



Caversham Nurse visits Ugandan Hospital

Sabita Clark, a nurse practitioner who lives in Caversham, recently spent a week at Kamuli Mission Hospital in Uganda. Here she writes about her visit.

I had the opportunity to visit and work at Kamuli Mission Hospital in Uganda. Kamuli Mission Hospital (KMH) is a 160 bed general hospital which achieved its centenary in 2014. It is located 60km north of Jinja, a town on Lake Victoria. It also has a nursing and midwifery training school. To reach it from Caversham took about 14-16 hours with a stop over and time zones. Flying from Heathrow to Dohar (in Qatar) and on to Entebbe in Uganda. It then took 4 hours by car to reach Kamuli. I travelled with Dr Philip Unwin, his daughter-in-law and another doctor, together with two ladies who were admin staff. A surgeon from Stockholm joined us for the last part of the journey.

Dr Philip Unwin, who is a GP based in Henley, visits regularly, and continues to support and help develop KMH through the charity 'Kamuli Friends' which he founded in 2012. Kamuli Friends have undertaken an extensive building programme which has included a guest house for visitors and accommodation for staff, amongst other things. Our group all stayed in the guest house. The hospital provides many opportunities for medical staff to volunteer to work in the hospital, gaining experience of working in more challenging conditions than they are used to, and giving the benefit of their experience to the local staff.

Patients travel various distances to attend the hospital, either as an in-patient or an out-patient. All the patients have to pay for treatment, like X-rays, some medication, plaster of Paris, scans and operations. They have no water or toilets in the building,

water comes from a bore hole and there is a block of toilets in the grounds. Relatives feed and wash the patients. The hospital serves a large, poor rural area with a population of over three quarters of a million. It provides many of the functions that a district general hospital provides but on a smaller scale. The outpatient department operates a 24 hour casualty service. The hospital sees around 50,000 outpatients and admits 10,000 inpatients each year.

During my stay, nobody attended with minor injuries, they were all major, most needing operations. There are two theatres with inadequate lighting, which is challenging for the doctors. One man could not afford to have his broken leg plastered so he left on crutches. Quite a few accidents were caused by motorcycles.

While there I undertook many and varied tasks, literally performing whatever nursing duties were required, including helping with operations, doing dressings, etc. I also gave 'back to basics' lectures to a group of students.

The staff and patients are lovely people. Their main aim is survival. The equipment in the hospital is dated and supplies can be scarce. At one point, there was no water to wash our hands in theatre, while electricity can be erratic - fortunately they have a generator! Kamula has no running water or toilets for the patients but they work with it!

Kamuli Friends are trying to raise money to build a new medical ward. The current ward is very old, the roof is in a

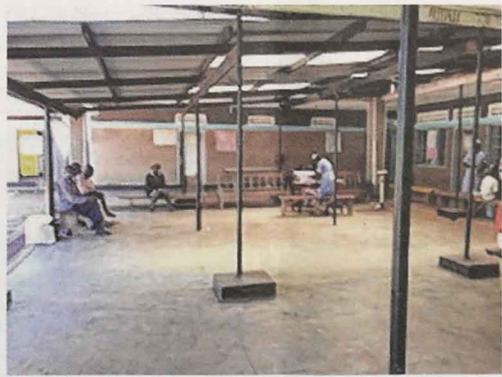
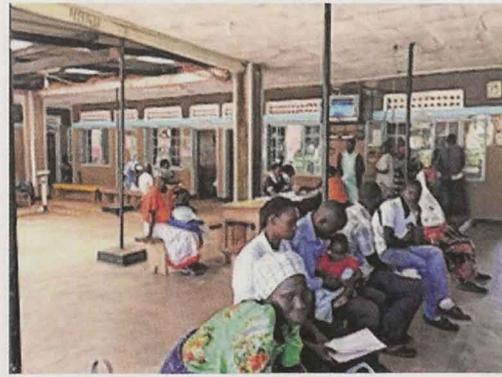
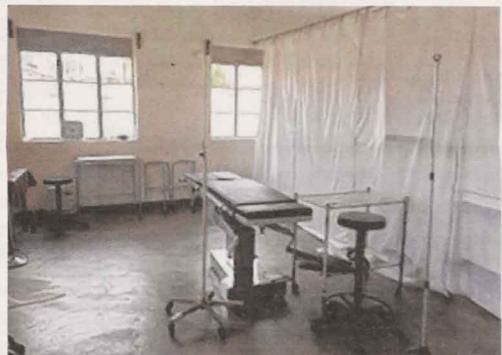
bad state and every window is broken. Staff and patients manage amazingly well with very little. You really have to admire them.

I feel very blessed to have been able to go and help at KMH, in one short week, I got more job satisfaction than I have had in thirty years!

If you have time, please look up KMH - they can do with any help.

For more information visit the website www.kalumifriends.com

Sabita Clark (Emergency Nurse Practitioner)



Happy New Year to all our readers

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St Peter, St Margaret, St John
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Revd John Dudley Tel: 9470265
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 Tel: 947 1787.
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NEW TESTAMENT CHURCH OF GOD
 Revd H R Gayle Tel: 946 3009 (contact)

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The Editors wish to make it clear that the views expressed in this newspaper do not necessarily reflect the opinion of the board.

The Editors also would like to bring to readers' notice that the inclusion of advertisements in this paper does not mean an endorsement of the products or of the services offered.

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TALKING POINT

by Henry Stroud

Happy New Year. As a new year starts we naturally look to the future, both the next 12 months and into the more distant unknown. The view is hazy because things can change so quickly. A year ago we were not contemplating Brexit or President Trump! But these things tell us that change happens far more quickly than we think is possible. Look at the advances in medicine over the last ten years or the changes in the world's political or economic landscapes. So making predictions is a hazardous game. But it is fun!

In the 50th anniversary edition (2014) of the Caversham Bridge I suggested several potential headlines for an edition 50 years hence (2064). One of those was *Route 22 sees first driverless bus in Reading*. At the time I thought this was very optimistic. Just two years on and I think it is rather conservative. Certainly driverless, or should we say automated, cars, have come on in leaps and bounds in the last couple of years.

Obviously the introduction of automated vehicles poses many technical questions. But they also pose many ethical questions which we all need to consider. This is because one of claimed benefits of these cars is improved safety. A recent report has indicated that by 2030 automated vehicles could save over 2,500 lives and prevent more than 25,000 serious accidents annually in the UK. So this is serious stuff.

For better or for worse you will make an instinctive response when faced with a driving hazard. But your automated car will be programmed to make the decision for you. But how should a vehicle's computer be programmed? Should it give safety priority to the driver, the passengers, people in other vehicles or to pedestrians? Choices have to be made. Would you buy a car which deliberately put you at serious risk in order to reduce harm to another road user? If a pedestrian foolishly, or even perhaps deliberately, walks into the road should your car be forced to steer into another car or bus putting more people at risk? There is a website, www.moralmachine.mit.edu, where you can test your response to various accident scenarios, judging who should most likely be injured in each case, and you can then compare your responses with others. It is very interesting confronting these moral dilemmas.

Just as roads have different speed limits, so each road could have different safety criteria. So a road by a school could strongly favour pedestrians, but a main road less so. Perhaps whole communities could set their own criteria. By ballot the residents of Caversham could decide the safety rules and accident outcomes for all vehicles entering the area. Now that would be local democracy. How would you vote?

Henry Stroud is a member of Caversham Heights Methodist Church and a lay preacher for over 40 years. He was a director of several technical companies.



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 Holy Communion 2nd and 4th Sundays
 9.30am Holy Communion 1st, 2nd and 4th Sundays
 6.30pm Evensong

St John's, Gosbrook Road

9.30am Holy Communion 1st, 3rd and 4th Sundays
 9.30am All Age Worship 2nd Sunday
 Fifth Sunday Services as advertised

St Margaret's, Mapledurham

11.15am Morning Worship 1st Sunday
 Holy Communion 2nd, 3rd and 4th Sundays

St Andrew's, Harrogate Road

8.00am The Eucharist
 10.00am Parish Eucharist (Sung)
 First Sunday, Family Eucharist
 11.30am The Eucharist first and third Sundays only, first Sunday BCP
 6.30pm Evening Prayer (as announced)

St Barnabas, Grove Road, Emmer Green

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 9.30am COGS for all ages (1st Sunday of Month)

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Caversham Bridge

Contributions for the February 2017 issue should be sent to Caversham Thameside and Mapledurham Parish Office by **Monday 2nd January**. The date for the March 2017 issue is **Monday 30th January**. Email address is secretary@ctmparish.org.uk

Advertising copy for the February 2017 issue should be sent to Mr A Wright, Twiggmoor, Upper Warren Avenue, Caversham by **Friday 30th December**. The date for the March 2017 issue is **Friday 27th January**.

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THE MAPLES WELLBEING CENTRE OPENS IN A NEW HOME

THE MAPLES has moved with the new location opening its doors to members in December.

The council's Wellbeing Day Care Centre, which is now based at Rivermead Leisure Centre, will serve people with a range of needs and provide a much needed improvement to specialised day services for frail older people and people with physical disabilities.

The centre is fully accessible with its own separate, secure entrance to the right of the main leisure centre entrance, a new drop-off area right outside for mini buses, and disabled parking. For those who use public transport, the number 28 route serves the location with plans to introduce further services in 2017.

An under-used wing of the leisure centre was re-developed to create the dedicated centre, suitable for people with higher level of care needs. The leisure centre operator, Greenwich Leisure Limited (GLL) has been working positively with the council to provide this centre.

The new hub offers a range of benefits, easy access to existing leisure facilities and activities at the leisure centre and flexible space with moveable dividers to make room for different groups. There is also free Wi-Fi throughout.

Members can enjoy an enclosed and secure garden area, which includes a pergola with seating and several raised planters to grow fruit and vegetables in the spring. The garden also provides quick access for walks along the riverside.

A group of existing day care centre users and their carers helped chose the furniture and colour scheme, which is a light and airy visual impairment and dementia-friendly design. The group have formed a Friends of The Maples and will continue to support the centre in its new home.

The Maples team are also appealing for volunteers to befriend people at the centre. The opening times are the same as the old day-care centre but if there is enough demand, the new centre could potentially offer support at evenings and weekends.

Rachel Eden, lead councillor for adult social care, said:

"Reading Council remains fully committed to supporting older and disabled people in our community. Our day service is a valued part of that. This move has provided a fantastic chance to continue the good work achieved at the previous old Maples site and to create some exciting new opportunities for members. The new facilities have been completed to a high spec and I'm sure the introduction of a specially designed garden, with riverside access, will be welcomed by all the centre's members."

The previous day care service at The Maples in West Reading has closed. The move has taken place in partnership with service users, user's relatives and carers, voluntary sector partners, community groups and care staff following an initial consultation in early 2015.

The new centre is a part of a wider project looking at improving day services for people with a range of needs, including older people, disabled people with complex needs, those with learning difficulties and mental health disabilities.

The council is also developing other community services throughout Reading that may offer a better option for other older people to forge links with their neighbourhoods.

Remembrance and Poppy Appeal 2016

On Remembrance Sunday, 13th November, the sun shone brightly over Caversham.

The usual Service of Remembrance took place at Caversham's own War Memorial in Christchurch Meadows. Including the groups in the parade over 1400 people attended from Beavers and Rainbows to Cubs and Guides, Caversham Army Cadets, many ex-service and community groups and a lot of Caversham residents. Caversham ACF organised the assembling of the groups at the War Memorial, the marshalling of the parade and the laying of wreaths. In all 25 wreaths were laid including ones from St John's church, the groups attending, various branches of our armed forces, community groups and Thames Valley police.

Seventeen standards were lowered in remembrance and the Last Post and Reveille were sounded by Jason Todd from the Salvation Army. The Lower Earley Salvation Army Band played the music.

On Armistice Day, Friday 11th November at 11 am, service standards were lowered outside the Caversham Working Men's club and Caversham came to a standstill for the two minutes silence.

Leading up to remembrance weekend the usual Poppy Appeal collections took place. Yet again the response from Caversham was fantastic. Grateful thanks to all who helped in any way, to Angela Stargatt for her window display in House of Cards, the Co-op Funeral Care for their window display, Mrs Lavinia Owen and Mrs Eveline Alborough, who knitted and crocheted two different designs of poppies and to Romans for the printing of the orders of service.

This year a really special thank you must go to the pupils and staff of the primary schools in Caversham. They collected an unbelievable total of over £2000 for the Poppy Appeal. All but one of our primary schools took part in the national initiative using the school packs for children to learn by fun. These packs did not arrive until the end of the half-term holiday so staff and pupils did not have much time to 'sell' the slap bands, friendship bracelets, reflectors and other bits and pieces but everything went! All the items bore the poppy symbol and the idea is that the seed sown in this way will mean that the children will remember the poppy and learn its relevance in the future

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News from PACT

Can you spare as little as £5 to help local children under five affected by domestic abuse?

The charity Parents and Children Together (PACT) has launched a crowd-funding appeal to pilot a project supporting children under five who have witnessed domestic abuse.

The programme will be a part of PACT's successful Bounce Back 4 Kids (BB4K) project which currently supports children living in the Thames Valley aged between five and 12. The programme is innovative, working with the child and non-abusing parent at the same time, providing therapeutic support following the trauma of a family breakdown.

BB4K has identified gaps in the provision of this type of support for other age groups and is experiencing growing demand of referrals for children under the age of five.

PACT chief officer Jan Fishwick said "Research has shown that by providing early intervention and prevention support to this age group we can increase these children's opportunities to have smoother transitions into primary school, improved family relationships, increased social skills and emotional intelligence.

"This project is much needed. There were

41,846 domestic abuse incidents recorded by Thames Valley police in 2014/15 and the Home Office and the Centre for Social Justice reports that 90% of children are in the same room or room next door during attacks on their mothers.

"If this cause is important to you please give what you can, whether it's £5 or £500 it will make a real difference in these children's lives."

PACT has until February to reach its target of £10,420. There are various opportunities available depending on the amount pledged by individuals including meeting with PACT's CEO and the BB4K delivery team. To find out more about the project and donate visit: <https://fundit.buzz/BounceBack4Kids>

Violence in homes has risen in Bucks, Berks and Oxon, there were 41,846 incidents in 2014/15.

There is a wide variety of forms of harm, including threatening behaviour, psychological, physical, financial, sexual or emotional abuse and violence. This equates to one every 13 minutes and 90% of the children are in the same or next room during the attacks on their mothers.

PACT has been helping families across the region since 1911 through its community projects.



ST JOHN'S FAIR

St John's Church, Gosbrook Road, held their Christmas Fair in November. The church was packed with people looking for bargains amongst the books and toys, choosing a special piece of jewellery, or taking the opportunity to buy crafts and home-made jams, preserves and cakes. The eye-catching

Christmas stall had some beautiful decorations for the tree. There was also a lucky dip and face painting for the children. The tombola stall was very popular and there was a raffle for a beautifully iced Christmas cake as well as the main raffle. Afterwards, people relaxed with a cup of tea or coffee, provided by the Caversham Community Café. We also welcomed the 22nd Scout Group Reading, who were raising money for the *A Million Hands* project. The fair raised over £1,400 for church funds, a substantial increase on last year's result. Thanks go to everyone who made it a great success.



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HAPPY WANDERER

Clifton, Reading and Caversham

Recently I came across this photograph showing a public house in Reading called the Clifton. I had thought that there could only ever have been one in the area – the Clifton Arms in Gosbrook Road, Caversham. I was wrong. The old directories in Reading Central Library show another 'Clifton' to have started off as a beer house at 14 Caversham Road in the 1860s, and to have moved later to No 18, where it remained until about 1964. In the picture, the Clifton is still at No14, with Frank Moring's sweet shop to the left, and the co-op shop to the right. In the same view today, we would be looking at the ramp carrying Caversham Road up to the roundabout at the end of Friar Street.

Here in Caversham we have the Clifton Arms, and to the east of it a row of small houses with the name 'Clifton Terrace' on the front.

According to 'Caversham Names' the book by John Malpas, the road leading south from Gosbrook Road, opposite Clifton Terrace, started out as Clifton Road, and was later re-named Wolsey Road. This was remembering Cardinal Wolsey, founder of Cardinal College, Oxford, which is now Christ Church College. The college at one time owned



Christchurch Meadows at the end of Wolsey Road and of course there is Cardinal Close leading off this road.

From the bicentenary history of Brakspear's Henley Brewery, I learned that William Henry Brakspear bought the Clifton Arms for £500 in 1864. This part of Gosbrook Road was then called Gosbrook Street. What he must have bought is numbers 1 and 2 in Clifton Terrace, with the house beginning at no 3. No 1 and 2 must have been re-fronted, if not re-built, and in time No 3 became part of the pub as well, with the houses beginning

with No4. Today Gosbrook Street is Gosbrook Road, and the buildings re-numbered, so that the pub is Nos 12-16 and the houses begin with No18.

Interestingly, the Clifton Arms was not the only drinking house in the terrace. For a short time, it had a beer house called the Revival.

I suspect that the date 1864 is significant – it was the year in which the Clifton suspension bridge over the Avon Gorge near Bristol was finally opened. The foundations of the bridge were laid in 1831 but the money was not forthcoming, and at the time of Brunel's death in 1859 it was still unfinished. Ironically, it was his death which spurred on the work, and the bridge was opened in 1864 as a memorial to its engineer. I suspect that in Caversham, the pub, the terrace and the road opposite were all named after the bridge, and so was the beer-house over the river, at a time of national rejoicing.

So what of Clifton Park Road, Caversham, which was laid out around 1906 and lined with much larger houses than Clifton Terrace? The Clifton area of Bristol is a rather fashionable and well-heeled suburb, and because Clifton Park Road goes up a steep hill seems particularly appropriate, even if the hill is not exactly a cliff.

Disappointingly, there's no evidence of there ever having been a Clifton Park in Caversham.

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Do you know your bin collection day is changing?

A public information campaign advising residents of changes to their bin collection day has been running since November.

For the first time in more than a decade, waste collection days will change next month for most of the 68,500 households in Reading as the council reconfigures bin collection rounds to make the service more efficient.

New service standards will also come into effect from February as the council focuses on driving up recycling rates and reducing the amount of household waste going to landfill.

Every tonne of household waste which goes to landfill costs the council £167. In Reading in 2015 landfill charges totalled £2.4m. At a time of increasing demands on services the council needs to reduce landfill charges to make savings.

A social media campaign and a new section on the council's website (<http://www.reading.gov.uk/binchanges>) will be used to alert residents to the changes.

The campaign will continue with press adverts and roadshows. A new bin collection calendar with revised dates is being sent to households, along with an explanatory letter. The changes are due to come into effect on February 13th.

£65 million of savings have been made by the council since 2011, with another £41 million to be identified by 2020. The council's refuse collection service needs to make savings of nearly 20% of its current operating budget of £2.1 million by the end of 2017/18.

Increases in population mean the service anticipates an increase in the

number of collection properties by nearly 2,500 over the next three years. Other challenges include annual increases in landfill tax, fluctuating value of recycled materials and the threat of heavy fines for any local authority which fails to meet a 50% recycling target by 2020.

The council is asking householders for their co-operation with the following measures to help the council meet the challenges

Collection round restructure, a new round structure will make the collections more efficient and there will be a change of collection day for most Reading residents.

The proposed introduction of bank holiday collections from April to stop the build-up of waste due to delays in collections.

Closed bin policy: only bins with closed lids will be collected.

No side waste: excess waste left at the side of the bins will not be collected.

One bin policy: the council will collect one standard 240litre grey bin and at least one recycling bin/box from domestic properties on a fortnightly basis. Larger bins may be available in some circumstances. A review of properties with more than one grey bin will be carried out to determine whether the extra capacity is necessary.

All of these changes form part of the new waste operations service standards agreed by members of the housing, neighbourhoods and leisure committee last July.

Councillor Liz Terry, lead councillor for

neighbourhoods said "The bin collection service affects every household in the borough which is why we want to make sure we introduce these changes properly and give people all the information they need to help us deliver this vital service. By starting this campaign three months before the changes come into effect, we aim to give people plenty of notice. These measures are being introduced to help the council cope with growing pressure being put on waste operations service at a time of extreme financial pressure, but just as important is to ensure that the maximum possible amount of waste is recycled."

The council has also recently announced that an annual £50 charge will be introduced for the green bin garden waste collection service from April, with a new £15 charge for garden waste bags. A 25% discount will be available for low income households. More information can be found at www.reading.gov.uk/garden-waste. The letter going to households this month will advise people how to sign up for the fortnightly garden waste collection which works out at £1 per week for green bins.

Further changes could also see a small refuse collection vehicle being introduced to service narrow, heavily parked streets to reduce delays to collections

Residents are reminded that that small electrical items measuring under 30cm by 24 cm such as kettles, toasters, irons, radios, hairdryers and small power tools will also be collected when left in an untagged bag by recycling bins and boxes.



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Primary health care in Caversham and Emmer Green

AT CADRA'S autumn meeting, Dr Andy Ciecierski who is the chairman of the North and West Reading Clinical Commissioning Group and a GP at Emmer Green surgery, gave a talk about how the CCG is meeting some of the challenges being faced in Reading today due to an older population, long term medical conditions and the demand on GP appointments. <http://www.nwreadingccg.nhs.uk/>

Feedback on a leaflet published last year by the CCG on developing GP primary care services in Reading showed that patients would welcome a wider team of people such as physician's associates and practice pharmacists being involved in their care, extended surgery hours and more digital interaction with GPs. Dr Ciecierski showed a video on how these strategies are beginning to be put in place. He spoke about how GP practices are working together to share resources and provide a better service for patients. Hospital consultants are working more closely with GPs including virtual diabetic and mental health clinics. I-pad technology

allows GPs to email photos, for example of skin conditions to dermatologists for diagnosis and advice. Westcall doctors can now access patient records to see medication and past history out of hours to enable them to more easily manage conditions. Patients can access more information about their records to enable them to take ownership of their own care.

Dr Ciecierski spoke of the support in place for older people to enable them to live well for longer. The Health Hub is the access point for care and co-ordinates services to avoid duplication, ensuring everyone involved gives the best care. The Living Well scheme in partnership with Age UK assists patients to improve their quality of life. The Rapid Response and Treatment team in West Berks, staffed by experienced nurses and supported by geriatricians, can be called in by carers in care homes and helps prevent hospital admission. Pall Call, which started in November and is staffed by specialist nurses, provides 24 hour support and co-ordination of palliative care.

The meeting then heard from Rebecca Norris, team manager at Healthwatch Reading, set up in 2013 under the Health and Social Care Act 2012. It is a very local service, independent of the NHS, run as a charity and is based at Reading Library. <http://healthwatchreading.org.uk/> This is a free and independent information and advice service, and can help individuals who have decided to take things through the NHS complaints service. It can escalate complaints to the Parliamentary and Health Service Ombudsman if needed. It can also help the public shape local services through special projects to find out what people think about services and then send recommendations to commissioners. It carries out 'enter and view' visits to GP surgeries, hospital and care homes, not to name and shame but to act as a 'critical friend'. They visited 31 surgeries last year and found that patients at Balmore Park, Peppard Road and Emmer Green surgeries were broadly happy with the service but those at Priory Avenue were still experiencing variable care. They are due to have further talks with the commissioners of GP services about the situation.

Dr Ciecierski, Rebecca Norris and Sarah Wise, CCG manager, later answered questions from the audience. Work is currently being undertaken to look at proposed developments across Caversham and North Reading and how they might affect health services. There is a physician associate currently in training at Emmer Green and practice pharmacists will be coming to Caversham very soon. There is not a great demand for Sunday appointments with GPs at the moment and there is a lot of co-ordinated work going on behind the scenes at GP practices.

Patients were urged to join patient participation groups, which are an important source of information on the patient experience.

Caversham Quilt

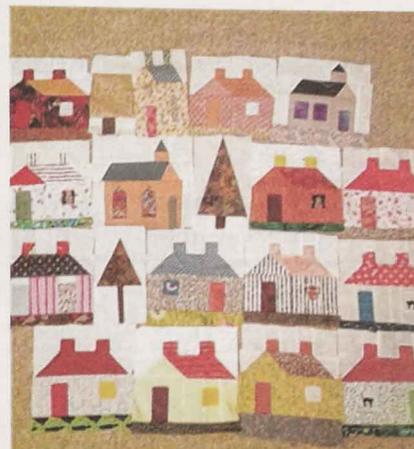
Come and join us in making a patchwork quilt that will be representative of Caversham and the surrounding area. We would like to involve as many

people as possible in its construction. When the quilt is finished it will be displayed in a number of churches around the area and then raffled for charity.

The group meets at St John's Church, Caversham and has already produced a number of patchwork houses based on the Amish school house patchwork block which will be the main feature of the design as well as trees and churches.

The photograph shows some of these houses which are ready to be incorporated in the quilt. The next meeting will be Monday 16 January at 10 am in St John's Church, Caversham.

If you are interested in taking part contact Pat Jones on jones593@btinternet.com



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News from St Anne's school

November was an exciting month at the school in Caversham both in and out of school hours. Here are some of the highlights.

First there was an evening event, the *Passion for Fashion* show hosted by St Anne's and supported by a number of PTA/PSA of other Caversham schools. 'Supermodels' from St Anne's and the Hill schools amazed the audience with their performance on the catwalk, modelling the clothes and accessories for sale and over £500 was raised for the Sue Ryder Hospice in Nettlebed.

A few days later, St Anne's choir took part in the Junior Music festival at the Hexagon, with a theme of *You've a friend in me*.

The children of the school council came up

with an idea to raise funds for the BBC Children in Need. Children and staff were invited to come to school dressed in pyjamas for the day in return for a donation. The children brought their favourite teddy bears and competed in an obstacle race with them. A fun way to raise money for other children.

On a more sombre note, the school observed two minutes silence on the 11th hour of the 11th day of the 11th month in remembrance of all the members of the armed forces who have died in the line of duty. Each class filed out into the playground and formed a circle holding hands and standing in silence for the two minutes.



Photo shows the children standing in their silent circles.

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Apple pies for Church Restoration Fund

For eight weeks in the autumn Phil Sadler was making apple pies, apple crumbles and apple cakes to sell after the 10 o'clock mass at the church of Our Lady and St Anne for the church refurbishment fund.

She put an appeal in the church newsletter asking for surplus and windfall apples. Apples were donated by parishioners and friends and the following week she was able to set up a table full of produce which quickly sold out. Also, when out in the car Phil and her husband, Graham, collected more apples from roadside boxes where they had been left out for the taking by anyone who could use them.

Each week, Phil spent Friday and Saturday baking and, with the help of her husband, wrapped the goods in cellophane and took them to church before mass. So popular were the pies, crumbles and cakes that people would reserve them on the way into church to collect after mass, some even ordered from one week to the next.

By the end of the eight weeks, nearly £400 had been donated to the fund.



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19th January

Subject: Brain Teasers

2nd February

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Subject: The Great Train Robbery

16th February

Speaker: Janet Offord Subject: 9 years in Kenya

2nd March

Speaker: Valerie Keating

Subject: Network Fellowship Olympics

16th March

Speaker: Graham Horn

Subject: The Isle of Wight

30th March

Speaker: June Hardcastle

Subject: Scenes from Village Life

13th April

Speaker: Rev'd Jenny Dowding

Subject: Maundy Thursday Communion - led by Jenny

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WINTER WATCH

A scheme that helps vulnerable Reading residents keep warm through the winter is underway again as the weather gets colder.

This year's Winter Watch runs from November to the end of March.

Since it was launched in Reading five years ago, Winter Watch has provided practical support and information to more than 2,350 vulnerable households in the borough.

Winter Watch aims to help 'at-risk groups' including pensioners, people with serious illnesses and disabilities, people on a range of benefits, including families with young children. Support on offer includes:

- Home energy checks
- Draught proofing
- Access to grants for insulation
- Provision of emergency heaters and bedding
- Emergency energy payments

Just over 10 per cent of homes in Reading have at least one member affected by a long-term illness or disability and an estimated 6,695 households in Reading – almost 11 per cent – are considered 'fuel-poor' and will struggle to afford the cost of heating their homes.

People can find out more about the help available from Winter Watch by calling 0118 937 3747 or by email to winterwatch@reading.gov.uk or visit www.reading.gov.uk/winterwatch

Under last year's scheme, council officers visited 175 residents and offered a range of advice and practical assistance to help them reduce their energy bills.

Residents received emergency financial assistance to help them make their homes warmer. In addition, eligible residents were supported by the Council to gain access to boiler upgrades or insulation measures through the Government's ECO funding scheme. Under this scheme, people may qualify for a free energy-efficient gas boiler, free loft insulation and free cavity wall insulation, if they receive certain state benefits and live in a private property.

Last year's Winter Watch also helped residents with a wide range of heating issues. A high proportion of households used pre-payment meters. With the best pre-payment meter deal people pay an average of £235 a year more than the best direct-debit deal. For advice on fuel bills and switching providers we encourage Reading residents to contact Citizens Advice on 0118 952 3022.

WOMEN'S WORLD DAY OF PRAYER

Am I being unfair to you?

On Friday 3 March over 5,000 services will be held in the British Isles on the theme of *Am I being unfair to you?* The Christian women of the Philippines wrote the service and it has been translated into 1,000 different languages and dialects to be used throughout the whole world on Friday 3 March starting at sunrise over the Island of Samoa and continuing until sunset off the coast of American Samoa.

In 2016 Typhoon Haiyan – named locally as Yolanda – struck the Philippine Islands in the Western Pacific Ocean. This is mentioned in the service but you will also hear the stories of a girl, a mother and an older woman, recounting their situations and their hopes and fears. The service focuses on the Bible story of the workers in the vineyard: Matthew 20.v1-16. There is a reflection on the artwork designed by Rowena 'Apol' Laxamanda-Sta Rosa. It is very thought provoking and illustrates contrasting scenes.

The Caversham service will be held at Caversham Methodist Church on Friday 3 March at 7.30pm. All are welcome; men, women and children.

Cllr Graeme Hoskin, lead member for health, said:

"More people die in winter than the rest of the year due to the effects of the cold. Older people are at particular risk of health problems, as are children and people with long-term illnesses. I urge anyone in fuel poverty to contact Winter Watch to find out what help is available."

Cllr Richard Davies, lead member for housing, said:

"It is a sad fact that the most vulnerable people in our community are faced with choosing whether to heat their homes or pay other bills. I therefore fully support anything we can do as a local council to guard against the potentially disastrous effects of inadequate heating. I would urge anyone who feels they are struggling to keep warm or indeed any neighbours who think they know someone who may need help to contact the council and find out more about how the Winter Watch can help."

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CLUBS

Probus

The speaker at the November meeting of the Reading and District Probus Club was James Arnold-Baker who presented a talk on the subject of 'A Rotten Borough – the Kennet and Avon Canal and Wilton Windmill'

The Wilton Windmill is located between the villages of Wilton and Great Bedwyn near the Kennet and Avon canal. It is near the Crofton pumping station, which is used to pump water to the top of the flight of locks on the canal. The windmill was built in 1821 after the canal was built, to mill flour, and remained in operation until 1908. It was then abandoned, and

became derelict: all the timbers were rotten, but the metalwork had survived. It was restored to full working order between 1971 and 1976. The original tapered tower was built by J Gale; the cap weighs 15 tons, and turns to keep the main sails facing the wind. The sails were removed in August and are currently undergoing restoration at the millwrights in Mapledurham.

The windmill is now operated by the Wilton Windmill Society, and is open to visitors from Easter to September on Sundays and Bank Holidays.

Probus is a club for retired men, who enjoy a meal once a month in congenial company of like-minded men. Lunch is followed by a talk, which may be on a variety of interesting subjects. The club meets at the Caversham Heath Golf Club. For further information visit the club's website www.probusclub-reading.org.uk If you are interested in joining, please contact the secretary, David Laird, on 0118 947 0709.

Reading St Andrews Scottish Country Dancing Society

In September the society started its 67th season holding regular classes with beginners on Tuesdays, improvers and social class on Wednesdays and a technique class on the first two Thursdays of the month – 8.00 until 10.00pm with a break for a drink. Classes are held at St Andrew's URC, London Road, Reading RG1 5BD (next door to the Royal Berks Hospital). Everyone is welcome, you don't have to be Scottish, and there's lots of opportunity for socialising as well as dancing – we held a tea dance on Sunday 27 November at Thameside School with a two-piece band.

At the time of writing we were looking forward to our Christmas party on 20 December including some dances with seasonal titles!

More information at www.scottishdancingreading.org

Chazey WI

At our last meeting members enjoyed our speaker from the John Lewis Heritage Centre, giving us the history of John Lewis and Waitrose with many interesting facts.

Our members met for coffee on 15th November and a party went to the Panto and The Watermill Theatre, Newbury followed by a cream tea on 23rd November. The Book Club met on 10th November and continues to meet every month.

Our raffle was won by Jill Dibben and the competition by Cate Crabb.

Chazey WI meets on the first Tuesday of every month at Caversham Heights Methodist Church Hall, Highmoor Road, Caversham at 7.45pm. New members welcome.

Rosehill WI

President Margaret Pyle welcomed all members and visitors to our November meeting. She began proceedings by saying that the record of the October meeting was available for all to see. She then told us that subscriptions for 2017 are now due. Margaret also said a board was being sent round; one for volunteers to provide table flowers for each meeting, to give a vote of thanks to the speaker and help with the teas: - thanks to all who came forward. Next, Margaret Seal gave out the birthday buttonholes.

The clubs continue to do quite well. The Book Club had already met on the Monday before the meeting: Margaret also told us the calendars are on sale.

Our attention was then drawn to an event being arranged for 28th February 2017 to be held at Grazeley Village Hall, at 1.30pm for 2pm. Carole Williams will be coming along with a selection of dresses worn on the 'Strictly Come Dancing' show. She will also have a model with her to show them off. She will let us into some of the secrets of the show and gossip. This is expected to be a popular event, so we are advised to apply early; the cost is £17, which includes 'sparkly bubble and nibbles'.

Next Margaret introduced our speaker, Nick Brazil. Nick spoke about 'Castles in the Air' and along with slides took us into the bizarre world of inventions from the late 18th to early 20th centuries. This was a very interesting, and often amusing,

account of the weird and wonderful inventions that almost made it to the Patent Office. Some of the items displayed were a portable umbrella, a rainwater catching hat, a sewing machine that you could talk to, various cycling machines, a pedestrian catcher, a closed cot for babies with colic (so you could not hear them crying), etc. Thanks again, Nick, for a very enjoyable talk.

This was followed by a cup of tea and biscuit before the raffle was drawn. I am pleased to report that Brenda's Bring and Buy Table and Betty's raffle made almost £100 between them – thanks to all those who contributed.

Rosehill WI meets on the first Wednesday in the month at St Barnabas Village Hall, Emmer Green, at 2.00pm and would make visitors very welcome.

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Stay-a-while Lunch Club

The club, which meets on
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urgently needed to work on a rota
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If you can help and for more
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CLUBS

Caversham WI

The November meeting took the form of an extraordinary general meeting to elect a new committee and officers due to the resignation of the previous one. The business part was dealt with first, with reminders of all the Christmas activities.

The second part of the meeting was conducted by WI advisor, Mrs Anne Knee-Robinson, who was pleased to report that three volunteers had come forward to fill vacancies so the future of Caversham WI was assured for the time being to everyone's great delight.

Caversham Heights Townswomen's Guild

The guild has been here, there and everywhere for their Christmas celebrations.

First, off to Bath for the Christmas market, then to Chichester for the annual south of England Townswomen's Carol Service. Our local Federation held a party with Panto, games and seasonal refreshments. We had a Christmas lunch at a golf club, and the following night mince pies at our usual monthly meeting.

The ambling, cinema and scrabble clubs have been enjoyed as usual.

We will not be meeting in January, but will be back on the third Thursday in February.

Reading Gardeners

January 11th is our Members Evening.

This is an enjoyable evening with short contributions from several members.

On January 25th, Jon Evans will give a talk entitled 'Blackthorn Nursery in Spring'.

His talk will cover the transformation of a nursery into a garden when the owner retired. It features alpines and other special plants collected over 30 years.

Or meetings are held at Caversham Primary School, Hemdean Road.

Refreshments at 7.15. talk at 7.45.

The Caversham Heights Society

Two meetings of the Caversham Heights Society were held in November. The first, entitled 'The Old Bath Road' was given by Tony King on 2nd November, and proved to be both informative and fascinating with some interesting anecdotes that were given throughout the talk. The speaker admitted to becoming interested in the topic after reading 'The Road to Bath' by a Cecil Roberts who was born in 1892, near the Golden Ball off the Henley to Wallingford road. Roberts later became the British Ambassador who negotiated the war agreement with the USA in World war II. Apparently, over 200 years ago, the landlord of the Golden Ball remarked that he serviced stage coaches to Birmingham, Oxford and Reading, which had diverted from the London to Bath road (now the A4).

The 18th and early 19th centuries were the golden era for the stage coach, which became the wonder, and the wonder horses, of the Georgian age as people wanted to travel faster and faster and The Royal Mail was expected to be delivered to all corners of the realm. The first postal service used in this way began on 16 September 1784.

The fastest stage coach was the 'flying coach', which carried passengers from London to Bath in three days 'if God permits'. This was a big 'if' because of the terrible roads, often horrendous weather conditions and the dangers of highwaymen. Indeed, in 1832, all the passengers and coachmen froze to death in, and on, one coach. Even now there are still famous public houses along the Old Bath Road, as

well as in other parts of the country, that used to stable thousands of horses and provide hospitality to the travellers. The highwaymen, of whom the most famous was Dick Turpin (1715-1739), whose real name was John Palmer, used to ascertain which coaches would stop at certain hostleries and what wealth was being conveyed so that they could plan where to attempt their ambushes. Many of them acquired considerable wealth but their days were numbered, as did those of the stage coaches, with the arrival of the first steam coach in 1829, followed by the coming of the railways in the 1830s. Their impact on the development of transport and the postal system in this country cannot be overstated.

A very different topic was dealt with on 16 November when Nicholas Brazil gave an illustrated talk about a trip that he made to Namibia in 2014, travelling across the sparsely populated, and largely barren, country which used to be known as South West Africa. Because of the domination of the Namib and Kalahari deserts on the country it is often described as 'the Land that God Made in Anger', which was the title of Nichols' talk. Unlike neighbouring Botswana and South Africa there are very few tarmac roads in Namibia with the result that most roads are little more than gravel and desert tracks. Apart from being shown different wildlife, such as meerkats, mongeese, impala and wild horses of Aus left behind after the Germans left, and the remarkable weaver birds whose incredible nest colonies contain hundreds of birds at any one time. We were shown the flora and fauna of the country set against the backdrops of incredible dry and dusty views, including the remains of prehistoric forests. Even the capital, Windhoek (pop 350,000) means 'windy corner' and most settlements are relatively small and isolated. Most of the rivers are dry for 11 months of the year, apart from the tiny streams in the middle and the images of the dried up Fish River Canyon reinforced the impression that this is a country which time and progress has left behind. Nevertheless, we had a most interesting and informative account of a little known country in southern Africa.

The Society's meetings are generally held on alternative Wednesday evenings, beginning at 7:15pm with coffee, followed by a talk in the church hall at the Caversham Heights Methodist Church. New members are always welcome and inquiries should be made to Carole Cozens (Treasurer) on 0118 946 1509 or at rooster10@btinternet.com or to Jill Hodges (Chairman) on 0118 959 5307 or at irishjill@southcote.net

Caversham and Chiltern Flower Club

In November members, guests and visitors were treated to a demonstration by Angela Turner, *All is calm all is bright*. A wonderful introduction to the Christmas season, when the stage was filled with flowers in her interpretation of the title.

The Caversham and Chiltern Flower club has been supporting Launchpad Reading, a charity for the homeless in Reading, by providing training and raising money through cake sales and at the meeting in November a cheque for £100 was presented by the joint chairmen Lorna Levett and Pat Jones to the charity.

In early December a day-school was held tutored by the club president and demonstrator Jane Haas. Club members made traditional Christmas wreaths or teardrop door swags from fresh seasonal foliage, ribbons, baubles, fir cones and cinnamon sticks.

December was also the month for the Christmas social evening with a bring and share supper, quiz and a practical session when members made a decoration for their home.

The first meeting of the club's new year is on February 8th, the A.G.M. and a presentation by club member Irene Manson, *One two buckle my shoe*. Demonstrators have been booked for the year and a visit to the RHS gardens at Wisley is also planned.

The club meets on the second Wednesday of the month at the Caversham Heights Methodist church in Highmoor Road and the demonstrations start at 7.30pm.

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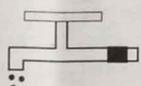
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