

Caversham Bridge

No 698

www.cavershambridge.org

April 2023

ONE DOOR CLOSES by Sally Moore

This month we introduce a new bi-monthly feature which provides news of our local businesses. Many readers will remember the regular 'Katy in Caversham' articles which included reports on changes in local shops and businesses. Sally Moore, of Carousel Clothing, has now agreed to write these articles on behalf of Caversham Traders' Association. Her first offering follows.

SPRING HAS certainly sprung in Caversham and, as the bulbs start to open and flower, a number of new businesses have opened and are starting to flourish.

In Prospect Street, the long-awaited Clay's Hyderabad Regional Indian Restaurant has opened its doors, and recent visitors are giving glowing reports of the fabulous food on offer. A few doors further down the road, the windows of the new pottery store Bascuda boast a beautiful display of colourful Turkish china which gives a tantalizing glimpse of the wide range of items in store. Further up Prospect Street, the Prospect Street Dental Practice has opened its second premises – just across the road from their long-established surgery.

And the Prospect Street activity doesn't end there! A new Caversham Co-Working and Networking Club is being hosted by Angel Bar every other Thursday from 9:30 – 12:30. Search online for Caversham Co-working and Networking Club for details.

Tucked away round the corner at 49 Hemdean Road, a new Polish restaurant called Pasibrzuszek offers a lovely bright and friendly space - and there have been good reports about the food being dished up there too!

Meanwhile, on the Henley Road, the newly built Signature Care Home is open, and the company are recruiting staff.

To end on a sad note, Art Jam Studio in Prospect Street closed at the end of March. We wish owner Sherrie a happy and very well-earned retirement on the coast.



Photos F Smith



by Phil Chatfield

Easter – a time of new beginnings

SUDDENLY IT seems Easter is upon us! Clocks have been adjusted to British Summer Time and preparations for the Coronation in May are well underway.

Once again, we are featuring opportunities for voluntary work in the paper this month, with articles from Reading Voluntary Action and the Caversham and District Residents'

Association (p8). We understand there have been offers of help in response to the article on the Gurkha Ladies last month, thank you. We celebrate creative endeavour in our area in several articles. Creative Caversham features a local photographer, Dylan Garcia (p12), and the Reading Bach Choir invite you to their next concert (p5). We also introduce an event at Caversham Baptist Church which combines both visual and musical elements (p11).

Our Talking Point this month is by Alan Race and asks appropriately 'What does Easter mean?' (p2). For some, Easter is the start of the gardener's year (although many will already have started growing seeds and chitting potatoes). Both Les Cooper and Louise Hampden reflect on this busy time for gardeners (p10).

Happy Wanderer looks back in time in his trip to Caversham Little End (p7), whilst our Community Connection takes us further afield to The Pack Saddle pub to meet Phil Davies (p11). In a different direction, a new cycle link to Sonning Common is the subject of consultation (p14), and we have a report on the Kidical Mass cycle ride in Caversham in February (p15).

We hope you find the paper interesting and would like to hear from you about your stories, events and news. Write to us at editors@cavershambridge.org or care of Church House, Church Street, Caversham RG4 8AX.

Whatever your plans for the month, we wish you all a Happy Easter.

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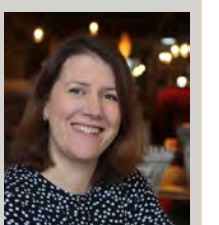
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What does Easter mean?



Talking Point by
Rev'd Alan Race

APRIL ALWAYS coincides with the Easter period in the Christian Calendar. But what does Easter mean? I want to approach the question by asking you to look at the image accompanying this article. Take a little time and let the colours stir your imagination. The image is of a jigsaw puzzle entitled 'Nuance', given to me for a Christmas present by one of my daughters, who happens to be a GP. It took a long time to complete!

What do you see? Do you focus on the striking gold (a starburst?), or the patch of turquoise (the sea on a still day?), or the quiet pink (a captivating sunset?). Is the whole a reminder of the many-sided mystery we call 'life'? A second daughter said, "Oooh, it's like a portal into another dimension." That did it for me.

It's the interpretation which matters most, and not the fact of a jigsaw puzzle on the table. What I 'see' now is the portal. That's why, for me, this image is an Easter invitation to view the impact of the Jesus figure in human history as a kind of portal, an entry into transformative ways of being human. It is more important to ask, 'What do the resurrection stories of the risen Jesus mean?' rather than, 'What happened on the first Easter Day?' It is not so interesting that I happened to complete a jigsaw puzzle; it is more interesting to know what meaning I take from it. And meanings have a continuing life of their own.

Life's many-sided mystery – like a jigsaw puzzle – requires interpretation. For many people, a suffering world – economic inequalities, the rise of narrow nationalisms,

heart-wrenching violence and wars, destruction of earth's life-support systems, etc – drives them to feelings of hopelessness. The meaning of Easter is that the death knells stalking future hope do not have the final word, and a different interpretation of the many-sided mystery is possible. The God who beckons us believes in us more than we might realise. Which, for me, is the meaning of Easter. When the Church cries out 'Christ is risen' on



Easter Day, it is celebrating the hope that we are not abandoned to a despairing fate.

So, what do you see around you? Do you lament what you think of as a world in decline, or do you see the portals which spur you into a different way of seeing? Have another look at the image.

Alan is an Anglican priest-theologian, with permission to Officiate in the Diocese of Oxford, who lives in Caversham.

Local clergy and church services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Peter, St Margaret, St John

Rev'd Mike Smith, The Rectory, 20 Church Rd
Caversham RG4 7AD

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

Rev'd Penny Cuthbert Tel: 07825 331 810

Rev'd Andy Storch Tel: 07365 555 905

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

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

Current services

St Peter's Church –

1st Sunday of the month:

8:00 BCP Holy Communion

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

2nd and 4th Sundays 9:30

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

3rd Sunday: 9:30 Holy Communion in a new, shorter format with junior choir

18:30 Sung Choral Evensong.

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

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

Rev'd Kevin Lovell, 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

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

Sermons are recorded and uploaded to

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

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

ROMAN CATHOLIC

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Fr Joe McLoughlin, 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

For details of the services being held over the Easter period at each of our churches, please visit their respective websites (on this page) or the Churches Together in Caversham website www.cavershamchurch.org
www.cavershamchurch.org

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

Future editions:

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

editors@cavershambridge.org

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

advertising@cavershambridge.org



Caversham Bridge Subscriptions and deliveries

MOST OF our subscribers have now paid their 2023 subscriptions, thank you. If you have not, please let us know if you would like to arrange for someone to call and collect cash or a cheque (which should be made out to Caversham Christian News), email us at subscriptions@cavershambridge.org or leave a message on our answerphone 0118 328 2754.

As a reminder, the subscription for 2023 is £5 and, if you can pay by direct transfer from your bank account, our bank account details are: Caversham Christian News – Sort Code: 30-67-99 – Account Number: 72808960, and please include your postcode and house number or name as a reference!

We still have a small number of payments which we cannot identify so, if you think one of these could be yours, please use the contact details above and let us know.

The Editors

Beanpole Day

by Tricia Marcouse



The Stick Smith and plant supports photo F Smith

THIS ANNUAL event selling everything you need for the garden this summer is at Caversham Court on Saturday 22 April from 10:00 to 15:00.

You can buy very reasonably priced plants, plant supports and craft goods, whilst learning about wildlife friendly gardening, the work done by Reading's volunteer tree wardens, climate change and climate justice.

As well as trees, we have vegetable and ornamental plants, all grown by charitable organisations. And of course, beanpoles and plant supports to grow them on! Our plant supports come from local managed coppiced

woodland and willow beds, and your purchase helps maintain these traditional techniques.

Other stalls include second-hand tools, Fair Trade products and homemade produce. The Royal Society for the Protection of Birds will be making and selling bird boxes, bird tables and hedgehog homes as well as selling bird food.

The garden kiosk is open for light refreshments or bring a picnic to eat on the lawn by the Thames.

There is no parking at Caversham Court apart from disabled spaces in Church Street, but we will run a creche for all your purchases so you can drive down to collect them later.

Mapledurham Jubilee Club

by Dorothy Thorpe

WE ARE a small club of mostly senior members which meets on the second Monday of the month at 14:30 in Trench Green Village Hall on the Mapledurham Estate. We have been meeting for more than 40 years and are run by a group of volunteers, who organise afternoon tea each month and organise guest speakers and coach trips during the year.

We are a friendly bunch and would welcome any new members. Why not come along to see if you would enjoy being part of the Club? For more details, contact me on 0118 947 8002

Save these dates

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Light on the Hill by Keith Saynor

THE LIGHT on the Hill wellbeing café has been running each Wednesday evening since the end of June 2022. It is located at Caversham's Grace church, on Peppard Road, and is open between 19:30 and 21:00 weekly in term time.

The café offers a safe, shared space where you will find a warm welcome, peace and community. It is a drop-in group for adults (18 plus), those needing support with their emotional wellbeing, and to help folk who may be feeling socially isolated.

On arrival you'll find a warm welcome which includes a hot or cold drink and some homemade cake. The atmosphere is friendly and relaxed, with the option of games, various crafts, chatting and discussions, or just chilling with cake and a cuppa. Café is a loose term, as it is all free, and there is no need to bring your purse or wallet. You can pop in or stay for the whole hour and a half.

There is a quiet area available during each session for prayer or reflection. Vinolia Saynor, who leads the project, explained: "We believe that a quiet time of prayer is helpful in terms of wellbeing, and so we invite you to join us in the Prayer Space for a short prayer time. There's no pressure to join in; if you'd rather not that's absolutely fine. If you are feeling anxious or overwhelmed, the quiet space is there throughout the session if you need to retreat to somewhere peaceful."

She also commented that since the café opened, folk from the local community have come along from a variety of backgrounds. We have really enjoyed getting to know them, and have had some

really good evenings with some great discussions, as well as enjoying some of the art and craft activities. It has been really good to start developing relationships, and we welcome anyone to what is a relaxed, friendly atmosphere where you can confidently 'come as you are'.

For further information please email: lightonthehillcafe@gmail.com

Light on the Hill Café is run in partnership with Renew Wellbeing (Registered Charity Number 1173963)



The Church

photo K Saynor



The café

photos V Saynor



EXPLORE EASTER!

Looking for something to do for 0-6s* during the holidays? Join us as we explore the Easter story together in story, song and craft. Children must be accompanied by a parent/guardian. 3Cs Café will be open in the church afterwards for refreshments.

*Siblings also welcome

Tue 4th April | 10am-10.45am | St John's Church



anna@ctmparish.org.uk



Zumba Gold

Tuesday 9.30-10.15
St Barnabas Church Hall, Emmer Green.

Please contact Daniela:
Tel: 07900307520

Email: d.capasso67@gmail.com

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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.

THIS MONTH my choice for younger readers is one of my favourite children's books currently in the shop; Murder at the Museum by Alasdair Beckett-King. Bonnie Montgomery is the world's greatest detective, not that anyone has

heard of her. They have heard of the great Montgomery Bonbon, who has never been seen in the same room as Bonnie.

This was a lot of fun to read. Perfect for budding sleuths aged 8 or more. It's very funny and a pretty good mystery as well. I think we can be seeing some great things from this author in the future.

The adults' book I have chosen is a beautiful story called The



The Bear can't decide – murder or romance ?

photo A Forbes

Stationery Shop of Tehran. Set in 1953, we read how Roya falls in love with Mr Fakhri while spending so much time in his stationery shop. As their love is blossoming, Tehran is changing. Violence erupts, changing the country's future forever, and their lives will never be the same again. This book is beautiful, heart-breaking, and a fantastic read. I'd especially recommend it if you have enjoyed The Beekeeper of Aleppo or The Little Coffee Shop of Kabul, or if you simply want to be transported to another time and place.

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



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Reading Bach Choir - by Royal Command



The choir at St Andrew's Church

FOLLOWING successful events this year in Caversham and the latest concert at All Saints, Downshire Square, Reading Bach Choir are returning to the church of St Thomas of Canterbury, Goring, on 29 April, at 19:30, for a concert of music inspired by royal occasions – births, deaths, marriages and, of course, coronations. Music will include both well-known items (Parry's I was glad, and Handel's Zadok the Priest for example) and also lesser-known pieces by famous

composers, such as Purcell, Bach and Brahms. These combine to produce a vibrant tapestry of music in time for this spring's celebrations. The choir will be led by Musical Director Daniel Mahoney and accompanied on Goring's newly refurbished organ by Gavin Roberts.

Tickets, priced at £15 (£5 under 18s), available from: tickets@readingbachchoir.org, by phone 01628 638847, via the choir website www.readingbachchoir.org.uk or on the door. Kathy Munns



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WHAT'S ON in APRIL

IF YOU have an event planned, please send details to 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

Caversham Library – opening: 09:00 – 17:00 Tuesday and Friday, 13:00 – 19:00 Thursday and 10:00 – 15:00 Saturday. For regular events such as *Rhymetime* see www.reading.gov.uk/leisure/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 everyday 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

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/stjohnncaversham

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

Wednesdays – *Light on the Hill Café* – 19:30 – 21:30 in term time 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

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

Sundays – *Nordic Walk (or just walking)*. Free to all. One to one training with qualified instructor. Tel. 07931754096

Sunday 2 April – *Reading Haydn Choir* – 19:30 at St Joseph's College, Upper Redlands Road, Reading. Vivaldi's Gloria, Mozart's *Vesperae solennes de confessorum* and Gloria by John Rutter. Tickets at the door or in advance at rdghaydnchoir+tickets@gmail.com

Tuesday 4 April – *Explore Easter* – 10:00 – 10:45 at St. John's Church. Easter in Story, song and craft. Children 0-6 accompanied by parent or guardian. Contact anna@ctmparich.org.uk

Wednesday 5 April – *A talk on The History of The Beatles by Alan Clayton* - 20:00 Caversham Heights Society at Caversham Heights Methodist Church Hall. www.cavershamheights.org

Friday 7 April – *Good Friday Worship* – 10:30 - 11:15 at Caversham Baptist Church. Followed by walk of witness to Caversham Court Gardens.

Friday 7 April – *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 8 April – *Pang Valley Ramblers* – 10:30 from Rotherfield Peppard. A 2-mile walk. First of several walks this month. For more information see: www.pvramblers.org.uk

Saturday 8 April – *Easter Uncracked* – 10:00 – 13:00 at St. John's Church. Solve puzzles as a team. Children 7+ accompanied by parent or guardian. Contact anna@ctmparich.org.uk

Saturday 8 April – *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

Saturday 8 April – *Easter Nature Trail* – 14:00 – 16:00 at Caversham Court Gardens. Friends of Caversham Court Gardens host a trail and quiz for children. See <https://home.fccg.org.uk/events>

Saturday 8 April – *Peppard Unplugged* – 19:30 at Peppard Memorial Hall. An evening of live music. For more information: email info@peppardunplugged.co.uk

Sunday 16 April – *Early Closing Day, a talk by author Mike Cooper on the events of the day Reading was bombed 80 years ago* – 16:00 at Fourbears Books. Tickets £2 (which can be used as £2 off any shop purchases on the day) from the shop, or at www.fourbearsbooks.co.uk/whatson

Wednesday 19 April – *Lecture on Gardening for Model Engineers with George Saffrey* – 19:30 Caversham Horticultural Society at Caversham Baptist Church. Admission for non-members: £3.00. Refreshments and a raffle. www.caversham-horticultural.org.uk

Wednesday 19 April – *A talk on The Life and Work of Augustus Pugin* by John Brierley - 20:00 Caversham Heights Society at Caversham Heights Methodist Church Hall. www.cavershamheights.org

Thursday 20 April – *Caversham Women's Institute* – 19:30 at Church House, Caversham. www.thewi.orgh.uk or Tel 01189 477868

Saturday 22 April – *Beanpole Day* – 10.00 to 15.00 Caversham Court Gardens. See page 3 for details.

Sunday 23 April – *Hymn Café* – 15:00 – 16:00 at Caversham Baptist Church. Relaxed café style setting with hymns, prayers, testimony and cake every last Sunday of the month.

Wednesday 26 April – *AGM and illustrated talk on New Discoveries about the History of Caversham Court by Hester Casey* – 19:00 for 19:30 - Friends of Caversham Court Gardens, The Canoe Club, The Warren. See <https://home.fccg.org.uk/events>

Saturday 29 April – *Reading Bach Choir* – 19:30 at church of St Thomas of Canterbury, Goring, Music by Royal Command. Tickets, priced at £15 (£5 under 18s), available by phoning 01628 638847 or from tickets@readingbachchoir.org.uk, via the choir website www.readingbachchoir.org.uk or on the door.

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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

READING'S PLANNING Applications Committee meet again on 29 March before a gap until after the local elections on 4 May and new appointments to Council Committees. We expect that several decisions may be taken on 29 March. The application for retirement housing, next to the new care home on Henley Road may come forward. The application for the Drews site was considered on 1 March. While the committee supported the proposals, which retain part of the old Malthouse, they requested further discussion on the mix of affordable housing. Applications to discharge the list of Conditions for the Reading Golf Club site are still coming in. The Construction Method Statement, which includes arrangements for construction vehicles, is still causing concern. CADRA continues to press Vistry, Councillors and Officers to establish close supervision and other safety measures for Kidmore End Road, which is busy with school children and older residents on foot. The latest application for a 5G mast is on Henley Road/Cromwell Road. To date all applications have been refused.

Following a petition to the last Traffic Management Sub Committee, a request for traffic calming on Rotherfield Way has been added to the principal list of requests for Traffic Management Measures. There are over 20 items north of the river, almost all arising from local petitions and surveys. Inclusion on the list does not imply funding or a detailed plan, but it is an essential first step.

The Thames Valley Flood Scheme has started looking into natural flood management in more detail. You can find a link to their latest newsletter at

www.cadra.org.uk/en/Local-Environment



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IN JANUARY I did something I'd been intending to do for some years: I booked an appointment at the Berkshire Record Office to look at the draft 1821 census returns for Caversham. These should really have been destroyed, but have somehow survived among the other records from St Peter's Church.

The idea of conducting a census every ten years met with a great deal of opposition nationally at the beginning of the nineteenth century. People didn't like the idea of their personal details being written down for others to see, so the government of the day agreed that, once the figures had been collected, the paperwork would be destroyed, but in this instance, Caversham 1821, it wasn't.

The amount of information collected is very slight in comparison with what was called for later. Information on the location of each house is often lacking but, for each building, there is the name of the head of the household (or households), the number of people in each household, whether they were male or female, their ages, and whether they were employed in agriculture or trade, or neither.

In the first census of 1801, the population of Caversham was 1,069. In 1821 it was a village of 1,317, and in 2021 it was around 32,000.

One of the surprising things about the 1821 draft is the number of families who shared houses. You find entries like eg 'Austin and Simonds – 8 people' and 'Baker and Freebody



– 14 people'. The profligate Col. Marsack of Caversham Park had a household of 21, but would soon have to flee the country to avoid his creditors.

I took a closer look at the area called Little End – now the top end of Prospect Street, near the former Prince of Wales inn – now called The Last Crumb. The 22 cottages were home to 236 people. Turning to the 1841 census return, when people's names were recorded but kept secret for 100 years, Little End had 28 cottages with 124 residents. There had obviously been great changes in the intervening years, and other changes would result from a fire in 1907, when the roofs of the thatched cottages caught fire.

They were largely destroyed, because the Reading Corporation Fire Brigade did not attend fires in Caversham. I managed to find this photograph of the cottages.

The 1821 draft census is distinctly lacking in geographical information. The four enumerators would have known where everyone lived and, in any case, the information wasn't required by the government. The only places mentioned are Caversham Lower Street (i.e. the area around Caversham Mill), Little West Field, St Peter's Hill, and Little End. Most people would have lived along Caversham Street, which seems to have been Bridge Street and Church Street.

Another thing to remember about the Caversham census figures is that, until 1921, Caversham Parish was a much larger area than the built-up part which became part of Reading in 1911. It included Chalkhouse Green, Tokers Green, an area called Caversham Common, and two more "Ends" as well as Little End – Cane End and Kidmore End.

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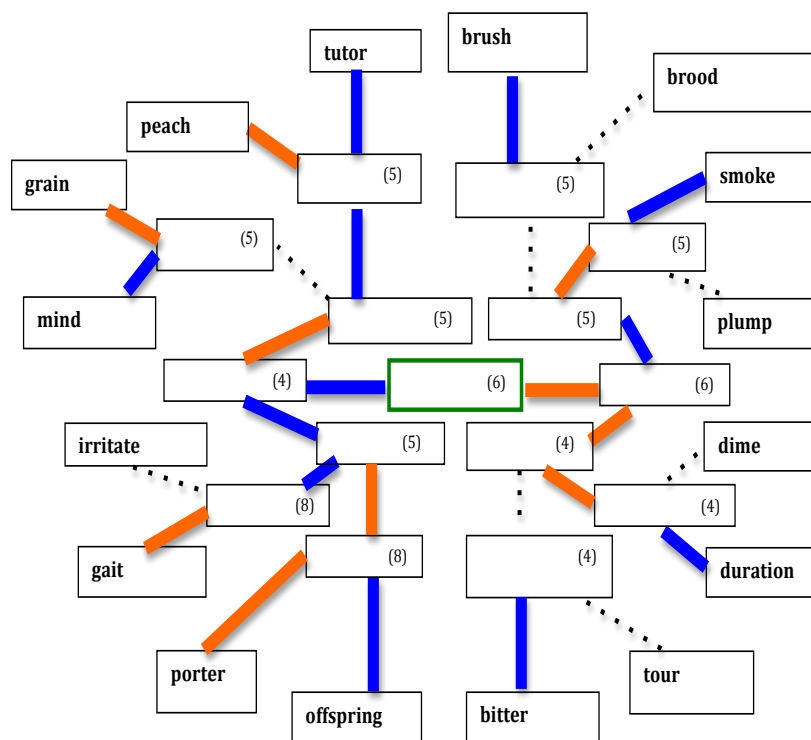
Puzzle Corner

The Challenge by Rachel

WORD PUZZLE

Find the word that has the same meaning as (or is related to) the clue; or rhymes with it; or has one letter that is different from it. For example: *tingle* has 6 letters, rhymes with *shingle* and means *thrill*.

Rhyme ———
Letter change
Meaning ———



Answers on page 15

COOKERY

Can you find 20 cookery related words here?

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

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Cake tin
Carving Knife
Egg whisk
Egg timer
Frying pan
Grater
Grill
Ladle
Microwave

Mixing bowl
Oven
Piedish
Potato masher
Saucepan
Scales
Skewer
Spatula
Spoon
Toaster



**Berkshire
Vision**

Supporting The
Visually Impaired

Volunteering with Berkshire Vision

by Steve Hendry

and helping to connect those wanting to help with organisations seeking volunteers.

Berkshire Vision is a charity that provides vital practical and friendly support, as well as sports and activities to visually impaired children, adults, and their families in Berkshire. They help their members to develop confidence and to live full independent lives.

They have a wonderful team of volunteers who help provide vital services. Their enthusiasm and energy make a real difference to the members. They are always keen to welcome new volunteers and have a variety of roles to fill so, if you can spare an hour a week, or a few hours each month, they would love you to join them.

Examples of roles they are looking for help with right now include Realeyes guides who help members get out and about and reach their goals, telephone befrienders to chat weekly to members, sports and activities volunteers to assist at events, and tech buddies to help members if they have an issue using technology.

Find out more about RVA see www.rgneeds.me.

For information about Berkshire Vision, see www.berkshirevision.org.uk/volunteering.

Steve is Volunteering Development Manager at RVA.



Tandem cycle riding, Windsor Photo Berks Vision

READING VOLUNTARY ACTION (RVA) exists to promote and support the individuals and groups who make up our diverse voluntary and community sector. Part of our work involves encouraging volunteering and social action

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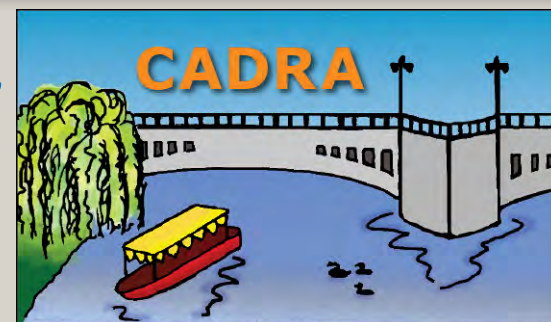
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**Working for all of us
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Residents' Association**



by Helen Lambert

THERE IS a strong tradition of voluntary groups north of the river, linked by informal networks. Some groups focus on local campaigns, others on all sorts of practical work. Newsletters, websites and social media, and of course this newspaper, all produced by volunteers, help to keep us in touch with what is going on and to learn more about where we live.

As a volunteer, it may take a bit of time to find the way you would most like to be involved. But, as well as practical tasks, there are many ways to offer a little of your skills and experience. Most groups have a core committee, as well as links with a wider group who can offer specific help as needed.

The Caversham and District Residents' Association (CADRA) team maintains an extensive website, monitors planning and transport decisions, and supports the Safer Neighbourhood Forum. Two newsletters a year announce an open meeting on a wide variety of topics. Recent special projects include the Caversham sign, the Heritage Map, and the William Marsham panel. Since the closure of the Emmer Green Residents Association, CADRA has extended its remit to include Emmer Green. More could be done with extra volunteers. If you might be interested

in contributing, contact us at

info@cadra.org.uk.

The CADRA AGM and open meeting will be Tuesday 23 May at 19:30 in the New Testament Church of God, next to Caversham Library. After a review of the year and a few brief formal items, we welcome David Cliffe to speak on the subject: Fords, Ferries and Bridges – crossing the Thames at Caversham over the centuries. Everyone across Caversham, Emmer Green and beyond is welcome.

During his time as a librarian, David catalogued over 12,000 images illustrating local history for the collection at Reading Central Library. He is Chairman of the History of Reading Society, and of the Berkshire Local History Association, and Vice-President of the Reading and District Natural History Society. He has authored many books, including Picture Palace to Penny Plunge: Reading's Cinemas (2017), particularly apt as we will meet in the former Glendale Cinema.

As we look ahead to the centenary of the opening of Reading Bridge, CADRA will be publishing a booklet about the bridge, which will be available online and for sale in Fourbears bookshop.



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The Laundry Conundrum

by Tricia Marcouse

SHOP AISLES are full of laundry products: soap powders, bio powders, liquids, pods, gels, and now detergent sheets. Current advertising focuses on the environmental benefits of washing at low temperatures and products without plastic packaging, together with the captivating fragrances of fabric conditioners.

Independent research shows new designs in washing machines, together with reduced washing temperatures, have radically reduced energy use per wash. However, total energy use for laundry has doubled since 1970 because the number of loads of washing per household has increased. In addition, over

70% of households own a dryer, and use it regularly.

Research with University of Manchester suggests most people decide something is due for washing after one or two wears rather than 'dirtiness', and 75% agreed 'clean' is related to smelling like the laundry products used in the wash. These are unfortunate changes in habit. Many clothes are made with artificial fibres which, with each wash, release microfibres which pass through the treatment system and enter our rivers. In addition, some of the chemicals in the cleaning products will also end up in our rivers.



Changing habits is hard, but perhaps aim for three changes this summer. Firstly, experts agree fabric conditioners, originally marketed as rinse aids, are no longer necessary to remove the detergent, so perhaps only use them for woollens. Secondly, drying on a washing line gives the 'sun-dried' fragrance, and saves energy costs. And thirdly, far more difficult, try hanging some of the clothes up for another day of wear rather than tossing them into the laundry basket!

INSPIRING OUR CHILDREN



Learning by doing

photo H Illingworth

in building and maintaining a biodiverse landscape, including rewilding and planting trees, creating animal and bug homes, as well as growing crops to use in cookery lessons.

Taking part in the RSPB Big Schools Bird watch helps to monitor annual changes in bird species. Surveying, using camera traps for tracking wildlife, and photographing before and after, showed their work had been a success. In addition, the pupils declared a separate area of woodland as a 'conservation area'. They have worked over several months to clear the site of rubbish and create homes for nature as well as a bird hide. This has seen the arrival of a woodpecker and even pheasants, and an array of wildflowers previously unseen.

The children are now more inspired than ever and committed to ensuring a biodiverse landscape and a sustainable environment.

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Our April 2021 edition included an article about the work of the 'Pollution Preventers' at Hemdean House School. Since then, they have continued in their care for their site, and have recently won a national award, as reported below by Trish Lopes.

THANKS TO their Forest School Lead Mrs Illingworth, their Eco Committee and the hard work and determination of their pupils, Hemdean House School has won the Eco-Schools Biodiversity School of the Year Award!

The award recognises their commitment to encouraging the biodiversity of the school site. It follows on from the school achieving their Green Flag with Distinction in July 2022. The Eco-Schools programme leaders recognised the school for its work

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THOSE WERE THE DAYS **BY LES COOPER**



THERE ARE certain things in the garden that I really enjoy growing. Runner beans are a definite favourite, but it has nothing to do with eating them,

although I do like freshly picked beans! No, I think it harks back to when I was a youngster because, in those golden days, it was always fun helping my Dad with his runner beans. Dad was a World War One veteran and a smoker and thinking about it now, he used me quite a lot to do the donkey work. Not that I minded, I enjoyed it.

In Autumn came the delight of digging the 'runner bean trench'. Dad decreed that it had to be deep, so it was great fun cutting into the soil with my spade and heaving clods out. The trench would get deeper, the banks of earth higher and I would go lower until I reached the yellow subsoil. After forking over the bottom, I then had to scramble out and over the piles of earth. For the next few weeks Mum and Dad gradually filled the trench with vegetable waste and thin wartime newspapers.

A farmer would come to deliver a load of fresh manure with his cart and horse, because this was during the later stages of the war when petrol was rationed. Using our old wooden wheelbarrow, we stacked the smelly manure in a large pile at the bottom of the garden to let it mature. Later it would be used for mulching things like the runner beans.

Spring came and I had the pleasure of filling

the trench back in. Then it was time to erect the bean sticks, obtained by going out on our bikes and cutting long branches of willow that grew along the road near Sonning. These we tied along the crossbar of our bikes to bring home. Dad had served in the Royal Engineers, so with a ball of sisal string he made sure our bean stick cage was strong enough to withstand a hurricane.

In May our bean seeds went in, two seeds per rod. They were, of course, from the local firm Suttons and I think the variety was Scarlet Emperor. I cannot recall any failures. Watering was the next priority and, because we had no such thing as a hose, my arms grew stronger carrying cans of water. We mulched with the manure.

We always had a profusion of runner beans, so my Mum had the thankless task of bottling piles of them with salt.

All this took place where I live now. Then Henley Road was narrow and twisting, there was no Caversham Park Village, no Buckingham Drive, and no Amersham Road. Like the weather, times have changed, and now we wonder whether we will be able to grow runner beans like we did in those war years or will we be struggling with another drought?



A solid line of runner beans



Plant of the Month **by Louise Hampden**

APRIL IS THE month when the world turns green. Gone are most of the brown twigs on the trees, to be replaced with a myriad of different shades of green as they come into leaf. The garden looks fresh, the grass begs to be mown, and the bright buds of the tulips burst into flower. Warm spring days bring an explosion of growth.

It is a good month too for planting new plants and filling gaps. But it's not just the gaps at ground level with potential – the vertical dimension is also full of possibilities. Varieties of clematis make ideal floral fillers and can give colour from early spring right through to autumn if chosen carefully.

One clematis which, with patience, can fill a large expanse of space, whether a wall or fence, is Clematis montana. It also has the potential to cover a shed, climb up into a tree or even to cover a screen. In colours of white through to pink, some varieties are scented too. It's robust and needs little maintenance, other than to be cut back after flowering if it gets too large. The same is true for the evergreen variety, Clematis armandii, which, although a little on the tender side, will cover a large area with scented flowers. My own has outgrown its



Clematis montana



Clematis 'Polish Spirit'

space now and I will prune it for the first time this year after it has been in the ground for a good five years or more.

Clematis clamber upwards by means of delicate tendrils, so they need a good mechanism to climb, and this could be a trellis or another plant as a host. Initially they need to be tied onto their support but, once they are happy, they will romp away.

Planting is key to the success of clematis. They need to be planted deeply, deeper than the level in the pot. This is particularly essential for the less robust varieties, such as the summer-flowering types, because these can suffer from a disease called clematis wilt which does what it says on the tin – the whole plant wilts, seemingly overnight. Deep planting increases the chances of it reshooting from the roots.

I tend to plant Clematis viticella or texensis varieties, which hardly ever suffer from wilt. One of my favourites that has been in my garden flowering happily for years is Clematis viticella 'Polish Spirit', which only needs to be cut almost to the ground in early spring for it to leap into life and flower in summer for months on end. It's also purple, one of my favourite colours, and in my book wins the garden-worthy award hands down.

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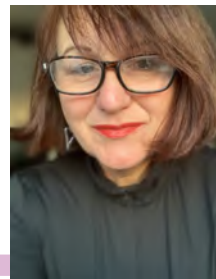
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Community Connections

by
Caroline Gratrix
This month we meet
Phil Davies – The Pack
Saddle Mapledurham



The Davies family

photo C Gratrix

FIT HAS been a while since you visited The Pack Saddle pub, Mapledurham, now would be a great time to pop back for a visit. It was recently reviewed by the indispensable guide to what's good in the countryside, Muddy Stilettos, and described as serving one of the best roasts they have ever had. Quite an accolade!

Phil and Madeline Davies have been in charge since 2021 and completely put their stamp on the place, with gorgeous, muted tones, plush upholstery, unfussy décor and a relaxed atmosphere throughout. Children and dogs are welcome, there is a lovely big garden to eat, drink and relax in, with a nice play area for children. They have a summer of music and BBQs planned, and all are welcome.

The food is all homemade, with much of the produce grown in their onsite community garden, also home to five beehives, where they produce their own honey. So, if you're looking for a light bite, or a full three course dinner, The Pack Saddle Mapledurham is a great option with a very warm welcome.

How long have you lived in RG4?
Just over 5 years.

Where are your favourite places to eat, drink and shop in Caversham?
Lebanese Village but looking forward to visiting Clays. The Fox and Hounds for a beer and The Caversham Collective for coffee. I don't really 'shop', but the Caversham Butcher has fantastic produce and I do pop in from time to time.

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

Shop local and independent, 100%. In terms of food, I would encourage everyone to follow the seasonality of produce and, of course, it must be home grown. Products like avocados are very tasty, but do consider how many thousands of miles they have journeyed to the shelf! Always check the label and choose home grown!

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

Caversham has some amazing independent local businesses. Keep it coming I would say. I would love to see Caversham have not just a butcher and a baker, but also a fishmonger, a proper greengrocer and a deli! All independent local business for residents of Caversham.

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

I have always said to my friends I'd love to open a little Steak House which showcases local Beef from local farms, but the Pack Saddle keeps me too busy to think about it. Apart from that, I'm very much into my music and would love to see a 'Vinyl' Record Shop, but just anything creative and independent that adds to the growing uniqueness of Caversham.

And now for something completely different



The keyboard

photo T Clarke

by Fred Smith

Piano by Edward Chilvers stretches the limitations of music. This work is built on an entirely new concept of poly-tempo and modal harmony, and it also breaks from western music notation. His music is ever evolving and living, rather than stuck within the confines of notation and time. It challenges fundamentally how we perceive music by redefining some of the art forms' basic fundamentals: notation, rhythm, and harmony.

Images by Talor Clarke strive toward a similar ideal. Her images create breathing space amongst the visual noise, and present the viewer with new ways of seeing: to see the ethereal in the everyday and to observe the beauty of colour, form, and motion. The eye sees movement; her images freeze, warp, extend, and present movement, in a way that is visually arresting, and conceptually fitting with the music of Chilvers.

Together, their work challenges conventional perceptions of music and art, expanding ideas of what a music and art event can be. The stage is set. They invite you to join them In This Now.

Saturday 15 April 17:00 – 19:00 at Caversham Baptist Church, 1 Prospect Street, Caversham, RG4 8JB. For tickets, visit: <https://inthisnow.eventbrite.com>.

ON SATURDAY 15 April, Caversham Baptist Church is the venue for an event which presents a new way of observing art. In This Now is a music and art experience which is neither a normal piano recital nor a normal photography exhibition.

DON'T MISS THE FERRY

by Adrian Barrett

AN OFTEN-OVERLOOKED treasure in the Thames Valley with a fascinating history is The Island Bohemian Bowls Club. Positioned on Fry's Island – also known as De Montfort Island - on the Thames between Caversham and Reading bridges, it is possibly unique in the UK in being a bowls club on its own Island! Don't worry, the Club runs its very own ferry service from both sides of the river.

The Club is holding Open Days this year on:

Saturday 29 April between 10:30 – 16:30

Monday 1 May between 16:00 and 19:00

Why not take the opportunity for a short ride in our ferry to find out more about this great sport for all ages. The ferry runs from Brigham Road on the south bank or Wolsey Road on the north bank. Call the club on 0118 957 6593 or call me on 0118 947 6234 for details or www.islandbohemian.co.uk



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A KEEN EYE ON OUR PAST – AND FUTURE

Stock shot photography had long been Dylan Garcia's 'day job'. Taking time to pursue an online MA has allowed him to broaden his skills, and to use his work to capture the beauty of the world around us while highlighting environmental issues, as he explained to Elestr Lee



CAPTURING THE world from behind a lens has been Caversham resident Dylan Garcia's profession for more than three decades. However, while his photographs of people and places have frequently appeared in a wide range of national newspapers and magazines from the Financial Times to Homes and Gardens, he has more recently decided to explore the potential of photography beyond recording scenes.

"In 1980 I completed a BA at the Norwich School of Art, where I concentrated on photography. Since then, I have done a range of jobs, including working for an environmental charity. My photographs are what are known as 'stock work' - often of well-known places, such as Windsor, or landscapes. I upload my work, and newspapers and magazines, such as The

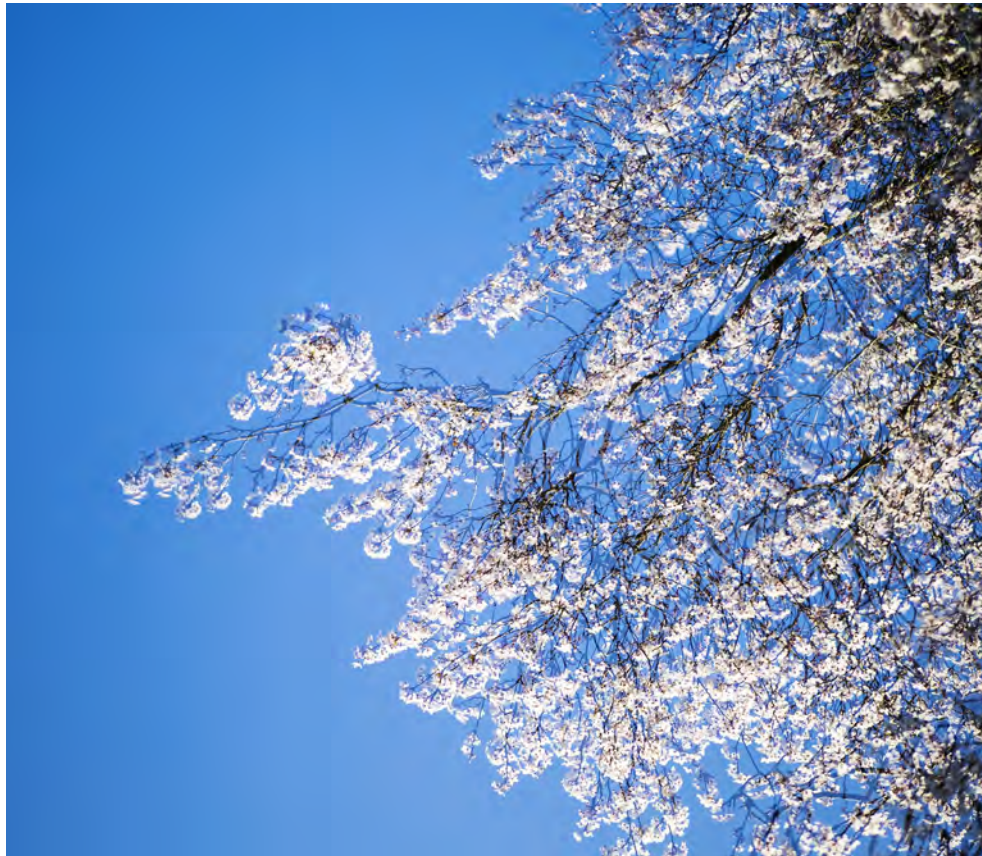


Guardian and Homes and Gardens, spot my images, and pay for their use.

"However, I have recently enrolled at Falmouth University to do an online MA. This is very different from the work I was doing. Previously I was concentrating on just taking the photo, then moving on. With this course, I am now looking far more deeply into my subjects. I am taking a far closer look at the work of other photographers, artists and thinkers.

"For example, recently I have been looking closely at Japanese photography. I am inspired by their style, but I am trying to re-create it with an added 'British' touch - while capturing this sense of the amazingness of life and creation," Dylan explained.

Dylan's powerful and evocative creative work clearly captures the beauty of the world around us. But his photographs of both the natural world, as well as the built



Flooded World (left); Spring, Balmore Walk (above); a griffin from the garden at Caversham Park (below); Reading Abbey Ruin (right). All photos: Dylan Garcia.

environment, in scenes we all pass every day are no longer 'stock shots': through his artistry, use of various photographic techniques and even the paper his work is printed on, his images appear timeless, even mythological.

"I have become interested in ideas around time," he said. "For example, we know that lions and hippos once lived along the Thames. Due to global warming, Britain is heading once again to becoming tropical. So nowadays my photographs refer to the past but also look to the future and what will happen due to climate change."

Dylan's work will be exhibited in Reading Central Library this April, entitled *Brythonic Thousand: a project on History, Mythology, Climate Change and Hope*. He has a particular fascination with the ancient Celtic peoples, as well as lost and drowned lands (hence the title 'Brythonic', referring to the people and languages of Wales, Cornwall and Brittany). Having moved to Caversham six years ago from the Isle of Wight, Dylan is now enjoying discovering both the natural beauty as well as the history of his new home.

"I enjoy cycling, so I love the fact that in ten minutes I can cycle from Caversham and be in the Oxfordshire countryside. But I also love cycling along the Thames, towards Pangbourne and Goring. I was thrilled to find the bluebells in the woodlands on the way to Pangbourne. But more locally, I have enjoyed discovering Balmore Park, and have been inspired by the Abbey ruins in Reading itself," he enthused.



"And because I live here, I wanted to have my exhibition in the area. The people at the Central

Library have been so helpful as I have been preparing to set it up. Doing the exhibition has made me focus on completing a lot of my projects ... so often, you have ideas, but you don't actually get to complete them. In thinking about my exhibition, I have had to think hard about the space I have to fill, and what will look good together.

"I have done a few exhibitions in the past, on the Isle of Wight and in Falmouth. It is so different from the work I used to do taking stock shots. Everything is now beginning to coalesce," he said. Creating a powerful image through a variety of techniques is



central to Dylan's work. Visiting Photo London at Somerset House provided inspiration. "I noticed the use of silver paper and realised that this was another way a photographer can create an effect - just as an artist with paints might choose a certain material to paint on, so a photographer can print an image on different materials. So now I take care to choose the right sort of paper for the effect I want.

"Visitors to my exhibition will be able to slow down as they see my photographs. It really is an opportunity for an antidote to the mass of photos we all see on Facebook and Instagram - I hope that in going to the exhibition, people do spend some time looking at the work."

Find out more: *Brythonic Thousand: photographs by Dylan Garcia*. Holybrook Gallery, Reading Central Library, from 3-24 April.



Drawing by Janina Maher

www.janinamaher.artweb.com

JANINA MAHER has looked further afield for her drawing this month: St Barnabas church in Emmer Green is at the centre of the community and is a beautiful example of a brick building in the arts and crafts style. I met David Howell, the church warden, who showed me around and told me a little of the history of the church. The first place of worship was part of the Parochial School in Grove Road, but in 1897, a corrugated iron church was erected on land belonging to the Grove Farm and Estate. The building had the look of traditional church architecture with 'buttresses' and gothic arched windows (now replaced), and was prefabricated, allowing rapid construction. It is still in use as the church hall and is in constant demand by the Guides and Brownies, art and yoga classes, and many other clubs and societies. It is a rare survivor and a splendid example of what is known as a 'tin tabernacle'.

Eventually in 1924 a new and larger brick church was built next door to accommodate the growing congregation. According to a commemorative foundation stone, the architect was JH Willett and the builders WN & Fisher. It is a splendid example of decorative brickwork. The interior has an inviting

atmosphere with warm red exposed brick walls and an impressive wooden roof construction. The gothic style windows contain plain glass with lilies in an art nouveau design in the trefoil tracery at the top, allowing lots of light to brighten the space.

Perhaps the most impressive features are two magnificent large stained glass windows at the east and west ends, and a window at eye-level in a small prayer room, which allows you to study closely and appreciate the quality and artistry of the design. They are the work of twin brothers Percy and Charles Haydon-Bacon. Percy was an artist and sculptor who set up business in London as a master stained glass painter and was joined by two of his brothers. Examples of their work can be found in Britain and Ireland and overseas in Australia, Canada and the USA. For the last few years of his life, Percy moved the business to Reading and he died in 1935.

In 2009 a splendid modern community centre was built attached to the church, with a kitchen, meeting rooms and hall space also in constant use by the local residents. In 2011 a lovely garden space was created to complete the complex.

We first used one of Janina Maher's paintings in an article about the closure of the Nationwide Building Society Caversham branch in March 2021. Since then, they have become a regular feature in the paper, alongside the text from Martin Andrews providing background information on the building shown.

You can see more of Janina's work at a number of forthcoming exhibitions, listed below.

Fourbears Books has an ongoing exhibition of original paintings of local buildings, mainly in Caversham, greetings cards, fridge magnets, and her recently published book A Stroll through Caversham. For opening times see www.fourbearsbooks.co.uk/home

4 April to 27 April. Solo exhibition of paintings, prints, greetings cards and her book A Stroll through Caversham at Greyfriars Church in Reading. See <https://greyfriars.org.uk>

21 April to 2 May. Group exhibition organised by Henley Arts and Crafts Guild at the Old Fire Station in Henley. See <https://henley-art-crafts-guild.org>

29 April to 1 May. Henley Arts Trail. Janina is at the Eyot centre, Henley www.henleyartstrail.com



Write to the editors

The Local Scene – The Clifton Arms, March 2023 edition

FURTHER to the article on the Clifton Arms, the following is to be found in the book Brakspear's Brewery - Henley on Thames 1779-1979 by Francis Sheppard. "In the 1860s he (William Brakspear) began to interest himself in Reading's new suburb of Caversham, where in 1864 he bought for £500 the Clifton Arms beer-house, which by the time of his death (1882) had proved one of his most valuable pubs."

By email - Jeff Pickering

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First Impressions Matter

Student CVs

by Laura Harmsworth



MUCH OF what I cover is suitable for a student CV, but there are some differences students should be aware of. Here is an overview of what sections to include and in which order.

Personal Details

You don't need 'CV' at the top, as it is clear what the document is.

Do not include your date of birth, and there's no need to include your full address, this can be asked for later.

Profile: This should consist of four to five sentences tailored to the role or type of role you're applying to. Use the job advert, job description or research on the company to identify key skills and words, and use these throughout your CV. In the absence of experience, emphasise your energy and ambition. Include non work-related skills and experience which demonstrate your suitability,

for example babysitting, gardening for neighbours, team projects at school, being part of a sports team.

Employers are looking for potential at this stage of your life as much as experience.

Education: Include subjects, level, institution, and dates.

You can include projects, awards, and modules (particularly if relevant to the type of role you are applying to).

Your grades might not be what you were expecting, but don't worry. You don't have to add in specific grades and you can put that you achieved passes in/studied English, Maths etc.

Work Experience and Voluntary Roles: You'll have less experience than those who left school a few years ago so you need to make the most of what you've done. Think about your interests too and how these can showcase a skill e.g., blogging.

Focus on what you learnt and what you contributed. Were you praised, placed in positions of trust, given extra responsibilities, solved any problems, contributed to a team, worked on your own initiative? For example: Increased circulation of the school magazine by 10% over the previous year, by introducing the use of social media.

Continuously seek to improve this section through voluntary work, work experience, holding a role in a club/society etc., being on the school council.

Awards and Certifications: Include things such as Duke of Edinburgh, music and dance grades, sports achievements, school or youth group awards, first aid, lifeguarding, refereeing.

If you'd like a student CV template, get in touch!

You can follow Laura on:

www.facebook.com/CavershamCVWriting

on LinkedIn: www.linkedin.com/in/lauraharmsworth

website: www.cavershamcvwriting.co.uk

Email: contact@cavershamcvwriting.co.uk

Linking Emmer Green and Sonning Common – Public Consultation



SONNING COMMON Parish Council have launched a consultation on the provision of an accessible, dedicated cycleway for cyclists, pedestrians and mobility scooters linking Sonning Common and Emmer Green.

They are asking for views on the suitability of the existing Peppard Road (B481) route for cyclists and pedestrians and indeed mobility scooters. The consultation is open until the end of April and the views of local residents really do matter.

Use the QR code or this URL <https://bit.ly/3wVZ7i4> to access the survey, which will only take a few minutes to complete.



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PEDALLING INTO THE FUTURE BY HILARY SMART

KIDICAL MASS came to Caversham on Saturday 11 February. These free bike rides allow families to cycle safely on the roads at a pace that is comfortable for their youngest cyclists. The route is carefully planned, and marshals are present to make sure intersections and busier bits of road are safely navigated.

Despite the ominous weather, 38 keen riders turned up at Hills Meadow for the ride. We went along the river, through a few quiet roads and then briefly across Gosbrook Road (the wonderful marshals ensured the children could turn safely on and off it), before swinging up to South View Avenue, through Westfield Park and back onto Gosbrook Road (again very briefly), passing through back roads to return to the river.

After the ride there was homemade cake, and the children played together on the meadow and in the park. Families shared local cycling tips and advice on different cycling setups.

The ride received many waves and smiles from passers-by. Everyone seemed to enjoy the sight of children out on the road together - almost as much as the children enjoyed being there. We look forward to the day when it can safely happen more frequently!

Kidical Mass advocate for cycling infrastructure that is safe for use by families and older children. In doing this, they aim to give a voice to the next generation; they are the ones who most need us to find climate-friendly solutions, and who deserve the freedom safe cycling infrastructure can give.

Kidical Mass Reading are grateful to all those attending our rides because each rider helps to amplify our message. Our next Reading ride will meet on Kings Meadow, near the Thames Lido bike racks, at 14:00 on Saturday 15 April. For more information, see

<https://kidicalmassreading.co.uk>



After the ride

photo S Smart



Wellbeing with Ami Roy

Another day, another coffee!

THE WORD 'coffee' comes from the Arabic word 'qahwah' which refers to a type of wine. It's the world's second largest traded commodity after crude oil.

Coffee beans grow on a bush and are actually the pit of a berry, which makes them fruit. The longer that coffee beans are roasted, the healthier they become. Decaffeinated coffee comes from a chemical process to remove the caffeine from the beans; Coca Cola often buys up the caffeine!

Coffee was said to be discovered by a goat herder in Ethiopia in the 1500s, who saw his goats' behaviour change after eating coffee berries: they became very energetic and didn't sleep at night. The herder shared his findings with local monks, who made a drink with coffee beans and realised they could stay up all night and pray. From there its use spread far and wide.

Research has shown a decreased risk of certain cancers among those who drink coffee regularly, taking into account smoking history. Additional research suggests that, when consumed in moderation, coffee can be considered a healthy beverage!

Coffee contains a number of useful nutrients, including riboflavin (vitamin B₂), niacin (vitamin B₃), magnesium, potassium,

and various phenolic compounds, or antioxidants. Plant chemicals called polyphenols protect against type 2 diabetes, depression, neurological disorders and gallstones. It also has benefits for cardiovascular health.

A moderate amount of coffee is generally defined as 3-5 cups a day, or on average 400 mg of caffeine.

However, those who have difficulty controlling their blood pressure may want to moderate their coffee intake. Pregnant women are also advised to aim for less than two cups of coffee daily because caffeine passes through the placenta into the foetus and has been associated with pregnancy loss and low birth weight.

Decaffeinated coffee is a good option for those sensitive to caffeine and is said to offer similar health benefits. However, the extra calories, sugar, and saturated fat in a coffee house beverage, loaded with whipped cream and flavoured syrup, might offset any health benefits found in a basic black coffee.

Caffeine is not just a stimulant. It increases dopamine and acetylcholine in the forebrain, improving the ability to think, and adjust to mental and physical demands. Consuming at least an equal volume of water along with coffee can reduce any jittery feelings brought on by caffeine.

While Louisa May Alcott says in 'Little Women', "I'd rather take coffee than compliments just now," if you see me around Caversham, you'll be relieved that I'm happy with just the compliment!

THE CHALLENGE SOLUTIONS:

(From left to right) teach, broom, brain, plume, train, bloom, rain, **shower**, flower, water, hour, irrigate, time. daughter, sour.

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EDITORS: Dr Alison Johnston, Mrs Heather Gale, Phil Chatfield, Judith El-Nager
Email: editors@cavershambridge.org

ADVERTISEMENT MANAGER: Mr A Wright
Tel: 0118 947 6958.
Email: advertising@cavershambridge.org

COMPANY SECRETARY: Mr R Harper.

SUBSCRIPTIONS: C Clifford
Email: subscriptions@cavershambridge.org

CIRCULATION DELIVERIES:
Email: circulation@cavershambridge.org

COMPANY CHAIR: Mr Phil Chatfield
Email: chair@cavershambridge.org

COMPANY TREASURER: Mrs J Belcher.
Tel: 0118 947 4772
Email: treasurer@cavershambridge.org

POSTAL SUBSCRIPTION MANAGER:
Mrs J. Belcher Tel: 0118 947 4772

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