



WOW

JULY 2020

WINDOW ON WALLINGFORD

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Somewhere over the rainbow...Rainbow Pre-School has a new home

See who's started a new Business



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Wallingford Town Council

I'm sure I'm not alone when I say that when the COVID19 lockdown was announced back in March, that I had a vague (and wholly unjustified!) expectation that things would soon start heading back towards something more normal. Our way of life has changed profoundly since then and whilst the restrictions will inevitably be eased, it's increasingly obvious that it will be quite some time before we get close to the lifestyles we are used to.

In the meantime, we continue to adapt and to find new ways of helping one another. I'd like to congratulate Naomi for her persistence in ensuring that the Window of Wallingford remains an integral part of Wallingford's life.

Many people across town have come forward to help their friends and neighbours in this unique time of need. Thank you to each and every one of you. Having spoken to some of the people who have been helped by volunteers, I can pass on to you the very sincere gratitude which is extended to everybody who has gone out of their way to help. I have been heartened to see the very best of community spirit once again on display across our community.

I'm sure that many people in self-isolation who need help can rely on their friends and neighbours, but if anybody still needs non-urgent help, the **Wallingford2020 group can be contacted 07464 482 717**. This group covers the whole of town and will treat all requests for help sensitively and confidentially.

By the time you read this, we'll have passed several key dates in our calendar – St George's Day, the car rally, VE Day – all events which allow us to gather and celebrate. It has been encouraging to hear of the ways in which, despite the inability to gather, we continue to celebrate as a community. From our recognition of Wallingford's volunteers at this time, to our applause of NHS workers, through to our toasts and singing at VE Day, I'm sure that if we can keep finding ways to celebrate, when we do get to meet again, we'll be an even stronger town than before.

On behalf of Wallingford Town Council,
Stay safe and well,
Cllr Lee Upcraft
Mayor

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Find Walli in this months magazine.

Welcome to your community magazine

PLEASE SUPPORT LOCAL BUSINESSES

A big thank you goes out to all the local businesses that have advertised and supported the Window on Wallingford Magazine

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Spring means that whilst we stay in to protect ourselves; nature continues and seems to be taking advantage of a break from the human race. So why not get out there, whilst staying safe and monitor the resurgence of the wildlife around you and even contribute to citizen science.

Citizen Science? But what is that? I hear you say

Citizen Science is public participation in scientific research. This can be as simple as collecting information on the distribution of wild life in your locality. While it's hard to affect what is happening in the Amazon rain forests, we can observe and help impact our own local environment. For example, in the last two years there have been no swarms of honey bees in Cholsey, but if you see a swarm you can report it at <https://www.bee.watch/reportswarm/> and so help local beekeepers support their colonies. If you have the Bystander app ... you can report it straight from your phone.

But what is the Bystander app?

The Bystander app is purchased at <https://www.bee.watch/shop/> and then downloadable from App stores. With it you can take GPS, time-stamped photos that are recorded on your map plus share to interested organisations. Over a period, you will build up a picture of what is going on in your locality from species of birds, insects, to hedgehogs and so on. This maybe just the time that you discover the name of that interesting butterfly you saw. Maybe it is a rare species that you need to report to the Butterfly Conservation Society?

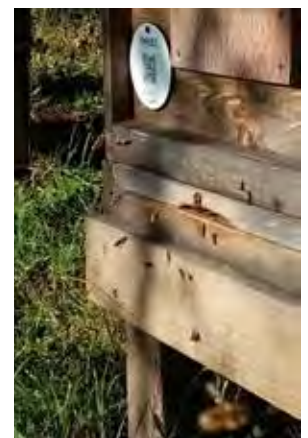
The System has been developed by local company uWatch who also do systems whereby farmers can report what they are spraying so beekeepers know when to shut up their hives or residents to shut their windows. Ask your local farmer if they are using it to help protect us from pesticides. The app shows what is being sprayed and the toxicity of that chemical on the environment.

Through collaboration with The World Owl Trust (WOT); uWatch have also created The WOT's app, to monitor owl (raptor) distribution worldwide. This app will be free as part of WOT membership, www.owls.org and available in most languages.

You may have been hearing owls in the last couple of months especially the Tawny owls, as they pair up to mate. And as the Barn owl chicks get bigger the parents will be out hunting more often. With The WOT's app you will be able to identify those owl calls or sightings; track; photograph and report them to the WOT and contribute to their research.

The alerts that are part of the farmer's app will allow WOT to analysis how owl distribution is affected by pesticide use. For example it has been found that the Dung Beetle, is impacted by the worming chemicals used by dairy farmers for their cows and consequently the Little Owl population who's favourite food is dung beetle.

I can't think of a better way to spend time at home than learning about the environment around you and at the same time contributing to critical data. For more information go to "The World Owl Trust" at www.owls.org or www.Bee.Watch.



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Our vision is to create an outstanding venue where everyone is welcome including our four legged friends. With clever planning we are bringing the outside in, so wherever you choose to have a relaxing drink you will be able to admire the River Thames in all its glory.

Our superb food menu, is chosen specifically to provide a beautiful selection of food for all to enjoy, and to end off the week, treat yourself to our traditional Sunday Roast.

We are not just about the food, we will also be open for that quick coffee with a friend, a lunch time catch up or even a nice chilled glass of wine to end off your day. We want you to unwind, and feel at home when you are with us, our main aim is to enjoy.

Ben and his team are working hard right now but are looking forward to welcoming you very soon.

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Rainbow Pre-School are excited to have opened the doors to their new independent premises next to Westgate House. Their previous facility in the Bullcroft, where they had been located for the past 45 years, has now been replaced with a bright, spacious and modern setting which encourages learning through play and fun.



Adjoining the care home in the former Wallingford grammar school site and housed in a building which is only a few years old, Rainbow will be only the second pre-school in the UK to embark on the pioneering idea of running an early years setting alongside a care home facility, and in the future they intend to integrate the elderly residents and the children so they can partake in activities together.

Several fundraising events and a public open day had been planned for July but due to current circumstances these have been replaced with one-to-one viewings, and an online appeal to help raise new funds to support the new premises has been launched (**details can be found at <https://www.gofundme.com/f/rainbow-preschool039s-new-home>**).

**Rainbow Pre-School, Millington Road,
Wallingford OX10 8FE
www.rainbowpreschool.org.uk
info@rainbowpreschool.org.uk
01491 826209**



To find out more or to see a virtual tour of the new premises please contact Rainbow or visit their website. Rainbow look forward to welcoming children aged 2-4 years from September. For details of availability of spaces from September, future events, holiday play-schemes (for children aged up to 9 years) and fundraising initiatives please get in touch.

Grace and Archie Caterers **A local catering company serving the community, using local resources where possible, for collection or delivery. Named after my Grand Parents.**

Having lived in Wallingford for a few years now I find our town to have a fantastic community spirit with a great loyalty base to small businesses. I have wanted to start my own business for a while, I launched my new catering company just before lockdown!!! The start has been slow, but I have been incredibly lucky to have received some of the famous Wallingford community spirit and support.

Even though I'm starting simple, I have lots of ideas and will extend the choice as and when I can, however with the experience I have gained I'm also looking to do something different if required. Aware of the dietary requirements people have today and the more health conscious approach, I'm armed with the knowledge to provide options to cover these.

I've started to supply homemade sandwiches, salads, fruit platters, sausage rolls, cakes and savouries. Have a ready-made picnic delivered.

Or what about a BBQ? Beef burgers, marinated chicken drumsticks, great selection of side dishes, minted potato salad, traditional coleslaw Mediterranean Roasted vegetable cous cous to name but a few plus a great vegetarian selection including falafel burgers.

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We are excited to announce our brand new premises are now open! We are now taking enquiries for September enrolments, please contact us to arrange a one to one viewing or visit our website for a virtual tour
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Starting from an empty shop front they built the bar and began serving Wallingford residents a wide variety of different drinks and continued to do so very happily until Covid-19 came along and put a spanner in the works.

Social distancing and the 'new reality' mean that The Keep won't be able to operate as before for quite some time. They needed to make a decision on the future of the bar sooner rather than later, and instead of waiting it out they decided to re-open as an off-licence, hoping to be the best stocked with the most interesting selection in the area. They sell more local produce than ever, so go have a gander!

From June 3rd The Keep will be open 11am – 7pm Wednesday through Saturday.



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We are re-opening as an off-licence from June 3rd at 1a Castle Street with a huge selection of gins, spirits, wines, local beers and ciders.

Due to social distancing measures we can't re-open the bar for the foreseeable future, but in the meantime come and say hello and see what we have to offer.

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A Warm Welcome to Thrive Nutrition and Wellbeing in Wallingford.

Hello from the team at Thrive! We are a new business based in the heart of Market Place, founded by local Wallingford Resident and Registered Nutritional Therapist, Charlotte Harbour. Thrive Nutrition's mission is to optimise and support health through positive nutrition and lifestyle change. Whether you are looking to support a pre-existing health condition or optimise your general health, Thrive Nutrition has a bespoke solution to suit your unique requirements. We have a team of friendly and supportive Nutritional Therapists and admin support behind us and are looking forward to working in partnership with local residents to help Wallingford achieve optimal wellness.

About Our Founder

Charlotte is our Lead Nutritional Therapist and Founder of Thrive – she earned her bachelor's degree in Nutritional Therapy from the University of West London in 2019. She is a fully insured and Registered Nutritional Therapist, a member of the British Association for Nutrition and Lifestyle Medicine and a member of the Complementary and Natural Healthcare Council. Charlotte is also training to become a fully certified Functional Medicine Practitioner, of which there are less than 200 in the UK. She practices a Functional Medicine Approach in the clinic.

Charlotte has spent the past eight years within Europe's leading Food Consultancy: Russell Partnership Collection, also based in Wallingford. Here, Charlotte had the opportunity to affect positive food and nutrition within businesses, universities and major sporting events. Charlotte has worked on a placement with the Ultra Wellness Center in Massachusetts and is an online workplace mentor for the Centre for Nutrition Education & Lifestyle Management.

Wallingford Allotments and Gardens Society (WAGS)

During these challenging days of lock-down, we would like to continue to offer our gardening stock for sale. We will endeavour to open the WAGS Store at Centre 70 near the Kinicroft every Saturday 11am-12noon from now until the end of July. Please check the WAGS Facebook for updates on when we will re-open www.facebook.com/WallingfordAGS

We stock different types of composts, bark mulch, bagged farmyard manure, fertilisers, bug control, lawn feed, canes, weed control fabric and garden fleece. We offer a recycling service for good quality second-hand garden tools and offer a Dobies Seed catalogue discount. WAGS run The Autumn Show at Centre 70, Kinicroft, currently, this will take place on Saturday 12th Sept and open to the public free of charge 2pm-4pm.



There are approximately 100 exhibitor categories for arts, crafts, needlework, photography, baking, preserves, flower arranging, pot plants, show vegetables and show flowers – all ages and abilities are welcome to have a go. Details of last year's show are on the website and the 2020 Schedule will be available to download in early July.

<https://www.wags-wallingford.com/>

If you have any web-site maintenance experience and can spare a few hours per month, please contact Sandra our Chairman on tel: 01491 836527. Jayne Page on behalf of the WAGS Committee



Thrive Introduction

What is Nutritional Therapy and is it right for me?

Nutritional Therapy is a private 1-2-1 consultation between the client and Nutritional Therapist. It is conducted in our professional clinic in Wallingford or via Zoom – depending on UK Government Guidelines and client preference. Nutritional Therapy is typically suited to individuals looking to optimise their weight in a safe and positive approach; manage a digestive condition such as IBS, bloating or gastric reflux; support hormonal imbalances such as PCOS, the menopause, PMS or endometriosis; low energy or 'foggy brain' and much more. Don't worry if you don't have a particular condition – we also support the achievement of optimal health too! If you are unsure whether Nutritional Therapy is suitable, do get in touch and we will help.



THRIVE

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


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RECYCLING CENTRES OPEN 18 MAY



citizens
advice

Citizens Advice thanks dedicated volunteers

Local charity Citizens Advice Oxfordshire South and Vale has continued giving advice to those in need throughout the coronavirus pandemic thanks to the tireless dedication of its staff and volunteers.

The team quickly rallied to ensure that as many people as possible could be helped over the phone or through webchat. Two weeks into the lockdown, 70 volunteer advisers were operating the Advice Line service from their homes.

As part of Volunteers' Week, which runs from 1 to 7 June, Citizens Advice Oxfordshire South and Vale wants to thank its 150 volunteers for their contribution not only during this exceptional time but throughout the year. Between them they contribute over 1,000 hours to helping local people each week.

In the last year the charity has helped over 11,000 people with problems such as debt, housing, benefit and employment issues.

Volunteer Virginia Parker, a specialist benefits adviser in the Abingdon office, said:

"I get enormous pleasure in helping people in difficult circumstances to understand and get what they are entitled to. It can be very daunting to ask for help, so we do our best to put people at ease and help them through the process. There is nothing more rewarding than helping people to resolve their problems so they can move ahead with their lives."

Jon Bright, chief officer at Citizens Advice Oxfordshire South and Vale, said:

"Throughout the year our wonderful volunteers contribute their time and energy to make a huge difference to people's lives and help keep our vital service running. Their support throughout the year has been invaluable. I cannot thank them enough for their continued dedication. We couldn't do it without them."

Recycling centres open on 18 May for essential use

Oxfordshire County Council will re-open Household Waste Recycling Centres on 18 May, for essential use. Essential use means waste that cannot be stored at home, or would cause hard to health if stored.

There will be new site rules to ensure social distancing and the safety of residents and site staff. This includes reducing opening hours to 8am – 4pm to allow for cleaning, limiting the number and size of vehicles coming in and contactless payments only.

Queues are likely, so if it can wait, please do. If it's waste that can be disposed of legally and responsibly in another way, such as weekly kerbside collections or district council collection services, please do that.

Full information about the changes to recycling centre rules can be found on their website - www.oxfordshire.gov.uk/wastereopenquestions

Oxfordshire's recycling centres are now open for essential visits (if you can't store waste safely at home).

There will be new site rules to ensure social distancing and to keep everyone safe, please make sure you read them before you visit www.oxfordshire.gov.uk/wastereopenquestions



If you are interested in finding out more about volunteering with Citizens Advice Oxfordshire South and Vale, please visit our website: <https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/>

For more information contact:

Tel: 01235 364868

Email: catherine.whitmarsh@osavcab.org.uk

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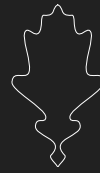
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www.facebook.com/CrowmarshPreSchool

Walking with dino cows

Isn't it lovely to see the cows in the buttercups? For those who are unused to cows and a little nervous of them here is some advice from someone who has been walking through fields of cows for more than 60 years.

Cows like to stay together, so it is best not to separate one or two from the herd.

Cows, especially young ones are curious about the world. They may well look up and stare at you. They are wondering if you are a threat. If you ignore them, they will usually ignore you. If a bold one takes a step towards you, simply look at it and take a step or two towards it. They will back away.

Cows can feel threatened by a dog, so keep it on the lead and walk it rapidly past them. If you know that your dog is going to show a great interest in them, it might be better to wait until the cows are grazing away from the path. If the cows feel threatened they will move together towards the threat, to try to intimidate it.

Stepping towards them usually stops them, but if you feel threatened by the cows it is time to let your dog off the lead. The cows are more interested in the dog than in you and most dogs run for the gate as fast as they can. By the time the cows get moving towards it, it will be out of the field and the cows will just go back to grazing. (I have only had to do this once, in a field with a lot of young bullocks in it, years ago. Never saw our dog run so fast.)



Enjoy your walks in the meadows and keep the Countryside Code

<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code>

Amanda Griffin

Wallingford Community Hospital League of Friends Charity

Firstly thank you to Mike Broadie and Rob Edmonds who retired from their roles of chairman and secretary respectively at our AGM in January. Mike was chairman for eight years and Rob secretary for three years, both carried out their roles ably and delightfully. Kate Eveleigh is our new chairman and Paul Chisnall or new secretary; both have commenced their work with relish.

Sadly the Coronavirus is putting most of our regular activities on hold, the street collection, participation in Wallingford Carnival, providing refreshments at the Band Concert in the Castle Gardens and the cake sale in the hospital. The Christmas party we arrange for the patients may also be affected. However the Committee meets using Zoom and we continue to work with Wallingford hospital in providing both financial and physical support in areas where we can supplement the NHS.

During the Covid 19 outbreak we have provided the staff with garden chairs to assist with their social distancing, hand cream and food. We have received support through donations from various organisations such as Wallingford Football Club, Waitrose, Meadow Farm Honey and the Wallingford Masonic Lodge to assist in these activities.

**If you would like to find out more about us please go to our website at:
www.wallingfordleagueoffriends.org
Or you can find us on Facebook.**

Support is always welcomed. Specifically at the moment if anyone has free time to donate we need help with graphic design, social media and websites. If you can help, please contact us by e-mail to wchlof@gmail.com

Also to support our local hospital we must all keep alert and stay safe!

Nigel Hessey



Wallingford Community
Hospital
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Pure Fun

5 things to remember when working from home.



The number of freelancers working from home has grown steadily in recent years with people striving to create a balanced work/life ratio, 2020 however, has seen a substantial increase due to the spread of the corona virus.

Those choosing the home hub undoubtedly established organised principles before embarking on this lifestyle, but an enforced regime due to national emergency, leaves little time to implement necessary procedures. There is a huge difference between the evolution of a well-designed office/workspace, and a family home that has been commandeered at short notice.

That said, of the many elements to consider when working from home, the following five principles should be prioritised in the blending of work and family life.

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear" ... Buddha

Keep moving...It is widely accepted that regular exercise burns calories and provides energy, as well as boosting your immune system, and we all know how important that is!

Working out makes you feel good too, the release of Endorphins brought about by exercise can be a great buzz, relieving stress and encouraging a good night's sleep. Don't let the current restrictions surrounding gyms and health clubs deter you, as a 20-minute walk in the fresh air will work just as well. Try simple stretching exercises like yoga or Pilates, if you prefer guided lessons you can search YouTube for online classes or go old school and grab a book.



You are what you eat... Diet and nutrition affects the way we feel, so what we eat and drink can have an effect on the way we deal with everyday situations.

Ensure that you eat a good breakfast, which will set you up for the day and provide the opportunity to spend quality family time before the onset of the working day. Try to eat healthy nutritious foods for a slow calorie release throughout the day, coupled with your exercise regime this will ensure consistent energy levels. Minimise caffeine with herbal or fruit teas as an alternative to traditional beverages, fruit juices will also boost nutrition while water will prevent dehydration which can cause headaches.

Let there be light...The Construction Health Safety and Welfare Regulations (1996) requires "That every workplace, traffic route and access is properly lit", your home is not governed by these regulations but it's a good guideline to follow.

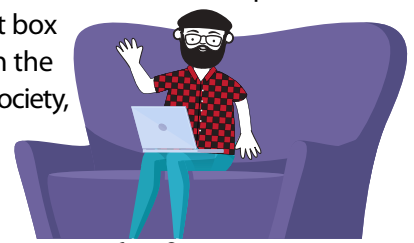


Working for long periods in poor lighting can have a permanent effect on the health of your eyes as well as causing fatigue and headaches. It can also affect your efficiency, as squinting at a computer screen or reading paperwork in a dimly lit office can lead to mistakes.

Natural sunshine is the best form of lighting so choose your workspace accordingly, the bigger the windows the better and take plenty of breaks outside, giving your eyes a rest from excessive screen time.

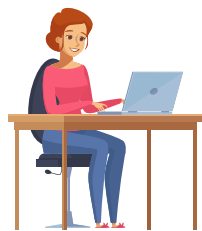
Light can also affect your mental health, SAD (Seasonal Affective Disorder) is a seasonal ailment that affects approximately half a million people a year, mainly during December, January and February. SAD is caused by a chemical imbalance in the brain due to the lack of sunlight in shorter winter days.

Most people will only feel mild discomfort, while others may experience debilitating symptoms like mood swings and even severe depression. Treatment can be as simple as the installation of a special light box and Advice is available from the Seasonal Affective Disorder Society, www.sada.org.uk.



The best seat in the house... Good posture is paramount and spending all day in a chair designed for slouching in front of the telly will inevitably lead to problems.

A good seat allows your back muscles to relax and relieves pressure on your buttocks and thighs, encouraging good blood flow. Choose a chair that allows you to put your feet flat on the floor without creating pressure on your thighs, otherwise, improvise with a box or cushion under your feet.



Sitting up straight, requires effort as most people habitually slump when seated, so, in the absence of a well-designed chair, a cushion supporting your lower back will help to maintain correct posture. A badly designed office can lead to RSI (repetitive

strain injury) according to RSI Awareness, over half a million people in the UK suffer from some form of this ailment. The problem is increasing due to the increased use of computers and other technology that involve large amounts of key-boarding. Posture related health problems are also growing due to the sedentary nature of many jobs.

Open Ergonomics offer good advice, including ideal office assessments and ways to avoid physical problems due to badly designed office space, visit their web site at www.openenerg.com.

Last but not least... Take time to chill, "Different strokes for different folks" is the key phrase here. Some people will relax while hanging precariously by their fingertips off a mountain or cliff, running half marathons or lifting eye-bulging weights.

Others might prefer a long soak in a warm bath with scented candles, half an hour with a good book or a nice walk in the countryside. I personally opt for a comfy sofa and a large glass of wine, with either the telly or some favourite tunes in the background.

The important message is to find what suits you best and make time to enjoy it.

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Use new fast-track reporting for suspicious emails - Citizens Advice

Scam emails, one of life's most tiresome phenomena, are becoming so smooth and sophisticated that even computer experts can be deceived by them, and the rest of us are in constant danger of being taken for a ride.

**citizens
advice**

There is no need to feel isolated with the problem, though. If you are suspicious of an email or simply unsure, you can use a new, dedicated reporting service which is very quick and convenient: forward the email to report@phishing.gov.uk and the National Cyber Security Centre (NCSC) will investigate it.

How does a scam email work? The usual methods are persuading you to divulge sensitive information, like bank details, or urging you to click on certain links. If you click on those links, you could be directed to an unsafe website which might download viruses on your computer or steal your passwords or data.

It's crucial to bear in mind that a scam email is designed in such a way as to get you to act quickly and without thinking, so NEVER give way to that pressure.

How do you spot a phishing email? This is very tricky, since many of them look just like the real thing. Scammers are quite capable of producing professional quality graphic design with pleasant pastel colours, for example. This makes the email look authoritative and trustworthy and thoroughly up to date.

However, and fortunately for us, if you examine a scam email carefully it will reveal its true nature. Remember these key points:

First, it is very unlikely to be a message you are expecting.

Second, the language of most scam emails has an uncompromising toughness that isn't characteristic of the average business email. It might try to rush you into making a decision or threaten you with legal action or financial losses, telling you that you have to act right away to avoid them. The email might claim to be from a bank, a government department or the Inland Revenue, perhaps saying that a warrant has been issued for your arrest.

The email could also be from a company that doesn't normally contact you or from an organisation that you normally deal with in a different way, e.g. TV Licensing or the district council - which, it might strike you, have never emailed you before.

Beware too of topical scams: an email might offer you a cure for coronavirus or encourage you to donate to a related cause.

Always check the sender's email address because this is the only part of the message which can't be beautified. There will be something peculiar about it for sure. For instance, it might be extremely long and complicated with lots of numbers and letters, or the country code might be unfamiliar.

If you are in any doubt, don't open the email and don't click on any of its links, but forward it right away to report@phishing.gov.uk. The NCSC says it acts on every message received, analysing it and the dubious websites it links to. Government specialists can then block the criminal's email address and instruct hosting companies to remove the websites from the Internet.

For essential reading see <https://www.ncsc.gov.uk/information/report-suspicious-emails> or ring Citizens Advice Adviceline on 0300 330 9042.



Music at St Peter's Wallingford

We were all set to kick off on 9 May with its summer series of chamber concerts.

Sadly, the lockdown now makes this impossible, and we have with sadness decided to cancel our first six concerts in May, June and July.

We will keep the remaining concerts under review, and if conditions allow will resume in August.

We are suspending ticket sales for now.

The simplest way to keep in touch is via our website musicatstpeterswallingford.org.uk or call me Roger Morgan on 01491 837494 - I'm not going anywhere soon!

Wallingford Gardening Club

As with all organisations our Wallingford Gardening Club meetings have been postponed for the immediate future, but thankfully we can continue to enjoy our gardens as the opportunity for daily exercise.

For news of Wallingford Gardening Club please visit www.wallingford-gardening-club.com or if you have any gardening questions email gardenswallingford@gmail.com where we will do our best to answer them. Stay safe.

One of our members has had a solo patio party!



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**For more information please contact:
Richard Prunier on 01491 835373
or tbcdmanager@wallingfordtowncouncil.gov.uk**



Wallingford Country Market

It is, with regret, that I have to tell you that Wallingford Country Market is now closed for the foreseeable future, due to the Coronavirus.

I'm sure this is not surprising news due to the Government directives about crowded spaces and, in particular, the over 70's, which many of our producers and customers are.

Passing this information on verbally around your village as much as possible would also be very much appreciated.

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WOW WHO'S OPEN?

Wallingford Local Producers Market

A very big 'Thank You' to all the loyal customers who usually come along to Wallingford Local Producers Market (WLPM) on Saturday mornings. You're helping to keep local independent enterprises in business!

Since March WLPM has been trading online via Facebook and producers' emails and websites. Our Facebook page @wallingfordlocalproducersmarket is where you'll find news every week about produce available.

Cheese Matters, the WLPM stall, is doing well with orders placed via cheese@wlpm.org.uk for Saturday collection or local delivery by arrangement.

This is especially important for cheesemakers such as Norton & Yarrow from Shillingford. They sold most of their cheeses to restaurants, but overnight those sales disappeared. The goats carried on producing milk and the business did not qualify for the government support schemes! Thanks to WLPM and other local markets and delis, Norton & Yarrow are now making their usual quantities of cheese.

Klaire Silver from The Witches Kitchen in Woodcote takes orders for vegan and gluten free cakes, brownies and flapjacks, and delivers on Saturday. Ericka Bennett from Sweet Fancies takes orders for cakes, brownies and savoury treats, and delivers on Fridays. Menus and contact details for both bakers are on WLPM Facebook @wallingfordlocalproducersmarket

Now that some restrictions have been relaxed, WLPM organisers are exploring the possibility of running the market outdoors. We're looking for a venue that would be large enough for social-distance queuing. We will carry out all the necessary risk assessments and meet Covid-19 safety guidelines before opening to the public. **Contact admin@wlpm.org.uk if you have any suggestions or can offer a venue.**

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Sinodun Player & the Corn Exchange have won a very prestigious award.

The Corn Exchange in Wallingford and the Sinodun Players, resident company and owner of the theatre, are to receive the Queen's Award for Voluntary Service, the highest possible honour for voluntary groups in the UK.

The Players transformed the Corn Exchange from a derelict building into a "cornerstone of the community". It has been showing plays and films to residents of Wallingford and the surrounding area for more than 40 years.

Members and volunteers at the theatre, which is currently closed due to COVID-19 restrictions, were told today (Tuesday, 2nd June) about the award – which is made every year to mark the anniversary of the Queen's coronation.

Gloria Wright, Chair of the Sinodun Players said: 'We always knew our wonderful members and volunteers were brilliant, and I'm sure they already know how highly they are valued, but now all the hard work and commitment over the last 40 years has been officially recognised.'

The nomination process was carried out by Deputy Lieutenants for Oxfordshire Miranda Markham and Kate Tiller. Dr Tiller said in her report: 'Wallingford Corn Exchange, home of the Sinodun Players Amateur Dramatic Society shows how a traditional local organisation can transform itself and develop into a key community asset for the 21st century.

She added: 'Described by its users as "the heart of the community", not only is it a cultural landmark but importantly it serves as a cross generational meeting hub where people of all backgrounds are welcome to both enjoy the experience as well as to volunteer their own unique skills.'

The group was nominated for the award by Lynda Atkins, a former Oxfordshire County Councillor. She said: 'Without the Sinodun Players and its volunteers, the Grade II listed Corn Exchange would not exist as a community facility.'

Ed Vaizey, ex-MP for Wantage and Didcot and a former culture minister, gave his support as part of the submission and said: "The Sinodun Players, and the Corn Exchange theatre which they run, have been cornerstones of the community in Wallingford and the surrounding area for decades. As a result of their entirely voluntary efforts, Wallingford has an outstanding range of drama available".

Professor Malcolm Airs, former conservation officer for South Oxfordshire also added his recommendation to the nomination: "As the local authority Conservation Officer at the time I was deeply impressed by the sensitive way that they carried out the conversion in a manner that retained its intrinsic historic character. Under their careful stewardship it has undergone a series of staged improvements to become a highly sophisticated venue."

The Sinodun Players purchased the then-derelict Corn Exchange in 1976, converting it into a base for its theatre productions, a theatre and cinema. The building has been run as a successful venue since the end of 1978 when it was formally opened by the late Sir Peter Hall, founder of the Royal Shakespeare Company and former director of the National Theatre, who lived in Wallingford at that time.

The Sinodun Players and Corn Exchange Wallingford is one of 230 charities, social enterprises and voluntary groups to receive the award this year. The number of nominations remains high year on year, showing that the voluntary sector is thriving and full of innovative ideas to make life better for those around them.

The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate the Queen's Golden Jubilee.

- The Sinodun Players is a charity registered with the Charity Commission (www.sinodunplayers.org.uk). Its objective is to promote all aspects of drama and preserve the Corn Exchange in Wallingford as a venue for public performances of the arts.
- Corn Exchange Wallingford Limited is the trading arm of the charity (www.cornexchange.org.uk) and is responsible for the running of the venue and its events.
- Lord Lieutenants represent the monarch in each of the UK's ceremonial counties.
- This year there were 230 recipients of The Queen's Award Voluntary Service from across the UK. More information on the recipients and the Award can be found at <https://www.gov.uk/queens-award-for-voluntary-service>
- Any group of two or more people that has participated in voluntary work for more than three years can be nominated for the award. Full details on how to nominate are available at <https://qavs.culture.gov.uk/>
- Nominations for the 2021 awards close on 25 September 2020.

All enquiries and requests for further information should be directed to John Evans, Marketing Director, Corn Exchange Wallingford, telephone 07785367512 and email marketingdirector@cornexchange.org.uk or Gloria Wright, Chair of the Sinodun Players Committee, telephone 07881786939 and email chairman@drama.sinodunplayers.org.uk





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