

Caversham Bridge

No 683

www.cavershambridge.org

January 2022

COLOURFUL CAVMAS



Reverse Santa

Photo A Forbes

by The Editors

THE LONG-AWAITED return of the Caversham Late Night Shopping evening went off with a 'Ho, Ho, Ho' on Friday 3 December and, after a blustery week, the weather was kind. Following the pandemic postponement last year, St Martin's precinct was once again turned into a hive of seasonal activity and lit up with Christmas lights. Local traders set up market stalls for the evening to offer mulled wine, honey, Christmas baubles and gifts, and much more. The event attracted a good crowd who also enjoyed live music and dancing. Following a cancellation, Caversham Artisan and Farmers market regular Kris King stepped in at short notice to provide a selection of festive songs to set toes tapping. And later on, more toe-tapping came from Theatre Train, who provided lively dance entertainment.

Prospect Street was busy too, with Fourbears Books hosting

both a Reverse Santa (where he accepts gifts to be distributed later to local children), and Janina Maher as artist in residence. Although Santa's reindeer were held up in traffic, people were generous when he arrived and 15 boxes of toys and books were collected for Reading Family Aid. They were pleasantly surprised when they came to collect the offerings from the people of Caversham.

Congratulations to the Caversham Traders Association and Claire and Jodie from NOODstore who worked so hard to organise the evening. And well done also to two Caversham residents recognised the next day on Small Business Saturday. Local MP Matt Rodda sought nominations for small businesses in four categories. Mama's Way, (set up by Caversham resident Dario Simoncini this year), received the award for Food and Drink, and Made by Tamalia took the award for Arts, Crafts and Entertainment.

With thanks to Helen Lambert, Shirley Strickland and Alex Forbes for their contributions to this article.

Wishing all our readers a peaceful and safe New Year

by Phil Chatfield

OUR EARLY hopes for a more normal year in 2021 were not to be, and it seems we will be living with the impact of Covid-19 for some time yet. However, we have enjoyed greater freedom in recent months, and our churches, community groups and businesses have started to recover. Our article on the late-night opening in Caversham (*this page*) highlights some of the local traders and community groups who made the evening such a success.

We would like to acknowledge the efforts of all the volunteers who make the publication and delivery of your Caversham Bridge possible. In particular, we thank our team of deliverers, who have ensured the paper reached our readers throughout the pandemic.

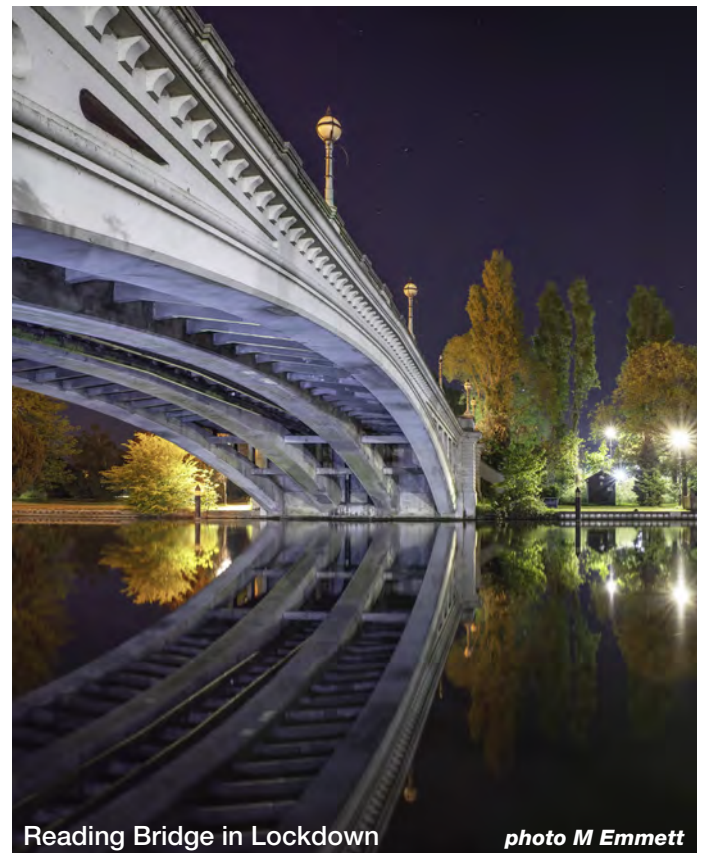
We are also grateful to our writers and editors, all local people, who give freely of their time to contribute to the paper. This month, Keith Saynor has written our Talking Point and considers giving thanks (p2). We mark 'Veganuary' (p3) with a tasty vegan recipe from local restaurant Vegivores, whilst

our Ecotip is on food waste, with ideas for using Christmas leftovers (p9).

Our focus on local people continues with articles on children's writer Kate Poels (p6), award winning photographer Matt Emmett (Creative Caversham – p12), and artist Sue Reeves (Crafty Cuppa – p11). Our series of drawings by Janina Maher, accompanied by background information from Martin Andrews, continues with the Crown Pub (p13). Our November issue included an article on artist Kate Spencer-Millan, featuring the Camino de Santiago pilgrimage route. This month, Caversham couple Charlie and Shirl Scola explore links between Reading Abbey and El Camino, sharing their experiences as volunteers at the start of the route in the French Pyrenees (p8).

Our regular feature from Happy Wanderer strays to the far side of the world without leaving Caversham (p7). Closer to home, Les Cooper offers thoughts on climbing plants for the summer garden (p10), and Louise Hampden considers plants which provide interest in the garden at this time of the year (p10).

If you would like to contribute to future editions of the paper, or have comments on any of our items, please contact us at: editors@cavershambridge.org



Reading Bridge in Lockdown

photo M Emmett

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Giving Thanks with a Grateful Heart



WHEN I was a child, I remember my Mum teaching me the importance of saying thank you and showing gratitude to others who help you. Reflecting on this recently, my thoughts turned to Psalm 68

verse 20, "Our God is a God who saves, from the Sovereign Lord comes escapes from death." There have been three incidents in my life where I experienced escapes from death: firstly, following a fall on holiday when I had to be airlifted to hospital; secondly, following a leg operation when I picked up a life-threatening infection; and, thirdly, going through open heart surgery because of a torn mitral valve. I am very grateful to God who, on each occasion, intervened to help me through and grant me 'escapes from death'. I have learnt from these events that every day is a gift from God (James 1 verse 17), and I am very grateful to Him for each day and every breath.

Luke 17 verses 11-19 records when Jesus healed the ten



Talking Point – by Keith Saynor

lepers whilst He was on his way to Jerusalem. As He entered a village in the border country between Galilee and Samaria, He was met by the lepers who called out to him, "Jesus, Master, have pity on us!" The appearance of lepers at that time repulsed most people, and they would avoid them at all costs. Not Jesus, He engaged with them, had mercy on them, and instructed them to go and show themselves to the priests. The account tells us that, "They

went, and while still on their way, became clean." (Verse 14).

I would have loved to have witnessed this miracle! No treatment or medicine, just the presence of Jesus and His power resulting in complete healing. I would have loved to see the reaction of each of them when they were healed and to have witnessed the interaction of Jesus and the one who returned to say thank you.

The returning leper caught the attention of Jesus (verses 15-18), as did the absence of the other nine. The headline here is that God notices the grateful heart. Gratitude lifts our eyes from the things we lack so that we might see the blessings we possess. This has been my experience during these difficult times of the National Pandemic, and I am very grateful that God has been with me, helping me throughout the whole experience. Gratitude changes our perspective; it is a child of grace and an appropriate response for all who know the blessings of God in their lives.

Let me encourage you at the beginning of this year to make a list of all the things you can thank God for, assemble your reasons for gratitude and thank God for His kindness to you; "Always be joyful. Pray continually and give thanks whatever happens. That is what God wants for you in Christ Jesus." (1 Thessalonians 5 verses 16-18).

*Keith Saynor,
Pastor Grace Church, Caversham*

Local clergy and church services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Peter, St Margaret, St John
Rev'd Mike Smith, The Rectory, 20 Church Rd
Caversham RG4 7AD

Tel: 0118 947 9505 rector@ctmparish.org.uk

Rev'd Penny Cuthbert Tel: 07825 331 810

Rev'd Andy Storch Tel: 07365 555 905

Contact: admin@ctmparish.org.uk or 0118 996 8836

Correspondence address: Church House, 59 Church Street,
Caversham RG4 8AX

Current services

St Peter's Church –

1st Sunday of the month:

8:00 BCP Holy Communion

9:30 Service of the Word with junior choir and potential for baptism

2nd and 4th Sundays 9:30

Holy Communion using existing service booklets, with adult and junior choir and Sunday Club

3rd Sunday

9:30 Holy Communion in a new, shorter format with junior choir

18:30 Sung Choral Evensong.

St John's Church Gosbrook Road Sunday services

8:00 Online CTM Youtube channel (stays available to watch anytime)

9:30 1st and 3rd Sunday Holy Communion, 2nd All Age

Worship, 4th Service of the Word

Sunday Club for children on 1st, 3rd and 4th Sundays

St Margaret's Church Mapledurham – 11:15

Wednesday – 09:30 – Zoom morning Prayer –

<https://us02web.zoom.us/j/786384026>

St Andrew

Rev'd Nigel Jones, St Andrew's Vicarage, Harrogate Road.

Tel: 0118 947 2788 www.standrewscaversham.org

Current services

St Andrew's weekly services are Sundays at 8:00 and 10:00. The 10:00 is also livestreamed on the St Andrew's YouTube channel. Prayer Book Communion at 11.30 on the first Sunday of each month. More info on the parish website.

www.standrewscaversham.org/services

Wednesday 8pm Compline (in church/vicarage)

St Barnabas Emmer Green

David Howell (Churchwarden)

Email: churchwarden@saintbarnabas.org.uk

Current Services

1st, 2nd, 4th & 5th Sundays of the month at 9:30:

Parish Communion

1st Sunday of the month at 11:30: All Age Service

3rd Sunday of the month at 9:30: Service of the Word

Every Wednesday at 10:30: Midweek Communion

CAVERSHAM PARK CHURCH (LEP)

(United Reformed Church, Methodist and Baptist)

Contact: Dr Alison Johnston

Tel: 0118 947 5152 www.cavershamparkchurch.com

Current services

Sunday – 11:00 – Livestreaming on YouTube

Details on their web site at: <https://cpvc.org.uk:5152/livestream>

METHODIST CHURCH IN CAVERSHAM

Rev'd Martin Beukes, 72 Highmoor Rd.

Tel: 0118 947 2223 <https://cavhmc.org.uk>

Rev'd David Jenkins Tel: 0118 327 1592

Current services

Sunday – Caversham Heights Methodist Church, Highmoor Road – 10:30 – (also available on Zoom – email:

martin.beukes@methodist.org.uk for details)

Sunday – Caversham Methodist Church, Gosbrook Road – 10:30

CAVERSHAM BAPTIST CHURCH

Pastor: Colin Baker

Church office Tel: 0118 954 5353

Email: secretary@cavershambaptistchurch.org.uk

Current services

Sunday worship is at 10:30 each week

A link is placed later on Sundays at:

www.cavershambaptistchurch.org.uk

and on YouTube channel

www.youtube.com/user/CavershamBaptist where the recorded service is shown.

GRACE CHURCH

(formerly Caversham Hill Chapel)

Pastor Keith Saynor

Tel: 0118 947 4529 www.gracechurchcaversham.org.uk

Current services

See their web site for details:

www.gracechurchcaversham.org.uk

RIVERSIDE CHURCH (Reading)

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Current services

See their web site for services at:

www.ourladyandstanne.org.uk

St Michael Sonning Common

Fr Michael Sharkey, St Michaels, Sonning Common

Tel: 0118 972 3418

At the time of writing, church services are affected by the pandemic restrictions, disrupting normal worship. However, church communities have adapted to the circumstances and are alive and active in new ways.

Our churches are open with some restrictions in place. Most have a range of on-line services, house groups and social meetings, using Zoom and YouTube. For current information, see the websites for each church (on this page) or on the Churches Together in Caversham website: www.cavershamchurch.org

The Caversham Bridge is a community newspaper produced by Caversham Christian News Ltd

Future editions:

Contributions for the February 2022 issue should be submitted by 1 January and for the March 2022 edition by 1 February. These should be e-mailed to: editors@cavershambridge.org

Dates for advertising copy are 1 January for the February 2022 issue and 1 February for the March 2022 issue. These should be e-mailed to: advertising@cavershambridge.org

TRY VEGAN THIS JANUARY

veganuary.com

VEGANUARY is an annual challenge which aims to promote veganism by encouraging people to follow a vegan lifestyle for the month of January. We asked our local vegan restaurant, Vegivores, to share a recipe – so here it is:

Mushroom 'Neatball' Subs

Preparation time: 20 minutes - Cooking time: 30-35 minutes Yield 4-6

Ingredients

4 Submarine Rolls or Sandwich Baguettes
300g chestnut mushrooms
200g oats
400g tin butterbeans, drained



1tbsp milled flaxseed
2tsp dried thyme
2tsp dried oregano
2tsp smoked paprika
½ jar passata
2 red onions
3 cloves garlic
½ bunch flat-leaf parsley
½ bunch fresh basil
1tbsp balsamic vinegar
1tsp brown sugar
1tbsp rapeseed oil
Salt and pepper
Additional sub fillings - baby spinach, crispy onions and pickles for topping

Directions

1. Roughly chop all the mushrooms and one onion and cook in a saucepan (lid on) with a splash of rapeseed oil until the moisture is coming out of the mushrooms. Remove the lid and cook, stirring regularly, until the water has evaporated. Set aside to cool for 5 minutes.
2. In a food processor, blend the oats, flaxseeds, thyme, oregano, paprika and parsley along with salt and pepper (about 1tsp each) until a rough consistency is achieved. Decant mixture into a large bowl.
3. Now blend the mushroom mixture with the butterbeans. Add to the bowl of dry mix and stir together until well-combined. Form the mix into balls (the size of golf balls) and brown off in a frying pan before transferring to a baking sheet. Cook in the oven at around 180°C (350°F/Gas Mark 4) for 15-20 minutes.
4. For the ragu sauce, finely chop the other onion and garlic - sweat off in a saucepan with a splash of oil. Stir regularly until lightly browned before adding the balsamic vinegar to deglaze.
5. Next, add the passata to the saucepan along with the brown sugar, salt and pepper. Cover and allow to simmer for around 10-15 minutes. Tear up the basil leaves and stir through at the end of cooking, just as you remove the ragu from the heat.
6. Fill your subs with whatever other fillings you like - we like to pop the neatballs on top of baby spinach before smothering in the ragu. More fresh herbs, pickles and some crispy onions make good toppings - and if you're feeling spicy, jalapenos work really well too!



Time to catch the wave?

by Rob Penford
– Branch Manager Parkers of Caversham

IT HAS BEEN a rollercoaster of a ride for the property market over the last 18 months. From the lockdowns which prevented people from physically moving, to the announcement by Rishi Sunak of the Stamp Duty Holiday, which resulted in the high volume of transactions seen throughout 2021.

Getting a clear understanding of how the housing market will move in 2022 is a real challenge.

From market analysis reports, and keeping an ear to the ground, the common thread seems to be, the first quarter of 2022 will be much the same as in previous years. So we expect buyers to come out in their droves to start their property search! It is felt that 2022 might see a larger number of 'New Year' buyers, as the spectre of interest rate rises causes people to find their next home and fix a mortgage rate before any rate changes.

With this in mind, if you plan to start the next chapter of your life in a new home during 2022, it makes sense to put wheels into motion now to catch the wave of buyers.

Our door is always open, and I am very happy to offer advice and assistance to any Caversham resident. Feel free to visit us on Church Street, Caversham, 0118 947 7373.



The Caversham Bridge – 2022 subscriptions

by Phil Chatfield

LAST MONTH we made the mistake of printing our main bank account details instead of the details for our new subscriptions account. You may also have received a slip from your delivery volunteer with the correct account details. Please accept my apologies for any confusion. Many of you were very prompt in making transfers to the subscriptions account, and a few were made to the main account. In either case, we thank you for your payment. If you have not yet paid, we would encourage you to use this facility, as it

makes life much easier for the volunteers who deliver the paper.

For clarity (and we have checked these details very carefully!):

The details required for a direct payment are:

Bank account name: Caversham Christian News
Sort Code: 30-67-99

Account Number: 72808960

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NOODSkin in Church Street, **Fourbears Books**
in Prospect Street and at the **True Food**
Community Co-Op in Grove Road, Emmer
Green, opposite St Barnabas church

Not Forgotten

by Robin Kent, Acting Group Scout Leader, and Pauline Palmer

THE ROYAL British Legion parade service on 14 November in Caversham was cancelled this year. So the 89th Reading (Milestone Wood) Scout Group made arrangements with their local church, St Barnabas in Emmer Green, to join with them for their Act of Remembrance. Sixty-two Beavers, Cubs, Scouts and Explorers, and 14 Leaders attended, supported by around 100 adults. This was a lovely Act of Remembrance and a credit to scouting.

At the same time, a spontaneous gathering occurred at the Thameside War Memorial in Caversham. People had been invited to lay wreaths during the week leading up to Remembrance Sunday. Just before 11:00 people started assembling at the Memorial to pay respect for all who served or are serving in the armed forces. By 11:00 there were over 200 people gathered, so The Rev. Mike Smith of St Peter's Church, Captain Daniel Boyd of the Berkshire Army Cadet Force, and Pauline Palmer organised a few moments of dedication. Mike Smith said a few words of prayer and remembrance, the Exhortation was recited by Pauline Palmer, the bugle sounded, and the two minute silence was observed. As the bugle sounded at the end of the silence, Captain Daniel Boyd recited the Kohima Epitaph.



Caversham War Memorial

photo P Palmer

Scouts at St Barnabas

photo 89th Reading

Although a much smaller event than in past years, it was moving for its spontaneity.

Captain Daniel Boyd and retired Police Officer, Jack Standford, jointly laid wreaths on behalf of the Royal British Legion – one in Remembrance and one to mark all the help given to service personnel and their families, past and present, over the last 100 years.

We will remember them.

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Bereavement Journey course

by Nicole Wisdom



IT IS ALWAYS hard when someone close to us dies, but the last couple of years have made grief even more challenging. This may have been due to losing a loved one to Covid-19, not being allowed to visit to say goodbye, or having restrictions placed on funerals. One of the main effects we've been hearing about is that of being more isolated from family and friends at a time when they were needed most.

On Sunday 7 November 'Remembering a Loved One' services were held at St John's church and St Peter's church. In both churches, the names of loved ones were hung on trees, and those who attended were invited to light candles and remember with thanksgiving those they had loved and lost.

During September and October this year 'The Bereavement Journey' course was providing an opportunity to join with others who were grieving. We watched a short video clip, discussed the topics and shared stories of our loved ones - or just sat and listened; there was also lots of tea, coffee and chocolate!

This is what a couple of the group members said about the course:

"If through grief you feel isolated, lost and unable to share your feelings, attending the course gives you a safe place and an opportunity to try to make sense of life."

"Do it! Be prepared to laugh and cry, feel worse but better, and talk and listen to others in similar but different circumstances to yourself. Most of all, I've loved being able to speak about my mum!"

The next Bereavement Journey course will start on Tuesday 25 January 2022; if you would like to sign up or find out more information contact: nicki@ctmparish.org.uk



Memory Tree photo P Cuthbert

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Battling brambles

THE HEDGE bordering the recreation ground in Grove Road has been in a sorry state for years, strangled by ivy and brambles.

As part of a Community Project organised by Margaret Ormonde, and in collaboration with Caversham Globe and Reading Council's parks department, the hedge has been stripped back and new hedging plants planted.

Margaret approached Keep Emmer Green (KEG) for help and thanks go to KEG members who got stuck in during the two days of planting. The volunteers would also like to make special mention of the landlady of The Black Horse pub who provided encouragement and refreshments!

photo and text Richard Parry

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WHAT'S ON

IF YOU have an event planned, please send details to editors@cavershambridge.org We need to receive these no later than the 10th of the month before the event for inclusion in the printed paper. Later submissions can be included in our online What's On, which is updated regularly. To see what has been added check: cavershambridge.org:5154/local-info/whats-on

Caversham Library opening: 09:00 – 17:00 Tuesday and Friday, 13:00 to 19:00 Thursday and 10:00 – 15:00 Saturday www.reading.gov.uk/leisure/libraries/all-libraries/caversham-library

January – Exhibition of small artworks - Geo Café in Prospect Street. Works by Caversham artist Liz Real (www.lizreal.co.uk) and fellow member of Reading Guild of Artists Michael Garaway (www.garaway.co.uk) 10% of sales will be donated to Launchpad Reading <https://launchpadreading.org.uk>

Sundays – Farmer's Market and Artisan Fair 10:00 – 15:00 Caversham precinct www.facebook.com/CAFMarket

Mondays – Caversham Park Bridge Club – at the Milestone Centre, 19:15 for 19:30 start. Phone Lin 9477820 for further information. www.bridgewebs.com/cavershampark

Tuesdays – Babies and Toddlers – 10:00 -11:30 – Gosbrook Road Methodist Church- all welcome

Tuesdays – Rivariate Choir – 19:30 in term time - Caversham Heights Methodist Church, Highmoor Road. Enjoy singing together. For details see <http://rivariate.com>

Wednesday 5 January – Rosehill WI – 14:00

St Barnabas Village Hall. Guest speaker Michelle Siddall will talk about the 'Way of life in South Africa' and there will also be beadwork for sale.

Friday 7 January – Bereavement Café – monthly drop-in for the bereaved 14:00 – 15:30, St Barnabas Parish Centre, Emmer Green, RG4 8RA Every first Friday of the month. All welcome. Contact Gillian Wilson 0118 9478772 for information.

Wednesday 19 January – Caversham Heights Society – 20:00 - 'Behind the Crime' a talk by Colin Ferguson, a retired probation officer. Website: www.cavershamheights.org

Thursday 20 January – Caversham WI meeting – 19:30 Church House (next to Waitrose). Every 3rd Thursday of the month. New members are welcome. Email: cavershamwi@berkshirewi.co.uk Secretary: Joy Kennedy on 07786642424

Friday 28 to Sunday 30 – The Big Garden Birdwatch – Royal Society for the Protection of Birds – Visit their website for information www.rspb.org.uk/get-involved/activities/birdwatch

Building our community

Planning update from Caversham and District Residents Association (CADRA), bringing you a summary of planning and transport matters affecting the RG4 area

2021 WAS A year for large schemes in and around Caversham. The major news is a third application for 223 homes on Reading Golf Course. Comments should be sent by 11 January. Beechcroft are preparing an application for retirement homes at Caversham Park, and early designs are now available for the River Academy secondary school, near Rivermead, where construction is underway for new swimming and sports facilities.

South of the river, two major schemes north of the station have still to be determined, and we await the outcome of the appeal for the SSE site. Importantly, the appeal against refusal for the Drews site was dismissed.

In South Oxfordshire, the application for Caversham Lakes was refused and the application for a larger development at the Piggery withdrawn. Following the adoption of the South Oxfordshire Local Plan a year ago, work has started on a new joint Local Plan for South Oxfordshire and the Vale of White Horse. This may reopen significant issues near our border.

The government proposals to remove community consultation on planning applications appears to be under review - we watch with interest. Further new rights for 'Permitted Development' were introduced in the summer. These can result in poor accommodation and a lack of control over practical issues, leading to unfortunate examples like the row of bins outside the closed Nationwide Building Society.

Local applications still to be decided include the conversion of Pipers Island to a 3-bedroom home, schemes adjacent to and behind the Grade II listed farmhouse on Gosbrook Road, and vehicle access across Mill Green to the Moorings. As always, you can find details and links to the plans from the Latest Planning List at www.cadra.org.uk



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For your bookshelf....



Happy New Year and welcome to 'Fourbears Reviews' where we briefly review a couple of titles chosen from our bookshop 'Fourbears Books' on Prospect Street. We hope you all had a relaxing festive season. We have reduced opening times at the start of January to relax after a busy year. We've just celebrated our first birthday, which is huge for us, so we'd like to thank everyone who has supported us throughout. We're sure 2022 will have its challenges but, hopefully, we'll be here to celebrate many more birthdays.

by Alex Forbes



Scared Bears!

photo A Forbes

WE HAVE TWO very different books this month.

First up is Psychopaths Anonymous by Will Carver. His previous book, The Beresford, was our biggest selling book across 2021. Psychopaths Anonymous can be read as a stand-alone, but also has many of the characters from Carver's other books. It's about Maeve. Maeve is an alcoholic, but the AA meetings aren't giving her what she needs. The problem is that Maeve also likes killing, so she creates her own group for Psychopaths. As usual with Will Carver's books, they are dark, fast paced, brilliantly written and unique. I couldn't put it down. Definitely not for those who don't like gore, violence or sexual references, but none of those elements are included for the sake of it but are crucial to the story. Will Carver will be huge

one day, so we are thrilled that we sell so many of his books before he hits the big time.

The second book is a lot lighter. The Tower Bridge Cat by Tee Dobinson. This is a simple tale about the cat that lives on Tower Bridge. The Queen's Royal Barge is coming down the river and will be travelling under the bridge so Bella, the Tower Bridge Cat, must make sure everything is prepared and goes to plan. It's a lovely little story for age 4+. With beautiful illustrations and likeable characters, it reminds me of the TV and books that were about when I was little and still had hair.

Thank you for reading and hopefully we'll see as many of you as possible over the coming weeks, months and year!

Sail away with the Pie-Rats by Fred Smith

Jump aboard the good(ish) ship Black Biscuit with Steady Eddy, Cap'n Greentail and the rest of the Pie-Rat crew as they search for the lost treasure of Mist Island. Only be warned, there be mouldy pies, pirate ghosts and skullduggery aplenty. So batten down yer hatches, grab yer pie pistols and get ready to set sail... if ye be brave enough!



photo C Gratrix

OR SO IT SAYS on the cover of the latest children's book from Caversham author Kate Poels. It is her third, launched at a Fourbears Books event on 2 December, and follows on from Mima Malone and the Mad Bad Inventor published in 2020. It is illustrated by Sarah Horne, who gives Kate's characters a lively presence on the pages.

Kate originally trained as a nurse in London before



visit to Emmer Green Primary arranged for January.

Kate reviews and recommends books on BBC Berkshire regularly as part of their Tuesday afternoon book club. She also posts video reviews of children's books on

moving to Reading to take a teaching degree. When she took a career break for children, she started writing and has not stopped since. She still spends a lot of time in schools, leading creative writing workshops or giving author talks – with a

Instagram @katepoelswrites

She has already started on her next literary venture, which will be for adults this time. Find out more about Kate, her creative writing workshops and her books at www.katepoels.co.uk

Back after the break

THE CAVERSHAM Heights Society regroups in January after a long break due to the pandemic. We have seven meetings planned, which will be held at the Caversham Heights Methodist Church hall (RG4 7BG) in Highmoor Road. The talks are held fortnightly between January and April and cover a variety of subjects. For the first, on 19 January at 20:00, the speaker will be Colin Ferguson, a retired probation officer, with a talk entitled 'Behind the Crime'. This first meeting will be preceded by the society's AGM, which begins at 19:30.

The society also arranges day trips for members, with an outing to Eltham Palace in May currently being organised.

The society is open to anybody, wherever you live. If you are interested in joining, then please contact the membership secretary on 0118 9479970 or email: contact@cavershamheights.org

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Happy Wanderer abroad

St. Kilda's Chapel, Caversham

THIS PICTURE was sent to me by a friend of a friend, with a request for information. It comes from a postcard, bought via the Ebay website, and arrived from Germany. The caption, which appears very small in the bottom right-hand corner, reads: 'Chapel of Ease, St Kilda, to St Peter's, Caversham.' The building pictured owes something to the Arts and Crafts movement, and I guessed that it dated from around 1910. There is no writing at all on the back of the card.

Of course, I'm familiar with St Peter's, Caversham, St John's, St Andrew's and St Barnabas in Emmer Green. But St Kilda's seemed a very unusual church dedication.

On investigation, I found that St Kilda is in fact a small group of islands, west of the Hebrides in the North Atlantic. The main island is called Hirta, and was inhabited from prehistoric times until 1930, when the remaining population left. The existence of an actual saint named Kilda is doubtful, though there is a well dedicated to him on Hirta. If he existed at all, he is reckoned

to have been a Norseman.

Further Internet searching showed that the building in the picture was actually built. What made it difficult to find is that it was called the Church of the Holy Cross, which stood in St Kilda, a suburb of Dunedin, New Zealand, by the seaside and near to Caversham, another Dunedin suburb.

'Caversham became a borough...'

The man responsible for Caversham near Dunedin was William Henry Valpy, the son of the famous Dr Richard Valpy who, for many years, was Headmaster of Reading School. W. H. Valpy emigrated to New Zealand in 1849, and began farming on the lower slopes of what he called Forbury Hill. Caversham became a borough which increased in size with the Central Otago Gold Rush of the 1860s. (Otago is the name given to the general area in the south-east of the South Island of New Zealand; it was originally the name of a Maori village on the coast there.) In 1904, Caversham became a part of Dunedin: it is 2½ miles from the city centre.

St Peter's Anglican Church, in this 'other' Caversham,



was founded in 1882. The church in St Kilda began as an offshoot from St Peter's, the St Kilda Mission, with services held in the Forbury School Gymnasium and the St Kilda Town Hall. (The population of St Kilda today is around 6,000.) The separate parish of Holy Cross was created in 1912, and the building presumably dates from around this time.

The parish celebrated its centenary in 2012, but the building was closed in 2013, because it had a poor earthquake assessment, so the congregation now meets in the church hall. I assume that the building in the picture still stands, since none of the websites I've looked at say that it doesn't.

After reporting back to the friend of a friend, it struck me how difficult, if not impossible, this bit of research would have been only a few years ago before the Internet. And I have to admit that I'd never heard of Caversham, New Zealand, before undertaking it.

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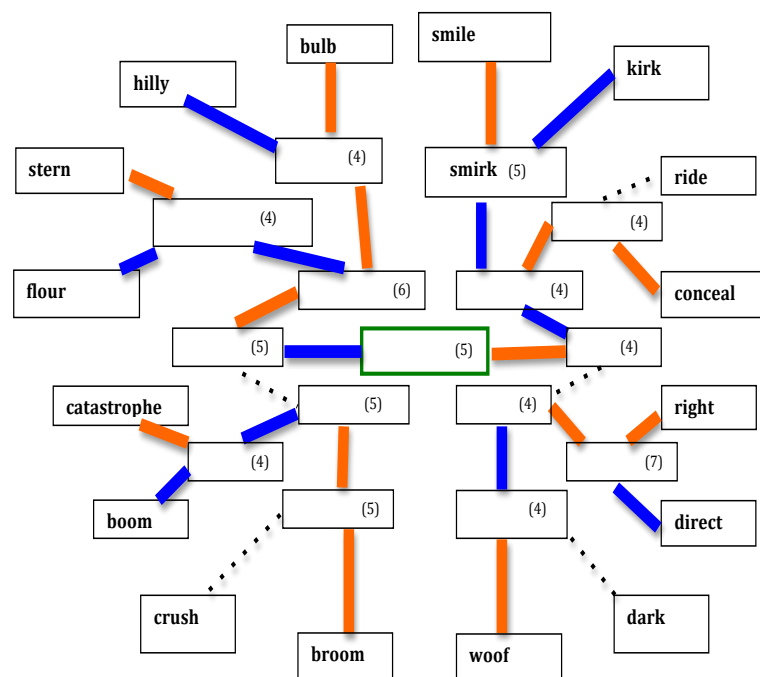
Puzzle Corner

The Challenge by Rachel

WORD PUZZLE

Find the word that has the same meaning as the clue; or rhymes with; or has one letter that is different. For example: *smirk* has 5 letters, rhymes with *kirk* and means *smile*.

Rhyme ———
Letter change
Meaning ———



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Answers on page 15

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READING'S relationship with Santiago goes back to medieval times when Reading Abbey was the starting point for the Camino Ingles, a religious pilgrimage to Santiago de Compostella in Galicia, Northwest Spain. Our relationship with the Camino started seven years ago, when French friends invited us to join them as volunteers at the pilgrim reception centre in St Jean Pied de Port, a picturesque Basque town in the foothills of the French Pyrenees. This is the official start of the 800km Camino Frances pilgrimage to Santiago.

Medieval pilgrims came to Reading Abbey, attracted by its holy relics, especially the 'hand of St James'. Devout pilgrims walked to the south coast and boarded a ship to A Coruña, crossing the Bay of Biscay, before the final 100km walk to Santiago de Compostella. This became the Camino Ingles. St James was the brother of the apostle John; a cathedral was built over his tomb, and Santiago became the most popular place for Christian pilgrimages after Jerusalem and Rome.

Reading is now developing its own version of the Camino, starting with 13 pilgrimage sites to visit including five in Caversham. An excellent guide has been published: 'Reading for modern pilgrims' with online and print versions.

The Camino Ingles is only one of many converging on Santiago from all over Europe. Many of the Caminos pass through St Jean before crossing the mountains into northern Spain. When we started our volunteering week in St Jean, we had no previous knowledge or experience of the Camino. Our only qualifications were fluency in English and a passing knowledge of French and Italian. After a short briefing from our French friends and introduction to our local Basque-speaking volunteer, we were

straight into the fray. It's a straight seven days of twelve hour shifts for the team, with two short meal breaks.

The official Camino office is in the heart of the old town in a 16th century building, with views down cobbled streets and across the valley to vineyards on the hills opposite. An average of 350 pilgrims from all over the world enter the office each day, testing language skills to the full. Our role is to welcome them and answer their questions or worries about the challenging walk they are undertaking. Pilgrims require a 'walking passport' to access hostel accommodation and discounted pilgrim meals, which we stamp to signify the start of their Camino. We offer advice on accommodation and conditions along the route. The first day's hike of 27km takes them over a 1,400 metres mountain pass and down to the village of Roncesvalles in Spain.

Our first week was exhausting, inspiring, and great fun. So much so that, as we were handing over to the next team, we were planning our return the following year. We have returned each year (barring Covid-19 in 2020) for the opportunity to meet and hear the stories and motivation of pilgrims from so many countries and backgrounds.

Kate, in the November edition article, noted the Camino can be addictive and is often a life changing experience for people. The Camino virtually stopped in 2020, but pilgrims have returned. We were delighted to volunteer in September 2021 and were reassured by the strenuous disease control measures in France, with masks and Covid-19 passports obligatory indoors. We have already volunteered for a week next September!



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Waste Food

IT'S TIME FOR the New Year's resolutions: please put reducing food waste at the top of your list.

Nine and a half million tonnes of food is discarded in the UK each year, with 6.5 million tonnes of this suitable for consumption, according to Waste and Resources Action Programme. That's the equivalent of 15 billion meals!

Apart from saving you money, reducing waste food reduces water consumption, leaves more nutrients in soils, provides more space for biodiversity, and reduces energy use. Energy is used to grow the products, package them, transport them to your house, and then to prepare and cook them. All food wasted has used up this energy to no purpose

and can then create more greenhouse gases during disposal, even if it is creating some useful energy in the anaerobic digesters.

The key skills needed here are a shopping list, better storage and a plethora of recipes for the leftovers. Help starts with the Love Food Hate Waste campaign, www.lovefoodhatewaste.com, with tips to plan shopping, use up leftovers, and find new recipes for that odd collection of stuff in the fridge. Perhaps the most useful, particularly in these times of Covid when many people are shopping less frequently, is their A-Z guide on best storage methods for different foods – whether freezing is possible, how to keep things fresher for longer, and ideas for using up bits and pieces. It also tells you how long you can keep things after the 'best before' date has passed. www.lovefoodhatewaste.com/article/food-storage-a-z

by Tricia Marcouse

Recipes

Soups are a brilliant way of using up leftovers or making a cheap meal from seasonal vegetables.

A basic turkey stock

IFYOU STILL have the turkey carcass, pick the remaining meat off it for various other uses, break up the bones and put them into a large saucepan with a tightly fitting lid. If you previously put the turkey neck in the freezer for later use, throw that in too. Chop 2 onions, 2 large carrots, 2 celery

Save that turkey

stalks (no need to peel or string) and, if you have them, unwanted parsley stalks and outer leaves and stalks of cauliflower. Add these to the pan. Cover well with water, at least four and a half pints/2.5 litres, add two bay leaves and a teaspoon of black peppercorns.

Bring the stock slowly to a boil, skimming off any froth that is produced. Cover and simmer for 3 hours, skimming occasionally and topping up with water if required, or put into a slow cooker for 8 hrs and forget about it!

Let it cool and then strain into containers. It can be stored chilled for a few days or put into the freezer. It's best to remove any layer of fat before freezing.

This is now the base for turkey soup, turkey fricassee, or stock for vegetable soup, whatever you fancy.

Simple Turkey soup/Fricassee

Fry a large, chopped onion in 2oz/60g butter until soft. If you have some mushrooms, chop them and add to the mix and cook for a few minutes. Sprinkle in 2oz/60g sieved flour and stir to make a roux. Cook for a few minutes.

Add about 1pt/500ml of liquid to make a thick, creamy sauce. This can be a 50:50 mix of turkey stock and milk or include some leftover white wine or cream. For the fricassee add shredded meat picked off your turkey carcass (ignore this for soup).

Season to taste and grate in some nutmeg.

For turkey fricassee, add sultanas. Serve with rice and chopped parsley.

For soup, thin it down to the desired thickness with more turkey stock.



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NEW NEW YEAR PLANTS?



by Les Cooper

DID YOU realise I have been writing these monthly articles for two years? I can hardly believe it. When I started, in January 2020, we had not heard of coronavirus, I certainly never dreamed there would be a thing called lockdown. A great many things have changed during this time, but one aspect which has emerged is the realisation of just how fragile our world is. So, let's play our part and at least ensure one tiny

part of England is green.

On that upbeat note, let's get out and turn our 2022 garden into Eden, or something like it. One of the things I like to do each year is to try growing a couple of different things. (I wouldn't be surprised if there wasn't some psychological reason for this) It probably comes from my past, when an acquaintance of mine used to grow 'Arran Banner' potatoes year after year; he never tried any other variety. I used to think why doesn't he take a crack at a really modern variety like 'Majestic'? I leave you to guess how long ago this was!

Anyway, this year I will try to be more adventurous and Dicentra scandens



raise three climbing flowers that I have never grown before. In fact, I wasn't aware they existed until a friend sent me a Plant World Seeds catalogue. Here I found quite a few that appealed. For a start, I didn't realise that there was a climbing Dicentra, Dicentra Scandens, that has fast-growing stems carrying clusters of lemon-coloured flowers amidst ferny foliage. It sounds good, but fast-growing sounds a bit ominous, and the catalogue doesn't mention how tall it gets. But who dares wins!



Codonopsis bhutanica

My last attempt will be ideal for a sheltered garden, according to the catalogue. This easily-grown superlative climbing lily bears very large, reflexed frilled yellow and crimson flowers. It is called Gloriosa Rothschildiana. I will have a go (although the phrase easily grown does rather worry me). I have failed once or twice before with 'easy to grow' plants. But let us be positive in 2022.



Gloriosa rothschildiana

Plant of the month

by Louise Hampden

Lungwort



WHEN THE last leaf falls and the vibrant greens of summer and blazing colours of autumn have gone, winter can seem bleak in the garden. But I have learned to love the blank spaces where the chaos of

colour used to reign, and I imagine the roots of plants resting and rumbling under the surface gathering strength, and the soil creatures busy nourishing and renewing the soil with the fallen leaf litter. It's then that the small incidences of colour and scent are ever more powerful.

Many years ago, I made it my mission to have something in the garden in flower every month. So rather than a plant of the month, here are my tips for plants which will give you a reason to go into the garden and appreciate them just for flowering.

'...they pack a punch of perfume...'

My first is a small shrub you can plant in a pot by the front door or in the front garden for a welcome home. It's called the Christmas Box or Wintersweet. The foliage is evergreen and glossy and the flowers are hardly showstopping in stature, but they pack a punch of perfume. I've watched visitors, post and delivery persons sniffing the air distractedly trying to find the source of the glorious perfume. A small sprig brought into the house can fill a room. It's a very easy plant to cultivate, needing no maintenance other than a small clip into shape after flowering.

For colour, try Helleborus Orientalis. Despite their flowers having a habit of hanging down, there are some very dark varieties, almost black, that are quite



Christmas Box

delectable. Again, these can spend time in a pot by the front door to be enjoyed during the months of winter and then planted out into the garden once the season changes. I have seen them brought into the house and the flower heads floated in a bowl of water to enjoy their exquisite colours. And, of

course, they do provide a ready nectar supply for foraging bees braving sunnier winter days.

For an easy to grow plant for early pollinators which is useful ground cover with marbled foliage, try the humble Pulmonaria or Lungwort. It will grow almost anywhere and start to flower fairly early in the year if it's mild enough. It seeds itself around prolifically. I tend to take out older plants once flowering has finished and leave younger seedlings to grow on for the following year. They will continue to flower for months and the hum of bees permeating around the garden early in the year adds up to Winter being an exciting time for gardeners as we anticipate Spring.

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Community Connections

by Caroline Gratrix

This month, we learn something about local resident Claire Anderton



Claire in the NOOD store

photo C Gratrix

CLAIRE AND her partner, Jodie, moved to Caversham 8 years ago from Bury St Edmunds. They liked the diversity and culture of Reading, but quickly discovered the water is hard, which caused Claire's and her daughter Milie's eczema to flare up. It was then that she decided to make her own soaps, which led to the range of natural body and home products which she makes at her Caversham studio.

Originally selling her products online, Claire wanted a more personal approach to sales. Realising that Caversham was crying out for a market, she set up the Caversham Artisan and Farmers' Market, and has grown it to a weekly, successful and very popular event.

When the opportunity presented itself to collaborate with two other local businesses, Midrib Plants and The F Word Flower, NOOD Stores the shop was born opening in July 2021. It's a beautiful addition to RG4: the perfect place to refill your eco products, grab a gorgeous vase, plant, dried arrangement, body care product, or card, and the perfect present for a friend.

As well as being a busy local producer, seller and market organiser, Claire is passionate about building community and working on rebranding Caversham, "We have such amazing people and businesses in Caversham, we need to be better at telling everyone about it."

I couldn't agree more, Claire. Now, let's find out a little more about you...

Tell us a bit about you.

What is the best thing about Caversham?

100% the community. The people here are so supportive and so passionate about Caversham. Businesses thrive as they are independent, interesting and used in Caversham

Where are your favourite places to eat, drink and shop in Caversham?

The Last Crumb for great beer and pizza, and Chapter for feeling fabulous with a cocktail in hand. I love to mooch around Cara in their shoe sale, and Dolly Rose Vintage shop on a Friday afternoon.

How do you think we can all be more eco-friendly in RG4?

With so many dog walkers around, it would be fantastic to see owners using solely compostable poo-bags to save landfill. Also, as we are so close to Reading, walking in would be far more environmentally friendly than using a car. Cheaper too!

Being part of a community reaps a wealth of benefits, how would you strengthen our sense of community in Caversham?

Caversham already has a really strong community. I think it's now up to the businesses to pull together, be inclusive, and promote each other. We are all serving Caversham, let's do it as one big organisation, and offer the best choice of products, events and services. Let's all attend each other's shops, bars, open days and support, have fun, buy stuff, advise and share our experiences. We aren't competitors, we are neighbours with the same agenda.

If you could bring anything to Caversham, a new shop, an event, an experience, what would it be?

I would LOVE to see the precinct become one eating 'zone'. Restaurants, bars and coffee shops surrounding a central seating area. You could pop to Vegivores while your friends head to another restaurant or café, but you all sit at the same table. A food hub with plenty of choice in one area. It would bring many more people to Caversham centre and create a wonderful atmosphere.

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by Ruth Martin

A Crafty Cuppa – with Sue Reeves

LEAFING THROUGH Sue's beautiful botanical paintings, it came as a huge surprise to me to learn that she had never picked up a paintbrush until lockdown! A professional photographer, in March 2020 Sue Reeves found her work dried up in an instant; weddings and events she was booked for were cancelled and her diary emptied. Needing something to fill the time until things picked up, she bought a watercolour pallet and a set of paintbrushes and was soon hooked! "I mostly just taught myself," Sue told me. "I joined a short online course which helped me to find some artistic direction, but mostly I painted for fun, all day every day!"

Setting up an art studio in her home enabled Sue to focus on her new hobby. "I get completely lost and absorbed in painting, and love evoking the seasons in an abstract way." Sue's paintings developed into a colourful, vibrant botanical style, and she found a local following. "I was asked if I'd like to have a table at the monthly Artists & Makers Fair in Caversham, and I was thrilled when I sold some paintings." She now sells at the fair regularly, and takes on commissions.

It's not only the painting that Sue enjoys, but being part of a community of local artists. This has been fostered through the work she does with CreativSpaces

photo R Martin



in Caversham, her daughter Tamalia's art studio. Sue is responsible for admin and marketing, along with her own business – Creative Locale – an online gallery of artists and their artwork. After so long encouraging her talented artist daughter and promoting the work of other artists, it seems fitting that Sue has found that she has an artistic streak of her own just waiting for the chance to show itself! You can meet Sue at the monthly Artists and Makers Fair in Caversham (see their advert on page 8) or contact her on Instagram @biscottier.

Keeping our heritage in the spotlight

It can be easy to overlook our industrial past. Matt Emmett has discovered a powerful, strange beauty in abandoned buildings, as he explains to Elestr Lee



NEW YEAR, new beginnings – if you have lived for some while in the same area, it may be a time to notice changes taking place. Not just due to nature's seasons – but also in the built environment around us. As technology and social needs change, buildings that were once vital have become redundant, frequently abandoned. Industrial buildings that were once part of our infrastructure can simply fade from our attention. But every building has a story to tell – and local photographer Matt Emmett is winning accolades for his work in drawing attention to this feature of our local, national and even international heritage.

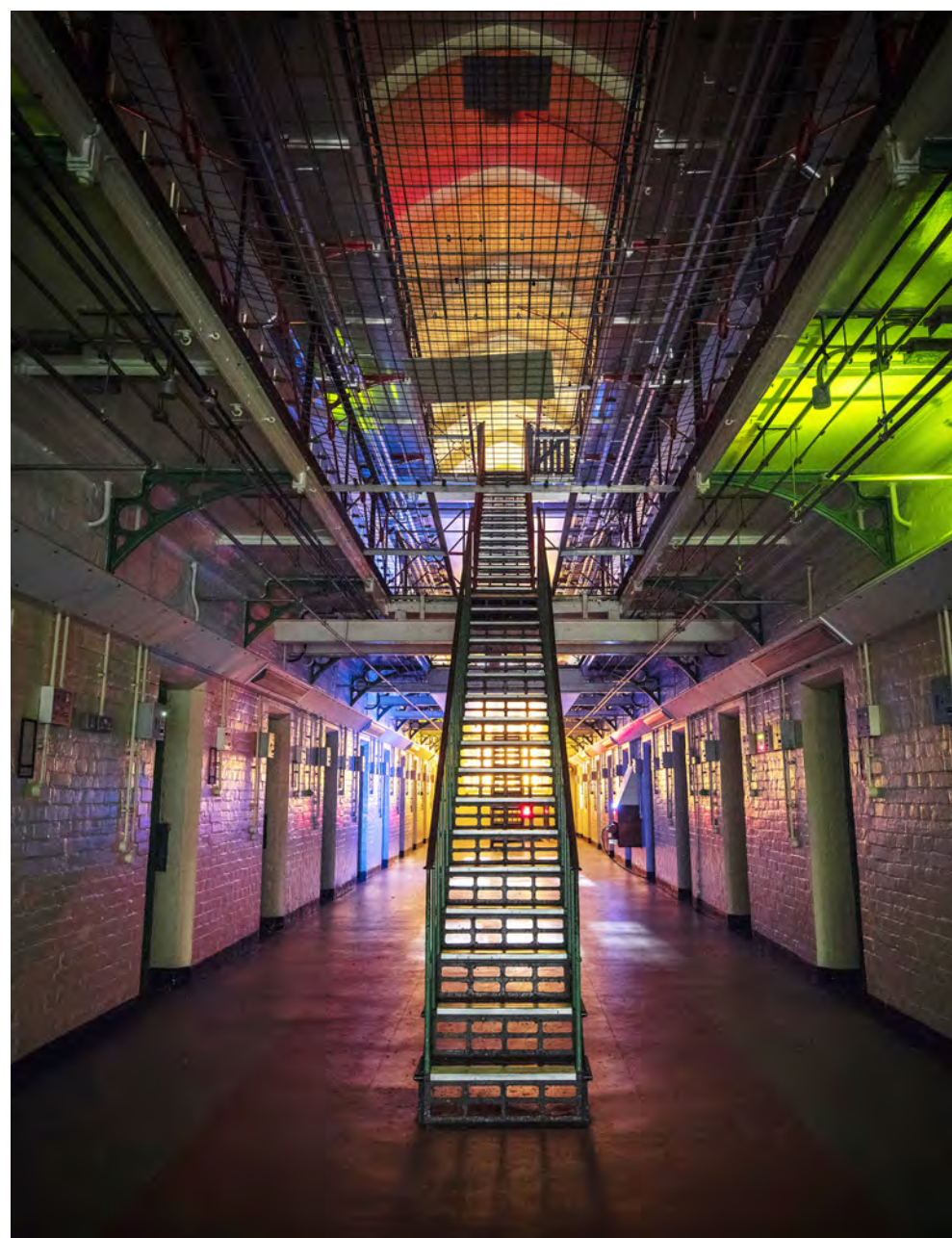
Matt's latest success is as overall winner of Visual Art Open's 2021 competition, for his photograph *Indoor Rainbow*, which he took inside Reading Gaol. "There are categories for drawing, painting, sculpture as well as photography. Usually in these types of competition photographers don't win – so I wasn't expecting this!" says Matt of the award, announced towards the end of 2021.

Revealing the unexpected – often quite 'otherworldly' - beauty of former industrial buildings has become a passion for Matt. He became interested in photography as a 19-year-old, when his father gave him a Pentax for his birthday, and which he used on an 8-month trip around south-east Asia. "It's the best way to learn, by doing," he comments.

In 2009 he moved on to a digital camera, and a couple of years later a friend asked him for advice. They took photos in a garden, but then his friend asked for another lesson, this time with a stronger subject to photograph. He persuaded Matt to join him at an abandoned jet engine testing site near Fleet, Hampshire. "We found where they used to test jet engines underground. It was really alien – like walking into a dream land!" remembers Matt. His imagination was fired – and since that first discovery, he has since photographed 240 sites in Britain and Europe.

During the past year he has been recording the dismantling of the gas holder in Newtown – which for more than a century has been a feature of the Caversham skyline. "They have just drained, and cut open the huge tank at the bottom of the holder – the water used to be a counter-balance to the gas," he explains. "We were able to go inside – the first people to do so since it was built more than a hundred years ago."

Matt, who has lived nearly all his life in Caversham, trained as a graphic designer and is now senior graphic designer with Spin Master Toys. He manages to combine the 'day job' with his passion for photography, and as well as visiting industrial sites in the UK and abroad has been offered assignments by Heritage Lottery. "These were restoration



Matt (top left); his winning entry *Indoor Rainbow* (above). *The Well on Priest Hill* (below left); *Taken inside Newtown's gasholder* (below) Photos: Matt Emmett

and regeneration projects, which involved me visiting the sites four times during the year, to record the ongoing restoration work. I would go there for six hours – three hours to photograph, with the remaining three working with local people, teaching them photography skills. The idea was they would then continue to take photographs when I wasn't there.

"I found this so rewarding. Obviously, some people don't get very far with photography. But in one case, someone I worked with then went on – and is now a working photographer!"

Matt's two children aren't yet showing signs of following in his footsteps, though they do enjoy accompanying dad on assignments – which have included descending into underground tunnels at Box in Wiltshire, and visiting Europe's largest vehicle scrapyard in Sweden. Plans for 2022 include more involvement in Stack Rock, a Napoleonic sea fort near to Milford Haven, Pembrokeshire. Completed as a fort in 1859, it was disarmed in 1929 and has lain abandoned since. Last year it was purchased and visitors can be taken by boat. Matt has found it a fascinating subject to record. "I was invited to photograph it, and I asked if I could revisit it – I knew



I could bring a boat full of other interested people from Reading," he recalls. "So for this visit, I asked if we could come at night – and this time, I could take some very different photographs."

With plans to set up workshops in which he can pass on his photography skills, it seems Matt is all set for a busy 2022.

Find out more:

www.forgottenheritage.co.uk

junglepublishing.com/product/forgotten-heritage

The Local Scene

by Martin Andrews

THE CROWN



Drawing by Janina Maher

www.janinamaher.artweb.com

DURING LOCK-DOWN I had a circular route for my regular constitutional walk around Caversham – along the riverside to the War Memorial, up the path and side road to Bridge Street, and through Church Street and home. Whenever I passed The Crown public house I felt it was sad to see it closed up and dark. This evening, on one of the first really cold nights of winter, The Crown was bright and welcoming and, although still quite early, it was well populated by local regulars enjoying the warm hospitality. I popped in to tell Paulina, the

manager, that one of Janina Maher's drawings of the pub was to feature in this month's Caversham Bridge.

Built in the Victorian period, the present building has a distinctive canopy supported by bulbous columns over the entrance. Strategically placed as one of the first buildings over the bridge, it must always have been a tempting watering hole for people passing over the river. As early as the 1880's the 'Crown Hotel' as it was then, offered 'best accommodation to tourists and anglers'. One hundred years ago it was next to the premises of the well-known boat builders, Freebody and Sons, and the hotel was run by a Mr Thomas Andress. Although the Victorian bridge was of built of iron and had been completed in 1869, by the 1920's, it was deemed inadequate for the traffic. The occupants of The Crown must have suffered a year or so of noise, dust and dirt as the bridge that we know today was constructed – it was completed in 1926 with an opening ceremony performed by the Prince of Wales.

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First Impressions Matter

Mind the Gap!

by Laura Harmsworth



YOU MAY BE surprised by how many people have gaps in their career, whether due to raising a family, being made redundant, illness, or a life choice such as travelling.

Don't be worried about any gaps, just ensure you explain them in a positive manner.

If you have resigned, or been made redundant, and not gone straight into another role, rather than highlighting this, add things to your CV that you have done such as:

- voluntary work
- training
- helping a friend to set up a business
- hiring a career coach
- reading trade journals

All these will show you in a positive light, and demonstrate that you used the time well.

If you don't have anything to add, start doing something now. Upskilling is a great thing to do; even if you can demonstrate that you have enrolled on a course that hasn't yet started, this is something to add to your CV and will help fill a gap.

Tip

There are some great websites that provide free online courses including coursera.org, futurelearn.com, udemy.com, open.edu, skillshare.com, alison.com, online-learning.harvard.edu. If you want a certificate or accreditation, you will need to check if these are provided (free or paid for).

Another option is LinkedIn Learning. You can access this if you sign up for a free trial of LinkedIn Premium (remember to cancel at the end of the trial period if you don't wish to continue

with the paid plan). As well as gaining access to the courses, you're also able to direct message recruiters, see who has viewed your profile, and gain job applicant and salary insights. With LinkedIn Learning, you can add training badges to your profile. Remember, there's nothing wrong with a gap on your CV as long as you explain it.

Wishing you a healthy and happy 2022!

You can follow Laura on:

www.facebook.com/CavershamCVWriting

or on LinkedIn, where she posts tips and articles:

www.linkedin.com/in/lauraharmsworth

Her website is: www.cavershamcvwriting.co.uk

Email Laura at contact@cavershamcvwriting.co.uk



ESTATE PLANNING IS FOR EVERYONE

by Anthony Griffiths

Anthony is a Director of Templar Estate Planning – a specialist Will writing and Estate Planning provider based in the heart of Caversham within Church House

MOST PEOPLE have a good idea what a Will is, but few know about Estate Planning.

It is a fallacy that only the rich and the famous have an 'estate'; we all have one. Your estate is essentially everything you own, from your pensions and life assurance to your house, your car, your jewellery, and even your golf clubs!

Estate planning puts together a clear plan detailing exactly how you would like your estate to be managed and distributed on your death, or managed during your lifetime if you become incapacitated.

The main areas of estate planning:

- Ensuring that only those you want to benefit from your estate do so
- Providing care for yourself in your lifetime should you have an accident or lose mental capacity to make decisions
- Ensuring your loved ones will also, if necessary, be looked after by people you trust
- Ensuring your business continues, or is wound up as you plan for your loved ones
- Help for your beneficiaries to deal with their

inheritance if necessary

- Ensuring that loved ones are not burdened financially by your death
- Help deciding who should be responsible for executing your wishes

What you need to think about:

- The first should be completing your Will, which is the bedrock of your planning, or checking that it is still valid and covers your requirements should changes in your life have occurred.
- Trusts which give an effective extra layer of security, to protect your assets or those receiving them.
- Lasting Power of Attorney which allows you to appoint someone you trust to make financial and/or healthcare decisions should you lose capacity. This will avoid financial burdens or inappropriate medical procedures if something happens to you.
- Transparency of your wishes is essential. Your estate plan should include documentation making the wishes expressed in your Will completely clear and

ensuring there is no room for misinterpretation or possible claims against your estate.

- Clear records of your estate. Make sure your loved ones can find all the details of your policies, pensions, assets, etc. and wishes such as who you would like at your funeral and who should be informed of your death. Documenting all this vital information in one place makes the task of managing your estate much easier.
- Funeral plans are probably the least popular thing we talk about! But, since the cost of funerals continues to rise annually, it makes sense to guarantee the cost of your funeral and ensure your loved ones will not have to struggle to pay for it.

Hopefully this has made you aware of Estate Planning, and at least encouraged you to get a Will as soon as possible!

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Get Jamming with the Jam Lady

Sarah Roy



HAPPY NEW YEAR!

January is a busy month for marmalade makers as it announces the start of the Seville Orange season. It's a long, laborious process, only to be carried out by the most dedicated of preservers. Alas, that is not me! I prefer this much quicker and easier recipe for Clementine marmalade. Don't forget you can add your favourite tippie, if you are so inclined. I add Aperol to my recipe for my Christmas gift jar.

Clementine Marmalade

Ingredients:

- 1kg clementines
- Juice of 2 large lemons
- 1kg granulated sugar
- 4tbsp of your favourite spirit for a flavoured version

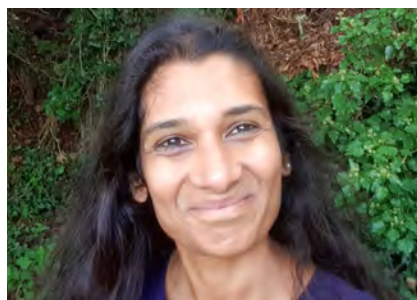
Method

1. Wash the jars and lids in hot water. Put into a warm oven (175°C) for 15min to sterilise them. Put a saucer into the freezer.
2. Juice all the clementines and put the liquid into a heavy based saucepan.
3. Shred all the skins with a sharp knife and add to the pan with 1litre of cold water.
4. Bring to the boil, then reduce to a simmer, and cooking gently for 30min or until the shreds have softened.
5. Add the sugar and lemon juice and cook on a low heat, stirring continuously, until the sugar has dissolved.
6. Turn the heat up, bring to the boil, then keep at a rolling boil for 20-30 mins. Open some windows as it will get very steamy! Stir often so the fruit does not burn on the bottom of the pan.
7. You know that it has reached setting point when the mixture is bubbling and spitting. Test the set by dropping a tsp of marmalade onto the frozen saucer. If you can push your finger through and it wrinkles on top, then it's ready. If not, continue to boil.
8. When it is ready and you are using a spirit, stir in now. Ladle into the hot jars right to the top and seal the lids firmly. Store in a cool, dark place, and refrigerate after opening.



8. When it is ready and you are using a spirit, stir in now. Ladle into the hot jars right to the top and seal the lids firmly. Store in a cool, dark place, and refrigerate after opening.

Enjoy on freshly made toast, or in a sandwich if you are like Paddington!



Not a drop to drink

IF WE ARE thirsty, we are already dehydrated!!

Water makes up more than half our body weight. So, if our water levels are low, this can show up in a few different ways. Mild dehydration can make us feel tired, give us a headache, and affect our mood and focus.

If we're not drinking enough, we might be thirsty, and our mouth might feel dry or sticky. We might not pee very often – less than four times a day. We may feel dizzy or lightheaded, and we may pass out. As it gets worse, our thirst cranks up. Our breathing and heart rate may be faster than normal. We can overheat, and might feel confused or cranky. Dehydration might also leave us with less energy and brain fog. One study, published in the journal Nutrients, found that getting enough hydration boosts brain health and prevents drowsiness and memory loss.

Our water needs increase in hot weather or after exercising when we lose fluid through perspiration, or when we are unwell and can lose fluid due to sickness or diarrhoea. Although it can feel as if we don't need to hydrate quite so often during the cold

months, that isn't really the case. Our bodies need fluid balance all year round, and it is especially important for rehydrating the skin when the central heating is on during the colder months.

But it doesn't have to be plain water. Water is a great choice as it contains no calories, so has no effect on weight, and no sugar that can damage teeth. But we could add slices of fruit or even a dash of juice or sugar free squash to our water.

While about 80 percent of our fluid intake comes from liquids, roughly 20 percent comes from the liquid found in watery foods like juicy fruits and vegetables. Some produce - like watermelon and spinach - is nearly 100 percent water by weight. Other hydrating foods include cucumbers, celery, radishes, watercress, grapefruit, cantaloupe, and strawberries.

Our age, the kind of physical activity we do, our environment and surroundings, all impact how much hydration we need. Children, the elderly and pregnant women are at higher health risk when dehydrated.

I'm often humbled when reminded that there are many people in the world who haven't got access to clean drinking water. That alone makes me savour each sip of this life-giving liquid even more!

THE CHALLENGE SOLUTIONS:

(From left to right) lily, smirk, dour, hide, flower, lurk, bloom, **gloom**, murk, broom, mark, doom, correct, brush, bark

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