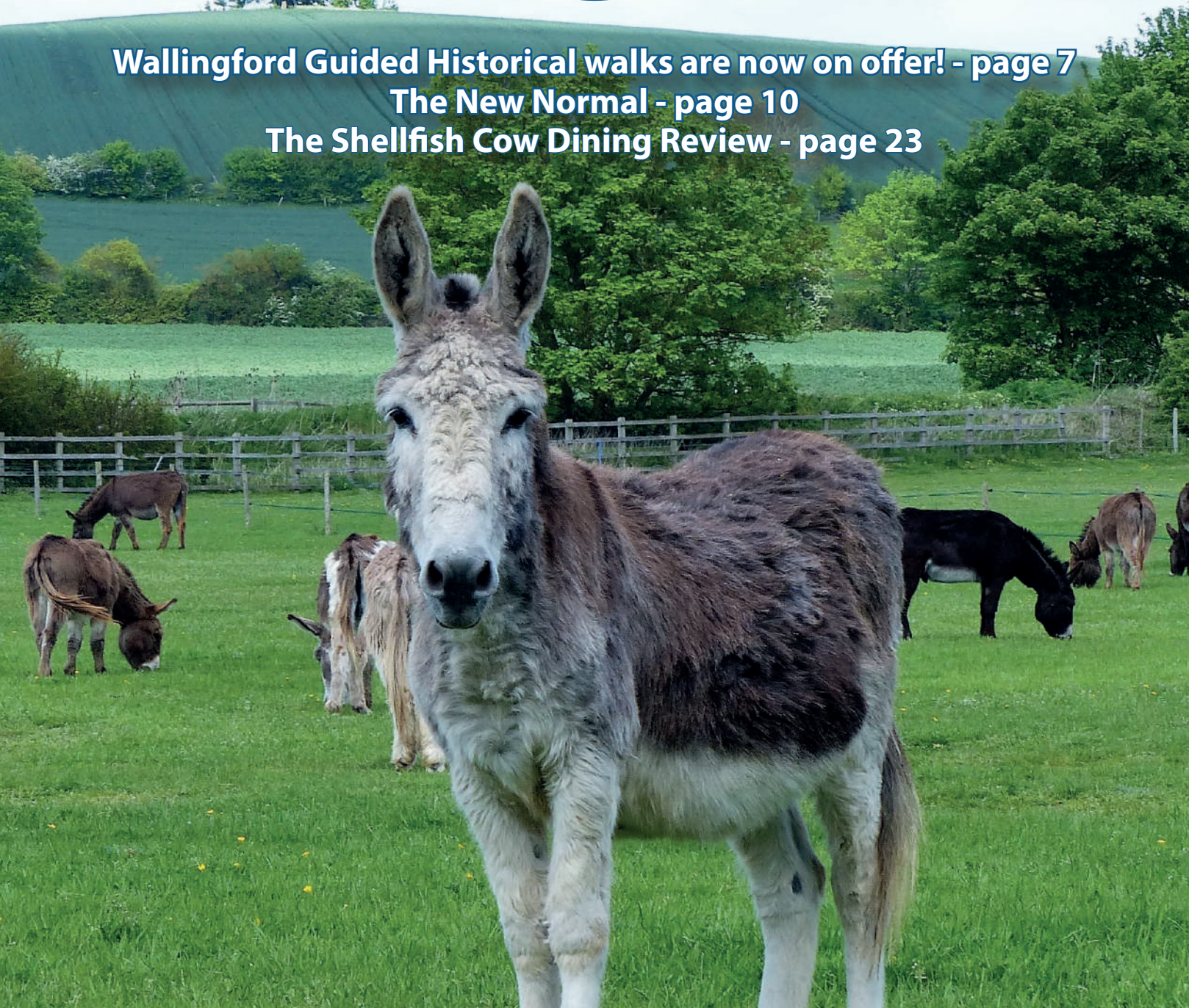


**Wallingford Guided Historical walks are now on offer! - page 7**

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# Welcome to your community magazine

Hi Everyone

At the time of writing this (middle of September) the sun is shining; it is lovely and warm, and we are set for a few more days of Sunshine. A late Summer.

We have our new recipe section, an easy to make bread with pictures, fabulous. Please do not forget to send us your recipes. [info@windowonwallingford.co.uk](mailto:info@windowonwallingford.co.uk)

## I have to make an urgent plea to you all please.

We are in desperate need of some more volunteers to distribute and deliver our Magazine. It only takes about an hour once a month to deliver a small number of magazines within your local area or street. As a distributor, still about an hour, you just have to the count the magazines out and pop them on the doorstep of the deliverers. We have slightly changed the way we do things due to Covid, we will now be dropping the magazines off to the distributors which makes it an even easier volunteering job.

So please, get in touch with myself or Jean [cowleycampers@yahoo.com](mailto:cowleycampers@yahoo.com), we really do need your help and support. Thanking you in advance.

As ever, I would like to say a huge thankyou to all our distributors and deliverers, the magazine would not exist without you!!!

Great news, we have our "What's On" section back, it has been a while. It is not very big at the moment but going in the right direction. If you have something happening on a regular basis that you want people to know about, please send us your information so we can keep our "What's On" section growing again.

We have another restaurant review the Shellfish Cow and not one but two locally award winning companies, read all about them and why they were chosen.

I know things are a little strange and still a bit scary right now, but we just have to press on and hope for the best.

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

Naomi x

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**Deadline date to submit adverts and articles for November issue: 8th October 2020**



Can you find what page Walli is in this months magazine?

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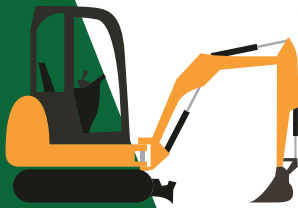


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## Wallingford Library

Wallingford Library re-opened on August 3rd and staff have been pleased and excited to welcome back our local customers, as well as some from further afield who are still waiting for their Community Libraries to reopen.

Oxfordshire Libraries and Library Friends Groups are working hard to plan the safe reopening of all the remaining libraries in the County but members (and visitors) are welcome, as always, to use any public library in Oxfordshire.

To help us to manage Covid security our opening hours have temporarily changed and from September 7th the library will be closed at lunchtimes from 12.30 until 2.00 and we are also closing a little earlier in the afternoons at 5.00. However we are still open every day from Monday to Saturday - excluding our normal closed day on Wednesday.

As we have all come to expect now, social distancing and sanitising measures are in place in the library and, for now, we are missing some of the activities we used to enjoy, particularly children's events, newspapers and study facilities. We still have books, DVDs, audiobooks and jigsaws to borrow though, with new ones arriving all the time and our friends from Sustainable Wallingford continue to work hard to keep our community garden thriving and productive so help yourself to their "incredible edibles" when you come to visit us!

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## Wallingford Guided Historical walks are now on offer!



### Wallingford Museum's experienced team are now taking bookings for historical tours of the town or castle.

These tours will follow government guidelines for Covid-19 prevention, with social distancing in place throughout and any other necessary precautions.

#### To Book a tour

- All bookings are via email: [pburton6@talktalk.net](mailto:pburton6@talktalk.net)
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- Request either a Town or a Castle walk.
- You will be contacted by email to confirm or adjust arrangements.

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- You will be in a group of no more than 6 people (including Guide) on any tour.
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- Payment must be made in cash on the day.
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**We shall look forward to hearing from you.**  
**(For General Museum enquiries please contact the curator on 01491 651127) [www.wallingfordmuseum.org.uk](http://www.wallingfordmuseum.org.uk)**

## Wallingford Museum Bookshop



We are pleased to announce that Wallingford Museum's bookshop has re-opened - social distancing and precautionary measures will be observed.

This is a good opportunity for book-lovers and present-seekers to make a point of visiting the bookstall whilst Wallingford Museum remains temporarily closed.

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

**As a re-opening offer all books will be £1 each (cash), but do pay more if you wish!**

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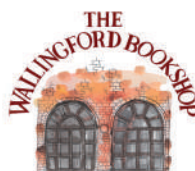


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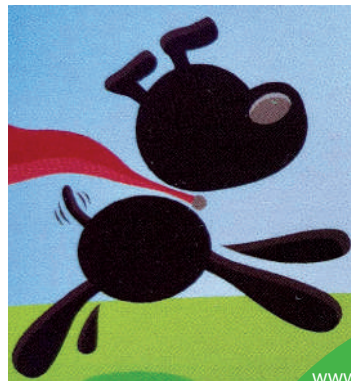
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## 'WOW-one' makes a splash!

### Wallingford Accessible Boat Club celebrates the return of its Wheelyboat to the water.

The Wallingford Accessible Boat Club (WABC) is tonight celebrating the return to the river of its wheelyboat, WOW-one. It was launched in the centre of Wallingford today and made its debut run upstream to Benson Weir and then all the way downstream to Goring. River goers from bankside and passing boat traffic clapped and waved as this graceful craft slipped by.

WOW-one had over-wintered in its secure location since October last year but its emergence due in March was interrupted by the onset of lockdown and only now has the Club deemed it sufficiently 'covid-safe' to risk returning it to the water. Now the craft will spend the rest of the season – until end September time – undergoing training and familiarization sessions for all the Club's volunteer crew members.



John Jenkins MBE, Chairman of Trustees, exclaimed "It was a great feeling getting out there on the river today. WOW-one handled perfectly, certainly none the worse for its extended 'rest period'. The numbers of river-lovers taking advantage of the bright but chilly day that waved us 'good fortune' was amazing and extremely heart-warming. It is so good to be out on the river again!"

Jenkins continued: "Due to the pandemic we have lost a lot of time this year and are now looking at Spring 2021 before we can offer our planned service to disabled and other immobile people to get them out on the river. Over the winter period we shall hopefully complete our site preparations of our base in central Wallingford and be in a good position to formally launch the Wallingford Accessible Boat Club and Wow-one for public use."

**For more please contact John Jenkins on 07976 297835 or email [john.jenkins@wabc.org.uk](mailto:john.jenkins@wabc.org.uk)**



Wallingford Sports Park aerial view

## Wallingford Sports Park (and Community Centre) as a Covid Secure Environment

As many people know, the Sports Park, as well as being the home of 8 separate sports clubs, has nowadays become an important community centre for the area. As such, we are actively working through how we can ensure that we are a COVID secure area for as many of those activities as possible, by producing risk assessments and operating protocols that conform with Government, National Governing Body and relevant professional guidelines.

At the time of writing, all our outdoor sports are actively operational with the expectation that Football, Hockey, Tennis and Petanque are or will soon be able to compete, as normal, with other clubs. Archery normally move indoors elsewhere at the end of the month but are still seeking a suitable venue and, meanwhile, the Rugby Club is doing everything it safely can which, at the moment, consists of some contact training but not competitive matches. Tennis coaching for juniors has been going safely for some time and both Wildcats Hockey and Rugby Minis and Juniors will commence on 13th September.

Of our indoor sports, the Squash club has been open for some time for intra club sessions and coaching but competitive matches are still not allowed with other clubs. We are currently working through how Skittles and Darts might resume safely in the main Pavilion with a view to commencing regular sessions later in September.

Our resident Chiropodist (Diane Sprague) and Physiotherapist (Jane Younger of Ocean Sports Therapy) have been open for business since the beginning of July, within the guidelines set down by their respective professional bodies.

We have developed COVID secure protocols for the use of the All Weather Pitch, for the various groups of footballers, and indoor daytime use of the main Pavilion, for other community groups, all of whom are operating within agreed Risk assessments and are being welcomed back.

What we are unable to do, as yet, is to hire out the main hall on weekend evenings for all the private functions we usually accommodate.

But the message from Dave Greedy, our Sports Park Manager (01491 835044 / [wspmanager@tiscali.co.uk](mailto:wspmanager@tiscali.co.uk)) is: **WELCOME BACK EVERYONE - we are very much open for business**



# # THE NEW NORMAL

## What is the new normal?

Normal used to be quite an ordinary word, both by definition and in application, it certainly wasn't overly celebrated in prose or conversation. Recently however, it has become very popular in everyday speech, along with words like pandemic, corona, Covid and vaccine to name but a few. So it would appear that normal is anything but normal at the moment, and has various connotations including, back to normal, old normal and new normal. Let's not forget privileged normal either, this should cover certain politicians and others deemed too special to follow the same rules of normal as others. Well as things stand, and with the easing of lockdown measures, we are gradually being enabled to interact with family, friends and fellow citizens again. So one thing is for sure, we are all going to have to adapt to some kind of normal at some point soon.

Stay SAFE  
WHEN GOING OUTSIDE



**Out and about...** There are conditions attached to our new-found freedom though, like following simple guidelines and exercising common sense, uh oh, that last bit will catch a few out! Observing social distance, wearing a mask in designated areas, and washing your hands regularly, does seem easy enough though doesn't it? But things are never as straightforward as they seem, there is a new behaviour code in public spaces, that goes beyond traditional good manners or social etiquette. For instance, when we walk our dogs by the river, we do a special little dance routine every time someone approaches from the opposite direction. Look at the ground, look at the sky, turn away and jump to the side (rubbish if you are by the stinging nettles and wearing shorts). It's a bit like a cross between the Hokey Cokey and line dancing, but without eye contact.

**Downtown...** If you think that's bad, try heading into town, people skirt around each other as if they are wearing invisible 2-metre-wide tutus or Sumo suits. Gloves are worn to carry the shopping, while disinfecting the trolley handles and sterilising your car door are essential hygiene habits before loading the groceries.

In the pub, you might have to book a table and time slot, wait for table service and only sit with people from one other household or your support bubble. Apparently, these bubbles are prone to bursting as the level of alcohol intake increases, with people hugging, kissing and even stripping naked in some city pubs!



Every single rule goes out the window if it's a sunny Bank Holiday on Bournemouth beach though, where tanning space is at an absolute premium. The only distancing going on there was the rapid space they put between themselves and the rubbish they left behind!

**Retail therapy...** I don't know about you, but I don't actually miss shopping that much, unless it's a solo trip to get something special for yours truly of course. My feelings don't appear to be widely shared though, as seen when non-essential stores, or 'unnecessary shops' as I prefer to call them opened again. Crowds filled the streets, desperate to offload some cash, which provided a welcome and much needed shot in the arm for the high street economy. Fitness establishments were also prioritised for lockdown release by the government, amid fears that being overweight can exaggerate the effects of Covid 19.

CONTACTLESS  
PAYMENT



And apparently, there were thousands of people with straggly hair, shaggy eyebrows and toenails resembling eagle's talons, who desperately needed the services of beauty salons. I must admit to letting my own locks grow freely recently, But I have managed to keep my toes and finger nails in trim.

**Are you ready...** Now here's the scary bit, inevitably we will get back to old normal, I mean the ordinary, bog standard normal that existed before Covid 19. My natural optimism tells me that there will be either a cure, a vaccination or the Corona virus will just fade away someday soon. Then what the hell are we going to do, when we have to meet in person without even a mask to hide behind? Imagine a day when you will be able to shake hands without gloves, hug and do that Hollywood cheek kissing thing again, are you ready for that? I know social distancing can seem a little extreme at times, but do you really want a return to the way things were, I'm not sure I do? The world seemed to be accelerating away from compassion and good sense, towards a climax of rage, rudeness, stress and general mayhem.

**What if...** When our lives return to a nice regular routine again, I believe there are some aspects of lockdown that would be a welcome addition to post Covid life. Imagine if polite distancing in shops and safer quieter roads to drive on became common practise. What about rigorous hygiene procedures in pubs, restaurants and public spaces, as well as stricter health and safety at work and in schools becoming standard requirements. How about a mini traffic 'Lockdown every now and then, allowing insects, wildlife and children to breathe some clean air for a change? Maybe the sense of community that flourished nationwide could be encouraged and supported in order to maintain its spirit. Obviously, nobody would wish for a devastating virus to kill so many people or for the lockdown measures to have such a detrimental effect on the economy, but maybe in the interests of taking positives from bad situations, do you suppose that we could adopt just a chosen few of the good bits?

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## Landlords, would you like guaranteed rent for five years and help young people thrive?

Local charity, Connection Support, are seeking one-bedroom self-contained flats in Wallingford and Didcot for young people (18-24 years) who cannot live safely in a shared environment. They need a safe, quiet space, where they can be looked after by specialist support workers while they make a fresh start in life.

These young people wish to live independently and get on with their lives but need help to do that. Connection Support have the expertise in providing tailored support to each client. They will help them develop their independent living skills and find employment, education or training.

For example, Robyn is 19 years old and is a survivor of abuse. She needs her own space to study, relax and feel safe – a place to call home. She is keen to pursue a career in science. Wallingford is ideal with good transport links for college, sociable community and in a beautiful setting by the river. Robyn will meet with her Support Worker most weekdays for emotional support and practical guidance and will be able to call them in between visits when she needs to. Do you have a one-bedroom unfurnished flat in Wallingford or Didcot for Robyn?

Connection Support offer a five-year contract to landlords and guarantee the rent for that period. They also take care of any routine maintenance and repairs which means little hassle for a landlord.



All young people would sign up to behavioural ground rules before moving in and the charity's support workers engage positively with neighbours and take any form of antisocial behaviour extremely seriously.

Fiona O'Driscoll at Connection Support said, "It's a rare opportunity for a landlord to make a great commercial deal and help a vulnerable young person at the same time. It's a win-win."

If you're a landlord seeking guaranteed income and an opportunity to help young people thrive please contact Fiona at Connection Support on [ypsa@connectionsupport.org.uk](mailto:ypsa@connectionsupport.org.uk)

The charity is looking to rent immediately and are keen to build long-term relationships with private landlords, so please get in touch even if you don't have property available now. **For more information about Connection Support please visit [connectionsupport.org.uk](http://connectionsupport.org.uk)**

## A message from the Corn Exchange

At long last comes the joyous news that we are finally open again for business. The listing is fairly short as we have only booked films for the first week as we are still trying to establish the demand from the public, many of whom are understandably nervous about returning to normality again. But our Health and Safety team have worked hard to put together a safety procedure and we have followed strictly the guidelines produced by government and trade bodies. Once we are confident that audiences will be returning, we will book more films.

However, we are limited in the capacity and the first film being shown on Saturday 26th September is already sold out with 54 seats!

This is the result of implementing a Covid-19 restriction which ensures that there is social distancing between patrons and groups of patrons.



**Friday 2nd October, Babyteeth (15)**

**Saturday 3rd October, 2:30pm The Snow Queen – Mirrorlands (U)**

**Friday 9th October and Saturday, 10th October. Tenet (12A)**

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

[www.cornexchange.org](http://www.cornexchange.org)



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[www.rainbowpreschool.org.uk](http://www.rainbowpreschool.org.uk)





## 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 October includes 3 talks: "The Way I See It" by Rosemary Wilman on the 1st, "People and Places" by Colin Trow-Poole on the 8th, and "Working With Textures" by Jane Lazenby on the 22nd. We plan to run our first practical evening of the season on the 15th and our first competition of the season on the 29th.

Please visit [www.wallingfordphoto.club](http://www.wallingfordphoto.club) to learn more about the club and find out how to get involved.

Emily Dunn



Photo. Peter Fozard "Fly Past". Wallingford Photographic Club

As a resident in Wallingford I would like you to pass onto the gardeners who have planted this years flowers in the town centre beds my thanks and admiration for the wonderful display. The combination of different flowers and colours is really lovely.

Combined, too, with the hanging baskets, the town couldn't look better.

Thank you to all who contributed.

Lee Selman



## Mr and Mrs Park's Family Butchers

R G Park Family Butchers in Cholsey was established by Wendy and Ray Park in 1995 and can therefore call 2020 its 25th birthday.

This year however wasn't just poignant to the senior Mr and Mrs Park for that, nor for the pandemic that shall not be named. It was also the year that the junior Mr and Mrs Park, Steven and myself, returned from Australia to take the reins of the business. Having previously been based in Sydney, Steven has spent the last 8 years building his knowledge and skills working for various, very successful butchers and I have been doing the same but in restaurants. And so, armed with culinary ideas and a reignited passion for local produce, here we are! With a nod to the past and looking forward to the future, the shop has begun a new chapter and been renamed, Mr and Mrs Park's Family Butchers est. 1995.

Just like Wendy and Ray, we are passionate about the food we sell and believe that this is reflected in the quality of our produce. We always aim to source locally, ethically and sustainably. We're also passionate about being able to serve to a range of tastes and pockets. From the high end dry aged beef to the more cost-effective cheaper cuts. And we love cooking. This means more products pre-prepared by us that you can simply throw in the oven as well as lots of ideas and recipes for you to try at home.

It seems that with the horrors of the pandemic, also came a revival in two things, a passion for home cooking and an inclination to shop local. We are so thankful for the reception we have so far had in the community and if we haven't met you yet, I hope we will soon...

**All the best, Mr and Mrs Park**



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



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Island Farm Donkey Sanctuary is looking for a new CHAIR of TRUSTEES.

The Sanctuary is a home for 130 rescued donkeys. and run by a small, dedicated team of staff, supported by volunteers. The new CHAIR will be someone with experience in managing a team and has an interest in donkey and animal welfare.

PLEASE NOTE - Due to COVID19 the Sanctuary is temporarily closed and not open to visitors. Special arrangements will be made for candidates to visit.

To discuss ring retiring CHAIR Judy Gibbons 07880970534

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## Not so Black and White

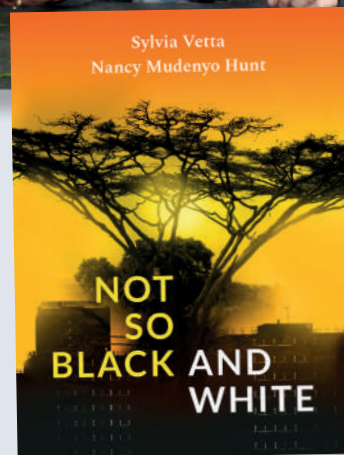
**Local charity CEO co-authors topical new novel**  
**Not so Black and White draws out the common humanity that lies beyond differences of nationality, culture, race or class, issues which affect many young people today. It shines a light on how empowerment transforms lives.**

This novel is unusual being written by two authors: Nancy Mudenyo Hunt, CEO of the Oxfordshire-based charity The Nasio Trust and Sylvia Vetta, Oxford-based freelance writer, author and speaker.

The Oxford Times described it as "the book to read after the Black Lives Matter protests." Copies are available from **The Wallingford Bookshop** (who are kindly donating 90% of the proceeds of their sales to Nasio), [www.thenasiotrust.org](http://www.thenasiotrust.org) and Amazon.

Proceeds will support Nasio's work with vulnerable children and communities in Kenya which many local Wallingford residents have experienced first-hand on volunteering trips.

Do post a review on Amazon if you have already read the novel and please help spread the word! **Thank you for your support for Nasio.**



## Wallingford Allotments and Gardens Society (WAGS)

As I write this in early Sept, it seems that August was a mixed bag weather-wise, we were sweltering in the constant heat for a few weeks and then enjoying the slightly milder weather with a bit of lovely welcome rain! Overall, the garden and allotment survived droughts and downpours and blossomed well in 2020. I have enjoyed the peonies, roses, dahlias, foxgloves, summer bedding and summer annuals from the white and yellow cosmos to the colourful zinnias. The Sempervivum plants have loved the heat and flowered well again this year. In the last month I have harvested potatoes, onions and fresh herbs and now preparing for next year by digging in rotted manure. Great exercise and great once it is done with! Above all, the garden and allotment have kept me grounded, busy, active and provided an escape during the lockdown months and in this era of the "new normal".

The Autumn Show is on-line in 2020 and many of the members and non-members are looking forward to submitting a few photos to the Show Secretary for judging. Next month we will post the winners and bring you some of the highlights. We also look forward to normal proceedings in 2021 when The Show returns to Centre 70 on the second Saturday in Sept – all being well. As always, there are categories for Baking, Photography, Preserves, Crafts, Arts and the many Horticultural categories for plants, flowers and vegetables. All judges are local experts with prizes and certificates for First, Second and Third and Cups awarded to overall winners. Please support The Autumn Show by exhibiting or make contact with the Show Secretary and be part of the team that organises on the day. We have some space available for stall owners and there are options to sponsor prizes or the printing of the Show Schedule. **All Show enquiries to Sandra Tel 01491 836527.**

Our Garden Store is open every Saturday 11am-12noon from now until the end of November. We close for December and January and also August.

The Store is located in the car park at Centre 70 near the Kincroft – car parking is available. Keep up to date with Store stock levels on the Facebook page [www.facebook.com/WallingfordAGS](https://www.facebook.com/WallingfordAGS) with seed potatoes and onions on sale from mid February.

WAGS Membership is £4 per year per household, come along to the Store on Saturday mornings to join or renew. Our website is [www.wags-wallingford.com/](http://www.wags-wallingford.com/)

We are in need of a volunteer to help out in the store once per month, if you have an interest in growing and gardening please make contact with **Sandra on Tel 01491 836527.**

**Jayne Page on behalf of the WAGS Committee.**

## Help-Pen-Hand

Our "new" lifestyle has made people aware of the need for family and friends to act for them. The recent Data Protection rules have highlighted the need, on occasions, for someone to act for you; I am referring particularly to Banking and End of Life care.

In order for someone to act on your behalf, you need to have a registered Lasting Power of Attorney (LPA) in place. Mistakenly it is assumed that a spouse has the right to speak for you; but this is not the case in certain circumstances, perhaps due to that unexpected accident, or illness, referring particularly to dementia as the person must have their mental capacity and ability to sign the forms,

To prepare an LPA, it does not have to be expensive; in fact, you can do it yourself! It can seem quite daunting to some people, so you may like to have a consultation when I can explain the 20 pages!

Even if you are isolating for any reason, technology, telephone and email make it possible for us to talk it through; also, for me to prepare the documents for you.

The advert gives you all my details. (page 14)

**Val Wolsey. Help-Pen-Hand**



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## SOUTH OXFORDSHIRE'S WINTERBROOK GARDEN NURSERIES & MRS BUN THE BAKER

JOINS RANKS OF SMALL BIZ 100 WALLINGFORD, 6th SEPTEMBER, and 28th SEPTEMBER 2020.

**Winterbrook Garden Nurseries based in Brightwell and Mrs Bun the Baker based in Cholsey, will be given a spell in the limelight as part of this year's Small Biz 100, a national campaign Highlighting some of the UK's most inspiring small businesses.**

Marking 100 days building up to Small Business **Saturday on 5 December 2020**, the Small Biz 100 provides a major profile boost to small businesses across the UK, particularly at this challenging time. Showcasing a daily celebration of the Small Biz 100 through social media, the campaign aims to support and celebrate a vibrant range of small, community driven businesses across the UK.

**Winterbrook Garden Nurseries is a small plant nursery with a focus on sustainability, recycling & the unusual. It was founded by John Cottrell & his daughter Hanna Armitage in 2018 and aims to make their nursery a unique experience for all who visit.**

John Cottrell, owner of Winterbrook Garden Nurseries said: "We are very proud to be part of Small Biz 100 & we were gobsmacked to be chosen from all the other wonderful, independent businesses around the Country that applied. We are passionate about our business, from the peat free compost we use, the plants we grow & the garden curio we collect. We aim to make every visit to our nursery, a special, unique, experience in a friendly atmosphere. For us it is about creating a place that is quirky & inspiring, brimming with ideas customers can take home to use in their own gardens. The last few months have been challenging with Covid. During the National lockdown we used our small business to our advantage and quickly changed how we sold plants, seeds & compost. Overnight we put all our stock online offering local delivery. When the Government advised garden centres could open again, Hanna offered individual appointments at the nursery which could be booked online; this meant anyone high-risk could come to visit the nursery in complete safety as they could shop alone. This service proved so popular she was fully booked most days. Our customers were genuinely worried about our business surviving the pandemic, we feel very supported by our local community and customers who are further afield but keep coming back to see us. We are excited about being part of Small Biz 100 and hope it will help us highlight practical examples of how small changes can make a big difference to the amount of plastic and water waste in the garden centre industry."

Michelle Ovens MBE, Director of Small Business Saturday UK, said: "Congratulations to Winterbrook Garden Nurseries and Mrs Bun the Baker for joining the Small Biz 100! This campaign highlights the amazing, positive impact small firms have on communities across the UK. Given the phenomenally tough time small businesses have had, and the special role they played supporting communities in lockdown, it's vital we continue to support them as this crisis continues. This year's Small Business Saturday is going to be the most important one yet, and we are determined it will also be the best."

Now in its eighth year in the UK, Small Business Saturday has grown significantly each year, with a record turnout of 17.6 million people choosing to shop small on the day last year, generating an estimated £800m.

**Mrs Bun the Baker Cookery School ([www.mrsbunthebaker.net](http://www.mrsbunthebaker.net)), was founded in 2014 by Angie Johnson.**

She says, "At the time I was head of food technology at a secondary school and my son was young. I was constantly dropping him off at different places for childcare and not spending as much time with him as I wanted to, so I decided to change my career. I wanted to show children how to cook, as I had taught my son, particularly when a lot of children coming into school did not know how to use an oven, a hob, or even a tin opener. Mrs Bun the Baker Cookery school started small and grew naturally. "My aim is to start them young—exploring, tasting, messing around with food—this can help the fussiest of eaters. I keep things healthy and helpful: making lunches for parents to take home. It's not just about the food they create; they're gaining life skills and many other experiences in the kitchen too, which are important to a child's development. "Interacting with others in the kitchen, sharing equipment, learning to take turns such as when they are using the flour shaker. Maths skills come into play: counting pie lids or the number of potatoes needed when making a frittata. They're learning to follow instructions and concentrate on the task in hand. Whether they are younger or older children they all produce great-tasting food, feel confident and they're always proud of making or baking a meal for everyone. Mrs Bun the Baker Cookery School will be in the spotlight on 28th September 2020 and the company plans to run a series of giveaways on social media on the day. Angie Johnson continues, "I am so excited to be part of Small Biz 100; I was shocked when I received the email to say I was one of the 100, as I know they receive so many applications. In this time post-lockdown, when the blow to small businesses has been hard, I am so proud of all the small businesses in our country, and our keep-on-going attitude, adapting to changes in the market quickly, creating new ways of working and engaging with customers, building our businesses despite the odds."

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### Mrs Bun the Baker

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SMALL BUSINESS  
SATURDAY

## About Small Business Saturday.

UK Small Business Saturday UK is a grassroots, non-commercial campaign, which celebrates small business success and encourages consumers to 'shop local' and to support businesses in their communities.

In its eighth year Small Business Saturday is the UK's most successful small business campaign, which last year saw an estimated £800m spent with small businesses across the UK on Small Business Saturday, with a record turnout of 17.6 million people choosing to shop small on the day.

The day itself takes place on the first Saturday in December each year, but with an impact that lasts all year round. This year Small Business Saturday takes place on 5th December 2020. <https://smallbusinesssaturdayuk.com>.



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## Live Jazz Concert

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London Jazz News

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## Cholsey 60+ Table Tennis Club

**We welcome new members.** We are a social table tennis club for those of 60 years of age and over. We play on Friday mornings in the Great Hall at Cholsey Meadows. This is a spacious venue with two tables (reduced from our usual three due to Covid 19 regulations) and there is adequate parking. We don't play in a league, every game is a friendly. The standard of play of our members is varied. When we started early in 2019 most members were new to the game or returning to it after 30 years or so with not playing. As time has gone by rallies have become longer and less time is spent retrieving balls from all parts of the hall. **It's been good fun!**

**So if 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.**



## Wallingford Gardening Club

Like many organisations we do not know when we will be able to formally meet, so please keep an eye on the website

[www.wallingford-gardening-club.com](http://www.wallingford-gardening-club.com),

Facebook - Wallingford Gardening Club (WGC) South Oxon. Any other info please email us at [gardenswallingford@gmail.com](mailto:gardenswallingford@gmail.com)



## The Royal Standard

Here's what is going on at **The Royal Standard** on a weekly basis:

### Tuesday Night

Two for Tuesday (buy one main meal, get a second free)

### Wednesday Night

Why Not Wednesday? Try something out of the ordinary with our themed food nights including Japanese and Mexican

### Thursday Night

Quiz night every Thursday from 8.30

### Sunday

Relax with a Sunday Roast



## Sustainable Wallingford Repair Café

**Good news! Sustainable Wallingford are planning the return of the Repair Cafes starting on Saturday 14th November at a different time 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. It's a fantastic opportunity to learn how to repair or maintain your broken items; or just watch an enthusiastic volunteer do the mending.

In the past we have repaired toasters, radios, irons, kettles plus sharpened dozens of gardening tools. Our volunteer repairers try to fix the broken items that visitors bring – we are not always successful. Repairs are performed free of charge but a voluntary donation will be greatly appreciated. The Repair Café will be run adhering to social distancing and Covid-19 guidelines. Please wear a face mask when attending the Repair Café.

For more information go to the Sustainable Wallingford website – [www.sustainablewallingford.org](http://www.sustainablewallingford.org)

If you want to help or contact us email [sw@sustainablewallingford.org](mailto:sw@sustainablewallingford.org)

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

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" A FARM IS SO MUCH  
MORE THAN LAND,  
CATTLE & CROPS: IT'S A  
FAMILY'S HERITAGE  
FORTUNE & FUTURE "



As many readers may know, Hedges Law has been part of the local landscape in Wallingford since the time of the French Revolution! Across the four centuries, since we opened our doors, looking after the legal needs of local farmers has been a significant part of our practice.

It goes without saying that this year has been an incredibly tough one for us all. But for the farming community, already faced with a period of radical change culminating in disruption and uncertainty ahead of our departure from the EU, 2020 has truly proved to be an enormous challenge.

It isn't all doom and gloom, as there will be inevitable opportunities created in our changing world, but a recent survey by the Farming Community Network (FCN) \*highlighted significant concerns around financial stability, mental wellbeing, succession and retirement, managing change and many other issues.

We have seen a rise in the number of enquiries from those in the agricultural sector about separation & divorce. Sadly, farming families are particularly susceptible to divorce. The combination of living and working together 24/7, of being capital-rich but income poor, of being susceptible to the impact of the weather, global warming, crop failure, livestock disease... the list goes on. Given the added impact of the pandemic on the farming industry, it can be little surprise that some farming marriages just haven't been able to weather the storm.

Another area of increased legal activity in the sector is what's known as contentious probate. In short, when someone dies and those he or she leaves behind don't agree with what was contained in their will, a legal challenge may be mounted. Suffice to say that at a time of loss and grieving, a costly and unpleasant court case can be a harrowing experience. Putting in place really robust arrangements during your lifetime with clearly explanatory notes to be read by loved ones after death can definitely help avoid the possibility of a dispute.

A third area that we have seen a peak of enquiries in relates to farming property. Farmers whose tenants haven't paid rent, or have just shut up shop on their commercial premises is not uncommon at the moment. With many farmers choosing to diversify away from 'pure' farming in order to focus on making money from activities like B&B, coffee shops, children's activities etc, the range of issues that arise around their property is extensive. Again, robust documentation and quick action is key to an early resolution of issues.

\*The FCN is a voluntary organisation and charity that supports farmers & families within the farming community through difficult times. Its FarmWell website - contains a wealth of free information about personal and business resilience, mental and physical wellbeing and information around how to successfully manage through change: <https://farmwell.org.uk/>

**If you'd like to talk to us about protecting your farm and your family do contact us at [hello@hedgeslaw.co.uk](mailto:hello@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 reflects on a few of the challenges facing farmers and their families during these difficult times.

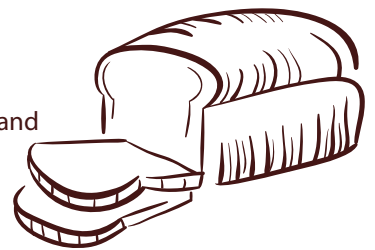


**Over lockdown a lot of people tried baking bread for the first time. There can be quite a bit of mystique around bread baking but the reality is that it is one of the easiest and most satisfying things you can do in the kitchen. With just 15 minutes of preparation you can have an 'artisanal' home baked loaf every day.**

There are thousands of ways to make a fantastic and easy loaf but after several years of trial and (a lot of) error this is how I do it.

## METHOD

- Weigh out 500g of bread flour. I tend to use mixes of white or wholemeal flour and flours with crunchy seeds in. I don't think I've ever used the same blend twice and I would encourage you to try your own blends. Just make sure it's strong bread flour.
- To the flour add 5g of easybake yeast (The Allinson's one comes in the greenish tin), 10g of salt, and 10g ish of oil (I tend to use bog standard olive and if you go over a bit it doesn't matter).
- Mix all the dry ingredients together
- Add 300g of water (300ml of water weighs 300g and I find it's easier to measure by weight than volume). I use warm water from the hot tap.
- Mix it together until you've gathered up the flour into a squidgy ball
- Knead. I use the dough hooks on a hand held mixer for 10 minutes. You can knead by hand but I find this flour:water ratio, while making a nice loaf, is difficult to knead manually. If you do want to use your hands, oil the kneading surface and your hands before you start.
- Leave it to ferment somewhere at room temperature. There's no hard and fast rules for this. Sometimes I leave it overnight, some times I let it ferment for just 2 or 3 hours.
- When you're ready, plop it out of the bowl it's fermenting in, on to an oiled board. Knock it into a thick, squidgy rectangular slab with the ends of your fingers. Fold the left hand third into the middle and the right hand third over that, then fold it up into itself so you're creating tension in the ball of dough. You'll see the gluten fibres stretching on the top and it becomes taught like a balloon. It's very slappable at this stage.
- Let it prove for 20-40 minutes. I've got proving baskets but you can use a clean tea towel in a clean bowl. Dust the inside of whatever you use with flour. Rye flour is good for colour and seems to do a better job of keeping the dough from sticking to the cloth. How long the dough takes to prove depends on a lot of factors: temperature, atmospheric pressure, and the flour you've used but a good rule of thumb is that it should double in size again. In my experience it's better to err on the side of under-proving - over-proved bread just collapses.
- Half way through the prove pre-heat your oven. I set mine to 250 degrees. I keep a baking stone in my oven but I also use a large, thick terracotta tile that was left over from tiling our conservatory. Also place an empty roasting tray in the bottom of the oven.
- Remove the oven tray with stone/tile and invert your proven dough onto it. Slash the top with two or three knife cuts any way you like (see photo below). This helps the loaf to rise in the oven - the 'oven bounce'. Boil the kettle
- Put the dough in the oven, pour the boiling water into the roasting tray (be careful, it can spit).
- Set a timer for 20 minutes. After 20 minutes at 250 degrees reduce the oven temperature to 180 and give your loaf another 20 minutes.
- It's done when it sounds hollow on the bottom when you flick it with a fingernail.
- Whip it out of the oven and let it cool on a wire rack.



Pizza dough is essentially the same process but I use 50:50 plain flour: white bread flour. I roll it out after it has fermented and let it rise for 20 minutes before spreading on the tomato sauce and toppings. I might whack the oven up to its top temperature of 275 degrees and check on the pizzas after 5 minutes. Most will take less than 10.



This is today's effort using 60% seeded flour and 40% strong wholemeal.



# Shellfish Cow Restaurant & Bar

I have been intrigued by the restaurant named 'Shellfish Cow' for some time, so I was delighted to go for lunch to try out their menu which, as the name suggests, consists of shellfish and steak. The restaurant, on the corner of High Street and St. Mary's Street was opened in October 2018 – there is a sister restaurant in Reading Road, Henley.



The owner, Paul Hodder, gave us a warm welcome and offered to show us round the eighteenth century building, where the restaurant is spread over four floors, from the Cellar Bar in the basement, the ground floor dining room and bar, the two first floor dining rooms, and the Crow's Nest dining room on the top floor.

Each room has its own character with predominantly grey walls, dark painted ceilings and wooden floors but with quirky features such as vintage radio sets, mirrors, twinkling coloured lights, large candlesticks and old fashioned wooden tables and chairs. At night I can imagine the rooms are full of atmosphere with all the candles lit, and, under normal circumstances, can also be used for private dining seating 14 – 16 people, or parties of up to 40. The Cellar Bar is especially popular for birthday parties.

Tania, the restaurant manager, brought us a glass of New Zealand Sauvignon Blanc while she explained the menu options in great detail. The dishes are flexible and interchangeable and can be ordered separately by each diner or shared among a group. The intention is for a fun and casual dining experience, without the traditional starter and main course.

For lunch you can choose, for example from Shellfish Chowder served with warm artisan French Bread (£8) or ¼ kilo of Cornish Mussels steamed with either garlic and lemon, chilli and ginger, or Provencal sauce (£7.50) to a Sirloin Steak Baquette served with a dipping pot of veal jus and French fries (£10), all great value. There is also a full main menu consisting of sharing dishes such as the Shellfish Cow 'Taster' Cataplana (£20) consisting of three seared scallops, a dozen king prawns, ¼ kilo of mussels served in a lemon and garlic, chilli and ginger, or Provencal sauce with French bread and/or French fries, and other separate fish dishes featuring King Prawns, Devon scallops, Cornish brown crabs and lobsters and Cornish oysters, all delivered from Brixham in Devon fresh every day.



Shellfish Cow offer a wonderful selection of steaks – all served with roast Portobello mushroom, shallot and garlic with the option of a peppercorn, Stilton or chimichurri sauce served on the side. Their 28 day hung Aberdeen Angus Rib Eye or Sirloin steaks start from £19.50 but try their special 35 day aged beef, hung in Himalayan Salt Chambers which produces a richer flavoured steak, and supplied by a local butcher in Thatcham (from £20).



With such a large choice of dishes it was difficult to decide, but my husband chose the Cataplana and I had one of the special 35 day aged Sirloin steaks with a Stilton sauce. While we were waiting, Tania brought us a dish of cockle popcorn, consisting of deep fried silver skin onions, cockles and cornichons (very small gherkins) with a roasted garlic mayonnaise – delicious! Our food arrived served in copper bowls – designed to keep the food hot but also easy to put in the middle of the table to share.

My husband really enjoyed his fish and soaked up the Provencal sauce with lovely crusty French bread. The steak was beautifully cooked, exactly medium rare, sliced ready to share with the Stilton sauce served in a separate small jug. With a green side salad and a portion of French fries on the side we tucked into an excellent lunch. Desserts consist of a selection of ice creams, sorbets, crepes or a cheeseboard - and just to mention the wine, there is a comprehensive list of Reds, Whites and a Rose, all available by the glass or bottle, including a glass of Champagne (£7) and a selection of Martini Cocktails at £8.50.



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