

GORING HEATH NEWSLETTER

*News, Information
and Comment for
Goring Heath,
Whitchurch Hill
and Crays Pond*

January 2014
137th Issue

Visit us at:
www.goringheath.com

Forthcoming Events

GHPH = Goring Heath Parish Hall

WL = Woodcote Library

WVH = Whitchurch Village Hall

January 2014

5th Lions 10k run	Langtree School, Woodcote
9th Parish Council Meeting	GHPH
15th Primary & Infant Applications	Oxfordshire CC
15th Quiz Night Woodcote Volunteers	Red Lion, Woodcote
16th History Society	WVH
21st WI	GHPH

February 2014

13th Parish Council Meeting	GHPH
20th History Society AGM	WVH

March 2014

13th Parish Council Meeting	GHPH
20th History Society	WVH
28th HowdenJones in Concert	GHPH

April 2014

5th Spring Show	GHPH
10th Parish Council Meeting	GHPH

Publicise your event and increase attendance by giving us the dates.

IT IS FREE

We welcome event dates from all local charities and groups for listing in this feature. Please send the details to the Editor - Tim King at tim@tpking.me.uk.

Please allow sufficient time in advance for the publication of the appropriate newsletter. Contribution deadlines and publication dates are on the inside back cover.



Chairman's Comments

An interesting Parish Council meeting this month where our District Councillor Ann Ducker expressed her concern over the government's new approach to planning where it seems that anything that can supposedly contribute to "economic growth" cannot be resisted, even in this AONB.

Although the recession now appears to be over, and there is economic growth, this has been achieved without the building boom that the abolition of planning controls that the government being so keen on having actually crystallised.

Spain and Ireland were, a few years ago, experiencing substantial "economic growth", but as we all know this growth was an illusion, just a bank fuelled property bubble that had the effect of ruining lives, devastating economies and leaving the countryside littered with empty speculative buildings. It is shameful that our government is chasing the same illusion.

In the early nineteenth century there was immense pressure to build on land in north London, and Sir Thomas Maryon Wilson the owner of Hampstead Heath sought parliament's consent to abolish commoners rights and build executive homes over the heath; there was sufficient opposition to fight his plans, and win, and to protect Hampstead Heath for the wider public benefit. Today, Sir Thomas would have no difficulty with his plans, whether they were for Hampstead Heath, or our AONB.

Today, Hampstead Heath is a national treasure. Tomorrow, our AONB should be one too, but won't if this government continues with this approach.

Peter Dragonetti
Chairman



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Planning Decisions

The following planning applications have been considered. Where a decision is not given, it means the Parish Council has not yet received written confirmation from S.O.D.C.



Premises and application details	Parish Council	S.O.D.C.
P13/S1139/FUL Land adjacent to Rose Cottage Hill Bottom Road Whitchurch Hill RG8 7PT Erection of a two bedroom house.	Should be refused	Permission
P13/S2587/HH Cosy Cottage Hill Bottom Whitchurch Hill RG8 7PT Removal of existing window and replace with bay window	Approved	Permission
P13/S2818/HH 2 Orchard Coombe Whitchurch Hill RG8 7QL Proposed single storey side and rear extensions following demolition of garage.	No strong views	Permission
P13/S2882/HH 6 Beechwood Close Crays Pond RG8 7SG Proposed first floor side extension.	No strong views	Permission
P13/S2859/HH Cherry Cottage Hill Bottom Whitchurch Hill RG8 7PU Erection of detached garage building.	Should be refused	Permission
P13/S2840/FUL Lubricants UK Ltd Technology Centre Whitchurch Hill RG8 7QR Building J alterations and first floor extension and creation of an additional 14 parking spaces.	Should be refused	Permission
P13/S2912/FUL Sun Inn Hill Bottom Whitchurch Hill RG8 7PU Erection of a single dwelling with associated landscaping and new vehicular access.	Should be refused	
P13/S3032/FUL Copyhold Farm Lady Grove Goring Heath RG8 7RT Demolition of existing agricultural workshop building and erection of an agricultural workshop building	No strong views	
P13/S3252/FUL Hawthorn House Deadmans Lane Goring Heath RG8 7RX Erection of replacement dwelling.	No strong views	
P13/S3366/FUL The Oratory Preparatory School Great Oaks Goring Heath RG8 7SF Change of use and retention of existing headmasters house and conversion to Special Educations Needs department	No strong views	

Continued on page 6

Premises and application details	Parish Council	S.O.D.C.
P13/S2840/FUL Lubricants UK Ltd Technology Centre Whitchurch Hill RG8 7QR Building J alterations and first floor extension (amended plan received 18th October 2013 and additional information received 1st November 2013 and amended plan received 8th November 2013).	No strong views	
P13/S3535/FUL Copyhold Farm Lady Grove Goring Heath RG8 7RT Change of use of one bay of an existing barn and workshop to a furniture workshop.	Should be refused	

Planning

We would also like to point out that No Strong Views is one of only three choices that SODC gives the parish council. It should not be read as illustrating tacit approval of an application. More often than not this choice is supplemented with specific comments from the parish council highlighting areas of concern.



Christmas 2013

★ Start Christmas in the traditional way with our own service of Nine Lessons and Carols in St Johns, Whitchurch Hill at 5 pm on Sunday 22nd with mulled wine and mince pies afterwards in the Parish Hall



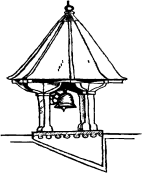
Whitchurch Hill Fête - volunteers wanted

The organisers of the Whitchurch Hill Fête are looking for a few more people willing to help run this very successful fete. Please contact :-07802 794168 or 0118 984 2056.

RG8 Badminton Club - vacancies

Having begun a successful new autumn season we still have a few vacancies in the senior badminton club. We play from 7.30- 9.30pm on term time Thursdays in the Langtree Community Sports Hall in Woodcote.

If you know the basics then why not come along and join us. We're a friendly club with a mix of ability levels with an emphasis on enjoyment plus a bit of exercise. Give me, Chris Uden, a ring on 01491 681263.



Goring Heath Parish Charity
Regd. No 1056772

howdenjones in Concert



‘Beautiful Music in Beautiful Places’ Tour 2014

At Goring Heath Parish Hall, Whitchurch Hill, RG8 7NY

Friday 28th March 2014 7pm for 7.30pm.

Creating their ‘beautiful music in beautiful places’ Tour, Kate and Paul have been sharing their music and stories, often meeting friendly, fascinating people and visiting some wonderful, unusual venues in sometimes remote and always beautiful areas along the way. They write about life and their observations of it, often poignant, sometimes humorous, and gathering new material as they travel, they captivate an audience in a unique intimate atmosphere. Their show has been described as, ‘relaxed and enchanting’ and ‘an absolute delight’, ‘their joy, talent and good humour were infectious’. ‘music for all ages’ With a variety of instruments including, guitar, fiddle, mandolin, bodhran and banjo, superb harmonies and great musicianship, howdenjones will promise to give you a foot tapping and thought provoking evening with plenty of smiles!

You can hear examples of howdenjones music by visiting www.howdenjones.co.uk

Drinks and refreshments - Tickets £10 each from 01189842056



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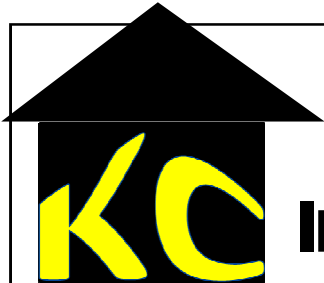
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Whitchurch & Goring History Society

We move down to Whitchurch Village Hall in Manor Road for the next four meetings, starting with our meeting on Thursday 16th January 2014, at 8pm. We shall be drawing on the researches of our members, to include the second half of the story of Hill Bottom and the Jane Austen connection with Harpsden. Please bring any questions you may have about local history to the meeting, and members will attempt to answer them.

Our evening on the Polish Camp at Whitchurch has been postponed until 20th March. In February, on the 20th, we hold the Annual General Meeting, at which we shall also have a speaker, please consult the posters nearer the date for details.

Please contact **Vicky Jordan** on 01189 843260 or

vickyjordan5@hotmail.com.

Whitchurch Hill Women's Institute

The Christmas season was welcomed with a "Christmas Table Decorations" demonstration by Neil Shaw of Basildon Park at our November meeting. He showed us simple ways to utilise greenery to make attractive table centres and a wreath of holly and hedgerow leaves and flowers, which he then generously donated for our raffle.

Fourteen members and one guest attended, and business matters included the notification of the resolutions which will be placed before the National AGM next June. Every member is requested to vote for her preference, and these votes will be sent to each of the Federations to be collated and passed on to NFWI Headquarters. President Frances and two members attended the Berkshire Federation Open Morning at WI House in Mortimer Common. They delivered some hand-knitted dolls which were destined for Orphans in Zimbabwe, and on Saturday six members went to the WI Christmas Fair and Real Jam Festival at Denman College, near Abingdon.

As part of the social programme, fourteen members and one husband gathered for lunch at the herb Farm in Sonning Common, and almost all members will be together again for a Festive Christmas Lunch at the Highwayman Inn. Next year's programme is almost complete and will include a social afternoon tea or outing each month.

Our January meeting will take place on the 21st at Goring Heath Parish Hall, at 10.15am, when our speaker will be Vicky Jordan talking about Local History. Visitors are always welcome, and for further information please telephone 0118 984 1696

Patricia M. Dent



The Whitchurch & District Theatre Club



Organiser: Christine Martin

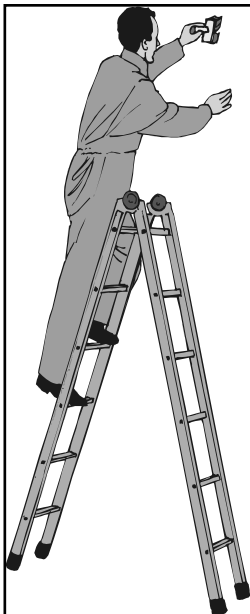
"Sonia", Goring Heath Road, Whitchurch Hill, RG8 7PG

Tel: 0118 9844252 e.mail whitchurchtheatreclub@gmail.com

The Whitchurch & District Theatre Club takes you to musicals, plays, ballets, operas, classical concerts etc. once a month.

Salisbury, Windsor, Oxford, Stratford, and Chichester, amongst others, are often visited. Also major London productions. Mainly matinees, but sometimes evening performances. Tickets purchased at group/concessionary rates. From Spring 2014 members can be picked up from Whitchurch Hill, Whitchurch-on-Thames and Pangbourne.

Subscriptions £8/10 per annum

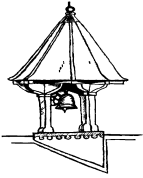


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Goring Heath Parish Charity Regd. No 1056772

Facing a reduction in income as a consequence of the bridge closure, the committee decided to try different fund raising events.

First was a car boot sale, which was a reasonable success and one which we hope to repeat. It would seem that these events tend to attract regular vendors and customers, and with the lessons learned from our

first attempt another one should be both easier to run and more profitable.

The next event was our version of the Antiques Road show, where we had the services of Simon Jones, principal of the well known auctioneers of Jones and Jacobs of Watcombe Manor, Watlington. Simon gave very informed opinions on a variety of items from pictures, watches, jewellery and furniture. This was very much enjoyed by everyone, with pleasant surprises on valuations as well as the dashing of dreams of fortunes.

Finally, a great musical evening presented by a talented quartet of musicians, Moonrakers. This was also an evening much enjoyed, and we plan to repeat this sort of evening.

If you are interested in coming to any of these sort of events at the parish hall, we can let you know by email . Please let Theresa know at BNT@waitrose.com if you would like to hear from us in this way.

Parish Hall Hire Rates

The hire rates for the hall are being revised from 1 March, but if you make and pay for a booking for any date in 2014 before 28 February you can still secure your booking at the existing rate. Our hall represents excellent value, the perfect venue for parties for children and adults. We also hire out chairs and table as well as cutlery, glasses and crockery.

Blow away those post Christmas blues

If you are around on Monday 30th December and want to get out in the fresh air, why not join in a working party on the Whitchurch Hill recreation ground where we are continuing to pull out the scrub from the hedge line so that the hedge can be properly laid and regenerated. Starting from 10 am everyone welcome through young children should be accompanied.

Please let Martin Wise know at martinwise10@hotmail.com (0118 984 3071), if you are intending to come, although don't be put off joining in on the day if you want to be spontaneous!

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info@lions-gwd.org.uk " www.lions-gwd.org.uk (0845 833 9837



PRESS RELEASE

Lions run with chips

The 30th Annual 10k Charity Road Run organised by Goring, Woodcote & District Lions Club will start at 10.30am on Sunday 5th January 2014. Entries for this popular run are now being received and following their successful use last year runners will again be issued with timing chips to automatically record finish times and places.

The race start point is between the entrance to Langtree School and Woodcote Village Hall, Reading Road, Woodcote RG8 0RA. Following undulating by-roads, the course is kilometre marked and marshalled. The route has been officially measured by the SEAA Course Measurement Team and takes place under UK Athletic Rules (UKA race permit number is 2014 -105325).

Free hot drinks will be provided for all runners and a water station en-route and at the finish. Only very limited changing and toilet facilities are available in the village hall. A team from St John Ambulance will provide first aid cover.

In accordance with SEAA regulations the minimum age for entry is 15 years.

All finishers will receive a medal. Trophies will be awarded as follows:

First over the line

1st - 2nd - 3rd male & female

1st Veteran (40+) male & female

1st Senior Veteran (50+) male & female

1st Vintage Veteran (60+) male & female

1st Junior under 16yrs. male & female

Detailed instructions and entry forms are available to download from

www.lions-gwd.org.uk

Entry fee is £15 when paid in advance (£13 for affiliated Club runners). The late registration fee is £17 and will only be possible if space allows and strictly before 10.00am on Race Day. Gift Aid sponsorship forms are also available to download from the Lions website.

Volunteers from a number of other local organisations help the Lions maintain the enjoyment, safety and efficacy of this annual event. They include Scouts & Guides, Rotary and 41 Clubs, and all are much appreciated.



Goring, Woodcote & District Lions Club

10k Run 2014

e-mail: 10k@lions-gwd.org.uk web: www.lions-gwd.org.uk Charity No: 1131754

The profits from our 30th Charity Run will be donated to

Leading the
fight against
dementia

Alzheimer's
Society

Sunday 5th January 2014 – 10.30am start - Village Green

By entering you not only help yourself but also our chosen charities who will receive all the profits from this run, along with any sponsorship raised. As with previous years the course is on undulating by-roads, kilometre marked, and marshalled. The SEAA Course Measurement team officially measures the course. There will be free hot drinks provided for all runners & there will be a water station on route and one at the finish. Limited changing, shower (male only) & toilet facilities will be available. Car parking is on a first come basis. Under UK athletic rules.

UKA race permit number is 2014-105325. Course measurement certificate 02/081 applies.
In accordance with SEAA age restrictions the minimum age for entry is 15 years.

All finishers will receive a medal. Trophies will be awarded to:

Cup for 1 st over the line (returnable)	1 st Senior Vet (50+)	Male & Female
1 st - 2 nd - 3 rd Male & Female	1 st Vintage Vet (60+)	Male & Female
1 st Vet (40+)	1 st Junior	Male & Female

The course record remains at 30:31

Please complete the form below and return it as soon as possible.

NB: Race Numbers & Timing Chips will be distributed from the Village Hall on race morning.

Timing Chips NOT returned after the race will be charged to the runner at £20

Late registration may be possible only if space allows and BEFORE 10:00am on the day - a late entry fee of £17 will apply. Please tick the box below if a Sponsorship Form is required. More information and race rules are available on our website.

Return Entries to: 10k Run Entry, The Cottage, Beech Lane, Woodcote, RG8 0PY

Please include with your entry form the Entry Fee of £15.00 (£13 for affiliated club runners)

All entries will be acknowledged by email upon receipt - please make sure that your email address is LEGIBLE!

OR by text message if email is not available.

Cheques should be made payable to:- GORING, WOODCOTE & DISTRICT LIONS CHARITY ACCT.

Goring, Woodcote & District Lions Club – 10k Run Entry Form – 5th January 2014

Forename

Address

Town

Post Code

County

Age on race day

Delete as applicable

Male - Female

Tick for a personal Sponsorship Form >>

☐

Entry Fee Included >>

£

I declare that to the best of my knowledge, I am fit to take part in this event; I agree that the organisers, their agents and sponsors are not responsible or liable for any injury (incl. liability), loss, accident or damage to either my person or property as a result of my participation in this event. I accept that correct attire & shoes and planned training are important for this run. Running with headphones is not recommended. If, due to bad weather or police advice, the event is cancelled, no refunds will be given, but receipts will continue to go to charitable causes. I confirm that I will return the running chip after the run or pay a £20 fee.

Signed

date

(Signature of Parent or Guardian, if under 18 years old)

Tick this box if you do NOT wish your details to be stored on our computer, for information on future runs.

Running club - if applicable

Contact Mobile Tel No:

e-mail contact

Official Use Only

Log #

Classification

Running Number

Please do contact the Lions as soon as possible if you would like to help with marshalling. It does take as many as 50 people on the day with assigned jobs to ensure things go smoothly and safely.

Several local businesses are making generous contributions and this year the main sponsor is again Warmingham – Estate Agents.

Every single penny raised from the public by Lions goes to charity and nothing is taken up in administration costs.

Funds raised and sponsorship at this event will go to the Alzheimer's Society, leading the fight against dementia.

For more about Lions telephone: Alan Lovegrove, President on 01491 836874

Or Alan Wright, Secretary on 0845 833 9837

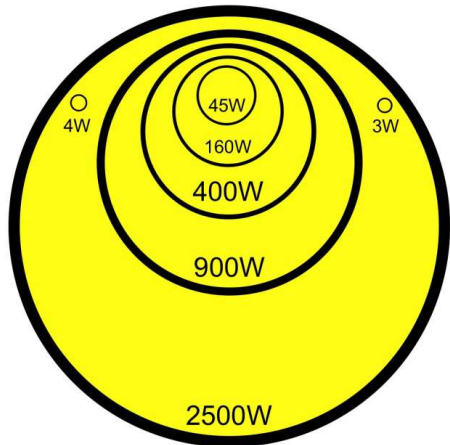
email: info@lions-gwd.org.uk

Website: www.lions-gwd.org.uk

Watt's up Doc?

Energy price hikes are back with a vengeance. But are we any more in tune with our electricity use? Here's a quick quiz to find out. Simply take each power in Watts from the graphic and match it with the right appliance here:

- a) Microwave
- b) Nintendo DS
- c) PC with monitor
- d) Kettle
- e) iPod
- f) Big old Plasma TV
- g) Laptop



The answers might surprise you, especially if you take a poor view of headphones and gaming. The electrical energy we consume at home is arrived at by multiplying the power rating of the appliances we use in kilowatts by the length of time we use them in hours.

These figures are fairly typical for the listed appliances. Are yours the same? Adapted from an open day activity created by Zoë Williams of www.superhomes.org.uk/138

Answers: a) 900W b) 4W c) 160W d) 2500W e) 3W f) 400W g) 45W

THE GORING HEATH ALMSHOUSES

CHRISTMAS BAZAAR SUCCESS!

On Saturday 7th December the residents of the Almshouses held a Christmas Bazaar. Leading up to the day itself, the residents worked tirelessly making and crafting homemade jams, pickled onions and Christmas decorations. After a month of work and planning, the day arrived and the success depended on if anybody came to purchase our wares.

We were not disappointed, as the local community yet again showed their support of the Almshouses and by the end of the two hours we had sold everything!

The money raised will be used to fund social occasions for the 15 residents throughout the year.

The residents would like to thank all the people who helped on the day, the Trustees whose donations of alcohol made a wonderful raffle prize, which was won by Jo Rogers who was the previous Warden! And of course the public whose generous support made this Bazaar a great success.

GORING HEATH ALMSHOUSES

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All Square

The square boxes containing further squares and dots are called QR codes. Modern mobile phones especially smartphones can “read” the code with a suitable free “app” and display the message which usually contains a link to a web address which the user can open.

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“my neighbour says Max looks like he’s smiling when he comes back from one of his walks“

Testimonial from Max’s Mum.

Do it Yourself.....Road gritting

In the event of snowy weather the County Council now treats the main roads through the parish, ie the two B roads, but that does leave a lot of other roads that are not treated and which can be difficult when it snows. The parish council arranged for Grit Bins to be installed in various places, and these have been refilled by the County Council.

The salt in them is for use on the road, and should not be taken for use on private property. The parish also has a stock of road salt which we have bagged up and which is available to any residents who is willing to be public spirited in the event of bad weather and to spread it on the road in the immediate vicinity. Again, this is for the public highway and not for personal use.

If you would like a bag or two, please make a request through the parish clerk at goring.heath.parish.council@gmail.com

Woodcote Volunteers

From mid-December, whilst Whitchurch Toll Bridge is closed to traffic, a kind gentleman from Whitchurch Hill who will be walking into Pangbourne daily over the footbridge, has offered to take messages, prescriptions, etc., and/or collect anything. He will then deliver within the area covered by the Woodcote Volunteers. Normal charges will apply. Arrangements should be made via the Volunteers Office.

Forth-coming events:

Woodcote Volunteers Quiz Evening

Wednesday 15th January, 8pm

At the Red Lion, Woodcote

Tables of 4 or 5, £1.50 per person booked in advance on tel 680483

Coffee Morning at the Community Centre, Woodcote

Saturday morning 22nd February

In aid of Woodcote Volunteers

Janet Crowther Secretary 681195

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Goring Volunteer Fire Brigade Trust Fund

Each year before The New Year the Trustees of the Goring Volunteer Fire Brigade Trust Fund meet to give out about grants to organisations that are able to fit in with the following statement.

The benefits of the Trust Fund are paid out for any public purpose that will benefit the inhabitants of the area ' this being The Parish of Goring as at 31st March 1940' **for which provision cannot be made out of public funds.** The Parish of Goring in 1940 included the greater part of Woodcote.

Due to the fact that the Trust Fund relies on interest payments based on a sum invested the amount to be allocated is not a large amount. The trustees normally hand out grants of between £200 and £500 to worthy causes.

If you think that your organisation is within the guidelines and that it would benefit the public purpose for you to receive a grant, please write enclosing information about your organisation and what you require a grant for. Please address your letters to:

Frank Tomlinson
5 Red Cross Road
Goring-on-Thames
Reading
RG8 9HG
Telephone 01491873640

As stated at the start of this notice the trustees will meet early in the New Year.

The Royal British Legion Poppy Appeal 2013

This year, in the Goring Heath district, we have raised £1,066.10p. This is a magnificent figure during these hard financial times.

I would first of all like to thank the door to door collectors, who, in all weathers go out for this good cause. We have 4 new volunteer collectors this year & I would like to welcome them to the team & thank them for joining.

Thanks also to the Oratory Prep School, Flint House and Castrol for having the static collection boxes.

Finally, thank you all for your kind donations.

Caroline Brookes
Poppy Appeal Organiser.



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Feeling unwell?



It does not have to be Accident & Emergency (A&E)

Oxfordshire Clinical Commissioning Group is making sure you have all the information you need to choose the right health services, first time should you become ill.

If you feel unwell then 'Choose Well' for expert advice and help. Choose Well means knowing about the different health services available and choosing the best one for your illness or injury.

A&E and 999 are for serious or critical conditions or life threatening emergencies only. There are many alternatives available.

Choosing Well will help to ensure that the right NHS care is available when you need it.

By choosing well:

- You get the right care, first time

- You will often be treated more quickly than at A&E

- It helps free up the emergency departments to treat people with life threatening conditions.

There are lots of different ways people can access the right NHS service and make sure they get the right treatment, at the right time and a place that is convenient for them.

By choosing well you will get the right treatment and help busy NHS services care for the people who really need them

1. Self-Care – be prepared

Making sure you are as well as you can be, and protecting yourself from winter infections and viruses is important. To begin with, make sure you are prepared and your medicine cabinet is stocked up with:

- Paracetamol or ibuprofen for pain and /or fever in adults or children

- Anti-diarrhoeal medicine

- Rehydration mixture

- Plasters

- A thermometer

If you are unlucky enough to get a cough, cold or flu, buying over the counter medicine, **staying at home and keeping warm** will make you feel much better. Of course, if your symptoms worsen, you should seek a routine doctor's

appointment or call NHS 111 for advice.

If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and a heart condition), you can get a free seasonal flu jab from your GP.

If you have a computer, the NHS Choices symptom checker can be very useful in helping you to manage any worrying symptoms.

There is a wide range of up-to-date health information on the NHS Choices website. Please visit: <http://bit.ly/12kyV0>

2. Pharmacists

Pharmacists can offer a range of healthcare services; they provide additional services such as advice about minor illnesses (for example coughs, colds, diarrhoea and vomiting), stop smoking advice, the morning after pill, advice on how to manage your medicines as well as ordering repeat prescriptions. Most pharmacists also offer private consulting rooms so you do not need to talk over the counter. People are urged to be aware of local pharmacy opening times and also to restock their winter medicine cabinet with remedies to treat common winter ailments.

3. NHS 111

If it is not a 999 emergency and you do not know who to call for medical help, perhaps because your GP surgery is closed, then you can call NHS 111 for advice. Calls from landlines and mobiles will be free.

4. Minor Injuries Units

Minor injuries units are for injuries, such as deep cuts, eye injuries, broken bones, severe sprains, minor head injury, minor burns and scalds. Many people go to A&E when they could be treated just as well and probably quicker at a minor injuries unit.

In A&E staff must give priority to serious and life-threatening conditions, so if you go there with a minor injury you may have to wait longer to be seen. It is better to go to a minor injuries unit if there is one locally.

You do not need an appointment to visit a minor injuries unit. They are run by a team of highly qualified nurse practitioners with a lot of experience and expertise in the treatment of minor injuries. Minor injuries units can treat a wide variety of problems including cuts and grazes, sprains and strains, broken bones (fractures), bites and stings, minor eye infections and scratches or something stuck in your eye.

For a full list of Minor Injury Units in Oxfordshire. Please visit <http://bit.ly/sIEI2A>

This service is available seven days a week, 10.00am to 10.30pm.

5. Urgent dental services when your dentist is closed

For emergency advice or treatment please call: 0845 345 8995

6.30pm to 9.30pm Monday-Thursday

6.30pm to 10.00pm on Fridays

9.00am to 1.00pm and 2.00pm to 6.00pm at weekends

9.00am to 5.00pm and 6.00pm to 9.00pm on bank holiday weekends and bank holidays.

6. GP surgeries

GP surgeries provide a range of services by appointment, including medical advice, examinations and prescriptions and can give urgent advice between 0800 and 1830 Monday to Friday. Check with your GP practice directly for information.

7. GP out- of- hours

If you think that you may need help from a doctor when your GP is closed, then call NHS 111.

The out-of-hours service provides urgent medical care from 6.30pm to 8.00am on weekdays and round the clock at weekends and bank holidays. Remember to call first before going to an urgent care centre as you will be given an appointment and will avoid an unnecessary wait.

Patients do not need to register for out-of- hours services.

8. A&E / 999

A&E departments should only be used in a critical or life threatening situation.

A&E departments provide immediate emergency care for people who show the symptoms of serious illness or who are badly injured.

Dialing 999 and stating that there is a medical emergency will result in an emergency response vehicle being sent to your location.

And Finally...

Your checklist



Have you got your repeat prescriptions to cover you during holiday periods?



Do you have a well-stocked medicine cabinet? (Please keep

medicines out of reach from children)



Have you had your seasonal flu jab? - If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and heart conditions), you can get a free seasonal flu jab from your GP.



Do you have a thermometer?



Do you know the opening hours of your GP practice and pharmacy?

If you become unwell, **Choose Well!** Remember, a range of NHS services exist to help you get the right care, when you need it.

<p>In an emergency (e.g. serious injury, loss of consciousness, chest pain or suspected stroke), phone 999.</p>
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Where to get further information

NHS Choices

www.nhs.uk

COUNTY and DISTRICT COUNCIL INFORMATION

SOUTH OXFORDSHIRE DISTRICT COUNCILLOR

Anne Ducker 01491 836169 Pearl Slatter 0118 984 5021
Council Offices: Crowmarsh, Wallingford, OX10 8HG 01491 823000
www.southoxon.gov.uk

OXFORDSHIRE COUNTY COUNCILLOR

Kevin Bulmer 35 Springhill Road, Goring on Thames, RG8 0BY
07526 743091 kevin.bulmer@oxfordshire.gov.uk

Council Offices: County Hall, Oxford, OX1 1ND, 01865 792422
www.oxfordshire.gov.uk

POLICE Wallingford Police Station 01235 512929
POLICE PEC – Non-Emergency Calls 101
POTHLES 0845 310 1111

The Goring Heath Newsletter is published by the Parish Council six times a year and is delivered free to every household in the Parish.

To contributors to the Newsletter:-

It would be most helpful if a copy could be submitted to me as a document attachment to email and sent to tim@tpking.me.uk Ed

The views and opinions expressed in this newsletter are not necessarily those of the Parish Council.

Deadline for contributions	Publication month
13th February 2014	March 2014
10th April 2014	May 2014
12th June 2014	July 2014
14th August 2014	September 2014
9th October 2014	November 2014
11th December 2013	January 2015

Printed by: Goring Press, Gatehampton Farm, .Goring-on-Thames
Reading Berkshire RG8 9LU Tel: 01491 872555

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LOCAL GROUPS

Chiltern Society Path Maintenance Volunteers	Howard Dell	01494 764149
Goring Heath Bowls Club (Almshouses)	Maureen Jones	01491 681872
Goring Heath Scouts, Brownies and Guides	Doreen Pechey	01491 681236
Goring, Woodcote & District Lions Club	John Bridgens	0118 9842682
Pilates (Friday Morning)	Michele Houston	01491 575205
RG8 Badminton Club	Chris Uden	01491 681263
South Oxfordshire Archaeology Group (S.O.A.G.)	Nancy Nichols	0118 978 7829
Tai Chi and Qigong	Karen Pounds	07867 954786
Tots on the Hill, Baby and Toddler Group	Joe Griffin	07930 411660
Whitchurch and Goring Heath History Society	Chair: Sue Matthews	0118 984 4489
Whitchurch and Goring Heath Twinning Association	David Robinson	0118 984 4142
Whitchurch Hill WI	Frances Strange	0118 984 2162
Woodcote Volunteers (Office Hours 9.30—11am)	Janet Crowther	01491 681171
Yoga	Sarah Dixon	0118 984 4262

Goring Heath Parish Hall : Bookings and Enquiries: Theresa Elsome 0118 984 2056
 email: bnt@waitrose.com