

# November 2017 Issue 160

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# **Forthcoming Events**

GHPH = Goring Heath Parish Hall

WVH = Whitchurch Village Hall

WL = Woodcote Library (CC = Community Centre)

SJC = Saint John's Church, Whitchurch Hill

### **November 2017**

- 4 Sat Sun Pub Bonfire and fireworks (p14)
- 7 Tues WI Walk & Lunch—Greys Court and Gardens/Maltsters Arms p.9

| p.9      |  |       |
|----------|--|-------|
| 12 Sun   | Remembrance Service & Rededication of War Memorial   | (p.5) |
| 14 Tues  | Going Forward Buses—Feedback session, 8 pm (p. 12)   | GHPH  |
| 16 Thurs | Whitchurch and Goring Heath History Society— (p.6)   | GHPH  |
|          | Talk on 'Beer, Sausages and Marmalade' 7.30 for 8 pm |       |
| 18 Sat   | Whitchurch and Goring Heath Twinning Association     | WL    |
|          | Fundraiser Coffee morning 10—12.30 (p.6)             |       |
| 18/19    | Sat/Sun—Art and Craft Exhibition (10—5 (p.12)        | WVH   |
| 21 Tues  | Whitchurch Hill WI, 10 am Business meeting           | GHPH  |
|          | and Talk on Reflexology (p.9)                        |       |

### December 2017

| 5 Tues | WI - Craft demonstration -Make you   | ur own Christmas | GHPH |
|--------|--------------------------------------|------------------|------|
|        | decorations (p.9)                    |                  |      |
| 6 Wed  | Langtree School Senior Citizens Part | ty 1.30—4 pm     |      |
|        | (Langtree School, p. 8)              |                  |      |
| 17 Sun | Service of Nine Lessons & Carols     | 5 pm             | SJC  |

### January 2018

| January 2016 |   |      |
|--------------|---|------|
| 16 Tues      | Whitchurch Hill WI—Business meeting and Talk on | GHPH |
|              | "The Nabobs of Berkshire" 10 am (p.9)           |      |
| 18 Thurs     | Whitchurch & Goring Heath History Society -     | WVH  |

Members' Evening 7.30 for 8 pm (p.6)

## **Goring Heath Newsletter**

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

Please contact Theresa at <a href="mailto:bnt@waitrose.com">bnt@waitrose.com</a> or telephone 0118 9842056 to find out how little is involved!

# **Goring Heath NEWS**

### **Chairman's Comments**

There seems to be an increasing amount of flytipping in this area, and it was good to read in the Henley Standard that one repeat offender, a 34 year old man. Sam Smith of Grazeley, has been fined £3,500 plus costs for dumping building waste in Mapledurham amongst other places. Recently, some corrugated asbestos, probably from an old garage roof, was dumped at the end of Town Lane. It remained there for some weeks, and when I chased the matter with SODC, who are responsible for clearing flytipping, I learnt that as it was "hazardous" waste, it was the responsibility of Oxfordshire County Council. I only hope that Sam Smith or whoever it was who dumped this asbestos is now suffering from severe asbestosis through the careless handling of this hazardous waste. It was slightly unusual to see this location used for flytipping, as the road that leads off the A4074 from the Pack Saddle towards Goring Heath is the favoured location; in recent months more asbestos, old paint tins, a refrigerator and builders waste have adorned the verges of this lane. In the last week, I saw that the stock in trade of one of those door to door tinkers who appear in Whitchurch Hill every few months had been dumped in the same spot, identifiable even to the exact same holdalls that had been used by one of these men at my door last week.

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SODC have a statutory duty to remove flytipping, and my experience is that generally this is done pretty promptly. There is an easy way to report flytipping, and also to see what else has been reported, via the web site **Fixmystreet.com**. An app is also available for the phone, so a photo can be taken and a report can be made on the spot. Fixmy-Street can also be used to report potholes and many other things, and it is also possible to see how many reports are outstanding, in other words, incidents that have been reported and have not been not fixed. In South Oxfordshire, there are 400 outstanding flytipping incidents, and 242 that have been "fixed." But perhaps we should not believe everything we read on the web, as some of the outstanding incidents are 10 years old!

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 <u>written</u> confirmation from S.O.D.C.



| Premises and application details   | Parish<br>Council         | S.O.D.C.   |
|--|---------------------------|--|
| P17/S2382/AG Butlers Farm Goring Heath Road Whitchurch Hill RG8 7PN Portal framed barn for field storage of animal fodder.   | No Objections             | Plan-<br>ning<br>Permis-<br>sion not<br>required |
| P17/S2546/FUL Field View House Hill Bottom Whitchurch Hill RG8 7PT Variation of condition 2(approved plans) of planning permission P16/S2767/FUL to vary the plans by relocating the garage and adding a balcony. Demolition of existing dwelling and erection of replacement two-storey 5-bedroom dwelling and detached two-bay garage and garden store | No Objections             | Permission                                       |
| P17/S3071/HH Elm Cottage Goffs Hill Crays Pond<br>RG8 7QD<br>Extension to garages and stores.  | No<br>Strong<br>Views     | Permission                                       |
| P17/S2568/HH Woodside House (Plot 2) Bridle<br>Road Whitchurch Hill OXON RG8 7PS 2 new roof-<br>lights.  | No Objections             | Permission                                       |
| P17/S3276/HH The Old Village Inn Goffs Hill Crays<br>Pond RG8 7QD<br>Proposed rear single storey projection and internal<br>remodelling of an existing residential dwelling  | No<br>Strong<br>Views     |  |
| P17/S3378/HH Woodside House (Plot 2) Bridle<br>Road Whitchurch Hill RG8 7PS Resubmission of<br>Application. Three new roof lights  | No<br>Strong<br>Views     |  |
| P17/S3282/O Cherry Cottage Hill Bottom<br>Whitchurch Hill RG8 7PU<br>Erection of three new dwellings with detached garages and new accesses off the highway.   | Should<br>be re-<br>fused |  |

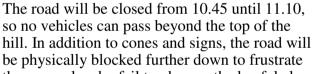
# **Goring Heath NEWS**

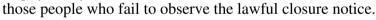
### **Planning**

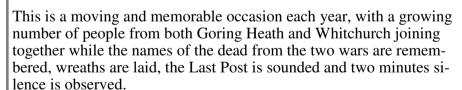
We would also like to point out that No Strong Views is one of only three choices that SODC gives the parish council. It should not be read as illustrating tacit approval of an application. More often than not this choice is supplemented with specific comments from the parish council highlighting areas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

## War Memorial and Remembrance Sunday

The 12<sup>th</sup> of November is Remembrance Sunday, and in addition to the service of Remembrance at the War Memorial from 10.45 am, we will also be rededicating the War Memorial, as by then it will be restored to its original glory, the column at full height surmounted by a celtic cross, all in Portland Stone. The entire memorial will also have been professionally cleaned.







Everyone is welcome to come.

There is parking in the road, but please pass through our road closure points before 10.45.



## Whitchurch & Goring Heath History Society

On Thursday November 16<sup>th</sup> we welcome back Liz Woolley, a local history tutor and researcher into Oxfordshire's history. This time we'll hear about the "Beer, Sausages and Marmalade" that make up Oxford's claim to epicurean fame. The meeting will take place at Goring Heath Parish Hall at 8pm, coffee from 7.30pm.

We have no meeting In December, but return to the Village Hall in Whitchurch for a Members Evening on Thursday January 18<sup>th</sup> 2018. We'll discuss the many questions we've been asked, especially by the Victoria County History, and there will be a chance to present research by members on our local history. The meeting starts at 8pm, coffee from 7,30pm. Our 15<sup>th</sup> February meeting will offer the chance to study historic maps of Oxfordshire, with a talk by John Leighfield

All meetings are open to non-members at £3, coffee and biscuits included.

Vicky Jordan

### Whitchurch & Goring Heath Twinning Association

We're looking forward to our visit to La Bouille, near Rouen in Normandy, in May next year when we will celebrate our 40<sup>th</sup> year of twinning. We will be raising funds for this at the Coffee Shop, next to the Library, in Woodcote on Saturday 18<sup>th</sup> November, 10—12.30, when we'll also raffle a hamper of French food and wine.

Vicky Jordan

# **OWL Our Woodcote Library**

It's three years since volunteers were first introduced into the library, and some of the original group find that their circumstances have changed, and they cannot continue. We thank them for all the devoted work they have done. The article in the Woodcote Correspondent asking for new volunteers has encouraged several people to come forward and they will now join us after some training.

A successful coffee shop last month raised £135 for OWL.

Vicky Jordan

### Letters page:

### Our new bus service – Use it or lose it!

All of us in the Goring Heath and Whitchurch on Thames parishes should be grateful to **Going Forward** for stepping in and providing us with a new bus service. But unless all of us make a greater effort to use it we are in very serious danger of losing it.

Whatever your age or circumstances and whether or not you have transport of your own we all need to look to the future and support this vital service. For many people the bus is a lifeline without which their lives would be devastated. Any one of us could, at some time or other, find ourselves in this position. If you are in possession of a pensioner's bus pass but are fortunate enough still to have your own transport and do not therefore use the bus, you can't afford to be complacent. You never know when your circumstances might change and when they do the bus might well have long gone.

For those of you of a younger and fitter age please spare a thought for others. Also think about your own future. There are countless reasons why you too might one day need to use the bus, such as your car being temporarily out of service; loss of licence due to an infringement; an incapacitating condition such as a broken limb; other medical or age related conditions such as failing eye sight; and so on. One lady who last year injured her wrist and could not drive for 4 months recalls how, thanks to the bus, she was able to retain her freedom and independence. What happened to her could happen to anyone. If every single one of us decided to use the bus, even on the odd occasion, it could make all the difference to its future viability.

Going shopping,...accessing banks, ATMs and the Post Office... visiting the doctor, dentist or optician... going to the hairdresser... visiting friends at home or in hospital... or simply getting out and about for pleasure and meeting other people. These are all things that at some time could be denied to any one of us if we were to lose our bus.

So let's all pull together and do something really worthwhile for our two communities, either by helping those less fortunate than ourselves or simply looking ahead to the lives of each and every one of us.

### Act now and help save our local bus service!

**David Pearson** 

If you'd like to have your say about anything regarding local issues, you can get in touch by emailing goringheathnewsletter@gmail.com

# November 2017 Goring Heath NEWS WHITCHURCH HILL WOMEN'S INSTITUTE



Our speaker in September was Gemma Wise, Senior Community Fund-raiser for the Sue Ryder Hospice in Nettlebed, who told us about the history of the Hospice, and about the wide range of services it offers, including short-term or regular stays for respite care, inpatient and day services, support and complementary therapies with a wide range of community services to enable people to remain in their own homes. WI members will be visiting the Hospice next year, to hear more about what it has to offer, and to enjoy a walk round the garden.

Among our speakers we look forward to Jeff Rozelaar who will be talking about "Bagels and Bacon" in October. The subject in November will be Reflexology, and early next year Clive Williams will speak on "The Nabobs of Berkshire", followed by "Royal Weddings".

On the first Tuesday of most months we organise a social event, possibly a walk and pub lunch, or a craft morning. Our outing on November 7<sup>th</sup> will be a walk round Greys Court and the gardens, followed by lunch at the Maltsters Arms. In December we shall have a demonstration of Making Christmas Decorations – to decorate the table, and elsewhere – with holly and ivy, baubles and candles or what you will. You will be making them yourself to take home with you afterwards.

We have regular business meetings followed by speakers on a wide variety of subjects which take place on the third Tuesday of most months except August and December. Visitors are welcome. Our meetings are held at Goring Heath Parish Hall RG8 7NY at 10.15am,doors open 10am,

For further information please telephone 0118 984 1696 Or contact Patricia Dent –email: pmdent@btinternet.com

Patricia Dent

# **Goring Heath NEWS**

### **Parish Clerk**

I was sorry to hear from our Parish Clerk, Mrs Caroline Hadley, that she was resigning. Caroline has been only the third Parish Clerk to Goring Heath Parish Council since it was formed in 1951, and she has filled the role for about 15 years. To find and appoint a replacement seemed a challenge, but we have been delighted that Ken Atack, who had come forward for the parish councillor vacancy, has now offered his services as the Parish Clerk instead. Ken has recently moved to Whitchurch Hill, and has been a parish clerk before, and also has a wealth of experience in the wider world, so we are all very pleased that he is taking on the role. Caroline will be supporting Ken as he takes on the burden of office, and she will also continue to be actively involved in the life of the parish.

### Peter Dragonetti

# 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

## **Parish Council Vacancy**

Two people came forward for the two vacancies we have on the Parish Council, and I am pleased to say that Hilary Dewey of Goring Heath has been co-opted on to the Council. We still have another vacancy to fill, so if you would like to be more involved in the place where you live, to learn more about the parish, its history, its development and then to play a part in its life and development in the future, please come forward. Contact Peter Dragonetti or another parish councillor for an informal chat about what is involved.

## The Goring Heath and Whitchurch Autumn Show

Saturday 2nd September saw Goring Heath Village Hall host the Autumn Show. The organisers were pleased that there was an increase in the number of individuals entering and the standard of entries was very pleasing. The only disappointment was the limited number of entries in the 'Photography Section'.

Well done to the prize winners, who were:

The Allotment Cup: Fruit and Vegetable Section: John Coupland

Betty Haytor Memorial Cup: Flowers Section: Dave Sexon

Floral Arrangement Trophy: Flower Arranging: Liz Gibson/

Sally Trinder

Art Trophy: Art Section: Liz Gibson

Handicraft Trophy: Handicraft Section: Liz Gibson

Arts and Crafts Trophy: Art and Handicraft combined: Liz Gibson

Baking and Preserves Cup: Baking and Preserves: Carol Lane

Photography Cup: Sally Woolhouse

Douglas Allardyce Memorial Rose Bowl: Most Outstanding Exhibit: John Coupland

Children's Cup: Bethany Strange

Whitchurch Hill Trophy: Most Points Overall: John Coupland

Special thanks are due to Liz Gibson, Sally Trinder, Sally Bergman, Denyse Williams and Theresa Elsome whose help made the day a great success. We look forward now to the Spring Show which will be held on the 7th April 2018.

Sue Sexon

### November 2017

(below)

Some of the visitors and competitors enjoying look-ing at the floral exhibits from the day.



John Coupland holding the Douglas Allardyce Memorial Rose Bowl for 'Most Outstanding Exhibit'.

He also won the Whitchurch Hill Trophy for 'Most Points Overall'.



### **Bus Service: Timetable Changes**

The 142 bus service continues to be an invaluable asset to our community, and while usage is creeping up, it is still not well enough supported. Due to poor useage, the evening service from Reading at 18.20 is being withdrawn after 10 November. There are also minor changes to the timetable, mainly a couple of minutes earlier, to allow for the new Reading Town Centre. See the timetable enclosed.

The route covers most of the parish of Goring Heath. Some of us are lucky enough to have it passing our door, while for others it is a short walk to the route. Unlike the service provided by Thames Travel, the not for profit Going Forward Bus Company prides itself in offering a reliable, and consistent service, with the actual service matching the advertised timetable.

While most passengers use the service to go to Reading or Pangbourne, you can also connect with the X40 or X39 services to Oxford by alighting at Cane End or in some cases Woodcote. Bus passes are accepted for free travel on the 142 and the X39 and X40, so a low cost day trip shopping in Oxford is a possibility. Dogs are also welcome on the 142, so instead of the same old dog walking routes around your home, opportunities of starting from Goring, or from Cane End or the Pack Horse can make for easy discovery of new countryside. The service also stops right outside Basildon Park and Beale Park, so visits there are also easy. Or why not book lunch at Pierreponts in Goring, ask the driver to drop you outside and take a stroll by the river before catching the afternoon bus back from the stop opposite – the timings are perfect! In addition to all marked bus stops, the bus will stop anywhere along the route that it is safe to do so. Just let the driver know in good time if you want to alight, or give a clear hand signal if you wish to board.

For shopping, in addition to a day in Oxford, connections are also made at Goring Station for the Going Forward bus route 134 to Wallingford. The service allows enough time for shopping in Pangbourne (30 to 40 minutes), Caversham (40 to 50 minutes) or Reading town centre (35 minutes, 40 minutes or 25 minutes), as well as longer times by catching a later return, for example arriving in Reading at 13.05 and leaving at 16.15. And of course there are connections with trains at Pangbourne, Goring and Reading stations. The stop in Reading is also convenient for frequent Reading Buses services to and from Royal Berkshire Hospital.

If you have not used the service before, and have been expecting to see a double decker Route Master or big single decker trundling round, the 142 is a 14 seater mini bus, so is not hugely distinctive and may be mistaken for a school bus or white van man. The advantages of this size of vehicle are low-

er running costs, and it can be driven without a special licence. Some services are driven by volunteers, who include parish councillors from Whitchurch and Goring Heath and a local parish clerk.

There will be a meeting in Goring Heath Parish Hall to give feed back to the Going Forward Bus Company, to hear about new developments, and to learn what we as users can do to support the service. That's on Tuesday 14<sup>th</sup> November at 8.00 pm in the Parish Hall. In the meantime, do take a look at the website **goingforwardbuses.com** to discover more about the company and the services it operates.

Peter Dragonetti

The students and staff of Langtree School warmly invite all our local Senior Citizens to our annual Christmas Party.

There is no need to have a connection to Langtree School. Everyone is Welcome

# Christmas Party

Wednesday 6th December 2017 From 1.30pm to 4.00pm

**At Langtree School** 

**Transport from Woodcote Village can be arranged** 

Musical entertainment from Langtree Students.
Afternoon Tea. Raffle. Carols.

If you would like to join us please contact the school office or Mary Taylor-Lane mtaylorlane@langtreeschool.com 01491 680514 Langtree School Reading Road. Woodcote RG8 0RA



# 'Free to a good home', 'For Sale' and 'Wanted'

If you are looking to pass on or acquire any items, big or small, then email a short description to goringheathnewsletter@gmail.com and we will advertise it for free.

### For Sale:

2 Children's mountain Bikes Blue Gary Fisher for child aged 9 – 12 Aquamarine Trek for child aged 7 – 9

£40 for the Pair

Text 07900 498717

### THE SUN PUB

### BONFIRE NIGHT - SATURDAY 4TH NOVEMBER

Bonfire will be lit between 6.30 - 7.00 p m

Adults £5, Children £2

There will be Mulled Wine, a Hog Roast and a BBQ

### **Goring Heath Parish Hall**

The Hall has afternoon spaces available for hire:
On Monday, Tuesday and Wednesday there are times between 1.30 and 5.30pm when a class could be held or a club could meet.

Tuesday evenings are now also available.

So if any one is interested in starting a class or needs to find some where for a group or club to get together, then contact me-

Theresa Elsome, Hall Manager on 0118 984 2056 or bnt@waitrose.com

and we can discuss what would be suitable for you.

# The Whitchurch Society are holding their annual

# Art & Craft Exhibition 2017

Whitchurch Village Hall, Manor Road on the weekend of Sat 18<sup>th</sup> / Sun 19<sup>th</sup> November, 10am-5pm

> Refreshments served all day Prize giving at 4.30pm on Sunday

Sending-in of exhibits: Thursday 16<sup>th</sup> Nov 7-8pm at May Cottage, Eastfield Lane & Friday 17<sup>th</sup> Nov 10am - Noon at the Village Hall

Joyce Voysey Prize Theme is 'CIRCLES'

We look forward to receiving entries for the exhibition from ALL age groups, and from previous contributors, but we also hope that there will be lots of new entrants too, especially children who may not have entered before. Young people might be particularly interested in submitting work in new media. We welcome all ranges of work - it is an enjoyable, friendly event, not an elitist showcase!

All residents (both past and present) of Whitchurch-on-Thames and Goring Heath parishes are eligible to enter their work. Do join in!

The details of all the categories and entry rules are set out on the website at <a href="http://wotarts.co.uk">http://wotarts.co.uk</a> or please ring the phone number below for a printed copy of the schedule.

If you have any queries or would like to help with running of the exhibition, please don't hesitate to get in touch.

Sally Woolhouse 0118 984 4365 or email sally@wotarts.co.uk

### **Checkendon Pre-School**

We have had a wonderful start to the new term, settling in to our new routine, exploring, learning, and having fun; meeting new friends and reuniting with old ones.

Our theme this term is "On the farm" and we will be making the best use of our outdoor countryside visiting our nearby sheep, cows and horses, learning about what farms produce, how they are farmed and what can be made from these. We were very excited when one of our daddies drove a tractor to pre-school for us to play with for the day, the children were so excited.

We will be celebrating harvest, reading the Little Red Hen story and using a variety of different skills such as mixing, weighing and chopping to make bread and pumpkin soup in Little Chefs and creating some marvellous art work with harvested produce as well as carving pumpkins and baking tractor wheel biscuits Mmm.

We have also thoroughly enjoyed "Wheels week" where the children are able to bring in bikes, scooters and trikes, encouraging their balance and co-ordination as well as the importance or road safety.

We continue to do our weekly P.E sessions 'Fit Fun' enabling everyone to develop their physical skills and strength through planned exercise and dance activities. As well as French, teaching the children simple phrases and some well-loved songs.

We have recently had another successful coffee morning raising over £70.00 for the pre-school I would like to take this opportunity to thank everyone who helped on the day, made cakes and came and joined us lots of tea and cake, we are already looking forward to the next one in January.

We are delighted to be back after the summer holidays and are looking forward to a fun packed term full of enthusiasm, creativity and learning.

To find out more about Checkendon Pre-School do visit our website <a href="www.checkendonpreschool.co.uk">www.checkendonpreschool.co.uk</a>, call us on 01491 682589, e-mail preschoolcheckendon@gmail.com or just pop in – we always look forward to welcoming you to Checkendon Pre-School.

**Kelly Mullins** 

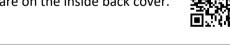
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Please contact Alex for more details:
Computerhelpuk@outlook.com

Tel: 0738 427 4015

# 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: <a href="mailto:goringheathnews-letter@gmail.com">goringheathnews-letter@gmail.com</a> lease allow sufficient time in advance for the publication of the appropriate newsletter. Contribution deadlines and publication dates are on the inside back cover.



**Quiz Night?** 

Goring Heath Parish Hall Saturday 3rd February 2018 8pm With a Fish and Chip Supper Book now 0118 984 2056

or
<u>bnt@waitrose.com</u>
Goring Heath Parish Charity

### **GARDENER WANTED:**

Experienced full-time live-out gardener required for an established 4 acre garden.

### Skills and knowledge required:

- Maintenance of all herbaceous and shrub borders, including but not exclusively pruning, weeding, edging etc
- Use of tractor mower for paddock areas
- experience with small ponds preferable
- Some low level tree maintenance if applicable
- Hedge pruning of internal and external hedges depending on relevant season
- Leaf blowing and raking during the autumn
- other maintenance in the winter such as unblocking drains, clearing gutters, maintaining tools and equipment, keeping tidy and clean garages and shed.
- Car driver essential, clean driving license preferable, as there will be a need to take tools and equipment to be serviced.
- pool maintenance knowledge not essential but helpful

The applicant must have at least 4 years experience or RHS level 2 diploma, with fewer years experience and be happy to take on a beautiful garden that has had some development, but has a lot of potential.

Please send your CV to: (email address) or contact Joanna or David on <u>01491 682871</u> should you wish to discuss this position further. Our present gardener is very happy to give a reference.

Start date is ASAP. Salary is negotiable dependent on experience. 28 days per annum holiday

joanna@thewhittakers.com 07771 866429



# 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 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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Since 2005 Cherrie's Pet Services has been providing a range of friendly, professional and personal dog care and pet sitting services for customers in South Oxfordshire and West Berkshire.

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A call to Ovenclean, result - paily Telegraph



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### LOCAL, FRIENDLY AND RELIABLE PET SERVICES

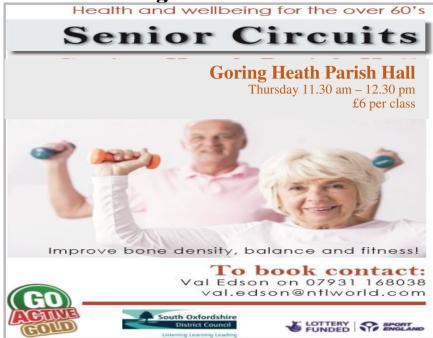
As well as dog walking and dropping in for all pets I also offer home from home boarding for holidays and house sitting.

" My neighbour said Max looks like he's smiling when he comes back from one of his walk" Max's Mum



WOODLAND WALKS I DOGGIE Charley DAYCARE | HOUSE SITTING | 07771 657 359

DROP INS I PET SERVICES thesmilingdogcompany.com



### 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.

# **Goring Heath NEWS**

### WHITCHURCH UNITED CHARITIES

### Grant applications for students aged 5 to 25

The trustees of Whitchurch United Charities would like to remind all families that the Charity has funds available to help meet the costs associated with educational needs such as books, equipment or educational trips. Eligible students are young people between the ages of 5 and 25 years and whose permanent residence is within the ecclesiastical parish of Whitchurch. Applications are processed twice a year, with the closing dates being 31st March and 30th September. However, late applications are considered if the available funds for the previous 6 month period have not been fully allocated. All applications and decisions are treated in strict confidence by the Trustees.

If you would like to know more, please do contact Sarah Dixon (our Grant Application Secretary) Contact details: Tel. 0118 984 4262 or Flint House, Hardwick Rd, Whitchurch-on-Thames RG8 7HH, Email – whitchurchunited-charities@gmail.com

### **Waste Disposal**

The Oxfordshire Household Waste and Recycling Centre at Oakley Wood is still open, but there are now charges for certain types of waste, principally building type waste. For example, bags of soil, rubble or tiles are now charged at £1.50 a bag. Kitchen units, worktops, standard doors, fence panels, lavatory pan and cisterns are also charged at £1.50 per item.

Garden waste is free, as are old electrical appliances, furniture and other household waste. If you want to use a trailer or van rather than just car, you need a to apply for a free e –permit, which restricts the holder to 12 visits a year.

For more information, google OakleyWood

Plasterboard is not accepted at at Oakley Wood, but has to be taken to Redbridge at Oxford, and there it costs £2.50 a bag or £10 a sheet, (2 m x 1 m)

The site is open 8 to 5 everyday, including weekends and bank holidays.

# Almshouses Sunday Services November to January

11.00 am Sung Holy Communion: Nov 5th, Dec 3rd, Jan 7th

All other Sundays: 9 am Holy Communion

11.00 am Sung Matins

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

Special services open to all are:

**All Souls** service for the commemoration of those departed from our families and friends. - 4.30pm, (for one hr.) Sun. 5th Nov. [Names will be read out during the service)

Carol Service (Trad.) 6.30pm Tues. Dec. 19th.

Christmas Day (Sung Holy Communion) 10.00am

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

Just a reminder to take a look at the Goring Heath Newsletter Facebook page. 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: <a href="mailto:goringheathnewsletter@gmail.com">goringheathnewsletter@gmail.com</a>

# 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.



### 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

### 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

Council Offices: 135 Eastern Avenue, Milton Park, Milton OX14 4SB

See below for dept. phone contacts 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** Thames Valley Police 0845-8505505

**POLICE** PEC – Non-Emergency Calls 101

**POTHOLES** - 0845-3101111

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

Main Customer Service Number: 01235 422422

Planning - 01235 422600
 Building control - 01235 422700

♦ Environmental health, food and safety - 01235 422403

Licensing - 01235 422556
 Elections - 01235 422407

Car parks - 01235 470118
 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.

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

### **Goring Heath NEWS**

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

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

| Deadline for contributions | Publication month |
|----------------------------|-------------------|
| 14th December 2017         | January 2018      |
| 8th February 2018          | March 2018        |
| 12th April 2018            | May 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   |  |
|  | http://goringheathbowls.weebly.com |               |  |
| 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 www.whitchurchhill   |                                    | ameraclub.com |  |
| 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   |  |

Goring Heath Parish Hall: Bookings and Enquiries: Theresa Elsome 0118 984 2056

email: bnt@waitrose.com

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#### **Goring Heath NEWS** November 2017

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