

# GORING HEATH NEWSLETTER

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

**September 2018**

**Issue 165**

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Parish News'

# Goring Heath NEWS

## Forthcoming Events

GHPH = Goring Heath Parish Hall

WVH = Whitchurch Village Hall

ORS = Old Rectory Stables

SJC = St John's Church, Whit. Hill

WL = Woodcote Library (CC = Community Centre)

**Bowls Club** Open roll-ups every Monday at 2 pm Almshouses

### September 2018

- 4 WHWI—Lunch
- 8 Autumn Show, 2.30—4 pm GHPH
- 18 WHWI—Business and speaker, Bill King—Women of WWII,  
10.15, GHPH
- 20 Whitchurch & Goring Heath History Society, Simon Wenham  
“The rise and fall of Leisure boating on the Thames” GHPH
- 22 Our Woodcote Library (OWLS) Coffee Shop WL

### October 2018

- 2 WHWI—Sugarcraft Workshop
- 6 Cheese and Wine Evening, 7.30 GHPH
- 13 Harvest Supper GHPH
- 16 WHWI—Speaker, Neil Stewart, BHUTAN -  
“Land of the Thunder Dragon”, 10.15 GHPH
- 18 History Society, Tim Healey, “Drove Roads”, 8 pm GHPH

### November 2018

- 20 WHWI—Speaker Tom Way, Wildlife Through the Lens  
10.15 GHPH
- 24/25 Whitchurch Art and Craft weekend WVH

**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.

## **Chairman's Comments**

One of the good things about the recent heatwave, which will no doubt be just a memory by the time this is published, is that the grass has not grown much, and we have been spared the chore of cutting the grass, and we have also enjoyed the quiet without the distant buzz of other people's lawn mowers and strimmers. When the grass is growing, there is not much alternative to a powered lawn mower, but it's still good to have a bit of quiet. Lawnmowers of course are being used for a purpose, but there are other forms of noise pollution that are really unnecessary. I have read that some politicians want action taken in respect of noisy motorbikes, which in some towns are used by groups of boys to race around quiet roads; fortunately, apart from the occasional motorbike or two passing by, we don't suffer much from this nuisance. If action is taken against noisy bikes, I wonder action would also be taken against the noisy light aircraft that often circle aimlessly and noisily above us like bluebottles. As with the boys on their motorbikes, the noise created by the pilots of these planes has to be endured by everyone else, although in the case of noisy aircraft it's not just a few residents that are affected, but whole villages and extensive tracts of countryside that suffer this relentless, drone.

Peter Dragonetti  
Chairman

### **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)

**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.
P18/S2490/AG Field Opposite Path Hill Farm Goring Heath RG8 7RE Erection of a new roofed timber frame barn for agricultural processes and storage.		
P18/S2491/AG Field Opposite Path Hill Farm House Goring Heath RG8 7RE Proposal of a new road.		
P18/S1520/HH Bottom Farmhouse Blackbirds Bottom Goring Heath RG8 7SX Erection of two storey extension, associated alterations and detached outbuilding and stabling (extension altered to retain more of original lean-to.) Amendment : dated 25th July 2018	No Objections with comments	
P18/S0507/LB Goring Heath Almshouses. Replacing hard surface to central courtyard. (Retrospective) Objection on the grounds of damage to curtilage of Grade 1 listed building.	Objection	Application withdrawn
P18/52055HH Keepers Cottage Goring Heath, 2 storey rear extension with internal alterations.	No Objections	

**Planning**

The District Council has changed the choice of responses that the Parish Council can make to an application for planning permission. The options are now FULLY SUPPORTS , NO OBJECTIONS , NO OBJECTIONS but following comments to be taken into account or OBJECTS for the following reasons.



*Goring Heath Parish Church  
Regd No 1055772*

**Goring Heath and Whitchurch**

## **Autumn Show**

**Saturday 8 September 2018**

**2.30 pm to 4.00 pm**

**Goring Heath Parish Hall**

**Enter your finest flowers, fruit, veg, floral  
arrangements, handicrafts, artwork, baking and  
photos.**

**Or come along to view the entries & enjoy homemade  
cake, tea & coffee, raffle and plant stall.**

**This year's Arts and Crafts classes:**

### **Handicraft**

**A knitted/crocheted toy  
A birthday card  
Paint a flower pot**

### **Art**

**Still Life  
Trees  
A Landscape**



**WHITCHURCH HILL VILLAGE GREEN PLAY  
EQUIPMENT UPDATE**

Further to correspondence we have received and the response to the article about the play equipment in recent newsletters, the Parish Council would like to report on progress.

We have had 5 responses to the article which was prompted by an email from Adrian, who would like to keep the table tennis table and the swings, and think about replacing the climbing frame, the horse and the roundabout. He would also like to suggest wooden equipment would be more in keeping, and that we could look at Tickers Folly Field in Blewbury for ideas. Pangbourne Park was also cited as somewhere we could take ideas from, most especially the Witches Hat climbing frame and the zip wire. One of our younger correspondents asked for a skate/scooter park, and a plea was made to consult with the residents who live overlooking the area for their opinions and preferences. It was noted that we must keep the area free for football training as it was so popular, and that now we have provided the lovely goals, the little one may not be used as much and therefore could be replaced. Other ideas included

Activity net

Water Spray

Nest rope swing

Bar to hang on

Adult exercise equipment

Sensory play

Balance discs

Shaded area over some of equipment (making house/cubby area

A running track/cinder path for cycles around the outside edge

Distance markers for walking/running around the edge.

The Parish council discussed these responses and would like to ask for more opinions.

Please email the clerk on [goring.heath.parish.council@gmail.com](mailto:goring.heath.parish.council@gmail.com).

## **Hedges - Household's Responsibilities**

Contrary to popular belief, there is NOT a time when it is illegal to cut a hedge. Assuming that the hedge isn't subject to restrictions resulting from grant, subsidies etc., then there are no legal restrictions on when it may be cut. HOWEVER, the Wildlife and Countryside Act 1981 states that one must do NO work that harms nesting birds or damages their nests. The presence of nesting birds in a hedge can be ascertained by examination and observation.

From a horticultural point of view, unless one requires the neatness of a newly trimmed hedge through the early summer, August or later is the best time to cut as there is unlikely to be much regrowth in that season.

From a conservation point of view, late winter is best as it will allow for the fruit within the hedge to be eaten by wildlife over winter.

Where hedges adjoin the Highway, then it is the owners' duty to keep the hedge from obstructing said Highway. THIS INCLUDES BOTH PUBLIC FOOTPATHS AND ROADSIDE FOOTWAYS. Should these hedges not be cut by the owner, then the Highway Authority (OCC) will cut it and charge the owner. It will cost a LOT more than getting a local contractor to do it.

In nearly all circumstances, the Highway boundary is the roadside bottom of the hedge or roadside edge of a ditch.

**Martin Wise**

### *Community Notice boards*

A little reminder to let you know that our Parish Clerk, Amanda Holland, who has the responsibility of updating the local notice boards every month, is happy to display information from community or local groups.

Her details can be found on the back cover of this Newsletter.

## **Don't miss The Cheese and Wine Event – October 6<sup>th</sup>**

The Parish Charity is holding a Cheese and Wine Event at The Parish Hall on Saturday October 6<sup>th</sup>. This promises to be a really enjoyable evening – not only does it have the key ingredients of ‘cheese’ and ‘wine’, but there will also be a Raffle with some wonderful prizes.

And it's not just ‘any old cheese and wine event’ – it's presented by the Pangbourne Cheese Shop, winners of the ‘Cheese Counter of the Year’ award at the World Cheese Awards. So, some lovely cheeses, complemented by fine wines, and all presented by the experts!

It's on Saturday, October 6<sup>th</sup>, starting at 19:30. See our advertisement in this edition of the Newsletter, and book your tickets without delay. Only £12 per person for an informative and enjoyable evening.

### **WHITCHURCH HILL WOMEN'S INSTITUTE**

Following our normal business meeting in July, Catherine Crabb told us about “The Life and Times of Canal People”, a hard life- mostly on the move and living in difficult conditions with children and adults occupying small spaces on the narrow boats. At our August meeting we will enjoy short talks from members about their individual special interests. In September we will welcome historian Bill King talking about Women in World War II and members will bring along family mementos of the Second World War. Also in September we shall be paying a visit, and having lunch at the Reading Lido.

Later in the year we continue with a wide range of interesting speakers and in October and December we shall have workshops on “Sugarcraft” and “Christmas Flower Arranging” in addition to our normal meetings.

Guests are welcome, please telephone Patricia Dent on 0118 984 1696 or email: [pmdent@btinternet.com](mailto:pmdent@btinternet.com) if you would like more information. Come along and find out what we do. Our meetings are held at Goring Heath Parish Hall RG8 7NY at 10.15am, doors open 10am on the third Tuesday (except for December).

**Patricia Dent**



**Whitchurch & Goring Heath History Society**

We enjoyed our two outings over the summer, to Chalgrove Manor and to the newly opened Reading Abbey quarter, and now look forward to the Autumn lecture season.

On Thursday 20<sup>th</sup> September we shall hear about the Rise and Fall of Leisure Boating on the Thames from Simon Wenham. Pangbourne, Whitchurch and Goring all profited from the boating mania in the nineteenth and early twentieth century – and of course the “Three Men in a Boat” ended their trip at Pangbourne.

Thursday October 18<sup>th</sup> sees Tim Healey giving an account of Drove Roads in Oxfordshire and beyond.

Meetings are at Goring Heath parish Hall, at 8pm, coffee from 7.30pm. Non-members are welcome, £3 to include coffee and biscuits. However, at £12 membership is a good investment – contact Vicky Jordan 0118 984 3260 or Alan Nicholls 0119 984 5204, or join at one of our meetings.

**Vicky Jordan**

**OWL—Our Woodcote Library**

We will be running the Coffee Shop in Woodcote on Saturday 22<sup>nd</sup> September to raise funds for library events. Contributions of cakes would be welcome, as well as help serving and washing up.

Please get in touch with a member of staff in the library if you can help in any way. Thanks.

**Vicky Jordan**

## **WHITCHURCH ART & CRAFT EXHIBITION**

The weekend of 24<sup>th</sup> – 25<sup>th</sup> November  
2018

Whitchurch-on-Thames Village Hall,  
Manor Road

This is a reminder that the Whitchurch Society's Annual Exhibition is now only a few months away, so it's time to get busy with your entries. We welcome all types of art, craft and photography – it is an enjoyable, friendly event, not an elitist showcase! Everyone in Whitchurch and Goring Heath parishes are eligible to enter. Also, children who attend the Whitchurch Pre-School Group, Whitchurch Primary School or The Oratory Preparatory School are all eligible to enter, regardless of where they live.

The theme this year for the Joyce Voysey class is '**Dogs**'. This class is open to all age groups and the entries can be in any media – art, photos, sculpture, crochet, video – whatever inspires you!

The details of how and when to enter will be posted on the village website shortly. Meanwhile, start working on your entries and help make this year's event the best ever!

If you would like to get involved with the planning and setting up of the exhibition, please do get in touch – all offers of help are gratefully received.

Sally Woolhouse  
Chair of the organising committee  
0118 9844365



GORING HEATH PARISH CHARITY  
REGD. NO 1056772

## **THE CHEESE AND WINE EVENT**

**7.30pm Saturday October 6<sup>th</sup> 2018**



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to book your tickets**

**See you there!**

**Letters Page:**The Lack of Standards in Whitchurch Hill

The village of Whitchurch Hill is going downhill. We had a lovely flower meadow courtesy of Castrol/BP however the person who cuts it every year cuts it too early. This year they have cut it so early that the flowers did not get chance to flower properly or set seed because it was cut in June. We have lost all the lovely butterflies and birds that used to be attracted to the flower meadow. A farmer may cut hay now but **NOT** a flower meadow.

Another part of our village which is a mess is the churchyard at St. Johns. The grass is now as tall as some of the gravestones. How relatives of those who are buried there are supposed to visit the graves of their loved ones? The elderly are really finding it difficult especially if they are unstable on their feet. St. Marys in Whitchurch is always regularly mowed.

Another issue that causes annoyance is those people who light bonfires during the day especially on summer days when windows are open or washing is out. Why not think of others and light them in the evening.

When you look at the recreational ground the children's play area has not been upgraded like other local villages. The equipment is in a sorry state. If you try to take your children to the recreational ground to play or run around they find it difficult due to the grass mowing's being left especially if they have an allergy to grass or hay fever.

The area around Tine Pits pond is no longer kept beautifully mowed nor are the grass verges. I used to walk my children to Crays Pond when they were small. I could not do it now because only a single track is mowed on the edge of the verge. Even I would feel vulnerable walking there because the traffic comes in so close to you.

There are two footpaths that are barely passable. There is one at the bottom of Bec Tithe and the other is the Bridle Path between Goring Heath Road and Path Hill.

It is a pity members of the Parish Council do not check around the village and see these things for themselves after all we are paying the precept. I know they reduced it this year but WHY? When it could have been spent improving things.

**A Whitchurch Hill Resident**

This letter was submitted in early July—too late for inclusion in last month's Newsletter, but was printed in The Henley Standard.

**Response on behalf of the Parish Council**

We both welcome and appreciate members of our community sharing their views on the parish. This is helpful as we manage the wide range of needs of the residents and of course, ensure we spend any public money wisely.

We were however disappointed that your correspondent did not feel able to discuss their concerns directly with a member of the council prior to writing the letter – we would have thought it only fair and reasonable to seek a balanced perspective prior to being openly critical. Equally, we are a tad surprised that your correspondent feels the need to hide behind the cloak of anonymity when we are genuinely open and responsive to comment.

Notwithstanding that, in the spirit of transparency to our community we would like to respond to your correspondents concerns directly.

Firstly, several of the issues raised are not actually the responsibility of the Council. The flower meadow at Castrol/BP is a private concern and John Hatt, who had the responsibility of mowing the meadow, has already responded to your correspondent's unreasonable criticism in the letter pages of the Henley Standard. His response is reprinted alongside. Also, as your correspondent might well be aware, the upkeep of St John's Churchyard is the responsibility of the Parochial Church Council and perhaps it might be only fair to approach them directly if there are any concerns. We know that the PCC would welcome volunteers with open arms to support the care of their church. Finally, the cutting back of any undergrowth that encroaches on public footpaths from private property is the responsibility of the County Council as the Parish Council has no power or right to go onto private land for this purpose.

Regarding the other points made that are actually the responsibility of the Council: firstly, the council pay considerable attention to the upkeep of the children's playground, ensuring regular safety assessment and maintenance. Your correspondent might also not have noticed the active communication over the last few months inviting comments on investing in these amenities and many parishioners have already contributed with their ideas; secondly, the Council does recognise the importance of upkeeping local pathways and areas such as the Tinepit Pond. We have a carefully specified contract with a local social enterprise organisation to regularly mow the relevant areas and we are monitoring their performance and regularly undertaking inspections. There is of course always room for improvement subject to spend and if your correspondent would like to discuss with us whether an increase in the council tax would be sensible and good value to further improve on this area, then we would welcome their contribution.

More generally, parishioners will appreciate that there is always a variety of opinion on priorities and the best use of the budget. We would reassure your correspondent that the council remains alert and committed to doing the very best it can for its community and residents and spending money sensibly. We would welcome meeting your correspondent as we would any of our residents if they have concerns at our monthly parish council meetings in Goring Heath Parish Hall which are held on the second Thursday of every month. Equally, individual councillors are always happy to be contacted and their contact details are openly available and published in this newsletter.

**Encouraging Wildflowers**—Letter reproduced from The Henley Standard

Sir, — As a former councillor, I read your correspondent BT's letter about her Whitchurch Hill concerns with interest (*Standard*, July 6).

Firstly, I would urge such an active and interested person to get stuck in, and try to join the parish council, so she can help improve things. Sadly, she will find councillors do not get paid and are seldom thanked for all their work. BT could also offer to help in St John's Churchyard — I know they are always looking for volunteers to manage both their well-kept and unkempt (wildlife) areas.

I am proud to say I am the farmer/contractor who has been employed by Bozdown House to look after their fields for many years. We not only helped establish the first wildflower meadow some 10 years ago but have hand-pulled the poisonous ragwort each year prior to cutting and haymaking to knock the seeds out ready for the following year. This has all been done with advice from reputable local ecologists.

This year, a second field has been soft landscaped and sown with a wildflower mix. We were asked to cut earlier than usual to give the less competitive wildflowers a better chance to establish and check the bigger plants dominating the original field.

The current drought may well reduce the second flush that we had hoped for, which we had intended to cut again in August. But let's hope we get an even better display of wildflowers in both fields next year at no expense to the local people who can enjoy them and perhaps put a smile back on BT's face.

Yours faithfully,

***Jon Hatt***

Merricroft Farming,  
Coombe End, Goring Heath

## Checkendon Pre-School

This has been a wonderful year for Checkendon Pre-school. We had a new change of management and welcomed new staff member Claire Cole who joined us in April 2018.

This year we fundraised for our amazing new raised bed which we planted with vegetables. This improved our outdoor area and allowed our children the opportunities to plant, grow and dig up Carrots, Peas, Broad beans, Potatoes and Strawberries, and make them into delicious foods in Little Chefs.

The Little Chefs have been working hard on their culinary skills, making traditional recipes from all over Europe, including Polish kolaches, German oatmeal cookies and many more, enabling the children to learn about and understand other cultures and traditions.

We had a brilliant morning with all our daddies on Father's Day when we went on a bug hunt, exploring surrounding woodlands and finding different types of mini beasts. Finishing the morning off with our daddies joining in one of our favourite games 'Duck, duck goose'.

We also enjoyed a delightful morning having a tea party, eating cakes and playing games to celebrate this years royal wedding.

Our Sports day was a great success and everyone joined in with races such as hurdles, welly wanging and our world cup penalty shoot out. Everyone did their absolute best and the childrens' smiling faces showed how much they enjoyed the lovely day. We would like to thank Mr Wickens for painting our sports day lines and use of the pavilion, it is very much appreciated.

Some of our children will sadly be leaving us to go on to their Primary Schools. We have been celebrating their last term with us with lots of exciting events such as a special leavers lunch and a medal ceremony. We wish them lots of luck in their exciting endeavours in their new schools.

We were very lucky as an end of year treat to have a visit from Zoo lab. We met a variety of interesting mini beasts, which the children were able to hold. They met Charlie the Snake and Groot the stick insect and many more. The children had a fantastic time and were all very brave.

Checkendon Pre-School is very lucky to have such a supportive community surrounding us and your support is very much appreciated. To find out more about us, do visit our website [www.checkendonpreschool.co.uk](http://www.checkendonpreschool.co.uk), call us on 01491 682589, e-mail [preschoolcheckendon@gmail.com](mailto:preschoolcheckendon@gmail.com) or just pop in – we always look forward to welcoming you to Checkendon Pre-School.

Kelly Mullins



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**Enjoy a stroll, but have no-one to walk with?**

Why not join a small group of like-minded people for a morning walk in and around Whitchurch Hill?

The next walk is on Monday 3 September at 10.30. Meet up outside the Sun Pub. Want to know more? Ring Sally on 07585195669

**Bus Service**

After a long struggle, Going Forward buses has had to curtail the 142 bus service, despite financial support from the Parish Council, and the daily service is now reduced to a weekly service on Saturday. There is now no service Monday to Friday, and on Saturdays there are three services into Reading ( from the Sun at 10.17, 13.12 and 15.17) with a return service leaving Reading at 11.35, 14.05 and 16.20) There is also a service into Pangbourne at 9.35 from the Sun, the return journey from Pangbourne leaving at 10.10, and later returns from Pangbourne at 13.05 and 15.10 . Some services now serve the Almshouses.

The difficulties of running the service cannot be under estimated. The geography makes the routing difficult, as the river acts as a barrier, and with there is no single direct route into Reading. At one time, Chiltern Queens ran a service from Woodcote to Reading via Goring Heath, but the Thames Travel routes from Oxford have taken the Woodcote passengers. The lack of patronage from our parish means that the service is not viable, and the final straw came when the regular driver, Derek, suffered a stroke and was therefore unable to drive. His absence had been covered by volunteer drivers, but that was not a sustainable option.

The Saturday service does provide a useful way to get into Reading, with options to have a quick visit, a longer shop or more of a day. A quick trip to Pangbourne is also possible. Benefits of the bus are saving your bridge tolls, or car park charges in Reading, and you get dropped off right outside Marks and Spencer.

It is hoped that the people who used the bus in the past will now use it on Saturdays, so that at least this service can prove viable.



## Bespoke Picture Framing For Pangbourne and Goring

Reeves Framing is a picture framing service in Whitchurch, near Goring. Our family owned business provides bespoke framing of paintings, pictures and keepsakes. All of our frames are hand made to the exact size you need and professionally built using the best materials. We have been mounting pictures for many years.



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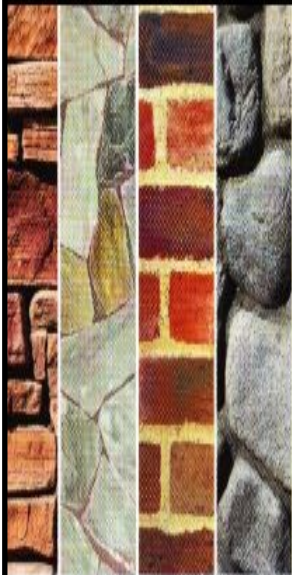
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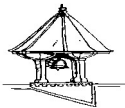
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**Regd. No 1056772**

## 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 you are interested in starting a class or need to find somewhere for a group or club to get together, then contact me-

**Theresa Elsome, Hall Manager on 0118 984 2056**  
**or [bnt@waitrose.com](mailto:bnt@waitrose.com)**

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## **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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Using advanced equipment and customised products, the Ovensclean system will remove all grease, fat and burnt on carbon deposits quickly and efficiently, leaving your home fume-free and oven ready to use as soon as we have finished.

No mess or bother - just a perfect 'I can't believe it's not a new oven' result everytime!

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# CHERRIES PET SERVICES

Located in Crays Pond



EST. 2005

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- > Dog Walking
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Call - 01491 684122 / 07767 472236

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.

You can feel confident that your pets will be in safe hands as I have excellent local references and Cherrie's Pet Services is: **Registered with N.A.R.P - Animal First Aid Certified - Police Checked - Public Liability Insurance - Vet Recommended.**

[www.cherriespetservices.co.uk](http://www.cherriespetservices.co.uk)

Health and wellbeing for the over 60's

# Senior Circuits

**Goring Heath Parish Hall**  
**Thursday 11.30 am – 12.30 pm**  
**£6 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)



**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.

## **Almshouses Sunday Services**

### **July to Sept**

11.00 am Sung Holy Communion: **Sept 8th, Oct 7th, Nov 4th**

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*

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

If you haven't already done so, please head over to our Facebook page which contains useful information as well as forthcoming events, pictures and suggestions from residents. 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)



# 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



**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 4SB  
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>	Thames Valley Police	0845-8505505
<b>POLICE</b>	PEC – Non-Emergency Calls	101
<b>POTHOLES</b>	-	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](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.

<b>Deadline for contributions</b>	<b>Publication month</b>
11th October 2018	November 2018
13th December 2018	January 2019
14th February	March 2019

## **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	07980413026
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

Goring Heath Parish Hall : Bookings and Enquiries: Theresa Elsome 0118 984 2056  
email: [bnt@waitrose.com](mailto:bnt@waitrose.com)

**GORING HEATH PARISH COUNCIL**

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**CLERK**

**2 New Buildings**

**Amanda Holland**

**Whitchurch Hill RG8 0118 9844867**  
**7PW**

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**GORING HEATH NEWSLETTER**

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