

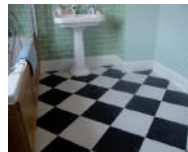


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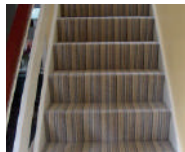
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Deadline date to submit: 7th September 2021

Editor: Naomi Reddyhoff

info@windowonwallingford.co.uk

Marketing, Accounts & Administration: Jessica Dovey

jess@windowonwallingford.co.uk

Distribution: Naomi Reddyhoff

info@windowonwallingford.co.uk

Advertising Sales: Lesley Longden

lesley@windowonwallingford.co.uk

Feature Writer: Kev Dyer

info@windowonwallingford.co.uk

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Adverts will continue to run unless cancelled.



Hi Everyone

Hi Everyone

I hope you have been enjoying the Summer Holidays and our lovely English weather - a bit hit and miss but that's why we like to talk about it so much.

Lots more clubs are opening again so you will find many exciting new hobbies and things to try, in our "What's on Section" and throughout the magazine.

We are needing a couple more volunteers please, especially looking for someone with a car, who has 2 to 4 hours they can spare a month. This is a specific, very important job for the magazine. Please get in contact with us to find out more. Many thanks.

It's September already, next month October, we are moving towards Christmas fast. Sorry to use that word. In the next edition of WOW, we will be looking at what's on offer in Wallingford on the run up to and for Christmas. If you have any special events, offers, tables, charity needs then let us know so we can include and support you.

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

Naomi x



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HENGE21 – A Change of Date

It is with some disappointment the date of **HENGE21** will change from September 21 to September 22. With many dancers and actors performing, plus a procession, it became impossible to rehearse at the end of last term with hundreds of pupils isolating at any one time. We therefore made the decision to reschedule to the Autumn Equinox next year, **September 22**.

Everything will go ahead as before. The Family Art exhibition, Land Art, Soundscape, Poetry Performance, and Installation are still on target; Although disappointing, we now have time to make HENGE even better.

Meanwhile we have run workshops with three Primary schools, which featured presentation of Iron Age musical instruments, a haunting video, "How to build your own coracle" and a poetry workshop. We also made lanterns and prehistoric clay figures

All artwork submitted for the Pillbox gallery will go ahead as planned next year Thank you for your submissions

We now hope for a pandemic free **HENGE22**.

Wallingford Allotments and Gardens Society (WAGS)

Our next event is the **WAGS Autumn Show** held on **Saturday September 11th 2pm-4pm** open to the public free of charge at Centre 70. The show schedule is available here on the Autumn Show page www.wags-wallingford.com

There will be categories for Photography, Baking and Cookery, Arts and Crafts, Floral Art and of course Horticulture; flowers, vegetables, herbs, pot plans and house plants – have a go!

Prizes on offer for 1st, 2nd and 3rd places and open to the general public, all ages and abilities are encouraged to have a go and display their skills and efforts.

For any enquiries about the show please call our **Show Secretary, Sandra Tel 01491 836527**. Also, please get in touch if you would like a stall at the show, if you would like to sponsor a category or the raffle or if you can spare a few hours to help out on the day.

Please visit our Facebook page <https://www.facebook.com/WallingfordAGS/> for updates and news.

We look forward to seeing you very soon and Happy Growing!

Jayne Page on behalf of the WAGS Committee



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Wallingford Museum News



We are delighted that the museum is now open with FREE entry for the season, with real live visitors coming in! Please check the web site for opening times. Our amazing new exhibit, the new Wallingford castle model is on display.

Wallingford Guided Historical Town Walks - every summer Saturday starting at 11am from under the Town Hall
These popular town walks, led by expert guides from The Wallingford Historical and Archaeological Society, will be on offer throughout the summer until the end of September. There is no need to book these walks - just meet the guide who will be standing under the Town Hall. Payment (£10 per adult, children free) should be made to the guide please, and will help support the work of the volunteer-run Wallingford Museum.
The walks last about 90 mins and will take you all round the town and its backstreets, revealing the story of the town's history from the Anglo-Saxon period to the present day!

Saturday 11 September will be a special Agatha Christie Day at Wallingford Museum.

In the Museum - FREE!

- You can visit our Agatha Christie exhibition in the museum
- Have a go at a special Agatha Christie Quiz
- See all the other lovely exhibits, including the new model of Wallingford Castle

You can also join in one of our special guided Agatha Christie walks:

10.30, 12.00, 2.30, 4.00: each starting from the Museum

Our expert guides will take you round the town to 'Discover Wallingford as Agatha Christie would have known it'.

The walks will begin from Wallingford Museum in the High Street and last about an hour. Reserve a place via the museum website, or just turn up on the day.

Please note however places are limited to 15 per walk.

£10 per adult, children free. **www.wallingfordmuseum.org.uk** Please pay at the museum on the day.

You can also visit Agatha Christie's grave in Cholsey

St Mary's Church, Cholsey, is where Agatha Christie worshipped and chose to be buried in the churchyard. The church will be open during the day and you can meet a guide there who will be able to answer any questions about her connections with Cholsey.

It is a short drive or bus ride from Wallingford, or a 2½ mile country walk (guiding leaflets available in the Museum).

Museum Bookshop

We have an excellent selection of good second-hand books (both fiction and non-fiction) at sensible prices. We look forward to seeing you - it's free to browse!

The Wallingford Historical and Archaeological Society

Zoom talks for members or possible return to St Mary's Church.

8 Sept (Weds) Andy Hood: Archaeological investigation at the Cross Keys, Wallingford

Excavations in advance of a residential development revealed part of the Burh western defensive ditch, as well as a later substantial chalk bank. Other features included a further probable ditch to the west, as well as pits and gullies, some of which appeared to be relatively early. Somewhat unexpectedly, the presumed defensive ditch terminated within the site, which suggested that the military earthworks in this area are more complex than previously thought.'

Please see the web site for further details:

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

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Do get in touch to discuss any plans you may have for this year, 2022 or even 2023. Next year is already filling up fast and we recommend early booking to get the best deals.

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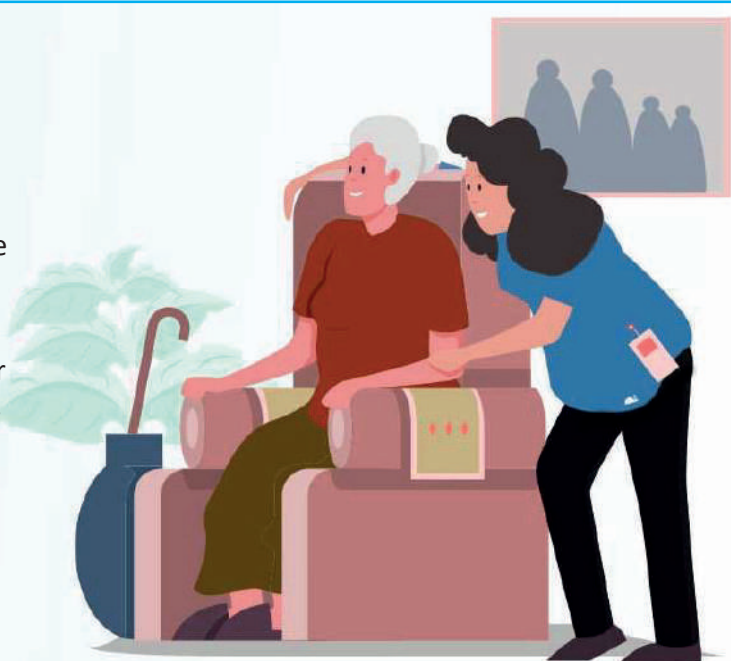
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 Tickets £8 for adults and £5 for under 15s unless otherwise stated.

The social distancing algorithm currently in place at the Box Office with only groups of up to 6 allowed to book seats together will be reviewed on the 17th of August after the expected government announcement on the 16th August. Until then we would respectfully ask patrons to sanitise their hands, leave their contact details for the Track and Trace system and wear a mask especially when moving around the building. We're grateful for patrons for their observation of all the Covid rules that we have implemented in the theatre. Please look out for new announcements on any changes after 17th August.

Wednesday, 1st September, 2:30pm
Wednesday, 1st September, 7:30pm
Thursday, 2nd September, 2:30pm
Sunday, 5th September, 7:30pm
Monday, 6th September, 7:30pm
Tuesday, 7th September, 7:30pm
Wednesday, 8th September, 7:30pm
Thursday, 9th September, 7:30pm
Monday, 27th September, 7:30pm
Wednesday, 29th September, 7:30pm
Thursday, 30th September, 7:30pm
 runs until Thursday, 14th October

Jungle Cruise (12A)
Jungle Cruise (12A)
Jungle Cruise (12A)
Janine Jansen: Falling for Stradivari (U)
The Last Bus (12A)
The Last Bus (12A)
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The Last Bus (12A)
The Courier (12A)
The Courier (12A)
No Time To Die – James Bond

LIVE SCREENINGS

Sunday, 26th September, 7:30pm Dangerous Liaisons

Sex. Power. Cruelty. Deceit. Two bored aristocrats spin a web of heartbreak in 18th Century France. It may seem like a game but lives will be ruined and love irrevocably lost. Northern Ballet's bodice-ripping retelling of Laclos' scandalous novel is performed with minimal set and full costumes. The ballet is set to Vivaldi's The Four Seasons, played by Northern Ballet Sinfonia. Contains scenes of a sexual nature and sexual violence including a rape scene. Age guidance: 12+ **All Tickets £8**

Tuesday, 28th September, 7:30pm Romeo and Juliet

Romeo and Juliet risk everything to be together. In defiance of their feuding families, they chase a future of joy and passion as violence erupts around them. This bold new film brings to life the remarkable backstage spaces of the National Theatre in which desire, dreams and destiny collide to make Shakespeare's romantic tragedy sing in an entirely new way. Jessie Buckley (Wild Rose, Judy) and Josh O'Connor (The Crown, God's Own Country) play Juliet and Romeo. The award-winning cast includes Tamsin Greig, Fisayo Akinade, Adrian Lester, Lucian Msamati, Deborah Findlay. **All Tickets £10**

LIVE THEATRE

Saturday, 4th September, 7:30pm Not The Bunkfest

Featuring the Outliers, Pete Orton and friends and the Stones Project.
 Tickets free but must be booked beforehand; bucket for donations to the Corn Exchange and the 2022 Bunkfest fund.

Friday, 10th September, 7:45pm Arthur Smith is SYD

Arthur Smith's show SYD follows a highly successful season at Soho Theatre and a sell-out and critical acclaimed run at the Edinburgh Fringe. Packed with big gags, hilarious stories and poignant reflections about an ordinary man who lived through extraordinary times; Arthur, accompanied by the mellifluous Kirsty Newton tells the story of his own father. **Tickets £15** (with some adult humour)

Wednesday, 22nd September to Saturday, 25th September, 7:45pm

Sinodun Players present A Daughter's a Daughter is an intense family drama published by Agatha Christie under the name Mary Westmacott, and directed by Lucy Pitman-Wallace. It bubbles with suppressed emotion and has the extra frisson of perhaps being inspired by Christie's difficult relationship with her own daughter, Rosalind. **Tickets £12 (adults) and £8 (under 16s)**

COMING SOON

Wednesday, 27th October, 7:45pm Cliff Richard: The Great 80 Tour

Saturday, 20th November, 7:45pm Under Milk Wood

'This is Jess' is a new musical - with a twist...
Thursday, 25th to Saturday 27th November, 2:30pm (Saturday) and 7:30pm (all evenings)



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THE GREAT BIG GREEN WEEK

What do the RSPB, the WI, CPRE, the Salvation Army and BBOWT all have in common?

(RSPB = Royal Society for the Protection of Birds, WI – Womens Institute, CPRE the countryside charity (used to be called "The Campaign to Protect Rural England), BBOWT = Berks, Bucks and Oxon Wildlife Trust)

They are all members of the Climate Coalition, who are promoting the national Great Big Green Week.

18th to 26th September

In November the UK is hosting a major UN climate summit, known as COP26, in Glasgow. Local people are taking action, but we need parliament and local authorities to act now if we are to tackle climate change, pollution and environmental degradation.

The idea is to show people and government just how much local communities are doing to increase biodiversity, protect our environment, reduce carbon dioxide and pollution emissions and to share our ideas and actions.

THE WALLINGFORD GREAT BIG GREEN WEEK starts with an event in our Market Place on Saturday 18th Sept 09.30-12.30hrs where you can showcase what you or your organisation are doing:

Guerilla gardening, Hedgehog Streets, volunteering at the Earth Trust, reducing single-use plastics, supporting cycling, installing solar, investing in re-newables etc. etc.

Then we shall have a week of opendays, workshops, competitions, community meals, whatever you would like to do. Come and tell everyone what you are doing.

SPREAD THE WORD

To get involved email Amanda on **acgriff9@phonecoop.coop** or pop into Just Trading, 17 St Marys Street, to share your ideas.

THE GREAT BIG GREEN WEEK

WALLINGFORD GREAT BIG GREEN WEEK

18TH - 26TH SEPTEMBER

JOIN US IN THE MARKET PLACE
09.30 - 12.30 HRS SATURDAY 18TH SEPT

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TO BOOK A PITCH OR FIND OUT MORE

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WWW.GREATBIGGREENWEEK.COM

WALLINGFORD GREAT BIG GREEN WEEK

18th - 26th September 2021

This September there are plans for a national Great Big Green Week to show-case all that people and organisations are doing to combat climate change and environmental destruction and to encourage us all, and especially politicians, to do more.

We want to organise something here in Wallingford, so we have booked the Market Place for the morning of the first day, Saturday 18th Sept. so that people can show what they have been doing and what they are planning to do.

If you would like to be involved, either by taking a pitch on the 18th, or organising your own GBGW activity during the week, please email Amanda on **acgriff9@phonecoop.coop**

Already on board are Sustainable Wallingford, Ayres House Studios, Bee Watch, Cholsey Environmental Champions, St Mary Magdalen church, Just Trading.

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Stagecoach launches a new school in Wallingford to meet the growing demand for performing arts.

Tara Melia Hunt, a local singing teacher and performer, is set to inspire the next generation of budding young performers in Wallingford.

Stagecoach Abingdon and Didcot has been offering weekly classes and workshops in Abingdon and Didcot on Fridays and Saturdays with over 200 children learning singing, dancing and acting from an expert team of performing arts teachers. Such is the popularity of these sessions that Tara is expanding her offering, opening an additional Wallingford School on Saturday mornings, so that more local youngsters can enjoy the benefits of thriving in the performing arts.

Tara is extremely excited to be able to offer classes in the fantastic venue at Wallingford School, "We are so glad to be back to face to face teaching! We kept going over Zoom during lockdowns as it was so important for the children's emotional and mental well-being to have familiar classes and a creative outlet, but nothing compares to being able to teach face to face!"

Stagecoach Performing Arts was founded in 1988 and continues to grow as the world's largest network of performing arts schools, with more than 750 extra-curricular performing arts schools worldwide. Stagecoach aims to make a difference in its students' lives by teaching Creative Courage for Life, with many students going on to be professionals and world-renowned actors, singers and dancers. Early Stages classes are available for children aged four to six and Main Stages classes take place for six to 18 year-olds every weekend.

For more information about Stagecoach Abingdon, Didcot and Wallingford, please visit their website at www.stagecoach.co.uk/abingdon or call 01235 390 810

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Wallingford Carers' Support Group

Wallingford Carers' Support Group will be meeting in St Mary's Church at 2.00 pm on Tuesday 14th September, when the topic will be "Caring for those with dementia".

Gloria Langton from Dementia Oxfordshire will be well known to some of you and she will be attending the meeting; we will also have Victoria Nemar from Waterside Court Care Home joining us to talk about their approach to dementia at this new home situated at the bottom of the Reading Road.

It should be an interesting afternoon. No need to book, just come along and join us for a cup of tea.

Val Wolsey, T: 01491 836820 E: valwolsey@gmail.com



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Bric-a-brac Sale at Lodge Cottage, 1 Thames Street, Wallingford OX10 0BH Saturday 11th September 2021, 11am-3pm

I shall be holding the annual bric-a-brac sale in my garden to raise funds for Compassion in World Farming, although the event will be a little reduced from previous years - but you will still find many bargains. There may be refreshments, depending on the guidance at that time.

Like many organisations and charities, the event had to be cancelled last year and postponed to a later date this year. So many charities are struggling for funds because of the pandemic, including C.I.W.F. so please come and support our fundraiser.

CIWF is a charity that works for the humane treatment of animals in farming. It also works with the food supply chain (including supermarkets) to improve conditions for all animals, and expose bad practice and cruelty. It aims to reduce live animal transportation as some animals die or receive severe injuries especially during long journeys. There has been much legislation in place to protect the animals during transportation, including regular water stops, but evidence proves this is has not always been the case. This treatment of animals, sentient beings, fills me with pain and sadness, as I am sure it does with many of you. Fortunately the government are now looking at legislation to ban the export of live animals.

We now know that intensive farming is contributing to climate change and there has been much publicity recently on reducing meat consumption - not only to help put the brakes on climate change, but also to help us improve our health. Please come and support our sale, we look forward to seeing you.

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Over 50s class Tuesday afternoons: Centre 70, Kine Croft 2 - 3 p.m.

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or email: taichialan@gmail.com

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Wallingford Local Producers Market

Saturdays in September from 10 to 12

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Birthday
on the
18th

Sep 4th, 18th
& 25th
Sep 11th

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Nearest car park Goldsmiths Lane
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WIPM.ORG.UK

WOW WHAT'S ON!

Thameside (Wallingford) u3a

On the first Friday in August we finally resumed our face to face coffee mornings in Centre 70. It was a celebratory occasion as about 40 members and five aspiring new members gathered for the first time since March last year. What a joy to hear so much chat and laughter again.

Coming up on 15th September is our first "live" post Covid speaker meeting when we hope to see more friends, both old and new to hear a talk on "The Land of Giants and Volcanoes" by Timothy Walker, lecturer in botany at the University of Oxford.

Our Outings Team are busy with a programme for the rest of this year and September sees a trip to Salisbury, followed by Gloucester Docks in October and the Concord Museum in November. After a successful holiday in Northumberland in June, the team are now planning the next one in 2022. Under consideration are New York, Southern Ireland and Krakow; depending on travel restrictions.

Our group convenors have done a great job helping to keep their interest groups running throughout the pandemic and September/October is the springboard for them to start meeting again in person. We have even managed to start 3 new groups since lockdown.

Keep an eye out on our website and newsletter for further details of forthcoming events and venues.

For more information on our organisation please visit our website at: **www.thamesidewallingfordu3a.org** which has links about joining our friendly organisation.
Neil Kelly, Deputy Chairman

Wallingford & District Art Club

Wallingford & District Art Club are delighted to welcome back Hashim Akib for an online demonstration on **Tuesday September 21st**. Hashim is a professional artist who has an exciting contemporary style of painting in acrylics and will be demonstrating his approach to portraiture. Please contact **admin@wallingfordartclub.org.uk** for details if you wish to join us for the demo which will be via Zoom.

For further information on your friendly local art club, such as tutored classes and online members gallery, please visit the website **www.wallingfordartclub.org.uk**

St. Mary's Church, Aldworth, Afternoon Teas

We hope to start 21st July and then every Wednesday in July, August & September, 2.30 - 4.30 p.m.

Delicious homemade cakes in the company of The Aldworth Giants
For further details and to book groups contact:

Gill Wilding 01635 578624 or gillwilding@hotmail.com

Music at St Peter's/Wallingford Chameleon Arts

Music at St Peter's - more space for you all!

With restrictions eased, we can now offer you more seating capacity - double what we had at the start.. We're keeping distancing of 1m (instead of 2) between groups, and ask for continued use of face-masks. We'll keep through ventilation, all this to encourage you back with confidence. These are now full-length concerts starting at 8pm, with drinks served at the interval - nearly like old times!

The Brompton String Quartet

We welcome this bright young bunch who won first prize at the St Martin-in-the-Fields chamber music competition just after their formation in 2018, and they show their versatility in a programme of Haydn, Beethoven, Schubert and Bartok. This is on **Saturday 18 September** at St Mary's Wallingford where we've been since the start of the season.

Thames Consort

Jeremy Boughton's talented local group of singers and players hold pride of place in our calendar, and this year give us Handel's fine oratorio Alexander's Feast on Saturday 2 October. They're quite a big ensemble, and for this reason we move to the more spacious surroundings of Dorchester Abbey..

For both concerts, tickets are £16 and we ask you to book on line at www.musicatstpeterswallingford.org.uk. where you'll also find full programme details. **Or you can phone Jules on 07968 703079 to reserve. For any other queries call Roger Morgan on 01491 837494.**

Henley and District Stamp Club

We understand that many people have taken up stamp collecting or returned to their old school collections during lockdown. If you are one of these 'new collectors' or one who has been collecting for longer, we would be delighted to see you at our meetings. Belonging to a stamp club makes the hobby more interesting and fun, covering all aspects of philatelic subjects, stamps, covers (envelopes), postmarks and postcards etc.

We will be meeting during the 2nd and 4th weeks of the month, from September, but at the moment the day has yet to be confirmed, but will be on our website. Hope to see you, so that you enjoy your collecting even more! Our 1st meeting will be 'Latest Acquisitions' and the 2nd a guest speaker.

Meetings are held the 2nd and 4th week of the month at Bix Village Hall at 7.45 p.m. Visitors and new members are welcome. Further details can be obtained by phoning **01491 681739** or on our website: - www.henleyphilatelic.org.uk

British Modern Military History Society

It is planned that the first of these two talks will be at Woodcote Village Hall, and the second on Zoom. This may change - please check **www.bmmhs.org** for the latest information.

Our afternoon meeting on Wednesday 8 September 7.30pm will be a talk Dr Helen Fry on M19 Escape and Evasion.

Due to COVID please note that we are likely to have a reduced number of places and also that the meeting may change to a Zoom talk at short notice. Please check www.bmmhs.org for the latest information.

On Tuesday 14 September 2pm Ian Binnie will give a talk on The Second Mounted Division at Gallipoli.

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

Lots coming up at Ayres House Studios!

Our Open Studios event for Oxfordshire Artweeks really helped dust away the Covid cobwebs. It was a great turn-out, thank you to everyone locally who came. There was lots of interest as to when we would be starting to run courses and workshops again. We are pleased to say we have already begun.

Cracktpot Jo (Jo Ferguson) has started her mosaic workshops and Becky Colwell with sewing tuition; and Emma Souter and Karen Goonewardene will be resuming painting, drawing and life drawing tuition from Sept.

We can be found on the **18th September at Wallingford Town Centre, 9am-1pm**, along with other local exhibitors taking part in Great Big Green Week, and we will be running a week of workshops from the studios.

From October we will be building on the success of our previous two pop up Makers Markets and will be regularly running markets and opening our gallery space on the 1st Sunday of each month.

We will be creating an exhibition in November to coincide with COP26 (The UN Climate Change Conference) and in early to mid December the Gallery will be open for Christmas shopping and festive workshops.

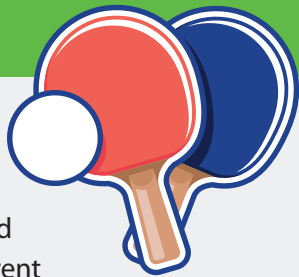
So there really will be plenty of opportunities coming up for the public to engage with art locally. Please do visit our website at www.ayreshousestudios.co.uk , Instagram@ayreshousestudios or email ayreshousestudios@gmail.com for further details.



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Cholsey 60+ Table Tennis Club



The Club held its second AGM on August 6th. It was noted that it had an active membership of 17 players and that the Coronavirus had only reduced attendances a little. Roland Price retired from the role of chairman and Kath Deane was elected to the position. On behalf of the Club Kath thanked Roland for his service to it and presented him with a plaque as a token of gratitude. Roland initiated the establishment of the Club and as its first chairman directed its development to its current healthy position. In recognition of this Roland was elected President. The Coronavirus situation was discussed and it was decided to return to our normal play with caution, making just a couple of changes to facilitate social distancing and to review things as changes occur. So we will now turn up to play without booking and playing in bubbles and resume playing doubles as well as singles.

We are a social club for the over 60s and don't play in a league. We play from **10.00 on Friday mornings in the Great Hall on Cholsey Meadows** and accommodate a broad spectrum of playing ability from beginner to modest to expert; but all are expert in having fun! Our facilities are excellent and we have the use of four tables so can welcome new members. If you would like to join us you would be very welcome.

For more information please contact Nigel, secretary on 07722 957102 or 01491 651114.



WALLINGFORD COUNTRY MARKET

We are looking for new producers, especially Bakers, Plant/Produce, Preserves and Egg producers, to ensure we continue to offer our loyal customers a good range of products. If, during the lockdowns you have honed your baking skills, or indeed, discovered the pleasure of home cooking and growing your own plants, vegetables and fruit and looking for a new interest, (perhaps recently retired), then why not join our current team of producers by becoming a shareholder, which enables you to make a little profit from your efforts. Anyone over the age of 16, male or female, can become a producer.

The market is open in **St. Mary-le-More Church each Friday morning between 9.30 a.m. – 12 noon.**

If you are interested and would like to discuss things further, please contact: Alison Broadbridge (Bakery) email: alisonbroadbridge@gmail.com Sandra Halstead (Gardening) email s.halstead2@btinternet.com

Alternatively, come and visit us one Friday morning and speak with them then.

Wallingford Market has been trading in the town since 1974, formerly known as the WI Market until 2003 when the name changed to Country Markets, becoming independent from the founding organisation but still maintaining the high standards of the products sold. It has always been a successful and well attended market and a valuable asset to the town.

If you would like to look at the Country Markets Ltd. website, it will give you all the information you need about the organisation – www.country-markets.co.uk

Do come and join us, we are a friendly and welcoming group.

Wallingford Country Market Committee

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Fish & Chips £14.5

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Eton Mess £6.5

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Wallingford Local Producers Market this autumn

We love autumn at WLPM – season of mists and mellow fruitfulness which means lots of fruit and vegetables – but we like it particularly as it's our birthday month! We are having a double celebration this year, our 14th. We will be in **Wallingford Market Place on 11 September** for the first time in nearly two years and are looking forward to using that special place for our market. Then we celebrate again the following week in our more usual location at Centre 70. **The Big Green Week starts on 18 September.** The event wishes to encourage local enterprise and low impact lifestyles, something that we are also keen on and will be pleased to be associated with it. It's a good birthday present to be able to share in the event, while supporting local producers and local people.

www.wlpm.org.uk

HAVE YOUR SAY ON OXFORDSHIRE'S FUTURE

The Oxfordshire Plan 2050 is a long-term plan that will set a framework for future planning decisions.

We want your views on the policies we've suggested to help Oxfordshire:

- Address climate change
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Power of hydration and how we can help our bodies to feel better!

Water, water, water.

Why do we need water? Our bodies are about 70% water so hydration is vital. Some people I have come across 'don't like water,' which always makes me chuckle. The taste is bland! Water is boring! Sugar cravings come first! We appear to need to taste something all the time. How can we manage this? We need to try to move forward from having so much sugar but it isn't easy. We are subconsciously hooked on sugar.

It is so important to remember we are what we eat, absorb and digest. Everything we ingest and put into our bodies we become.

I can recall vividly when I began my water journey. I used to drink too much coffee, and had palpitations, headaches and more. And I was cycling miles and miles per day. Then I started to drink water every day, and began to feel better. Amazingly, it improved my health. I wanted to drink more, so I did. I have work which can be physical, so water is important on a day to day basis.

We must realise that water is part of our being. We are made of it, and we need it to live. Water is the source of life.

If we go to pee in the mornings, it is yellow, by evening our urine should be clear or pale straw colour. If it isn't then we need more water. Try drinking water as the day goes on, sip it slowly and have a bottle next to you. If you're a coffee fan like me enjoy it and have water as well. Coffee takes the liver several hours to process, and water flushes the liver out so together it is a win win.

Drinks like diluted squash are okay to have regularly, it isn't too sugary and if you are active the body will process it well. Fruit juice isn't too great as the sugar will hit our bloodstream immediately. Juice can have as much sugar as carbonated drinks like cola or lemonade and we all know how much sugar there is in those.

If we think about drinking tea and coffee with all that caffeine and if sugar is taken as well with it, then it can be harsh on the body. Hydration is a game changer, but many of us live our lives not hydrated enough. All the sugar and caffeine are not going to help us feel better. We need water.

As for alcohol, I don't need to be too explicit here. Alcohol should be consumed moderately, or it can affect our health quite harshly. At times if we feel low in mood regularly, it can boil down to dehydration, it can make us feel tired, lethargic and also quite moody. Think about it, water is everywhere so this can mean one thing, we need it.

The art of drinking water and it being effective is to think of it as something we need. Water is vital for our lives but also there is so much advertising that suggests we are okay to drink this and that when water is so nourishing. Dress it up with some lemon, cucumber, boil it and have it with ginger, have fizzy, drink it ice cold but if anything, enjoy it. The more you drink the more you'll want it....try it and see!



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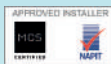
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