest mode. You'll be floating when you leave. All levels welcome.

Yoga for sportspeople (26.4.20): Tight hamstrings and hips or achy knees and back? We'll stretch out these areas to improve your running, horse riding, tennis and other sports activities. Learn strengthening and balance techniques to improve alignment, aid recovery and help you avoid injury. All levels welcome.

Advanced booking for all classes and workshops is required as space/equipment is limited. Mats are provided but you're welcome to use your own.

Other related services

- Yoga 1-2-1s and private classes for two or more people.
- Mobile massage & reflexology is available in and around Bucklebury and nearby villages. Choose from Indian head massage, Deep tissue, Thai yoga massage, reflexology or any combination. See treatment menu at: www.janineford.com/therapies

Stay in touch

For latest updates, follow Janine Ford Therapies & Yoga on social media:

Facebook: @jfordtherapies

Instagram: @janine.ford.therapies

To receive email updates, book on to a workshop/class or ask any questions, please contact Janine at:

jfordtherapies@gmail.com

www.janineford.com

Contributions

Material to appear in The Oaks should be sent neatly typed for scanning or as a word-processor document (e.g. MS Word), attached to an e-mail and sent to "clerk@buckleburyparish.org". Don't worry about layout as it will be re-formatted to the house-style. Please supply any pictures or artwork as separate files, as they are not usually recoverable from word processor files and don't forget to include captions for the pictures.

All contributions appertaining to the Parish are very welcome but the Parish Council reserves the right to adapt or omit submissions.

The deadline for submissions is the last Sunday of the month preceding publication.

Barry Dickens

Parish Diary Dates

February

10th	Bucklebury Parish Council	7.45pm	Committee Room, Memorial Hall
11th	Tuesday Ladies Night	7.45pm	Oak Room, Memorial Hall
15th	Horticultural Society Social	7.00pm for 7.30pm	Memorial Hall (Tickets in advance)
17th	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
18th	Horticultural Society	8.00pm	Memorial Hall
24th	Bucklebury Planning Committee	7.45pm	Committee Room, Memorial Hall
27th	Thursday Coffee Morning	10.00am	Oak Room, Memorial Hall

March

2nd	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
5th	Bucklebury Walkers	10.00am/10.30am	The Cottage Inn
7th	Race Night	TBC	Victory Room
8th	Bucklebury Heathland Group	10.30am	Meet at Angel's Corner
9th	Bucklebury Parish Council	7.45pm	Committee Room, Memorial Hall
10th	Tuesday Ladies Night	7.45pm	Oak Room, Memorial Hall
16th	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
16th	Horticultural Society	8.15pm	Memorial Hall
21st	Cemetery Working party	10.00am	Cemetery, Byles Green
23rd	Bucklebury Planning Committee	7.45pm	Committee Room, Memorial Hall
26th	Thursday Coffee Morning	10.00am	Oak Room, Memorial Hall
28th	Common Clearing	2.00pm	Memorial Hall
28th	Bucklebury Tennis Club, Skittles	7.00pm for 7.30pm	Memorial Hall (Tickets in advance)

April

2nd	Bucklebury Walkers	10.00am/10.30am	The Cottage Inn
5th	Horticultural Society Spring Show	2.30pm	Memorial Hall
6th	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
6th	Bucklebury Parish Council	7.45pm	Committee Room, Memorial Hall
14th	Horticultural Society	8.00pm	Memorial Hall
20th	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
21st	Tuesday Ladies Night	7.45pm	Oak Room, Memorial Hall
27th	Bucklebury Planning Committee	7.45pm	Committee Room, Memorial Hall
30th	Thursday Coffee Morning	10.00am	Oak Room, Memorial Hall

May

4th	Mah-Jong Group	2.00pm	Oak Room, Memorial Hall
6th	Horticultural Society	6.30pm	Cottismore Garden Centre open evening
7th	Bucklebury Walkers	10.00am/10.30am	TBC
8th/9th	VE Day Celebrations	TBC	Recreation Ground
11th	Bucklebury Parish Council	7.45pm	Committee Room, Memorial Hall
12th	Tuesday Ladies Night	7.45pm	Oak Room, Memorial Hall
15th	Annual Parish Assembly	7.45pm	Victory Room, Bucklebury

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