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Royal Standard Dining Review - page 27

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Welcome to your community magazine

Hi Everyone

November already, the clocks have gone back an hour and it's turning cold and dark. Remember to wear something bright so you can be seen if you go out walking at night.

Remembrance Day is this month and a lot of us purchase and wear Poppies to support the appeal. This year is a little different as the usual way of selling cannot go ahead. There are poppies on sale at certain spots around Wallingford, you can find out where in the article on page 13.

Most of our favourite festivities have been cancelled this year, even our beloved Firework display. Hope you like the front cover as a little reminder.

The festivities put on by the 1155 club raise a lot of money for local charities. Obviously, this year they have been unable to do this, so our local causes will lose out on much needed funding. They are asking for our support via donations, you can find out how to do this in their editorial on page 18. It would be great if we could all get behind them and spare a few pennies or pounds please.

We have another recipe this month, Dorset Apple Cake sent in by Helen. I confess to having made this already, it was delicious.

Lesley dined out at Royal Standard on a Wednesday when they always do an International Dish. Find out what she thought of it in our Dining review.

Our What's On Section is still growing, a very encouraging sign; so don't forget to send in your activities information.
info@windowonwallingford.co.uk.

Thank you to the fantastic response we got to our pleas for delivery volunteers. So many of you got in touch. I think we nearly have enough people, may need a couple more.

So, if you have a spare hour once a month please contact us.

Things are still a little different at the moment, but stay strong.

So, until next month...have fun but stay safe

Naomi x

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and articles for December/January issue:
7th November**

**Can you find what page Walli
is in this month's magazine?**



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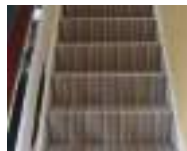
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Wallingford Local Producers Market

Have yourself a local Merry Christmas!

Celebrate Christmas at home with Wallingford's finest food and beautiful gifts made especially for your loved ones.

Wallingford Local Producers Market offers the best place to buy everything to make your Christmas special this year.

We're open from 10am to 12 noon every Saturday morning in November and the Saturdays in December up to Christmas. WLPM is inside Centre 70 buildings and in the car park where the Kincroft meets Goldsmith's Lane, OX10 0DT.

Several stallholders have special festive offers.

Choose your lamb and beef joints and cuts for a Festive Box from Emma's Ewesful Acres. Her sheep and cattle graze the meadows beside Wittenham Clumps, and her lamb was awarded 2 stars Great Taste Award this year. Contact Emma direct: **07708 649047** or **www.emmasewesfulacres.com** Order now to get your prime Christmas cuts!

Organic vegetable growers Matt Livingston from Ensō Farm, Little Haseley and Mark Stevenson from The Clays, Warborough will have a fine harvest of fresh vegetables including those essential potatoes, parsnips, carrots and Brussels sprouts! Look out for delicious winter squash for vegan and vegetarian roast dishes stuffed full of tasty goodness.

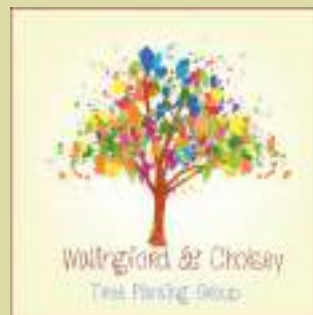
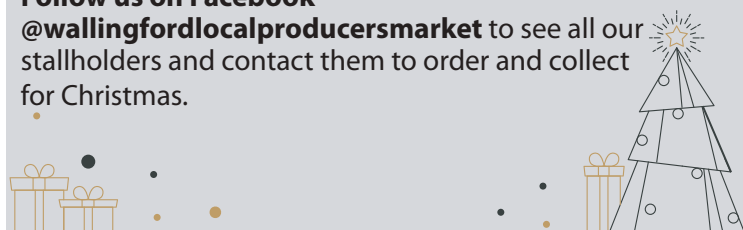
Many of the craft stallholders are taking orders now for special gifts. Take a look at Fiona Hayward's Material Swirl home textiles for colourful cushions and throws. Made with Love by FiGi, silver jewellery by Fiona Pinner. Clare's Candles and room sprays keep everyone calm during the hectic Christmas season.

Dawn Wedge who makes silver jewellery is unable to take a stall at the market, but you can contact her through our website **www.wlpm.org.uk** if you'd like to have a special piece of jewellery made.

Joining us in December is local author Liz Harris who has just published *The Flame Within*, and will also have another new book *The Dark Horizon*, at prices lower than you'd find on the web.

Follow us on Facebook

@wallingfordlocalproducersmarket to see all our stallholders and contact them to order and collect for Christmas.



Wallingford & Cholsey Tree Planting Day

Saturday 28th November 2020 start at 9am

**At Caps Lane, Cholsey, OX10 9HF
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(There is already a wonderful marsh area at the bottom of the field)

As a group we plan to increase the numbers and diversity of native trees, hedgerow & wild flowers, in our local area, in order to help increase wildlife; bees, bugs and a variety of other wildlife.

This is our first 'big' project. We plan to plant several hundred meters of various native hedgerow, interspersed with trees and wild flowers and bulbs. We hope it's a fun and inspiring day that creates momentum for the future.

If anyone would like to become involved with planning and organising the day, we would be more than pleased.

We would like to involve as many people, families and local organisations in making this a successful day, and the start of many other such projects, eventually planting many hundreds or thousands of trees, hedgerow & wild flowers locally.

If anyone has, or is aware of anyone who has land that we could plant on, please let us know.

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BUSINESS Bites



For 42 years there has been a hidden gem in Dorchester-on-Thames. They have never advertised, never celebrated any birthdays, they just opened their doors and started in business.

They are very well known and loved by their clientele, some of whom have been with them from the start!! So, as it is their 42nd Birthday, a great age to be, we decided to lift the lid on this hidden gem and tell you about them.

They are - (drum roll please)....**The Hair & Body Workshop, 65 High Street, Dorchester-on-Thames.**

Started in 1978 by Margaret, who had previously worked at the Rita Sloan salons in Oxford & Wallingford, they have evolved through the years, keeping up to date with all the latest technology, know-how and fashion trends in the hair industry. They have 5 stylists, most of whom have been there for many years, 2 have been there from day one!!

They have revamped the salon a couple of times and in 2018 they added a beauty treatment room. Beauty by Georgie, who offers all the latest in beauty including gel nails, manicures, pedicures, eyebrows and much more.



Much more than just a Salon, it is an integral part of the village, some of the clientele having been going since it opened. They go for a chat, a cup of coffee, a friendly face as well as having their hair done. Such a great place to go, friendly, laid back, an enjoyable experience.

So, if you are looking for cut & blow, perm, weaved highlights, re-styling or having your Wedding hair done, give this hidden gem a ring, wish them Happy Birthday and book an appointment.

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Katie Drew – Mobile Hair & Cutting Technician

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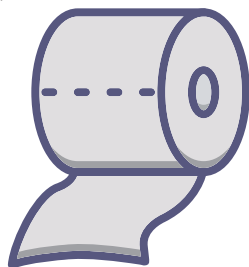
★ LOCKDOWN LOSERS ★

Let's start a club... We could call it The Lockdown Losers. If like me, you haven't written an epic novel, started a profitable business or learned a new language, then you are eligible for membership. If you can't stand on your head, scratch your ear with your big toenail, or any other yoga contortions then you are definitely in. You probably haven't mastered the art of transcendental meditation while sitting cross legged in a tree at the bottom of the garden either. In which case, you'll get your first year free, a certificate of incompetence and an "I failed lockdown" badge. Unlike those smug icons of social media, thriving in isolation, the kind of people who climb out of a dung heap looking fantastic and smelling divine. Maybe the rest of us should all just set our sights a little lower, and choose challenges more relevant to the time and circumstances?

Career options... How about re-training as a boxing referee, it might come in handy while separating warring siblings during the dark winter days and nights ahead? Or maybe a course in cartography, I bet you could easily map the endless miles you have trodden in the quest to distract and entertain bored children. A new career as a chef is out of the question for most of us though, having surely exhausted our enthusiasm during the lockdown family bake-off sessions. Not to mention having our culinary skills surpassed by our kids, thanks to Jamie Oliver and Mrs Bun. You can forget computers too, the kids were already light years ahead of us in the world of IT, and don't they know it!

But maybe we could encourage our younger family members to hack into supermarket websites, then jump the online shopping queues?

Crafty business... My venture into the realm of creative rivalry was short-lived I can tell you, there are some very capable parent/child combinations competing in the online craft-off. Personally, I'm considering pulping the mountain of drawings, paintings and decoupage left over from the early days of Covid restrictions. I reckon I could upcycle it into loo roll, ready for the next bulk buying supermarket sweep. I'm hoping for some potential profit from my rapidly expanding compost heap too, it actually started life as a vegetable garden, fear not Monty Don! I must however, confess to mastering the use of a home distilling kit while in the first phase of lockdown. It is of course, solely for the purification of water and making hand sanitiser in the event of another lockdown stockpiling apocalypse. Apparently though, there are people actually making home-made gin with similar apparatus, but not me guvnor honest!



Joking aside... I am of course writing this article with tongue firmly in cheek. I'm sure that for every family revelling in Zoom quizzes and online Uno tournaments, there were parents yearning for the solitude of a lone walk with the dog. For every person acquiring new skills, there was someone who was thankful just to continue working while keeping their existing talents polished and honed. I'm also pretty sure most kids were crying out for a return to school, and the company of their peers. Especially after months of mum and dad trying to relive the pastimes and values from "when the world was in black and white". I'm not knocking those who excelled and conquered during lockdown, just saying there is no shame in wanting to maintain the previous domestic and professional status quo. Keeping an even keel in these tricky waters is a tough navigational ask, for both skippers and crew.

Don't believe the hype... so to the motivational social media influencers, telling us it is purely our own lack of discipline stopping us from acquiring a new skill, thriving business or more knowledge. You can upload your opinions to iCloud cuckoo land where they belong. Why not instead, spare a thought for those who have battled hard just to keep forward motion during these strange and trying times. The parents who were ecstatic to get their young ones up in the morning and back to school, enabling themselves a return to work. The teens and University students, desperate to get their future building education back on track. Remember, getting through lockdown is not a competitive sport, it's not compulsory to emerge fitter, smarter or richer. Whether you're surrounded by family or going it alone, it's highly likely you'll have many ups and downs along the way. Aim low and avoid disappointment, if you come out of 2020 with your relationship, job or sanity intact then you can call yourself a winner.

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Job redundancy: check your rights and talk to Citizens Advice

citizens
advice

One of the most serious outcomes of the current pandemic problem is that thousands of people in the UK are losing their jobs. If you are one of these people, and are made redundant or offered voluntary redundancy, it is important that you thoroughly understand your rights and options.

The first thing to do if you are at risk of redundancy is to look at your contract of employment, which will spell out your basic rights. Make sure that your company abides by these conditions. Also, consider other sources of help such as your union if you belong to one. Bear in mind that if you have been in the job for less than two years you do not have as much job protection, but if for more than two years, your employer has to follow certain procedures, e.g. find you another job in the company if possible.

You can't be made redundant in an unfair way or for discriminatory reasons. The reason must be a genuine one, i.e. the job you do or the skills you have are no longer needed, or the employer can't afford you, or the business is failing. With technology advancing, sometimes fewer people are needed to do a given job.

You might be entitled to receive redundancy pay, which increases with length of service and has two elements – statutory and contractual. Statutory pay (not paid to those who have less than two years' service) is the minimum that the law says you are entitled to, and is based on your age, weekly pay and the number of years you have worked in the job. Contractual redundancy pay is the additional amount to which your contract may entitle you. If you have been furloughed, the law says that your redundancy pay must be worked out according to your usual wages, not the 80% furlough figure. Bear in mind that if your employer offers you a suitable alternative job and you refuse to take it without good reasons, they can refuse to give you redundancy pay. You can check that your redundancy pay is fair by using the calculator at www.gov.uk/calculate-your-redundancy-pay.

You are also entitled to a paid notice period or pay in lieu of notice, and the employer should give you paid time off for attending job interviews.

All the implications of redundancy are helpfully described on the Citizens Advice website at www.citizensadvice.org.uk/work/leaving-a-job. The website also gives advice about claiming benefits or dealing with your debts if you need this. You can talk to an adviser on our Adviceline, 0300 330 9042. Visit www.ca.org.uk to find your local Citizens Advice office.



A message from your local Poppy Appeal Team:

Whilst the Covid-19 pandemic has impacted how we can deliver the Poppy Appeal this year, our dedicated staff, volunteers, partners and suppliers have been working hard to ensure that the 2020 Poppy Appeal is going ahead and the Nation can take part in Remembrance activity.

Each year 40,000 volunteers from all across the UK make the Poppy Appeal happen. However, many of our volunteers, or someone they live with, now fall into vulnerable categories, so it is simply not safe for them to take part this year. So there will be no Street or House to House Collections.

Unfortunately we will not be able to deliver boxes of poppies to every local business that has supported the Poppy Appeal in the past. You will be able to get the enamel 2020 and VE day badges, as well as the paper Poppies, from the following locations from Saturday 24 November.

KP Stationers, House of Cards, Londis, The Dolphin, Nationwide Building Society, and Brightwell Village Stores.

Poppies will also be available from 7,500 Sainsburys, Aldi, Morrison's and Tesco stores. Many of our national and regional partners will also offer poppies via static boxes.

The Poppy Appeal HQ have developed a range of new and exciting fundraising and donation tools that the public can access via the Legion website www.rbl.org.uk/poppyappeal to enable companies and communities to support the appeal.

Individually you can request 20 poppies, free of charge to distribute to your friends and family by filling in an online form www.britishlegion.org.uk/get-involved/ways-to-give/poppies-in-the-post

This Poppy Appeal, we are presented with huge challenges due to the impact the Covid-19 has had across our society. The pandemic has left some in the Armed Forces community, as in many others, in dire need of urgent help and support. We are asking our partners, volunteers, fundraisers, members and staff to come together and get behind the Appeal in a way not asked of them before.

We would like to thank everyone for their support last year, raising an awesome £11,867.90 and hopefully things will return to normal for next year's appeal.

Nadia and Ben Thomas



Statement from Corn Exchange Wallingford on the current state of UK cinema

We would like to express great sympathy with the many cinema chains and independent cinemas that are currently being closed. We all rejoiced when cinemas started opening their doors again in July and the reaction from those customers who came back was very positive, seeing a small pushback towards normality. But we've all been distressed by the postponement of films like Bond "No Time to Die" and the financial difficulties encountered by many venues.

But we're pleased to say that many cinemas like ours are still able to carry on and show a mixture of current, archive and classic films from the distributors' catalogues. It's not easy with reduced audiences and new safety precautions but we want to welcome all our loyal patrons back to our wonderful venue again. We also want to stress our continued commitment to entertainment in Wallingford and district. And we will of course continue to follow government guidelines for the safety of patrons and our volunteers.

We're pleased to say that we have 17 film showings in October, we're booking for November and have lots planned for December and beyond. We're also happy to take any suggestions about films to show. Just drop us a line on info@cornexchange.org.uk

And we're also planning some live theatre starting with Guy Masterson in December and the Sinodun Players in January. Follow us on www.cornexchange.org.uk

We know that many people have missed their trip to the cinema since the closures in March. We also know that through the Video on Demand portals there are many films available to show in the comfort of your own home. But we, and many of our patrons also, believe that there is nothing like the experience of a high quality digital screening.

We look forward to seeing all of you.

Corn Exchange Management Team



Til Covid us do part?



I think it's fair to say that pre-Covid, most of us would have said we had a good idea of what was involved for a successful marriage or longterm relationship to succeed: more an ocean crossing than a quick speed around the bay, more of a long haul flight than a trip on Concorde... a marathon not a park run, success measured on the achievement of the long-term goal, and subject to some changeable weather, a bit of turbulence, possibly some, real sweat and tears, and the occasional need to dig deep to get through it!

And then came lockdown. There have been so many difficult, unprecedented challenges to navigate and overcome, but few that have tested marital relationships as much as month after month of enforced confinement. In fact for many couples it's been not so much a challenge as an endurance event.

And whilst local infection and hospital admission rates are not rising in Wallingford and the surrounds at anything like the speed of some places in the north of the country, that could of course change at any time, and the risk of another full lockdown does seem to be very real.

The media covered widely back in the Spring the stories of Chinese couples stampeding off to the divorce courts as lockdown lifted there & predicted that we'd follow suit here. I'm pleased to say that despite the extraordinary pressures that lockdown placed on so many of us, there is no evidence of any huge surge in divorces since the harshest nationwide restrictions were lifted in July.

Indeed, there are couples who have reported huge strengthening of their relationships as long commutes and stressful working hours were replaced by lie-ins and high quality 'together' time. Some relationships have thrived in the new dynamics imposed by furlough: swapping of child care or domestic roles, others far less so. I've sadly seen some extra-marital affairs hitherto hidden away at work come to light during this time too.

The good news is that times have changed so much since I started out as a divorce lawyer nearly 30 years ago. Back then, court was pretty much the only option. Lawyers were aggressive and clients had little control. The focus was always on 'winning the case' and not on how our clients were going to live their lives afterwards.. as parents, in families albeit separated ones.

These days we have a host of options available to help repair ailing marriages, or if that isn't possible, to support couples to separate as amicably as possible, with the minimum of cost, delay and most importantly damage to their children. Highly trained lawyer-mediators meet separating couples to help them to work out child arrangements and financial settlements. Court is always the last option now, not the first and the pandemic has finally forced the legal world to catch up with the rest of the world and go 'digital'. A fabulous online portal is even up and running now so that divorces can be issued online, and if court is the only option, the Judges have even transitioned to video hearings. Litigation from the living room has arrived!

If you'd like to talk in strict confidence about a relationship issue, email family@hedgeslaw.co.uk or call **01491 839839**

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 considers how the impact of the pandemic may lead couples to face some of their biggest challenges.



Christmas at The Wallingford Bookshop...

This is a bumper Christmas for books! Many books had their releases put back from the spring so there really is something for everyone now. My current favourite is 'We Begin at the End' by Chris Whittaker which is both a brilliant thriller and a beautiful exploration of Midwest America. Teenage friends Walk and Vincent end up on opposite sides of the law after Vince is sent to prison for murder. After 30 years his return to the town he grew up in is met with hostility, not least from his ex-girlfriend, Star Radley, who was sister to the girl he killed. Her daughter, Duchess, unwittingly sets off a series of tragedies that will have long reaching consequences for all involved those years ago... The author creates such believable teenage characters in all his books and Duchess is my favourite – determined, brave and committed to the care of her younger brother, she discovers one of her ancestors was an outlaw and so sets out to become one herself.



In contrast our favourite Christmas picture book is 'Peas on Earth' by Lindsey Sagar about five little peas who can't wait for Christmas...

We are really aware that we can't fit as many people in the shop as we normally would, but we will do everything we can to help you sort out Christmas! Phone, email or check out our new website and we can order books, make suggestions and even wrap them for you! We can deliver to the local area and we are offering browsing appointments on Sundays so you can have the whole shop and our undivided attention to yourself. We have book tokens both for the shop and National Book Tokens while our book subscriptions are always an option for the real book worms in your lives! www.wallingfordbookshop.co.uk

Changing States of Mind

Lockdown has been a mixed experience: some have enjoyed more time with their family, the opportunity to do more exercise, and for others it has been isolating and challenging. Personally I have had good days and bad days but what it has provided me with is time to reevaluate my career and learn some new skills. I have two passions Psychology and Education and have been trying to find a way to bring the two together. Lockdown provided me with the chance to figure this out and so the 'Psychology in the Classroom' Podcast was born.

My aim is to bring psychological research straight to teachers. There are many aspects of psychology that are relevant to the classroom from Special Educational needs, to the understanding of memory, to our mindset. Yet teacher training is so intense that there is little time to explore how psychological understanding can influence everyday classroom practice.

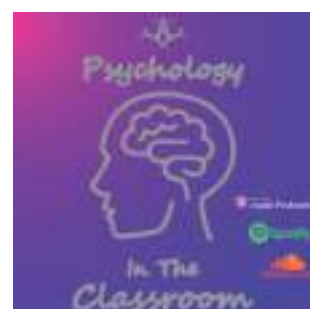


Under the current circumstances the best place to start seemed to be Mental Health and Wellbeing. I am really privileged to know Cathy Creswell, Professor of Clinical Developmental Psychology at Oxford Uni, who is a Wallingfordian as well and was willing to be my first interviewee. We discussed the impact of Covid on Mental Health and her research into this and the CoSpace study. Then Maff Potts, founder of Camerados and another Wallingfordian joined me to discuss why teachers don't need to fix but listen and be alongside those going through tough times. With the return to school there have been spikes in incidents of bullying, OCD and Eating disorders and again hearing about how to spot these and how to support young people who are struggling with these issues, directly from those who are working with the most up-to-date treatments has been a revelation. Whilst the podcast is aimed at secondary school teachers the advice and insights of my interviewees was invaluable to me as a parent as well.

If you are a teacher or a parent, please do take a listen and please do share with your schools.

www.changingstatesofmind.com/podcasts of people can listen on Spotify or iTunes - all for free.

Lucinda Powell





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Wallingford Community Spirit Boosted by Locals' Fundraising Initiative

Wallingford Community Hospital League of Friends charity gets one of their 'biggest donations' from a young couple who raised money to make thousands of face shields for the NHS and care homes during the peak of the Covid-19 outbreak and want to give back to their local community.

In a bid to do their bit during the largest health crisis their generation has seen, Design and Technology teacher from Wallingford School Alice Walker, and local Firefighter and Carpenter John Cornelius, worked around the clock during lockdown to fundraise and make thousands of PPE face shields for key workers. They have now donated the remaining money raised to Wallingford Community Hospital League of Friends.

Alice used her skills as a D&T teacher and enlisted the help of her partner John to make the first prototype shield on 13th April: "It all started when my colleague at Wallingford School found a website that had the face shield design and all the details about how they are made and the materials needed. As the software was more my background, I decided to do what I could to make it happen. As soon as we knew this was possible with the school technology, we just knew we had to do it."

The initiative started at Wallingford School and inspired St Bartholomew's and Mary Hare Schools to join Alice and John in their amazing task of providing the community with reusable face shields. Together, they created an impressive production line and were producing them at the rate of six every nine minutes!

"Running the first prototype was the moment we realised this was possible and it was exciting to know that we could help. The main highlight for me has been getting the thank you emails and pictures from places we have delivered to. It was so heart-warming to know just how much people appreciated it."



Alice and John set up a Facebook page in mid-April to raise funds to buy materials for the face shields. In just 16 days, it raised £6,000! A chunk of it was used on materials for the face shields sent to local key workers, but then the couple decided to go further and donate the rest of the money (£3,000) to the Wallingford Community Hospital League of Friends charity.

John Cornelius and Alice Walker

"We wanted the left over donated money to go back to the local community, as it mainly came from local Wallingford people, and this way we could support a great cause close to our hearts and home," said John.

Paul Chisnall, Secretary for Wallingford Community Hospital League of Friends said: "They did very well and raised an awful lot of money. It's really positive they've made the contribution to us and that patients here are able to get the ongoing care. We're very thankful."



Kate Eveleigh, Andy Armsby & Paul Chisnall outside Wallingford Hospital

Chairman of the charity, Kate Eveleigh added: "It's been one of our bigger donations; certainly one of the biggest for a long time and we were very glad to receive it."

An impressive twelve thousand shields were cut in total and five hundred of them were dropped off at Wallingford Community Hospital during the time Alice and Johnny were cutting them over a six-week period.

Ward Manager at Wallingford Community Hospital, Andy Armsby explained: "The face shields have all been used now. You have to change them every time you come out of the treatment room and we have to wear and change face masks regularly too so we were very glad of the generous donation and now the extra money can also go towards creating a Reminiscence Café at the hospital as well."

Plans for the donated money are still in the discussion phase, but talks of a Tranquillity Garden being built at the Community Hospital are popular as an option for a project the money could be spent on. Paul Chisnall said: "I've got a meeting to arrange with Oxford Health about how much is needed and how much we and they can put in to it; to make it something really good for the community hospital."

Thanks poured in from NHS and care home workers who received the donations as Alice admitted it had been a team effort: "From the schools and staff for making and delivering face shields to the community for donating the money, we're thankful and just even more pleased we can provide a donation that may go towards caring for our community hospital in the future."



(Reg. Charity no: 1022280).

If you would like to find out more about us please go to our website at:

www.wallingfordleagueoffriends.org

1155 Wallingford Fireworks Display 2020

We know how much you all look forward to the Wallingford Fireworks Display every year, and over the past 5 years we have been able to donate over £75,000 to 38 local charities as a result of your generosity.

1155 has been monitoring the evolving government guidelines with regards to the holding of events in public spaces recently.

We have had to take the inevitable decision to cancel the 2020 Wallingford Fireworks Display. While this may not come as a surprise to many of you, the impact that this will have on the charities that 1155 support will be considerable. Please continue to support those charities, either directly, or through a donation to 1155 (<https://wallingford1155.co.uk/about-wallingford-1155/>), and thank you to those of you who have already donated. We will pass 100% of those donations onto the local charities that were otherwise relying on proceeds from the fireworks display.

For over 5 years Wallingford Fireworks has made its mark thanks to our very own Illusion Fireworks Ltd. The fireworks industry has been hit extremely hard by the pandemic so we would like to encourage families to continue the tradition of celebrating bonfire night at home this year and to support Illusion Fireworks. You may purchase incredible fireworks for gardens of all shapes and sizes from their 'Legendary Fireworks' shop in Ayres Yard. The shop will be opening on Monday 12th October everyday from 11am to 6pm.



1155 and Illusion Fireworks will continue to make plans for 2021. We will be back with a bigger and better Wallingford Fireworks Display and bonfire!

Thank you for your continued support through what has been a challenging period for all of us, and we look forward to welcoming you back to an 1155 event very soon.

We have an endless need for more amazing volunteers, please contact Mark (markbrett@yahoo.com) should you wish to give something back and get involved in the running of 1155 events.



Wittenham Clumps at sunset, Emily Dunn

Wallingford Photographic Club

Wallingford Photographic Club is back for the 2020–2021 season. All meetings are online at the moment but we are offering a full programme of speakers, competitions, and other events to help you improve your photography and meet like-minded people.

The club meets via Zoom every Thursday. Evenings start at 7.30pm and run until around 9.30pm, with Zoom access from 7.15pm.

Our programme for November includes two talks ("A Personal Response" by Chris Palmer on the 26th, and another speaker on the 12th, still to be confirmed at the time of writing). On the 5th, we hope to run a practical evening. On the 19th we will have our No Set Subject 2 competition.

Please visit www.wallingfordphoto.club to learn more about the club and find out how to get involved.

Emily Dunn



**Oxfordshire
South & Vale**

Citizens Advice needs volunteer advisers

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

Last year 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, 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.

If you have eight hours a week to spare for the 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/

WOW WHAT'S ON!

Sustainable Wallingford Repair Café

Sustainable Wallingford Repair Café is on Saturday 14th November at Centre 70 from 2 to 4pm with 3.30 being the latest to bring items for repair. As usual there will be experts for repairing clothes & textiles, bikes, tool sharpening and electronics. Refreshments will also be available.

The Repair Café will be run adhering to social distancing and Covid-19 guidelines, therefore, we are likely to have an appointment system so please email sw@sustainablewallingford.org if you wish to bring an item for repair or tools to sharpen. Please note that there will be a limit per visitor of one electrical appliance and up to 2 tools for sharpening.

For more information go to the Sustainable Wallingford website www.sustainablewallingford.org

If you have any skills that could be offered as part of our Repair Cafes please get in touch or can assist with refreshments sw@sustainablewallingford.org

In 2021 we will be holding Repair Cafes every other month starting on Saturday 9th January and then 13th March.



RunWallingford run club

are happy to back and running their Wednesday night training sessions and Sunday morning social runs...numbers are restricted so please book ahead through RunTogether or contact Ian Robinson on

07970 807108

Wallingford Allotments and Gardens Society (WAGS)

Back in September, WAGS held their first ever on-line Autumn Show. Normally the event takes place in Centre70 and we attract around 100 entries for the many categories; Photography, Flowers, Fruits, Vegetables, Arts, Crafts, Baking, Preserves, Flower Arranging and Children's categories. The event wasn't quite as popular held "virtually" however we did still have a high quality of entries – well done to all entrants and we hope to be back to normal in 2021.

The event takes place on the second Saturday in September, all news and articles are regularly posted on the Facebook page www.facebook.com/WallingfordAGS

A reminder that WAGS operate the Garden Store at Centre70 which is open 11am-12noon on Saturday mornings, we stock fertilizers, bug control, weed control, plant fleece, ground cover, canes, compost, bark, farmyard manure, grit, aquatic plant supplies. We have a parking space reserved for WAGS customers.

The store is closed November, December, January and re-opens on the first Saturday in February when we will have seed potatoes, shallots and onion sets available for sale.

For enquiries about the store, the Autumn Show, membership or volunteering please contact Sandra s.halstead2@btinternet.com tel 01491 836527.

Keep safe, keep well, keep warm and an extra big thank you to the WAGS members who have supported us throughout the turbulent times in 2020.

From Jayne Page on behalf of the WAGS Committee

Rides on Air is a family-based business in Wallingford focussing on all forms and categories of cycling, covering from children's to Road, Mountain, Electric and Disability bikes. They carry a stock of more than 200 bikes, with prices ranging from £100 upwards. All new bikes have a pre-delivery inspection before collection and they offer a free 6 weekly inspection. In addition they have a comprehensive bike service and repair shop for any make or model of bike. If you go into the store to buy a new bike from them, they will try to understand where you are going to cycle and to evaluate and guide you to an appropriate product and within your budget. With more than 46 years of experience between the qualified staff they are able to cater for all types of customer demands from the selection of multiple bike brands which they offer.

Rides on Air is a diversified business which also offers hire bikes, which are very popular with visitors to Wallingford particularly among families in the summer, often resulting in new bike orders being placed for delivery further afield – recent deliveries have been to families in Wales and Dorset! A recent order for 17 bikes was also shipped to South Africa for another customer. You can hire bike pods "Travel Cases" to enable transport of your personal bikes onto planes. They also offer a delivery and collection service for new bikes and servicing and repairs.

Looking for that Christmas or Birthday present, and unsure what to buy, then pick up a Gift Voucher which is very popular, especially at this time of year. They have many gift ideas and carry a full range of accessories including helmets, locks, pumps and lights for children's and adult bikes, as well as a range of performance clothing.

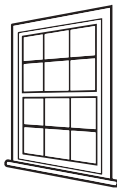
They were proud to receive a Commendation for Best Small Shops Competition 2019 from the Independent Retailer's Confederation, and have stayed open throughout the recent lockdown to enable and support our local community to keep cycling and stay safe.

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Crossword

Here's a bit of fun to get you thinking...

(Take a photo and send your answers to Facebook: @windowonwallingford)

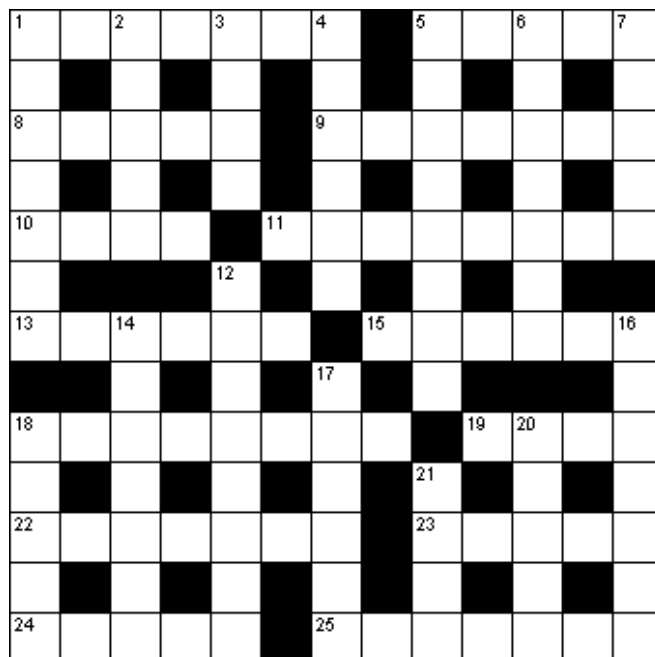


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ACROSS

1. Fate (7)
5. Animal with two feet (5)
8. Musical instrument (5)
9. Aerial (7)
10. Professional cook (4)
11. Delight (8)
13. Mass leaving (6)
15. Transparent gem (6)
18. Entertainer (8)
19. Cab (4)
22. Planet nearest to the sun (7)
23. Similar (5)
24. Fishing basket (5)
25. Ruminant (7)

DOWN

1. Fiasco (7)
2. Meaning (5)
3. Metallic element (4)
4. Annually (6)
5. Treachery (8)
6. Flightless bird (7)
7. Curtain (5)
12. On time (8)
14. See (7)
16. Spear with three prongs (7)
17. Attorney (6)
18. Ape (5)
20. Nimble (5)
21. Young whale (4)

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TOP 10 Tips

Val Wolsey.

MY 10 TIPS THAT YOU MIGHT FIND HELPFUL

Whether living alone, having had a hip replacement, like me, or finding old age and disabilities present difficulties in the home -there may be at least one tip in this list that you find helpful.

1

Have a continuous **handrail** on at least one side of your staircase; preferably one both sides.

2

A **basket** at the back of the letterbox, if space permits as you need to be able to open the door fully.

3

A **trolley**, high enough to use as a Zimmer, to convey items between rooms; this was a godsend for me as I was on two crutches and couldn't carry anything.

4

We all know the "**pick-up**" tool and the **long shoe horn**. Both really useful as I was not allowed to bend beyond 90 degrees.

5

If you have difficulty reaching to put on socks etc. there are several different style **sock gadgets** that solve this problem.

6

I need to wear lace-up shoes and couldn't reach to tie them, so invested in **elastic laces**, found online. But lace them from top to bottom so that the bow is at the lower part of the shoe, then it doesn't come undone when you force your foot into the shoe with a shoe horn.

7

I needed a **grab handle** for the shower as there was nothing to hold onto should I lose my balance. I ordered online and found I had two with a special instruction suggesting...

When you go to stay in a hotel or with family and friends, take one with you; especially if you need to climb into their bath to have a shower! There is no fixing required as they are suction pads that adhere to the tiles (avoid the grout lines)

8

I found a **soft bag** with handles long enough to go over my head, enabled me to carry things upstairs. Things to go down can often be thrown down to be picked up from the bottom - such as the laundry.

9

A **key safe** is a real asset as long as you remember your code number! You might like to give the number to a neighbour/friends and the surgery for doctors visiting.

10

Have a **Personal Alarm** - they are not just for the frail and elderly - if you live alone it can be invaluable and will give your family peace of mind. It can be a necklace or a bracelet and is a cost that is well worth the money. However it will only be of use to you if you keep it with you, particularly when you go to the bathroom in the night as this is when most accidents occur - a night on the floor is not much fun! I use Age UK Personal Alarms provided by PPP Taking Care Ltd. You can also look for alternatives online.



Town Information Centre

It is November already and some of our well-loved Wallingford events have been cancelled this year due to Covid restrictions. It certainly has been a very difficult year for us all so far. The Town Information Centre has been up and running again since the end of July and we are pleased to say that we have had a great deal of footfall from residents and visitors. Sadly, lots of venues have decided not to reopen until the Spring of next year but we have been able to suggest lots of beautiful walks and ideas for days out locally.

We all have to now think on for Christmas and gifts and would like Readers to know that we have some new merchandise in stock. There are books and maps of local interest if you have someone that likes local history or is an active cyclist or walker.

Do come in and have a look if you want a gift with a local theme.

We have some lost property that has been handed in - if you have lost something recently why not see if we have it.

Our telephone number is **01491 826972**.

A reminder that our hours are 0930-1530 Weekdays (closing for lunch 1230/1300) and 0930-1330 Saturdays.

For your safety we are Covid Compliant and adhere to Government guidelines.

British Modern Military History Society

The British Modern Military History Society is fully up and running, but not with the live meetings which are on hold until the spring, but with twice monthly Zoom talks. We have had excellent attendances for the 7 talks via Zoom so far, and have a full schedule of Zoom talks already planned with speakers booked until June 2021. Talks coming up in the coming months include: the Italian campaign in 1944, the Spanish Civil War, Underground Warfare in WW1, the Battle of Britain, El Alamein, Laurence of Arabia and Zeppelins plus much more.

Check out our website on www.bmmhs.org for details of all our talks, and to register for talks email us on zoom@bmmhs.org

We hope regular meetings will resume in the spring but this will depend on COVID restrictions. However, we will also continue Zoom talks even when the meetings start again.

Thank you to everyone who has supported us and made donations to help keep us going.

Andy Cockeram
Chairman, BMMHS

If you have a good tip, do let me know so I can pass it on...

At present we are unable to meet for the Carers Support Group that I run in St Mary's Church on the second Tuesday at 2.00 pm; if you do have any issues needing help, do contact me on 01491 836820. valwolsley@gmail.com

Studios set to showcase best of Wallingford's creative arts

Ayres House studios announces a two week winter 'festival of art' with outdoor markets, an exhibition, studio tours, videos, webinars and podcasts!

An art studio in Wallingford is set to celebrate its first birthday with a winter festival of art, showcasing the best of local independent artists.

As part of the two week winter festival, Ayres House Studios, on Station Road in the town, will be holding consecutive Sunday pop-up markets on November 29 and December 6, selling art-work, crafts and gifts made by selected local makers. They will also be holding an exhibition in their Gallery space open to the public, with covid safe access to some of the studios.

"October 1st marked our first birthday and what a year it's been," said Emma Souter, Studio manager. "We had grand plans for lots of events throughout the year which have obviously been disrupted. But, I think it's really important that we do our level best to hold a covid safe festival this winter so that our artists have an outlet for their fantastic work."

Despite covid, the number of artists in residence at Ayres House Studios has grown from 9 to 16, with demand for affordable creative workspaces seemingly greater than ever.

At the end of the festival, between December 8 and 12, some artists will hold small craft workshops, where members of the public can make unique crafts, Christmas gifts and decorations in the education room.

For the Sunday market, Ayres Yard has gated access and will restrict the number of visitors

to maintain social distancing. (Visitors can pre book a time slot online). All visitors entering the building will be asked to sign in for track and trace, wear face masks and use hand gel. There will be a maximum number admitted at any time and a one-way system in place.

There will be a donation station on entry to Ayres Yard, with any monies raised going to help support the studios.

"So many pre-Christmas events have been cancelled due to uncertainty, so we think it's great that there is something Christmassy to look forward to as a community. We're hoping that people will support local business and independent makers and come and see the work the artists produce at Ayres House," added Emma Souter.

Works will also be on sale through the studio's website. Many of the activities will be filmed and shared on social media, alongside podcasts featuring some of the artists.

Go to www.ayreshousestudios.co.uk or @ayreshousestudios on Instagram and Facebook to stay up to date with what's going on.



Barnaby Ayris [Barney] 1966 to 2020

Barney passed away on 18 September 2020 in Auckland, New Zealand. Wonderful husband of Bridget, father of Imogen and Harry, son of Diana and the late Michael Ayris, brother to Tim and Rachel, died peacefully at home. He was loved Uncle to Matilda, Niklas, Lottie, Ellie, Sam, Ben and Declan.

A true English good guy who had made New Zealand his home for the last 22 years.

Born in Wallingford Hospital Barney was a local lad until joining the Metropolitan Police and later moving to Auckland in 1998. A big fan of Rugby he played for Cholsey for many years, a passion he continued in New Zealand.

Barney returned to Wallingford frequently over the years to spend time with family and friends and never lost his love for the town or the friends he made here.



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Role descriptions can be downloaded from the CPRE Oxfordshire website www.cpreoxon.org.uk

Application deadline is **31st October 2020** in the first instance, but we are happy to receive expressions of interest on an ongoing basis.

Recipe: Dorset Apple cake

Ingredients:

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

Method:

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

My tips:

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

Helen.



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

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

If you are they would like to hear from you...
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Wendy was born and brought up in Wallingford; when she left school, she worked at Acrow Engineers as a telephone salesclerk. She has 3 children and 3 grandchildren and is very family orientated.

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

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

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

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

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

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

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Royal Standard

We continue our monthly dining review with a visit to Royal Standard, a pub in the centre of Wallingford. David Haines, the proprietor, took over the original pub in May 2019 and has worked hard in the past year to create a pleasant and welcoming atmosphere for many regular customers, who also enjoy the Sky and BT Sports shown on two large screens. One of the range of beers on tap is from the local Cholsey micro brewery, Amwell Springs.



There is also an added bonus of a comfortable restaurant which serves a selection of grilled steaks, burgers and pub classics such as fish and chips, chilli con carne with rice, and steak and ale pie.

We arrived at the pub to be welcomed by one of the staff asking to take our temperature, offering sanitiser and taking our contact details – all very reassuring in these difficult times.

The restaurant has a quieter atmosphere to the public bar, and was busy with several couples sitting at well spaced out tables. Looking through the menu, the first thing I noticed was the great value it offered. The Burgers, a choice of ½ lb beef, cajun chicken breast or portobello mushroom with salsa and haloumi, are served with a toasted brioche bun, salad, tomato, pickles, chips and texan slaw and all priced at £10. There is a selection of additional toppings for just £1 each. The Pub Classics are all £11. The steaks from the grill are from £16.95 and served with green salad, fries and peppercorn sauce. Dave explained that all his meat is supplied from Wallingford Butchers in St. Martin's Street, well known for their quality meat. Every Wednesday they have a special international dish, and the night we dined there it was Lebanese. Previous Wednesdays, it has been Mexican, Spanish, and Japanese among others.



My steak was excellent, juicy and cooked perfectly to medium rare and accompanied by fresh green salad and fries with a jug of peppercorn sauce served separately on the side. The puddings are traditional classics such as sticky toffee pudding, chocolate fudge brownie, baked American cheesecake, all served with ice cream (£4.95) plus Eton Mess (which I chose and it was delicious) and a choice of ice cream and a cheeseboard.

Every Sunday a roast is served with all the trimmings (£12.95) with a dessert for just £3.00, and with child size portions available (£7.95) this is excellent value for money. In addition, every Tuesday evening there is a two for one offer, with two main meals only costing the price of one. In fact, we enjoyed our first visit to the Royal Standard so much that we returned a week later to take advantage of this offer and this time I had a beef burger topped with Stilton cheese, and once again had a great meal. For good quality food in comfortable and friendly surroundings, I can highly recommend Royal Standard.



I decided to go for a sirloin steak and my husband chose the Lebanese special, which consisted of Lamb Kofta, Falafel, Chicken shawarma (a wrap stuffed with chicken) fattoush, stuffed vine leaf, houmous and lemon rice. He really enjoyed his meal, washed down with a glass of 'Eazy Geez' and 'Rude Not to' from Amwell.

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Recipe: Dorset Apple cake

Ingredients:

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

Method:

Preheat oven to 180c, grease and line a 7inch round cake tin.
Toss the apple with the lemon juice and set aside. Sift the flour & baking powder together rub in the butter until the mix resembles breadcrumbs.
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In a bowl, mix the remaining sugar & cinnamon, sprinkle over the cake.
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Helen.



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Anyone had to use the fire service or seen them in action?
Anyone used to use the social club years ago?
Perhaps you have attended one of the charity events?
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cowleycampers@yahoo.com



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

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

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

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

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

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

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

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

Wendy 07795 078884

