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**A Stress Free House Move - see page 15**  
**This Sweet Thing! Readers special offer!! - see page 17**  
**The Bistro George Dining Review - see page 24**



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# Welcome to your community magazine

Hi Everyone

It's nearly Christmas which also means it's nearly New Year. I am sure a lot of us are looking forward to 2021 with hope.

It has so far been a very strange, difficult year, and it is not quite finished. Out of adversity comes many good things. I think this has been proven by the overwhelming spirit of the Wallingford Community.

So many people helping each other, coming to stranger's aid when needed and I am sure it will continue into the New Year and beyond. This is the true spirit of the Season.

As always, I would like to take this opportunity to thank everyone for their support and encouragement for WoW. From the advertisers who make it possible for us to produce it, to the printers and setters to the distributors and the deliverers and to you, the readers.

We have a small but perfectly formed team now at WoW and we love receiving all your fabulous comments, it makes all the hard work worthwhile. We are very bias, but we love our magazine!!

There are some great articles this month and a special reader offer for a lovely "Healthy Sweet" (can those two words go together) recipe book. John the Postie still has some Calendars left, proceeds going to a worthy cause, so if you are after some stocking fillers, there's two ideas for you.

We have a special "Shop Local" Directory this month, wanting to encourage as much shopping to be done at our local shops and businesses this festive season. Whatever you are looking for, look it up in our Directory. From unique and unusual gifts, furniture, takeaways, Christmas Dinner, Beauty vouchers and much, much more.

You have two dining reviews, one for eating out and one for eating in.

All that is left to be said, is however this Christmas turns out, it will still be special and treasured memories can be made.

Looking forward to 2021 with a renewed sense of hope, not forgetting kindness and thoughtfulness to your fellow man/woman.

Merry Christmas and a Happy New Year.

Have fun but stay safe.

Naomi x

P.S. in last month's magazine we missed off flour as the one of the ingredients on the recipe page. Go to [www.windowonwallingford.co.uk](http://www.windowonwallingford.co.uk) for full recipe.

Whilst every effort is made to ensure the accuracy of information printed in the magazine, the Editor and Publisher do not accept any responsibility for the consequences of any errors that may occur.

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**Deadline date to submit adverts  
and articles for February issue:  
7th January 2020**

Can you find what page Walli is in this month's magazine?  
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## Twelve days after the Annual Town Meeting on 11 March, lockdown began, and Town Council meetings were suspended.

**In the grim months following, SODC stepped in to broker the Government's support for businesses, the Medical Practice found new ways to support our health, Wallingford 2020 was set up by local volunteers to support those isolating, and our office staff kept things going whilst working from home.**

Councillors were less visible, but certainly not hibernating. As soon as virtual meetings were permitted for councils, we resumed work in all our committees. Our first Full Council was held virtually on 18 May. Like subsequent ones, it was well supported by residents and reporting from Wallingford Radio, both welcome developments we hope to continue once normality returns.

A primary outcome was our acknowledgement of the Climate and environment Emergency, an action sought by a resident at the Annual Meeting and well supported in the town. In the following month we set up our Climate Challenge working group, composed of councillors and residents, which will build upon the vision for a Wallingford Green Network outlined in our Neighbourhood Plan, and determine what as a council and a town we all need to do to lower our carbon footprints to meet local and national government targets for carbon neutrality.

After many years of painstaking work by a dedicated team, the Wallingford Neighbourhood Plan has been formally examined. We hope it will proceed to a referendum as soon as that is permitted in May 2021.

You can keep up to date with our work by signing up to our newsletter on our website at **[www.wallingfordtowncouncil.gov.uk/town-council/newsletter](http://www.wallingfordtowncouncil.gov.uk/town-council/newsletter)**

One area where a good deal of work has been ongoing is the Heritage Assets Working Groups's (HAWG) investigation of what is needed to restore our nationally important historic assets. Some confusion has arisen in local reports, so let us get the facts straight. Three of them, the Saxon banks and ditches in the Kinecroft and Bullcroft, the motte and the remains of the College of St Nicholas in the Castle, are Scheduled Monuments designated Heritage at Risk by Historic England in 2018. Not given HAR status, but still needing increasingly urgent restoration work is our Grade I Listed Town Hall. All were the subject of detailed reports. Because the Council is not allowed by law to use its funds for restoration works, we shall have to finance these works by other means.

We now have 2D CAD drawings of the Town Hall, and a quantity survey, both completed by July. The works will cost at least £1.3 million pounds and would ideally be done during a 12-14 month closure of the building. Any chance of grant funding will depend upon finding ways to make the building more accessible for use by the community.

In the case of St Nicholas, where the problem has been caused by vandalism, at least £0.25 million is required. The Scheduled Monuments are a different problem because they are all mounds of earth overgrown with vegetation, increasingly difficult to understand as the great engineering feats of the people who built first the Saxon burgh of Wallingford and then the mighty Norman castle, which became the base of the princes of Wales up to 1540.

Even more impressive was the provision of a water system for the ditches, using natural streams coming from the Moretons and worked by sluices at the West Gate (Cross Keys area) to go north and east in one direction, and west and south in the other. In time, this system also fed the three deep moats of the castle and the fish ponds of the priory, which once stood in the Bullcroft. This unique heritage is in danger of being lost.

WTC commissioned a landscape survey to assess the problems. This was carried out in January and reported to us in June. The work proposed is extensive. The most expensive components relate to stabilizing the motte, and the erection of formal bridges in the Bullcroft banks, where footpaths created in the banks are endangering their survival. The new structures would provide the desired entry points and help to preserve the monuments. The banks and ditches need to be cleared of inappropriate material and vegetation and the banks grassed for stability. This will not involve removing any mature trees, though some of the larger ones may need to have their crowns thinned to prevent damage to the monument if the tree were to fall.

The works proposed strike a balance between historical conservation and ecology and will not result in bare banks. They also come with a hefty bill, estimated, once the further ecological and engineering surveys are done, at around £670,000. We intend to try to reduce this by doing some of the groundwork with the help of volunteers from the town, working with staff from the Earth Trust, who look after Castle Meadows.

We are actively pursuing this strategy, to be ready to call for volunteers as soon as lockdown permits after Christmas.

Obviously, we are going to need to fundraise if we are to rescue the heritage that makes our lovely town so special. Now, we neither have funds available nor any hope of attracting the sort of funds we need. But if we can show our belief in our town, its past and its future, by working to raise these funds, then we may well not only become more attractive to grant-awarding bodies, we can also aim to do something really exciting to bring our heritage alive. Perhaps by the time we finish we shall also have trains running from Wallingford to Cholsey each weekday!



Photo by Chris Wright

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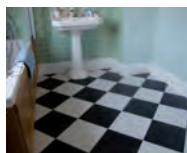
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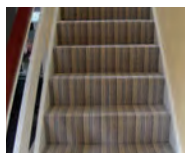
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## WALLINGFORD COUNTRY MARKET

As our regular customers will know, Wallingford Country Market, usually held in St. Mary-le-More Church in the Market Place each Friday morning, has been closed during the spring and summer months due to the Covid-19 pandemic, which sadly is still with us.

The church remains closed but we were very grateful at the end of September to have permission from the church to use their pathway outside to set up a few stalls selling home baked goods, preserves, honey, plants and eggs while the weather was still fairly mild.

The intention was to move to 'Centre 70' in Kinecroft off Goldsmiths Lane, (near Regal Centre car park), in November until the church re-opened. We have traded very successfully from this prominent position outside the church for six weeks but now, with the news of another lockdown, we feel we must close again for November in order to keep both our producers and customers safe.

It is hoped that we will be able to trade from 'Centre 70' or church, if opened, from Friday, 4th December for three weeks.

However, as a way of possibly keeping in touch with some of our customers, an Ordering System has been set up by the Committee for December for Christmas and other orders during this month.

If you would like to take advantage of this scheme, please contact one of the Committee Members listed below who will pass your requirements on to the best producer/s for the items you require.

### Items that can be ordered are:

**Home- Baked goods, Preserves, Local Honey, Home-Grown Winter Bedding, Flowering Bulbs, Hand-made Christmas Wreaths and Table Decorations, Home-crafted Christmas gifts and cards.**

The producer will then get in touch with you to discuss your requirements and arrange collection. A small charge for travel will be made if an order has to be delivered to the customer by the producer.

### The names to contact are:

**Alison Broadbridge - 01491-681596**  
**Gwen Strong - 01491-873338**  
**Shirley Joy - 01491-281338**  
**Sandra Halstead - 01491-836527**

We are living in uncertain times and we can no longer plan too far ahead, but our producers will be pleased to perhaps ease things a little for our customers as Christmas approaches.

Keep safe, keep well and a Happy Christmas to you all.

Wallingford Country Market Committee



## John the postie's Charity Calendar supporting Cholesey CHiPS (Children's Holiday Play Scheme).

The calendar is priced at just £8 and is available to buy from the following places.

**The Coffee Stop at Cholesey & Wallingford Railway**  
(Hithercroft Rd next door to Lidl.)

**Delorme' cafe The Pound Cholesey**

**Wallingford Delivery Callers Office Lupton Rd.**

And of course from John-the-postie himself if you see him out on his round. Due to the latest lockdown 2 restrictions his plans to do pop up stalls to sell the calendars have been put on hold until the lockdown is over.

**Please support John's effort and buy one of his calendars from the above venues.**



## HENLEY AND DISTRICT STAMP CLUB

This year many people have had time to take up a new hobby or interest or have taken up one they had years ago, including Stamp Collecting and also Post-cards. If you would like to enjoy your hobby even more by meeting others with the same interests do contact us (please see the website for details) we would be delighted to hear from you.

As members are unable to meet face to face two 'email meetings' have taken place. One on member's Latest Acquisitions (which included a classic car and a tractor) and one for pages from members on 'Blue' which covered many topics from 2d Blues, Munich Courier Stadt Post 1896-1900, Gemstone Sapphire, King George VI Commemorative stamps and New Zealand Revenues and Norway's 4 Skilling Blue.

In November it is hoped to hold a Zoom Quiz and also later a Display(s) by Zoom.

In December members will show up to 8 pages on 'Festivities' by Zoom or email.

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As I write this the 1155 elves are preparing to build Santa's sleigh while in lockdown, hoping to be ready to fly out of the grotto in December. This is no mean feat and hasn't been tried before but we're keen to give it a go!

The main aim of Santa and his sleigh is to give children the opportunity to see Santa from your own safe bubbles and windows, so as well as building the sleigh we also have to be sure we can produce a Covid-Safe Santa Plan that allows individual bubbles to enjoy the experience while keeping a safe distance from Santa, Elves, and other bubbles

All this means we don't know just yet where and when Santa might be out and about, or even if Santa will definitely be out at all. Knowing how heart-warming it is for all involved, knowing the happy memories that come from it and money raised for good causes mean we will do our best. If this can be made to work there will be announcements on social media each night of Santa's travels.

Each year around £4000 has been raised for local organisations. This year for the first time we won't be taking cash donations but instead asking for donations via the 1155 website or FB page. Please go to [wallingford1155.co.uk](http://wallingford1155.co.uk) or google Wallingford 1155 to find our website and follow the links to donate.

If you do see Santa please be patient on the roads and maybe give us a cheery toot & a wave!

See below are some FAQ's you might find useful.

### **Where is Santa going?**

Santa tries to cover as much of the Wallingford area and some surrounding villages as possible over December, however for many reasons we can't have an exact itinerary or specific roads Santa's sleigh will go down.

### **How many nights will you be out?**

In previous years we go out over twelve nights but this might be less?

### **Shall I tell my child Santa is coming?**

Up to you, we would recommend that you leave the announcement until the last minute to avoid disappointment.

### **What time will you be outside my house?**

The logistics of getting the sleigh out each night is challenging, and giving exact times Santa's Sleigh will be outside each house is more than we can manage.

### **Roughly what time will the Sleigh be out?**

As weather and numbers of volunteers allow, we might be able to publish the area on the Wallingford 1155 page on the night. It tends to be between 5.30pm and 7.30pm (roughly).

### **Can I track Santa?**

Yes, see the link on our FB page and find out where he has been. This won't show exactly where Santa is going but give you a very good indication of his progress.



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## Dear Santa...

Christmas is coming, and Santa's mailbox is filling up fast, although in this day and age, it's more likely to be his inbox! Partners are choosing romantic schmaltzy gifts, while parents save frantically for the latest must-have gadgets and grandparents hold on to their past, buying charming Olde Worlde presents. Yuletide is traditionally a time of healthy profits for shops, with some making almost as much during the festive period as in the rest of the year. 2020 is unlike previous years though, with many people having less money to spend due to financial issues caused by lockdown #1 and current restrictions. With belts being tightened and smaller budgets for gift buying, there will be an inevitable knock on effect for retailers. Consequently, there has never been a time in living history when small businesses depended on loyalty from their local customers as much as now.

**Virtual warfare...** The battle between internet shopping portals and high streets has been an ongoing and well publicised issue for some years now. Online giants like eBay and amazon will happily outprice and out deliver their opposition, with little or no concern as to whether they survive or not. One click of a smartphone delivers your parcel in a couple of working days, choose express and you've got it within 24 hours. Premium customers in fleecy onesies, can even order from the comfort of their cosy beds at night, with goods arriving before work the next day. With huge storage facilities and limitless buying power to drive down suppliers' prices, large online retailers definitely have a big advantage over smaller businesses. The web has undoubtedly changed how we shop, with infinite choice and discount prices. This retail revolution however, comes without the friendly banter, warm greetings and personal touch of a bricks and mortar shop.

**A fair slice of the cake...** Many small companies have adjusted their business model, in an attempt to offset the detrimental effect of Covid restrictions on customer footfall. Although, competing with the ordering and fulfilment capabilities of online retailers who have spent hundreds of thousands of pounds on e-commerce websites, is no mean feat. The retail world is a global community with many benefits, but I can't help thinking the balance needs readjusting slightly. Surely there is enough Christmas pudding for everybody to get a sixpence or two? Increasing income for suppliers in our community would have a positive effect on the environment too, both locally and globally. Less long-distance shopping, means lower carbon mileage which is bound to help with everything from clean air to climate change. Neighbourhood businesses will also contribute to measured and sustainable growth in the area, providing wealth and employment opportunities now and for future generations of this community.

**If you can't beat them...** Small businesses have definitely been thinking outside of their gift-boxes to compete, Charles Darwin said "It isn't the strongest or cleverest that survive, but those with ability to change". A lot of pubs and restaurants in Wallingford are currently offering a takeaway or delivery service. Many other businesses are taking advantage of an online presence via websites and various regional social media groups such as Facebook and WhatsApp. We as customers can also take advantage of local options to "click and collect".

**Last but not least,** your wonderful community magazine Window on Wallingford, showcases a fantastic display of goods and services offered by vendors in our community. Personally, this Christmas, I am going to write my list for Santa and then just do a little recce around Wallingford, both online and on foot to see if I can find a suitable gift or two nearby. Remember, a small business isn't just for Christmas, but an extra helping hand at this time of year could make a huge difference during the months ahead.

*Merry Christmas and a safe and happy New Year.*



## NEW POETRY BOOK WILL AID CHARITY

When Lockdown in March brought an abrupt end to an adult class I was teaching about aspects of life in the seventeenth century - including the terrible Plague of 1665 - I suggested to my students that they might like to entertain themselves (and future generations) by keeping their own 'Diary of the Plague Year' for 2020. Little did I know what it would lead to...

One student, Clive Fewins, a life-long journalist, took to writing daily poems to reflect his thoughts. I found it fascinating to experience the roller coaster of ups and downs through someone else's words and encouraged Clive to share his work.

From this has come a most entertaining publication, *Life under Lockdown* - a (not too serious) diary in verse March-July 2020. The witty and reflective verses vividly portray aspects of the life we have all experienced this year. Everything from lack of loo roll to how Shakespeare might have viewed our current predicament has been brilliantly captured by Clive and kindly enhanced with entertaining illustrations by his artist friend, Stuart Roper.

This is the perfect Christmas gift, a 100-page pocket-sized hard-back volume of verse to produce a smile, to treasure, and to pass on to future generations. This is a not-for-profit publication and at least £5 from each copy sold will go the NHS Charities Together Covid-19 Appeal.

**It costs just £12 (plus £2 p+p).**

**Please contact [judy@piepowder.co.uk](mailto:judy@piepowder.co.uk) to obtain copies.**

Judy Dewey



## GIVE A SPECIAL LIFESAVING GIFT THIS CHRISTMAS

Abingdon based charity The Nasio Trust is appealing for your help this Christmas.

Christmas will be very different for all of us this year. But you can help make a difference for the orphans and vulnerable children Nasio support in western Kenya.

For these families, living hand to mouth without running water or electricity, the pandemic has hit them hard which is why Nasio have put together a lifesaving Christmas package to help to keep them safe.

We want to provide every Nasio family with a **FAMILY CHRISTMAS GIFT BOX** which contains a wind-up radio (so they can get reliable and current information about Covid-19), a food parcel for Christmas day and a dress or shirt for a child to make Christmas special.

For just £25 - each family will not only be kept safe and have food to eat on Christmas day, but will also know that someone, somewhere cares about them - and you can enjoy your Christmas day safe in the knowledge that you have made a real difference to someone who needs your help.

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## • New Regal – User’s Survey

Two previous rounds of public consultation have confirmed that there is strong public demand for a large community hall to form the focus of the redeveloped Regal centre, along with a number of small meeting rooms for hire. We need to have a sound understanding that the community not only wants a new building, but that there is sufficient demand from paying customers to make the building sustainable for the long term. A business plan and grant applications will need to demonstrate the financial viability of the future building before we commit to it.

So far, the public has confirmed in general terms that you want to see a building of this nature return to town to support our community activities. We now need to gather much more detailed evidence as to exactly what type of activities are likely to take place, and how much revenue these are likely to generate.

A survey is currently being run for people who organise events - either personal (such as occasional parties), hobbyists or community groups, or businesses. This survey is looking to understand who might pay to hire new facilities - it is not aimed at individuals who would attend events organised by others in the building. Please only complete this survey if you may have an interest in hiring new community focused meeting spaces in the centre of Wallingford. This survey was first advertised in the Window on Wallingford back in March, but unfortunately the edition was cancelled due the first COVID lockdown and so it did not receive widespread publicity. It is therefore being re-run now.

If you run, or have an interest in any of the following;

- **A community group needing to occasionally hire a public space**
- **Art exhibitions**
- **Music festivals**
- **Indoor markets**
- **Antique fairs and jumble sales**
- **Conferences, training sessions & business meetings**
- **Casual sports (table tennis, indoor bowls, fitness classes, etc)**
- **Parties**
- **Local business hiring electronic displays for advertising**

then we really need your input to help understand the likely financial viability of the new building. From a major organisation thinking of bringing something new to Wallingford, a local business owner, club manager, to an individual who's needed to organise children's parties, your contribution to this short online survey is vital in supporting the Town Council's efforts to provide this major new community facility. The survey should take no more than 5 minutes and all responses are confidential (although you can provide contact details if you wish to help us follow up on responses).

**The survey is at [www.surveyhero.com/s/Regal-Users](http://www.surveyhero.com/s/Regal-Users) and is open until 31st December 2020.**

## A Stress - Free House Move

So, you've decided to take advantage of the stamp duty tax break...or perhaps you've just got sick of your 4 walls in lockdown..



If you're one of the huge number of people in the UK currently contemplating or undergoing a house move: read on! Hedges are the solicitors of choice for thousands of local people and we recognise that as well as being an exciting time, moving home can also be stressful. Here are our tips for keeping stress to a minimum during a house move:

1. Make contact with your solicitor as early as possible so that they can get started on the paperwork ready for when a buyer is found. It may be a real advantage to use a local solicitor with a team of back-up, named, support staff. This will make it convenient for you to drop off documents, meet your solicitor face to face (or by video when we're in lockdown of course!) and it will avoid dealing with nameless voices at a call centre.
2. Always ask for a free estimate of legal costs and any other fees you'll need to pay **before** you instruct your solicitor, so that you can plan your finances.
3. Be sure to tell your solicitor if you have specific plans for your new property, for example; you want to build an extension, run a business from home, use it as a holiday let or you want to house an elderly relative. Your solicitor can then check if you are likely to run into problems.
4. Understand that there are likely to be many people involved in the moving process. These include your solicitor, your estate agent, your surveyor, your mortgage broker and all of the other sellers and buyers in your conveyancing chain. You'll need to cooperate and work with all of these people.
5. If you think you have a "cash buyer" for your property, do check if this is really the case. A true cash buyer has no property to sell, has no mortgage and has funds immediately available. Ask your estate agent to obtain documentary proof of all of these.
6. Don't pack up too early. Some organisation of your possessions is useful but remember that your moving date may be delayed: it can be miserable to live surrounded by packing cases. Also: do try to work out as soon as possible which items you'll want to leave and those you'll take. No point in paying to move stuff you're never going to use or want again.
7. Don't expect to receive official looking deeds for your new property. Property ownership information is now held electronically at the Land Registry and your deeds will usually comprise only a few sheets of paper.
8. Think of the information and paperwork relating to your property which your buyer might want to see....and keep it safely ready to pass to your solicitor. Useful documents are guarantees, copies of any maintenance agreements, planning notices and permissions, building regulations approvals. There is a long list-ask your solicitor what is relevant to your particular situation.
9. Finally, don't get too fixed too early on a particular moving date. Try to be flexible so that you can accommodate other people's needs as well as your own wishes. Some aspects of the transaction are taking quite a bit longer during the pandemic so you may need to be patient.

**If you'd like to talk to us about a forthcoming house move do drop into our office, call us on 01491 839839 or email us at [hello@hedgeslaw.co.uk](mailto:hello@hedgeslaw.co.uk)**



Nicola Poole is the Managing Director of Hedges Law, currently in its 231st year of providing legal services to the Wallingford community & beyond.





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# STICKY TOFFEE DATE CRUMBLE

from **This Sweet Thing** by local author Ros Barresi.

## 4 SERVINGS

20 minutes preparation  
35 Minutes cooking

## INGREDIENTS

100 grams flaked almonds  
2 apples sliced  
2 nectarines sliced  
7 medjool dates (approx. 200 grams)  
250 grams soya cream



## METHOD

Put the dates in a bowl and cover with boiling water, leave to soak for about 15 minutes. Preheat the oven to 160°C.

Lay the apple and nectarine slices in an oven proof dish, enough for 6 servings. Put to one side. When the dates have been soaking for the time needed, remove the stones and put into a food processor.

Add the soya cream and blitz for a minute. The end result will be smooth toffee like sauce, pour this over the apple and nectarines.

Then sprinkle the flaked almonds over the top and cook in the oven for about 30 minutes. When cooked through, leave under the grill for about 5 minutes to brown the top.

Serve on its own or with yoghurt! Yum!

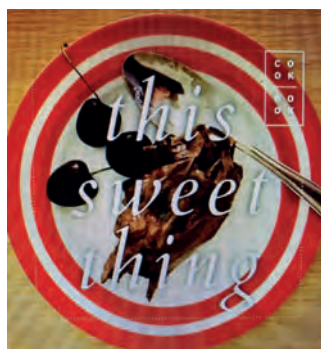


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My name is Ros Barresi, I have been working in health and wellbeing for over 20 years, and I have been writing about this subject for 5 years.

**This Sweet Thing** is my 3rd cook book and is very special to me as it is dedicated to sweets and desserts.

My interest with sugar has been an interesting journey. I trained for a nutrition diploma a few years ago and it compliments my other work very well which includes reflexology, massage and other therapies. Having worked in mental health and drug and alcohol services for the best part of 15 years the relationship we have with the white stuff is apparent and the desire for it is big.

So, this book is about sweet recipes that are healthier.

Having researched sugar a few years ago and experimented with lots of recipes I have produced this as my next book. The use of different types of sugar substitutes and the chance to give other ingredients their showcase, is exciting.

They can be easier on blood sugar levels too. This can make desserts just as tasty with a whole range of different ingredients and it has been something I have wanted to do for some time.

Buon Appetito

  @rosbarresi



## WALLINGFORD BOOK SHOP

We've fired up the hotline to Father Christmas at The Wallingford Bookshop...

We're having regular conversations with the man in red about what you would all like for Christmas! Our book subscriptions are available for all ages and we have SO many lovely books out this year.

One of my favourite books of 2020 is **'The Devil and the Dark Water'** by Stuart Turton. A twisted mystery with a Sherlock and Watson-esque detective duo set onboard a ship sailing to Amsterdam under the flag of the East India Company this book revels in ghostly happenings and unexplained deaths as a 'demon' stalks the passengers. Turton won the Costa First Novel Award for 'The Seven Deaths of Evelyn Hardcastle' which can best be described as Agatha Christie on acid! In his second book Samuel Phipps is loaded onto the Saardam as a prisoner under the command of the Governor of Batavia who, along with his wife and daughter, are travelling back to Amsterdam. Phipps' associate, Arendt Hayes, has done his best to keep Sammy out of trouble but a leper curses the ship as it sets sail and the passengers are caught up in the atmosphere of superstition and occult happenings. Life on board is claustrophobic and tense as a mysterious symbol begins to appear and the bodies begin to pile up...



**'A Christmas in Time'** by Oxford-based author Sally Nicholls is our children's pick for December. When Alex and Ruby fall through the mirror at their aunt's house they end up in a Victorian Christmas with food and games and singing and a quest...

Hopefully lockdown restrictions will be lifted on 2nd December but even if not, we will still get books to you! At the moment we are able to take orders by email and phone and collections can be made at the shop or we can deliver locally.

**All the details are on our website [www.wallingfordbookshop.co.uk](http://www.wallingfordbookshop.co.uk) but rest assured Father Christmas WILL get books to you!**

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## SCREENWYSE

David Gregory has recently moved to Oxfordshire, and he is enjoying the challenges of being in a new environment – albeit one that's a bit restricted at the moment! Having seen a copy of Window on Wallingford, he decided to seek a spot of self publicity. So, what does he do and what can he offer the local community?



*"I provide my clients with clear, well-constructed websites that encourage visitors to find the information they want. I want my clients to have a website they love, which works really well and helps them in their own line of work", says David, who is a Website Designer and SEO Specialist.*

*"Whether my clients are IT savvy or new to the world of the web, I take great care to ensure that they feel the promotion of their work is in safe hands. When businesses and organisations are dealing with ever-changing guidelines and restrictions, it's a good time to have your own Website to advertise your services. You might want to freshen up your current design, or, if your business has undergone changes, an updated website will help get the word out to your customer base and reach a wider audience".*

How did this all start? David began by developing websites for several healthcare charities back in 2001 – a complete change from a background in theatre administration, teaching, and finance management! *"I loved learning new skills and techniques, creating websites that were easy to use and easy to find (that's the Search Engine Optimisation bit). I then joined a leading digital marketing company in 2006 and worked with a wide range of UK and global commercial businesses but what I really enjoyed was helping smaller businesses and non-profit organisations and this has been the focus of my work for the last eight years. It's great to see the positive changes that happen to a business when it becomes accessible to a wider audience".*

I offer a fully managed service, which includes website domain name registration, a first class web hosting service, content creation and local search optimisation – it's a level of service you would expect from a leading IT Agency, but with the bonus of being affordable.

David says *"It can be quite daunting to take on this sort of project if you are unfamiliar with the language of IT, but if you require support, guidance or a translator - I'll be happy to listen to your ideas and suggest solutions. My client base includes artists, cafes, pubs, hotels, B&Bs, holiday cottages, plumbing services, renewable energy installers and more. Window on Wallingford is the best local information paper I've seen to date – it's really impressive how many businesses advertise here. I hope to become part of the community and contribute to local life – I have seen in WOW that the town has a Tuneless Choir!"*

**For a free consultation call David on 07472 114 417 or email [info@screenwyse.com](mailto:info@screenwyse.com) and find out more at [www.screenwyse.com](http://www.screenwyse.com)**

## SCREENWYSE

- Website Design
- Website Rejuvenation
- SEO Strategy and Support

For a **free consultation** contact David Gregory to discuss how we can improve your online performance.

[www.screenwyse.com](http://www.screenwyse.com)  
[info@screenwyse.com](mailto:info@screenwyse.com)  
Tel: 07472 114417

## THE SHACK

Karin started The Shack in March 2020 5 days before lockdown, she shut for 3 months and reopened on June 15th 2020.

The Shack is a treasure trove for anything & everything for your home selling pre-loved furniture, homewares, also handmade blankets, hats, gloves, and socks!!

After spending 30 years as a Will Writer & Probate Manager Karin, now semi-retired, decided to follow her passion for good quality, interesting, furniture. She rarely buys new, as second hand is far more interesting, costs less and with a little bit of effort can be upcycled to something unique and individual. It is also a lot greener.

Every week you will find something new and exciting, this week, a huge circular mirror and a Mason's wooden case turned up!!

You need to pop in often, so you do not miss out on that perfect "something".

The Shack is on Castle Street, behind the Lamb Arcade. Open Thursday, Friday, and Saturdays. In the summer she will open Sundays as well.

A friendly welcome awaits, with vintage treasures that will transport you back to your childhood, "Back in the day" is a very well used phrase by Karin's customers and visitors.

**If you want to shop from home then look her up on Etsy, Face Book, and eBay. She also puts interesting items on Instagram – [theshackwallingford](https://www.instagram.com/theshackwallingford). The best way to contact Karin is by phone, 07747 012298**



**Hi everyone! I'm Ella and I run Bee Zero** which has just opened on the High Street in Wallingford. We are a zero waste shop selling a large range of refillable dry foods including pasta, grains, cereal, dried fruits, nuts, seeds, herbs, spices and a range of sweet and savoury treats. We also sell a range of refillable oils and vinegars. Alongside our food refills we have a selection of refillable cleaning detergents and other eco-friendly, reusable and sustainable alternatives for everyday living.

### So how does it work?

It's super simple! Come on in with your empty containers (don't worry if you don't have any, we have compostable brown paper bags which you're welcome to use), weigh your container, fill it up with all your goodies and then we will weigh them at the till and take off the weight of your empty container.

We believe that everyone should have access to shopping zero waste so we offer a range of organic, non-organic, gluten free, vegan and Fairtrade options at prices that are competitive with the supermarkets. We don't think you should have to pay a premium to be kinder to the planet. Not only do we aim to reduce food packaging and plastic waste, we also aim to reduce carbon footprint of products by supporting small local businesses.

***"We don't need a handful of people doing zero waste perfectly, we need millions of people doing it imperfectly"***

Find us on [@beezerowallingford](https://www.instagram.com/beezerowallingford) or email us at [info@beezero.co.uk](mailto:info@beezero.co.uk) for more information.



## CORN EXCHANGE

### CINEMA

As you all know the Corn Exchange was closed again on Thursday 5th November 2020 due to new government guidelines and the current advice is that the lockdown will be lifted on **Thursday 3rd December 2020**. This is of course uncertain but our view is that we should seek to rebuild our programme in December as best as we can given the tight timescale and also the availability of suitable films. There are some cinema bookings available below and we will be adding more films in the next few weeks. Please look on [www.cornexchange.org.uk](http://www.cornexchange.org.uk) for further programme updates.

<b>Tuesday, 8th December, 7:30pm</b>	<b>Military Wives (12A)</b>
<b>Friday, 11th December, 7:30pm</b>	<b>A Gift from Bob (12A)</b>
<b>Sunday, 13th December, 2:30pm</b>	<b>A Gift from Bob (12A)</b>
<b>Wednesday, 23rd December, 7:30pm</b>	<b>A Christmas Carol (PG)</b>

All regular performances normally start at 7:30pm unless stated otherwise.  
Tickets £8 for Adults and £5 for under 15s unless otherwise stated.

### LIVE SCREENINGS

**Saturday, 19th December, 7:30pm**      **War Horse (12A),**  
Tickets £10 (adults) £8 (seniors) £5 (under 16s)

### LIVE THEATRE

**Saturday, 12th December, 7:45pm**      **A Solo Christmas Carol**  
Featuring Guy Masterson, "Scrooge's journey of redemption, the Perfect Christmas Treat."  
Tickets £15 (adults) and £10 (under 16s)

## WALLINGFORD & DISTRICT ART CLUB

Want to join a friendly local art club and improve/learn painting skills? Wallingford & District art club welcomes new members and has something for everyone. If you want company while you paint, come along on Tuesday evenings for untutored sessions or during the day for taught classes. Once a month, watch a demo by a professional artist, currently via Zoom. In December, we welcome Jonathon Newey who will show us how he paints animals in watercolour and in January we have Carole Massey painting dancers with pastels.

Also for December we will be showcasing art produced by our members in an online exhibition. So, if you are looking for a unique Christmas present for a loved one, a treat for yourself, or just want to see some fabulous paintings produced by local artists check out our website from December 1st.

**To find out how to join the club or further information, please visit our website [www.wallingfordartclub.org.uk](http://www.wallingfordartclub.org.uk) or contact [admin@wallingfordartclub.org.uk](mailto:admin@wallingfordartclub.org.uk)**



### CHOLSEY 60+ TABLE TENNIS CLUB:

This social table tennis club for those of 60 years of age and over welcomes new members. We play on Friday mornings in the Great Hall at Cholsey. For more information contact **Nigel on 07722 957102 or 01491 651114.**

## STREET TAG

Street Tag is a new family-friendly game that rewards primary schools, families, individuals and communities for physical activities such as walking, running, and cycling.

Street Tag is turning streets and parks in Oxfordshire into a giant virtual playground. You can play to win rewards for your child's primary school, or as an individual or team of up to six people in Oxfordshire's community league.

Watch your total distance accumulate and see how you far you climb up the local leaderboard. Get ready to push yourself and start your journey to a healthy lifestyle with Street Tag. **For more info on how to play, head to [www.oxfordshire.gov.uk/streettag](http://www.oxfordshire.gov.uk/streettag)**

## AYRES HOUSE

### 28th Nov -6th Dec adapt -

(verb) to become adjusted to new conditions.

A hopeful exhibition of works by studio and associate members in our Studio Gallery, reflecting on how our work, processes or thinking has helped us adapt to change or has changed due to new unsteady futures. Sharing the strange and relatable things which give us strength as artists, makers and documenters.

### 28th Nov-6th Dec (28th Nov-1st Dec online only) 10.30a.m-4.30p.m

Thursday until 7.30p.m by appointment (Covid-19 restrictions allowing)

Full listings of exhibitors to be announced along with webinar and podcast topics and dates.

The virtual version of this exhibition will appear online at [www.ayreshousestudios.co.uk](http://www.ayreshousestudios.co.uk) from the 28th November

Part of the Ayres House Winter Arts Festival and Oxfordshire Artweeks.

Visit [www.ayreshousestudios.co.uk](http://www.ayreshousestudios.co.uk) or follow us @ayreshousestudios on Facebook or instagram to stay up to date with event details or potential changes due to Covid.

### 6th Dec 10.30-3.30 Outdoor Christmas Market [www.ayreshousestudios.co.uk](http://www.ayreshousestudios.co.uk)

### 8th Dec 2-4pm and 6-8pm Wreath making Workshop

Becky Colwell E: [beccalou.interiors@gmail.com](mailto:beccalou.interiors@gmail.com)

### 9th Dec 10am-1pm Christmas Bunting Workshop

Becky Colwell E: [beccalou.interiors@gmail.com](mailto:beccalou.interiors@gmail.com)

### 10th Dec 10.30am-12pm Free African drumming workshop

Yolande Nye E: [yolandenye@yahoo.com](mailto:yolandenye@yahoo.com)

### Monthly Mindful Drawing Workshops

3rd Saturday of the month, Starting 16th Jan 2021, 10am - 5pm details and bookings via [neocartouche2020@gmail.com](mailto:neocartouche2020@gmail.com)

### 23rd Jan -2 day Watercolour workshop

Yolande Nye E: [yolandenye@yahoo.com](mailto:yolandenye@yahoo.com)



## Some Wallingford Festive shop fronts



Mary Handy Hair Salon



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## This time last year, you were probably looking forward to Christmas and had never heard of COVID-19.

This year, however, we are all facing a very different kind of festive season. With guidelines changing so often to keep pace with infection rates in different areas, one thing we have all had to do is be flexible and adaptable.

What does this mean for Christmas though? We have all been affected by the pandemic, but we are not all in the same boat. Some of us may still be able to buy gifts online and have a small family celebration with members of our own household. Others may be bravely facing their first Christmas without loved ones. Wherever we are and whatever situation we are facing, there are steps we can take to prioritise our mental health and wellbeing.

### Get a move on

Being less active can really affect our health mentally and physically. For those who are able, getting outdoors to enjoy a walk wrapped up in winter woollies can be just the tonic. The NHS has some great ideas for armchair exercises and other fitness tips for those who aren't able to get outdoors. See [nhs.uk/live-well/exercise/sitting-exercises](https://www.nhs.uk/live-well/exercise/sitting-exercises).

### Stay connected

We may not be able to socialise in the way we're used to but it's amazing how many different social groups you can join from the comfort of your own home, from book clubs and cooking classes to good old family quiz nights. These could be a great way to keep everyone entertained during the Christmas holidays. Why not search online for some new activities so that you can socialise and stay safe at the same time? Or, even better, set up your own!

### Sing your heart out

Research by the University of East Anglia found that singing boosts our mental wellbeing. Sadly, it looks like the restrictions on singing in groups will put a stopper on carol services this year, but why not check out what's happening online in your area through community Facebook pages, or do a Google search for

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**Brightwell Garage, The Street, Brightwell-cum-Sotwell, Wallingford, OX10 0RX**

your local church which are all active on line. Having a good sing-along from your sofa means that you can be as loud and as silly as you like while still enjoying some community spirit.

### Help others

For many, this winter may be a very lonely time, so it is important that we find ways to connect and help one another out. We may not be allowed to invite friends or neighbours over to the house, but there are other ways to bless them. Perhaps you could do a food shop for an elderly neighbour, or bake biscuits with the kids to deliver to a friend's door. Helping others is scientifically proven to boost our own mood too.

### Give gifts that mean something

Every Christmas, millions of presents in the UK end up being re-gifted or donated to charity. Keep this in mind if you are feeling under pressure to buy gifts for everyone you know. Research into the psychology of gift giving shows that personal, hand-made presents, an experience, or a specially created playlist often say a lot more than a shop-bought present. After a tough year, showing someone that you really know and appreciate them will mean a lot without over stretching your pocket.

### Seek help with money worries

Struggling with money can have a severe impact on our mental health, especially at this time of year. Don't let your Christmas be filled with worry – get help today by contacting an organisation like CAP for free debt help. **You can call CAP on 0800 328 0006 or visit [capuk.org](https://www.capuk.org) to find out more. There are also Money Courses run locally to help with budgeting. Enter your post-code on the CAP website to find a course in your area.**

Christians Against Poverty (CAP) is a UK charity with over 580 services across the country delivering debt counselling, money management, job clubs, life skills groups, and support for people breaking life-controlling dependencies.

**Visit [capuk.org](https://www.capuk.org) to find out more.**





## Cholsey and Wallingford Railway receives £15,700 boost from Culture Recovery Fund

The Cholsey and Wallingford Railway is delighted to announce that we have been awarded £15,700 from the Culture Recovery Fund for Heritage. As a small volunteer run charity, these funds are vital to ensure we can reopen in 2021 and be Covid secure. No public trains have run in 2020, but we can't wait to operate again next year and show off our improved Wallingford Station with the new Victorian canopy from Maidenhead taking centre stage.



C&WR Chairman Tony Stead says "This grant is a great endorsement of the railway and all our dedicated volunteers. It will not only cover our fixed costs for six months, but it will allow us to ensure that we can be Covid-safe when we are able to re-open. Not having to use our reserves to cover fixed costs allows us to invest in improvements to compliment the massive changes that are under way at Wallingford Station. We hope to be able to welcome everyone to a station with a greatly improved ambience reminiscent of train travel from the past, as soon as it is considered safe to do so."

Wantage MP David Johnston says "I am delighted to see that the Cholsey and Wallingford railway has received a grant from the Government's Heritage Recovery Fund. I visited it only a few weeks ago and could both see why it is loved by those who know it well and see the potential is has for more people to benefit from it."

Ros Kerslake, Chief Executive of the National Lottery Heritage Fund said: "The Government's £1.57bn package for culture is unprecedented and it's important to acknowledge how valuable this has been for our heritage organisations and visitor attractions. Although we are not able to support everyone facing difficulties, today's funding package helps a diverse range of heritage organisations from across the country survive, adapt and plan for a brighter future through the Culture Recovery Fund for Heritage."

"By the end of this financial year we will have distributed almost £600m of Government and National Lottery Funding to heritage organisations. Investing in heritage remains vitally important, creating jobs and economic prosperity, driving tourism, supporting our wellbeing and making our towns, cities, and rural areas better places to live. There is a lot more work to do to address the ongoing challenges, but this funding has provided a future for much of our heritage and the organisations that care for it, when it might otherwise have been permanently lost."

**For more details call Membership Secretary and Trustee George Thomas on 07855 616198**



### A Period of Remarkable Creativity News from St Mary's Church, Wallingford

Like all groups during lockdown we have had to think very carefully about how we do things. These challenging times, however, have led to some real creativity for us as, for example, we have discovered how to stream services, rehearse a choir remotely along with a variety of other activities. For us it has been a time of doing things differently.

On 5th November we began the second lockdown period and I hear people suggest that this might mean Christmas has been cancelled. Not at all! It does, however, mean we shall celebrate it differently. We are developing our programme of Christmas activities, which we hope will include a town Nativity trail as our hugely popular Christmas Eve Crib services will not be possible in the same way. Do take a look at our website <https://marylemore.co.uk/> nearer the time to discover what is happening. **Another way of keeping in touch is by liking our Facebook (@stmarylemore) or following our Twitter (@stmarylemore) account.**

Before Christmas, we are going to spend the time of Advent thinking about these four themes: **Hope, Peace, Joy, Love.** I hope these words will bring all of us comfort and joy as we celebrate Christmas. Please take a look at our website or keep an eye on our Facebook or Twitter accounts and find out how you can get involved.

Yes, Christmas 2020 will be quite different. Let's make it memorable as we discover what it means during this time of COVID-19.

David Rice, Team Rector Wallingford Team Ministry

### THE CHRISTMAS 'TREE OF GRATITUDE'

With kind permission from Wallingford Town Council, the tree will be positioned at the Rest Gardens again, next to Past & Present, and opposite Waitrose in St. Martin's Street, where it will remain throughout the Christmas period until the New Year. For those residents new to Wallingford, the 'Christmas Tree of Gratitude' is for leaving messages for our loved ones who have died, loved ones who are ill, and it also includes animals who are important members of our families. Christmas can be a sad, lonely and painful time for people living with loss.



The current lockdown is due to finish on the 2nd of December but it may well be extended if the covid infection rate is not considerably reduced by then. Because of this uncertainty we do not intend to have a stall for writing messages for the tree on the Christmas Shopping Day. Instead any messages can be sent to me by email, text or landline (details below). If you would like to write a message personally then please feel free to call me and I will arrange to leave a bauble, label and cover for the label on my doorstep for you to pick up, or I could deliver to you if you live in Wallingford.

There is no charge. Sadly, we know that our 'Tree of Gratitude' will probably have more significance this year for some of you. It has been a sad and painful year for so many people.

**Theresa Jordan, 1 Thames Street, Wallingford OX10 0BH**

**Email: [roytheresalodge@aol.com](mailto:roytheresalodge@aol.com)**

**Text: 07598157258 Landline: 01491 836240**

PS. Our usual stall for Compassion in World Farming will not be raising funds at the Wallingford in Business Christmas Shopping Day on Sunday the 6th December whether the event is on or not. Look out for our fund-raising event in 2021.

# Festive Fayre at Bistro George

**Everybody who lives in Wallingford knows of The George Hotel. After all, this coaching inn has stood on our High Street since the 16th century, and has been the venue for family gatherings, weddings, and celebrations for many years.**

At the beginning of this year, the hotel opened Bistro George, a refurbishment of the original restaurant overlooking the High Street. Sadly it had to temporarily close in March due to the lockdown, but opened its doors again in July and is now getting ready for the Christmas season with a special Festive Fayre Menu.

My husband and I went for Sunday lunch recently to try the new Festive menu and to see the newly refurbished restaurant for the first time. It was a wet and chilly day outside but our first impression of the Bistro was of a welcoming atmosphere, with low beams, soft furnishings, robust wooden tables and downlighters creating a warm and cosy room. All the tables are well spaced out to follow Covid rules and hand sanitisers are plentiful in the courtyard and entrance to the Bistro. There were several groups of families enjoying Sunday lunch.



The Festive Fayre Menu is a lovely choice of four starters - Roasted Cauliflower Soup, Grapefruit and Melon Cocktail, Scottish Smoked Salmon and Mulled Wine Chicken Liver Parfait - followed by Traditional Roast Norfolk Bronze Turkey with all the trimmings, Slow Braised Shin of Beef, Portobello Mushroom Kiev or Pan Fried Cornish Hake. While we studied the menu the waiter brought us a balsamic glaze and oil dip with warm freshly baked bread to soak it up and a glass of white wine.

My Roasted Cauliflower Soup with toasted almonds was beautifully served in a glazed white bowl and accompanied by a home made walnut roll with a chicken crisp. The taste was delicate and smooth. My husband enjoyed his Scottish Smoked Salmon with crispy Lilliput capers around the edge and served with pickled shallots, sour cream and a walnut granary bread.



On to the main course, and we decided that one of us would try the Roast Norfolk Bronze Turkey served with roast potatoes, Brussel tops, pigs in blankets, cranberry stuffing and bread sauce with gravy, whilst the other would have the Braised Shin of Beef, parsley dumpling, creamed potato, pearl barley and baby onions with roasted root vegetables. My husband's turkey was a huge portion and although delicious he couldn't finish it all. I had the Braised Shin of Beef which was also a large portion but very tasty.

From a choice of four desserts, I chose a melt-in-the-mouth Warm Chocolate Fondant with Vanilla Ice Cream which was the perfect end to a very good meal. Other options were Victorian Christmas Pudding with brandy cream, Baked American Cheesecake with Raspberry Sorbet or a selection of fruit sorbets. Two courses for £26.95 or three courses for £34.95 per person is terrific value for good quality food and service in a lovely setting.

The Festive Fayre Menu is available at Bistro George for Lunch, Monday – Sunday from 1.00pm and for Dinner, Monday – Sunday between 6 and 8.30pm starting from 2nd December.

Why not treat yourself or friends to their Festive Afternoon Tea with Prosecco for two at £29.95 (£21.95 without Prosecco) on Thursday, Friday, Saturday and Sunday which includes a selection of finger sandwiches, cakes, and freshly baked scones with clotted cream and jam served on a tiered stand with china crockery, and with a bottomless pot of tea or coffee.

**To Book email [info@george-hotel-wallingford.com](mailto:info@george-hotel-wallingford.com) or call 01491 836665**



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





## SANTA TRAINS - A SPECIAL ANNOUNCEMENT

With regret, we have decided not to run our popular Santa Specials this year. Sadly with Covid numbers on the rise, we do not want to expose our volunteers to the hundreds of visitors we would expect to welcome every day.

Christmas is the busiest time of year for our small volunteer run charity. No income for approaching 12 months has placed us under financial strain.

If you feel able, then please consider sending us a few pounds - perhaps the cost of a ticket if you are a regular visitor? Donate online here - [www.cholsey-wallingford-railway.com/otherways](http://www.cholsey-wallingford-railway.com/otherways)

Hopefully the situation will improve in 2021 and we look forward to holding a grand opening event for the new canopy at Wallingford Station, which is rapidly approaching completion.

## THE QUEENS HEAD

We have started our takeaway service again from Friday evenings. Going forward, our opening times will expand to include Thursday evening, and possibly more should the demand be there as it was over the warmer months.

We will also, once we have ticked off some logistical issues, be offering a delivery service.

Remember that you can book a collection time using the 'Book a table' ... just copy this into the search bar [www.simpleerb.com/9861/queens-head-at-crowmarsh/](http://www.simpleerb.com/9861/queens-head-at-crowmarsh/)

All you need to do is select the date that you are looking for and the number of people that you are ordering for and it will show you the available times ... then please write your order clearly in the comments box. Alternatively, message us via Facebook or call us on 01491839857 to book a collection time and place your orders. If you are booking for a larger group (over 6 people) then you will need to message or phone us to discuss options.

If you are looking to order during our food service times, then please call us on 01491839857 as we may not have time to check Facebook etc.

Many thanks, Stuart and Natasha

Talk To Us at The Queens Head  
72 The Street, Crowmarsh Gifford, Wallingford OX10 8ER  
e. [talktous@queensheadcrowmarsh.pub](mailto:talktous@queensheadcrowmarsh.pub) t. 01491 839857

## THE WALLINGFORD TEAROOM

As part of our home delivery service from the 1st until the 24th of December, we will be offering a Christmas dinner option direct to your door!

**Fully prepared and ready to go! All you need to do is pop it in the oven.**

Our meals are freshly prepared with the utmost care to provide a beautiful dinner without the hassle and washing up.

We ask for a minimum of 72 hours' notice to ensure we can meet your requirements.

We are happy to discuss any dietary requirements with you and can tailor the menu accordingly.

The Lamb Arcade, 83 High St, Wallingford OX10 0BX  
Please contact the Tearoom on land line 01491 824091

mobile 07598002749

email [thewallingfordtearoom@outlook.com](mailto:thewallingfordtearoom@outlook.com)

or pop into the tearoom and speak to one of the team.



## SUPPORT FOR UNPAID CARERS

If you are looking after a loved one or friend who could not cope without your help the team at Action for Carers Oxfordshire are here to support you. We have a dedicated team based all around Oxfordshire who are working hard to ensure family carers receive long term specialised support and practical advice and we are making sure that we stay in contact for a regular chat to reassure carers they are not alone.

And if someone you have been caring for has moved or is moving into residential care our team is here to help support you through the challenging and emotional times.

If you would like more information call our Carersline on **01235 424715** or email [carersreferrals@carersoxfordshire.org.uk](mailto:carersreferrals@carersoxfordshire.org.uk).



## WALLINGFORD MUSEUM NEWS



Wallingford Museum's dedicated team of researchers are working with architectural model maker, Ben Taggart, to create a 1:300 scale model (1.5m x 1.6m) of Wallingford's royal castle as it may have been in the mid-14th century. This amazing collaboration draws on 15 years of research, unravelling the castle's history, using archaeology, geophysical surveys, LiDAR, maps, and the transcription, translation and analysis of many documentary records. Some of these records, from the 12th-19th centuries, also contain surveys with measurements, which greatly help the study.

Virtual meetings with Ben, use all the available evidence to try to accurately position the walls, drawbridges, moats and buildings, such as the great hall, kitchens and stables, as they would once have looked.

The culmination of all this research will be this magnificent model of the castle at the height of its power, to share with everyone, once the museum reopens in 2021.

**In 2021 the museum will celebrate its 40th anniversary - created and entirely run by volunteers since 1981. We look forward to re-opening in 2021.**

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**Email: sarah@cordonbleucooking.co.uk**

## Eating In by Sarah Wells, Cordon Bleu Cooking

We all deserve a treat now and again, and especially during the difficult times this year with social isolation and lockdown looming large in our lives. Enter Sarah Wells, a Cordon Bleu trained cook who can deliver delicious ready made food or freezer packs to your door.

Sarah trained at the Cordon Bleu School in Paris in the eighties. Her first job was working as a Chef for a private family living in the South of France. On returning to the UK, she worked with several well known chefs, and then cooked for businessmen in Directors' dining rooms in Oxford.

More than 25 years ago she set up her business to provide catering for Weddings, Charity Balls, Cocktail parties, in fact any type of party, often catering for more than 100 people, but since the beginning of the year she has diversified into two areas of catering – Private Dining, where she will deliver ready cooked meals for you to eat at home, and Freezer Meals.

Her Freezer Food packs are extremely good value. They consist of two containers of each of the following seven dishes – Beef Bourguignon, Bolognese Sauce, Chicken with Mushroom and Tarragon Sauce, Thai Chicken Curry, Pork in Apple and Cider Sauce, Salmon with Dill and Parsley Sauce, Roasted Vegetables in a Tomato and Basil Sauce. Each container is enough for two people. The price is just over £3 per meal and includes delivery, and there are other meal options available too.

For Private Dining, Sarah will deliver a three course meal for 4, 6 or more people to your door. The hot food arrives in an insulated box, with the cold dishes separately. All you need to do is put the oven on low to keep the main course warm, light the candles and open the wine! Dishes include Tian of Crab with Avocado and Citrus Dressing, Chicken Supreme stuffed with Lemon and Rosemary Mousseline served with Dauphinoise Potatoes and a selection of Vegetables, and a Trio of Puds – Passion Fruit Tart, Lemon Posset and Chocolate and Honeycomb Torte. There are four different menu options to choose from and prices are from £24 per head. If you feel like a bit of self indulgence with a Cordon Bleu cooked supper delivered to your door, give Sarah a ring.

**Call Sarah on 07721 609600 or 01865 407538**  
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In January this year, Lisa Walker opened Santosha Wellbeing, a hidden oasis of peace and calm in the centre of Wallingford. Lisa, a trained yoga teacher and behaviour analyst who is specialised in treating autistic children, has created a beautiful and peaceful environment for all who are looking for a perfect escape, albeit for an hour or two, from their busy lives.

Find your way to Santosha and you can enjoy classes, workshops, therapies and treatments in one of four rooms consisting of a main studio, two treatment rooms, a small meditation room and a Nourish Bar. The treatments include Massages ranging from Aromatherapy to Sports, Relaxation, Hot Stone, Indian Head and Full Body massage. There are Pregnancy Treatments, and Reflexology, Reiki and Acupuncture, as well as classes of yoga to suit every level and one-to-one yoga, meditation and breath confidence.

Parent and Toddler and Mum and Baby Yoga classes are popular. You can book for one class only at £10 (£15 to include a class, breakfast/lunch and a hot drink) or if you buy a Tribe Card for £58 you can enjoy an unlimited timetable of classes for one month and there are more than 20 classes to choose from. The Tribe Card also gives you a 25% discount on one-to-ones with Lisa and 10% off in the Nourish Bar. Alternatively a class pass for 3 classes a month is £25.



If you are just looking for a space to chill to enjoy a tea, coffee, smoothie or a juice and a light lunch then visit their Nourish Bar, where they serve amazing food and drinks, all freshly made on site and plant based. I popped in with a friend before the recent lockdown and enjoyed lunch while chatting to Lisa about her business.

My friend chose a spelt sourdough base covered with crushed avocado, sun dried tomato pesto with honey and mustard dressing, and I had a seeded gluten free base with crushed avocado, fresh cherry tomatoes and beetroot hummus, both served with salad and plain crisps. Apart from looking so inviting they were both delicious and at £5.50 a portion were great value. We drank a Citrus Glow – made up of orange, grapefruit, turmeric and lemon, all freshly pressed, and a Green Goddess consisting of apple, cucumber, spinach, lemon and mint, £3.80 each.



Speciality teas served with oat, soya and hemp milk are available and Lisa is creating her own teas which will be available soon. Coffees – Espresso, Americano, Cappuccino, Latte and Mocha – are crafted locally from specially blended Ethiopian and Brazilian beans.

Lisa and her team will give you a warm welcome, even if you just want a glass of water and space to relax and read a book. It is all about wellbeing, and Lisa has created the perfect home from home space to experience it.

To book contact 07458 306 567  
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*Raymond*



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**Wallingford Methodist Church.** St Leonards Square, Wallingford.  
01235 813242. [www.wallingfordmethodistchurch.org.uk](http://www.wallingfordmethodistchurch.org.uk)

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**Quakers.** Quakers Meeting House, 13 Castle Street, Wallingford.  
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01865 407538. [sarah@cordobleucooking.co.uk](mailto:sarah@cordobleucooking.co.uk)

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[www.george-hotel-wallingford.com](http://www.george-hotel-wallingford.com)

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07855 530169. [www.thecookhousedeli.co.uk](http://www.thecookhousedeli.co.uk)

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**Feet First.** 21 St Mary's Street, Wallingford. Key Cutting. Gary 01491 825224.

## SOLAR

**Sims Solar.** Wallingford. Local MCS accredited installer. 01491 836065. 07717 004240. www.simssolar.co.uk

## STOVES & FIREPLACES

**Fireplace Magic.** 45 Prospect Road, Caversham, RG4 8JB. 0118 9463060. www.fireplacemagic.co.uk

## TAILORING & ALTERATIONS

**Wallingford Tailoring.** 24 St Mary Street. Wallingford, OX10 0EW. 07932 761266

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## TRAVEL

**Full Circle Travel.** The Old Counting House, 82E High Street, Wallingford, OX10 0BS. 01491 833227. 01491 522461. www.fullcircletravel.co.uk

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**Wallingford Tyres & Exhausts.** Ayres Yard, Station Road, Wallingford. 01491 824145.

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**Thrive Nutrition & Wellbeing.** 5-6 Market Place, Wallingford. 01491 821932. thrivenutrition@russellpartnership.com

**Santosha Wellbeing.** Rear Building, 81 High Street, Wallingford OX10 0BX. www.santoshawellbeing.co.uk

## WEBSITE DESIGN

**Screenwyse.** Wallingford. Design, rejuvenation, SEO. 07472 114417. info@screenwyse.com. www.screenwyse.com

## WINDOWS

**Greenwood Windows.** Glazing, Bi folds, splashbacks, doors. 01235 831603. 07854 304948. greenwoodwindows@gmail.com

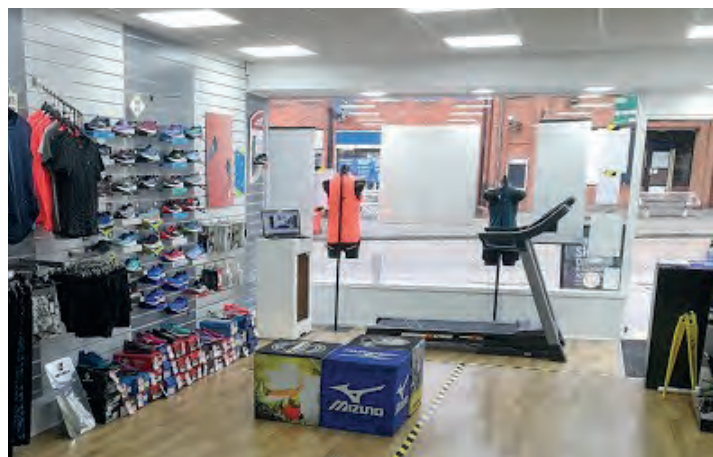
**The Oxford Window Repair Company.** Wooden window repair specialists. 07880 560403. www.oxfordwindowrepair.com



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# Recipe: Dorset Apple cake

## Ingredients:

225g Cooking apples, cored & chopped  
225g Plain flour  
Juice of half a lemon  
1.5 tsp baking powder  
115g butter diced  
165g soft light brown sugar  
1 egg beaten  
2-3tbsp milk  
1/2tsp ground cinnamon

## Method:

Preheat oven to 180c, grease and line a 7inch round cake tin.  
Toss the apple with the lemon juice and set aside. Sift the flour & baking powder together rub in the butter until the mix resembles breadcrumbs.  
Stir in 115g of the sugar, the apple & the egg, mix well adding a little of the milk at a time to make a soft doughy mix.  
Transfer to your tin.  
In a bowl, mix the remaining sugar & cinnamon, sprinkle over the cake.  
Bake for 45-50 minutes. Leave in the tin for 10 minutes to cool then transfer to a baking tray.

## My tips:

I made the cake mixture first and then cut up my apples, so I didn't need to leave them in lemon water. I mixed my butter and flour in the food processor, quicker and just as effective than doing it by hand. I put less than half the amount of sugar in. I used a silicone loaf tin, no need to grease and line a round tin. I will try this again but may use some crème fraise or something instead of quite so much butter. I'm sure the butter helped to make it taste so good!!! It's very easy to make. It's delicious.

*Helen.*



## Private one to one companionship and activities for people living with dementia and other conditions.

Wendy was born and brought up in Wallingford; when she left school, she worked at Acrow Engineers as a telephone salesclerk. She has 3 children and 3 grandchildren and is very family orientated.

From 2004 she has worked in the care industry as an Activities Co-ordinator. Over the years she took many exams adding to her qualification. NVQ 1,2,3 in health and Social Care, Level 3 in dementia care. All these qualifications include a large section on delivering activities for older people. Other courses include Food Hygiene, Health & Safety, Fire Training, COSH and Manual Handling.

She also trained other staff members in Co-ordinating Activities for people with dementia, limited movement, and many other conditions.

Some of her most treasured memories are when she volunteered to help look after 60 Sick Pilgrims for a week on their annual pilgrimage to Lourdes in France, she has done this for 8 years and it is an experience she enjoys immensely.

Wendy is still in this compassionate industry offering private one to one companionship and activities for people living with dementia and other conditions.

She now has the time to extend these personal skills to help enhance and stimulate the lives of your family, friends and loved ones.

So, if you are looking for an experienced, highly qualified, family oriented, kind person for yourself, your elderly parents, or relatives, why not give Wendy a call for a discreet chat about your needs.

**Wendy 07795 078884**



**The Wallingford Fire Station crew** are looking for stories, anecdotes, pictures or anything connected with the Fire Station or incidents in and around Wallingford.

**Anyone had to use the fire service or seen them in action?**  
**Anyone used to use the social club years ago?**  
**Perhaps you have attended one of the charity events?**  
**...or are you a proud friend or relative of a Firefighter with a story to tell??**

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