

GORING HEATH NEWSLETTER

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

September 2017

Issue 159

Visit us at:

www.goringheath.com

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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

September 2017

2 Sat	Goring Heath and Whitchurch Autumn Show	2.30	GHPH
19 Tues	Whitchurch Hill Women's Institute,	10 am	GHPH
21 Thurs	Whitchurch & Goring Heath History Soc.	8 pm	GHPH
23 Sat	Roy Bailey Big Band Concert	7.30pm	STJ
Bowls Club	Every Monday informal roll-ups at 2 pm, Fridays Roll-ups at 6 pm, Goring Heath Bowls Club Almshouses		

October 2017

17 Tues	Whitchurch Hill Women's Institute	10 am	GHPH
19 Thurs	Whitchurch & Goring Heath History Soc.	8 pm	GHPH
21 Sat	Antiques and Art Valuations	7.30pm	GHPH

November 2017

18 Sat	Whitchurch Art & Craft Exhibition		WVH
19 Sun	Whitchurch Art & Craft Exhibition		WVH
21 Tues	Whitchurch Hill Women's Institute.	10 am	GHPH
23 Thurs	Whitchurch & Goring Heath History Soc.	8 pm	GHPH

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
or telephone 0118 9842056 - to find out how little is involved!

Chairman's Comments

According to the BBC website, the Prime Minister promised to scrap the Severn Bridge Toll if the Conservatives won the general election, and it seems that that is likely to happen at some point in the reasonably foreseeable future. At the moment, the cost for a car is £6.70, and the bridge is 1.6km long.. Recently, after visiting the 2017 City of Culture I used the Humber crossing which at 2.2km is even longer than the Severn crossing, but remarkably good value at £1.50. Working this out on a pence per metre basis, the Humber bridge is just 0.07 pence per metre, while the Severn Bridge is 0.2 pence per metre. Bridges in Scotland are even better value, for the tolls on the new Skye Bridge were scrapped a few years ago, and the Forth Road bridge is also now free.

Closer to home, the Eynsham Toll Bridge over the Thames near Witney costs the princely sum of 5 pence a crossing for the 44 metres of the bridge, so a net 0.11 pence per metre, and even closer to home the Whitchurch Toll bridge is, as we all know, 60 pence a crossing, which for the 80 metres makes it at 0.75pence a metre the most costly of the lot. It is widely believed that Whitchurch Toll Bridge is the most expensive in the UK, and so this would appear to be true. According to the accounts of the Bridge Company filed at Companies House, the bridge made a profit of over half a million pounds in the year to June 2016, so perhaps it is also the most profitable in the UK.

Peter Dragonetti

Garden Waste Flytipped in the Parish Hall Car park

On either 9th or 10th of August, a large quantity of garden waste was flytipped in the parish hall carpark. It consisted of variegated ivy, elder trees, privet cuttings and some Lawson cypress type of conifer, and appeared to therefore have come from a hedge or similar clearance. If you have any information where this might have come from, which was almost certainly Whitchurch Hill or Whitchurch on Thames, please could you inform the parish clerk on 0118 94 1594, or email goringheathparishcouncil@gmail.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.
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	Permission
P17/S1503/HH 2 Hermitage Cottages Eastfield Lane Goring Heath RG8 7SU Proposed single storey Orangery to the rear of the property	No Objections	Permission
P17/S1484/FUL Oratory Preparatory School Great Oaks Goring Heath RG8 7SF Development of an artificial turf playing field with fencing	Should be Re-fused	Permission
P17/S2382/AG Butlers Farm Goring Heath Road Whitechurch Hill RG8 7PN Portal framed barn for field storage of animal fodder.	No Objections	
P17/S2546/FUL Field View House Hill Bottom Whitechurch 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	
P17/S2568/HH Woodside House (Plot 2) Bridle Road Whitechurch Hill OXON RG8 7PS 2 new rooflights.	No Objections	

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. If there is a feature of the application that we feel is not right, but overall we are content with the proposal, we will object . Often this leads to the feature being changed. This was the case with P17/ S1484 above.

War Memorial

The new surround to the memorial has all been built, and looks very good. The different slopes of the hill and the verge, combined with the horizontal plane of the base of the memorial made this a difficult job, but it has turned out very well and we look forward to the next stage of the stonework being completed.



Goring Heath Parish Charity
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 any one is interested in starting a class or needs to find some where for a group or club to get together, then please contact me.

Theresa Elsome, Hall Manager on 0118 984 2056
or bnt@waitrose.com
and we can discuss what would be suitable for you.

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

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



COMPUTER TUITION FOR THE OVER 50's

Over 50 and need help with technology ? Why not try the Computer Club: it meets the first and third Thursday of each month from October at the Barn in Purley. Help on such matters as iPads or other tablets, Word, Excel, Photoshop.

If you are interested, email club@inspire4life.me.uk, or phone Graham Rolfe on 0118 9417247 (between 10 and 4 only)

More details can be found on www.inspire4life.me.uk

The cost is an annual fee of £30 (this works out at £1.67 per meeting if you attend all 18 meetings) which will cover the cost of attending all sessions. Refreshments provided.

Whitchurch & Goring Heath History Society

Our outings in June and July to Basing House and the Museum of English Rural Life were enjoyed by members, and we now have an August with no meeting. However, we will be at the Whitchurch Fete where you are invited to view our publications, including the enlarged second edition of Peter Hawley's book Relics and Monuments.

We shall reconvene on September 21st at Goring Heath Parish Hall when the ever-popular Alan Copeland will perform Eccentric London, part two. There will be a short EGM at the beginning of the meeting to elect a treasurer.

We will still be up the hill for our October 19th meeting, not to be missed, a description of the siege of Basing House in the Civil War. Alan Turton will give an illustrated lecture which we know will bring the events to life.

Both meetings start at 8pm, with coffee served from 7.30pm. If not already a member why not come for an evening? It will cost £3, to include coffee and biscuits.

Antique Valuation Evening

How much is that old chinese vase that was
came to you from your great aunt worthit
could be millions !

Pictures, china, bygones, memorabilia, small
furniture and anything else that you can bring
will be expertly examined and commented on.

You may be pleasantly surprised or disap-
pointed in respect of the item, but you can be
guaranteed an enjoyable and informative
evening.

You can get free valuation, history and
opinion from an expert local auctioneer,
Simon Jones of Jones and Jacobs, at Goring
Heath Village Hall on Saturday 22 October

Tickets £12, includes a light supper

To book your tickets

Phone 0118 9842056 or E-mail

bnt@waitrose.com

In aid of Goring Heath Parish Charity

Goring Heath Parish Council AGM Chairman's Report

Like last year our main objective this year has been to manage and maintain the hall so that it continues to be an attractive venue for the use of the inhabitants of Goring Heath. The maintenance can really fall into two categories firstly the necessary; keeping the fabric of the hall functional, watertight, heated etc. and the more fun which is improving the facility.

This year through necessity has predominately been about the former but with a few exceptions.

This time last year we were very concerned about the state of the south window which was rotten beyond repair. Fortunately with grants from SODC and the Big Lottery, a donation from the fete committee and £200 from our reserves we have been able to completely replace the south window and refurbish the east and west with double glazed units. In addition all three have been painted and with regular painting should last the hall for many years to come.

The situation with the main windows also led us to consider the exterior paint work generally on some of the smaller more standard windows. This led to a very successful working party in April which addressed the most urgent areas for which I am very grateful to Peter and John for their time and work. A follow up weekend is scheduled to make all the exterior woodwork protected before next winter and keep the hall looking smart.

As a group we believe that the hall needs to be kept in a smart and clean condition and well equipped in order to attract hirers to choose our hall over other local venues. In the coming year we intend to re-decorate internally as the wainscoting and walls are looking a little tired if funds permit.

In terms of equipment we have purchased a new canteen of matching cutlery, new teapots and also some outdoor folding chairs. The latter are also an additional revenue stream as they are available for hire separately from the hall.

cutlery, new teapots and also some outdoor folding chairs. The latter are also an additional revenue stream as they are available for hire separately from the hall.

An improvement that we as a committee would like to make to the hall is to widen the main door from the lobby into the main hall as this quite often becomes a bottleneck for larger functions. This is in the very early stages of discussion and would require grant funding.

This year we hosted another of Mike Holland's ever popular quizzes which was well attended and a great success. These events, as well as being an excellent social opportunity for the local residents to meet and use the hall are also a good fund raiser for the upkeep of the facility. I would really like to thank Mike for his part as quizmaster and the trustees for all the effort they put into promoting the event, selling tickets and running the evening.

In February we also ran a very successful and enjoyable performance by Two Blokes and a Lady of Life's a Merry Go Round. Here again the committee as a whole and Theresa particularly put huge amounts of effort to promote the event encouraging people to buy tickets and then running the evening. I would really like to thank you all for this. To finish I would particularly like to thank Theresa the hall manager for her attention to detail, her good humour and amazing ability to deal with and keep the hirers happy, we are truly lucky to have her in this role. I would also like to thank Bill to solve hall maintenance issues, often at a moment's notice. Finally I would like to thank all the trustees for their continued support as without them the hall would not be the success that we all enjoy.

Chris Whatmore

How to avoid Reading Bus Lane Misery !

The bus company is looking for volunteer drivers to help out from time to time on the local route from Goring via Streatley, Pangbourne, Goring Heath and Caversham to Reading. All that is needed is a full driving licence, and then you have the chance to meet local people and to use the Reading bus lanes without fear. If you are interested, contact the Going Forward Bus company by email littlebluebus@yahoo.com, or phone 07484 605888

WHITCHURCH HILL WOMEN'S INSTITUTE



In June we took our annual trip – this year it was to the Savill Garden, Windsor, a hot day but a very enjoyable one. In July we heard Roger Shaw talking about “The Oregon Trail 1840-1860” a fascinating piece of history, about the half-million people who joined the wagon trains from Missouri to Oregon in the 19th century. We have several other excellent speakers to look forward to before the end of the year, on such diverse subjects as “The Sue Ryder Hospice” in September, “Bagels and Bacon” in October and “Reflexology” in November.

August sees us entertaining members’ families and friends at our Annual Barbecue, and throughout the year we also have some social (walk and Pub lunch) and craft mornings, usually on the first Tuesday of the month. We have regular business meetings followed by a speaker 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

Patricia Dent

The White Lion

The long saga of the White Lion continues, but SODC are still active on the case in respect of the unlawful change of use from public house – an asset of Community Value – to private dwelling without planning permission and in defiance of an Enforcement Order. Once again, the District Council are prosecuting in this matter, and the case will be heard at Oxford Magistrates Court on October 19th. Both the Parish Council and the Crays Pond Community Group are keen to see the White Lion reopened as a pub.

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

BADMINTON

RG8 Badminton Club welcomes new members

RG8 Badminton Club is a small, friendly and sociable club and we currently have spaces to accommodate new adult and youth members. If you are a past or present player please do get in touch, unfortunately we are unable to accommodate beginners at the current time.



We meet on Thursday evenings in the community sports hall at **Langtree School** from 7.30 - 9.30pm. Subscriptions are payable on a termly basis and are usually about £35 a term.

The Friends of St Mary's & St John's present

Roy Bailey Big Band



Featuring the music of:
Count Basie, Frank Sinatra
Duke Ellington, Michael
Buble, Ella Fitzgerald and
many more.....

St Johns Whitchurch Hill

Saturday 23th September 7.30pm

Tickets: £10

Seating Limited Early Booking Advisable

Tickets Available from:

Kir Marriot: 07813 948448

Lizzi Steward: 02751 789107

Tim Suter: 07930 490808

All proceeds to go to



Reg. Charity No. 1168335

www.whitchurchfriends.org.uk

Bus Service

The bus service is now running 6 days a week, and is getting well used by many local people. It's a quick and handy way to get into Reading, and if you are eligible, free as well with a bus pass. For holders of any Rail Card, the return journey from Whitchurch Hill costs the same as a single, so just £3, a £2 saving on the normal return fare of £5. Child return fares are £2.50.

New Timetable—note afternoon service runs 15 minutes earlier: new evening service to and from Reading, last bus back 18:20

To Reading	Not Saturday	Monday to Saturday			Not Saturday
The Sun	07:53	10:10	12:35	15:15	17:35
Crays Pond	07:56	10:13	12:38	15:18	17:38
Caversham Library	08:15	10:39	12:56	15:41	17:56
Blagrave Street	08:27	10:48	13:05	15:50	18:05
Tesco Kings Meadow		10:53	13:10	15:55	18:10

From Reading

Tesco Kings Meadow		11:10	13:40	16:10	18:15
Blagrave Street	08:50	11:15	13:45	16:15	18:20
Caversham Library	08:55	11:20	13:50	16:20	18:25
Crays Pond	09:10	11:41	14:11	16:40	18:40
The Sun	09:13	11:44	14:14	16:43	18:43

To Pangbourne

Crays Pond	09:10	11:41	14:11	16:40	18:40
The Sun	09:13	11:44	14:14	16:43	18:43
Pangbourne Station	09:21	11:52	14:22	16:51	18:51

From Pangbourne

Pangbourne - The George	07:46	10:03	12:28	15:08	17:28
The Sun	07:53	10:10	12:35	15:15	17:35
Crays Pond	07:56	10:13	12:38	15:33	17:38

*Pangbourne service goes on to Goring Station via Streatley, 16 minutes
The early morning service from Pangbourne goes via
Upper Basildon so does not call at Pangbourne Station*



*Goring Heath Parish Church
Regd No 1066772*

Goring Heath and Whitchurch

Autumn Show

Saturday 2 September 2017

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

An item from something recycled

A knitted article

An item of needlework

Art

A Portrait

A Scenic View

A Vase of Flowers

Full schedule of classes and entry forms will be available

on:

www.whitchurchonthames.com

www.goringheath.com

phone for a printed copy:

Liz Gibson on 0118 9842012

Sue Sexon on 0118 9844236



WHITCHURCH ART & CRAFT EXHIBITION

The weekend of 18th – 19th November
2017

Whitchurch-on-Thames Village Hall,
Manor Road

This is to remind everyone that the Whitchurch Society's Annual Exhibition is only a few months away, so it's time to get busy with your entries. We welcome all ranges of art, craft and photography – it is an enjoyable, friendly event, not an elitist showcase! All residents (both past and present) of Whitchurch and Goring Heath parishes are eligible to enter their work. Children who attend the Whitchurch Pre-School Group, Whitchurch Primary School or The Oratory Preparatory School are also eligible to enter, regardless of their place of residence.

The theme this year for the Joyce Voysey class is '**Circles**'. This class is open to all age groups and the entries can be in any media – art, photos, sculpture, crochet – 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
sally.woolhouse@gmail.com

Vacancies on the Parish Council

Kate Giles has stood down from the parish council after many years of service, and we will miss her wise counsel and pragmatic advice. Davis Wilson has also resigned, as he has moved away and will no longer be resident in the parish. We will therefore be formally advertising the vacancies, and would invite any one who has an interest in local matters and life to apply to join us. Unlike some other parish councils in this area, I am pleased to say that while we do not always agree, we are harmonious and good humoured, and our council meetings are as informal as we can make them. The parish council meets 11 times a year, each meeting starting at 8 and finishing at or before 10, on the 2nd Thursday of the month. There are no other obligations. We are aiming to co-opt to fill these vacancies at our October meeting. If you would like to know more, please speak to the Chairman, Peter Dragonetti, the vice Chairman Martin Wise or the Parish Clerk, Caroline Hadley, contact details on the back page.

Free Ads

If you are looking to pass on or acquire any items, big or small, then email a short description to goringheathnewsletter@gmail.com.
Items can be free, for sale or wanted

For Sale

TV Table-Glass Top £25

Glass top TV Table with second glass shelf

John Lewis. 120cm x 45cm.

Whitchurch Hill: Telephone Sheila - 077132-49961

Free

Cordwood: Sallow & Birch (not seasoned)

Whitchurch Hill Peter 07866 202908

Letters:

Goring Heath Endowed School

Vicky Jordan's article about the above reminded me of a book which I read recently - Many a Shadow by David Barter - which is about the life of Charles William 'Bill' Turner who was born and grew up in Goring Heath in the 1920s and 30s. He lived at Butlers Farm, Copyhold Farm and Elm Cottage in Collins End attending GHES for a few years from 1923. His father William had also the school. The early chapters give a lot of detail about the area and life at the school.

Regards
John Rodger
Lubbecke
Crays Pond

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

Garden Show

The garden show is on Saturday 2 September, and everyone is invited to enter. Even if you are not a gardener, why not enter some blackberries, there are plenty around. If baking is your thing, why not enter a victoria sponge cake – the recipe and instructions are all on the entry booklet, and on the Goring Heath website, or you can try your own recipes for cheese scones or jam tarts. If you have already made jam this year, enter it for the preserves class, any jam, whether soft fruit or stone fruit can be entered. There are also opportunities for artists, flower arrangers, photographers and knitters to enter – and win prizes !

Quiz Night

The Village Hall be hosting another fantastic quiz night on either 3 or 10 February 2018. More details in future Newsletters.

Help needed checking Hartslock sheep

Would you be keen to have a weekly walk on a beautiful nature reserve to help us check our sheep?

Hartslock Nature Reserve is a beautiful South facing slope of chalk grassland, located approximately a mile west of Whitchurch Hill towards Goring. Rich in wildflowers and butterflies, Hartslock is managed by The Berks, Bucks, and Oxon Wildlife Trust and known for its rare orchids and stunning views over the River Thames. The reserve is currently in a fabulous purple phase, covered in a blanket of marjoram, thyme, knapweed, scabious, bell flowers, and harebells. Definitely worth a visit. www.bbowl.org.uk/reserves/Hartslock

Mainly carried out by teams of volunteers and our lovely flock of sheep, we do a lot of work at Hartslock to keep the habitats in tip top condition. Tasks including clearing areas of encroaching scrub and brambles, maintaining pathways, gates and fences, and managing the vegetation. The sheep are a very important part of our team, grazing the grassland and encroaching scrub. Chalk grassland characteristically has shallow soils, lime rich, nutrient poor, with short vegetation. The flora and fauna at Hartslock thrive due to this and the carefully timed grazing and management.

We currently have a very friendly flock of Shetland sheep at Hartslock, but we also use Hebridean and Beulah sheep. These are hardy traditional breeds, all used to being out in all conditions, and grazing steep slopes.

The livestock are checked on a daily basis by a rota of kind volunteers, and at least once a week by BBOWT staff. Our stockwatchers are invaluable, without them we would be unable to carry out the essential grazing management on our nature reserves. A stockwatcher's main aim is to make sure the animals are all there, looking well, and are secure within the reserve with sufficient water. Stockwatchers generally commit to one day a week as part of a rota. Checks need to be carried out in daylight with at least 2 hours daylight remaining in order for us to respond to a livestock emergency.

We are currently looking for extra help at weekends, so if this appeals to you, please get in touch so we can discuss more details. No previous experience needed, and we will go through a full induction on site.

The Village Fete

Once again our thanks to all who helped make this year's Fete a great day out for all, and in particular to all those who volunteered to help run the various events and stalls. The Fete is hugely dependent on such assistance, and we are always glad to receive offers of assistance. So if you would like to get involved, please contact us at whitchurchhillfete@gmail.com

We are regularly asked three questions – and they all involve money! So here they are, along with some answers:

Does it cost much to run the Fete? Yes, it costs over £1000, and most of that is committed up front – paying for some of the performers, hiring marquees, arranging First Aid cover, buying BBQ ingredients, etc. So if it's raining, and numbers are down, we would likely lose almost all of that money. And if it's a nice day, with a good attendance, we should make a modest profit, typically in the region of £1250. So every Raffle Ticket you buy, every entry on the Tombola, every Burger you enjoy, each contribution you make, they all go to help us cover our costs, and ideally show some profit.

Do you run the Fete to make money? We have three objectives, and they are listed here in order of importance. The first is to provide the village with a day out for all to come together and enjoy. The second is to cover our costs, and as noted above, these are not inconsiderable. And the third is to try to make some profit, if we can.

Where does any profit go? We use a small amount to hold a reserve, mainly to cushion against the dreaded rainy day disaster referred to above. From time to time we have to invest modestly in renewing our equipment – for example, the Coconut Shy that we now use was built from scratch by one of our team. But the bulk goes towards donations to good causes. We focus these on the local area, with an occasional donation to a national charity that has had some role in the village, such as Macmillan Cancer Relief.

While we have been making such donations for many years, a quick glance at our records for the past five years shows we have donated over £6000 in that period to a range of deserving causes and projects. These include the Goring Heath Scouts, the upkeep of our Parish Hall, maintenance of St. John's Church, Hospices, a traffic safety system at a local school, the purchase of the Parish Defibrillator, local Volunteers, a Hospice, and the upkeep of local landmarks such as the Well Structure at Goring Heath and the restoration of the War Memorial.

From this year's funds we have so far contributed a further £1050. These donations went to the War Memorial Restoration Fund, St John's, and the Parish Hall. We will be making further donations in the coming months, and we hope for many years to come, thanks to your support for this popular village event.

We are always happy to answer any queries related to the event, so if you want to know more don't hesitate to ask.

The Organising Team
whitchurchhillfete@gmail.com

RD Carpentry & Joinery

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Call 07585 559312

robdcarpentry@gmail.com

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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Wood View, Reades Lane, Gallowstree Common

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Daily Telegraph

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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

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.

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

The trustees

At our meeting in October 2016, Jackie Kingsley offered her resignation as a trustee after 13 years' service. For many years she was our Chairman and we will miss her experience and judgment. We thank her very much.

In the past year, there have been other changes to the trustee body. We are pleased to announce the appointment of three new representative trustees – Sarah Dixon, Katherine Higley and Nick Leadbeater-Hart. Also, Ken Baker has joined as an ex-officio trustee, in his capacity as Churchwarden.

There have also been two further retirements - David Giles has recently offered his resignation having served the charity over a long period of time since 2004 and also Helen Bowsher has stepped down after 4 years as a trustee, latterly as our Publicity Officer. We thank them both for their valuable contributions.

The current ex-officio trustees are :-
Rev Claire Alcock, Sue Matthews, Ken Baker

The current representative trustees are :-
Peter Hawley, Sally Woolhouse, Sarah Dixon, Nick Leadbeater-Hart,
Katherine Higley

Sally Woolhouse, Secretary

11.00 am Sung Holy Communion: **Sept 3rd, Oct 1st, Nov 5th,**

All other Sundays:

9 am Holy Communion

11.00 am Sung Matins

All these services are traditional Book of Common Prayer
St Bartholomew's Chapel, Allnutt Alms Houses, Goring Heath, RG8 7RS

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: goringheathnewsletter@gmail.com

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

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

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
FLYTIPPING or POTHOLES	www.fixmystreet.com	

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!

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
12th October 2017	November 2017
14th December 2017	January 2018
8th February 2018	March 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.whitchurchhillcameraclub.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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