

Caversham Bridge

No 713

www.cavershambridge.org

July 2024



Looking forward to summer

Planting at Emmer Green

photo H Lambert

by Phil Chatfield

THIS MONTH we look forward to events planned for July, as well as reporting on several events which took place in May.

Books feature in a number of articles: our regular 'For your bookshelf' review this month is written by a work experience student at Fourbears Books (p5), and we look back at the 'Fourbears Book Festival' with reports from both the adult (p5) and the children's programme (p3), and a promise of another similar event next year. We also have an introduction to a new children's book, written by local resident, Carsten, and his 5-year-old son (p11).

In our gardening article, Les Cooper shares a cautionary tale (p10), while Happy Wanderer goes in search of the elusive Goose Brook (p7). We have a new contributor writing on health matters this month,

with an article on headaches from Caversham resident Dr Katy Reay (p8). Ami Roy's Wellbeing article suggests we should 'Stand like a flamingo' (p15). There is also a link to health matters with our Community Connections article, which features Mr Patel and his wife at the Markand Pharmacy, on the Henley Road (p13).

Looking forward to events in July, we have a concert combining art and music at the Baptist Church on 13 July (p11), and the Parish Fete in Caversham Court on the same day (p4).

However you are spending the summer, we hope the weather is kind and you enjoy reading your Caversham Bridge. We welcome your contributions and comments, which can be sent by email to editors@cavershambridge.org or you can write, care of Church House, Church Street, Caversham RG4 8AX.

The Local Scene by Martin Andrews

The Moderation

THE MODERATION, the subject of Janina Maher's painting this month, is a gastro pub in Caversham Road. The business is owned by husband and wife, Andy and Bee. Andy has had many years in the hospitality industry, having trained as a chef, and it was his master plan to turn the once run-down Moderation pub into a stylish Southeast Asian inspired gastro pub. However, it still retains a traditional atmosphere – Andy wanted to create a place where East meets West. Bee is a huge support in the business, and is also very experienced in hospitality, having worked in numerous establishments, including a pub in Ascot and the Lyndhurst Arms in Watlington Street.

The couple opened the refurbished pub in December 2007, but its history goes back to the 1860s. It was rebuilt in c.1900 and was a Simonds, and then Courage, pub until 1977, when it was acquired by Bass and later Heineken. Originally it was an alehouse with three bars, smoking room and taproom. How it got its name is a bit of a mystery – according to *Abbot Cook to Zero Degrees, an A to Z of Reading's pubs and breweries*, there was at one time a rhyme on display in the bar and this opening extract might provide a clue:

*Let moderation be your guide
Nor ever from its precepts slide.
Take the good things in life and use'em
With thankful heart, and not abuse'em...*

There was a strong Temperance Movement in Reading in the nineteenth century and later in the rhyme there is mention of 'signing the pledge' but it points out that drinking in moderation is a better alternative. It seems the pub aspired to be a 'respectable establishment' and the name



Drawing by Janina Maher

www.janinamaher.artweb.com

'Moderation' enhanced the idea, when of course customers were really encouraged to enjoy a drink.

Today Andy and Bee have transformed the interior, creating a Southeast Asian atmosphere. It is much bigger than I expected, with a large bar and dining rooms and an extensive garden for outdoor undercover dining, which was developed during

the Covid-19 crisis. The staff is multi-national – the executive chef is Yudi from Java, and other staff come from Poland, Serbia, China, Cambodia and Thailand. There is a full menu with classic Southeast Asian dishes, but also plenty of traditional 'comfort' food. Andy, Bee and the staff provide a warm welcome and delicious food.

...that drinking in moderation is a better alternative,

INSIDE

Pigmentation and Skin Blemishes
by Perry Walker
– page 8



Music and art combine
– page 11



Creative Caversham – Scenting Success
– page 12



Away from it all



Talking Point

by Rev'd Margaret Dimmick

HAD A MIND to write on the theme of retreats, as I have just been on one. What is the purpose of going on a retreat; and may this be a religious one or a secular, every day one?

I had found a book in my Franciscan Area's library which answered a few of the questions. One definition was getting away from it all with a purpose. That purpose might be catching up on some sleep, a change being as good as a rest, a chance to find some peace of mind or getting a break after the pressure of meeting a deadline in a stressful job.

Others may like to go on a retreat which includes painting, crafting, writing poetry or folk singing. Maybe they will be extremely active, such as one a friend liked, which involved walking some distance to appreciate the great outdoors and the glory of creation.

On arrival, after being shown our rooms for the weekend, participants on my last retreat met up in a hospitality area to find cups of tea and home-made biscuits. A warm welcome, during which we told each other about our hopes for the experience of a closeness to God and of time to meditate. Each time I tried to do this, I found myself falling asleep.

Had I failed to enter the spirit of the retreat? I don't think so, as I woke refreshed to appreciate the peace of just being, sitting in an orchard listening to birdsong, or enveloped in a shrubbery, behind a high hedge, with the sounds of traffic on a nearby road

muffled by the leaves. I walked among the spent primroses on the lawn cut into the pattern of the labyrinth and appreciated the singing of the Sisters in the Convent Chapel.

The week after I went home, by chance, there was an account in our newspaper of a woman who took a year off work for a Sabbatical. She chose when to wake up and when to go to bed, she listened to music, went out for walks or stayed at home. She turned off the TV and the Internet, just read for entertainment, but did not feel alone.

Most of us could not manage that, but even a quiet hour to ourselves, to take a breath and calm down can work wonders.

The Reverend Margaret Dimmick is an Anglican priest and a member of the ministry team at Caversham Park United Reform Church



A new lease of life after 20 years



Kevin Slade from the Silvers Workshop repairing the board



The Silvers Workshop, MBC Fencing and some of the volunteers who care for the board with Helen Lambert and Neil Parker, CADRA

THE COMMUNITY Noticeboard in the Emmer Green precinct has a long history. In 2004, Andrew Noyes, local wood carver was commissioned by the Emmer Green Residents' Association (EGRA) to upgrade the board. The surround was carved out of English Oak and has been maintained ever since by a team of volunteers. It was refurbished in 2007 and upgraded in 2016. With the closure of EGRA, the Caversham and District Residents Association (CADRA) team expanded to include the team looking after the board.

...a real community project...

The frame of the board was starting to fail, and enquiries began on how best to restore it and what permissions would be needed. Reading Men's Shed, a charity formerly known as the Silvers Workshop, agreed to take on the restoration, and MBC Fencing in Emmer Green removed the old posts and installed the new posts. Caversham Vehicle Hire helped with a van to transfer the board to and from the workshop. House builder Vistry, responsible for construction at Reading Golf Club, donated a major part of the cost, with the balance met by CADRA. It was a real community project, coordinated by the CADRA Committee.

The board was put back in place in May, looking very smart with new posts and a new plaque fitted. On 29 May, CADRA invited everyone who had contributed to the restoration to come and meet the team who look after the board, before gathering for a drink in The Bite café.

text and photos Helen Lambert

Reading Men's Shed are raising funds to buy their premises, or a replacement, as the landlord is looking to sell the building they use:

<https://thesilversworkshop.org.uk>



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Bringing children and books together at Fourbears Fest 24

by Chris Routh, Chair, Reading Children's Book Group

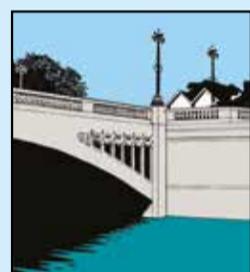
THE CHILDREN'S programme of the inaugural Fourbears Fest got off to a fantastic start with a sold-out session in Caversham Baptist Church on Saturday 18 May. Creator of comics and graphic novelist Neill Cameron led the 100-strong audience of young comic fans and their parents in a workshop creating crazy characters and storylines. A frenzy of excited children queued to buy books and have them signed. Next was the ever-popular author of animal stories, Holly Webb; followed by a rib-tickling poetry performance and talk by A F Harrold; concluding with the creator of beautiful environmental picture books, Fiona Barker. Sunday's events took place in Fourbears Books, starting with poet James Carter, playing music, singing songs and generally being silly; and finishing with an inspiring writers' workshop led by author of middle-grade mystery stories Jo Clarke.

The children's programme was organised and delivered by Reading Children's Book Group in partnership with Fourbears Books.



Neill Cameron with pen in hand

photo C Routh



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Residents together

ON A GLORIOUS sunny evening, people gathered in the Caversham Baptist Church on Monday 20 May for the Caversham and District Residents Association (CADRA) AGM and open meeting. Helen Lambert, CADRA Chair, explained some of the issues ahead for Caversham and Emmer Green. For anyone wanting to keep up to date with what is going on locally, CADRA membership is a great way to keep in touch. Members pay £3 a year for the household. There is no obligation, but for those who would like to get involved in their community, CADRA is looking out for new skills and ideas to help it build a firm future.

Two very different guest speakers talked about 'Our Response to Climate Change' and the work of the Reading Climate Change Partnership, one of the most successful in the UK. This is independent of the Council and includes the University, NHS,

Youth Parliament, Utilities, Business, and Voluntary and Community representatives. It runs 'on sunshine', funded by solar feed-in-tariffs. 2024 is Reading's Year of Climate Engagement, with the aim of including the whole Reading community and developing a 5-year plan towards 2030.

Tricia Marcouse, who many will know as a regular contributor to the paper, talked about a wide range of practical steps we can all take to play our part in responding to Climate Change. Our small steps add up in meeting the challenges ahead. To learn more, see <https://readingcan.org.uk>

To find out more about CADRA, see their website at www.cadra.org.uk

If you are interested in finding out more about membership and volunteer opportunities, email info@cadra.org.uk

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EMPTY STABLES RABBLE THEATRE

The Editors

THE RABBLE THEATRE recently issued a press release announcing they will be leaving their current home at The Stables in Caversham Court. The award-winning company moved to the building in 2021, when Reading Borough Council (RBC) agreed to them occupying the building on the condition they raised the funds to save it from further degradation and transform it into a thriving community space.

Following extensive research, it transpired that approximately £1million would be required to make the Grade II listed building legally habitable and develop it into a usable, accessible community venue which Reading so desperately needs. According to funders, a timeline of two to five years would be needed to raise this sum.

However, recently RBC has decided the fundraising timeline is no longer viable, so the Theatre will be homeless again. They are now looking for help with two immediate needs:

- An office for their friendly team of 8, who are only ever all in for a couple of days a week
- Storage; approximately two shipping containers

To contact them, email info@rabbletheatre.com

To find out more about their forthcoming performances and summer theatre schools, see <https://rabbletheatre.com>



You Wrote

Dear Editors,

HAVING HEARD that after 159 years, Hemdean House Primary School, in Hemdean Road, is going to close this year, it brought back many happy School days that I spent there in the early 50's. I remember Miss Alice Olivey, who was a kindly soul, but strict. I can see the playground as it was, a climbing apparatus on which girls and boys alike had so much fun. I remember the desks and inkwell with a dip-in pen, when we had to write copper plate style. I fail to remember the name of the English teacher, but she was exasperated with the inky blots on the school exercise books!!

I used to 'tea' with the boarders in the basement, gas lights, bread and dripping and I had my first girl friend at the school, and to cement the friendship, all the other girls said we had to kiss under a large dining room table! It was at that school I learnt to ride a bicycle and that's going down the steep lane leading from the house to Hemdean Road, using another boy's bike... All in all, for me a happy time.

Clive H Litten

All together in the garden



2023 Fete in full swing

photo P Chatfield

by Steve Jenkins

IMAGINE A traditional Summer Fete, set in an idyllic Thameside garden on a beautiful afternoon, with fun and entertainment for all. Well, that is what will be happening on Saturday 13 July at Caversham Court in Church Road, Caversham.

You will be welcomed at the Parish Fete by members of the three churches, St Margaret, St Peter and St John, offering you a wonderful afternoon exploring the many stalls, with homemade cakes, plants, tombolas, books, bric-a-brac and more. Or try your skills at traditional sideshows such as hoopla, hook-a-duck, coconut shy and beat the

goalie. Why not buy a ticket for the Grand Draw, with many great prizes? If it's music you're after, then Tadley Brass Band will be playing and there is also Mr Muddle, magical children's entertainer! A fun show for all ages!

If after all that activity you feel in need of refreshment, there will be delicious afternoon teas, ice cream and hot foods on the lawn all afternoon, and a Pimm's Tent by the river.

Heralded by the ringing of St Peter's Church bells, the Fete starts at 13:00. Lots of fun is certain, whilst raising funds to support the work of the churches both in Caversham and beyond.

Caversham Church Fete, Caversham Court Gardens from 13:00 on Saturday, July 13

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For your bookshelf...

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

by Clara

HELLO, MY name is Clara. I'm in Year 10 at Emmbrook School and I'm doing work experience at Fourbears Books. Here are two of the books I have enjoyed recently:

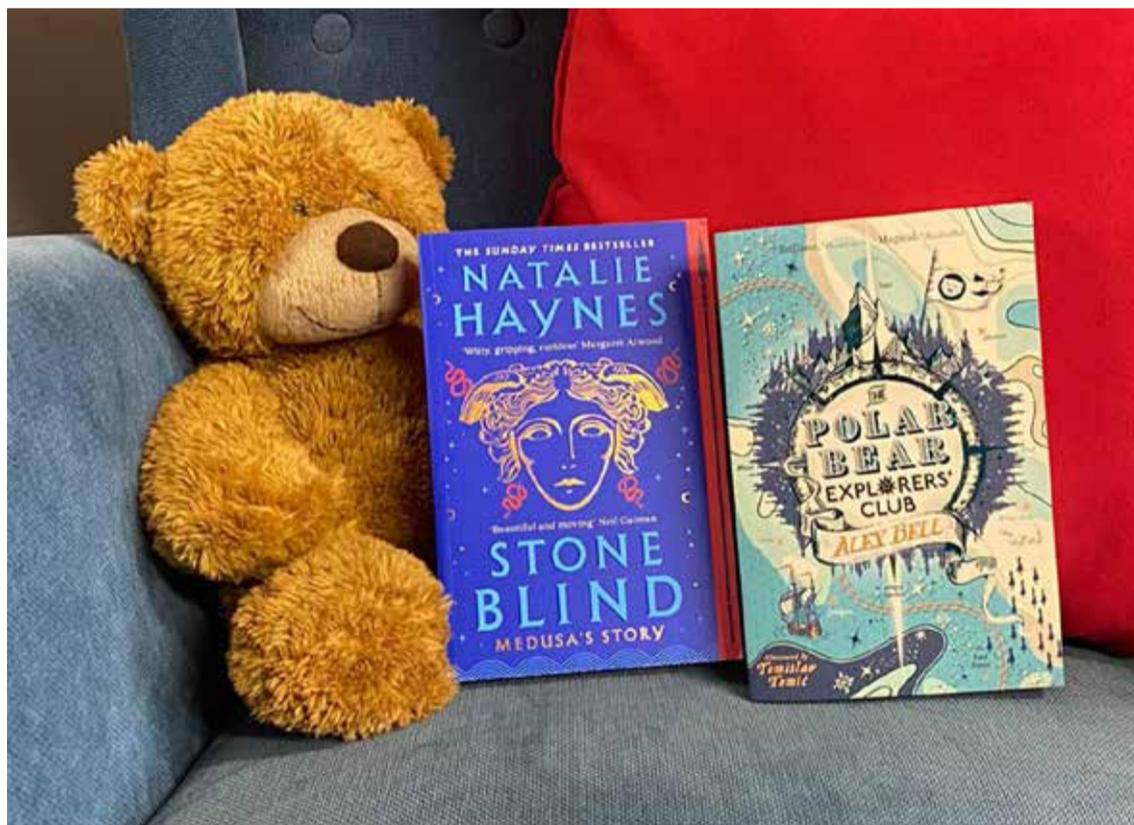
'Stone Blind' by Natalie Haynes is a brilliant read, venturing into the world of Greek Mythology. It is entertaining and gripping, especially for those who have an obsession with Greek gods. This book is definitely worth a read. Medusa is left on the Gorgon Shore of Libya by her father, and is taken in by the Gorgon sisters. Despite their difference in physical appearances,

they establish a deep connection over the years. When an unforgivable act occurs, Medusa is turned into the snake-haired Gorgon we know her as.

'Stone Blind' is written from the viewpoint of various characters, often involving witty conversations between the divine and mortals. Even for those who are not familiar with the myths of ancient Greece, this book is very entertaining, interesting and a great read.

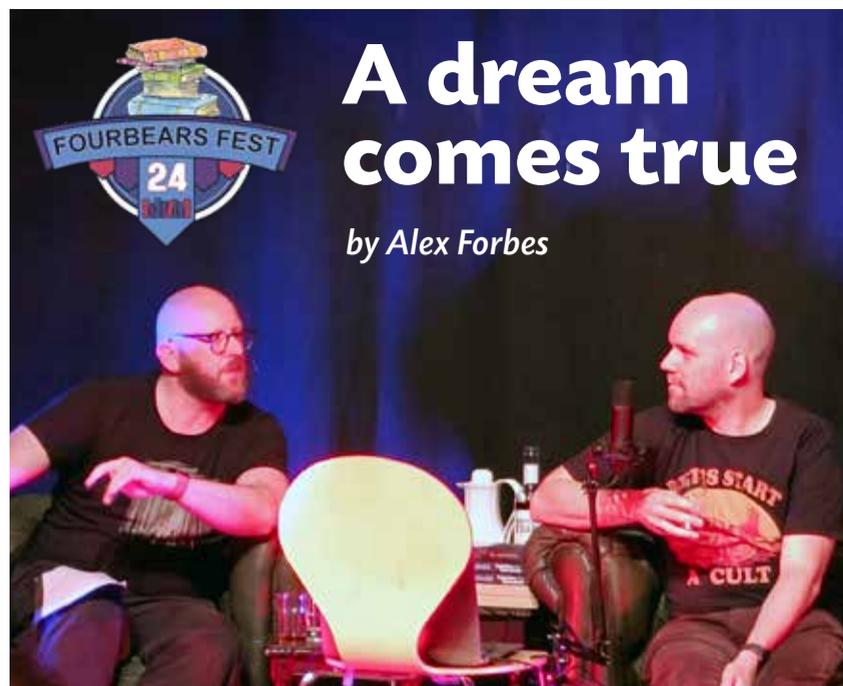
The children's book, 'Polar Bear Explorers Club' by Alex Bell is thoroughly enjoyable. The book follows Stella Starflake Pearl as she sets off on an adventure to the snowy icelands. Stella wants nothing more than to prove herself as junior explorer, but it won't be easy, even if she has the help of her friends. With themes of magic, friendship and adventure, this book (and the rest of the series) will provide hours of entertainment. Perfect for ages 9+.

Happy reading



Just don't look

photo Courtney



A dream comes true

by Alex Forbes

Fourbears Fest – SJ Watson and Will Carver

photo A Forbes

WHEN I opened Fourbears Books, I dreamed of putting on a festival for the young and old, with a variety of genres and authors. In May, the dream became a reality. It wasn't perfect, and when we do it again next year – which we will – it will be even better.

I couldn't be happier with Caversham being the home of Fourbears, but I also want to grow and tell everyone in the Reading area about Fourbears Books. Knowing the Children's Programme was in safe hands with Chris and Sarah from Reading Children's Book Group, I chose to host the adult author events at the beautiful Progress Theatre in Reading.

We started with Robin Ince, who moved us with his words, thoughts and poetry. We listened to thriller writer TM Logan being interviewed by local author Kate Wells. Tim's latest book, The Dream Home, leaves you never wanting to move home again! Towards the evening, I interviewed Laura Shepherd-Robinson about her historical fiction book The Square of Sevens, which is a must-read for a fan of the genre, and we finished off crying with laughter as Will Carver and SJ Watson recorded a live episode of Let's Get Lit (listen to it wherever you get your podcasts).

...an emotional ending...

Sunday was a different vibe, but the quality didn't drop, as Adrian Raffill (Caversham Writers) interviewed Peter Stothard about his book Palatine, an alternative history to the Caesars. We finished the festival with three poets from Two Rivers Press; Claire Dyer, Susan Utting and John Froy shared their words, in an emotional ending to Fourbears Fest 2024.

I was exhausted by the end, but seeing children and adults alike enjoying the events they attended made it all worthwhile. Sometimes reality is better than the dream, and with Fourbears Fest we are hopefully only just beginning. We have events all year round. Sign up to our newsletter at www.fourbearsbooks.co.uk to be sure to hear about all our events, and especially when we announce Fourbears Fest 2025.



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What's On

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 on our online What's On, which is updated regularly. To see what has been added check: cavershambridge.org/archives/category/around-caversham

Caversham Library – 09:00 – 17:00 Tuesday and Friday, 13:00 – 19:00 Thursday and 10:00 – 15:00 Saturday. Regular events include:

Rhymetimes for the little ones – popular, so please book first! Every Tuesday at 10:15 and 11:15.

Games Club, Friday mornings 10:30 – 12:00. All adults welcome – refreshments!

Sit and Stitch 17:30 – 19:45, on 2nd and 4th Thursdays every month.

Refreshments – come and be inspired. Tel. 0118 9375103 or see 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 every day.

Mondays – **Caversham Park Bridge Club** – at the Milestone Centre, 19:15 for 19:30 start. Phone Lin 0118 3348195 for further information. bridgewebs.com/cavershampark

Tuesdays – **Babies and Toddlers** – Gosbrook Road Methodist Church. 10:00 – 11:30 in term time. 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.

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

Wednesdays – **Caversham Writers** – Welcoming enthusiastic hobbyists and aspiring authors alike. Meeting weekly in person or via Zoom. Free to all. For details: meetup.com/CavershamWriters or [@CavershamWriter](https://twitter.com/CavershamWriter) on Twitter (X)

Wednesdays – **Light on the Hill Café** – 19:30 – 21:30 at Grace Church, 119 Peppard Road, RG4 8TR. A wellbeing cafe for adults 18+. Come as you are for tea and a chat. Please see: www.gracechurchcaversham.org.uk

Wednesdays – **The Waltham St Lawrence Silver Band** – Neville Hall in Waltham St Lawrence RG10 0JJ. 20:00 – 22:00. Free and friendly club for brass instrumentalists.

Email: waltham.band@gmail.com

Thursdays – **Toddler Thursday** – 8:45 – 10:00 at St Barnabas Church, Emmer Green, RG4 8RA. Term time, friendly group for preschoolers and parents/carers, refreshments available.

www.saintbarnabas.org.uk/whats-on

Thursdays – **Friendly Over-60s Social Club** – 10:00 – 13:00 at Milestone Centre, Caversham Park Village. Hot lunch, quizzes and the chance to chat. Contact Cheryl at 07964750182 or Trina at 07477570541

Thursdays – **Baby Massage with midwife Katie** – 12:15 – 12:55 at the Weller Centre during term times only. Suitable for babies from 6 weeks to crawling. 50p donation towards costs. Refreshments available.

Thursdays – **Weller Centre Craft Group** – 13:00 – 15:00. Be creative with friends. For details contact Pam Chatfield at pamch32@gmail.com Mobile 07986 905784 or Weller Centre 0118 947 5828

Thursdays – **New Caversham Heights Bridge Club** – 14:00 at the Caversham Heights Methodist Church, Highmoor Road. For details contact Duncan Knight on 0118 9475544 or email duncan.knight@googlemail.com

Fridays – **Toddler Group at Hemdean House** – 09:45 – 10:45 at Hemdean School Hall. Ideal for children 6 months+. £2 donation per child, coffee and tea included.

Fridays – **Tiddlers for Babies and Toddlers** – 9:30 – 11:00

St Andrew's Church, Albert Road. Caversham Heights. All are welcome, refreshments available

Fridays – **Warm Welcome Space** – 10:00 – 13:30 at Caversham Baptist Church, South Street, RG4 8HY. All welcome, just drop in for free refreshments, including hot soup from 12:00. Tel 0118 954 5353 www.cavershambaptistchurch.org.uk

Saturdays – **Keep Caversham Tidy** – A local charity dedicated to eliminating litter and improving public spaces in Caversham. Free to join and no ongoing commitment. Families welcome! Email Keepcavershamtidy@gmail.com, FB [Keep Caversham Tidy](https://www.facebook.com/KeepCavershamTidy)

Sundays – **Caversham Artisan & Farmers Market** – Caversham Precinct. 10:00 – 15:00. See www.facebook.com/CAFMarket

Sundays – **Nordic Walk (or just walking)**. Free to all. Tel. 07931754096 or email Pat at Wirralbird@hotmail.com

Sundays – **Redifolk Song and Music Club** – 20:00 – 22:30 in the Community Hall, Watlington House, RG1 4RA. £8 admission for performances, £3 on singing nights. See www.redifolk.co.uk

Tuesday 2 July – **Caversham Women's Institute** – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel. 01189 475176

Wednesday 3 July – Saturday 17 August – **Exhibition of Japanese Wood Cuts - 19th century Japanese Woodblock Prints by Kuniyoshi and Kunisada** – Caversham Picture Framers, Church Road – see <https://cavershampictureframer.co.uk/events>

Wednesday 3 July – **Rosehill Ladies** – 14:00 at St Barnabas Hall, Emmer Green. Tel Sue 01189477570 or email suegreen@hotmail.com

Wednesday 3 July – **Arborfield** – Pudding Lane and Farley Hill Walk – 4.5 miles – 10:30, Pang Valley Ramblers. One of a programme of regular walks in the area – see <https://pvramblers.org.uk/walks-programme> for details

Friday 5 July – **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 13 July – **Music at an exhibition** – 18:00, Caversham Baptist Church. See page 11 for details

Saturday 20 July – **Summer Garden Party** – St Barnabas Church, Emmer Green, RG4 8RA, 14:00 – 16:00. Cream teas, cakes, handicrafts and various stalls. All proceeds to our education charities in Africa. www.saintbarnabas.org.uk/whats-on

Monday 22 July – **The History of Reading Hospitals** – 14.00 at Abbey Baptist Church, Abbey Square, Reading. Talk to Reading u3a by Lionel Williams of the Berkshire Medical Heritage Centre. Free entry, non-members welcome. See www.readingu3a.org.uk

Friday 26 July – **Le Cercle Français** – 19:30 – 21:30 at Church House, 59 Church Street, RG4 8AX. For those who are learning French, love France and for French nationals. Admission £5 welcome drink included. Email readingcerclefrançais@gmail.com

Advanced notice for all gardeners:

Saturday 31 August – **Caversham Horticultural Society Autumn Show** – 14:00 – 16:30, Emmer Green Primary School. See www.caversham-horticultural.org.uk

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

THESE MAY be a decision on the major application for Caversham Park before you read this update. This is expected to go to Planning Committee at the end of June.

News has recently broken that the St Martins Precinct, including Waitrose, Iceland, the car park and row of smaller businesses is up for sale. In Emmer Green, an application for seven new houses sharing access with Lyefield Court, is causing a lot of concern. It is now confirmed the telecom mast near Woodcote Way was erected without the necessary planning permission and the planning enforcement team are involved. After the refusal of a retrospective application by the Persian Palace, we wait to hear news of enforcement action to remove the extension over the river. Unfortunately, a procedural issue has prevented the Council's challenge against the decision by the Secretary of State to grant outline planning permission on the land from TGI Friday to The Range. We therefore expect detailed applications in due course. A planning application is expected shortly for Norman Place, adjacent to Thames Water at Clearwater Court.

Do come and talk to the CADRA team at the Church Fete in Caversham Court Gardens on the afternoon of Saturday 13 July. We have recently launched a survey into what matters most to the community in Caversham and Emmer Green. The link is available on www.cadra.org.uk under Latest News. Please could you spare a few minutes to help us get as wide a response as possible.



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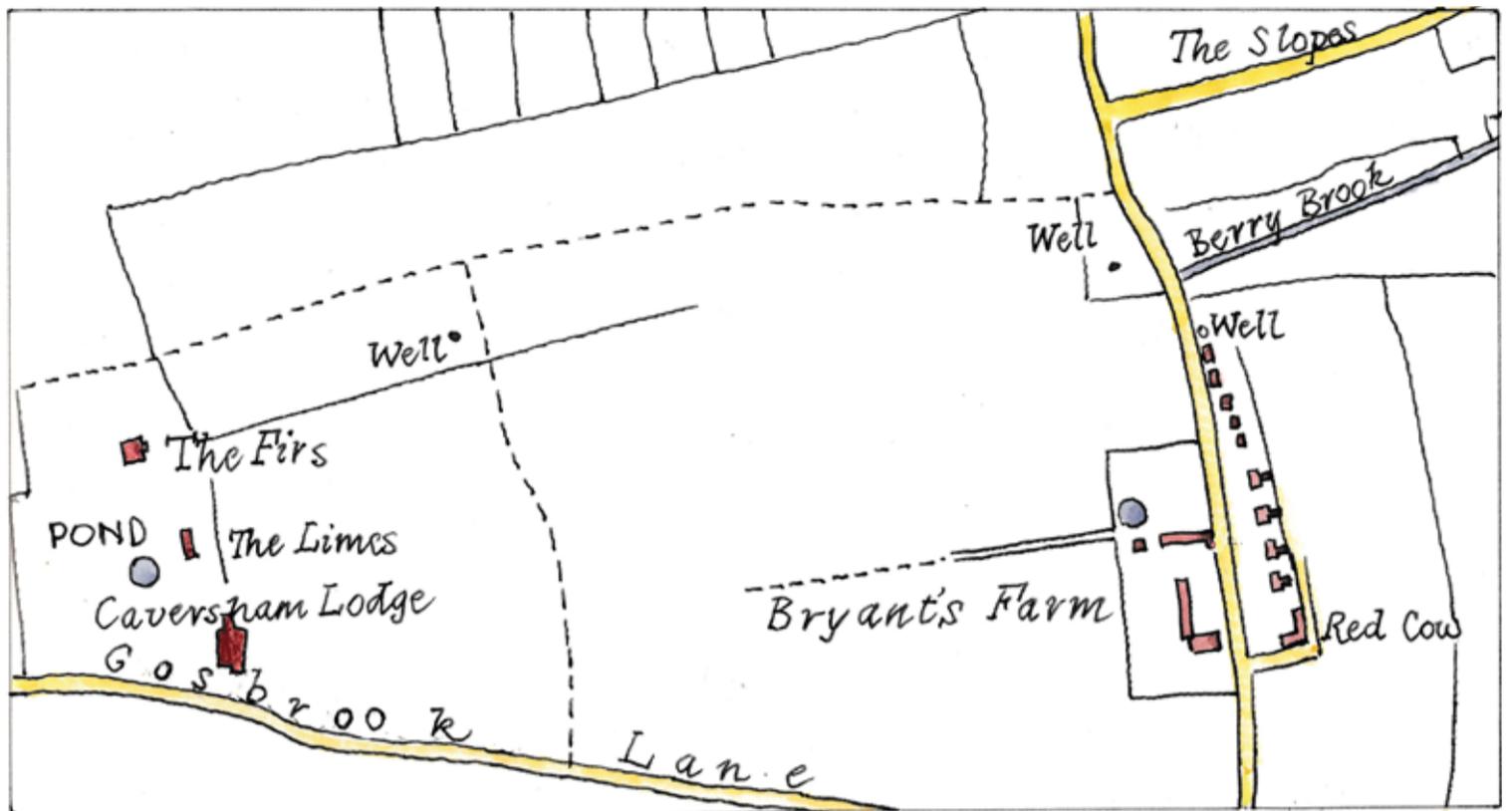
THE NAME OF Gosbrook Road, Caversham, intrigues me. It obviously referred to a 'goose brook,' but where exactly does (or did) the brook run?

According to John Malpas in his excellent little book, *Caversham Names*, this name occurs in a document of 1551 – when Caversham was very much a farming community. This brings to mind a romantic vision of a goose-girl (as in the tale by the Brothers Grimm) driving the geese down to the brook in the morning, keeping watch over them, and returning to fasten them in their pen in the evening. (I once saw a goose-girl, in a remote part of Turkey where I was on a botanical tour, doing just that).

...rising from a spring...

Before reading the book, I had imagined that the Gosbrook was the name for a watercourse that ran behind the houses on the south side of Gosbrook Road parallel with the river, but this was not so. The water rose from a spring, and filled a pond in the grounds of the big house called *The Firs* – where Elizabeth House was later built. From there the brook ran eastwards to join the *Berry Brook* below Lower Henley Road. 'The brook had gone by 1864,' he wrote, 'but the pond was still there in 1877'. I've re-drawn an extract from the Ordnance Survey (OS) carried out in the 1870s to give some idea of its likely course. It would be interesting to know what John Malpas had seen to show that the brook wasn't there in 1864, and to know what happened to the water. Presumably it was piped or culverted when Washington and Ardler Roads were built.

The old OS map shows most of Gosbrook



Road still had farmland on either hand. It would have been an important road from the Middle Ages onwards, giving access to the mill, the manor house, and the shrine of Our Lady of Caversham, with its statue and holy relics.

Two old buildings on the south side remain to give us some idea of the rural character of the road. Ivy Farmhouse has attractive brickwork and a large central chimney. Its most noticeable feature these days is the long canopy over the

pathway to the front door. It's a listed building, and the official listing says the chimney dates from 1650, if not before. Another old building is now numbered 365. It has diamond patterns of blue brick in the front wall, and the brickwork round the window openings is curious. Like Ivy Farmhouse, it has a central chimney, and was probably a farmhouse, but now divided into two.

Until 1953, the 'village' end of the road was Gosbrook Street, and Gosbrook Road didn't

begin until the junction with Westbrook Road. This must have caused confusion and, when the whole length became Gosbrook Road, the houses had to be re-numbered.

Wondering if there were any more 'Gosbrooks' in the country, I had a look at Google Street View and was surprised to find that there was only one other street, presumably in the world, with the name, and that was Gosbrook Lane in Memphis, Tennessee!

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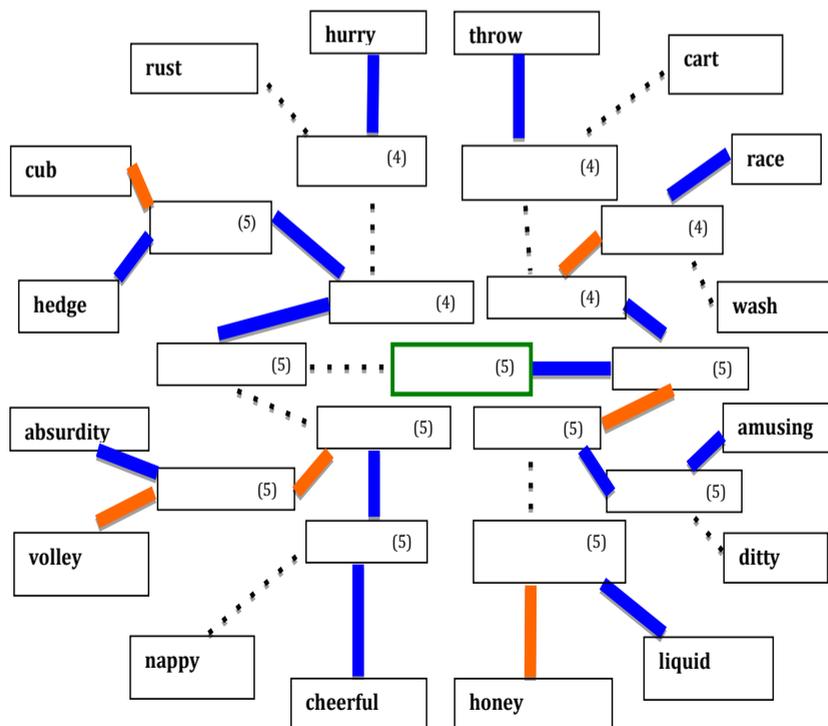
Puzzle Corner

The Challenge by Rachel

WORD PUZZLE

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

Rhyme ———
Letter change ·····
Meaning ———



Answers on page 14

THE CIVIL WAR

Can you find 19 Civil War related words in the grid?

```

T L T S J P F Q M D T E C C
F L R K O A G P K A R A B A
A E O I H R N R I N U R A N
L W Y P N L I I N I O L L N
K M A P H I D N G E C O M O
L O L O A A L C C L M F O N
A R I N M M E E H B A E R B
N C S H P E I R A L H S E A
D L T X D N F U R A S S A L
B U L L E T O P L G R E O L
A S T O N F U E E R E X H S
C A V A L I E R S A V D L N
A H M U S K E T Z V A Z R I
G S T P E T E R S E C F P B
    
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- | | |
|-----------------|---------------|
| Aston | Fielding |
| Baltimore | John Hampden |
| Bullet | King Charles |
| Cannon Balls | Musket |
| Cavaliers | Parliament |
| Caversham Court | Prince Rupert |
| Cromwell | Royalist |
| Daniel Blagrove | Skippon |
| Earl of Essex | St Peters |
| Falkland | |

Looking After Yourself



by
**Katy
Reay**

Headaches

This month we have the first of an occasional series of articles on health matters from local resident Dr Katy Reay. Katy is a Medical Doctor who runs her own Health and Wellbeing coaching business.

HEADACHE IS A really common symptom. Most people get headaches. It is important to know when to be more concerned and seek medical attention.

Essentially, if there is a change in the headaches you experience, this can be a sign that there could be a more serious cause and you should get checked out. For example:

- ♥ You often get headaches roughly once a month but are now getting them most weeks
- ♥ The severity of your headache has changed significantly

Some specifics to look out for:

- ♥ You are over 50 and are having a different sort of headache (new to you) – e.g. you have always suffered with dull headaches, but they are now sharp in nature and more confined to one area
- ♥ A headache that came on suddenly and which was at its most painful within 5 minutes (sometimes described as a thunderclap headache)
- ♥ A headache going on for a long time (e.g. more than 24 hours), is worsening (and not responding to simple

painkillers), or has changed significantly from previous headaches

- ♥ A significant headache associated with other symptoms such as numbness, dizziness, confusion or drowsiness
- ♥ A bad headache when you have other medical conditions that cause your immune system to be impaired
- ♥ If you are pregnant, headaches can be a sign of pre-eclampsia - so it is best to get checked over by a doctor or midwife

Simple things to do if you have a headache:

- ♥ Take simple pain killers – Paracetamol or Ibuprofen (medical history allowing)
- ♥ Take a break from your screen
- ♥ Make sure you are well hydrated
- ♥ Try some deep breathing exercises and gentle neck/head massage
- ♥ Avoid caffeine

If you have a new headache that seems to be coming and going or has been prolonged, it is worth keeping a headache diary so you can give any medical professionals you see all the information they need.

Remember, if you have any concerns, contact your GP or NHS 111 for medical advice.

There is useful information available from the Migraine Trust which has a free headache diary download:

<https://migrainetrust.org/live-with-migraine/self-management/keeping-a-migraine-diary/>

More information:

www.nice.org.uk/guidance/cg150/resources/headaches-pdf-243935625157

<https://patient.info/brain-nerves/headache-leaflet>

Headaches information correct and up-to-date at the time of writing. This is not an exhaustive list of concerning features of headaches.

Katy's website is at www.medicalmentor.uk

Pigmentation and Skin Blemishes



by **Perry Walker**

Owner of Perry's Beauty, Caversham

@perrys_beautyroom

WHATEVER YOUR age, there are few of us who haven't experienced some sort of skin blemish, colour change or 'pigmentation'. From sunburn to hormonal changes or infections - skin colour changes can sometimes make us feel self-conscious, worried, and searching for answers. In this article, I hope to touch lightly on some helpful information.

What do I mean by pigmentation?

Skin colour is determined by the pigment called melanin, made by special cells in the skin called melanocytes. Pigmentation is the colouring of a person's skin. When a person is healthy, their skin will appear normal in colour. In the case of illness or injury the skin may change colour, becoming darker (hyperpigmentation) or lighter (hypopigmentation).

So – what causes hyperpigmentation or hypopigmentation?

- Burns
- Infections
- Autoimmune disease and allergies

- Hormonal changes (especially in pregnancy)
- Birthmarks
- Sun damage.

Is it possible to treat, diminish or remove pigmentation?

Firstly, don't panic! There are a number of ways to treat your pigmentation changes, from great makeup to salon treatments like microdermabrasion and IPL (Intense Pulsed Light). Diagnosis of the reason behind your pigmentation change is key though. But, most importantly, nothing beats prevention! To avoid the most common pigmentation problems, you need to avoid excess sun exposure. Wear a broad-spectrum sunscreen of SPF 30 minimum daily, even in winter. In the sun, reapply sunscreen every 3 hours. To enjoy healthy skin, follow a good skincare routine ideally with AHAs* and Retinoids to boost cell turnover. You can speak with a skincare specialist to discuss specific creams to aid fading hyperpigmentation.

*AHAs - alpha hydroxy acids - are a group of plant and animal-derived acids used in many skincare products.

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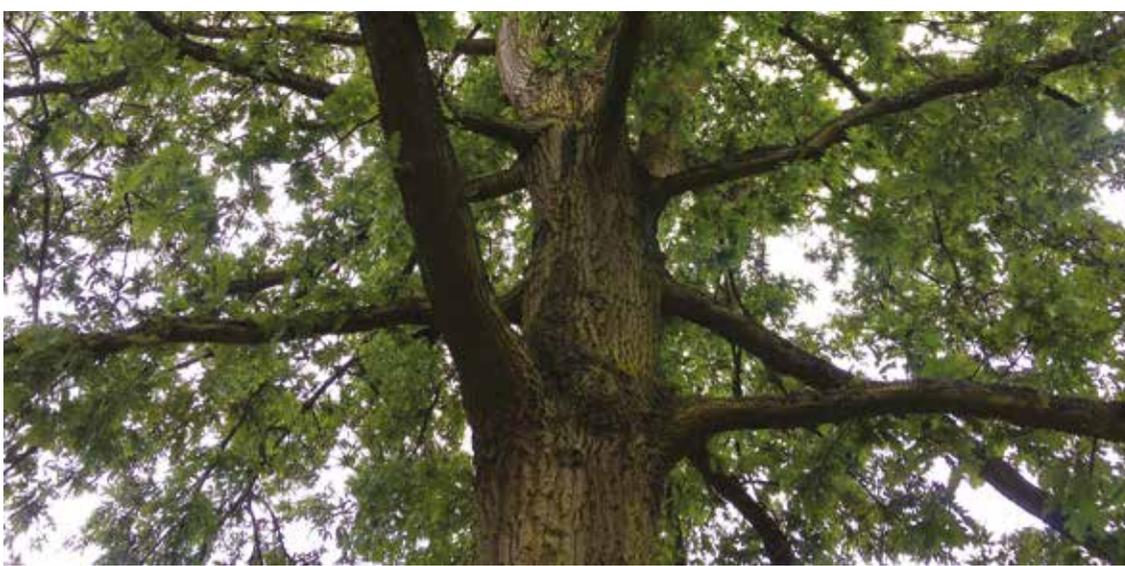
Long or Short: a mini-meadow is great for biodiversity

by Tricia Marcouse

WE'VE ALL HAD the annual requests from Plantlife for 'No-Mow May' and 'Let it Bloom June', but you can increase biodiversity in your garden and provide food for pollinators without long, flowering grasses and tall wildflowers.

Unless you are a regular 'weed and feed' and mow the lawn weekly person, you've probably got some daisies flowering in your lawn between fortnightly or three-weekly cuts. Pretty, but not especially useful for wildlife. If you're happy with the daisies, then think about adding some other low-growing wild flowers such as bird's foot trefoil with rich yellow flowers to attract bees, self-heal with blue ones, meadow saxifrage for the spring and some crocus tommassianus to flower and spread early in the year. You will still be able to keep the lawn short enough for general use and prevent the grass from flowering and exacerbating hay fever symptoms. Of course, if you'd be happy to have some areas with longer grass for part of the year, then there is a much greater range of wild flowers to introduce.

Come and join Econet at Clayfield Copse on Meadows Day from 11:00 – 15:00 and we'll introduce you to some wonderful wildflowers which can fit into a garden, give advice on cutting regimes for different groups and discuss growing from seed (and providing some seed). Alternatively, if you'd like help with meadow design, contact econetreading.org.uk



Caversham's Magic Faraway Trees

text and photo Roslyn Weaver

IN A WOOD far away, possibly an enchanted one, you might wander for some time before you find it. Elves might need to show you the way but, sooner or later, you'll reach a certain tree. As you climb it, there might be cake with a fairy, or you might pass an angry pixie and dodge some laundry water. And at the top – what will you find?

I loved Enid Blyton's The Magic Faraway Tree as a child. It was almost certainly responsible for my interest in climbing garden trees, despite never finding any magical lands at the top. Blyton certainly has her detractors on literary and political fronts, yet something in her books continues to fire children's imaginations and inspire outdoor adventures. I learned recently that Blyton lived for a time down the river around Marlow, setting some of her novels along the Thames and its villages, and it is not hard to wonder if some of the inspiration for the Faraway series might be the wooded hills around us.

Yet within our neighbourhoods, trees are becoming somewhat too faraway. There are good reasons why some trees need removing but even

more compelling ones why others should be planted elsewhere. Indeed, the benefits of trees seem to be as magical as Blyton's creation. They clean the air from pollution, soften traffic noise, lower temperatures, reduce flooding, help mental and physical wellbeing, and aid biodiversity by serving bird and insect populations.

Bringing this magic closer is possible, not just for those who can plant trees in their own gardens. Some might look to the Council's Street Tree Sponsorship Scheme, which allows residents to apply for trees to be planted on some streets. Those of us with unusable or non-existent yards might choose a potted tree or indoor plant, join Reading Tree Wardens, or spend time in the many green spaces nearby, from riverside parks to hidden woodlands, or following the tree trail of Caversham Court Gardens. There is, after all, an ordinary enchantment – and lashings of it – to be found in trees.

Find out more about Reading Tree Wardens at www.readingtreetwardens.org.uk

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BE CAREFUL WHAT YOU WISH FOR

by Les Cooper



...no safety harness, no helmets...

SOMETIMES YOU should be wary when you are attempting to be a wonder gardener!

Let me give you an example. Way back, probably in the twentieth century, I fancied having a lovely Robinia tree. They were quite expensive to buy, so when a friend said he could get me an inexpensive one, I took up the offer. I was happy with it, even if it did have a habit of shedding the occasional brittle branch, but it did rather grow and grow.

Moving on to the present, the Robinia was beginning to worry me, because it was now tall and overhanging my neighbours' garden shed close by. When gales howled around the house, I had visions of branches, or even the tree itself, crashing down on the shed.

Recently, looking out of the window, I noticed a neighbour across the road had a team of men taking down trees in their garden. I thought I would ask about costs and details, but before I got that far, there was a knock on the door and a nice-looking young man asked if we wanted any trees cut down. Foolishly assuming he was from the team across the road, I invited him in and explained about my Robinia. He gave me a charming smile and a charming price of £300 for taking it down, assuring us he would be careful with any nearby plants and clear up before they left. I accepted and he, with an even younger mate, began the task. We watched as they shinned up the Robinia with a chainsaw – no safety harness, no helmets – and hewed chunks off the tree, luckily avoiding our neighbour's shed roof.

Then there was a knock on the door and a slightly older young man stood there.

"I'm sorry but I am in charge and my mate has given you the wrong price; £300 is only for cutting the tree down. It's £450 for

taking it away". By now I was getting anxious, but I had thought £300 a low figure. "Alright" I muttered, eager to get things done quickly.

The work continued with comments from the lads such as, "Have you got any gloves because this tree has got big spikes?" Then later moaning, "My saw is getting blunt."

A fair number of fallen branches were bundled into a waiting white van. Then the boss declared, "We will have to leave one or two bits because the van is full." By now we merely wanted the job to finish, so we agreed.

Eventually they 'finished' the work. The tree was down and we paid them, watching with relief as the van drove away. In some ways it had been quite funny – the lads were amusing and, best of all, the tree was no longer a threat. Sadly, we were left with a number of large logs, a trampled garden and piles of debris. However, the tree was no longer there to worry us!

A summer snack from True Food

Recipe by Will Hughes

THIS SIMPLE, delicious, recipe combines many of True Food's top selling products and makes a brilliant picnic snack.

- 180 g oats
- 110 g chopped nuts and/or seeds (any combination of pumpkin, sunflower and flax seeds and/or chopped pistachios, almonds, walnuts or cashews)
- 500 g dried fruit (a combination of your favourites)
- 100 g dark chocolate chips
- 60 ml vegetable oil
- 80 ml or 130g molasses
- 50 g dark or light brown sugar
- pinch of salt
- tsp vanilla essence
- 3 tbs peanut butter (or an extra 20 ml vegetable oil)

1. Heat the oven to 180°C/160°C Fan/Gas 4.
2. Line a 9" x 13" shallow tray with baking parchment.
3. In a small pan, melt the molasses, brown sugar and peanut butter with the oil and stir until the sugar is dissolved. Add the vanilla essence.
4. In a large bowl, mix everything else together, then pour in the melted syrup and stir. Finally add in the chocolate chips and stir again. If it is not sticky enough and clumping together, add more molasses.
5. Tip and press the mixture firmly into the baking tray.
6. Bake for 15 minutes until the edges are just beginning to brown.
7. After it is cool, refrigerate for a few hours before cutting it into bars. Store these in the fridge in an airtight box. They also freeze well.

Makes about 20 bars.



Will prepares in his kitchen

photo C Hughes



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Music and art combine to make an impression

by Elestr Lee



MUSSORGSKY WAS inspired to compose *Pictures at an Exhibition* after seeing works by his artist friend Victor Hartmann on display in St Petersburg. Now pianist and composer Pamela Chilvers has been inspired to compose a series of 16 piano pieces to accompany portraits painted by Alastair Dunstan. Alastair's pictures (above) and Pamela's compositions can be viewed and heard together at a special event in Caversham.

"I have been teaching Alastair's father, Mark and when he showed me photos of Alastair's paintings, I was completely blown away," Pamela said. "When I discovered he needed models to paint, I thought this would be a way to meet Alastair himself – so I modelled for him."

Alastair spends six months of the year at home in Oxfordshire, but lives in Florence for the remainder of the year, where he paints and also studies 19th century painting techniques at the Charles H Cecil Studios. "It is very much the classical tradition of oil painting; you paint from a distance, so you get an impression of the image as a whole. I have been studying the tradition of painting before modernism," Alastair explained.

...something to inspire...

"With me, I don't get up in the morning and sit down and compose. I need a trigger, something to inspire me," Pamela said. "And Alastair's portraits have certainly inspired me!"

Alastair was delighted with Pamela's suggestion that she should compose piano pieces to accompany 16 of his portraits, and the paintings and Pamela's music will come together at an event being held at Caversham's Baptist Church on Saturday 13 July, starting at 6pm.

"We are inviting people to arrive at 6pm, so they can walk around the exhibition. Then, from 6.30pm, each portrait in turn will be projected on a big screen while the relevant piece is being performed. There will also be information about the subjects; the paintings and the music are both capturing an impression of the person pictured.

"At the end of each piece there will be a short Interlude (rather like the Promenade theme connecting Mussorgsky's pieces) which will make a musical transition from the key of one piece into the next," Pamela explained.

Most of the subjects of the paintings live in Italy and won't make it to Caversham. However at least one will be in the audience on the night of the event – Alastair's sister!

Find out more: eventbrite.co.uk/e/music-at-an-exhibition-tickets



Pamela at the new Baptist Church piano

photo A Dunstan

Born from Resilience and Imagination

by George Grubb

LOCAL RESIDENT Carsten, an entrepreneur and independent filmmaker, who was unexpectedly diagnosed with advanced cancer on 1 October 2023, has collaborated with his 5-year-old son, Sidney, to create a children's book called *A Sweet Journey Through Space – The Exciting Adventures of Chocolate, The Little Alien*. This whimsical tale is now available and has already started touching hearts with its story of adventure, friendship, and the pure magic of a child's fantasy.

This inspiring project began as a way to cherish life's precious moments despite adversity. The narrative was entirely conceived by Sidney. It follows Chocolate, a lively little alien with an insatiable love of strawberry cake, on his quest across the cosmos, which leads him to our very own Planet Earth. As Chocolate explores new flavours and experiences, he's learning to appreciate the uniqueness of Earth's offerings and forming cherished bonds.

"We wanted to do something meaningful together, something that captures the essence of joy and the spirit of hope," said Carsten. "Creating this book allowed Sidney to channel his vibrant imagination, and it gave me a beautiful opportunity to connect more deeply with my son during a challenging time in our lives."

The book is brought to life through the illustrations of artist Mariana Diuh, from Kyiv in Ukraine, adding a layer of international collaboration and solidarity to the project. Available on Amazon, all proceeds from the book will be donated to the Royal Marsden Hospital Charity in London, where Carsten is undergoing treatment.



Carsten and Sidney

photo courtesy Carsten

In addition to the book, Carsten shares health updates and family vlogs on his YouTube channel, offering a window into their lives and his ongoing journey through treatment and healing.

"We hope Chocolate's adventures will not only entertain, but also inspire young readers to explore the wide world around them and find joy in the unexpected," Carsten adds. "It's a testament to the resilience of the human spirit and the boundless creativity of a child's mind".

The Adventures of Chocolate, The Little Alien is more than just a story; it celebrates life, imagination, and the unexpected friendships that make our journeys worthwhile.

Dive into this fantastical adventure and support a worthwhile cause.

Carsten's YouTube channel:

www.youtube.com/channel/UC9TyR-uhag_5WbmlnzagXaw

The charity receiving all proceeds from the book:

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Creative CAVERSHAM



Gabriel's Invisible Dress – which he designed in 2021

all photos Humos

SCENTING SUCCESS



In his small workshop Master Perfumer Gabriel de Carvalho conjures up perfumes which retail around the world. Encouraging us all to learn more of the craft remains his passion, as he explained to Elestr Lee

AS A CHILD, Gabriel de Carvalho grew up in 22 different countries due to his parents' work – and from this experience, Gabriel became very aware that every culture had its own special scents and olfactory associations. He has become fascinated by the world of aromas, and today is commissioned to create bespoke fragrances for individuals as well as companies globally from his workshop at Humos, his Caversham base.

His love affair with aromas was evident as a youngster – when he was just nine he used an aerosol deodorant to make his first fragrance – “I was doing this from zero knowledge,” he laughs now. Having grown up he went to work in finance and quality control in various cities, but while

living in Berlin, he decided to retrain as a masseur, becoming interested in offering aromatherapy as part of the treatment. He studied making cosmetics but was increasingly drawn to the fascinating world of perfumery: “Initially I created candles, and then I began to develop home fragrances,” Gabriel explained.

Today he is firmly based in Caversham, running both Humos as well as Le Masseur Personnel in Church Road. In Humos he works alongside a team of three, while a team of six work at Le Masseur Personnel. “The two businesses complement each other,” he said. “For example, when I am commissioned to develop a fragrance, it can take up to nine months to complete - I keep sending and re-sending samples to the client

for their approval. So in between I have time to do other work.

“And I can't sit in my workshop among all the fragrances all the time. To avoid 'nose fatigue' I need to have breaks, so it is good for me to go next door to my other business!”

Gabriel keeps a vast range of base fragrances in his workshop and travels the world to sample and source aromas. As a Master Perfumer, he is rightly proud that his products are now sold globally in countries such as Japan. As well as creating personal fragrances for people, he also is commissioned to come up with fragrance bases for brands and branding identity, such as corporate 'scent logos' for use in hotels and shops. But his main pleasure is in communicating his skill and passion for perfumery to others through workshops and events at Humos.

...eye-catching exhibitions...

“I really enjoy putting on my workshops. You get a feel for the psychology behind a particular aroma, and you learn about the person and their reaction to it. I believe that the right fragrance can really provide mental support, so it's never just the case of it being just a 'nice smell'”

“But people have changed. Before Covid, we would get people visiting Humos for the workshops from all over the place – London, Oxford, even from the States. Obviously, there were particularly busy times, such as before Christmas, when people wanted to create a personal gift. But nowadays people are far more cautious, less prepared to risk coming out.

“But I still enjoy it when people come to my workshops, where they can learn how to make their own fragrance, create candles or maybe bath products.”

Gabriel's deep knowledge of perfumery and his determination to encourage everyone to learn more has led him to create a series of eye-catching exhibitions at Humos, linking perfumery with other fields.

“I started this in 2021, which unfortunately coincided with Covid. I called the exhibition *The Invisible Dress* and the idea was to visualise a fragrance, showing how it would look if you were able to see it. I commissioned a mannequin wearing a dress I designed made of flowers, suggesting a range of fragrances.

“Funnily enough I have just been in New York where I visited the Met museum and



Workshops offer a chance to learn more about perfumes

they had an exhibition with a similar idea – however their dresses were by Versace and Dior!”

Gabriel's other exhibitions at Humos have included exploring synaesthesia, where he invited visitors to associate colours with scents. “Nearly everyone associates red with roses or strawberries,” he concluded. “But there were also unpleasant associations – for example people from eastern Europe recalled that houses there are often painted yellow, and for them the association with the colour was a nasty paint smell!”

His third exhibition linked British authors with aromas mentioned in their works – Shakespeare provides many examples. By Victorian times there was a strong association between smell and hygiene in the UK, and authors at that time were less descriptive of aromas than in the novels of their European counterparts. In his most recent exhibition, Gabriel used AI to reimagine extracts from works of some of the great Renaissance masters, including Bosch, Botticelli and Arcimboldo. Each re-working was combined with a specific scent, and visitors to the exhibition could experience both the art and the unique scent specially conjured up by Gabriel.

Find out more: [Humos.co.uk](https://www.humos.co.uk)



Gabriel's latest exhibition allowed visitors the chance to sample perfumes associated with AI versions of Renaissance art



Community Connections

Mr and Mrs Patel, Markand Pharmacy – by Sarah Stuffins and Cathy Carr

MARKAND PHARMACY is a well-known and loved presence in the row of shops on Henley Road, and Mr and Mrs Patel have been an essential part of countless people's lives for the last 36 years.

Mr Patel grew up and went to school in West London. As soon as he qualified as a pharmacist, he moved around as a locum in the London area. Then for three years he travelled up and down to Reading, working in Broad Street Mall and Emmer Green amongst other places. Mrs Patel, born in Tanzania, came to the UK in 1983 to be with her new husband.

In 1988 they took over an existing Pharmacy, Manichem, at the top of Donkin Hill and continued to run the business there until 2000. The Denmark grocery store, next to the Co-op (previously Balfour News), decided to close its doors that year, offering an opportunity. Mr Patel moved his business 'lock, stock and barrel' to the new premises and has been there ever since.

Any of their long-standing customers/patients will tell you what a wonderful service

Markand Pharmacy is an independent, community pharmacy and a true hub for the local community... ʘ

they have received over many years. Mr Patel goes out of his way to provide a slick, reliable service, frequently sourcing items not available elsewhere, leaving no stone unturned.

Customers are often heard exclaiming, 'What an Aladdin's cave this shop is!' The shop is filled with items not found in the bigger chain stores - certain soaps and toothpastes for example. You can find needles, thread, fuses, batteries, gifts, torches, and a wide variety of other essentials within the four walls of Markand Pharmacy. As customers say, 'I thought I'd try here first before I look elsewhere'. Christmas is particularly splendid, with cards, paper and cut-priced perfumes amongst other goodies. You don't need to travel into Reading to find stocking fillers for all ages!

Markand Pharmacy is an independent,

community pharmacy and a true hub for the local community. It serves the whole of our area, with customers travelling from Caversham Heights, Emmer Green and Sonning. Reunions of old friends are not infrequent, and neighbours enjoy a good chat and laugh together as they wait for their prescriptions.

In 2022, Mr Patel was invited to St James' Palace to receive well-deserved thanks, alongside 99 fellow pharmacists, for the tireless service they and all the pharmacists in this country provided at the height of the Covid-19 pandemic, including throughout the lockdowns. There is a photo of Mr Patel shaking the then Prince Charles' hand on display just behind the counter. A well-deserved honour!

How long have you lived in RG4?

We have been in the area since 1988.

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

We use the Co-op next to the pharmacy for occasional shopping and sometimes Waitrose, but also like to shop in places where we can access more traditional Indian foods and spices. We rarely eat out, as our cultural diet isn't catered for locally.

How do you think we can be eco-friendlier here?

As a business, we do our best to recycle waste correctly. An initiative to install solar panels on the roofs in the parade would be a great idea but too expensive to contemplate.

How would you strengthen our sense of community?

Create more spaces where people can meet and chat – just like the pharmacy!

If you could bring anything here, such as an event, experience or a shop, what would it be?

A store offering more traditional Indian foods and spices would be a welcome addition to our community.



Mr Patel

photo S Stuffins

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First Impressions Matter

It's all in the preparation

by Laura Harmsworth



BEFORE SITTING down to write your CV, there are some items you can gather to make the job easier. Below are the things I suggest you check or find and, before you know it, you'll be tapping away.

- ❖ **Access to a computer** – to type your CV, ideally in Word. Don't be lured by the fancy templates – clear and simple is what you're looking for.
- ❖ **Printer** – useful if you process information better in the printed form.
- ❖ **Highlighters** – to highlight key skills required in job adverts. I highlight each skill in a colour, then highlight each achievement on a CV that matches the skill in the same colour. I can then easily see which skills I'm lacking achievements for
- ❖ **Job adverts** – examples of the types of role you're looking for, if you don't have a specific advert you're applying to. Write your CV to match the common skills and qualifications asked for in the examples, then tailoring your CV to a job ad you want to apply to will be easier.
- ❖ **Spell checker or Read Aloud (on Word)** – to ensure there are no spelling or grammatical errors on your CV. The printer comes in handy here too, as I often see a missed typo in the printed version. Also access to another person who will read your CV with fresh eyes.
- ❖ **List of skills you possess** – ask people who know you or those you have worked with, use the job ads as stated above, look at your past performance reviews.
- ❖ **Achievements** – gather all the examples you can think of, eg positive feedback received from reviews, clients, team members; awards and promotions; targets, tasks or

projects achieved; things you have implemented which have saved the company money, time, or resources, eg reduced risk, complaints or costs; things you have implemented which have increased profits, customers, sales enquiries or customer satisfaction; things you have implemented that have improved processes, performance, relationships; overcoming a challenge.

Document all of these in detail (useful for interview) and a succinct version you can add to your CV if relevant to the role applying to. Keeping this document updated will save you time in the future (and is also good for confidence boosts!).

- ❖ **Education and qualifications** – look back on all your certificates and write a list. Some will be too old to include on your CV and others won't be relevant to the role you're applying to. But the list will be useful and remember to keep it up to date.
- ❖ **Time** – writing a CV from scratch can take hours and the above prep is what takes the longest. Set aside focussed time for the activity. Time blocking might help – a few hours for the prep, then some to focus on each section of your CV. That way it won't be too overwhelming.

I hope this helps if you're writing your own CV – it's all in the preparation!

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

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Future editions:

Contributions for the August issue should be submitted by 1 July and for the September edition by 1 August. These should be emailed to: editors@cavershambridge.org

Dates for advertising copy are 1 August for the September issue and 1 September for the October issue. These should be emailed to: advertising@cavershambridge.org

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PLANTS FLY

by Phil and Pam Chatfield

WE WOULD LIKE to thank everyone who supported our charity plant sale in May. Over a period of three days, we raised £2,200 pounds from the sale of plants. This will be shared between WaterAid and the Red Cross.

A big 'thank you' goes to friends and neighbours who grew and donated plants to supplement our own. We are also grateful for Tricia Marcouse, who assisted throughout the sale, providing expert advice on what plants would grow where. With mostly fine weather, cakes, coffee and tea proved popular, with donations for these raising an additional £180 for Launchpad, Reading's homelessness charity.



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Wellbeing *with Ami Roy*

Stand like a flamingo!

RESearchers say the ability to stand on one leg for at least 10 seconds can be an indicator of your overall health and that a lack of balance can be a sign of underlying health issues. Other indicators, such as grip strength and walking speed have also been linked to overall health.

Here are the rules:

- Keep your eyes open and your hands on your hips
- Stand on one leg without any other support
- Time starts when your foot leaves the ground and stops when you put your foot back down (or take your hands off your hips)

Middle-aged and elderly people who cannot balance on one leg for 10 seconds are almost twice as likely to die within 10 years than those who can.

Understandably, as we get older, the length of time we should be able to 'make like a flamingo' diminishes. The

following times show how long you should be able to stand on one leg continuously:

- 43 seconds if you're aged 18 - 39
- 40 seconds if you're aged 40 - 49
- 37 seconds if you're aged 50 - 59
- 30 seconds if you're aged 60 - 69
- 18 - 19 seconds if you're aged 70 - 79
- 5 seconds if you're over 80 years old

When we attempt the one leg balance, our brain is performing a remarkable amount of coordination. It integrates signals coming from the fluid in our inner ears, visual cues from eyes, and even feedback from our joints and muscles.

Our brains' balance systems have an incredible capacity to compensate by making new nerve connections. It is the plasticity of our brains that enables us to stay upright beyond our 40s – and gives us the potential to keep improving our

balance, even if we feel like we've succumbed to a life of unavoidable stumbles.

The trick is to keep wobbling. Every time we practice the one-leg stance, it is an opportunity to recalibrate our brain, forming new connections and strengthening the coordination between our ears, eyes, joints and muscles. Sensors in all our joints and muscles keep sending feedback to the brain so it can learn how best to keep us upright. You will find your balance can improve surprisingly quickly.

Improving our good balance will not just make us more stable and active elders, it has the power to make us better at a whole range of sports. Far more sports require good balance than we might think. And, most importantly, we are a lot less at risk of falling if we master the art of standing on one leg.

I often give my yoga students this homework: stand on alternate legs while brushing your teeth. My dentist now also suggests this to her patients.

And my fascination with flamingos remains intact, hardly a wobble there!!



Image by drobotdean on Freepik

Local Clergy and Church Services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Margaret, St Peter, 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
penny@ctmparish.org.uk

Rev'd Rachel Ross Smith Tel: 07884 371688
rachel@ctmparish.org.uk

Rev'd Dr Catherine Radcliffe Tel: 07740 475697
catherine@ctmparish.org.uk

Contact: admin@ctmparish.org.uk or 0118 996 8836
Correspondence address: Church House,
59 Church Street, Caversham RG4 8AX

Current services

St Margaret's Church

Mapledurham – 11:15. 1st, 2nd, 4th Sunday Holy Communion, 3rd Sunday Service of the Word.

St Peter's Church

1st Sunday of the month: 9.30 All Age Service of the Word, with music group and choir
18.30 Holy Communion with prayers for healing, with choir
2nd and 4th Sundays: 8.00 said BCP Holy Communion
9.30 Holy Communion with choir and activities for young people, primary and secondary age
3rd Sunday: 9.30 All Age Holy Communion in a shorter format, with choir – 18.30 Choral Evensong
Wednesday: 9.30 said Holy Communion
All services live streamed on Zoom. For Zoom details go to www.ctmparish.org.uk/services/online/

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 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
Compline: 8.30 on Mondays during BST (in church)

St Barnabas, Emmer Green and Caversham Park

Rev'd Kevin Lovell, vicar@saintbarnabas.org.uk
Church Office Tel: 0118 947 5214

Current Services

Sundays: 8:00 BCP Holy Communion (1st Sunday only)
9:30 Parish Communion (Service of the Word on 2nd Sunday)
11:30 All Age Worship (Café Church or Family Communion)
Wednesdays: 10:30 Midweek Communion
Morning Prayer: Tuesdays 8:30 in church; Mon/Weds/Thurs 8:00. online at
www.facebook.com/StBarnabasEmmerGreen/live_videos
Full details at www.saintbarnabas.org.uk/whats-on

METHODIST CHURCH

The Methodist Church Caversham

Rev'd Jeongsook Kim Tel: 0118 947 2223
Rev'd David Jenkins Tel: 0118 327 1592
www.cavershammethodist.org.uk

Current services

Caversham Heights Methodist Church

Highmoor Road
Sunday – 10.30 – Also available on YouTube.

Gosbrook Road Methodist Church

Current services: Sunday – 10:30

New Testament Church of God

Rev'd Dr Garrick Wilson
Tel: 0118 946 3009

UNITED REFORMED CHURCH

United Reformed Church, Caversham Park

Contact: Dr Alison Johnston
Tel: 0118 947 5152 www.cavershamparkurc.com

Current services

Sunday – 11:00 – Livestreaming on YouTube
Details on their web site at:
<https://cpurc.org.uk/live-stream>

BAPTIST CHURCH

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)

Elders Nick King and David Steed
Tel: 0118 947 4529 www.gracechurchcaversham.org.uk
See their web site for details:
www.gracechurchcaversham.org.uk

Riverside Church (Reading)

www.riversidechurchreading.co.uk

ROMAN CATHOLIC

Our Lady and St Anne

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

(including Emmer Green and Caversham Park Village)
Fr Michael Sharkey, St Michael's, Sonning Common
Tel: 0118 972 3418

<http://saintmichaelsonningcommon.org.uk>

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



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