

# GORING HEATH NEWSLETTER

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

**May 2017**

**Issue 157**

Visit us at:

**[www.goringheath.com](http://www.goringheath.com)**

Facebook: search 'Goring Heath Parish  
News'

**Forthcoming Events**

GHPH = Goring Heath Parish Hall

WL = Woodcote Library (CC = Community Centre)

WVH = Whitchurch Village Hall

SJC = Saint John's Church, Whitchurch Hill

**May 2017**

Bowls Club -Every Monday informal roll-ups at 2 pm,

Fridays Roll-ups at 6 pm, Goring Heath Bowls Club

Almshouses p. 7

16 Tues Whitchurch Hill Women's Institute p. 9 GHPH

A talk about 'Chelsea Fringe', a festival of flowers, gardens  
and gardening, 10 am

18 Thurs Whitchurch & Goring Heath History Soc. 8 pm

p. 7 GHPH

27 May Whitchurch Hill Village Fete, 2 pm Recreation Ground

**June 2017**

11 Sat Farm Open Day Combe End Farm, P. 11 + 15

15 Thurs Whitchurch & Goring Heath History Soc. 8 pm GHPH

20 Tues Whitchurch Hill Women's Institute, 10 am GHPH

**July 2017**

18 Tues Whitchurch Hill Women's Institute, 10 am GHPH

20 Thurs Whitchurch & Goring Heath History Soc. 8 pm GHPH

## **Chairman's Comments**

I am pleased to say that a couple of issues that have been concerning the parish council for some time are now being settled.

The War Memorial restoration and improvement project is now progressing very well, in that we have now been promised all the money that is required, the contract has been placed with the stone masons and we should be on target to have the work all done by November this year. I am pleased to say that there have been some very generous donations by local residents which means that we will be completing the project without needing any contribution from the Parish Council.

The question of the bus service has been a major issue over the last year, following the withdrawal of the subsidy by the County Council. With Whitchurch, we agreed to fund the 143 service, and accordingly raised the precept to do so. I am pleased to say that the Going Forward Bus company of Goring, which is an enthusiastic Community Interest Company, is starting a service in early May which will also serve Crays Pond, running to Reading via the A4074 and Caversham. The operator does not anticipate needing a subsidy, but we will be doing everything we can to support this service for the benefit of us all.

April marks the start of a new year for the parish council, so I conclude by thanking my fellow parish councillors and Caroline, our Clerk for everything they have done in the last 12 months. I would also like to thank everyone who joins in with anything that goes on here in our parish, whether it's the fete, the garden show, the twinning, the theatre shows, the bus campaign, the parish hall quiz or anything else, and of course a special thank you to those people who come forward to organise these things.

Peter Dragonetti

**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.



<b>Premises and application details</b>	<b>Parish Council</b>	<b>S.O.D.C.</b>
P17/S0010/HH Cherry Cottage Hill Bottom Whitchurch Hill RG8 7PU New outbuilding with pool	No Objections	Permission
P17/S0035/FUL The Studio Crays Pond RG8 7QE Proposed alterations to existing dwelling including demolition of existing extension and conservatory and proposed new dwelling on existing garden space	Should be Re- fused	Refused
P17/S0099/HH Harptree Hill Bottom Whitchurch Hill RG8 7PT Demolition of existing garage and erection of new side extension garage	No Objections	Permission
P17/S0101/HH South View Hill Bottom Whitchurch Hill RG8 7PT Two storey side addition with internal al- terations to existing cottage	No Objections	Permission
P16/S4199/HH 7 New Buildings Goring Heath Road Whitchurch Hill RG8 7PW Two storey side extension and porch	No Objections	Permission
P17/S0415/HH Laundry Cottage Reading Road Goring READING RG8 0LL New Extensions to form Kitchen, Utility and Study/Bed	Should be Re- fused	Permission

**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.

Premises and application details	Parish Council	S.O.D.C.
P17/S0521/FUL 4 Airey House Bridle Road Whitchurch Hill RG8 7PR Variation of Condition 2 (approved plans) on application ref. P13/S3862/FUL (Erection of a two storey 5-bedroom detached house and attached double garage) for addition of front dormer window over attached garage.	No Objections	Permission
P17/S0770/HH Brambles Hill Bottom Whitchurch Hill RG8 7PU Erection of a single storey rear extension	No Objections	
P17/S1136/HH Oak Cottage West Path Hill Goring Heath RG8 7RG Replacement single storey side porch	No Objections	
P17/S1173/FUL The Studio 1 Crays Pond Crays Pond RG8 7QE Proposed alterations to existing dwelling including demolition of existing extension and conservatory and proposed new dwelling on existing garden space.	Should be Re-fused	

## New to the Newsletter

The Newsletter is starting a 'Free to a good home', 'For Sale' and 'Wanted' section. If you are looking to pass on or acquire any items, big or small, then email a short description to [goringheathnewsletter@gmail.com](mailto:goringheathnewsletter@gmail.com)

**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 at:

[goringheathnewsletter@gmail.com](mailto:goringheathnewsletter@gmail.com)

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



## In the .....



The Parish Council have been receiving complaints about dog fouling in our parish.

At some expense, the Parish Council provided a dog waste bin at the end of Hods Lane, opposite Bec Tithe. However, the lane, which is well used by dogs and their walkers is still befouled by dog waste.

While most dog walkers are responsible, those who don't clear up after their dogs are very antisocial.

The best thing is to pick up the waste and put it in a dog waste bin, or your black waste bin at home. Or, If you are not in a farmer's field, get the waste off to one side, off the path.

One of the worst thing you can do is to pick it up and then hang the bag from a hedge and equally bad is leaving the bag on the ground. If you have gone to the effort of picking it up, please take it home.

If you leave the bag behind , who you do you think is going to clear it up, the fairies?

Peter Dragonetti

## Fundraising activities for Sue Ryder Care

The Sue Ryder Charity provides support for people living with conditions such as cancer, heart failure or lung disease. The Charity are encouraging people to support them by raising funds for them in a variety of different ways such as hosting a BBQ, holding an 'Open Garden' or a 'Cake Off'. They will also be holding a 'Forget-me-Not' walk on Sunday 14th May in the gardens of the Englefield Estate. For more details please contact [hannah.griffiths@suerydercare.org](mailto:hannah.griffiths@suerydercare.org)

The poster is blue with white and yellow text. It features the Sue Ryder logo in white script, followed by 'Duchess of Kent Hospice' in small white text. To the right, it says 'Proudly supported by' above the Hitachi logo and 'Inspire the Next'. The main title 'Forget - Me - Not walk at Englefield Estate' is in large, bold, white letters. Below this, it says 'A special walk to remember - Child: £5.00 Adult: £10.00 Family Ticket: £25.00' and 'Sunday 14 May - 5km and 10km routes available'. At the bottom left, it says 'incredible hospice and neurological care' and at the bottom right, it gives the website 'www.sueryder.org/forgetmenotwalk'.

**Sue Ryder** Duchess of Kent Hospice

Proudly supported by **HITACHI** Inspire the Next

**Forget - Me - Not walk at Englefield Estate**

A special walk to remember - Child: £5.00 Adult: £10.00 Family Ticket: £25.00

Sunday 14 May - 5km and 10km routes available

incredible hospice and neurological care

[www.sueryder.org/forgetmenotwalk](http://www.sueryder.org/forgetmenotwalk)

## **Whitchurch & Goring Heath History Society**

Come and join us for our Members' meeting on Thursday 18th May which will be held at Goring Heath Parish Hall (in Whitchurch Hill) and will start at 8pm.

Several local topics will be presented, and then the venues for the summer outings in June and July will be discussed. Please come and make your views known.

**Vicky Jordan**

## **Goring Heath Bowls Club (Almshouses)**

The bowls club is back in action and looking for more members. Our season started on 21<sup>st</sup> April with our 6pm Friday roll-up and will continue with roll-ups, matches and in-house competitions till September. We now have our own website where you can read more about us: [www.goringheathbowls.weebly.com](http://www.goringheathbowls.weebly.com)

By the time you read this, we will also have played our first real match, against Goring. We play them each year for the Musketeers' Cup, in memory of the three Almshouses residents who founded the club. Goring sadly won it last year. Well, we were sad even if they weren't.

We have an active membership, but some members have moved away since last year, so we would be delighted to welcome new faces. Bowls is good fun and you don't have to be super-fit or super-skilled to enjoy it. If you'd like to try, or just watch, we have an informal roll-up at 2pm each Monday or 6pm each Friday. We have spare bowls you can try out.

Alternatively, you can contact us via the website or by phoning our captain, Daphne Walker on 01491 682154 or vice-captain, Maureen Jones, on 01491 681872. Come and join us.

**David Watson**

## Goring Heath Newsletter

To continue regularly receiving your favorite reading material, a new volunteer is needed to be the main distributor of the Goring Heath Newsletters to the individual distributors around the parish.

Please contact Theresa at [bnt@waitrose.com](mailto:bnt@waitrose.com) or telephone 0118 9842056 - to find out how little is involved!

### Having a Party ?

Don't forget you can hire cutlery, glasses, plates, catering teapots, good folding chairs and tables from Goring Heath Village Hall at competitive prices and nice and local.

Contact Theresa at [Bnt@waitrose.com](mailto:Bnt@waitrose.com)



## Free compost giveaway!

Come and join us to fill your box, bag or container with locally produced compost for free – and don't forget your shovel.\*

\*A maximum of 4 containers per person will be applied.

**Saturday 13 May 9.00am – 11.00am**

Old South Oxfordshire District Council Car Park, Benson Lane,  
Crowmarsh Gifford OX10 8ED

**Sunday 14 May 9.00am – 11.00am**

Rye Farm Car Park, Culham Road, Abingdon OX14 3NN



Free recycling goodies



Pick up kitchen caddies  
and liners



50% off compost bins,  
now only £10 (cash)



## WHITCHURCH HILL WOMEN'S INSTITUTE



Our first Charity effort for this year was a coffee and cakes morning at the Art Cafe in Whitchurch on Thames, in March. We shall be donating £250 from this to Helen and Douglas House – hospice care for children and young adults.

This month we shall have our 64<sup>th</sup> Birthday buffet lunch with musical entertainment, and in May we shall be hearing about the splendid efforts put in by the founders of “Chelsea Fringe” a festival of flowers, gardens and gardening .

Looking ahead to June, when we shall have our annual trip – this year to the Savill Garden in Windsor, and our speaker in July will tell us about “The Oregon Trail – 1840-1860” More interesting speakers are booked for the months ahead, as well as several charity and social events - come and find out what we do.

We have regular business meetings with speakers on a variety of subjects, and most months we also have a social (walk and pub lunch) or craft morning and other events – usually on the first Tuesday of the month. Guests are welcome. Our meetings are held on the third Tuesday of the month, except for December and August, at Goring Heath Parish Hall RG8 7NY at 10am, For information please contact Patricia Dent –email : [pmdent@btinternet.com](mailto:pmdent@btinternet.com) or telephone 0118 984 1696

### **M4 Junctions 12 to 13: Bridge Refurbishment – Update**

The next weekend closure of the M4 is planned from 9pm on Friday 12 May through to 6am on Monday 15 May 2017\* (57 continuous hours), with a contingency weekend proposed for Friday 2 to Monday 5 June 2017.

Dark Lane and Ashampstead Roads roads are expected to remain closed until Tuesday 6 June\*. It is advised that you to allow an addition 30 to 40 minutes for your journey

For more information Phone: 0300 123 5000 □ Email: [info@highwaysengland.co.uk](mailto:info@highwaysengland.co.uk) Web: <http://roads.highways.gov.uk>

**Goring Heath and Whitchurch Spring Show – 2017**

The Spring Show was held on Saturday, 2<sup>nd</sup> April in the Whitchurch Hill village hall.

As usual, there was a pretty selection of spring flowers as well as other displays of local handiwork. Delicious home made tea and cakes were ably served by Chris Bergman. At the end of the show Peter Dragonetti gave a closing speech and paid tribute to Tony Voysey, a longstanding show supporter who died recently. The afternoon closed with the raffle being drawn and both the entrants and visitors left happily with their prizes. Well done to all the prize winners!

**The Winners of the Trophies are as follows:**

Betty Hayter Memorial Cup for most points in Flowers Section :  
Ann Lewis

Floral Arrangement Trophy: Liz Gibson

Art Trophy: Liz Gibson

Handicraft trophy: Judith Johns/Liz Gibson

Arts and Crafts Trophy: Liz Gibson

Egg Cup: Sarah Dragonetti

Baking and Preserves Cup: Sue Sexon

Photography Cup: David Pearson

Douglas Allardyce Memorial Rose Bowl for most outstanding exhibit in Flowers and Vegetable Section: Sarah Dragonetti for her vase of narcissi

Children's Cup: Woody Taylor

Whitchurch Hill Trophy for most points overall: Liz Gibson

## Letters page

### Fireworks

Since the invention by the Chinese several centuries ago Fireworks have been an integral part of Joyous Festivals and Celebrations across the globe.

Displays are held to enrich Religious, State and local events throughout the year. Celebrations include Jubilees, Weddings, Charity events, Birthdays, and Anniversaries to name but a few.

In our area local Schools, Pubs, Golf courses etc, regularly attract large crowds who enjoy these events.

Perhaps the biggest Global Firework event occurs each year at the stroke of midnight on the 31st December to welcome in the New Year. In our local community many people like to celebrate this annual event, either with a small group of friends and family or by attending larger organised events and long may it continue.

Guidelines relating to Fireworks can be found at: <http://www.saferfireworks.com/family/index.htm>

(A Long term resident & pet owner - Name Supplied)

You can get in touch by emailing [goringheathnewsletter@gmail.com](mailto:goringheathnewsletter@gmail.com)

### **Farm Open Day**

**Nettlebed Farming Club & the Hatt family invite local people to come for a walk around Coombe End Farm, on Sun 11 June between 12 & 4 pm.**

**You can see & talk about our cattle, crops & countryside, and farming in general, with a cup of tea & bun to finish.**

**Donations for Helen & Douglas House, Oxford.  
Merriccroft Farming, Combe End Farm, Goring Heath, RG8 7TA  
Tel: +44 (0) 118 984 3121**



## **HAVE YOU GOT THE BOTTLE?**

To all those generous people who donate bottles to The Bottle Stall at the Fête, we shall start the collection approximately two weeks before Fête Day on 27th of May.

## **Pangbourne Tennis Club News**

It's the start of a new season!!

Pangbourne Tennis club are looking for new members. We are a small and friendly club with an active programme of coaching and a regular Tuesday Club Night. We have teams in the local leagues, and a really lovely clubhouse! All levels and abilities very welcome.

Please contact Louise on 0118 984 5265 for further details.

Our popular 10 Week Junior Coaching Course with Damian Lane Begins on Friday 28<sup>th</sup> April 2017. Please contact Claire on [Claire@familywoods.net](mailto:Claire@familywoods.net) for further details.

We will also be running an Adult Coaching Course with Damian Lane on Tuesdays from the 2<sup>nd</sup> May 2017. There may still be places available, why not ring and find out? The good news is that this popular course will be followed by....

Club Night every Tuesday evening for all members!  
New and prospective members particularly welcome.

Please contact Claire or Louise as above.

Looking forward to seeing you!!

## **This Year's Fete – Saturday May 27th**

The Village Fete starts at 2 p.m. and continues through the afternoon. We have a wide range of attractions lined up for your enjoyment – stalls offering a variety of items, cakes, BBQ, refreshing drinks, traditional fairground style entertainments including the ever popular Swingboats and Revolving Cups, Punch & Judy, a Concert Band, Children's Races, Kid's Corner, a Fun Dog Show, Tombola, a Raffle with a superb range of prizes, and more besides.

To help plan your day, you'll find an outline timetable for both the main event and the Fun Dog Show in our advertisements in this edition. Raffle tickets will be on sale, so 'buy early, buy often' to boost your chances of winning! Relax over a tea, or a drink from the bar. Enjoy the Concert Band, and take part in the events. Buy some plants for your garden, fresh produce from the Allotments Stall, learn about the History of the area, win a coconut at the Shy – sounds good, doesn't it!

If you are driving (or have friends who plan to drive) to the venue, there's ample parking in the nearby Castrol Car Park - just follow the 'Car Park' signs - it's only a short walk from there to the Recreation Ground. If you park in the nearby roads, please bear the residents in mind, and also ensure you aren't blocking access for emergency vehicles, buses and the like.

And as always, please bear 'SAFETY' in mind - guard against the burning sun, don't get de-hydrated, keep an eye on children, watch out for moving vehicles, be they on road, path or field, and if in doubt, just ask any of the team.

So, a fun day is planned – all we need is good weather, and above all YOU! Please come along, it promises to be an enjoyable day, and we in the Organising Team look forward to welcoming you.

**The Wallingford Festival of Cycling—16th July**

The Wallingford Festival of Cycling will be taking place on Sunday 16th July from 8 am until 6 pm. There will be a number of races, Community Rides, Town Centre racing and other interesting bike events, and the Junior (16—18 year olds), Men's and Women's races are being held on the same day.

The route for the races are shown below. Traffic management, proposed road/rolling road closures and diversion plans will be put in place nearer the time.

**Chiltern Walking Festival—15th –29th May**

There are 86 very interesting and varied walks happening around our area and a little further afield between the 15th and 29th May, including:

- **Pub walks, meet-the-producer** walks and **foraging** activities
- **Iron Age Hillfort** walk followed by an **Iron Age feast** at a local pub!
- **Wildlife** spotting walks, **artists** walks, and **history/heritage** walks
- Guided **electric bike tour** with a picnic lunch from Henley, taking in Chiltern Valley Winery & Brewery, Hambleden Valley, Turville and Warburg Nature Reserve
- **Boat one way** with Hobbs of Henley, enjoy a guided walk back along the Thames path

For more information visit [www.visitchilterns.co.uk/walkingfest](http://www.visitchilterns.co.uk/walkingfest)

## **Farming in the Goring Heath Parish**

Doubtless many people will have noticed that Goring Heath Horse Trials moved their cross country course from Copyhold Farm onto our field next to the Oratory Prep School. This came about as Copyhold no longer wished to host it, so we offered our field as an alternative. It also means less coming & going along the road near Copyhold Farm during the Events.

The event is held twice a year, (April & September), and the Cottam family, who organise it take great care to try & keep everyone happy - not easy!

From our point of view, with the uncertainties of "Brexit", and our previous DEFRA environmental stewardship scheme finishing last year, we felt it was an opportunity not only to help the Horse Trials, but give us another "enterprise" on the farm. We do not know if & how government will support farming post 2020, or which way the prices of our farm produce will go, so keeping our business diversified seems sensible.

Currently we have our Beef "suckler" herd (cows produce & rear one calf each per year) and we also buy in & rear calves ("stores") for specialist farms to then "finish" for buyers such as Waitrose. Some of our grass is cut for hay, haylage & silage for the cattle & sale. Our arable fields are cultivated by a larger local farming co-op, as their big machinery can do it much more efficiently.... except the EU has imposed a "3 Crop Rule" on us which means our 50 hectares, which used to have a 3 different crops on a 3 year cycle, now has to be split into 3 different crops each year - highly inefficient. In fact we also have a 4th arable crop, Elephant Grass, but this is perennial, so doesn't count! We have long tried to enhance our countryside by laying & coppicing hedges, untreated grass margins around our crop field, tried to encourage Stone Curlews to come across the valley from the Berkshire Downs (without success after 15 years!) but we have successfully established nearly 100 wild flowers & plant species from Hartslock seeds, to create a small chalk wild flower & grassland plot.

As mentioned elsewhere, you are welcome to come & visit us on **Open Farm Sunday** , 11 June, between 12 & 4 pm.

Jon Hatt, (Merricroft Farming)

# WHITCHURCH HILL VILLAGE FETE

## Outline of the Day

Start Time is 2PM

☀ Stalls, Food, Drinks & Refreshments, Band, Kid's Corner,  
Attractions & Entertainments – continuous through the  
afternoon ☀

### Events: Guideline Times

2:15 Punch & Judy Show

2:30 Fun Dog Show

3:30 Children's Race

4:00 Punch & Judy

4:30 Raffle Prize Draw

5:00 Egg Throwing & Close



*'A Fun Day out for all the Family!'*

## Saturday May 27<sup>th</sup>

Whitchurch Hill Recreation Ground



# **WHITCHURCH HILL VILLAGE FETE**

## **Fun Dog Show**

**Enter the show on the day: £3 a class – Go to The Smiling Dog Company Marquee near the main gate**

**Pre-enter the show by May 24th for a discounted cost of £2.50 a class – just e-mail to [charley@thesmilingdogcompany.com](mailto:charley@thesmilingdogcompany.com)**

**Classes start at 2:30pm**



- **Best Young Handler**
- **Waggiest Tail**
- **Most Handsome Dog**
- **Prettiest Bitch**
- **Best in Show**



**Rosettes to 6<sup>th</sup> Place! And the legendary Golden Bone for Best in Show!**

***PLUS! New to the Fete – Have a go at Dog Agility! Available from 3:45PM. No need to book but feel free to email Charley if you want to know more***

***'A Fun Day out for all Dogs!'***

## **Saturday May 27<sup>th</sup>**

**Whitchurch Hill Recreation Ground**



**Curtains,  
pelmetts,  
roman blinds,  
tiebacks,  
cushion covers etc  
at competitive prices,  
including measuring  
and hanging service.**

**call Caroline on  
01189 542448  
or  
07815 610007**

## **Laurence Hansen**

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07792477784 [info@thewoods.myzen.co.uk](mailto:info@thewoods.myzen.co.uk)  
Wood View, Reades Lane, Gallowstree Common

## **Friends and Family Test - what is it?**

The Government is asking all General Practices their patients' opinion as to the quality of care they are receiving. This has resulted in the '**Friends and Family Test**', introduced in December 2014. The Practice is contractually advised to ask one 'compulsory' question - "Would you recommend this Practice to your friends or family?" All Practices can then add a second question of their choice. Patients can also raise issues that they may not wish to make a formal complaint about but about which they are unhappy.

Each Practice HAS to report back to the Government the number of these forms that are filled in - but they don't enquire about the answers given! All forms are, however, looked at carefully and the answers collated for the Practice's benefit.

Patients can, of course, always send in any comments or concerns to Julia Beasley, Practice Manager email [juliabeasley@nhs.net](mailto:juliabeasley@nhs.net) direct dial 01491 870230 or call in and see her at the Goring Surgery (or at the Woodcote Surgery by arrangement).

The Patient Participation **Group for the Goring and Woodcote Medical Practice**

## **STUARTS HOME DECORATING & PROPERTY MAINTENANCE**

***INTERIOR & EXTERIOR HOME DECORATION,  
TILING, BRICK & PATIO STEAM CLEANING  
& REPOINTING, GUTTER CLEARANCE &  
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**FULLY INSURED  
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**FOR A FREE QUOTE  
TELEPHONE STUART ON WOODCOTE  
01491680211 - Mob 07976431697  
Email- [nozey@parker1967.fsnet.co.uk](mailto:nozey@parker1967.fsnet.co.uk)**

**Senior Strength Training Circuit**

As we grow older our body naturally starts to change and slow down. Our muscles lose mass, ligaments and tendons get stiffer, bones become less dense and more fragile, our heart is less able to send blood quickly around our body and our metabolic rate slows. All of these changes can have significant effects on our physical health and ability to go about our daily lives. Older people are susceptible to health conditions such as osteoporosis, arthritis and diabetes as well as falls and fractures. Although these changes are inevitable with age, sedentary lifestyles and unhealthy choices like smoking and a poor diet can accelerate these changes.

But it isn't all doom and gloom! Research has shown that long term regular exercise can help counteract the effects of ageing and reduce the risk of developing conditions such as high blood pressure and heart disease. Strength training exercises are particularly important to keep our muscles healthy and strong and keep us able to do the things we enjoy for longer.

A circuit of strength training exercises can have many positive effects such as:

- Improving muscle and joint strength and flexibility
- Reducing stress on bones Reducing pain and stiffness
- Improving cardiovascular fitness
- Burning calories
- Increasing metabolism
- Improving mood
- Improving sleep Increasing confidence

South Oxfordshire District Council's Go Active Gold scheme is introducing a new Senior Strength Training Circuit class for people over 60 in Goring Heath.

**Stretch and Meditation**

With Ann & Michell

**Tuesday evenings- Goring Heath Parish Hall Whitchurch Hill**

**6.15-7pm strength/stretch/meditation**

An enlightening experience through body and mind. As we strengthen and relax our body through stretch leading one into a beautiful meditation.

*£8 per session*

Contact email michelle.[asyouwish@gmail.com](mailto:asyouwish@gmail.com)

Health and wellbeing for the over 60's

# Senior Circuits

**Goring Heath Parish Hall**

Thursdays 11.30 am - 12.30 pm

£4 per class



Improve bone density, balance and fitness!

**To book contact:**

Val Edson on 07931 168038

[val.edson@ntlworld.com](mailto:val.edson@ntlworld.com)



## **Are you being cheated?**

It seems that some unscrupulous employers avoid paying sick pay to people who are too ill to work. They do this by using tactics such as taking them off rotas and cutting their wages.

People are entitled to be paid if they are off work for four working days or more and earn more than £112 a week.

Tactics often used by employers include:

- Cancelling staff shifts after they call in sick, so that it looks as if they aren't intended to be working;

- Reducing staff members' working hours so they don't meet the £112 threshold;

- Saying that a GP's note is needed for even a few days off. In fact, people can actually self-certify for up to seven days.

*Statutory Sick Pay* is the Government's minimum level of pay for employees who are absent from work due to illness. To qualify, the employee must earn at least £112 per week and provide proof of sickness for absence exceeding 7 days. *Occupational Sick Pay* is where an organisation chooses to provide sick pay that is more generous than the statutory minimum.

For further help, visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk), telephone 03444 111 444 or drop in to your nearest Citizens Advice.

### **Oxfordshire Science Festival from Friday 16th—Wednesday 21st June**

Families, adults and kids of all ages can touch clouds, build stars, dance the Universe or watch a contagious cabaret. Make-your-own solar mobile phone charger, hear like an insect, crack cyber security, test drive the future's electric cars and find out what stuff is by exploring quantum field theory.

Did you think that science was hard? Think again. The programme is out in May with events for all. For more information go to:  
[www.oxfordshiresciencefestival.com](http://www.oxfordshiresciencefestival.com)

**Almshouses Sunday Services  
April to June**

11.00 am Sung Holy Communion: **May** 7th, **June** 4th, **July** 2nd

All other Sundays:                      9 am Holy Communion  
   11.00 am   Sung Matins

*All these services are traditional Book of Common Prayer  
The Chapel, Allnutt Alms Houses, Goring Heath, RG8 7RS.*

**St John's Church**

Please help us with cleaning the church; it really only  
requires two “sessions” a month for a couple of  
hours and could be done alternately by two groups of  
three or four people.

If possible, we'd like volunteers to join the Flower Rota as  
well, so do come and let your artistic side show through. It  
would mean flower arranging just one month a year, and  
helping two or three times a year with the Festivals, i.e.  
Christmas, Easter and Harvest Festival etc:

Please contact Theresa on 01189842056 or email  
[bnt@waitrose.com](mailto:bnt@waitrose.com) and thank you, in anticipation.

## **Pea sticks and bean poles**

Locally grown and cut pea sticks and bean poles are now available. Pea sticks are essential for putting in amongst taller plants like delphiniums to keep them supported, as well as being perfect for sweet peas and, in the vegetable garden, peas and mangetout. Bean poles are essential for runner beans, and are also excellent for growing climbing french beans, so much easier than the dwarf variety.

Please contact Martin Wise by email or phone, contact details on the back cover.

# **The Whitchurch & District Theatre Club**

**Organiser: Christine Martin**

**“Sonia”, Goring Heath Road, Whitchurch Hill, RG8 7PG**

**Tel: 0118 9844252 e.mail [whitchurchtheatreclub@gmail.com](mailto:whitchurchtheatreclub@gmail.com)**

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

**Salisbury, Cheltenham, Oxford, Stratford and Chichester, amongst others, are often visited. Major London venues and productions. Mainly matinees in the week, but sometimes evening performances and weekends. Trips away. Tickets purchased at group/concessionary rates.**

**Coaches depart from Pangbourne.**

**For our forthcoming programme please check the Whitchurch-on-Thames Website. Subscriptions £10 per annum but £8 if paid online.**



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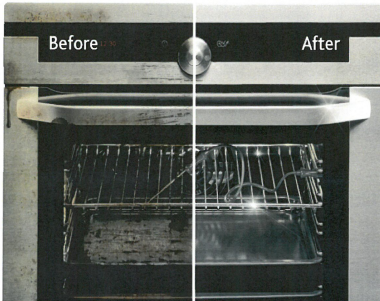
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### **GORING HEATH NEWSLETTER FACEBOOK PAGE**

Just another reminder to take a look at the Goring Heath Newsletter Facebook page, if you aren't already checking in with it. It will contain some useful information that arrives too late to be included in the printed newsletter, as well as forthcoming events, pictures, comments and suggestions from residents.

If you haven't already done so, please head over to Facebook, search for 'Goring Heath Parish News' and Like us to ensure you are kept up to date with any new information that we put on there.

If you'd like to publish any news or advertise any events on the Facebook page, please contact the editor at:

[\*\*goringheathnewsletter@gmail.com\*\*](mailto:goringheathnewsletter@gmail.com)



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# THamesMOVE

Goring Heath

## New way to sell in Goring Heath

Thamesmove is a new local online estate agents serving Goring Heath, Whitchurch Hill and Crays Pond along with the other villages in the RG8 postcode area. It is run by Tom Shaw and his partner who have lived in the local area for the last 18 years.

*"Thamesmove is a hybrid estate agent. We keep our fees low by not operating high street premises, however we provide the same local and personal focus that you find with a high street estate agent."*



## HD video is a powerful way to sell your home

HD video holds the attention of buyers and tenants for much longer which allows us to sell all the features of your home together with the lifestyle that comes from living in Goring Heath and being part of the local community.

We attach the video along with floorplans and photos to your premium property listing on Rightmove, Zoopla and PrimeLocation. Properties with an HD video tour generate more views and have higher levels of enquiries. This ultimately leads to more interest and helps us to secure the highest possible price for your property.

We provide you with a dedicated sales negotiator to chase up buyer leads and a sales progressor to help ensure your property proceeds to completion as smoothly as possible.

**TIP.** Many local estate agents no longer advertise on Zoopla and PrimeLocation which account for around 30% of all buyer visits.

# Sell your home for 0.5%

### Launch offer

To help us become established within Goring Heath, we are offering to sell your home for 0.5% including a free premium listing and presenter led HD video tour.

What's more, to give you added confidence this offer is without any tie in period so if you are not entirely satisfied with the service you are receiving, you can walk away at any point without incurring any fees.



Please call us now to arrange  
a free valuation  
**01491 580 165**



Free HD Video Tour

Sell the lifestyle. Maximise enquiries



**May 2017**

## **Goring Heath NEWS**

### **COUNTY and DISTRICT COUNCIL INFORMATION**

#### **SOUTH OXFORDSHIRE DISTRICT COUNCILLOR**

Robert Simister      Yew Tree Cottage, Harpsden Bottom, Henley on Thames, RG9 4HS  
01491 576352      [robert.simister@southoxon.gov.uk](mailto:robert.simister@southoxon.gov.uk)

**Council Offices:**      135 Eastern Avenue, Milton Park, Milton OX14 4S  
See below for dept. phone contacts      [www.southoxon.gov.uk](http://www.southoxon.gov.uk)

#### **OXFORDSHIRE COUNTY COUNCILLOR**

Kevin Bulmer      35 Springhill Road, Goring on Thames, RG8 0BY  
07526 743091      [kevin.bulmer@oxfordshire.gov.uk](mailto:kevin.bulmer@oxfordshire.gov.uk)

**Council Offices:**      County Hall, Oxford, OX1 1ND  
01865 792422      [www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

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

### **South Oxfordshire District Council New Department Numbers**

- ♦ **Planning -**                      01235 422600
- ♦ **Building control -**      01235 422700
- ♦ **Environmental health, food and safety -** 01235 422403
- ♦ **Licensing -**                      01235 422556
- ♦ **Elections -**                      01235 422407
- ♦ **Car parks -**                      01235 422417
- ♦ **Community safety -** 01235 422590
- ♦ **Street naming and numbering -** 01235 422344

### **EMAIL ADDRESS FOR NEWSLETTER**

You can get in touch with the Goring Heath Newsletter by emailing:  
[goringheathnewsletter@gmail.com](mailto:goringheathnewsletter@gmail.com).

This is for any queries, correspondence, feedback and copy submissions. ,  
This will remain constant, even if the editor doesn't!

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 copy could be submitted to the editor as a document attachment to email and sent to [goringheathnewsletter@gmail.com](mailto:goringheathnewsletter@gmail.com)

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

Deadline for contributions	Publication month
8th June 2017	July 2017
10th August 2017	September 2017
12th October 2017	November 2017
14th December 2017	January 2018

## LOCAL GROUPS—CONTACT DETAILS

Chiltern Society Footpath Representative	Liz Collas	01491680466
Chiltern Society Path Maintenance Volunteers	Howard Dell	01494764149
Goring Heath Bowls Club (Almshouses)	David Watson	01189842174
	<a href="http://goringheathbowls.weebly.com">http://goringheathbowls.weebly.com</a>	
Goring Heath Parish Charity	Chris Whatmore	01189844022
Goring Heath Scouts, Brownies and Guides	Doreen Pechey	01491681236
Goring Thames Sailing Club	Jennie Wood	01491875619
Pilates (Friday Morning)	Michele Houston	01491575205
RG8 Badminton Club	Julie Drury	01491681654
South Oxfordshire Archaeology Group (S.O.A.G.)	Nancy Nichols	01189787829
Tai Chi and Qigong	Karen Pounds	07867954786
Tots on the Hill, Baby and Toddler Group	Emily Dalton	01189844714
Whitchurch Hill Camera Club	<a href="http://www.whitchurchhillcameraclub.com">www.whitchurchhillcameraclub.com</a>	
Whitchurch and Goring Heath History Society	Chair: Sue Matthews	01189844489
Whitchurch and Goring Heath Twinning Association	Vicky Jordan	01189843260
Whitchurch Hill WI	Frances Strange	01189842162
Woodcote Volunteers (Office Hours 9.30—11am)	Elizabeth Harrap	01491681171

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email: [bnt@waitrose.com](mailto:bnt@waitrose.com)

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**May 2017**

# **Goring Heath NEWS**

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