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Believe, Train, Succeed at The Body Training Studio page 15

A riverside snack at the River Shack page 27



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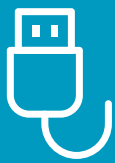


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A new Sixth Form creates its own track record

A newly opened independent Sixth Form is setting new standards for A-level teaching and learning just a stone's throw from Wallingford. Nearly a decade in the making from concept to creation Cranford House Sixth Form in Moulsoford is quickly gaining a sought after national reputation as an institution where students thrive.

The moment you walk through the doors at the Sixth Form, you can feel the buzz, energy and excitement. In the corridors you hear laughter, chatter and debate. Students embrace challenges both in and out of the classroom with a sense of freedom and mature determination. There is a breadth and depth of A-level choices on offer which any studious student would expect, however the school's ability to offer such a wide flexibility of option choices makes this curriculum one where students feel empowered and secure. Enrichment opportunities from water sports, debating society, photography to EPQs allow students to branch out and explore their independence and develop new skills. This Sixth Form might be in its infancy but Cranford House has been a centre for teaching excellence for 90 years and is known as South Oxfordshire's best kept little secret.

Strong leadership has definitely played a part in the school's growing reputation since Headmaster Dr James Raymond took the helm in 2016.

"Cranford House enjoys a strong reputation for both teaching excellence and for maintaining a focus on each individual pupil's progress that ensures everyone achieves their full potential. An atmosphere of academic endeavour is at the heart of school life, but a Cranford House education offers much more than simple academic success. Ensuring each child feels safe and supported is key to building their growing confidence in their own abilities. Visitors to our school comment on the happy atmosphere, while our students describe Cranford House as a family community where everyone knows and supports each other. Our aim is to ignite every individual's curiosity and interest and I am delighted to say that the scope of our students' accomplishments is exceptional".

– Headmaster Dr James Raymond.

Cranford House is an independent co-educational day school for ages 3-18. The 500+ pupils across Junior School, Senior School and Sixth Form enjoy excellent facilities, intuitive pastoral care and consistently attain high academic standards.

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Editor: Naomi Reddyhoff

info@windowonwallingford.co.uk

Marketing, Accounts & Administration: Jessica Dovey

jess@windowonwallingford.co.uk

Distribution: Naomi Reddyhoff

info@windowonwallingford.co.uk

Advertising Sales: Lesley Longden

lesley@windowonwallingford.co.uk

Feature Writer: Kev Dyer

info@windowonwallingford.co.uk

Distribution Manager: Di Chandler

dichandler@hotmail.com

Design & Print: WOWPrint

wowprint@mail.com

Cover Photo: Steve - GG Wildlife Walks

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Adverts will continue to run unless cancelled.



Can you find Walli in this month's magazine?

Hi Everyone

June at last. Hopefully, warmer weather and more socialising.

We have a lot more in our "What's On" pages this month, a true sign more clubs and classes are opening back up.

I would like to say a HUGE thank you to everyone that contacted us about delivering the magazines. I think we have just about covered all the rounds now.

There have been a lot of road works going on in Wallingford effecting some businesses quite badly. One of them is Purely Plants, they are at the bottom of Wantage Road and are very much open for business. The sign says road closed but apparently it is not completely, so you can still drive to Purely Plants. They have a fabulous huge selection, definitely worth a visit especially for all your tubs and hanging baskets.

Are there any amateur photographers out there who would like to become involved with WoW? We are always on the look out for local, interesting pictures for the Magazine. If you would like to get involved, please contact us on info@windowonwallingford.co.uk. A quick intro this month, there is a lot to read!!!

Have fun and stay safe.

Naomi x

Hi there,

Just a quick note to say that we have had a great response from the review editorial that Lesley did for us for the April edition of the magazine. We've had plenty of new customers that have never been in before and explicitly said that it was the magazine that prompted them to give us a try.

Thank you,
Sam Park

Mr and Mrs Park's Family Butchers in Cholsey



WOW DINING REVIEW

A dining review with a difference!

So the restaurants are still closed, we have had our fill of takeaways, but I want a simple, freshly prepared dish or dishes to serve my family without the hassle of cooking. Visiting Mr & Mrs Park's Butchers in Cholsey I found the perfect solution – a range of simply pop in the oven meals that do not compromise on flavour.

Since Covid has minimised our day to day, dinner is often as exciting as things get right now! At Mr & Mrs Park's they realise this so as well as the traditional offerings of a butcher, they have a chef on their team with lots of ideas to create new dishes every week to keep things interesting. Using fresh local produce they have been expanding their range, so I asked them to choose a selection of dishes for my husband and I to try. All I had to do was to prepare a few green vegetables and mash some sweet potatoes while my husband opened a nice bottle of wine!

The selection of dishes included a Pulled Pork Parcel, slow cooked Kentucky bourbon pulled pork wrapped in puff pastry, a Peppercorn Wrap which is Stroganoff seasoned beef mince stuffed with peppercorn sauce and wrapped in bacon, and a Mushroom Pave, caramelised onion and cracked pepper seasoned mince stuffed with mushroom sauce and topped with lattice pastry. They all came in aluminium dishes that went straight into the oven for 25 minutes while I cooked the vegetables. It was a lovely meal and so easy to prepare. Every dish was delicious – my personal favourite was the Pulled Pork Parcel – and we will certainly go back to try other dishes soon.

As well as those mentioned, their Beef Wellingtons, Chicken Tikka Parcels and tray bakes have also been incredibly popular, and they do a lovely range of stir fry meals too. We finished our dinner with a selection of cheeses, Barkham Blue, Bix and Witheridge in Hay, supplied to Mr & Mrs Park's from Nettlebed Creamery.

They stock fresh vegetables, local honey, fresh fish, artisan condiments, a fabulous range of local cheeses and local free range eggs. They are also currently in the process of acquiring an alcohol license as they hope to work with local breweries, wineries and distilleries to continue to showcase what local businesses have to offer.

Mrs Park said "As well as a heavy focus on quality, sustainability and animal welfare, we are passionate about supporting our fellow local businesses which in turn also lowers our carbon footprint so that with a clear conscience, we can simply enjoy the wonderful food Oxfordshire can produce".

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Wallingford has a new Mayor, Councillor Marcus Harris was inaugurated at a virtual Annual Meeting on 5th May. He appeared on screen in his mayoral robes, and signed the declaration in front of Councillors, dignitaries and guests. The Mayor's wife and consort is Lucy Harris and the Deputy Mayor is Councillor Dan Beauchamp, Reverend Kevin Beer is from Brightwell, part of Wallingford St Mary's team, he is now the Mayor's Chaplain. The Mayor Making ceremony where both Council Beauchamp and Rev Beer will receive their badges of office will take place on the 15th August 2021.

Elections took place on 6th May for the long awaited Wallingford Neighbourhood Plan. It was passed by 2300 votes to 232 on a 41.28% turnout. This is an excellent result for Wallingford, since the Neighbourhood Plan now becomes key information in consideration of planning applications made to the planning authority, SODC.

Huge thanks go to Lee Upcraft, Councillor Keats-Rohan and the band of volunteers who have worked tirelessly to ensure this is passed.

Thanks must also go to the Volunteers who turned out over the May bank holiday weekend to help clear the rubble from the demolition site of the old recreation rooms in the Bull Croft Park. There is still a lot of work to do but part of the ground will soon be ready to lay the grass seed.

Once again we have seen an increase in criminal damage to some of our heritage sites. Anti-social behaviour is also on the increase, including staff being verbally abused and missiles thrown. If you see any sort of anti-social behaviour please call 101. Wallingford Town Council are committed to repair any damage unfortunately this can be extremely costly, there is no longer an endless pot of money available.

The benches in the Market Place were removed temporarily following guidance from SODC. Following the relaxation of government guidelines taking personal responsibility, we are working hard on returning the newly refurbished benches on the 21st June, ready for the summer months. Please don't forget the other lovely areas in Wallingford where there are many benches, you could sit and watch the boats at the Moorings, the children play in the Castle Gardens or watch the world go by in the Kincroft or Bullcroft.



WALLINGFORD VOLUNTEER CENTRE COMMUNITY TRANSPORT WE ARE OPEN AGAIN

Currently we are limited to helping people get to medical appointments or to assist with essential shopping. If you need help with either of these and are elderly or vulnerable in some way, have no personal transport and unable to use public transport please do get in touch. We will do our best to help while complying with the Covid restrictions in force at the time.

Although at the time of writing we have fewer volunteers driving than before, we anticipate this will change as restrictions ease over the coming months and more people have the confidence to resume their voluntary driving activities.

Our office is in the Methodist Church and open **Monday, Tuesday and Wednesday 9.30am to 11.30am.** Because there is limited space in the office we need to observe social distancing, so if you want to request our help please phone **(01491 836345)** rather than come in person.

We look forward to hearing from you.
Sylvia Wear, Manager



Riverside Repair Café, Saturday 19th June 10am-1pm

If you have something broken or needing repair and would like help learning how to repair it*, you are welcome to bring it to the second Riverside Repair Café, Saturday 19th June 10am-1pm, in the garden of East-gate House, 1 High Street, Wallingford. Access is via the Green Door opposite the Boat House pub, just next to Wallingford Bridge. Volunteer repairers will be there rain or shine to help you with your repairs: Woodwork, Sewing, Sharpening, Bicycles, Small Electricals, China, etc. Light refreshments available. The garden allows plenty of space for social distancing. Masks preferred.

* Have something fixed that would otherwise go to landfill and learn a new skill at the same time. Please note all repairers/teachers are volunteers, so all repairs are free, but with no guarantees of success.








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GREAT NEWS FOR UNPAID CARERS

I am delighted to say, it seems we will be able to start our **CARERS' SUPPORT GROUP** again in **St Mary's Church, Market Place, Wallingford** on **Tuesday, 13th July at 2.00 pm**. We will then meet on the second Tuesday each month.

During lockdown I have been able to keep in touch with those whose email addresses I have and to answer pleas for help over the phone. We look forward to seeing you again.

Since the beginning of Covid there will no doubt be a number of new people who are caring for loved ones, friends and neighbours - do come along and meet our team.

Sometimes it is helpful to talk with other Carers and to find you are not alone in coping with the day-to-day issues that occur when caring for someone. We usually chat over a cup of tea and a biscuit but the kitchen may not be open when we meet in July - we'll have to see what the situation is at the time; although you are welcome to bring a flask or a 'take away'.

We are particularly pleased that Fiona Macpherson from Carers Oxfordshire, who manages the Outreach Team will be coming to the meeting; she has attended our meetings for the last 7 years so many Carers know her well! She can advise you on all sorts of topics that may help with making life better for you and your cared-for person. You may also want a 1:1 confidential meeting with her or one of the team. You don't have to suffer alone if life is proving difficult!

If anyone would like to contact me before the meeting, my email address is valwolsey@gmail.com and phone number 01491 836820

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Val Wolsey.

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Latest News

The glowing double ring henge, decorated with images and poetry nears completion.

The drama and dance, marking the stages of Birth, Union and Death are in rehearsals, accompanied by the haunting soundscape.

Six artists are building striking large scale Land Art, to be located in the Dyke Hills

Plans are in place for school workshops in July and September with Brightwell cum Sotwell CofE Primary, Abbey Woods Academy in Berinsfield and Dorchester St Birinus Primary.

We are in conversation with Berinsfield and Wallingford Libraries and Dorchester Museum.

Plans are in place to utilise the WW2 Pillbox as a temporary digital galley for community and family artwork.

And of course, no ancient gathering will be complete without the all-important "feasting" (well refreshments at least) and an opportunity to meet with friends living around the Clumps and Brightwell Barrow, echoing the social gatherings of our forebears at the double ring henge millennia ago.

Why not get involved.

Save these dates

Friday Sept 24th 5.45 in the Dyke Hills and a second performance with easier access in Dorchester Abbey on Saturday 25th September

Join the Procession, and enjoy a memorable experience.

Exhibit your artwork in the Pillbox gallery. All ages and abilities welcome.

Any form of art is eligible on the theme of HENG E21. Full details to follow.

Join the Writer's Workshop

A Q&A and performance with award winning author Jill Battson- Wallingford Corn Exchange

Saturday July 31, 3-5pm

Sunday August 1, 10 am - 5 pm Poetry workshop with Jill Battson. Dorchester Village Hall. Ticket info and details to follow

More details will be posted every month

Follow us on Instagram: [henge.21](https://www.instagram.com/henge.21)

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And soon on our website - [Henge Festival.com](https://www.hengefestival.com)



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THE LATEST EXCITING CHAPTER IN THE BOOK OF HEDGES

In 1789, the year of The French Revolution, under the reign of George III and just when Fletcher Christian was leading a mutiny on HMS Bounty, Hedges Law began its life. Fast forward 232 years and I'm proud to say that we continue to deliver legal services in Wallingford, across Oxfordshire and beyond.

So here's our exciting news : on 14th May, Hedges became employee-owned. We have joined a growing number of organisations turning their employees into custodians of the business for future generations.

The majority of law firms still tend to be run as traditional partnerships and are also still largely owned by men, so by being the sole owner of Hedges and running it as a limited company I was already breaking the mould. By moving the company to employee ownership, I feel that I'm blazing a trail again. The 40 employees of Hedges Law are now part owners of the business by way of an Employee Ownership Trust.

I first thought about employee ownership several years ago but until now it never felt like the right time to make the move. Although companies like John Lewis, Lush and Arup were gaining terrific market advantages by choosing this structure, the solicitors' regulatory body would not allow such a thing.

In recent years however, Employee Ownership started to be seen as a valued business model, high on ethics with employee reward, empowerment and engagement at its heart. And when a few years ago, the first law firm successfully received permission to 'go EO', my interest in following this route really started to pique.

When Covid-19 first hit last year, I really feared for the future of my business. With the world feeling in those first scary months as if it was coming to a shuddering halt, I barely slept. However, the new world of lockdown and remote working rapidly became our new normal and before long we were 'up and at it'. We quickly transformed ourselves so that we could continue to look after our clients in the new world. The team at Hedges has been absolutely incredible and as we powered through the pandemic, looking after the needs of our client as they navigated their own crises, I knew the best way to say thank you was to take the step to move to employee ownership.

I initially joined Hedges Law 18 years ago on a nine month locum contract. Whilst raising two sons as a single mother, I have risen through the ranks to own the business and transform it into a thriving, modern company – I'm not quite sure how I have achieved this really but put my resilience down to the challenges I've faced in my life.

One of my fervent beliefs is that every day is precious: I know how fragile life is as my birth mother died suddenly when I was just six months old, and when my own children were infants, I faced a life threatening illness and was given only a week to live. Having survived against the odds, when I came home after months in hospital, I had a new lust for life. Every day had to count. I wanted to build a working environment that created joy and promoted happiness. When I eventually retire from this business, I want to be sure that those priorities are retained and leave the business in terrific shape for the next generation. That made employee ownership the obvious next step for Hedges Law.

The initial transfer of shares to the employee is the start of the journey for Hedges Law, with the intention for a further majority shareholding to be sold to the Employee Ownership Trust in two years' time. Our employees will enjoy a share of the business's profits, as well as having a say in the business through the Employee Ownership Trust.

I talked recently to Deb Oxley Chief Executive of the Employee Ownership Association who was full of praise, telling me:

"Your move to employee ownership will sustain the values and independence of your business for the longer term. Businesses that give employees a stake and a say build trust and shared responsibility, therefore uniting leaders and employees behind a common purpose. This leaves the business in a better position to flex and adapt – key qualities needed to help the UK Build Back Better."

Employee owned businesses promote fairness and economic resilience – things that we need now more than ever as we recover from the challenges of the coronavirus pandemic. And it's definitely on the rise, following recent high-profile businesses like Aardman Animations (think Wallace & Gromit), Riverford Organics and Lush. According to the Employee Ownership Association, companies which are employee owned, or who have a large and significant employee ownership stake, now contribute £30 billion to the UK's GDP. They are also on average far more productive and profitable than those that aren't, and have much higher levels of both employee and customer satisfaction.

Hedges having been in existence across four different centuries, I feel honoured to have been its custodian for the last 10 years and can now rest assured that its future is secure in the hands of our fantastic employees."

Hedges Law has clients throughout the UK, with modern business hubs in Oxford and Wallingford and we are just finalising plans to open more in the Cotswolds and central London. We support clients on all aspects of their lives: with family and property law advice, dispute resolution, as well as advising on wills, probate and inheritance planning.

I'd be happy to hear your thoughts on or experience of employee ownership: do email me at nicola.poole@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. In this month's legal column, she shares the exciting news that Hedges Law has recently become employee-owned.

For more information, visit hedgeslaw.co.uk



Kingfishers on the Thames



Some of you may have seen our series on Kingfisher Courtship on social media recently, here is a run down of what goes on!

Phase 1 - The male fishes incessantly to present a suitably large enough fish to the female that she is happy with.

Phase 2 - Once she approves of the offering, she accepts via a food pass, and he stands up tall, pleased as punch with himself whilst she swallows the fish!

Phase 3 - They then go off and find a secluded spot and mate, generally near the nest site.

The female will lay 5-7 eggs in the next 2 weeks and incubate them for 21 days.

Now comes the busy part, once the eggs have hatched there are mouths to feed- the parents need to catch an average of 15 fish per day for each chick, plus themselves, that's over 100 fish a day!

They do this for 3 weeks at which point the Female goes off to the next nest site to prepare it and leaves the male to encourage the young to fledge and teach them how to fish, once they can catch on their own he will push them out of the area to find their own fishing grounds.



It then starts all over again at another nest site and they will do this up to 3 times in a season.

Now that's impressive parenting, no wonder at the end of the summer they go their separate ways for a break until next February when they meet up and do it all again.

We are very lucky in this part of the country, the Thames and its tributaries are abundant with life and sustains at least 12 breeding pairs of Kingfishers that I'm aware of between Dorchester and Pangbourne, that's roughly 1 pair per mile of the Thames.

So now is the best time for you to see these beautiful little birds given the additional numbers out there, keep an eye out for that stunning neon blue flash and their high pitched peeping calls.

Steve - GG Wildlife Walks

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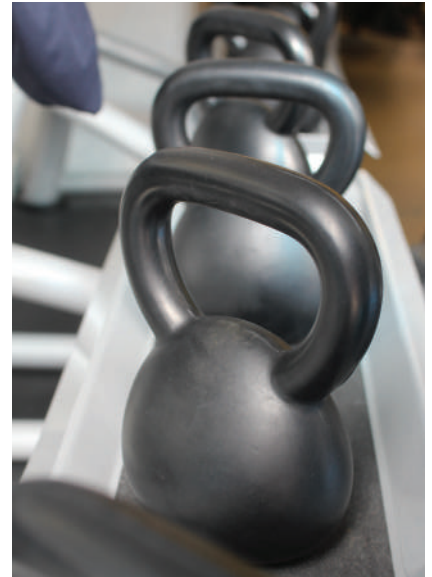
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BELIEVE, TRAIN, SUCCEED



The only bad workout, is the one you missed.

Fit for purpose... Local couple Mark and Zoe O'Hanlon are both fitness professionals and joint owners of the Body Training Studio on the High Street in Wallingford. They started the business in August 2017, although there has been a gym on the premises since the 1990's. Over the next couple of years they made many improvements to the facility. Upgrades included a full range of free weights, and the installation of new resistance and cardio machines. The business now employs six staff members, and a team of freelance instructors teaching various classes. The Body Training Studio has become a thriving business and a community asset.

Train safe... Then came Coronavirus, and restrictions hit the fitness sector particularly hard. But Mark and Zoe put the enforced lockdown time to good use. They have created a safe environment with socially distanced weights and fitness machines. Their redefined business model also includes online classes and boot-camps. Further lockdowns enabled them to completely refurbish the large studio area. The business re-opened on April 12th for gym only sessions observing social distancing. The good news is, from 17th May, the Body Training Studio can welcome members into the facility for group sessions. Classes are available for strength and flexibility, as well as cardio fitness and holistic activities.



If you know what's good for you... Attending a gym has many plus points other than pure strength and fitness. It can reduce the chance of some major illnesses and increase our energy levels too. Medical studies report mental health benefits too. Claiming that working out relieves stress, lowers anxiety levels and improves sleep patterns. Let's not forget the much restricted and missed social aspect of group classes either

Time for action... The Body Training Studio have a range of membership deals to suit all schedules and budgets. If you want to improve your health and wellbeing, work on fitness or get your beach body in time for holiday.



Contact the Body Training Studio today.

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ewelme.exhibition@gmail.com

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Wildlife discovery for children and families

Do you fancy an opportunity to get closer to nature with your family? Why not come along to St Leonard's Churchyard (on St Leonard's Lane, Wallingford) on **Saturday 12 June between 1.30 pm and 4 pm** to help us find out what wildlife, flowers and trees we can discover and record.

This 'free' wildlife spotting event for children and families is being jointly organised by St Mary's and St Leonard's Church and the Wallingford Wildlife Group. It forms part of the **Churches Count on Nature** event promoted by the Church of England to count the wildlife in our churchyards.

We'll be sure to have activity sheets available for children and other resources and materials to help you to record the wildlife we discover in St Leonard's churchyard - plus some other surprises.

Please look out for further information on posters around the town and through social media as we get closer to the event. In the meantime, please email stmarychildren2@gmail.com or wallingford.wildlife@gmail.com if you have any questions.

We hope to see you and your family there on the 12th June.



Emma Cross and Hannah Smith -
on behalf of St Mary's and St Leonard's
Church, Wallingford

Ceri Groves - on behalf of
Wallingford Wildlife Group



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open to God, open to all

Wallingford Country Market Re-Opens!



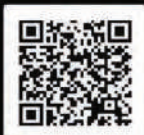
After a very disruptive 2020 due to the Covid-19 situation, we are pleased to announce that we are open again **every Friday from 9.30 - 12.00 in St. Mary-le-More Church**, situated in the Market Place, with Baking and Crafts inside the church and Plants outside. On **Saturdays 5th June and 26th June** however, we will be setting up our stalls in the Market Place instead so our Friday sale will not take place those weeks.

ON SALE - spring/early summer Bedding and Herbaceous Plants, Fresh Home Baking, including Savouries, Preserves, Crafts, Local Honey and Eggs. Orders can be taken for most items we sell. Please phone [Alison 01491-681596](tel:01491-681596) (Bakery/Preserves), [Sandra 01491-836527](tel:01491-836527) (Plants) or [Barbara 01491-835117](tel:01491-835117) if you would like to order items for collection on an arranged Friday. We have missed you and look forward to welcoming old customers back and hope that many new customers will discover us, (you may be surprised at what you will find!).

Now on Facebook under Wallingford Country Market.



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Tuesday, 1st June, Underdogs (15)

Wednesday, 2nd June, My New York Year (12A)

Friday, 11th June, Fargo (18)

Friday, 25th June, The Father (12A)

Saturday, 26th June, The Father (12A)

Sunday, 27th June, The Father (12A)

Monday, 28th June, After Love (12A)

Tuesday, 29th June, Cruella (12A)

Wednesday, 30th June, Cruella (12A)

Wallingford and District Art Club

Wallingford and District Art Club invite you to spend an evening in the company of guest artist Paul Oakley on June 15th. Paul is based in Wiltshire and will be painting a Landscape in Oils, his preferred medium, via an online Zoom session. If you are interested in learning to develop your painting skills and would like to attend live classes, tutored sessions in Wallingford are re-starting in May.

So please contact admin@wallingfordartclub.org.uk or visit the club website www.wallingfordartclub.org.uk if you are interested in joining the club, the tutored classes or purely for the online demo.

Thameside (Wallingford) U3A

Make the most of life once you're no longer in full time work by exploring new ideas, skills and interests through your local u3a. We are a locally run organisation within the umbrella of a national movement, whose members are extending their knowledge, staying active and having fun in later life. Our activities include monthly coffee mornings, speaker meetings, outings and membership of interest groups, on an entirely self-help basis. It's social, friendly, low-cost and open to all.

Since the first lockdown last year our activities have been seriously constrained by the lockdown measures. However, with some funding we've enabled our interest groups to make use of our expanded Zoom facility to keep in touch. Our monthly speaker meetings are also on Zoom and very much appreciated by our membership, with up to 150 members joining in.

Now that we do seem to be approaching a degree of normality we are looking forward to being able to meet face-to-face in the not too distant future. Hopefully we'll be able to meet up for our speaker meeting in July, but this will be dependant on the availability of our venue.

Another feature of our activities is a monthly outing (by coach) and the first of these is a short holiday to Northumberland at the end of June which was postponed from last year. This is followed by a trip to the Isle of Wight in July and another in August to Butser Hill Farm.

For further information please visit our website at [www.thameside-wallingfordu3a.org](http://www.thamesidewallingfordu3a.org) this has links about joining our friendly organisation.

Neil Kelly.

Music at St. Peter's

Live chamber music in Wallingford is back!

The long-established summer series at St Peter's has resumed, but relocated to St Mary's nearby, to allow extra space to be Covid compliant. There are 2 concerts in June. First up on **June 12** are two sparkling young players giving us sonatas by Beethoven and Brahms - Indira Grier (cello) and Florian Mitrea (piano). To help meet current regulations, we're running this shortened concert twice at 5.30 and 8pm without an interval - tickets are £12.

Then on **26 June** we welcome Pocket Sinfonia, a quartet who are reviving the almost forgotten art of reducing symphonic works to chamber size performances - you won't have heard Beethoven's 5th or Prokofiev's Romeo and Juliet like this before! For this we revert to a full-length performance at 8pm only, tickets are £16.

In both cases, you'll need to book online if you can - go to www.musicatstpeterswallingford.org.uk for the link. It's quite

straightforward, but if you prefer to phone, call Jules on **07968 703079**. Under-25s come free, but you must book a ticket and give your particulars to qualify. The audience will be limited to about 50 for social distancing, so we strongly advise early booking as we expect to sell out. We're not serving refreshments, so do bring your own! We will offer a full refund if we have to cancel for Covid-related reasons. We're not offering season tickets this year because of possible uncertainties, so step by step we go! It's all on the website - always best to check there for late alterations. We're all looking forward to getting back, but if you find the technology baffling, feel free to call me, **Roger Morgan, on 01491 837494**, and I'll happily guide you through it or try, at least!

Town Information Centre

What a year this has been so far. We are very pleased to advise everyone that the Town Information Centre has finally reopened and Wallingford has some sense of normality once more.

We have been very busy gathering as much local information and events as possible. We have also restocked with new local merchandise as well as maps and books.

The Information Centre has many local leaflets and books on walking and cycling around and about our South Oxfordshire area. Now that summer is here and school holidays are upon us come and be inspired.

Our hours are 0930-1530 (lunch 1230-1300) weekdays and 0930-1330 Saturdays We look forward to your visit.

Tina and Sue

BMMHS Forthcoming Talks

Both the July talks will be on Zoom due to the COVID-19 pandemic. BMMHS will resume live talks when it is considered safe to do so.

Our afternoon meeting on **Tuesday 6 June at 2pm** will be a talk by Lucy Betteridge-Dyson on The Real War Horse. The talk explores the equine contribution in the Great War. The talk will look at the roles that donkeys, mules and horses played in the conflict and why, along with where they came from, their war experience and how they are remembered today.

On **Wednesday 14 July 7.30pm** Col (retd) David Vassallo will give a talk on Malta GC and Operation Pedestal. From 1940 into 1942 Malta faced relentless attacks by the Luftwaffe and Italian Air Force. The Royal Navy and Royal Air Force were heavily engaged in defending the island and attempting to keep the island supplied. Malta provided a base to disrupt Axis supply lines to Libya, and also for supplying British armies in Egypt.

Check out our website on www.bmmhs.org for details of all our talks, and to register for talks, email us on zoom@bmmhs.org. Thank you to everyone who has supported us and made donations to help keep us going.

Wallingford Museum News

Wallingford Museum is now looking forward to opening on Tuesday June 22nd. We plan to open the ground floor only, in the first instance, where our amazing new exhibit, the new Wallingford castle model will be on display.

Wallingford Museum's dedicated team of researchers have worked with architectural model maker, Ben Taggart, to create a 1:300 scale model (1.5m x1.6m) of Wallingford's royal castle as it may have been in the mid-14th century.

This amazing collaboration has drawn 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. The culmination of all this research is this magnificent model of the castle at the height of its power.

All planning is subject to government guidelines for Covid-19 prevention, please check the web site for confirmation www.wallingfordmuseum.org.uk. Museum admission will be free, until fully open, donations welcome.

The museum will celebrate its official 40th birthday in September.

Museum Bookshop

The Museum bookshop will be open on Fridays and Saturdays from now until the 22nd June, from then the bookshop hours will mirror those of the museum.

We have an excellent selection of good second-hand books (both fiction and non-fiction) at sensible prices. We'll be open from then every Friday from 10.30 to 3.00, and every Saturday from 10.30 to 1.00.

We look forward to seeing you - it's free to browse!

Town and Castle guided tours

Wallingford Museum's experienced team are now taking bookings only for historical tours of the town or castle - with social distancing in place throughout and any other necessary precautions. (Please read the essential guidance on the web site before booking)



To Book a tour

- All bookings are via email: pburton6@talktalk.net or via the website
- Request a day and time to suit you and we will do our best to arrange it.
- Request either a Town or a Castle walk.
- You will be contacted by email to confirm or adjust arrangements.

Arrangements

- Tours will meet beneath the Town Hall in Wallingford Market Place.
- You will be in a group of no more than 6 people (incl Guide) on any tour.
- Cost is £10 per head, for a tour lasting between 90-120 mins.
- Payment must be made in cash on the day.
- Exact money must be handed to the guide in an open envelope on which you have written a name and phone number for each participant, to allow compliance for Track and Trace. We shall look forward to hearing from you.
- (For General Museum enquiries please contact the curator on 01491 651127)

www.wallingfordmuseum.org.uk

In the meantime we invite you to browse the new Wallingford Museum web site -

<https://www.wallingfordmuseum.org.uk> to discover more about the model and the castle by checking out our video clips, some filmed on the site of Wallingford Castle.

The Wallingford Historical and Archaeological Society Zoom talks for members

Please see the web site for further details:

<https://www.twhas.org.uk/meetings-programme.html>

9 June (Weds)

Elizabeth Popescu: 'Excavation of the cemetery of St Augustine's, Stoke Quay, Ipswich'

Featured in recent Current Archaeology magazine.

14 July (Weds)

Steve Capel-Davies: 'The River Thames - How it Shaped our Region'

Sue Wright

Purely Plants Nursery

Residents of Wallingford, and in particular on the Wantage Road near the roundabout, will know about the disruption to traffic and road closures during the recent ongoing roadworks by Thames Water. This has caused a serious headache to Purely Plants Nursery owners Andy and Barbara with their bedding and container plants just ready for sale. Andy says their customers have been amazing during the roadworks with their comments on Facebook and persevering to reach the nursery during the disruption, and are so grateful for their support.

Andy and Barbara took over the business called Busy Baskets in Wantage Road in 2016. It was a popular nursery specialising in hanging baskets but they wanted to expand and create their own production, creating plants for gardeners. As they began to grow a wider range of products they realised that people who did not have hanging baskets may not be visiting the nursery, so they changed the name to Purely Plants as that is what they focus on.

Andy grew up on a nursery and then was lucky enough to work for a premier seed company in the UK. Purely Plants still uses their plants and seeds. Whilst they are still a bedding plant and hanging basket specialist, they now produce a much wider range of perennials and shrubs as well, and as with all their products they like to grow new and unusual plants.

The main difference which sets Purely Plants apart from other nurseries is that they have set out to be chemical free – no pesticides, no fungicides and no plant growth regulator (PGR). Growing chemical free without PGR requires a different growing method which is essentially cold and dry. This helps the biological pest control as well as creating stronger plants.

They would love to share all that they do with a series of classes (after Covid) including seed and cutting propagation, putting plants to bed for the winter and how to produce hanging baskets. There is a lot of interest in gardening but people need more information, and by sharing basic tips Andy believes this will lead to more success and enjoyment in gardening.



Purely Plants Nursery
142a Wantage Road, Wallingford OX10 0LU
www.purelyplants.co.uk

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Howbery Park re-opens grounds and new look Manor Café to local community



Howbery Business Park is once again inviting everyone to enjoy its beautifully maintained grounds and its new look café. With Covid-19 infection rates having now dropped, the Howbery team has opened up table service and take-aways to the wider community.

Over the last year, the Howbery team has been busy refurbishing the eating and serving areas, which has included moving the food and drink service counter into a spacious spot in the recently decorated café. For those placing or collecting orders indoors, there is a newly marked one-way system, entering from the patio seating area.

The café has also changed its menu to reflect the new style of service, and currently offers breakfast baps, hot and cold lunch food, hot and cold drinks, confectionary and home-made cakes. Orders can be placed in advance through the new online ordering system - <https://manorcafeathowbery.touchtakeaway.net/menu> - or by using the QR code on display at the tables. It is possible to order from the service counter too (card payment only).

"We're delighted to be able to welcome customers again to our café and to make the most of our wonderful grounds," said Howbery operations manager Mark Baxter. "We are very lucky to have such a large terrace with plenty of space for people to spread out across our outside eating area. Our indoor refurbishment of the service and eating areas was planned with safety in mind, and we are looking forward to being able to offer inside seating again once allowed – hopefully by the time this article is published."

"The Manor Café will of course be complying with the government's Covid-19 guidelines and we ask customers to observe these at all times."



The café – which is open from 9am to 4pm, Monday to Friday – is to be found inside the Grade II listed Manor House at the heart of the site. From the café's terrace, there is a view over the lawn with its four beehives and the meadows beyond.

Visitors are welcome to stroll round the park during the week and enjoy its wealth of wildlife. The landscape gardeners have developed different habitats in the grounds ranging from ornamental flowers to wildflower areas to a bug hotel. The park is also home to many unique trees from all around the world, some of them planted in the Victorian era when the Manor House was a family home. There are name plaques by some of the oldest trees.

Howbery Business Park is a short, pleasant walk from Wallingford town centre. During the park's weekday opening hours, it's possible to walk from Crowmarsh Recreation Ground via the site's solar park to arrive at the back of one of the flagship buildings.

More information about the park and café can be found at: www.howberypark.com



Help with long-term Covid

Over a million people in the UK are suffering from Long Covid, the accepted term for Coronavirus that lasts more than four weeks. And, sad to say, more than 70,000 people in this country have had Covid symptoms - fatigue, breathlessness, numbness, pain or partial hearing loss - for over a year.

If you are one of those affected, you should know that PIP (personal independence payments) may be available. PIP is financial support for those who have an illness, disability or mental health condition, making it hard for them to do everyday tasks or get around. Income, savings and employment status don't affect your PIP eligibility, and PIP can supplement any other benefits you might be receiving. To apply, you need to be aged between 16 and your state pension age, and you need to have had these health problems for at least three months and expect them to continue. For help with applying for PIP, contact Citizens Advice Adviceline on 0808 278 7907 (for Oxfordshire South and Vale). There is more information about PIP at <https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/PIP/>

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Wellbeing Interventions That Can Increase Our Health & Wellbeing

If we can adapt our hectic lifestyles to becoming a little more zen with some of the following to help then perhaps we can feel a little better. Below are some therapies and modalities that can help with feeling a little better the alternative way....

Acupuncture; this amazing Chinese therapy is somewhat a mystery but works. It works on the qi or energy lines that are tweaked by inserted needles and these release any blockages or disruptions. It can work for many ailments physical, emotionally or mentally.



Some to mention are skin conditions, joint pain, headaches, respiratory or digestive. I have had some really amazing results such as curing tennis elbow, tarsal bone pain, misaligned joints and more. I feel well pretty much most of the time and this I believe is to do with having acupuncture on a regular basis.

Ear acupuncture; an amazing treatment that has been used in substance misuse for many years and calms the brain and relaxes the body. Working on the same principles as TCM can bring a sense of zen to the body enabling stress to be relieved from the brain. It is great for other addictions such as smoking and I have had results with sugar addiction too.

Exercise; Moving is what makes us work better. We can become stagnant when we don't move. I am not just referring to the gym, but walking when we can, getting up from desks at every opportunity, taking the stairs and carrying bags. We need to move frequently. Our muscles depend on it.

Massage; this is the king of wellbeing. The touch element helps to reduce tension, eases pain and enables us to feel better instantly. It is something that is passed onto generations in Asia (like Indian Head massage), to take care of the hair and to help reduce tension in the way of pressure points being eased.



Reflexology; an ancient treatment based on Chinese medicine that rebalances and boosts our immunity. It works on the qi, which ends at the feet and with the body mapped out on the sole of the foot, also works on hand and face too.

Reiki; energy healing by the master or healer that channels it into the receiver's body. It is calming and grounding. This can be highly emotional but can settle us beautifully.

Shiatsu; very similar to acupuncture, and a Japanese therapy but done on a futon and using pressure from the hands and thumbs it works on the qi and clears blockages and is ultimately relaxing.

Talking Therapies; It's good to talk! Talking is about re-evaluating the way we look at ourselves. It also makes us think how we reflect on our lives. Talking to a professional can be so therapeutic for our psyche. Unless we can get something out of our head if it will not shift then talking is a positive thing.

Yoga; get those chakras opened, our seven chakras are linked to all parts of the body, mind and soul. It works on the breath, meditation and body positions and is a Hindu and spiritual discipline.



The Wind in the Willows



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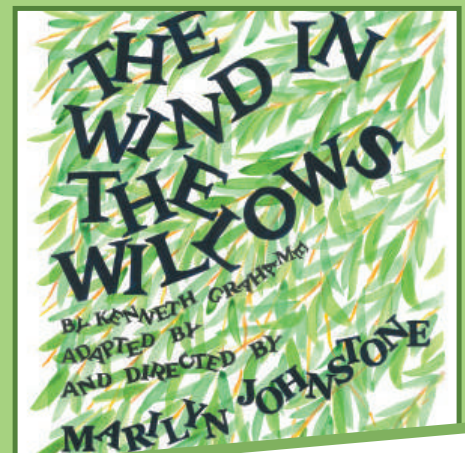
'The Wind in the Willows' by Kenneth Grahame (adapted into a one-act play by Marilyn Johnstone) is one of the all-time great animal stories and a true classic of children's literature. It introduces us to the hesitant but curious Mole, the brave and kind Rat, the wise old Badger and – of course – the irrepressible Toad.

Join them on a boat trip down the tranquil River Thames to Toad Hall, travel with them along the delightful country lanes in a canary-coloured gypsy caravan, then accompany Mole into the Wild Wood which seems to him such a terrifying place, inhabited by sinister weasels, ferrets and stoats.

Gasp as these villainous Wild-Wooders capture Toad Hall, when poor old Toad – due to his impetuous nature and fascination for fast cars (especially other people's) – is sentenced to twenty years in a dark, dingy dungeon.

Will he escape and find his way home? And can his friends help him to save Toad Hall?

Come and see this lovely show and you'll find out!



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PROFESSIONAL ORGANISING & DECLUTTERING

Are you overwhelmed by your belongings? Is your house amass with overspilling draws, cupboards and boxes, and your attic, or garage, somewhere that fills you with dread?

Working through your belongings can feel like an onerous and overwhelming process. Many of us have possessions we have accumulated over many years, however:

- **Where do you start?**
- **What do you cast aside?**
- **What do you keep?**
- **What happens to the items you let go of?**

Sometimes, starting your own decluttering project is not only all-consuming, it can also be too hard emotionally. We can all form an attachment to “precious” items, meaning we struggle to decide when and how to let them go. Having someone help to make these decisions for you, will bring clarity and a sense of calm, as well as structure to your life and home.

Employing a professional organiser, means that you are actively supported and guided into realising the things that aren’t adding value to your day-to-day living. You will also be advised on how to re-home your pre-loved possessions.

It has been proven that our physical environment significantly influences our cognitive awareness, emotions and subsequent behaviours. Clutter can negatively impact our state of mind, affecting our ability to focus and robbing us of our sleep.

Having a constant visual reminder of chaotic disorder, will drain our mental and emotional resources.



There are many situations when help can be required, these include:

- **Moving house**
- **Downsizing**
- **Divorcing**
- **Relocating**
- **Expecting a new arrival**
- **Empty nesting**

It’s time to retrieve the space that has been stolen by clutter and take back control of your life! The Space Maker is there to help you do this.

The Space Maker is a member of The Association of Professional Declutterers and Organisers.

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A riverside snack at the River Shack



If you are walking the Thames Path, or just enjoying a stroll along the river from Wallingford to Days Lock at Dorchester you can now stop for a coffee or light lunch at the River Shack at Shillingford Bridge Hotel. Situated in the riverside garden of the hotel, overlooking a beautifully peaceful stretch of the river, the River Shack is open on Friday – Sunday from 11.30 am to 6.00 pm which will increase as the weather gets warmer. The menu of light bites includes a variety of burgers (£5) paninis and quesadillas (from £4.50) with fries and traditional veggie samosas. For dessert you can have fresh fried doughnuts, and a selection of ice creams. Tea, coffee, soft drinks, wine and even G & T in a can are available. All the food is cooked fresh to order, and you can take your snack and sit on the grass or by the river on wooden benches watching the boats, paddle boarders and various craft making their way up river to Shillingford or down river to Benson.

We stopped by for lunch and I ordered a bacon and cheese panini with fries, and my husband had a chicken quesadilla which is a traditional Mexican corn tortilla warmed on a griddle and filled with various cheese and meats, then folded over to eat by hand. Served on a bed of fries in a cardboard box, the food was well cooked and very good value. We really enjoyed an hour or so on the riverbank. We had arrived by car as we weren't planning a walk that day, but a word of warning – there is a small charge for parking but the cost will be refunded when you place an order at the River Shack.

Shillingford Bridge Hotel was getting ready to welcome leisure guests again from 17th May, and while we were there it was a hive of activity with the interiors being modernised with fresh paint and refurbished with new furniture in the bar, lounge and restaurant areas. All the bedrooms have been updated too. There are two restaurant areas in the hotel – the River View Restaurant which has large windows overlooking the riverside and garden serving afternoon tea and a pub classics menu in the evening, and the River Bar which serves light meals inside or on the terrace. If you are looking for a wedding venue, the Shillingford Bridge Hotel has some exciting new ideas for a wedding by the river.



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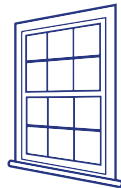
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