

# Caversham Bridge

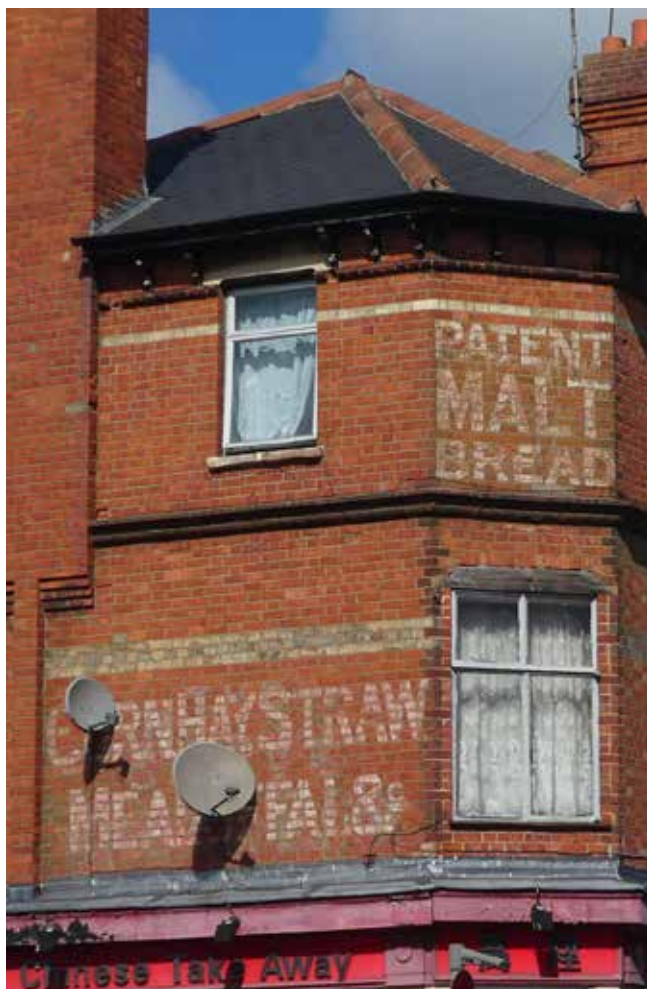
No 697

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

March 2023

## FADING LETTERS TELL A STORY

by Francis Serjeant



Wall advert in Prospect Street

photo F Smith

MANY OF YOU will have seen the faded advertising lettering on the walls of the Prospect Street building situated on the corner of Chester Street. I studied this advert in detail for the first time as I was wandering around the area recording local shops (for a future Caversham Bridge article). Initially I was puzzled as to why a business advertising bread would include hay and straw. My guess is that, as cereal grains were used both for flour and animal feed, it was logical to supply both in the 1890s, which was literally a horse-powered era. The faded paint and the lettering, now obscured by satellite dishes, meant I could not decipher the baker's name. A return visit to consult local trade directories at the Central Library provided the answer. I quickly found that Charles Turner (junior) owned this business. Incidentally, this was a useful reminder not to make assumptions. Directory entries place this business at 26/28 Prospect Street on the south side of the junction rather than the building pictured. Presumably the latter was chosen to advertise the business as its angled wall would be seen facing down Prospect Street and catch the eye of anyone heading up the hill.

Charles Turner followed his father in the family business around 1880. Initial directory entries list him simply as a baker. By the 1890s he had greatly expanded his business into catering, as the local directory advertisement (above) shows. Within this trade directory, another advertisement added the information that he also catered for steam



Smith's Directory of Reading, 1899

photo F Smith

launch parties. This was a response to the late 19th century rise in Thames boating as a leisure activity. Local boat-building families, including Bonas, Cawsons and Freebody, plus Oxford's Salter Brothers, cashed in on this river craze by offering scheduled and chartered steam launch trips, for example works' outings, in addition to individual boat hire.

However, by the 1900s Charles Turner had scaled back his business. For the remainder of his working life, he is listed solely as a baker in local directories. His business was last listed in a 1913 directory. Censuses reveal that Charles Turner had several children, but it appears none of them continued this business after his retirement. Charles died in 1947. There is a monument to him and to his wife, Caroline, in the Caversham old cemetery in Hemdean Road.

## March comes in like a dragon?



by Phil Chatfield

MARCH STARTS with St David's Day (*Dydd Gŵyl Dewi Sant* in Welsh), so we wish our Welsh readers all the best for their celebrations.

Last month we led with an article on voluntary work and, this month, we follow up on the theme with articles on support for Gurkha ladies who have settled in our area (p8), the work of the Friends of Clayfield Copse (p9), and the Keep Caversham Tidy Group's efforts to tackle litter (p4). We will highlight more local volunteering opportunities in future editions.

As the soil starts to warm up, gardeners are preparing for the new season. Les Cooper asks us to consider the bees in our gardens, and Louise Hampden writes about primroses (both p10). Happy Wanderer also considers a seasonal plant, the Spurge Laurel (p7).

Our Community Connection this month is Sam

Smith from The Collective (p11), and Chris Walton of Walton's Jewellers is the subject of Elestr Lee's Creative Caversham feature (p12). We also look at past residents, with an article inspired by a faded advert on Prospect Street (above).

Other offerings from our regular contributors include Laura Harmsworth on preparing for job interviews (p14), Wellbeing with Ami Roy (p15), and Martin Andrews on The Clifton Arms, the subject of Janina Maher's Local Scene painting (p13).

The Caversham Bridge is your community paper, written and delivered by local volunteers. We hope you enjoy reading this March edition and welcome your comments, correspondence, and contributions.

Write to us at [editors@cavershambridge.org](mailto:editors@cavershambridge.org) or care of Church House, Church Street, Caversham RG4 8AX.

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# A day of mixed emotions

I WONDER what you do on Mothering Sunday? Is it a special day for you in some way? Does it involve cards, visits, presents? Is it a happy day? Or a difficult day? Or maybe sometimes, for some of us, a bit of both?

Mothering Sunday was traditionally the day when people visited their 'mother' church – possibly their parish church, or the church where they were baptised or, more often, their cathedral. In the past, it was also a day when those 'in service' were allowed a day off to visit their mothers, often the only day of the year for a family to get together. Today the focus is more on honouring mothers and thanking them for all they do or have done for us. But it can be a day of mixed emotions, can't it?

For some it's a time to give thanks, to give or receive presents and cards, and to rejoice in the goodness of God in the provision of our mothers and, for some, a time to give thanks for the gift of children.

For others, it's a time of excruciating pain. There will be some Christians who avoid church on Mothering Sunday, because the pain of loss, or childlessness, or distance, or estrangement is simply too much to bear. Some will have a duvet day, staying under the covers and waiting for the day, and the pain it brings, to pass.

The Bible is full of stories of women, some who experience the agony of childlessness, and some who experience both the joys and the pain of motherhood. Think of Moses' mother hiding him in the bullrushes to save him from death, and Mary, initially overwhelmed with joy at being chosen by God



Talking Point – by Penny Cuthbert

to carry His son, then giving birth in a stable, and later having to flee as a refugee to a neighbouring country to avoid the genocide inflicted by a despot. Later she would watch Jesus' ministry unfold and marvel at his miracles, his healings and his wisdom. But as Simeon foretold when he held the baby Jesus in his arms, a sword would pierce her soul. Mary would see him crucified. Sometimes we find ourselves in these biblical narratives somewhere, sometimes rejoicing, sometimes weeping.

I have found that whatever is going on in life, whether I am rejoicing or weeping, I can bring both my joys and my sorrows to the God who knitted me together in my mother's womb, and who can be both father and mother to me. We tend to think of God as 'Our Father in Heaven' but there are lots of images in the Bible that show God in female terms – think of the woman searching for her lost coin, or of Jesus weeping over Jerusalem and saying how he longed to gather them, 'As a hen gathers her chicks under her wings'. In the Old Testament, there are images of God as a mother eagle stirring up her nest, then catching her offspring on her wings, and as a mother bear fiercely protecting her cubs. And verses like this one from Isaiah Chapter 49, verse 15:

'Can a mother forget the baby at her breast  
And have no compassion on the child she has borne?  
Though she may forget, I will never forget you.  
See I have engraved you on the palms of my hands.'

God's love for us is unconditional and unfailing. Whatever's happening in life, we can find refuge in the shelter of his wings.

*Rev'd Penny Cuthbert, Associate Vicar, St John's 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](mailto: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](mailto: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.

Wednesday – 09:30 – Zoom morning Prayer –

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

##### 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. 1st, 2nd, 3rd Sunday Holy Communion, 4th Sunday Service of the Word.

##### St Andrew's

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

Tel: 0118 947 2788 [www.standrewscaversham.org](http://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](http://www.standrewscaversham.org/services)

Wednesday 8pm Compline (in church/vicarage)

#### St Barnabas Emmer Green

Rev'd Kevin Lovell, [vicar@saintbarnabas.ork.uk](mailto:vicar@saintbarnabas.ork.uk)

Church Office Tel: 0118 947 8239

#### 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](http://www.cavershamparkchurch.com)

#### Current services

Sunday – 11:00 – Livestreaming on YouTube

Details on their web site at:

<https://cpvc.org.uk:5152/live-stream>

#### 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](mailto: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](mailto:secretary@cavershambaptistchurch.org.uk)

#### Current services

Sunday worship 10:30 each week, including groups for children and youth

Sermons are recorded and uploaded to

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

Hymn Café 15:00-16:00 on the last Sunday of each month

#### GRACE CHURCH

(formerly Caversham Hill Chapel)

Pastor Keith Saynor

Tel: 0118 947 4529 [www.gracechurchcaversham.org.uk](http://www.gracechurchcaversham.org.uk)

#### Current services

See their web site for details:

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

#### RIVERSIDE CHURCH (Reading)

[www.riversidechurchreading.co.uk](http://www.riversidechurchreading.co.uk)

#### NEW TESTAMENT CHURCH OF GOD

Rev'd Dr Garrick Wilson

Tel: 0118 946 3009

#### ROMAN CATHOLIC

##### Our Lady and St Anne

Fr Joe McLoughlin, The Presbytery, 2 South View Avenue

Tel: 0118 947 1787 [www.ourladyandstanne.org.uk](http://www.ourladyandstanne.org.uk)

#### Current services

See their web site for services at:

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

#### St Michael Sonning Common

Fr Michael Sharkey, St Michaels, Sonning Common

Tel: 0118 972 3418

Following the constraints of the Covid-19 pandemic, our churches are now open on a regular basis with no restrictions.. 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](http://www.cavershamchurch.org)

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

#### Future editions:

Contributions for the April 2023 issue should be submitted by 1 March and for the May 2023 edition by 1 April. These should be e-mailed to:

[editors@cavershambridge.org](mailto:editors@cavershambridge.org)

Dates for advertising copy are 1 March for the April 2023 issue and 1 April for the issue. These should be e-mailed to:

[advertising@cavershambridge.org](mailto:advertising@cavershambridge.org)





## Caversham Bridge Subscriptions and deliveries

A BIG thank you to all who have paid their subscriptions, whether by bank transfer or at the door. We know many of you prefer to pay with cash, and our deliverers often report you have the money ready for them.

If you have any problems with payments or deliveries, please let us know and we will do our best to help. You can leave a message on our phone, 0118 328 2754, email [subscriptions@cavershambridge.org](mailto:subscriptions@cavershambridge.org), or drop a note in at Church House in Church Street, Caversham.

As a reminder, the subscription for 2023 is £5 and our bank account details are:

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We have had a few payments which did not include address details. So please contact us if you think you have paid but may not have provided the postcode and house number or name.

*The Editors*



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## IT'S ONLY FAIR Fairtrade Fortnight 2023

by Phil Chatfield

FAIRTRADE FORTNIGHT is a special time each year when tens of thousands of people commit to take action to deliver a fairer deal for the people who produce many of the goods we take for granted. These producers are too often exploited by our deeply unfair global trade system. This year it takes place between 27 February-12 March.

The Fairtrade Foundation has been organising this event for many years. This time the focus is on the threat climate change poses for the future of some of our most-loved food and the planet. Climate change is making crops like coffee, cocoa, and bananas harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink.

But we can help them by making the small switch to Fairtrade. Choosing Fairtrade means extra income, power, and support for those communities.

Sadly, the pioneer of Fairtrade in the UK, Traidcraft, which was founded 40 years ago, ceased trading in January. However, one of the successes of the company has been the growth of other Fairtrade suppliers. So there are plenty of Fairtrade products available in local supermarkets like Waitrose and the Co-Op, at the World Shop on London Street, Reading, and through local fair-traders, who often have a stall at special events such as the Artists' and Makers' Fair, Beanpole Day, and at local churches.

A full list of special Fairtrade events in Reading has been compiled by the Reading International Support Centre (RISC), and is available as a leaflet from the World Shop. This includes details of sales at several of our local churches, including St Andrew's, St John's and Caversham Heights Methodist Church.

To find out more, see Reading Fairtrade (@FT\_Reading) / Twitter or on Facebook [www.facebook.com/ReadingFT](https://www.facebook.com/ReadingFT)

For more about Fairtrade, see [www.fairtrade.org.uk](http://www.fairtrade.org.uk)



## Voting in the May local elections

DON'T LOSE your vote! There has been plenty of information published about the new requirement for voters to show photo identification (ID) when voting, but we thought this reminder would be worthwhile. The local elections on Thursday 4 May 2023 will be the first time photo ID is required.

The forms of ID you can use include passport, driving licence, a Blue Badge, bus pass or an identity card with PASS mark (Proof of Age Standards Scheme). This list is not exhaustive. For more information, see

[www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID)

You can also call their helpline on 0800 328 0280.

If you don't have an accepted form of photo ID, or you are unsure whether your photo ID still looks like you, you will be able to apply for a free voter ID document.

This is known as a Voter Authority Certificate, and you will be able to apply for it from late January onwards. To apply, see

[www.gov.uk/apply-for-photo-id-voter-authority-certificate](http://www.gov.uk/apply-for-photo-id-voter-authority-certificate)

Reading Borough Council has helpful information on its website at

[www.reading.gov.uk/the-council-and-democracy/elections-and-voting/local-borough-elections-2023](http://www.reading.gov.uk/the-council-and-democracy/elections-and-voting/local-borough-elections-2023)

Note, the last day you can apply to register to vote in May is midnight on Monday 17 April 2023. Postal and postal proxy applications must be received by the Electoral Registration Office by 17:00 on Tuesday 18 April 2023. This includes changes to existing postal, proxy and postal proxy votes. *The Editors*



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# A New Adoption by Andrew Turner



KCT surveying their collection

photo P Haworth

KEEP CAVERSHAM TIDY (KCT) is a small charity dedicated to eliminating litter, improving public spaces, and promoting environmental awareness in Caversham and nearby areas. KCT started as a small group of friends during lockdown in 2020 and quickly expanded, collecting litter every weekend.

KCT's organised litter picks are every Saturday morning at 10:00 at a variety of locations, covering areas just south of the Thames to the northern edge of Caversham, depending on need.

## ...massive contributions...

Our recent work has seen the adoption of Coal Woodland (between Napier Road Tesco and the Thames) and View Island, to which we commit at least one session per month between these locations.

In 2022, Keep Caversham Tidy organised 38 litter picking

events, attracting 87 volunteers who contributed more than 1000 hours of time – the only thing that stops us getting out there is bad weather!

All ages are welcome, including Duke of Edinburgh Award participants. We'd be happy to take donations from individuals or small businesses to maintain our supplies of equipment. We're also keen to hear from other local litter picking and environmental action groups in the Reading, South Oxfordshire, and the wider southeast region, to think about bigger projects.

If you're interested in getting involved, making a donation or learning more, please contact us via our Facebook group or on email to [keepcavershamtidy@gmail.com](mailto:keepcavershamtidy@gmail.com)



KCT surveying their collection

photo J Lanzoni

## Lent Address at St Andrew's Church

by Rodney Oliver

A SERIES of Lent Addresses at St Andrew's Church on Albert Road have explored the practices and beliefs of a number of world religions, including those of Jews, Muslims and Sikhs. The series has included talks and visits. This year Dr Ashok, Chairman of the Hindu Temple in Reading, will give a talk on the practices and beliefs of the Hindu religion on Sunday 26 March at 16:30 in St Andrew's Church Hall, Albert Rd, RG4 7PL. There will be questions and discussion afterwards. Later in the year this talk will be followed up by a visit to the Hindu Temple in Whitley Street in Reading.

All are welcome to come and learn more about the Hindu religion. Tea and cakes will be served from 16:00 and there is no charge.



## Zumba Gold

Tuesday 9.30-10.15

St Barnabas Church Hall, Emmer Green.

Please contact Daniela:

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## For your bookshelf....



by Alex Forbes

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

PREVIOUSLY WE reviewed *The Appeal* by Janice Hallett, which is a book we loved. *The Mysterious Case of the Alpertons Angels* is Janice Hallett's latest book. In a slightly different format, the book is comprised mainly of transcripts of interviews, email exchanges and telephone conversations. Amanda is an author who wants to write a true crime book about a baby saved from

a cult 18 years previously but, as soon as she starts to investigate, she discovers that the incident from 18 years ago wasn't as clear cut as she had first thought. Lots of twists and suspense, the format means this is a very easy read and you can fly through the book. A real page turner.

The Children's book is *Keeper of the Lost Cities*. Perfect for fans of Harry Potter: 12-year-old Sophie isn't like a normal kid. When she was younger, she banged her head and since then she has been telepathic. Nobody knows about Sophie's secret until one day on a school trip she meets Fitz, a mysterious lad who can also read minds. Sophie soon finds out that she belongs in a different magical world, and there are people in this world who want to find her. This is the first in a series of books, and I'll definitely be picking up the second book, and the 11-year-old at home loves the series, as well. If your little person is looking for a new series to follow, I'd suggest giving this a go.

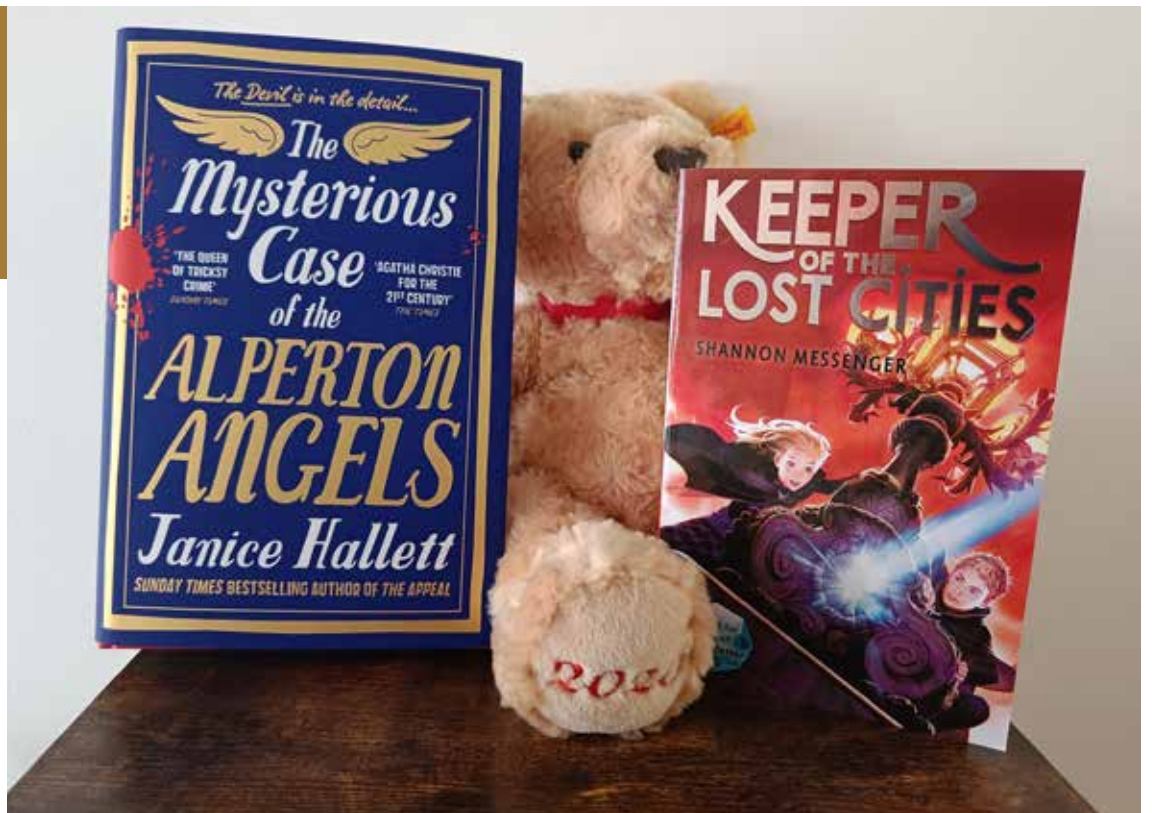
**Happy reading whatever you pick up and hope to see you in the shop soon.**



**Artists & Makers Fair**  
Second Saturday of the Month  
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What if the bear can read your mind?

photo A Forbes

## Singing in the rain

by Sarah Stuffsins

WHAT BETTER way to spend a damp, dismal Saturday in January than to sing beautiful choral music with like-minded people. When I spotted an advert on Facebook at the end of last year about a singing day with the excellent local Reading Bach Choir, I saw they were planning to look at a less well-known completion of Mozart's Requiem, by Robert Levin, rather than the famous Sussmayr version.

I signed up on my own, so wasn't sure if I'd know anyone and was a little apprehensive, but I needn't have worried. I was welcomed at the door, a seat was found for me, and my neighbours were very friendly. And of course, being local, there were people I did know to chat to in the breaks.

The session was led by musicologist Lloyd Buck (see [www.lloyd-buck.co.uk](http://www.lloyd-buck.co.uk)), who had done an online session for the choir during lockdown.

He struck up an instant rapport with the attendees and balanced explanations about versions of the Requiem with plenty of singing. It's a few years since I sang the piece and some of it was a bit rusty, so the day was very intense, but so enjoyable. We even put on an informal concert at the end for family and friends, which gave us a great sense of achievement.

I've been to concerts by the choir in the past and am certainly looking forward to their next one now – this will be on Saturday 29 April at St Thomas Church, Goring, with a programme of music 'By Royal Command'.

The choir is always keen to recruit new members, particularly in the lower parts. They are happy for newbies to go along to try them out for a couple of weeks before auditioning.

### Contact

[membership@readingbachchoir.org.uk](mailto:membership@readingbachchoir.org.uk)  
for more information.



Accompanist Nick Shaw with Lloyd Buck (right)

photo J Harper

Please mention this paper when replying to advertisements



# WHAT'S ON in MARCH

IF YOU have an event planned, please send details to [whatson@cavershambridge.org](mailto:whatson@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/local-info/whats-on](http://cavershambridge.org/local-info/whats-on)

**Caversham Library** opening: 09:00 -17:00 Tuesday and Friday, 13:00 - 19:00 Thursday and 10:00 - 15:00 Saturday. Regular events such as Rhymetime are now being held again – see [www.reading.gov.uk/leisure/libraries/all-libraries/caversham-library](http://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 each 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 0118 3348195 for further information. [www.bridgewebs.com/cavershampark](http://www.bridgewebs.com/cavershampark)

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

**Tuesdays** – St. John's Baby and Toddler Group – Caversham Hall, St. John's Road. 09:30 –11:00 in term time. All welcome. See [www.facebook.com/stjohnscaversham](https://www.facebook.com/stjohnscaversham)

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

**Sundays** – *Farmer's Market and Artisan Fair* – Caversham Precinct. 10:00 -15:00. See [www.facebook.com/CAFMarket](https://www.facebook.com/CAFMarket)

**Sundays** – *Nordic Walk (or just walking)*. Free to all. Enjoy 3-mile circuit led by qualified Nordic Walking Instructor. Includes warm up and cool down exercises. Tel. 07931754096 or email Pat at [Wirralbird@hotmail.com](mailto:Wirralbird@hotmail.com)

**Wednesday 1 March** – *Pang Valley Ramblers* – 10:30. Meet outside the Old Town Hall, Blagrave Street. A 6.5 mile walk along the Readings Riversides of the Thames and Kennet. First of several walks this month. For more dates see [www.pvramblers.ork.uk](http://www.pvramblers.ork.uk)

**Wednesday 1 March** – *Light on the Hill Café* – 19:30 - 21:30 at Grace Church, 119 Peppard Road, RG4 8TR. A wellbeing café for adults 18+. Come as you are for tea and a chat. [www.gracechurchcaversham.org.uk](http://www.gracechurchcaversham.org.uk)

**Wednesday 1 March** – *A talk on Biometrics and its ethical use* – 20:00 Caversham Heights Society, Caversham Heights Methodist Church Hall. [www.cavershamheights.org](http://www.cavershamheights.org)

**Friday 3 March** – *World Day of Prayer* – 19:00 at Caversham Baptist Church. This year the churches in Caversham will be celebrating the World Day of Prayer at Caversham Baptist Church. There will be refreshments after the Service.

**Friday, 3 March** – *Bereavement Café* – 14:00 - 15:30 at St. Barnabas, Emmer Green. The café is a safe place to find others who have had their own loss and can appreciate something of your experience. For further info Tel. Gill at 0118 9478772

**Saturday 11 March** – *Artists & Makers Fair* – 10:00 - 16:00 at Caversham Methodist Hall, Gosbrook Road. Local artists and craftspeople display their work for sale. Free entry. For further information phone Jean at 07808 966928 or visit [www.cavershamcrafts.co.uk](http://www.cavershamcrafts.co.uk)

**Wednesday 15 March** – *The coming of trains to Reading* – 20:00 Caversham Heights Society, Caversham Heights Methodist Church Hall. [www.cavershamheights.org](http://www.cavershamheights.org)

**Thursday 16 March** – *Caversham Women's Institute* – 19:30 at Church House, Caversham. [www.thewi.org.uk](http://www.thewi.org.uk) or Tel. 01189 475176

**Saturday 18 March** – *All Female Chamber Choir: "Glass Ensemble"* Come and Sing Workshop – 10:00 -16:30 at Caversham Heights Methodist Church. To book your place: Susie at [asusied@btinternet.com](mailto:asusied@btinternet.com) Tel: 07930 690873, [www.glassensemble.com](http://www.glassensemble.com)

**Saturday 25 March** – *Annual Art Exhibition* – 10:00 -16:00 at The Ted Burnell Community Art Centre, Church House, Church Street, Caversham. Vote for your favourite! Free to all. Tea, coffee, cakes, and a tombola.

**Sunday 26 March** – *Messy Church* – The Weller Center, Amersham Road. 16:00 -18:00. Food, crafts, friends. Free to all, children must bring an adult. For more details, contact: [anna@ctmparish.org.uk](mailto:anna@ctmparish.org.uk)

**Sunday 2 April** – Performance of Vivaldi's *Gloria*, Mozart's *Vesperae solennes de confessoris* and Rutter's *Gloria* – 19:30 at St Joseph's College, Upper Redlands Road, Reading RG1 5JT Reading Haydn Choir, joined by professional instrumentalists. Tickets at the door or in advance at [rdghaydnchoir+tickets@gmail.com](mailto:rdghaydnchoir+tickets@gmail.com)

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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**

OUR PLANNING Committee meeting in February considered the plans to demolish the Carters buildings on Caversham Road and build 60 homes with a mixture of houses and flats, of which 30% would be Affordable Housing. The plans (221324) were approved unanimously. Councillors raised concerns over cars exiting right across the busy Caversham Road and this is likely to be considered at the Transport Management Committee in due course. The plans for the Drews site (220922) which retain a part of the historic maltings building have still to be decided.

Members of the Planning Committee are to visit the site on Henley Road adjacent to the new Signature Care Home for retirement living. Further details have been coming through on the application (220189) and this may come to Committee in March or April. The revised plans for Caversham Park, which were shown at the public exhibition, are not yet on the Council website. A revised shop front design has been approved for previous House of Cards site.

To date, all applications for 5G masts north of the river have been refused. A new application on Caversham Park Road (230071), near an important veteran Oak Tree, has yet to be decided. And we await the decision for the appeal on St Peters Hill. A guidance note and a list of the local applications is on the CADRA website [www.cadra.org.uk](http://www.cadra.org.uk)

The Council plans improvements to the station subway and to revoke the ban on cycling. Cycling groups have long campaigned for this but there will be issues on how best to manage the mix of cyclists and pedestrians to avoid accidents. The consultation will have closed before this paper is published but CADRA has commented formally to express those concerns.



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Happy Wanderer and the secrets of

SPURGE LAUREL

WITH SPRING upon us, I thought I'd leave the history of Caversham on the shelf for this month, and choose a natural history subject. Here is a plant that crops up occasionally on the edges of woods and by hedgerows on chalky soils in our area, and it flowers about now. In fact, I took the photograph on the edge of Mapledurham Playing-Fields. It's not a showy plant, but handsome in its own way, and perhaps a little sinister.

...wouldn't use in cookery...

Though it looks a bit like Wood Spurge, which often grows near it, it isn't really a spurge, and it isn't really a laurel either. Its botanical name is *Daphne Laureola* and, in Greek mythology, *Daphne* was a beautiful water nymph, the daughter of a water god. She was pursued for her beauty by *Apollo*, the sun god, but she spurned his advances. Rather than be kissed by him, she had her father turn her into a tree. But that tree was not called *Daphne* – it was *Laurus Nobilis*, the Laurel or Bay Tree, which is native around the Mediterranean. This was the tree which was made into wreaths to sit upon the brows of heroes and poets – and which we now use to flavour our cooking.

The botanists gave the name *Daphne* to a very different group of plants, which you certainly wouldn't use in cookery, because they're poisonous. There are two native species, one of which is very rare, and hasn't been spotted in our area recently, as far as I know. This has small pink scented flowers, and its English name is *Mezereon*, which has come straight from the Latin, *Daphne Mezereum*. The

other species, *Spurge Laurel*, has glossy evergreen leaves like the Bay Tree, but is usually only about three feet high, and the flowers are small, yellowish-green, and scented.

It's a plant that should be approached with caution. Its juices have been used in folk medicine, and have been used officially in anti-cancer treatments, but the whole plant is dangerous. Handling it can cause dermatitis. The black berries which follow the flowers, if eaten, cause death from kidney failure. Even bringing the flowers indoors to enjoy their scent has its dangers: one of my books warns that, 'having it indoors when in bloom can fill the air with toxic vapours'.

Gardening books are ambivalent: some nurseries sell it as a garden plant, but some plant scientists believe that it alters the chemistry of the soil around it, preventing the growth of other nearby species.

...becoming infatuated...

Returning to the story of *Daphne* the water nymph, one of the most popular plays on the London stage in 1949 was '*Daphne Laureola*', by James Bridie. It was described as 'a comic drama of youth and indiscretion', set in a London restaurant where a young Polish student becomes infatuated with the middle-aged Lady Pitts. He calls her his *Daphne*, and maybe fancies himself as her *Apollo*, to the annoyance of her much older husband, Sir Joseph Pitts. Edith Evans played Lady Pitts, and I wonder whether her would-be suitor, played by a young Peter Finch, managed to steal a kiss by the end of each evening.

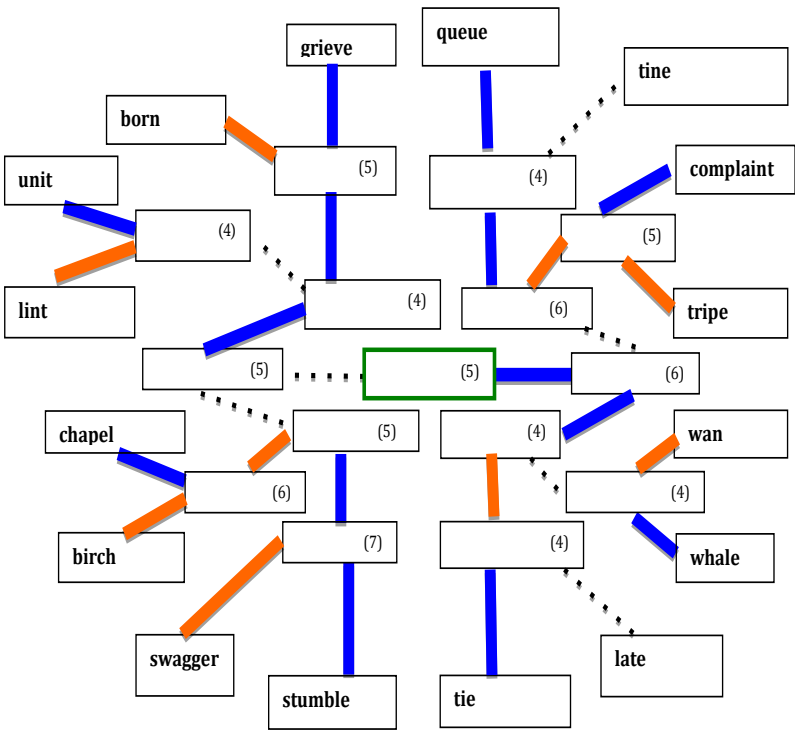


Puzzle Corner

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: tingle has 6 letters, rhymes with *shingle* and means *thrill*.

Rhyme ———  
Letter change \* \* \* \* \*  
Meaning ———



CARS

Can you find 20 car related words here?

C C E N I G N E H R H N T B  
H R O T A C I D N I O L R U  
O N T H G I L E D I S O B M  
K T N C L U T C H H K E D P  
E W I N D S C R E E N N I E  
R A D I A T O R A A S A M R  
S G U E A P Y Y E D N L G L  
T H R O T T L E N L H E W E  
G E A R B O X A D A U M A E  
E S E A T B E L T M B E M H  
A C Y L I N D E R P C A H W  
T S E E K A R B D N A H E E  
T A I L G A T E D K P Y A E  
R O R R I M G N I W I A E N

Bumper  
Choke  
Clutch  
Cylinder  
Door  
Engine  
Gearbox  
Handbrake  
Headlamp  
Hubcap

Indicator  
Radiator  
Seatbelt  
Sidelight  
Tailgate  
Throttle  
Tyre  
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Answers on page 15

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# Ladies Learning Letters



Joanna Lumley with some of the ladies at Wycliffe Baptist Church

photos SSSFA

IT WAS THE usual Tuesday morning in the Reading Soldiers', Sailors' and Airmen's Families Association (SSAFA) office, with phones ringing and caseworkers going in and out. Chandra, one of our Gurkha caseworkers, ushered out some very confused-looking Gurkha ladies. They were the first dependents of retired Gurkhas allowed into the country after Joanna Lumley's determined lobbying.

They were collecting food vouchers to help

by Pam Reynolds

through their first weeks in the UK. An ink pad was provided to register their thumb prints on a form. Chandra and I were both concerned about the integration of these new citizens, and their inevitable difficulties with the English language. Many were not literate in their own language.

We organised a first class for them, planning for ten students. 60 turned up! Each week the numbers increased, as the ladies loved meeting and soon started to pick up some vocabulary. We gradually built a team of over 30 volunteers, teaching over 100 ladies each week, with Joanna Lumley's support and encouragement throughout.

Everything was against them. Their complete lack of formal education, ages, hearing, sight, often general health, and lack of experience of interpreting symbols as sounds and words. But these are Gurkhas and giving up is not something they would consider! For eleven years, we all worked hard, watching them gain confidence to speak and understand quite a lot of English. They can all now write.

The volunteers learned from each other to find

## STOP PRESS – EARTHQUAKE APPEAL

AS WE prepared our paper for printing, we learned of the tragic earthquake on the Turkish/Syrian border, home to 17 million people. This part of Turkey has been hosting up to 4 million refugees from Syria. The Disasters Emergency Committee, representing 15 development charities, immediately launched an appeal for funds to help in the rescue and relief operation – see

[www.dec.org.uk/appeal/turkey-syria-earthquake-appeal](http://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal)

You can also donate in person at the Oxfam Shop on Prospect Street.

Reading based HalalBooking has pledged to match the first Euro 100,000 donated through their appeal at

[www.justgiving.com/fundraising/halalbooking-turkiye](http://www.justgiving.com/fundraising/halalbooking-turkiye)



the best way to teach this unique group. We took them on outings to all sorts of places, gradually gaining confidence as we made new and loyal friends.

We love teaching them, and their sense of fun is infectious. They are the easiest and most highly motivated classes any of us has ever taught. Lots of parties later, where we enjoyed wonderful Gurkha dishes, we decided to publish a cookery book with recipes from the Gurkha ladies and the volunteers. It will be published in early 2023, with all proceeds divided equally between the Gurkha Welfare Trust and SSAFA. Copies will be on sale at the WADRA café in Mapledurham Pavilion.

Teaching is now restarting after Covid, so if you have a couple of hours free on Tuesday from 12:30 to 14:00, please join us in helping these wonderful women towards literacy and integration in their new homes. We meet at the Wycliffe Baptist Church, 233 King's Rd, Reading RG1 4LS.

To find out more, contact me at [pamreynolds@talk21.com](mailto:pamreynolds@talk21.com)



Saying the letter O

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## A MEDITERRANEAN TONIC

by Fred Smith

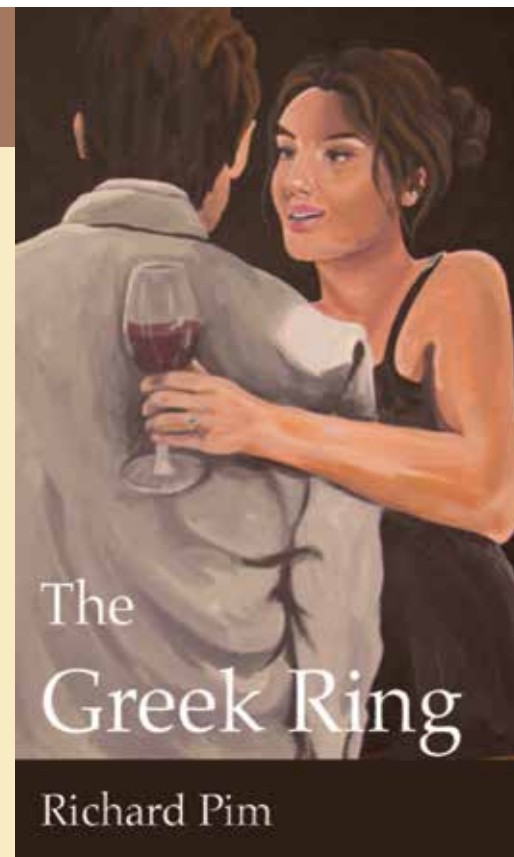
LOCAL CHIROPRACTOR Dr Richard Pim embarked on a literary Mediterranean adventure with his first novel, The Greek Ring. The book is set in Sicily, Sardinia and the south of France. It is both a thriller and a romance, centered on an aristocratic Sicilian girl caught between two men. On her right hand she wears an ancient ring which contains the key to a legend, the discovery of which is destined to change her life forever. Its classical European characters, romantic Mediterranean setting and ruthless Mafia driven plot of jealousy, violence and retribution give The Greek Ring a wide appeal.

Richard said, 'I believe The Greek Ring will provide a much-needed Mediterranean tonic for those who would like to experience something unique and different'.

Richard's research for the book included travelling to the locations in which it is set, as well as taking up fencing with Reading University! As a result, the details of the places, climate, food and history bring the story to life for the reader, providing a roller-coaster ride to its climatic ending.

The book is available at Fourbears Books in Caversham.

For more information, see [www.thegreekring.com](http://www.thegreekring.com)







# Woodland bluebell bramble challenge

IF YOU ARE one of the walkers who appreciate the bluebells in Clayfield Copse in April, please consider coming along to one of the next month volunteer tasks, which will be bramble clearance in the bluebell areas. It is not pleasant dealing with stubborn prickly brambles, especially on a cold winter day, but it must be done to let the bluebells come through! The Friends of Clayfield Copse will be working on the brambles on Sunday 5 and Monday 20 March from 10:00, and can offer gloves, tools, tea and biscuits! Phone 07748 766340 for further information.

The Copse will also host the Berks and South Buckinghamshire Bat Group on Sunday 26

photo and text Jude Oliver

March, when they will be installing 20 new bat boxes. Thanks go to Econet and the Bat Group for contributing funding. The boxes will replace and augment those put up in 2011. If you would like to help these fascinating creatures by assisting on the day or by monitoring their presence on site, find more info on [www.facebook.com/groups/BerkshireSouthBuckinghamshireBatGroup](https://www.facebook.com/groups/BerkshireSouthBuckinghamshireBatGroup)

If you are visiting the Copse between March and July, please remember it is bird nesting time so keep to the main paths in the woodlands and regenerating areas so as not to disturb them during this vital time.

If you missed our special Meet the Trees self-guided walk last year, then you can now download the guide at [www.econetreading.org.uk](http://www.econetreading.org.uk) Follow the guide to meet 12 different trees, each with its own story, along the ride through Clayfield Copse.

For more on the Friends of Clayfield Copse and future events, see <https://econetreading.org.uk/programme/HomeFoCC.html>

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## Changes in recycling

by Trish Marcouse

JANUARY WAS a busy month for government announcements on waste and recycling. The 2028 targets for reducing biodegradable waste going to landfill or incineration were set, together with targets for increased minimisation or recycling of different elements of household waste. From September this year, legislation will be introduced banning the sale and distribution of single use plastics, such as takeaway packaging and cutlery. Producer responsibility will be extended, so manufacturers and retailers will change packaging to make it compatible with widely available recycling schemes. Government will consult on disposable coffee cups and wet wipes soon. There are questions about loopholes in the proposed legislation, but it should generate some useful changes. You've probably seen adverts extolling 'new' systems, such as cardboard packaging for laundry products.

Although the September legislation will help reduce plastic litter and some non-recyclable plastics, it won't address the main issue. We need to reduce the number of single use products, not replace one-trip plastics with similar products made from paper, wood, bamboo or aluminium foil, which may have an environmental footprint which is as big, or even larger.

We can't go back to the Middle Ages and walk around with our bowl and spoon chained to our belts, but we can make some changes ourselves and support companies making a conscious effort to reduce waste. There were large sales of reusable coffee cups before the pandemic, with many coffee outlets offering a discount for their use. It all died during the first year of the pandemic, but most coffee vendors offer this service again. Dust off your reusable cup and support them, and keep your eyes peeled for changed packaging that allows more recycling, new deposit systems in stores, and innovative takeaway packaging options. And tell your friends when you find them.



Reusable cup and water bottle  
photo F Smith



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# WORKING WITH NATURE *by Les Cooper*



The Shack Bee Hotel

MY BIRTHDAY is in September and my birth sign is Virgo, and we Virgo people are perfectionists. At least we like to think we are, although perhaps most others, who think horoscopes are poppycock, might not agree. The trouble with us perfectionists is we are rarely completely satisfied with our achievements. This becomes rather sad in the garden where, when we get something like a good crop of potatoes, we shake our heads saying, 'I should have done better than that'.

However, one thing I am proud of is the care I have taken of a number of bees over the years. Perhaps taking care of them is an overstatement but let me explain.

Several years ago, while on holiday in Northumberland, Eunice and I called in on a place selling honey. This was Chain Bridge Honey Farm at Teesside. In conversation with the owner, she suggested it would be nice for us to help nature by keeping bees ourselves in our garden. We shook our heads, because at one time a next-door neighbour had kept bees, so we knew it needed a great deal of dedication and attention.

But no, she was talking about Red Masonry bees. All we had to do to attract these harmless little creatures was to buy a bee house, fix it on a wall and the bees would arrive.

Although doubtful, the following Spring we bought a small tubular plastic house, filled with small wooden tubes, and attached it to our shed wall. Bingo, as the lady had forecast, bees arrived and soon went exploring into the tubes. Later we watched in fascination as they took up home and started flying out to the flowers on our crab apple tree and then buzzing back to one of the tubes. Eventually, after laying their eggs, they began blocking the entrances to the tubes with mud.

After only a few short weeks there was no more activity, and we were left with a bee house filled with mud-blocked tubes. When autumn came, we wrapped the tube in newspaper and stored it in our shed.

The next March the tube was unwrapped and fastened back on the shed wall. In April the next generation of bees crawled out to do their duty.

We now follow this routine each Spring.

There is something very heartening when you know for once you are working with the natural world and not just disturbing it.



Mason Bee house

photos P Chatfield



## Plant of the Month — March

*by Louise Hampden*

I REALLY LOVE the month of March, when small brave flowers begin to appear above ground. Crocuses never seem to mind whatever the month throws at them. Peeping through and remaining closed when covered in snow, or opening up to allow bees to collect pollen on sunny days. But there is one plant which, for me, epitomises the last days of winter and the oncoming spring, and that is the primrose. Flowering happily by walls and fences, under trees and by hedges, and beloved by all manner of insects, their pale yellow flowers light up barren areas of the garden where other perennials have yet to show growth. Plant just one common primrose, or *Primula Vulgaris*, and once happy it will seed around and grow into a larger clump, which can be divided up to make more plants.

Over the years, plant breeders have produced many different colours and variations, many of them offered at garden centres and named as polyanthus or primulas. At this time of year, I like to buy a few to plant up in pots placed by the front door. Winter planted pots are now looking tired or tatty, having withstood months of variable weather, and we have a couple of months to go before we can plant out our summer bedding. Polyanthus or primroses, dead-headed regularly, will add a bit of cheer to gardens bereft of colour and fill the gap until late spring. Once they have finished flowering, I like to cut them hard back and plant them out in the garden under shrubs. Sometimes they survive and I have had success with several double flowering varieties which return year after year with very little attention.

*...worth growing from seed...*

The world of the primrose is much larger than you may think, and you can have different types in flower from early spring right through to summer. There are some that start to flower in May and will thrive on the margins of ponds and in wet soil. These are called candelabra primroses. They have very tall stems and hybrids flower in a myriad of dolly mixture colours and, once happy, they will seed around. It's worth growing from seed or buying one or two and then dividing them regularly.

If you are looking for something really unusual, then *Primula vialii* or the orchid primrose will stop people in their tracks. They have tufty lilac flowers opening from lipstick red buds but, best of all, they will grow in moist soil and even tolerate a bit of shade. They will flower in early summer and are perfect for a bog garden.



Primula vialii

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# Community Connections

by  
Caroline  
Gratrix



so many lovely regulars. I'm proud my team go out of their way to make customers feel welcome and to get to know them. Many have become close friends - it makes our job a lot more enjoyable, and I hope someone's day a bit brighter.

I was devastated to learn the Cara clothing shop closed recently in the precinct. I think the sense of community is strong in Caversham because of our independent stores, and it is so important to support them, or they will disappear, especially in these difficult times.

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

The Caversham Market on a Sunday has come on loads recently, Claire and Jodie of Nood Stores, who run it, have done an amazing job. I'd like Caversham to have a permanent indoor market and food hall, featuring stalls with local produce, speciality food and drink and so on, giving an affordable space for micro and small businesses to start up, as well as reducing food miles, plastic waste and supporting local producers.

## This month we meet Sam Smith of The Collective, Caversham



Sam Smith with award

like a little sophisticated kerb appeal, stylish seating inside and a 'secret' garden out the back. There is always a buzzing atmosphere and a warm welcome from the friendly staff. It's been voted 'Best Cafe in Berkshire 2021 & 2022' in the coveted Muddy Stiletto Awards. In their words, 'The Collective brings together a love of incredible coffee, great quality food, design, and living well into one destination'.

It is frequently cited in this article as a favourite Caversham Café, and has a full set of five-star reviews on Trip Advisor. Let's find out a little about Sam Smith, the lady behind all this great design and great food...

### How long have you lived in Caversham?

I moved from southeast London to Caversham seven years ago.

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

We are spoiled here. As a family we are very regular visitors of The Last Crumb - their burgers and pizzas are awesome and incredible quality. I couldn't love the Thames Lido more, for tapas, cocktails, a spa day - a very special place. I enjoy discovering new places. Since we came here the Phantom Brewery in Meadow Road has opened, along with Reading's Double Barrelled Brewery (there's a theme), and Rise Bakery, and Blue Tin Produce in Ipsden - to name a few. I cannot wait to visit Clay's new restaurant in Prospect Street.

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

Using the car less seems obvious, especially as we can enjoy a lovely riverside walk to get

into Reading. If we could all get into that habit and benefit from more exercise it would be a good thing. I'd cycle everywhere with my family if only it were safer to do so.

I've always loved going to the Reading Festival, first going 30 years ago!! Now my kids do. But I really wish the waste created by it could be reduced along with the awful sea of abandoned tents and mess. We must teach our kids the importance of looking after both where we live and the planet.

### Being part of a community reaps a wealth of benefits. How would you strengthen our sense of community in Caversham?

It absolutely does, and we feel honoured to be part of that community. We are blessed with



The Collective garden

photo S Smith

## Ruth Perry – A Force For Good



ON 9 JANUARY 2023, the community were shocked and saddened to learn about the tragic death of Ruth Perry, headteacher at Caversham Primary School.

Ruth attended Caversham Primary herself as a pupil, before returning in 2006 as deputy head, taking over the headteacher role in 2010. She was enormously respected, experienced and utterly dedicated. She knew every child's name and was in the playground daily to welcome pupils and their families. Many thousands of children and parents in our community will have passed through Caversham Primary School and be affected by her death.

...highly regarded...

Ruth's family issued an emotional statement, saying they feel 'unfathomable grief' and describing her as a 'force for good'. They said, 'We, Ruth's family, are left devastated by the sudden loss of a lovely mother, wife, daughter, sister, aunt, niece, sister-in-law, and friend. She leaves a huge, aching gap in all our lives and in the lives of so many others who were lucky enough to know her.'

Hundreds of tributes have been left in the comments on social media pages, a testament to just how highly Ruth was regarded in our community.

A memory fundraising page has been set up by her family:

[www.abwalker.co.uk/fund-page/?fp\\_id=94128](http://www.abwalker.co.uk/fund-page/?fp_id=94128)

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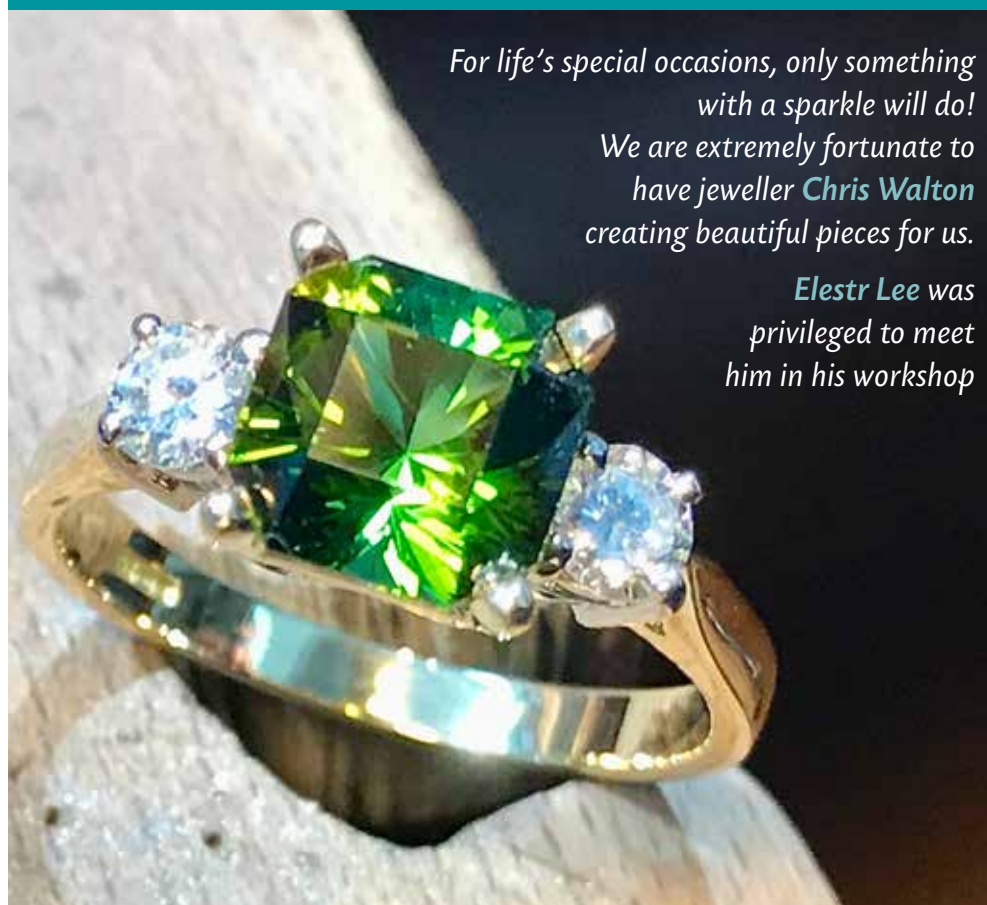


# Creative Caversham

## The glittering gem on Prospect Street

*For life's special occasions, only something with a sparkle will do! We are extremely fortunate to have jeweller **Chris Walton** creating beautiful pieces for us.*

***Elestr Lee** was privileged to meet him in his workshop*



IT'S HARD TO imagine walking along Prospect Street without seeing the familiar green awning and stylish shop window which marks the entrance to Waltons. Goldsmith and jeweller Chris Walton first opened his shop on 8 December 1986, having taken over the premises which had previously been a launderette.

Chris grew up at the Bird in Hand pub

in Sonning Common and went to Grove Road Primary School, then on to Chiltern Edge, where two of his best subjects were art and metalwork – "I've always been very creative", he remembered.

He had considered going on to art school, but a five-year apprenticeship came up at Jobins, a jeweller in Henley, so he chose that to combine both his talents. Within a year he was already working with



Waltons today (above). Jeweller Chris creates individual designs such as this ring (top); his diamond stud earrings (right) come with 'jackets' which can be worn with or without the earrings

*All photos: Chris Walton*



gold, platinum and various gemstones. Students at university and art colleges only get to work with silver and cubic zirconia, as the cost of more precious materials is too high. So Chris felt he had a far better experience and training, as learning to work with gold or platinum is totally different.

Having completed his five-year apprenticeship with Jobins, by the age of 26 Chris had the confidence to start up his own business. He looked at premises in various locations, then one in Caversham came up – an old launderette that had closed. He had to borrow what seemed a huge amount of money to take on the premises but, after a lot of work, he managed to open by December. It was fascinating to watch the video Chris has put together of the transformation of the derelict launderette into the premises which is now Waltons.

Chris was always determined that Waltons would be a distinctive type of jeweller – "The majority of jewellers around are 'off the shelf' stores with no bespoke service", he remarked. "However, as we have a workshop, we are able to manufacture handmade items customised as required". Customers can be directly involved in a commissioned piece and even choose their own stones. Chris and his team offer all aspects of the jewellery trade. Apart from the range of his own stunning designs, Waltons offers a full repair service, watches, engraving, restringing, and valuations, as well as buying old jewellery.

Chris has worked hard to nurture a loyal following from Caversham and the surrounding area, and includes many

TV celebrities among his clientele. "The majority of those who come into the shop are repeat customers", he said. "Once they know what we can do, they come back because we help to educate the public while serving them, which makes our job easier."

"My standards are very high, as I'm a bit of a perfectionist!"

Because of his knowledge and expertise, Chris often gives talks on the jewellery trade to local organisations and is frequently interviewed on radio. And, as well as creating video footage of his own shop's transformation in 1986, Chris takes a keen interest in the local area and its history and has produced a fascinating YouTube video of old photographs of Caversham with the same scenes today, called *Caversham 100 Years of History*.

### Mutual support

He is also passionate about helping his fellow traders prosper, despite the challenges which all small businesses have been facing in recent times. Chris is Chair of the Caversham Traders' Association, and during the lockdown, apart from carrying on making incredible pieces of jewellery in his workshop, he worked hard to ensure the association kept in touch with fellow traders through Zoom meetings, advising traders on government help schemes, for example. Due to this mutual support, Chris believes that Caversham appears to have been less affected by the pandemic than other local areas. The newly revamped Choose Caversham website is another initiative which he feels offers traders a chance to promote their businesses to a wider audience.

With his infectious enthusiasm for his craft and well-deserved pride in the exclusive and stunning pieces which he makes, Chris proves the point that nurturing an artistic streak can, with hard work, result in a thriving business model, as well as providing an inspiration for others. "My vision for Waltons has always been to be a traditional jeweller, with a modern twist", he told me.



Find out more:

[www.waltonsjewellers.co.uk](http://www.waltonsjewellers.co.uk)





Drawing by Janina Maher

[www.janinamaher.artweb.com](http://www.janinamaher.artweb.com)

## Local, dog-friendly Victorian pub run by one of the longest-serving licensees in the borough...

When I popped into the Clifton Arms I was welcomed by Lesley behind the bar. The atmosphere was warm and friendly, and the bar was full of lunchtime locals. It's an unpretentious traditional 'local' with a pool table, dart board, sports on screen and serving Brakspear ales. Lesley emphasised that the landlady, Seona, has made it a dog friendly pub – borne out by the presence of much loved 16 year old Cassie, a 'staffy' cross, who was curled up on her blanket by the bar. Seona MacKenzie is one of the longest serving licensees in the borough, having formerly run the Black Horse in Emmer Green from 1984, and the Clifton Arms from 1995.

Janina Maher's watercolour drawing of the Clifton Arms shows an attractive, homely

Victorian building with an upper storey hung with decorative tiles. The pub possibly dates from the 1860s to 70s when the Henley brewery, Brakspear, bought a number of houses and knocked them into one pub. One of the first landlords was Frederick Jenkyns who ran the Clifton Arms from 1876–9.

Today the pub occupies numbers 12-16 Gosbrook Road, but the numbering of the road has changed over the years. The origins of the pub's name are unknown, but it might refer to the famous Clifton suspension bridge in Bristol. The row of terraced houses following down the Gosbrook Road is called 'Clifton Terrace', but the houses on the other side are named 'Sussex Place' which is a little confusing – does anyone know the origins of these names?

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# First Impressions Matter

## ONLINE INTERVIEWS

by Laura Harmsworth



LAST MONTH I gave you my top tips for job interviews. Video interviews are on the increase, so here are some specific tips for these.

### Prepare Yourself

- Find out as much as you can on what to expect, e.g. who will be on the video call (unless it is a pre-recorded interview you submit, answering pre-set questions) and what platform the interview is on, e.g. Zoom, Teams, Skype, Facetime, Google Hangouts.
- Check you can use the technology on your laptop (preferable to a phone). It's worth setting up a practice meeting with a friend or family member to test your camera and speaker, and that you can share your screen in case you are asked to do a practical task.
- Conduct research on the company and industry by looking at their website and social media, and read all the information provided

about the job. Create a list of questions to ask and prepare answers to questions you think you could be asked. Ensure you have your achievements/examples at the ready!

- Prepare in advance what to wear. Advice is the same as for face-to-face interviews – you should make just as much effort for a video interview.

### Prepare the Room

- Do this a couple of days before the interview, not 5 minutes before!
- Choose a location that is quiet, with no distractions.
- Clear any clutter from the area you will be recording in, ensure all visible books are suitable etc.
- Face a window instead of a wall, turn off overhead lighting, and put a lamp on a table behind you.
- Check your location has a strong and stable internet connection.
- Turn off your mobile phone, and close down any applications on your laptop.

### Practice

- Search online e.g. Glassdoor for some common interview questions and practice – either with a friend or family member, or by recording yourself and watching it back.
- When watching yourself back, look out for any mannerisms you can change e.g. constant fidgeting, looking at the screen rather than the camera, talking too fast.
- You can split your screen, so you have the video call on one side and any prompts on the other. Don't read directly from your notes.

*Always send a thank you note to the interviewer/s after the interview, and ensure it is genuine, enthusiastic, and tailored to that interview.*

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## ANYONE FOR BRIDGE?

by Lin Godfrey

SOME SAY bridge is the queen of card games. It's a game of skill and every hand is different. So, if you fancy a game, why not join Caversham Park Bridge Club?

We are a small, friendly, club, and have been playing duplicate bridge at the Milestone Centre, Caversham Park Village, RG4 6PF, since it opened in 1976. But the club was founded in 1971 when four couples met to play bridge in each other's houses on Caversham Park Village and in Emmer Green. In those days, scoring was done manually, and we had to deal the hands. Fast forward fifty years we now have computer dealing and scoring. You never stop learning with bridge, which is why it's excellent for memory and mental health.

The club is affiliated to the English Bridge Union and awards master points.

Enjoy a tippie when playing? You can because we have a bar. There's disabled access and free parking. We meet on Mondays, 19:20 for a prompt start at 19:30. New members are always welcome and, if you don't have a partner, we will endeavour to find you one. The first week is free - otherwise £3.00 table money.

For further information, contact

Lin: 0118 3348195 • [lin.godfrey@gmail.com](mailto:lin.godfrey@gmail.com)

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## Winter Nail Care

by Perry Walker



OUR HANDS need extra care at this time of the year, and our fingernails often suffer as a result of the weather. Here are my three tips for looking after your nails in the coming months.

Firstly, nail oil is your best friend. Apply it to the cuticle area and massage it firmly to aid absorption and to stimulate the nail from where it grows. Ideally, nail oils need to be applied three to four times a day. They reverse the brittleness of the nail coating by being absorbed into the nail plate to increase flexibility.

Secondly, a warm oil soak once a week works wonders! To do this at home, boil a kettle and pour hot water into a large bowl. Place a smaller bowl containing enough oil to cover your nails into the hot water and allow the oil to warm (I

like jojoba and avocado oil). Add one hand at a time and soak for five to ten minutes. Rub excess oil into your cuticles and hands when you finish. Be sure to test the temperature before putting your hand into the oil!

My third tip is to push back your proximal nail fold (skin at the base of the nail) gently yet firmly, with a wooden cuticle stick daily. You don't need to push it all the way back, just small amounts each day after oiling the area. Over a couple of weeks, the area should stay fully back. Keep gently nudging this skin back, rather than excessively cutting it, as cutting stimulates growth.

*Perry owns Perry's Beauty, Hawthorne Road, Caversham.*



Perry Walker

photo: Perry Walker



## The Role of the Lymphatic System

THE LYMPHATIC system is a part of our body's immune system and consists of a powerful network of tissues, tiny vessels and organs that work together to help keep the body clean and in optimum health.

Lymph refers to the fluid that flows through the vessels and carries potentially harmful substances such as bacteria, viruses and cancer cells to the lymph nodes and glands, where lymphocytes (white blood cells) attack and break them down. There are approximately 600 lymph nodes, located in the neck, armpits, groin, around the digestive system and between the lungs.

Waste-filled lymph can become stagnant, resulting in several signs and symptoms developing on our skin and around our bodies. When the lymphatic system is under-functioning, lymph nodes can become swollen and inflamed. Around one-third of the body's lymph nodes are in the neck, jaw and ear area. Stagnant lymph in this region can cause acne, clogged pores, eczema, and itchy, dry skin.

Other signs of an overworked lymphatic system can include swelling in the hands or feet, cellulite, breast swelling, puffy eyes, bloating, enlarged or painful glands, stubborn weight gain, headaches, sinus infections, brain fog, chronic fatigue and low mood.

Immunity-supporting foods like garlic, ginger, turmeric, leafy green vegetables, apple cider vinegar and seaweed can

be added to our meals. Loading our plate with red foods like red capsicum, tomatoes, beetroot, strawberries, cherries, cranberries and pomegranates also helps.

Keeping hydrated supports the flow of lymph through the vessels of the body. When we are dehydrated, the lymph fluid is thicker, making it harder to pass through the tiny vessels and sweep toxins to the lymph nodes. Reducing coffee, alcohol and sugar-filled soft drink consumption is recommended, as these can lead to dehydration.

Avoiding exposure to toxic chemicals is key. Unfortunately, chemicals are all around us in the environment. While it isn't possible to avoid them all, we do have control over what we clean with and what we put on and in our bodies.

Unlike the cardiovascular system with the heart as our natural pump, the lymphatic system has no pump of its own. This is where daily movement comes in!

### ...an easy ritual...

When we exercise, our muscles are contracting, which naturally stimulates the flow of lymph. Moving the body for 45 minutes four times a week is suggested. Yoga and trampolining are particularly good at getting our lymph moving and they're also fun – win-win! Dry body-brushing is an excellent way to help move lymph manually and support detoxification. It is an easy ritual to add in once or twice a week before a shower or bath.

Alternating between cold and hot water has been shown to support vascular health, improve blood flow and the function of the lymphatic system.

A simple ice rub on the face can help activate an immune response. Go gently with cold exposure, though! Brrrr!

### THE CHALLENGE SOLUTIONS:

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