







NEW COMPUTER SERVICE CENTRE OPENING 2021













20 YEARS IN THE MAKING

THE BEGINNING

2021 is our 20th anniversary of trading in Wallingford. Back in 2001 PC Technicians was born. Fresh out of university and with a real passion for all things tech I decided to venture out on my own. As with most small companies it started off as a home-based business working from a single desk in the box room. Since then, the business has grown and grown.

TODAY

PC Technicians now provides both services and equipment to home users and small to medium businesses, offering everything from a one-off repair to on-going support.

We continually research and test the latest trends and technology allowing us to have the expertise and resources to consistently fulfil customer needs. From virus removal and printer troubleshooting to upgrades and tuition we have your IT essentials covered and unlike many companies there are no monthly contracts.

Although we are a modern 'tech' company we stand by some good old-fashioned values. Since being established our philosophy of taking care of customers first and then their computers has resulted in hundreds of satisfied and loyal customers in and around Wallingford. Our five-star Google reviews speak of the many happy experiences our customers have had. But how do we compare to some of the big players in the same market, surely we can't compete on price? Well actually we can. We have always believed in giving an honest service with down-to-earth prices. With clear fixed-price repairs, the price we quote includes both parts and labour and no extra or hidden charges - just a one-off payment to have your device repaired. We also offer a free diagnostic service and give a full 12-month warranty on both parts and labour.

THE NEAR FUTURE

This summer PC Technicians will be opening our brand new computer service centre. We'll be offering all our existing repair services as well as stocking 100's of carefully selected products for delivery and same day click and collect. We'll also have a new comfortable consultation area where you can get free advice and support.

Like our Facebook page to peek behind the scenes of our progress and to hear about our grand opening special offers, facebook.com/thepctechnicians In the meantime, PC Technicians is still here to help you with your technology needs.

Telephone 01491 825449, visit **www.thepctechnicians.co.uk**

Steven Wicks Managing Director



Welcome to your community magazine

To advertise in Window on Wallingford please contact us on: info@windowonwallingford.co.uk

Must be sent in JPEG or PDF formats in their highest quality.

Advert sizes:

95 mm x 53 mm

95 mm x 110 mm

192 mm x 50 mm

210 mm x 297 mm

210 mm x 148 mm

Supplied in MS word. Please provide any photos or images including logos separately (jpeg files) that you would like in your article.

Deadline date to submit: 7th May 2021

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 info@windowonwallingford.co.uk **Design & Print: WOWPrint** wowprint@mail.com



@window_on_wallingford

Whilst every effort is made to ensure the accuracy of information printed in the magazine, the Editor and \Publisher do not accept any responsibility for the consequences of any errors that may occur. Material published in the Window on Wallingford Magazine is copyright, but normally the Editor will be pleased to grant permission for it to be reproduced, if asked on each occasion. The opinions published in this magazine are not necessarily those of the Editor, Publisher or WoW.

Adverts will continue to run unless cancelled.



Hi Everyone

It is so great to see the shops, cafes, pubs, gyms open again and people out and about. Feels like a little bit of normality has come back into our lives. Hooray.

Hopefully, the Corn Exchange will be able to open soon, Government Guidelines permitting, they have everything crossed for Monday May 17th. Keep an eye on their website for more information and films coming in.

Don't forget to check out the Cholsey & Wallingford Railway, opening on Sunday 30th & Monday 31st May to celebrate the 40th Anniversary of the last BR Goods Train on the branch known as "The Wallingford Fly".

We are happy to say that the "What's On" section of the Magazine will start to fill up again soon, lots of interesting things to do in and around Wallingford. So fabulous to see.

I am after your help again this month please. We need some new volunteers to deliver our magazine.

It only takes about half an hour a month, if that; it is a great way of getting a little bit of exercise, also, you always seem to bump into someone for a chat which is good fun. The areas available:

St Leonard's Square, St Martin's Street, St Mary's Arcade, St Mary's Court. Station Road. Wilding Road. St Nicholas Road. Allnatt Avenue.

If you can help us out, we would love to hear from you please. You can contact Di Chandler, our new Distribution Manager, info@windowonwallingford.co.uk or 07980291995.

Until next month, stay safe and have fun.

Naomi x

Crossword

1		2	3	4	5	6	Ac 7
7			8		9		8 9 10
							11 13
10				11			14 15 16 18 20
						12	
13			14		15		2:
							1
	16	17		18			1 2 3
19							
20			21		22		4 5 6
							1: 1: 1: 1:

Answers on page 23

- ross
- Meadow (3)
 - And so on (3) Biblical Sarah's husband (Abbr.) (3)
- Cram (5)
 - Mild oath (4)
 - Before (3)
- Cereal grass (3)
- At the present time (3)
- Large marine food fish (4)
- Sharp (5)
- Lyric poem (3)
- Dove sound (3)
- Weeding implement (3)

- Drunk (7)
- Ripe (6)
- Execution (11)
- Speed controller (11)
- Individual facts (4)
- Light meal (3)
- Add sugar (7) Nothing (6)
- Secondhand (4)
- Enemy (3)



- Deliver once a month in your area
 - Help your community
 - Meet your neighbours!

To apply, please contact info@windowonwallingford.co.uk

Aniko Dioszegi



Painting cleaning and repair of damaged paintings

www.brushstroke-ann.co.uk 07450008972 Email: ann.conservation@gmail.com Studio: Ayres House Studios Ayres Yard, Station Rd, Wallingford, OX10 0JZ.









Selling or Renting out Your Property?



- Virtual furniture & accessories styling
- Rental furniture & accessories staging
- Complete design, supply & install service

Our styled and staged properties stand out from the crowd, meaning they sell quicker and more profitably

Call: Fiona on 07779 329352 Visit: www.fushiadesign.com Email: fiona@fushiadesign.com



Need help with your PC? Fully qualified, locally based business is here to help with all your home and small business PC requirements, however trivial or Remote help complex they may be. option so no visit required **During these unusual**

times, a visit may not be the preferred option - if so, we already help lots of clients via our very secure remote sessions.

A personal, professional service with a smile and at very reasonable rates.

(Qualifications and ID provided on request)

Call: 01491 670014 or 01235 758013

Email: support@pc-help-4u.co.uk

Free Callout & Diagnosis

- Laptops, Desktops & Tablets
- Home & Office Visits
- Secure Remote Help
- Monthly Cover Option
- Mac & PC Support
- Supply of New Machines
- Hardware Repairs/Upgrades
- Software Repairs/Upgrades
- Wireless Setups/Networking

Satisfaction or your money

plus

- **New Installations**
- Backup Solutions
- Antivirus & Security
- Web Design & Hosting

Website: www.pc-help-4u.co.uk

Contact us for a free consultation:

01491 651392

sales@spcgroup.co.uk www.spcgroup.co.uk

- @SPCGroupavservices
- in SPC Group AV Services
- @spcgroup_avservices

SPC GROUP

Dynamic Digital Signage

Your local Audio Visual integrator offering expertise, training and hands-on support

Product Supply • Installation Project Management System Design • Technical Support Maintenance • Services

Professional Organising & Decluttering Services

SPACE MAKER

Are you: Moving house . downsizing divorcing • relocating expecting a new arrival - empty nesting

... or just wanting to clear out your clutter and get organised?

Call for a free consultation 07798 702041 info@thespacemaker.co.uk



LOVE HAIR? LOVE FASHION? **BE A HAIRDRESSER**

Apprenticeships available now!

Call Forresters: 01491 837 523 Drop in: 25 High Street, Wallingford

Forresters4hair.com





THE BODY TRAINING STUDIO

77-78 High Street, Wallingford OX10 0BX admin@thebodytrainingstudio.co.uk 01491 826682





Telephone: 01491 836974

All tree aspects - Dave Cottrell

Felling • Reducing • Reshaping • Thinning, Removal • Pollarding • Shrub & Tree Pruning • Dead Wood Removal Hedge Management · Stump Grinding

Garden & Landscaping Services

Turfing • Hedge & Grass Cutting • Planting • Fencing • Patios • General Garden Maintenance Garden Renovation & Construction Woodchip Mulch Seasoned Logs & Kindling Wood

www.tomcottrelllandscapes.com Email: tomcottrelllandscapes@gmail.com

Orchard Cottage, High Road, Brightwell-cum-Sotwell, Nr Wallingford, Oxon OX10 0PS

The Merry Month of Max

You harvest what you sow... Worshipping the Goddess of fertility, 'Eostre' at sunrise on May Day is centuries old. It was how our ancestors celebrated Spring at its peak and welcomed the approaching summer. Beltane, as it was called in Britain and Ireland, fell between spring equinox and summer solstice. Our pagan forefathers danced around large poles, drinking ale and promoting future fertility. Without modern-day issues such as pub closing times, festivities would continue long into the night. I'm sure their desired fertility, materialised with births of more than one new arrival the following January. May was a time of happy anticipation, with long days and warm weather ahead. Hunters and foragers roamed, while farmers made hay in the sunshine. Everyone enjoyed this bountiful season, as they stocked up for a far distant winter.

Dawn chorus... Fast forward a few hundred years to Oxford in my youth, and I was participating with equal pagan enthusiasm. Staying up and gate-crashing parties until morning. After that, a breakfast pint or two in a pub at 05.00. Now I don't usually condone drinking that early, but who am I to challenge Oxonian traditions on May morning. I mean, how many cities observe approaching summer by opening their ale houses at sunrise, before going on to party in the streets for hours? Crowds of revellers fall silent though, when listening to the ethereal sound of choristers from Magdalen college tower at 06:00. Then it's time to watch the nutters jumping into the Cherwell, from Magdalen bridge. Many other Oxfordshire towns and villages have a long-standing tradition of May Day celebrations too. More than one will be alive with the sights and sounds of Morris dancers and fairground attractions.

The best medicine... There is more to May than merry-making though, it is also the month we commemorate International Nurses Day. Established in 1974 by the International Council of Nurses, it is usually held on or around 12th of May each year, coinciding with Florence Nightingale's birthdate. On this day we recognise and applaud every contribution that nurses make to society. I'm certain you'll agree that this year in particular, is as good as any to honour the nursing profession? Never in living memory have we relied so much on the expertise and humanitarian qualities of nurses working for our cherished NHS. With immense skill and boundless empathy, they have worked through the pandemic, treating and caring for patients. They are the driving force in an army of frontline workers, battling to restore life as we knew it.

A cautionary tale... You may be aware of the saying, "Ne'er cast a Clout before May be out". In plain English, clout being cloth or clothing. In other words, keep your thermal vest and woolly bed socks close by until June. As a late frost can catch us out in May, so could human complacency. The easing of restrictions, combined with our successful vaccination programme, are signs of better times to come. Yet, Covid 19 has shown itself to be about as predictable as an English summer. Now is not the time to let our guard down.

Here comes the sun...I hope you are enjoying the warmer season at home with family, or safely outside with friends. In the spirit of our ancestors, it is now a time to look ahead. If we thought of this pandemic as seasons, then we've come through a harsh winter and into spring. Let's hope that soon we will be languishing in a long and pleasant summer.

Copyright © 2020 Kev Dyer All Rights Reserved

KEV DYER Freelance Writing Services +44 7590 663 403 info@kevdyer.com Columns • Features • Press Releases Newsletters • Web Content • Blogs

View from the Council



The times they are a changing.

At the Full Council meeting on 22nd March we selected the new mayor for 2021-22, Councillor Marcus Harris, who recently re-joined the council after a 10-year break. The official election will take place virtually at the Annual Meeting of the Town Council on 5th May 2021.

We also announced the resignation of our Town Clerk, Paula Lopez. Paula joined the council in 2014, became acting Town Clerk early in 2015 and was appointed officially in 2016. In her time in office she has transformed the council. A consummate professional, Paula has reformed the operations of the council to bring them up to date and make them fully regulation compliant and, by achieving the CiLCA qualification, has raised the status of the council to one enjoying the General Power of Competence, conferred by the Localism Act 2011. She will be hard to replace and we wish her well in the next stage of her career.

Our Senior Administrator Barbara Atkins is leaving us at the end of April. Barbara has served the council since 2003 and will be greatly missed, we wish her well for the future. Tracey Collins will take over as Senior Administrator, and Emilie Perry will join us as Administrator.

Councillor Colin Dolton's many years of service to the council recently ended, he remains a key member of the Council's Heritage Assets Working Group, and a busy director of Bunkfest. We thank him for all that he has done for Wallingford over the years. Councillor Steve Holder has just joined us following the recent uncontested election.

The other qualification required to be able to adopt the General Power of Competence is that two thirds of the councillors should be elected and not co-opted. We currently qualify because it was also an uncontested election in May 2019. We very much look forward to more people putting themselves forward for our next election which is in May 2023. It will be a time to reflect on the value of local government and local democracy and work to ensure that in May 2023 we have a full raft of candidates for an election to end in a democratically elected council.

However, before this the Council have another seat to fill, the vacancy left by Colin, so please put yourself forward whether an election is called or the council is able to fill this vacancy by co-option, more details in due course. Current councillors are always happy to talk to anyone who might be interested. Lockdown restrictions are starting to ease, though whether it means the end of virtual council meetings, we still don't know. We hope the easing will continue, as more and more of us are vaccinated. It does, though, depend on us maintaining the disciplines of social distancing and mask wearing, and heeding the current guidelines. Hopefully, we shall start to see a decline in antisocial behaviour such as littering and vandalism as life starts to return to normal. We have a beautiful town and a great community - let's keep it that way.

Finally, we have not been hibernating during this last strange year and have bold new plans to work on and share with you in the coming year. Stay tuned!



Music at St Peter's is back! But in St Mary's...

Wallingford's long-established summer chamber music series returns in 2021 with a full programme of 9 concerts between May and October. To comply with current Covid restrictions we've had to make some changes. Sadly St Peter's just isn't big enough for a viable audience with social distancing, so we start the season at St Mary's Church. We've managed to re-book many of the artists from 2020, and they're raring to go!

First up is the **Lipatti Piano Quartet on 29 May at 8pm**. This award-winning young group specialise in doing what it says on the tin – piano quartets – and you'll get 3 – Beethoven's in E flat, op 16, Suk's in A minor op 1, and Fauré's 1st in C minor op 15.

Tickets are £15 and are available online only – go to HYPERLINK "http://www.musicatstpeters.org.uk" www.musicatstpeters.org.uk for the link. Under-25s come free, but you must book a ticket and give your particulars, as we claim a grant from the Cavatina Trust and have to abide by their rules. 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, but there's plenty to come – a piano and cello recital on **12 June, and on 26 June Pocket Sinfonia** give pint-size arrangements of orchestral works. These will be in St Mary's too. It's all on the website – always best to check 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!



Stoves & Fireplace Sales

- · Solid fuel, gas or electric fires
- Installation
- Chimney sweeping
- Woodburner servicing
- Chimney lining
- HETAS registered



Visit our showroom at 45 Prospect Street Caversham RG4 8JB Tel: 0118 9463060

www.fireplacemagic.co.uk









Contract and Domestic Flooring Specialists



20 St. Martin's Street Wallingford Oxon. OX10 0AL Tel: 01491 833701 Free estimates



www.masterfloorswallingford.co.uk

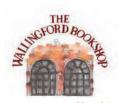
ADP FLOORING

Adrian Pitson

Carpet, Vinyl, Wood, LVT Flooring expertly fitted

• Over 30 years experience • Supply & fit • Professional & reliable

adpflooring@hotmail.com • 07528 210 562



THE WALLINGFORD BOOKSHOP 10C ST. MARTIN'S STREET WALLINGFORD, OXFORDSHIRE OX10 0AL Telephone / Fax: 01491 834383 Email: books@wallingfordbookshop.com

We offer friendly informed assistance and an excellent range of books, audios and fine art stationery.

Many titles not stocked can be obtained within 24 hours.



Electrical

Plumbing

Fire and Security



Call: O1491 835875

Email - reception@groupga.co.uk

Unit H Moses Winter Way, Wallingford, OX10 9FE

Winterbrook Garden Services Ltd

Garden Design, Construction & Maintenance Fencing

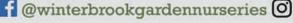
Patios Full Pruning Service

Tel: 01491 838189 Mobile: 0775 36 36 333 winterbrookgs@gmail.com Winterbrook Garden Nurseries

High Road, Brightwell-cum-Sotwell, OX10 OPS

Independent plant nursery specialising in herbaceous perennials & garden curios

www.winterbrookgardennurseries.com





We are a small, local, family run pest control service based in Wallingford, and pride ourselves on our high level of customer care and honesty. Owner Tom set up the business over 7 years ago as one man in a van, and has since built up a wealth of experience, a great reputation and an awesome team of which we are very proud.

Although we deal with all pests, we specialise in heat treatment for bedbugs, and are one of a handful of companies offering this unique service in the country.

We are all about having a chat, so wanted to share our 'Pest of the Month' with you.

Wasps are key to our eco system and pollinators, however when they are in a place that can cause harm to you and your family, safety comes first. Early signs you may get a nest are 'giant' wasps banging into walls looking for a nesting place, these are the Queens. Nests tend to become more apparent by July time as you will see wasps coming and going from a particular area, such as facia



boards. They generally follow the same flight path in and out, much like aeroplanes coming into land.

It is easier than you think to confuse bees with wasps, although they act very differently. We never want to harm bees, so if you have any buzzing issue please get in touch!

Contact us for more information

- **2** 01491 902341
- info@purepest.uk
- f @purepestsolutions

Citizens Advice needs volunteer advisers

We can all face problems that are too stressful or complicated to sort out alone.

In 2019 our 150 volunteers advised over 11,000 people. We helped three quarters resolve their debt, benefits, employment and housing problems.

We now need more advisers to help us during and after the Covid-19 crisis.

Our main offices are in Abingdon, Didcot, Henley and Thame. Since March 2020, 90 volunteers and staff have been advising the public from home on our Adviceline service. Recently we partially re-opened our offices, in part to train new advisers.

What will you get out of it? You will join a friendly team, meet new people, develop your skills and make a real difference to people's lives.

You'll need to have good listening and interpersonal skills, a willingness to learn and be confident with computers. Full training will be provided.

citizens If you have eight hours a week to spare for the advice next two years or more and are looking for a satisfying and stimulating volunteer role in your local community, please contact us at:

www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/



SAVE THESE DATES

The HENGE21 performance will take place during the evening of the Autumn Equinox 2021:

Friday Sept 24th September

in the Dyke Hills- Dorchester on Thames, **Saturday September 25th**

in Dorchester Abbev.

Further details of the Writer's Workshop and the Artist's Challenge will be found on

https://www.facebook.com/HengeFestival/ Instagram: henge.21

HENGE21 is a non-profitmaking Community Arts Event.

Vacuum cleaners - repairs bags & accessories Power washers Steam cleaners Carpet cleaners Scrubber driers Window cleaning poles Sanders



& 2 St. Peters Place, Wallingford OX10 0BG 01491 825600 Hire & Sales

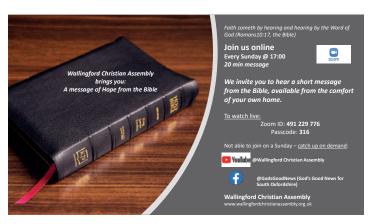
www.machinesthatclean.com e-mail: info@machinesthatclean.com



@cleanmachineltd



Find us on /CleanMachineLtd





Dr. A. Ratti BDS (Hons) Kings College London

ST MARY'S DENTAL PRACTICE

New patients welcome

Affordable quality private dental service from a caring team New maintenance plan available from Jan 2018

Call for more information

01491 825 252

www.stmarysdental.co.uk

Wallingford Methodist Church

St Leonard's Square www.wallingfordmethodistchurch.org.uk

Sunday Worship 10.30 am and 6.30 pm. Junior Church and Creche at 10.30 am. EVERYONE WELCOME

Thursdays 10.30 - 12.00

Call in for coffee and a chat

For details of other activities, including mid-week prayer & house groups, please contact our minister, Rev. Jocelyn Bennett Telephone: 01235 813242









FITZCOUNT LAND LTD

Land Agents & Consultants

Have you considered your land options for your Property / Garden / Field or Business? We can help

adam@fitzcountland.co.uk 07493170307





We've upsized!



The Roof Over Your Head

Leading from the front... In House estate Agency was founded in 2007 by local boy Steve Puddifoot. After graduating from the Goldman Sachs Small Business Programme, Steve went on to work for two of the largest Estate Agency chains in the UK. During this time he realised that the market was ready for a new approach to house sales. "Research and surveys told me that house sellers in this country wanted something better from an agent", said Steve. "Straight talking honest advice, coupled with clear, jargon-free, non-cliché marketing." Steve's vision was soon realised, as In House thrived and won many national awards. Before long they had established themselves as Wallingford's top selling Estate Agency.

A change is as good as a rest... Due to continual dynamic growth, they have relocated from Castle Street to new premises within Wallingford. The new offices have window frontage on both St. Mary's and St. Martin's Street. The move represents another significant milestone for a fast-growing business. "The new office space better accommodates our growing team and will enable us to hire new talent." "We can then continue providing an industry-leading service to our clients", commented Steve. Their commitment to client care is obvious in their new company strapline, "We move people, not property." To complement the move, they have invested in stateof-the-art technology. New IT systems throughout and a daylight readable carousel screen displaying 60 properties for sale. Remember squinting through agents windows to read the details of a property. Forget that, find the house you like, with a budget that suits you. Then scan the QR code, and read the finer details at your leisure.

All under one roof... In House pride themselves on an all-inclusive service. Their philosophy is that you can find everything you need under one roof. As well as valuations and sales, they also manage house rentals. Further services include property maintenance and more recently, a removal service. They are the only estate agency in the area with a fully trained after sales agent, dedicated to progressing the sale through every stage. See their website for this and much more. If you are buying or selling in Wallingford or the surrounding villages, give InHouse a visit or call. Their friendly professional team are ready to provide you with a comprehensive and seamless service.



A Royal Ending for the Wallingford Branchline

Although the Wallingford branchline closed to passenger traffic in 1959, a parcel surface continued until 1965. After 1965 the line beyond Hithercroft Road was unused and the bridge carrying the road over the line demolished but a regular service to the ABM Maltings continued until 1981. This service was referred to as The Fly by those operating it. By 1981 the service was down to only twice a week, usually Tuesdays and Thursdays, with grain being brought in and the malted grain taken out, often being taken to Park Royal – the Guinness brewery.

The last timetabled train on the line was 22 April, 1981 although there were further ad hoc trips to collect empty wagons and maybe other items the last seemingly on 29 May, 1981. Realising that history was about to be made the driver, lan Bell marked the occasion in an, albeit unofficial, manner by fashioning the words 'The Last Fly' out of sheets of A4 paper (the 'S' causing the

greatest challenge) and sticking it to the front of the loco!

Somehow news of this last official journey leaked out via the Reading Society for Model Engineers and two young enthusiasts were told to wave at the driver by Church Bridge and they might get to ride in the rear cab of 'The Last Fly' but it seems the crew mistook two other lads who were waving at Cholsey Station and gave them a ride instead! One of the unlucky boys still remembers the effort of riding to Cholsey from Reading and not getting the promised ride but he did get some good photographs!

However this wasn't the last train over the line as the photos taken on 29 May, 1981 show. This train collected wagons from the Maltings and one little girl got to ride in the Guards van of that train, does anybody know who this might have been? Following this last freight working an official Farewell Tour was organised on 31 May, 1981





using a Diesel Multiple Unit from Paddington. However, the night before, 30 May 1981, it seems that the Royal Train was stabled on the branchline overnight, purportedly carrying HRH Prince Charles. Thus the branchline had three hectic final days and can really claim to have had a Royal Ending.

So now, exactly 40 years later after the last train ran over the line, we will celebrate the occasion over the late Spring Bank Holiday by being able to re-open after the pandemic! Booking for both 30 and 31 May, 2021 must be booked online, in advance, at

Cholsey-Wallingford-Railway.com.



Local to Cholsey village Sunshine Painting & Decorating is proud to provide a friendly service offering quality workmanship and value for money. 2020 was a little different for us, we have seen a change in customer requests...

The first couple of months of 2021 have been very busy, which is great, we've really noticed that more and more people are focusing on their homes after a difficult year of lockdowns in 2020. We are being asked to provide more and more job estimates - not only for classic decorating services but also for more personalised advice; on styles, colours, wallpaper options, eco choices... along with general decorating ideas.

This is a part of the job we particularly enjoy as it often means we get to see the beginning of the idea through to the final completed look – it's very rewarding.

For 2021 our focus is also on ecology and recycling – we use water-based paints that are low in VOC's as standard, eco brands where possible and recycle all tins to be used again through Dulux.

We pride ourselves on our friendly service and always aim to be helpful, creative, and most of all highly professional, so if you are thinking of having some decorating done call Sunshine and we'll pop round to provide a free estimate and any advice and ideas you might need.





The Sunshine Team **3** 07780 221 950

The Wallingford Bookshop

It is so lovely to be back open again so you can all come and browse in the shop rather than pressing your sad noses to the windows, watching all the books! We want to thank everyone for your support with click and collect but now you can come in and take a good sniff of that lovely book smell (the main thing everyone seems to have missed!)

New books are pouring in so this is just a short round up of what you might have missed and what is to come but now you can come in and we can tell you all about them! Hamnet by Maggie O'Farrell, Miss Benson's Beetle by Rachel Joyce and Booker Prize winner Shuggie Bain are all now out in paperback. One of my favourite debuts, The Rapture by Claire McGlasson, is also in paperback about The Panacea Society whose untouched homes from the 1920s are still perfectly preserved today, awaiting its members' return. City of Vengeance by D S Bishop is a worthy successor to C J Sansom (must be something in the initials) and Greenwich Park by Katherine Faulkner is one of the best thrillers I have read in a long time!

We are MOST excited about A Family Affair, the new book from Wallingford resident Jane Stubbs. Her previous novel Thornfield Hall is one of our best ever selling books, and with her new novel Jane explores the interlocking lives of three young girls as the Twentieth Century dawns and the modern world begins to take shape.

Our children's section is bursting with new books by old favourites and new exciting authors. Jon Klassen's sharp humour is here again in The Rock from the Sky, but no hats this time! I loved Mina and the Undead by Amy McCaw, a new YA novel set in New Orleans with vampires and Everyday Magic by Jess Kidd is out for middle grade readers.

Come in and explore and check out how much we've tidied up for you!



IN FAMILY LAW. WE NO LONGER
USE LANGUAGE LIKE WINNERS
AND LOSERS:ITS ALWAYS
ABOUT FINDING SOLUTIONS
AND PREFERABLY WITHOUT
EVER HAVING TO SET FOOT
INSIDE A COURTROOM



When I first qualified as a family lawyer, some 30 years ago, it was all about the fight. We talked about "winning and losing". The solicitor acting for the other spouse was "the opponent". Court hearings were called "trials" and were horribly combative. Children were always caught up in the battle as the court had to make orders for them, no matter how much the parents were already agreed about arrangements.

How things have changed now. And thankfully for the better. Over the decades, we've all come to understand that a court room really is no place to bring a marriage to an end and that the more a couple can be helped to come to their own decisions regarding their children, their money and their future.

Against that background, we have seen the emergence and rise of family mediation, a process in which a separating couple goes together to one trained professional who assists them to reach agreement over any issues arising from their parting. This may be arrangements for their children, it may be about dividing up finances, it may be to do with property division, or in some cases, all three. There may be other issues too: how pets share their time with each human is a not infrequent dispute to be resolved!



A mediator isn't there to be a judge or a decision-maker: on the contrary they can only ever remain impartial. But what they can do is guide the couple towards agreement by suggesting options, advising neutrally on what the law says, and on managing difficult conversations. Its not a magic solution of course - the process is never an easy one for couples who are often in high-conflict situations - but it beats court proceedings hands down in terms of speed, cost and effectiveness. An arrangement entered into by agreement is going to be far less likely to break down than one imposed from on high. And in terms of benefits for the children involved: why wouldn't their parents be the best people to reach decisions about them, rather than an unknown Judge?

Such is the Government and Judiciary's desire to promote mediation as an alternative to litigation that its now not possible to apply to make an application to the family court without having tried mediation first, except in a few specific situations. One of those is where there has been domestic violence and either on party is physically unsafe, or there is emotional abuse to the point where mediation could never proceed fairly or safely.

In March this year, the Government also announced a voucher scheme to contribute up to £500 towards the costs of mediation.

For a confidential chat with our expert family mediator email carrie.rudge@hedgeslaw.co.uk or go to https://bit.ly/31XQ7cF

My colleague Carrie Rudge is a very experienced family lawyer who is now focussing on her family mediation practice. She is currently styudying for a Masters in psychotherapy which adds a hugely insightful element to her role with couples who are separating. Whilst a mediator is not a therapist, there are elements of the work undertaken with couples that of necessity need to deal with the *emotional* aspects of and fallout from a relationship, and whereas in a court room, this will rarely form part of the court's decision making, in the mediation process, it can be an important part of moving towards agreement. Combining a safe space in which emotions can be shared, with the wealth of knowledge and experience of a family mediator, really can give couples the ability to move on with dignity and grace, in a constructive way, to the next chapter of their lives.

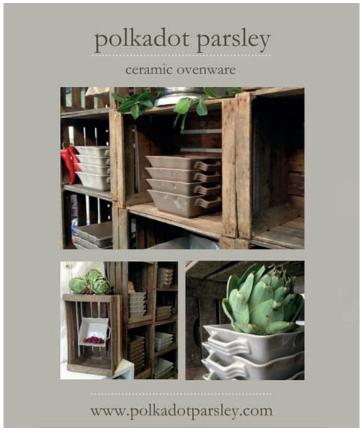


Nicola Poole is the Managing Director of Hedges Law, currently in its 231st year of providing legal services to the Wallingford community & beyond. In this month's legal column, she explains what family mediation is and why you might want to know.

Howbery ParkOffices to let

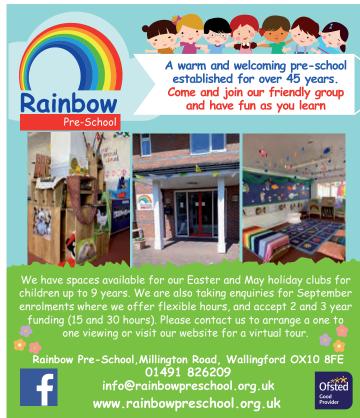














Wallingford Local Producers Market

Wallingford Local Producers Market feels very much at home now in its new venue Centre 70. We enjoy having the outdoor space, essential during recent lockdowns. As well as regular food producers (vegetables, cheese, General Stall, cakes and savoury bakes), we have expanded our range this year with kombucha from Sam, based in Pangbourne. James now offers tea and coffee and he's planning for cold summer drinks when appropriate. Alex and the team from Cliq Catering make delicious savoury pastries.

Now that things are opening up again, we have welcomed craft stalls back and are able to trade indoors too. Come and see the wide range of talents on display on your doorstep!

If you haven't visited us for a while, do look in at Centre 70, just at the edge of the Kinecroft OX10 0DT every Saturday between 10 am and 12 noon.

Check our facebook page or sign up to our newsletter **newsletter@wlpm.org.uk** to find out which stalls will be at the market each week.

Kate Spence, Chair and Market Coordinator, Wallingford Local Producers Market

Cholsey 60+ Table Tennis Club recruiting new members.

We are hoping to resume playing on May 21st and would like a few more members. We play on Friday mornings in the Great Hall at Cholsey Meadows - an excellent facility - where we have two tables. We are Covid compliant. We are a social table tennis club; we don't play in a league. Our members are of varying ability, so if you are a beginner or have played a bit before (no matter how long ago) you will most probably enjoy playing with us. There is a modest annual subscription & session fee.

So if you are 60 years of age or older (no upper limit imposed by us) and our ethos of social sport, exercise & fun appeals to you do come along for a session or two and give us a try. To arrange a session with us or for more details, please contact Nigel by phone or text on **07722 957102**, or **01491 651114**. Nigel, Secretary

Wallingford Garden Club

During the Covid epidemic WGC has not disappeared! We have not been able to meet but as you would guess like many, we have been active in our gardens tending and nurturing them despite the always changing weather conditions.

Our first club activity of 2021 will be our annual Plant Sale Saturday 8th May 2021 from 09:30 – 12:30 in the

Wallingford Town Square (With Covid compliance)
Our members are and have been busy sowing and propagating a wide range of flowers and vegetable plants, feel free to come and browse. Keep an eye on our web site (www.wallingford-gardening-club.com) and Facebook (Wallingford Gardening Club South Oxford) for news of our summer garden visits which will enable us to meet safely and re-establish those friendly links. You can also find useful gardening tips and information on these sites.

We are happy to answer your gardening questions by email gardenswallingford@gmail.com

Wallingford & District Art Club

Make a date on **Tuesday May 18th at 7.30pm** with Wallingford & District Art Club when we welcome Rick Holmes a professional Surrey-based artist. **Rick will be demonstrating how to capture 'Harbour and boats in Pastel'**. As previously, this demo will be hosted online. So, if you would like to join us for an inspiring evening or are interested in becoming a member, please contact **admin@wallingfordartclub.org.uk** or visit the club website **www.wallingfordartclub.org.uk**

Wallingford Allotments and Gardens Society

The Wallingford Allotments and Gardens Society is run by volunteer members, we have approximately 100 members and provide a gardening store on Saturday mornings Feb-July and Sept-Oct and we run an Autumn Show every September. We invite any keen gardeners to join us, support the store and events, we welcome your ideas and help. Membership is £4 per year and is a household membership.

The WAGS Autumn Show

Our Autumn Show takes place every year on the second Saturday in September, the schedule is published in July with categories for baking, preserves, photography, pot plants, house plants, vegetables, herbs, ornamental flowers, crafting, art and flower arrangement. The Show invites exhibitors of all ages and levels to take part and many categories are open to non-members. Prizes, certificates and trophies are awarded for 1st, 2nd and 3rd places. Public Viewing is 2pm-4pm and is free of charge. Refreshments including home-baked cake are on sale, we hold a fund-raising raffle and tombola and a local brass band is invited to play for us. Local businesses are invited to sponsor, hire a stall and support the event.

The WAGS Store and Points of Contact

Visit us in person every Saturday Feb-July, Sept-Oct 11am – 12noon in the WAGS Store in the Car Park of Centre 70, Goldsmith's Lane near The Kinecroft, Wallingford, OX10 0DT.

Our Chairman and Show Secretary is Sandra s.halstead2@btinternet.com tel 01491 836527. Visit and Follow our Facebook page https://www.facebook.com/WallingfordAGS/ Visit us on-line at www.wags-wallingford.com!

British Modern Military Society

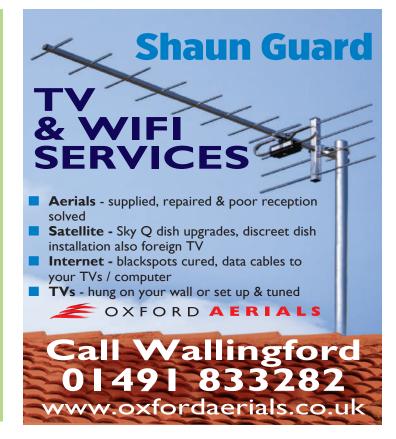
During 2021 BMMHS will continue Zoom talks twice a month and look to resume live meetings as soon as we can and it is deemed safe to do so. Please check our website **www.bm-mhs.org** for up-to-date information.

Our afternoon meeting on **Tuesday May 4** will be entitled Ships, Stars and Isles - an illustrated talk based on a collection of some four hundred letters that the speaker's father, Billy Taylor, wrote home to his parents whilst serving in the Royal Naval Volunteer Reserve during WW2.

On **Wednesday May 12** our evening talk will be on Lawrence of Arabia: Man, Myth and Movie. Lawrence was probably the most remarkable officer to have served in the British Army during the Great War.

CHANGING WITH THE TIMES SINCE 1789











Window Cleaning Conservatory Roof Cleaning Gutter Clean / Repair Patio / Driveway Clean Waste Removal Gardening Hedge Cutting Painting and Decorating Fencing and much more...

For a FREE quotation please call Sam on 07926 415 176

Also follow SB Domestic Maintenance on Facebook for an up to date portolio of completed works and monthly special offers





Wallingford Museum News

Wallingford Museum are now actively planning for new openings and activities.

All planning is subject to government guidelines for Covid-19 prevention, please check the web site for confirmation **www.wallingfordmuseum.org.uk** in all cases.

Museum Bookshop

The good news is that the bookshop will open from **Friday 16 April 2021**.

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 will take bookings only for historical tours of the town or castle starting from April 12th - 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



Museum Opening

We anticipate that the new scale model of Wallingford Castle will be on view in the museum from June.

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

12 May (Weds)

Richard Oram: update on local archaeology

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'

18th April 2021 marks the Museum's 40th anniversary, entirely created and run by volunteers since 1981. What an achievement!

Have a browse on the website to discover the museum going from strength to strength. **www.wallingfordmuseum.org.uk**Sue Wright

Windows in Wallingford - Go Digital for the wow factor

As the retailers re-open after a long period of lockdown it is now more important than ever to attract the customers into the shops, bars, cafes and attractions.

A recent ScreenCloud report on retail trends provides some interesting statistics on the use of digital signage, not least that a massive 8 out of 10 customers entered a store having been attracted by a digital sign. With 68% agreeing that digital advertising would influence their decision to buy and with a recall rate of over 80%, going digital in your shop window is a compelling proposition.

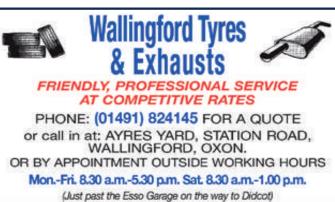


There's a wealth of digital signage now available to help advertise in store promotions, many of which are designed to be placed in window areas to attract passers-by. Recent technological advancements have brought a wide choice of display products to fill that window space with high brightness ads to attract customers. The introduction of System on Chip (SoC) displays negates the need for a pc, simply run your ads directly through the screen using cloud-based software.

Narrow bezels and minimal mounting systems, ultra slim displays mounted back to back, transparent screens which allow people to "look through" to the store behind, all these are available to maximise the capacity of your store window. And the content is easily transferable to your website and adaptable to social media platforms.

Simple and quick to update, digital signage is fast becoming a staple in retail, call SPC Group on 01491 651392 for more information.









JIM PINK (WALLINGFORD) LTD

The Friendly Family Firm Serving the Motorist since 1960

NEW & USED CAR SALES • SERVICING ALL MAKES

MOT CENTRE • AIR CONDITIONING SPECIALISTS

TYRES • BATTERIES • EXHAUSTS

CAR SALES • SERVICE CENTRE

Wood Street Garage, Wood Street, Wallingford

01491 836017 01491 836022

07342 630396 www.jimpink.co.uk info@jimpink.co.uk





Paddock Road Wallingford OX10 9LT

A friendly preschool environment offering a wide range

- Flexible sessions for 2 5 year olds
- After school care available
- Pick-up from St. John's Primary School
- Government funded sessions for 2, 3 & 4 year olds
- · Holiday play schemes for 2-8 year olds

For more information or to arrange a visit, please call 01491 825333 or email info@paddockspreschool.com
Or visit our webpage www.paddockspreschool.com



Charity Number: 1001964



Patios Driveways Brickwork Render Decking Roofs Wall Coatings



Terry: 07393995148 Jetandwash@outlook.com What a load of rubbish! Dog poo bags; shopping bags; filthy screwed up pieces of unidentifiable plastic; kitchen roll, tissues and wet wipes (which of course have plastic in them); all were tightly tied around the twigs and branches of the willows and shrubs. We paddled in and out of the trees from the Duck Feeding Station to Benson Lock, disentangling twigs from their burden.



We have not been out on the river so early in the season before. Usually our kayaking is idyllic, with the green leaves of the trees fully out, veiling this discordant mess from our sight: just the odd floating bottle to pick up. This time, our hour's outing on that glorious Easter Sunday was extended to two and a half, as we pulled out rubbish from the trees.

Richard did far better than me. I pulled out loads of bits of plastic, and a drinks can. He was triumphant. Three footballs and a fire extingushier! I watched as he manhandled the heavy item, dripping filthy water, and shoved it behind his seat.

This mess is not the fault of Wallingford people. Most of it was upstream of the beach. The floods will have picked up rubbish from all over, as well as delivering plasticised paper from the overflowing of the sewage farms. But last summer, a lot of waste ended up in the river from us all enjoing the warm weather.

The District Council is doing its best to green the riverside: more bins, emptied more often, will be added at the beach. You can do your bit: just assume the bins will be full! Take a spare plastic bag to put your rubbish in and take it home. And don't put nose-tissues or wet wipes down the loo. They do not break down - not even the ones that say they are 'biodegradable'!

Here's to another beautiful summer - (the upside of climate change - not that we should rejoice too much - the downsides are catastrophic). The council is doing its best to ensure that the paddling and swimming pools will be open. Let's keep the area green and pleasant! No more rubbish!

And what about swimming in the river? Is it safe? Jo Robb our Thames Champion district councillor is working with Thames Water to get our rivers clean. Our beach may even become clean enough to be designated a 'bathing beach'.

But before you relax too much, don't forget to vote on May 6th. The County Council election takes place that day. Celebrate the exercise of your democratic rights afterwards, with a wild swim and a picnic. And take your litter home.

Sue Roberts



Petanque Wallingford are holding 'come and try sessions' on **Tuesday** PETANQUE 11th May 2021 and Sunday 16th May 2021 at 11.00am at the Wallingford Sports Park, Hithercroft Road, WALLINGFORD, OX10 9RB.

Petangue is one of the most inclusive sports. It can be played by practically everyone, all ages, whole families, people with reduced agility and even some disabled. In the current situation, petanque is recognised as a socially distanced organised sport and we have all the necessary protocols in place for outdoor activity. We can provide the introduction and boules so if you are interested in playing recreationally or competitively come and join us. Further information can be found on the Club web site www.petwal.co.uk or by contacting petanguewallingford@gmail.com

AG Curtain Design

AG Curtain Design is a family-owned business with a retail store at 3 St Peters Place, Wallingford, Oxfordshire. OX10 0BG.

Angela Goodwin has owned and run the business since 2005 and has a wealth of experience in designing and producing quality, bespoke handmade soft furnishings, serving clients in South Oxfordshire and West Berkshire. The business offers a superb choice of fabrics from the leading fabric houses which can be viewed in our retail store from a vast range of books and fabric waterfalls.

All styles and designs are catered for from bold modern latest designs to the more contemporary fabric designs, ensuring clients have a unique choice of finished product. Clients are encouraged to take these home to view the fabrics in their own home environment to match their design ideas, current furniture, and home décor.

Our soft furnishings range includes curtain, blinds, poles, tracks, soft furnishing and accessories and we offer a full installation service by our skilled team of fitters. Our prompt and efficient service provides clients with everything needed from a free initial measure and quotation service to help on choosing fabrics and designs to give an outstanding experience and one to meet all budgets.

We are proud to say that many of our clients return to us time after time and recommend us to family and friends. We cater for private clients as well as commercial clients supplying property developers, hotels, restaurants, care homes, offices, schools, and universities.

www.agcurtaindesign.com 01491 834238



Thameside (Wallingford) U3A

Hopefully things seem to be on track for opening up fully and being able to see friends and members. Our Garden Party in August will be a celebration of being able to meet up again at last.

There's been a rapid response to our membership renewal requests from 1st April and we are extremely grateful to our loyal membership who have stuck with us throughout this pandemic. Our Speaker Meetings on Zoom will continue for the next 2 or 3 months and we may be able to hold our AGM in person. In May our guest speaker will describe his career in the oil business and how it has lead to a life writing thrillers.

Outings are being planned again and our fingers are crossed for the first outing in May. We are also looking forward to the holiday in Northumberland which is scheduled for the end of June; followed by a cruise to the Isle of Wight in July. The trip to the Concorde Museum which was postponed from April will now go ahead in November. Lots to look forward to!

You can see what is going on in more detail on our website: www.thamesidewallingfordu3a.org. This gives links to our details and contacts.

C. A. HOLTOM Building Contractor

Established 1988

FOR ALL TYPES OF

Building - Extensions - Plastering - Refurbishment Alterations - Brickwork - Patios - Drainage

Tel: 01491 651141 / 07990912966 Email: choltom1@sky.com

A.G. CURTAIN **DESIGN LTD**

BEAUTIFUL CURTAINS, BLINDS SOFT FURNISHINGS 01491 834238





Bespoke Curtains & Soft Furnishing

To enhance every room in your home

- 15 years serving clients in Oxfordshire & Berkshire

- 1,000's of design lead fabrics to choose from Curtains & Soft Furnishings Poles tracks finials & tie backs

- Made to order promptly & efficiently
- Free measure & quotation
- Cushions lamp shades & headboards Re-upholstery for chairs & sofas Expert making & fitting service

Blinds & Shutters

Modern & Contemporary

- Wooden & Venetian
- Roller & Vertical Perfect fit & Faux Wood
- Made to fit your windows
- Inside & Outside recess fit Manual & Remote controls
- For all rooms in your home
- or business
- Free measure & quotation

VISIT OUR RETAIL STORE AT 3 ST, PETERS PLACE, WALLINGFORD, OXON. OX10 0BG

Part Time Choir Leader needed Being a Choir Leader is extremely rewarding. We are looking for someone to share their passion for singing with those who can't sing (or think they can't) but really want to. **Personal profile** You will have energy, charisma and a genuine passion and commitment to singing for all. Be very motivated and inspire the choir to relax and have fun.

Lead the choir in a variety of warm ups and popular songs.

Most of all you need to be enthusiastic, approachable and have a great sense of humour.

Remuneration available.

If you feel you have the qualities we are looking for please email naomi@pink-zebra.biz

Have you a Lasting Power of Attorney for Finance and Health?



Learn about LPAs for just £35. Then you can do it yourself Dif daunted, I'll help you. Val Wolsey

01491 836820 | HelpPenHand@gmail.com

Experienced and qualified husband and wife team. Ofsted registered and fully insured.

High quality Childcare in our loving family home.



Phone: 01491832055

Email: hallshappyhomecm@outlook.com

SHOE REPAIRS

ENGRAVING

KEY CUTTING



FEET FIRST

21 St. Mary's Street, Wallingford Contact Gary on: 01491 825224



BATTERIES

STITCHING REPAIRS

TRAVEL GOODS LUGGAGE

Would you like to find a way to achieve any of the following...

- Lose weight and inches
- Sleep better and have more energy
- Feel fitter and healthier
- Have fewer aches and pains in joints
- Better concentration and feel happier

Book a 15 min FREE discovery call to find out how email helen@goodmicrobiomehealth.co.uk



Good Microbiome Health goodmicrobiomehealth.co.uk



LOCALLY SOURCED

LAKESIDE VIEW

COFFEE & CAKE

OUTDOOR SEATING

GOURMET BURGERS

LARGE CAR PARK

FREE WI-FI

BABY CHANGING

DOG FRIENDLY

WHEELCHAIR ACCESS



The Wandering Kitchen Café

AT QUEENFORD LAKES

VISIT US

Queenford Lakes, OX10 7PQ www.thewanderingkitchen.co.uk Instagram: @wanderingkitch Facebook: thewanderingkitchenoxford 01865 343568

OPEN STUDIOS! Well worth a visit.



Multi-disciplinary Artists & Makers studios in central Wallingford are celebrating the easing of restrictions by holding an OPEN STUDIOS event. Here public can see 13 artists at work, witness works in progress and ask questions. Anyone can visit, whether they are just curious, looking for somewhere to visit, know a lot, a little or nothing about art and craft. OPEN STUDIOS is where Artists & Makers share their practice for free, simply for the joy of it.

"I'm really looking forward to welcoming visitors into my studio and to seeing real people 'in the round' this May. It's going to be very exciting" said sculptor and performance artist, Karen Goonewardene.



Throughout each lockdown the artists have all been working behind closed doors and are looking forward to finally being able to show their work to each other and the public. Sharing so little in person for such a long time due to Covid-19, makes this studio opening feel especially poignant for those taking part.

Venue: Ayres House Studios, Ayres Yard, Station Rd, Wallingford, Oxon. OX10 0JZ.
(Venue 206 at www.artweeks.org)
Date: 15th-23rd May (closed Tues/Weds)
Times: 11am-4pm (6pm Fri/sat)
Web: www.ayreshousestudios.co.uk
Social: IG @ayreshousestudios.



28 High Street Wallingford

www.shellfishcow.co.uk 01491 832 807 wallingford@shellfishcow.co.uk





We roast
High Grown Coffees
and we stock Quality Teas
together with a range of
Herbal beverages and Spices
plus a wide variety of
Tea and Coffee accessories

Wallingford Tea & Coffee Company Limited 6a St. Martin's Street Wallingford, Oxon. OX10 0AL Telephone: 01491 836263 kitchtea@gmail.com

SARAH WELLS CORDON BLEU COOKING



Delicious home-cooked everyday dishes ready for the freezer, or two/three course dinner party meals delivered to your door

Enquiries welcome

Call Sarah on 07721 609600 or 01865 407538 Email: sarah@cordonbleucooking.co.uk



Corinne & Mouse Welcome you.

Pop in and Say Hello

The Street, Brightwell-cum-Sotwell, Oxfordshire OX10 0RT

01491 837 373

www.redlionbrightwell.co.uk FB: RedLionBrightwellcumSotwell



Open for takeaway and delivery service

Tuesday to Saturday

Order online avantiitalian.com or call 01491835500

Wallingford Local Producers Market

Saturdays from 10 to 12 Centre 70 at OX10 ODT



COVID-19 Safe distancing and protocols Nearest car park Goldsmiths Lane @wallingfordlocalproducersmarket



PURCHASE LOCALLY

Come out and find the finest local produce. All supplied from within 30 miles. You'll feel good about being part of something bigger.

FRESHNESS & FLAVOUR

Nothing's sweeter than a fresh Lamb Chop or bunch of Asparagus from on the doorstep.

YOUR COMMUNITY

You're part of the local economy, so you understand how important it is to keep this county vibrant and moving forward. We're doing that, too!

5 The Pound, Cholsey, OX10 9NS • 01491 651300 • www.mrandmrsparks.co.uk

Great food, fine local ales and a warm welcome await at the Royal Standard pub, along with Sky and BT Sports so you can follow all the latest sports action

Probably the best Sunday Roast in town!

CALL 01491 599105 ROYALSTANDARDWALLINGFORD.CO.UK



ROYAL STANDARD

Wallingford's Royal: Anything but Standard!



38 Sinodun Road, Wallingford

Tel: 01491 837932

Fruit & Vegetables • Newspapers • Magazines Beers & Wines • Mobile Top-up Vouchers Plus the National Lottery



best value locally

Opening hours: Mon-Sat. 6.00am-8.00pm Sunday 6.30am-1.00pm

Waly Welbeing

Plant based milks. They are great if you are lactose intolerant or allergic, and ideal if you want to be vegan or just a change. I consider myself quite knowledgeable on the subject. They prove that we don't have to take milk from another animal. We are the only species on the planet however to drink another's milk.

The world of plant based has evolved something chronic. I remember in the nineties when I became a vegan I was drinking **soya milk** which was all that was available.



I was so intent on staying a vegan, but I found it so hard. I craved meat and fish, in the end gave in. My boyfriend at the time was a chef, and I came home one evening and he sat me down and fed me salmon. I never looked back. That craving had been filled. Nowadays it is easier to be vegan and part of that diet is using a milk alternative.

The one thing I never went back to was milk. I just couldn't do it. So, I continued using soya milk, which was all that was available at the time. I was always disappointed when it curdled in coffee. I then drank coffee black. It works in tea though pretty well. I then went on to use rice milk which tastes good but has the same consistency as skimmed milk. Coconut milk came along and this is something I do use from time to time. Then the nut milks were introduced, these revolutionised the plant-based movement. Although almond milk has created a bit of controversy, that it only has a tiny percentage of almonds in them. Hemp milk was the next on the list, I have used this a fair amount and as good as it is, it costs a lot. The best I use nowadays is oat milk. It tastes delicious and is a fantastic plant-based milk to stick to. I chose the unsweetened variety but it is also easy to make. Soak a good amount of oats in milk for few days. Then sieve and place in fridge.

Oat milk; my favourite so far, I use this all the time. It heats well, it pours well, it works in tea and coffee and is delicious. Great on cereal and good to use in sauces, I have made a béchamel with this and it works. It is also great as a turmeric latte. Heating it on a low heat is good and doesn't boil over easily. Slightly darker in colour.



Hazelnut milk; this is delicious and makes coffee the best with the flavour it gives. If you like nuts this one is for you. Not everyone likes nuts but this gives the best taste for coffee, not so much for tea. Works in sauces if the sauce you are making is sweet but not ideal if you're making a cheese sauce! Not too bad when heating.

Hemp milk; delicious and the palest in colour of all the plant-based milks. Quite thin in consistency but works well in tea, coffee and in sauces. Slightly flavourless yet works well. It is however the most expensive out of all the plant-based milks I have bought. Give it a try you may like it. Be careful not to let it boil over when heating.

Coconut milk; again, the consistency is like skimmed milk but delicious in tea and coffee. Not hugely great for savoury sauces but good for the sweet ones. Not too bad when heating but so good for baking.



Ros Barresi
Complementary Therapist,
Nutritionist and Food Writer
www.rosbarresi.co.uk

Open-air Swimmers

On behalf of a committed group of regular open-air swimmers we are hoping that the COVID-19 rules will allow the pool to open this season and that the necessary preparations can be made.

An offer of help, including painting, cleaning etc has been made to Owen at Better.

The pool provides safe swimming for all ages, reducing the need to swim in the river, with all the risks that that entails, along with the mental and physical benefits we regularly hear about.

Please keep a watch out for requests for help in WOW!

PUZZLE ANSWERS

CROSSWORD:

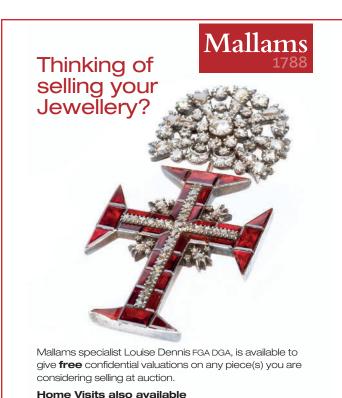
ACROSS: 7 Lea, 8 Etc, 9 Abe, 10 Stuff, 11 Egad, 13 Ere, 14 Rye, 15 Now, 16 Tuna, 18 Acute, 20 Ode, 21 Coo, 22 Hoe.

DOWN: 1 Sloshed, 2 Mature, 3 Performance, 4 Accelerator, 5 Data, 6 Tea, 12 Sweeten, 15 Nought, 17 Used, 19 Foe.





https://wallingfordradio.co.uk







Mum and baby/toddler fitness classes

running in Cumnor, Abingdon, Didcot, Wallingford & Oxford.

🚹 Onefitmamaoxfordsouthandvale



onefitmama_oxfordsouthandvale

HAVE TROUBLE WITH YOUR TREES?

NEED SOME HELP? ASK THE EXPERTS

- Tree removal
- Tree thinning
- Stump grinding
- Hedge trimming
- Tree pruning
- Tree felling
- Landscaping
- Fencing

We are city & guilds nptc qualified and insured you can feel safe dealing with us.

Call now to see how we can help Free no obligation quote



E. quote@firstclasstreesurgeons.co.uk

T. 07889 881 525 firstclasstreesurgeons.co.uk





www.mallams.co.uk



Enquiries: 01865 241 358 or louise.dennis@mallams.co.uk

We specialise in repair and renovation to give your windows a new lease of life!

We replace old and rotten glazing bars, muntins and rails, use the latest wood treatments and high-performance fillers, and modern & traditional paint solutions to give an excellent finish

> Maintenance contracts are also available for your peace of mind

> > All work guaranteed

Call us for your free estimate 07880 560 403 www.oxfordwindowrepair.com



servicing...batteries...tyres...fantastic value

Bushells Business Park, Lester Way, **Wallingford Oxon OX10 9DD**

www.haynes-car-care.co.uk

- All Makes Servicing and MOT's
- Parts & Accessories
- Air Con Re-Gas
- Courtesy Car
- Batteries & Tyres
- 4 Wheel Laser Tracking

Proud Sponsors of Wallingford Vehicle Rally & BunkFest

