



Caversham Bridge

WonderZone Holiday Club by Anna Clarke

DID YOU NOTICE the army of red ants descending on St Anne's Primary School at the end of July? Ok, panic not – there were no actual ants, but around 50 individuals in red T-shirts all arriving to run the Churches Together in Caversham (CTC) annual holiday club!

After two years of absence due to the pandemic, the team (with lots of new volunteers and around 20



Working together

photo CTC Holiday Club

teenage Young Leaders) were excited to be back to deliver WonderZone – a week of fun Bible teaching, songs, drama, puppetry and plenty of additional activities, including amongst others, African drumming, circus skills, British Sign Language, silk painting, water games and wool spinning!

We welcomed 80 primary school aged children on site for the week, and I think it's fair to say that a great time was had by all, and many happy memories made!

Together we thought about what an amazing, or should I say "utterly marvellous, totally glorious, simply incredible world" God has created. With our science theme for the week, we also discovered how science and faith can indeed be compatible.

Children were awarded points throughout the week for one of their three teams (Bunsen Burners, Microscopes and Test Tubes), but it was the Test Tubes who emerged victorious and won the privilege of dumping gunge on our club leader, Jane!

For me, the privilege (alongside seeing children worshipping God) was being part of such a phenomenal team of individually gifted people. I am certainly no expert on ants, but I do know that these tiny insects



Test Tubes with the gunge!

photo CTC Holiday Club

work together, playing different roles for the good of their colony. This certainly resonated with me during holiday club week as I witnessed volunteers from all the different churches in Caversham uniting to show God's love to our community. To all the other red ants out there, THANK YOU and SEE YOU NEXT YEAR!

If you are interested in volunteering at next year's holiday club or have children interested in attending, email:

holidayclub.caversham@yahoo.co.uk

Keeping it local Text and photo by Phil Chatfield

SUPPORTING local enterprise is the focus of this edition. We have a wide range of businesses, many independent, in our area. By using them we contribute to a thriving local economy and ensure goods and services remain available here. Our centre pages take up this theme. Jude Chapman writes about local businesses and the Caversham Traders Association (p9). And, if you are looking for unique presents, Jean Harper writes about local craft producers (p10), and Elestr Lee highlights some of our many talented artists (p11).

Children are the subject of several articles this month. Our Talking Point (p2) from Monsignor Michael Starkey takes its inspiration from children, and they are also at the heart of our lead article on the Summer Holiday Club (above). The Snowflakes Early Years' Autism Resource at Newbridge Nursery has just celebrated its tenth anniversary (p8), and local Guide leaders register a combined total of 82 years of voluntary service (p3).

Our regular features include several on the world of



The winner of our planter competition (see page 3)

art: Creative Caversham introduces us to local artist Jill McEvoy (p16), and The Local Scene has Janina Maher's rendering of the Launderama on Gosbrook Road, accompanied by Martin Andrew's history of the building

(p17). Live music has returned, following the relaxation of Covid-19 restrictions, with regular events at Peppard Unplugged (p5), and a concert to support the Reading Bach Choir (p18).

September is an important time for gardeners, with Les Cooper reflecting on autumn shows, and Louise Hampden considering the new season and drought-resistant plants (p14). It is also the time when you might spot the extraordinary berries of the spindle tree, described by the Happy Wanderer (p7). We also have the results of our planter competition (p3 and photo left).

As always, we hope you find the paper interesting and useful. Please do support the businesses which have advertised in this special edition and help our community to prosper. Your comments are always welcome, so please contact us at:

editors@cavershambridge.org or leave a message on our answerphone, 0118 328 2754.

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A GIFT FROM GOD

FOR PARENTS, the month of September brings relief and delight - relief that the children are going back to school, and delight in their learning, growing and blossoming through their education. Whatever their talents, multiple or even sometimes hidden, every child is a gift from God: sometimes a treasure, sometimes a burden. Each child is utterly unique and of infinite value, worth far more than a car or a house or the top prize in the lottery.

According to an ancient myth, when God had created the world, he paused to look at a pool of water. Seeing his own image reflected in the water, He reached out, took the image out of the pool and placed it on the land: the first human being. This is an understanding common to all the world's major religions: we are created in the image and likeness of God.

We send children to school not just to get them out of the house, and not just to prepare them for the workforce. A biological and genetic account of the conception, birth and development of a child, or any human, is valuable, but not sufficient. We are important



Talking Point –
Monsignor Michael Sharkey

to the economy, but more than that. We gain from sport, the arts, the sciences, but more than that. Love your neighbour, do unto others, etc., begins in the home and extends in the school, but more than that.

We are pilgrims in this life. Family life and schooling prepare us, help to equip us for the journey. We learn to think and to love on the way. We have our successes and our failures. We have hurdles to negotiate and mistakes to correct. God knows each one of us. His providence is particular to the individual, and he knows what gifts we have, what love we receive, what love we give out, what sorrows we suffer, what joys delight us.

It may seem to other people, and even to ourselves that, as we grow older, we lose the bright blush of youth, and we begin to age rather than to grow. But beneath the rust, the crust, the scabs, the wrinkles we acquire, there still lies an 'immortal diamond', still a pilgrim.

Where will it all end? Where it began – in God.

Monsignor Michael Sharkey, St Michael's,
Sonning Common

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)
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)

www.riversidechurchreading.co.uk

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Rev'd Dr Garrick Wilson
Tel: 0118 946 3009 www.ntcreading.org.uk

ROMAN CATHOLIC

Our Lady and St Anne

Mgr Patrick Daly, The Presbytery, 2 South View Avenue.
Tel: 0118 947 1787 www.ourladyandstanne.org.uk

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

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 October 2022 issue should be submitted by 1 September and for the November 2022 edition by 1 October. These should be e-mailed to: editors@cavershambridge.org

Dates for advertising copy are 1 September for the October 2022 issue and 1 October for the November 2022 issue. These should be e-mailed to: advertising@cavershambridge.org

The results are in... text and photos Phil Chatfield

THANK YOU to all who entered our 'Brighten up your streets' competition. At the end of July, I joined with Louise Hampden, who writes our Plant of the Month feature, and Jackie Biddle, who manages our local garden centre at Playhatch, to judge the entries. We spent a very enjoyable few hours walking around Caversham, considering the merits of each one. We looked particularly at the impact of the planting from the street, as well as the variety of plants and originality of the containers.

The winner was Jo's garden in Elmleigh Court, off Donkin Hill. See our front page for a photo of this colourful and imaginative display, which certainly brought a smile to our faces. Our runners-up included:

- a small display in St Stephens Close, which made good

use of a shady corner and concealed the ubiquitous wheelie bins well.

- a paved garden on Gosbrook Road, filled with planters and hanging baskets
- colourful planters in a narrow strip along a path to a front door on Priest Hill

Front gardens are often given over to parking, but our entries show there is still scope to provide some colour and to brighten up our streets.

Our thanks to Jackie Biddle and British Garden Centres at Playhatch for their generous donation of a £50 gift voucher for the winning entry.



A splash of colour on Gosbrook Road



St Stephens Close entry

The Roaring Twenties in Caversham Court Gardens!

DROP IN TO Caversham Court Gardens on Saturday 10 and Sunday 11 September for a photographic exhibition showing top-quality cars built in Caversham in the 1920s.

Advertising images for Herbert Engineering, using Caversham Court as a backdrop, give a colourful insight into the development of Britain's motor industry, and throws new light on Caversham Court and the people who lived there in the Roaring Twenties.

Right on cue for this year's Heritage Open Days' theme - Astounding British Inventions - a 1924 Vauxhall car will be on show (weather permitting) for visitors to admire. Dress up in 1920s style and stage your own photo-shoot!

Saturday 10 and Sunday 11 September: Exhibition in the 17th century summer house 11:00-17:00. Vintage car in the carriage circle (weather permitting) 14:00-16:00 both days.

Vickie Abel



Write to the editors

Dear Editors

A new team of leaders will take over at the 1st Caversham Park Guide unit in the autumn. After 82 years of volunteering between us, the existing team of guiders retired at the end of the summer term.

We have seen many dozens of girls go through the unit, have offered a huge variety of activities and opportunities, have shared some wonderful experiences, and made many memories. We will all miss the girls, but now is the time for us to have a rest! It really has been happy Guiding!

Many thanks,
Heather O'Halloran



photo S Talbot

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You can buy single copies from:
NOODSkin in Church Street, Fourbears Books in Prospect Street, the True Food Community Co-Op in Grove Road, Emmer Green, opposite St Barnabas Church, the Milestone Café in Caversham Park Village and now from Sheabutter Cottage, 118 Henley Road.

Yellow Braces

Story and photo Samuel Spencer

YELLOW BRACES is the Diocese Youth Weekend, and I was lucky to be invited to join my friend Logan for an amazing time away. We slept in



The dormitory huts

wooden huts with bunk beds, and we had amazing fresh cooked food lovingly prepared by the cook team. The ministry was great with an emphasis on the 3Cs: Contemplation, Compassion and Courage. 'GNIYLLUB' was also very important. It is a word that is the reverse of 'bullying' and means that we treat everyone fairly and respectfully. To help with the large sessions, we had 'Dorm Time' with our individual Dorm Leaders to reflect in groups. However, there were also many fun activities and games, including '9 Square', Non-stop cricket and Danish Longball, to name a few. I enjoyed meeting new people and spending more time with Logan than I would at church or school. Overall, it was a great experience that was helpful both socially and spiritually!

A boost for young readers

by Dr Alison Johnson

OUR SCHOOLS are finding it increasingly difficult to make their budgets cover all their needs. Books are essential but costly, so Caversham Park Church, which meets in the Caversham Park Primary School buildings, decided to help out. Just before the end of the summer term, during the morning assembly on 14 July, members of the church handed over a cheque for £2,000 to the Head Teacher for the purchase of books. The photo shows, from the left Dr Alison Johnston, Revd Margaret Dimmick and Robert Dimmick from the church, with headteacher Gail Ray along with a number of pupils.

Photo taken by Adam Adrian



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For your bookshelf...



Welcome to 'Fourbears Reviews', where we briefly review a couple of chosen titles from our book shop 'Fourbears Books' in Caversham.

by Alex Forbes

IN JULY we interviewed Victoria Selman about her Sunday Times Bestseller, 'Truly Darkly Deeply', so it's only right we tell you about it. The book follows the life of Sophie as an adult, when she receives a letter from the prison telling her that her Stepdad, Matty, a convicted serial killer, is dying. Sophie is racked with guilt, as the killings took place when Matty first came into her life when she was a child. Should she have noticed, could she have prevented further deaths, and was it right that the public blamed her for some of the deaths. The book also follows Sophie as a child, as she learns to love Matty



This bear is no ghost!

photo A Forbes

as a father figure. Packed with emotion, and no gore or violence, this is a great thriller.

Many children love 'The Land of Roar' series by Jenny McLachlan. This new book, 'Dead Good Detectives', is the first in a new series, about a hapless chap who accidentally frees a group of ghosts. It is filled with laughs, pirates, ghosts and magic, and I'm sure will be just as popular as the Roar books. The 10-year-old at home asked if he could read the next book in the series as soon as he finished this one. He wasn't too happy to learn it hadn't been written yet!

Happy reading whatever you pick up this month.

KEEPING MUSIC LIVE – PEPPARD UNPLUGGED

by Robert Buttrick

ENJOY AN evening of live acoustic music in the Peppard War Memorial Hall. Expect an eclectic array of talent and music styles, headlined by



Sue Graves closing the evening with her stunning voice and compelling song choice
photo R Buttrick

a guest artist. We have recently featured Sue Graves from Suntrap and well-known local duo, Moonlight Foxes. Profits go to the village hall's restoration fund.

Why not come and play at Peppard! This is your opportunity to showcase your talent. Do you have new songs or arrangements to try, a new line-up for your group, want stage experience or simply entertain people with the love of live music? If so, please message us via our Facebook page to pre-book your 15 minutes of fame.

Peppard Unplugged is held every second Saturday of the month. Pay at the door; tickets are £3 for performers and £6 for others. Prices include tea, coffee and a seasonal light buffet in the interval. Bring your own booze! There is also a bumper raffle.

Current details can be found on our Facebook page,

www.facebook.com/peppardunplugged

Future dates:

10 September 2022 8 October 2022
12 November 2022 10 December 2022



Moonlight Foxes perform an eclectic mix of covers and originals on a variety of instruments.
photo S Buttrick

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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 – 17:00 Thursday and 10:00 – 15:00 Saturday www.reading.gov.uk/leisure/libraries/all-libraries/caversham-library

Geo Café – Artists against homelessness, an ongoing and changing exhibition of art by local artists at Geo Café, Prospect Street. For every sale, the artist makes a donation to Launchpad Reading. Open every day except Tuesdays (when the café is closed).

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 – *St John's Baby and Toddler Group* – 09:30 -11:00 in term time – Caversham Hall, St John's Road - all welcome. See www.facebook.com/stjohnscaversham

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

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

Thursday 1 September to 5 October – *Exhibition of work by Reading artist Sally Castle* – Caversham Picture Framer, 7 Church Road, RG4 7AA See: <https://cavershampictureframer.co.uk>

Friday 2 September – *Bereavement Café* – monthly drop-in for the bereaved 14:00 – 15:30, St Barnabas Parish Centre, Emmer Green, RG4 8RA First Friday of the month. All welcome. Contact Gillian Wilson 0118 947 8772 for information.

Wednesday 7 September – *Walk at Henley-on-Thames 6 miles* – 10:00 start at Mill Lane car park - Pang Valley Ramblers. One of several walks in their programme. Every Sunday and alternating Wednesdays and Thursdays. See www.pvramblers.org.uk for details.

Wednesday 7 September – *Art in the Arbour* – 10:00 – 16:00 Pop-up shop at 12 Longhurst Close, Caversham, RG4 5ER. Liz Real will be selling her art and greetings cards and will be joined by three other local makers: Cucumberwood Candles, Oneblackspaniel ceramics and Kitschensync. All sales support Launchpad Reading, the local homelessness prevention charity www.launchpadreading.org.uk

Wednesday 7 September – *A talk on the Elizabeth Line/Crossrail project* – 20:00 at Caversham Heights

Methodist Church Hall, Highmoor Road. The Caversham Heights Society – this will be preceded by a short AGM at 19:30 www.cavershamheights.org

Wednesday 7 September – *Rosehill WI* – 14:00 St Barnabas Church Hall. There will be a talk on Blood Bikes! New members are welcome.

Saturday 10 September – *Artists & Makers Fair* – 10:00-16:00 – Caversham Methodist Hall, 272 Gosbrook Road. Local artists and craftspeople display their work for sale. Free entry. Phone Jean 07808 966928 for information. www.cavershamcrafts.co.uk

Saturday 10 September – *Caversham Horticultural Society Autumn Show* – 14:00-16:30 – Emmer Green Primary School, St Barnabas Road. Contact: chs-showsec@caversham-horticultural.org.uk for details

Wednesday 21 September – *A talk on the History of Reading Football Club* – 20:00 at Caversham Heights Methodist Church Hall, Highmoor Road. The Caversham Heights Society www.cavershamheights.org

Thursday 22 September – *Reading u3a* – Display of u3a groups' activities at Caversham Library from 13:30 to 15:30 linked to the 40th Anniversary of u3a in Britain. Further information at www.readingu3a.org.uk

Thursday 22 September – *Caversham WI meeting* – 19:30 at Church House (next to Waitrose). Every 3rd Thursday of the month. New members are welcome. Email: cavershamwi@berkshirewi.co.uk Secretary: Joy Kennedy on 07786 642424

Friday 23 September – *Reading u3a* – Celebration of the 40th Anniversary of u3a in Britain, with displays of Reading u3a activities, outside Marks & Spencer on Broad Street, Reading, from 10:00 to 16:00. Further information at www.readingu3a.org.uk



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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

APPROVALS OF planning applications often include conditions. There may then be a detailed application setting out how those conditions will be met so the conditions are "discharged". This often involves a statement on Construction Methods, including hours of work, delivery routes, control of noise and dust, as well as issues specific to the site. There are several of these this month: for Reading Golf Club; the SSE building on Vastern Road; and 3 Prospect Street, the former Chinese Restaurant. These applications are open to comment in the usual way and, as always, you will find the links in the CADRA list on www.cadra.org.uk. Construction and delivery for Reading Golf Club poses particular concerns and CADRA has commented formally, as well as raising them with Councillors.

South Oxfordshire has still to decide the planning application for Caversham Lakes, but Reading Borough Council has submitted a formal objection on transport grounds, commenting that the traffic assessments fail to recognise the range of other activities on the site.

For the large schemes, we still await the appeal decision for the Aviva site from TGI Fridays. The large application on Henley Road for two apartment blocks providing 59 retirement living apartments (next to the nursing home under construction) has still to be decided.

In Lower Caversham, applications are being made to demolish or convert industrial buildings to provide residences. The application for ONC House on St Johns Road has been refused. There are new applications for a demolition on Wolsey Road and for conversion to studio apartments on Tilbury Close behind the Henley Road shops.

aw cycles

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AUTUMN IS the season when you're most likely to notice the spindle tree. In our area it's usually a shrub you find in old hedgerows, especially where the soil is chalky. The hedge in the picture was at Arborfield. The flowers are greenish-white and four-petalled, appearing in May and June, and are inconspicuous. But come September, when the fruits turn pink, the hedgerow can become a riot of colour. One of my textbooks describes the colour as coral pink, but to my mind it's more of a shocking pink – especially when the fruits split into four to reveal the bright orange seeds. The leaves also tend to turn red.

Apparently, in Ancient Greece, Spindle was thought to be particularly poisonous to goats. The philosopher Theophrastus wrote that it was hurtful to all things, and especially to goats.

'...use as a laxative and purgative...'

It could also be used as an insecticide. In 17th century England, the diarist John Evelyn wrote that the fruits, when baked and powdered, were sprinkled onto the heads of children, to kill head-lice and their nits. The leaves, dried and powdered, could be strewn round the bedroom to deter bed-bugs and the like. And Spindle was in use as a laxative and purgative. John Gerard, the herbalist, around the same time, said "If three or four of these fruits be given to a man, they purge both by vomit and stoole."

The twigs tend to be four-sided and to grow very straight, and the wood is whitish and hard. John Aubrey, another man of the 17th century, wrote that "The

butchers doe make skewers of it, because it doth not taint the meate as other wood doe." The wood was also used to make the keys for keyboard instruments, bows for stringed instruments, knitting-needles and tooth-picks.

It is curious that the usual English name for it is not recorded until 1568. Presumably the wood had been used for making spindles, when wool was spun by hand using a spindle in one hand and the distaff in the other. The herbalist William Turner wrote that, though he had seen the tree in England, he had never heard the English name for it, and so he was going to call it the spindle tree, which was a translation of 'Spilboome', the name it went by in the Netherlands. Subsequent herbalists and botanists followed his lead.

A whole host of old English names existed for the tree. Referring to its poisonous reputation where goats were concerned, it was the Gatter-tree, with 'gatter' coming from the Anglo-Saxon word for a goat. From its reputation as an

insecticide, its fruits were 'louse-berries'. But most of its names came from old words for skewers – Skiver-timber, Skiver-tree, Skewer-wood, and Pricke-timber.

For such a colourful and attractive shrub, it seems a pity that its English names are so utilitarian, and its uses so repulsive! In France, the Spindle is called Bonnet-de-prêtre – a priest's hat or bonnet. The fruit, with its four segments, reminded people of a biretta – though usually the biretta would have been black. Perhaps a cardinal's hat would have been more appropriate, though a cardinal's biretta would have been scarlet rather than shocking pink!



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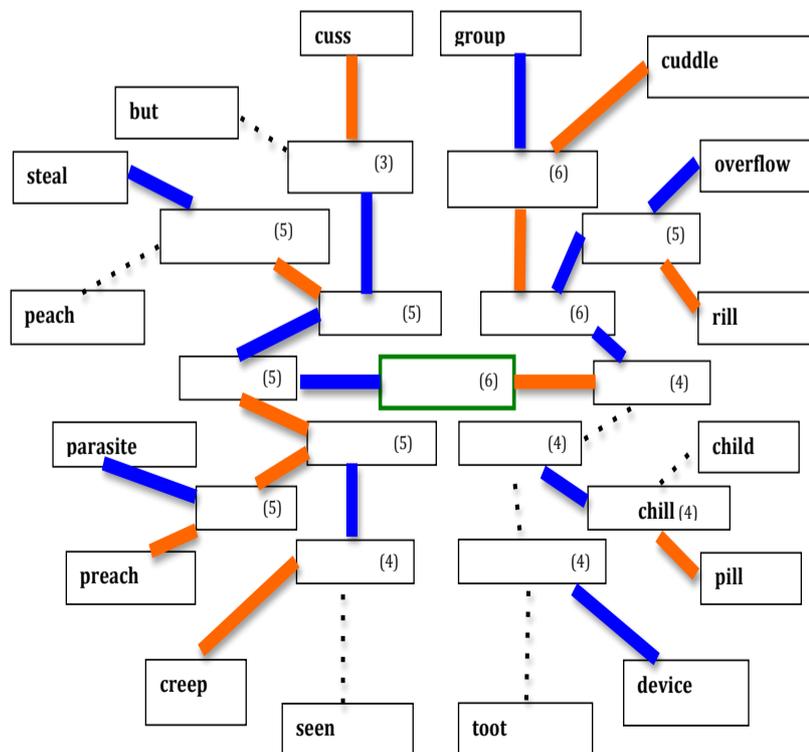
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Puzzle Corner

The Challenge by Rachel

Find the word that has the same meaning as the clue; or rhymes with; or has one letter that is different. For example: *chill* has 4 letters, differs from *child* by 1 letter and rhymes with *pill*.

Rhyme ———
Letter change
Meaning ———



Answers on page 19

THE SEASON OF MELLOW FRUITFULNESS

Can you find 19 fruit and nut related words here?

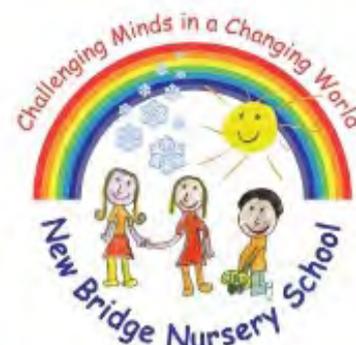
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Tomato
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Ten years of support

by Stacia Beene



SNOWFLAKES is an Early Years' Autism Resource based within New Bridge Nursery in Caversham on Montague Street, Caversham. We support ten children each year aged between three and five years old with a diagnosis of autism, or children awaiting an autism assessment.

Autism is known as being a spectrum condition, as the challenges can be vastly different for each individual.

The children we work with generally have challenges with social communication, rigid thinking and emotional regulation. But they often excel in high energy activities, with intense focus on items of interest, and excellent memory and recall for things important to them.

Waiting lists for assessments are long, and the whole process is often complicated and stressful for parents to navigate. As a community in Caversham, we can all do our bit to help our children with autism by becoming more aware, educating ourselves and showing empathy.

On 18 June 2022, we celebrated 10 years of Snowflakes serving families within the Reading community. Families and staff, both past and present, were invited. It was a



A sweet celebration photo New Bridge Nursery

fantastic community get together, with over one hundred people joining in this chance to connect and celebrate. To welcome past pupils who are now ranging from five years up to fourteen years old felt very special. We shared cake, played in the garden, chased bubbles and all enjoyed just

taking a moment out of the hectic world, in a safe environment, to be with like minded people, who understand autism, along with the triumphs and challenges this can bring.

Autism is often a hidden disability which can result in parents feeling judged and isolated when in public. Next time you're in a supermarket, park, or on a bus and see a parent struggling to support their child, please keep in mind this child may have an autism condition, and offering a smile of support or asking if you can help might be exactly what the parent needs to keep going for the rest of the day.

If you would like to know more about our Snowflake provision or discuss autism in the early years further, please email Stacia Beene at New Bridge Nursery School on:

stacia@newbridgenursery.reading.sch.uk

Finding the hidden gems

by Michael Howes



WALKING is the ideal low-cost outdoor pursuit, which helps keeps your bones and muscles strong and supple, improves muscle endurance and increases energy levels. Local walking group Pang Valley Ramblers has a regular programme of walks suitable for most ages

over the area all around Caversham and Reading, both urban and rural. Discover the hidden gems which are to be found if you know where to look. Have you seen the post box on the river side of Sonning Bridge (see above); the statue of Pan on a tall brick column just above Mapledurham village; the Nuba Survival statue near Checkendon; the Fisherman statue on Chocolate Island, Reading or the Carved Wooden Face on View Island, Caversham?

Walking is the backbone of what we do. But there are other things as well. Each year we organise a walking week, usually in the UK and a long autumn weekend walking. We also run a quiz and other social events for our members. The first couple of walks are free but we encourage people to join us to enjoy our social activities as well. Membership is £36.60 a year for an adult or from £49.00 for two adults. Membership benefits include being able to walk with every Ramblers group throughout the UK, join organised walking holidays and receiving four copies of our Walk magazine a year.

For more details, see our website at www.pvramblers.org.uk

Learn, Laugh, Live

by Harvey Smith

ORIGINALLY known as the University of the Third Age, u3a is a UK-wide collection of charities providing activities for retired people to come together and learn for fun. This year it is celebrating the 40th Anniversary of the movement in Britain. Reading u3a is playing its part in the celebrations with a display of u3a group activities outside Marks & Spencer, on Broad Street, on Friday 23 September, from 10:00 until 16:00. This will include demonstrations by the Singing for Pleasure and Tai Chi groups. Libraries in Reading will be hosting displays through September, including one in Caversham Library, on Thursday 22 September from 13:30 to 15:30.

Reading u3a Secretary, Virginia Day, said, "There are interest groups for everyone who has retired, and we plan to showcase the mental and physical benefits of becoming

a member of Reading u3a." Groups include Languages, Current Affairs, Seated Exercise, Town Study, Chess, Play Reading, Science & Technology, Theatre, and lots more, all contributing to u3a's motto of 'learn, laugh, live'.

Reading u3a invites Caversham residents to drop in at any of the events to find out more. There are also details on its website, www.readingu3a.org.uk.



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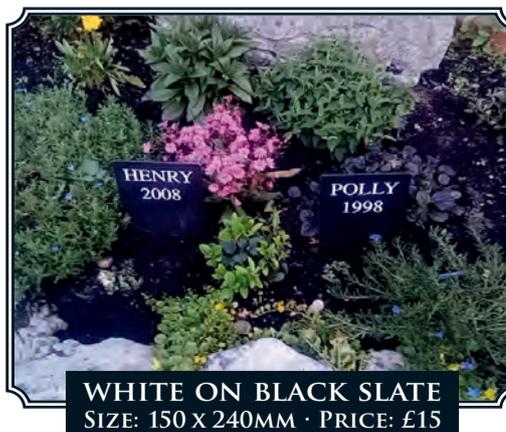
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Bouncing Back

by Jude Chapman

WALKING THROUGH Caversham today, it's hard to believe that more than a year has passed since my last update. At that time, our local business owners had just emerged, blinking, from the darkness of the last lockdown. So, what a delight it is to see them buzzing with trade once again.

Yes, Caversham has bounced back well from the pandemic, due in large part to the broad range of products and services on offer, and the continued support of local residents. Unlike similar towns, there are very few empty shops in

Caversham. If one closes, there is usually another business ready to take its place. Nood Stores, for example, is a welcome newcomer, offering a wonderful range of products from skincare to art, to plants and flowers. Likewise, Shea Butter Cottage on Henley Road. The newly opened Angel Bar has given us back a cocktail bar and, on the professional services front, Templar Estate Planning has offices in Church House for those looking to get their affairs in order.

Of course, the Caversham Artisan and Farmers Market has become a favourite Sunday destination for many, with its ever-changing offering of local produce, arts, crafts and delicious takeaway food. It brings people in from far and wide, who then experience everything else Caversham has to offer.

Prospect Street is still the home of specialist stores, such as Waltons Jewellers; The Live Well for homewares and interior design; Fourbears Books; my own dancewear store, Dancia International, and dress agency, Carousel Clothing. Take a wander up Prospect Street, and you will see how lovely it looks with all the hanging baskets. This is the result of a Caversham Traders Association (CTA) initiative, funded by individual businesses. We hope it will expand

throughout the centre of Caversham over the next year. Watch this space....

Finally, I'm happy to report that the CTA is also thriving post-Covid-19. Meeting attendance is up, as more traders realise the benefits of getting to know each other and being part of an organisation that can support its members through thick and thin.

The CTA thanks all the people of Caversham who continue to shop locally and, in doing so, contribute to the vibrant Caversham that I experienced as I walked through it today.



Prospect Street hanging Baskets



photos F Smith

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Happy Birthday Artists' & Makers' Fair



text and photos Joyce Richardson

CAVERSHAM'S Artists' and Makers' Fair has just celebrated its first birthday. This monthly market was the brainchild of local crafters, Shirley Strickland and Jean Harper of Nimble Thimble, and provides a regular opportunity for local artists and craftspeople to show and sell their work.

Shirley and Jean formed Nimble Thimble when their swing dance business came to an abrupt stop with the Covid-19 epidemic. Beginning with colourful face masks, they soon extended their range to include fabric and needle felted gifts and kits, but needed to find somewhere to sell them.

The Caversham Artisan Market, (CAFM) provided

a wonderful venue, but Shirley and Jean found their light, fabric items were not ideally suited to an outside market. As Jean remarks, "Having retrieved our products from the four corners of the Waitrose car park during one particularly windy Sunday, we decided we needed to find an interior venue." This proved to be the Caversham Methodist Church on Gosbrook Road and, with the support of the Reverend Martin Beukes, and the invaluable assistance of Eunice Cooper, Alvin Laird and Gareth Sweeting, the Artists and Makers Fair opened its doors last July. It now runs from 10:00 to 16:00 on the second Saturday of every month bar August, January, and February.

The Fair has provided a much-needed outlet for our local crafters and artists, many of whom have been featured in the Caversham Bridge in recent years. Visitors can browse a wide range of arts and crafts, from ceramics and glasswork to textiles and woodwork, and chat to their creators. As Shirley says, "We were thrilled and amazed at the quality and originality of the products on offer. We have some extremely talented people in Caversham!"

The Artists' and Makers' Fair returns on 10 September with new stalls and old favourites, refreshments, fun kids' competitions, and some surprises! Why not pop along, pick up something unique and support local crafters!

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Be smart, buy local art

If you're looking for something a bit special for a birthday/wedding present - or even thinking ahead to Christmas - then why not consider buying an item by one of our local Caversham artists - or maybe even choosing a completely original piece of work as a gift?

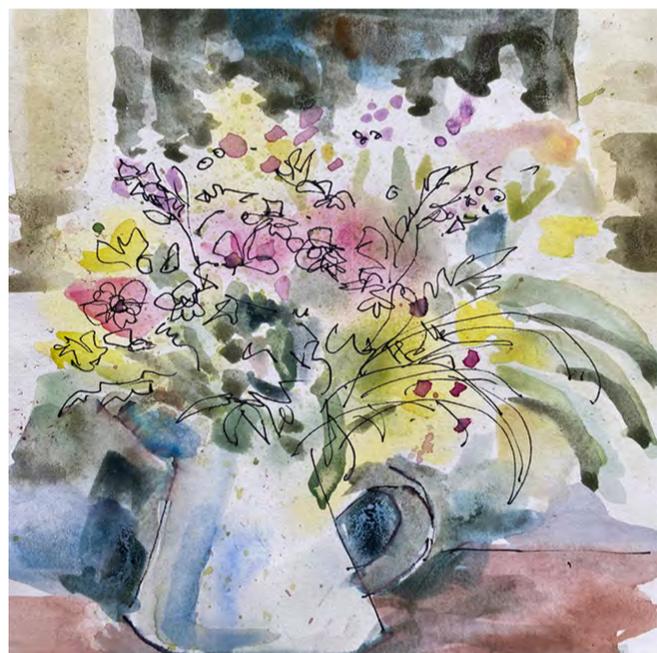
Janina Maher, who has been compiling a series of sketches of Caversham buildings with historical descriptions by Martin Andrews, has now produced a book which will include 28 of our local buildings. Titled *A stroll through Caversham* it will be launched at Fourbears Bookshop in Prospect Street, Caversham on September 30, and will be available from the bookshop from October

1 - in fact, you can already find greetings cards and fridge magnets designed by Janina on sale in Fourbears. Janina will also be signing copies of her book at the forthcoming Artists and Makers Fair at the Methodist Church in Gosbrook Road on Saturday October 8. Copies are also available direct from Janina via her website.

In the meantime, Caversham artist Nina O'Connell is excited to announce a special exhibition of her work, together with textile artist Karen Tomalin, which will take place at the Old Fire Station Gallery in Henley's Market Place. The exhibition will open on Thursday October 27, and run up until Tuesday November 1 - and there will be a

colourful array of paintings, batiks, prints, textile hangings and stitched artwork which Nina and Karen are delighted to be showing. Well worth an outing to Henley to view - and potentially solve those gift-buying headaches!

Charles Burns has long provided highly sought-after silhouettes - from royalty down to people's pooches - which create perfect presents, whether for birthdays, Christmas or weddings and anniversaries. And if you are looking for an individual piece of jewellery, why not look out for something unique created from re-purposed pieces of old jewellery and ceramics by our own Caversham artist Barbara Goodbun? *by Elestr Lee*



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Clubs, classes, convenience by Phil Chatfield

OUR AREA is fortunate in having a number of local convenience stores, several offering post office services. Local shops in Farnham

Drive, Emmer Green, Henley Road, Hemdean Road, Woodcote Way, Connisboro Avenue and elsewhere compliment the shops in the centre of Caversham and are an important part of our community. We need to make sure we make good use of them, so they are there to serve us in the future.

We also benefit from a wide range of clubs and classes, which meet in a variety of buildings, from church premises to buildings such as the Milestone and Weller community centres. These rely on our support. Fitness and exercise classes, such as Zumba, Qigong,

Shittaido and Pilates, need a minimum number of regular attendees to cover the costs of premises hire, insurance and leaders. Walking groups (p8), clubs, choirs such as the Reading Bach Choir (p18) and musical groups like Peppard Unplugged (p5) all need members and volunteers to keep them running, as do youth groups like the Scouts and Guides.

There are plenty of local club or classes to choose from, so look around and you may find something new which might entertain, exercise or inform you over the winter months.



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Take action on draughts

LAST MONTH we carried an introduction to the work of Draught Busters. This month, Tony Cowling and Tricia Marcouse provide tips on tracking down draughts in your own home.



EVEN IF YOU have a modern house with double glazing and cavity wall insulation, you may be losing expensive heat due to draughts. The older the house, the more likely it is there will be draughts. Follow this simple process to assess your own home, and then go to:

<https://readinguk.org/draughtbusters> for practical guidance to fix the draughts.

So what does Tony look for when visiting properties? Starting at the front door, he looks for draught strips, letter plate seals, and a weather bar. In the house, he looks at holes around radiator pipes, and gaps in floorboards and under skirtings.

Heading upstairs, he checks the loft trap for draught proofing strips and notes whether it is insulated. In the loft, he looks for daylight. It is acceptable to see daylight when looking down through ventilation slots but not upwards through roof coverings. Is insulation present, how thick

is it, are there gaps or bits missing? Are the water storage cisterns and pipe work, including the overflow, insulated? Then is there a draughty gap around where the soil pipe or other pipes which go down into the house?

In the bathroom he looks to see if there is a fan, or if the window can be left open in a secure position to provide background ventilation when needed.

In bedrooms he checks for gaps under window boards or around the window frames, and draught strips around the windows.

Airing cupboards may have gaps around pipes or old unfilled pipe holes into the loft.

Back downstairs, he checks the living rooms for old air vents or gaps under skirtings and around heating pipes. Are there draughts under window boards and around windows and are the casements draught free? Do windows shut properly, and will trickle ventilators close? And, if there is a

chimney, is it unused?

In the kitchen, are there holes around pipes leading outside, redundant ventilation grilles, is the window or back door draughty?

That's the checklist for you to follow. Then look for help on how to fix these on the Draughtbusters website: <https://readinguk.org/draughtbusters>. The cost for fixing most of these things usually comes out at less than £30 (although not if your loft requires insulation so see whether your energy company or the local council offers any help with this).

There will be presentations on reducing carbon emissions and heating bills during the Reading Climate Festival 26 September – 2 October, and drop-in sessions for personal advice. Check out the full programme of activities on ReadingCan.org.uk from mid-September.

Solar Silver by Virginia Cullura



WHAT CAN WE do to help the environment? It's one of those questions which is sometimes hard to get to grips with. At St Andrew's Church, Caversham, we logged on to the Eco Church website run by A Rocha, a Christian conservation charity at <https://ecochurch.arocha.org.uk>. It helps churches to assess how well they are doing environmentally in different aspects of church life. The categories are worship and teaching, buildings, land, community and global engagement, and lifestyle - a huge scope. It really helped to work through each section and see what we are doing well, and where we could improve.

We already have solar panels (see our photo) but as an extra step we decided to install water butts. This summer we heard St Andrew's has achieved to Eco Church Silver Award, which is fantastic. This is largely due to the Church Wardens, past and present, who have worked with vision behind the scenes to improve our environmental profile. But we know from this summer heat wave there is a huge amount more to do - so we will be trying for Gold over the next few years!

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Show Busyness

by Les Cooper



I ALWAYS think of September as the month when the horticultural autumn shows crop up. All right, all right - when they happen! Perhaps because, at this time of the year, I have been involved in shows for most of my life. My Dad was a better gardener than I, and he loved exhibiting his chrysanthemums and vegetables. So, I got involved, sometimes a little unwillingly. The two show venues I remember were the West Memorial Hall, now flats and Balmore Hall, now a doctor's surgery. Later the Arthur Legge Centre, which is now houses, was used.

It was just after the war when, as a young lad, I went with my Father to one of the halls. All the other competitors, mostly men in those days, were busy carefully laying out their shiny fruit and vegetables, or arranging their beautiful chrysanthemums. Our 'Tender and True' variety

always rivalry; friendly rivalry but, on the night before the show, not a lot was said, as all the exhibitors carefully arranged their exhibits. There were rings on which to stand the big 'Ailsa Craig' onions, smaller rings for the shallots, and neat pieces of cloth for those long 'Scarlet Runner' beans. The chrysanthemums would be standing waiting in a bucket of water as the best were carefully selected, and the odd petal tweaked to make the huge bloom look its best. As closing time loomed, there was a mini panic, as the competitors hurried to finish and tidy up.

Next day, it was waiting time until the judging was over. Then we could nonchalantly wander in to look on the entry cards for that red, first prize, sticker. I am sure Dad didn't like it when Fred Bloggs or 'old him down the road' received a first prize for their chrysanthems. But exhibitors could never appear to be upset, and I am sure as they drank their cups of tea afterwards, they enjoyed chatting about how the judges got it so wrong. Way back then there were only a few trophies to be won, so it was great to have that 'Best in the Show' cup on the mantelpiece!



One of Father's Certificates

photo E Cooper

parsnips were always good, and we often seemed to win the first prize with them. I remember digging down and struggling to lift the darned things out of the ground without breaking the very last bit of root. Often, as Dad watched, I burrowed down to expose what appeared to be the perfect parsnip, only to discover, as the final bit of the root was revealed, that it was forked and no good. Often most of the crop was dug up to find three perfect parsnips.

At the shows there was

Caversham Horticultural Society Autumn Show...

...will be on Saturday 10 September at Emmer Green Primary School (St Barnabas Road). All levels of exhibitors are encouraged, and there are classes for everyone, from fruit and veg growers, to flower growers and arrangers, as well as classes for budding Bake-off contestant and a handicraft section.

We hope to see many visitors, old friends and new, enjoying the show and buying plants, bulbs and refreshments in the autumn.

For more information on our shows, contact show secretary Gwyneth Rowlands
chs-showsec@caversham-horticultural.org.uk

Francis Serjeant



Plant of the Month

by Louise Hampden

AFTER AN extraordinary summer of bleached, crispy lawns, and plants drooping with thirst, perhaps it is time to reflect on what we plant in our gardens for the future. For years now, I have not watered my garden and concentrated any watering on containers and the odd plant that has needed a bucket of water now and then, like hydrangeas. I can't remember ever seeing the ground so dry as this year, and have cut back some perennials which were really suffering. This exposes the soil around them, in the hope that when the rain eventually arrives, it would be able to penetrate the soil.

However, it has been quite interesting this summer to observe which plants have coped with drought and the ones that haven't passed muster. So when September arrives heralding a new gardening season, I intend to make a few adjustments to my borders.



Autumn flowering Asters photo L Hampden

Established roses have continued, regardless of the weather, and with regular deadheading have produced new buds for a late summer display. I would recommend planting roses either in the autumn, or as bare root plants in winter.

I've been pleasantly surprised by how perky my autumn flowering asters have been throughout the extreme heat and drought. I have them planted in both sun and shade, and they will be in flower for a month or so. I will be dividing and redistributing them once they have finished flowering to fill gaps left by less drought-resistant plants.

I have a couple of varieties of verbascum grown from seed and from young plants. They have all flowered well, and I think this is down to their hairy, silvery leaves, which, along with their thick root system, have been holding water. I've placed an order for a few



Verbascum in bloom

more to give spires of colour next summer and may try taking root cuttings to increase quantities.

Ornamental grasses have done well with no watering, so perhaps they are worth adding to the list too.

In my view, if next year is going to be anything like this one, it is certainly worth considering planting all shrubs, trees, and perennials over the autumn months to take advantage of warm soil and wetter conditions. This will help them to establish a strong root system and to survive drier conditions.

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Community Connections



by Caroline Gratrix

This month we meet Nandana and Sharat Syamala, the owners of Clay's Hyderabad Kitchen

CLAY'S HYDERABADI Kitchen is moving from London Street, Reading to The Baron Cadogan premises in Prospect Street, Caversham.

Critically acclaimed, and loved by customers from across the UK, they have had glorious reviews in the national press, including The Observer, Telegraph and Daily Mail.

- "Blisteringly beautiful Hyderabad cuisine" - William Sitwell (The Telegraph)
- "Some of the most thrilling regional Indian food I've eaten for years" - Tom Parker Bowles (Daily Mail)
- "Punchy cooking, cult success" - Jay Rayner (Observer)

So who are they?

Nandana and Sharat Syamala opened Clay's in London Street in 2018, and very quickly gained a loyal following. Their authentic Hyderabad food is like nothing you have ever tasted. They are passionate about quality food, wines, beer and exceptional service.

Craft beers are sourced locally from Loddon Brewery, Double-Barrelled Brewery and Siren Craft Brewery, and they have been doing lots of research into specialised wine chillers so they can sell more by the glass, for a perfect pairing experience.

Their vision is for an all-inclusive space, 'something for everyone'. The restaurant will be open morning till night, for breakfast, coffee, quick lunches, family and casual dining. There will be an outside dining area and a private dining area for special occasions.

They are hoping for a mid-October opening and to be taking

bookings by the end of September; check their social media for updates.

If you are planning a visit, you can help them out by purchasing vouchers for your meal in advance. All vouchers will have an extra 10% added, so it's a great deal.' You can order yours at:

www.clayskitchen.co.uk/collections/crowd-funding-rewards

Let's find out a little more about them:

How long have you lived in Caversham?

We are currently living in Reading. We plan to open the restaurant mid-October and to move to Caversham soon after.

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

We love Geo Café.

We are new to Caversham, so have enjoyed a visit to The Fox and Hounds, Pappa Gee, The Angel Bar and Quattro, and we are very much looking forward to being here permanently and trying all the other amazing places, like Vegivores.

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

We are big fans of sustainable living and have worked hard to keep and upcycle as much of the Baron Cadogan as we could.

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

We are hoping that opening our restaurant in the heart of Caversham will bring everyone into the heart of the community – families, couples, singles, friends, and visitors from far and wide.

ANYONE FOR BRIDGE?

by Duncan Knight



LOTS OF people play what is known as 'kitchen bridge', but are reluctant to join a club, as they feel they might not cope. There are others who have not played for a long while who feel the same. In fact, they are almost certainly good enough and playing in a club is a great way to hone skills.

If you would like to try bridge in a club setting, then contact the Caversham Heights Bridge Club. We have a mix of players; some are cautious and some like to take a riskier line, but what we don't do is to take the game too seriously. We do have one rather dogged rule, though - members must be fully vaccinated against Covid-19.

Our small club meets Thursdays at 14:00 at Caversham Heights Methodist Church in Highmoor Road, in a room which is airy in the summer and cosy in the winter. If you know the basics of the game, why not come and try things out for free?

To find out more, please contact Duncan Knight on 0118 9475544 or email: Duncan.knight@googlemail.com

NEW SEASON FIXTURES

THE FIRST meeting of the Caversham Heights Society 2022/23 season will be on 7 September at Caversham Heights Methodist Church (CHMC) Hall, Highmoor Road. The talk will begin at 20:00, and the subject is the concept, construction and operation of the Elizabeth Line/Crossrail. This will be preceded by a short AGM at 19:30. Our second meeting on 21 September features a talk on the History of Reading Football Club. All meetings start at 20:00 on Wednesdays at the CHMC Hall.

A programme of interesting talks has been arranged for the season, as well as a number of day trips for members, and a 5-day mini holiday in the Spring.

The Society welcomes new members and is open to all - you do not have to live in Caversham Heights! If you are interested in joining, please contact the membership secretary on 0118 9479970, or email:

contact@cavershamheights.org

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How painting has taken over Jill's life

Learning to work in water colours was just what the doctor ordered – as Jill McEvoy relates to Elestr Lee

BACK IN THE Spring Caversham welcomed the return of its Arts Trail – which introduced 20 new artists and makers to our community. Jill McEvoy was among the newcomers, and was delighted to show off her remarkable range of work which includes portraits, depictions of pets, farm animals and flowers, as well as both seascapes and landscapes.

Like many artists, Jill found painting a great solace during lockdown. Although, in fact, retired teacher and keen golfer Jill had turned to art just before the pandemic, in response to a debilitating health diagnosis. "In 2018 I was diagnosed with Multiple Sclerosis (MS), which made me very depressed. My doctor suggested I should learn something new. I've always enjoyed dabbling in various kinds of art, and I had painted in oils. So I decided that I'd like to try water colours.

"My daughter Wendy, who lives in Shiplake, recommended Liz Chaderton, who was doing a water



colour course in Shiplake village hall. I managed eight lessons before the start of lockdown – luckily, that taught me all I needed to know to get going. And throughout lockdown, painting in water colours kept me sane!"

In fact, Jill's work draws on a range of media, which results in the vibrant, eye-catching quality to her work: as well as water colours, she incorporates pastels, chalk, and water colour pencil, as well as gouache and ink. "I am inspired by the photographs on which I base my work. I go to bed thinking about what I want to paint, and when I wake up, it's there, ready for me to do!" Jill enthuses.

Born in Canada, she has been a Caversham resident since 2003, when she and her husband, who served with the British Air Force, retired. Being a Forces' wife, Jill



Jill (above left); *Bernie, cock of the walk* (left); *The old goat* (above); *Munching Highland cow* (below); *Hound dog* (right)

faced many moves throughout married life, though her interest in various art and crafts was always present.

"When I was pregnant with my two children, Mark and Wendy, it became something I could do in the evenings. I enjoyed pottery – I liked to make porcelain clay flowers. I sewed, knitted, did crochet. And creativity runs in the family: my daughter Wendy is now a jeweller – she is both a silversmith and goldsmith. And both my grandson and granddaughter have done A level art – and both love to paint," she says. In fact, readers may have spotted her talented daughter Wendy Penrose's exquisite jewellery which used to be showcased at the Blue Duck gallery in Hemdean Road.

Jill spent many years as a teacher, enjoying working with children aged 10-11 most of all. "Teaching is so creative, and so rewarding," she comments. However, she isn't sure if she wants to return to teaching again but has been delighted by the response to her work. Jill feels – as do many of the artists interviewed – that chances



to show her work in the area are too few. "Caversham lacks a space for artists and makers, maybe it would be better if the Arts Trail took place two or three times a year – then people would really get used to seeing our work, and knowing it's out there," Jill suggests. Her first foray into the Trail produced several commissions, which thrilled her.

A recent trip to Canada gave Jill the opportunity to paint portraits of various friends' and family members' dogs as presents. She sent the photo of one of her dog portraits to someone via email in error – but when she realised her mistake and apologised, the recipient said she'd loved it so much she commissioned Jill to paint a friend's dog. "I explained to her my fee, but she was okay with it. And when I sent her the painting, she was delighted!"

Jill, now 75, is determined to carry on painting despite the infirmities her MS diagnosis has brought. "At least painting is not weight-bearing, it is easy to do, and my



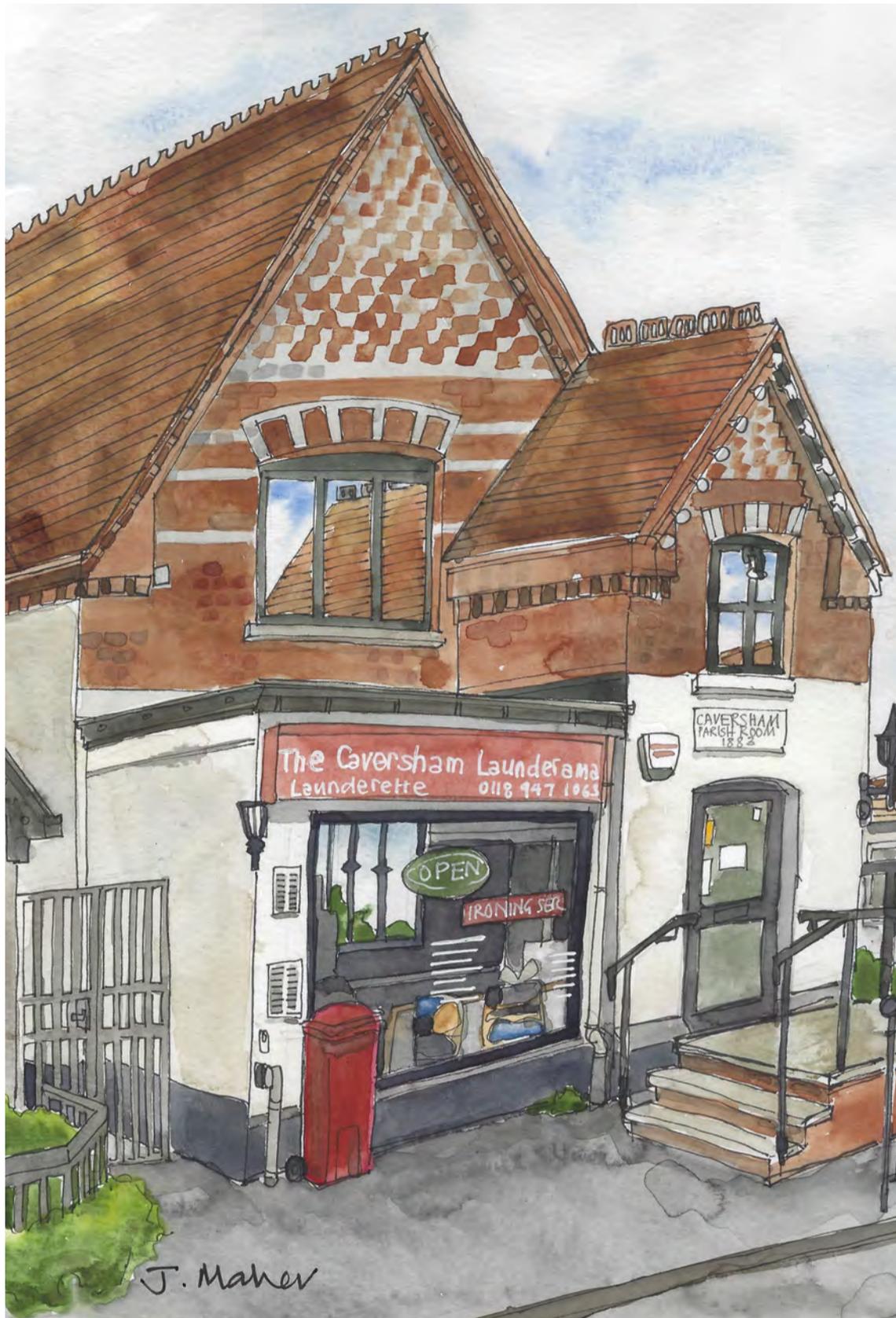
hands are okay. I also have problems with my eyes, such as cataracts – but after all, Monet continued to paint, even with cataracts!" Jill comments, adding, "I won't be deterred."

Her most recent work includes a handsome portrait of a Highland cow, and she was about to embark on some paintings of deer. "Painting has really taken over my life," confesses Jill. "Not a day goes by when I don't do something to do with painting. It's a problem-solving thing – I like to work at my paintings, but when they are finished, it is wonderful that they create such pleasure."

To find out more:

Instagram: [@jillmcevoypaintings](https://www.instagram.com/jillmcevoypaintings)

www.facebook.com/tikicaversham



Drawing by Janina Maher

www.janinamaher.artweb.com

The Local Scene

by Martin Andrews

The Launderama on Gosbrook Road

THE CHARMING Victorian building next to the Clifton Arms pub in the Gosbrook Road featured by Janina this month has been used for many things over the years. A plaque above the door tells us that it was built in 1883 as a 'Parish Room' for St Peter's Church, although it is actually rather a long way from the church. The land was given to the Parish by Henry John Simonds (of the Reading brewing family) but a map dated 1881 shows a previous building on the site as a 'Crèche'.

The building has a main hall, and a separate smaller room connected to it at the rear with access to South Street. One source suggests it served as a Working Man's Institute, but the rooms were used for many other activities – church meetings, societies, Sunday school, entertainments and social events for young and old. There is reference to it also having served as the first lending library and reading room in Caversham, which was partly funded by the Parish Council but reliant on volunteers to run it. The library was neither free, nor very accessible, as it only opened for book lending on alternate Wednesdays!

A senior member of the St Peter's congregation remembers it being used as a school in the early 1940s. Although too young for school at the time, she ran away from her mother during a shopping expedition, walked through the open door and briefly joined in the lesson which was in progress!

Around 1974 a Trust Deed was executed, enabling the building to be let, with the profits going to the Parish. Since then, it has been occupied by a supplier of electrical lighting, a flower shop and a Reading and District Cancer Care charity shop. In 2013 it was taken over for its current use as a launderette and dry cleaners.

The upper half of the building has a wonderful, chequered pattern of brickwork, but sadly, the ground floor exterior walls have been painted over.

Janina will be publishing a book containing many of her drawings of Caversham buildings in the form of a stroll through Caversham on 30 September 2022, for more details see

<https://janinamaher.artweb.com/book-of-caversham>

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by David Robinson

David Robinson is Director of Templar Estate Planning; a specialist Will Writing and Estate Planning Provider based in the heart of Caversham within Church House

Prepare for Care

A good estate planner can offer you protection against this through trusts to protect your home, and allow it to be passed on to your beneficiaries.

Ensuring that someone you trust, rather than a stranger, can make vital decisions on your behalf

Having a Lasting Power of Attorney (LPA) set up prior to going into a care home will help everyone involved with your care. An LPA allows someone you trust to both:

- Manage your finances in case you are not personally able to organise them. For example, it will be important to ensure all fees and costs are paid correctly and on time to avoid issues with your care home. Your trusted person will also be able to

make sure other financial obligations are managed correctly, and your needs met.

- Make decisions regarding your health and welfare if you are unable to. It is not only a benefit for you to have someone you trust doing so, but also for the care home, who will have a direct and quick contact to ensure, for example, any medical treatment is provided correctly and quickly.

Changes to a will, or setting up LPAs, can only be done if the recipient is deemed of sound mind, or having the mental capacity to understand what is being done. You should also note that LPAs cannot be used until they are registered by The Office of the Public Guardian; at present this is taking up to 20 weeks. So this work should be done long before it is needed, sooner rather than later.

If you have any concerns or questions on this, I am happy to have a free chat with any reader of Caversham Bridge. See our advert on page 3 for contact details.

IF YOU OR a loved one are looking into care home options, it must feel like there are 101 things to organise. A good estate planner can help you with at least a couple of the most pressing issues:

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Care homes are expensive; the average UK monthly cost for residential care is £2816 (£33,792 per annum), and £3552 if receiving nursing care (£40,224 per annum). Fees in our area are generally more expensive than the UK average. You will have to pay if you have assets above £23,250, including the value of your home. If you own your home, it is likely you will be well above the threshold and will be expected to pay.

If you have a standard will and no savings, or your savings run out, you may need to sell your home, or have the Local Authority put a charge on it, to finance long-term care.

Clarinet and Cake – a celebration concert by Kathy Munns

MANY GROUPS are endeavouring to raise funds after Covid, and Reading Bach Choir is no exception! This concert will help. A clarinet recital will be given by alto Janet Hilton – who is a renowned solo clarinetist and professor of clarinet at the Royal College of Music – and our Assistant Musical Director Nick Shaw on the piano. I asked Janet about her career and this particular recital.

It all started with a child's penny-whistle! Having honed these skills, 12 year old Janet spotted a clarinet in a shop window and liked the look of it – so much so that she persuaded her parents to buy it for her, whereupon she began to teach herself to play it. Lessons followed, leading to study abroad for a while and competitions. The prize for winning one of these was to give a series of concerts, which led to getting an agent, solo and orchestral playing, and then teaching.

These strands have continued throughout Janet's career. A move to Scotland, as principal clarinet in the Scottish Chamber Orchestra, was the start of her teaching career. She found her way to the Royal College of Music in London via Manchester and Birmingham, and still teaches in London one day a week. Much music has been specially written for her, and been

recorded by her, including Divertimento for Wind Octet, composed by her friend Sir Malcolm Arnold.

Janet moved out of London in 2010, calling time on her busy orchestral career, but definitely not her solo and chamber music work. Along with her husband, David, she joined the Reading Bach Choir, and this has provided a fresh opportunity for group music making.

The main thread of this concert is work by composers who studied or worked at the Royal College of Music, including Charles Stanford, as well as Vaughan Williams.

Tea and cake afterwards are included, so join us on Saturday 8 October at 15:30 in St Andrew's Church, Caversham. Tickets available from choir members or the website:

www.readingbachchoir.org.uk at £15 (£5 under 18s). To hear Janet playing, try this preview of her most recent CD:

www.youtube.com/watch?v=Jzpm5_IBcIY

The next Reading Bach Choir concert will also be held at St Andrew's Church, on Sunday 13 November, at 17:00. To sign up to receive our occasional newsletters, please visit:

www.readingbachchoir.org.uk/newsletter.



Janet Hilton

photo D Richardson



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Wellbeing *with Ami Roy*

Facts about fats!

DIETARY FAT is essential to our health. It gives us energy and helps our body absorb vitamins. We need fat in our diets to help us absorb the fat-soluble vitamins A, D, E and K. Fats are also a source of essential fatty acids, which the body cannot make itself.

But some types of fat may play a role in heart disease and stroke. In addition, fat is high in calories. Eating too many calories can lead to weight gain and possibly obesity.

Although there is a lot of debate about the health effects of fats in the diet, we have many studies that show that replacing saturated with unsaturated fats in the diet can help reduce our blood cholesterol. This is important because high cholesterol is one of the risk factors of heart disease – so it is good to be aware of the balance of our saturated and unsaturated fat intake. We also need to be aware of the quantity of total fat in our diet. For a healthy diet, it is important to get most of our fats as unsaturated fats from sources like rapeseed or olive oils, nuts, seeds, avocados and oily fish.

Foods that are high in saturated fats include:

- Fatty cuts of meat and processed meat products like bacon, sausages and salami
- Cheese, especially hard cheese like Cheddar
- Cream, crème fraiche and soured cream
- Butter, ghee, suet, lard
- Coconut oil and palm oil

- Coconut milk and cream
- Ice cream
- Cakes, biscuits, pastries and pies.

Replacing saturated fats in our diet with monounsaturated fats can help to decrease levels of total cholesterol and reduce the harmful LDL cholesterol.

One type of omega-6 fat called linoleic acid is an essential fatty acid, which means that our bodies cannot make it from other fats and so we must get it from our diet. Omega-6 fatty acids are found in vegetables oils (such as rapeseed, corn, sunflower) and some nuts.

The most important omega-3 fats are the long chain omega-3 fats, which may help lower our risk of heart disease, and contribute to normal visual and brain development in babies during pregnancy. Healthy eating guidelines in the UK advise we eat two portions of fish a week, one which should be an oily type. Long chain omega-3 fats are also found in eggs and, in smaller amounts, in meat.

Examples of plant food sources of omega-3 fats include:

- flax and chia seeds
- oils (such as flaxseed, rapeseed) and walnuts.

The government recommends that total fat intake should not exceed 35% of our total daily calories.

If our daily diet has a variety of good dietary fats, they will ensure vitality, sharp vision, good brain health and a youthful appearance.



Remembering Mary Prior

by Eunice Cooper

MARY PRIOR, a valued member of Caversham Methodist Church, died on 31 May 2022, aged 90.

Mary began her life in Burghfield Common and, with her parents, attended the Methodist Chapel there. She worked for British Telecom, supervising new entrants. One ex-member of staff remembers Mary as being very calm, cheery, and with lots of smiles.

Mary's Mum and Dad were both musical, her Dad being a choirmaster, so her life was surrounded by music. Mary belonged to various choirs, including The New Elizabethan Singers and The Mortimer Choral Society, and was a keen supporter of Reading Male Voice Choir.

At Gosbrook Road Methodist Church she became a Senior Steward, a Pastoral Visitor, and a helper with The Sunshine Girls Choir. For many years she was a volunteer driver for The Caversham Good Neighbours' scheme.

Within the wider church, Mary became President of Network ('Network' being the Methodist Women's Fellowship) for the Southampton Methodist District.

A garden lover, Mary tended a nearby allotment, where she was good at producing all kinds of vegetables and flowers. She was especially keen on growing dahlias and chrysanthemums.

One of Mary's specialties was making jam and marmalade, and she always had a large stall at the Gosbrook Road Church Christmas Fair, as well as hosting her own Coffee Evenings. Mary must have made hundreds, if not thousands, of jars of jam, raising a substantial sum for the Church over the years.

Mary was a lovely lady, a cheery soul, and a great friend and neighbour. It was a privilege to have known her.

THE CHALLENGE SOLUTIONS:

bus, huddle, poach, spill, coach, puddle, teach, **school**, pool, leach, cool, leech, chill, seep, tool

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