

Price £1

Caversham Bridge

No 714

www.cavershambridge.org

August 2024

A Natural Star!

by Fred Smith

HAPPY WANDERER has been writing about local and natural history for the Caversham Bridge for more than 10 years. In May this year he was surprised and delighted to hear the British Association for Natural History were presenting him with an award for his 'outstanding individual contribution to promoting local history through his work in the local studies library at Reading, and his support of others in the field of local history.'

After all these years, it is probably no secret that the 'Happy Wanderer' is none other than David Cliffe. "When I began writing for the 'Bridge,' most of the contributors had pen-names" he explained. He is now well known for his work in public libraries from 1969, his amateur drama activities, and later for his involvement with the History of Reading Society, the Berkshire Local History Association, the Reading and District Natural History Society, and Caversham Heights Methodist Church.

But David did not always live in Reading. He grew up in Macclesfield, on the edge of the Pennines which, in those days, was a rather smoky mill town which manufactured silk. "We had virtually no books in the house," he remembers, "but we did have the weekly local paper, with articles on local

and natural history." Then he discovered public libraries, and using them, he learned the history and natural history of wherever he was, starting his life-long pursuit of the subjects.

After grammar school, he read English at Leeds University, studying the history of the English language, medieval English literature, folklore, and dialect. "Sadly," he said, "the Institute of Folk Life Studies and Dialectology was subsequently closed down, but what I learned has stood me in good stead when reading old documents, and writing three books on the town where I grew up, looking at street names, superstitions, and folklore (including dialects)."

...doing a great job...

After gaining a diploma in librarianship he needed to find a job. "Whoever was writing references for me must have been doing a great job," he says. "I usually got called for interview, but someone who already had experience of running libraries got the job. Reading was the first place to say 'yes.' In my own research, and in helping others, it has been useful to know something of the histories of Macclesfield, Leeds and Reading."

During a long career, he held a number of library posts in the area and was County Reference Librarian until 1998, when Berkshire County Council was abolished. "I was so fortunate," he



David Cliffe

photo K Amos

...it's good to feel that you are still useful

says. "Reading Borough created the post of Local Studies Manager for me, working with the library, the museum and the record office (now the Royal Berkshire Archives)." He could now devote time to the material that no-one had had time to deal with before. In the Central Library, as well as books, there were old photographs, prints, drawings, watercolours, lantern slides, glass negatives, reels of movie film, and lots of printed ephemera - including tickets, handbills, programmes, invoices and timetables from the last few hundred years. "I've used them as the basis of a new book called 'A Reading Scrapbook,' to be published by Two Rivers Press later this year," he said. "I also raised the profile of the collection by writing a weekly column for the 'Reading Chronicle,' which brought in even more valuable material. We organised exhibitions in the library, and study days, guided walks, and river trips."

Over the years, David has published books on Reading churches, libraries, cinemas, pubs and breweries, and encouraged others, helping them get their work published.

"It's all been very rewarding," he says. "It was a pleasure and an honour to receive news of the award - and a surprise. At my time of life, it's good to feel that you're still useful. But I can't help thinking that this is the kind of thing that happens when people think you might be about to give up. I'd like to assure friends and acquaintances in Reading that I've no intention of stepping down from what I enjoy doing any time soon!"

GETTING SET FOR SPORT!



Janina Maher

photo I Broddell

by Phil Chatfield

THIS MONTH we have the first of what we hope will be an occasional series of articles on sport, which features our own Janina Maher. Whilst many people are familiar with her paintings of local scenes such as the Bina Restaurant on Prospect Street (p15), her water-skiing achievements (p10) may be less well known.

Our lead article marks an award to another of our regular contributors, David Cliffe, the Happy Wanderer (above), recognised for his work on natural and local history. His article this month considers the unusual sight of a Slender Thistle in Caversham (p7).

We have the first of two articles from a former Chiltern Road resident, recounting his memories of growing up there during the Second World War (p17), and another new writer describes how we can play a part in the future of the Royal Berks Hospital (p11).

Once again, we feature local creativity, with the work of jeweller Marianne McCaughey, the subject of Creative Caversham (p9), a review of the Rabble Theatre's latest production, Glitch (p14), and a new book from local writer Isobel Shirlaw (p5). Environmental matters feature in our Ecotip (p13) which considers the energy demands of our internet use, and the June 'Restore Nature Now' march in London (p14). Our regular Wellbeing article from Ami Roy looks at fear (p19), and we have an important message for cyclists following a serious accident involving our own designer (p3).

...asking for memories...

Finally, we are asking for your Caversham Bridge memories (p3) as we look forward to our 60th Anniversary in October. We hope you are able to make the most of your August, whatever you have planned.

You can contact us by email at editors@cavershambridge.org or by post, c/o Church House, Church Street, Caversham, RG4 8AX with your comments or contributions.

INSIDE

Farewell to Arriva busses - page 2



In the garden with Les Cooper - page 12



Community Connections - Nicola from Good Old Days Restaurant - page 16



A New Government



Talking Point

by
David Jenkins

AM WRITING this before the General Election, and you will be reading it when the result of the election is known. Whichever government has been elected, what is it we hope for, long for, or expect from the government of our country?

People who act competently, imaginatively, radically and determinedly to improve the level of public services, perhaps, especially the quality of our drinking water, road surfaces, social care and health provisions?

People who make wise decisions for the good of the country rather than their party?

People of integrity, of statesmanship, of vision with regard to our relationships with other nations and the issues of security, trade, ecology and migration?

People of compassion and honesty who put the needs of people before theories, ideology and face-saving?

People who have the grace and humility to recognise when things have gone wrong, who can apologise and endeavour to rectify situations that have become skewed?

Is all this too much to ask, or are these reasonable hopes to cherish as basic standards for political life?

Whoever our newly elected Member of Parliament may be, she or he will need our critical support. We recognise that it takes courage to enter politics in view of hate mail and possible physical violence.

The Christian Gospel offers a distinctive and unique perspective on political life.

It can guide and inspire those in power with the vision and values that seek to safeguard and respect human beings by working for what makes for our peace, justice and truth.

Can we make it our aim to work with our Member of Parliament and our Government (local and national) to promote the highest standards of national life?

Revd. David Jenkins is a member of the Methodist Team Ministry.



850 bus outside Waitrose in Caversham

photo P Chatfield

No more shake and rattle?

Reading Buses stepping in

IF YOU HAVE ever taken the Arriva 800 or 850 Bus Service to Henley you will know what we mean! It seems the sight of the blue buses passing through Caversham will soon be just a memory, as Arriva have closed their High Wycombe operation.

Fortunately, Reading Buses have announced they will be stepping in, with a new service between Reading, Caversham, Shiplake and Henley-on-Thames, from Monday 29 July. This new 'Aqua 28' route will run every 30 minutes Mondays-Saturdays, and up to every hour evenings and Sundays. With the withdrawal of the 800/850 services, Reading Buses decided it was a good time to see if the route is viable. Their aim is to provide 'a fast and high-quality service that we know we can operate reliably as part of our ongoing network development'.

Combined ticketing will be introduced, meaning customers on 'Aqua 28' will be able to have onward journeys onto the rest of the Reading Buses' network – currently customers need to buy separate tickets to make onward journeys to places like the Royal Berkshire Hospital or Reading University. Customers can use their tap on, tap off system to be assured they are charged for only the best value ticket for their journey.

The new route brand 'Aqua' was inspired by the River Thames which also links the two towns. The buses themselves will run on sustainably sourced bio-methane, keeping the carbon impact very low.

At the time of writing, timetable details were being finalised, so do check www.reading-buses.co.uk for details, and give the new service a try. Save on fuel and parking fees and enjoy the trip!

The Editors, based on information from Reading Buses

Holt Calling



PAST PUPILS of the Holt School in Wokingham are invited to a Reunion Lunch on Saturday 28 September. As well as a buffet lunch (£10), there will be a chance to look around the school, visit the archives and perhaps meet old friends. The Holt Association of past pupils and staff have asked for this invitation to be passed on to any past pupils, and would welcome parties of Holt friends. The Lunch will be at 13:00.

If you are tempted to come along, please telephone Jo Wigmore on 0118 9694454 to ask any questions and receive further information. Bookings and payments are needed before 21 September to ensure the correct numbers for catering.

Best wishes, Jo Wigmore



Compassionate care and luxury living

Person-centred care is at the very heart of Signature's ethos. Our empathetic care teams provide both high quality practical care and day-to-day companionship, while our flexible, tailored care plans grow and change with your needs, supporting independent living for as long as possible.

Complimentary Memory Café

LAST THURSDAY OF THE MONTH 10.30AM - 12.00PM

Join us, with your loved one, to enjoy a variety of activities, guest speakers, entertainers, and refreshments – in a safe and friendly environment.

RESIDENTIAL | NURSING | DEMENTIA CARE | RESPITE

0118 227 0995 | enquiries.caversham@signaturesl.co.uk | signature-care-homes.co.uk
2 Willow View, Caversham, Reading RG4 6LB



We buy and sell vinyl records and music memorabilia.

**Pop into our shop
NOW OPEN DAILY**



POP CLASSICS RECORDS
35 Church Street, Caversham RG4 8BA
TEL. 07821 463 743
popclassics@hotmail.co.uk

Must I wear that helmet?

text and photo Phil Chatfield



The helmet helped save the day

IN RECENT weeks, the importance of wearing a helmet when out and about on a bicycle has been in the headlines, following Gordon Ramsay's accident in America. But the team which produces the Caversham Bridge had its own reminder in June.

Our designer, Pete, has been exploring West Berkshire on his bike for the past year or so. With the work on the July paper nearly completed, he decided to make the most of a sunny day, setting out to explore the area around Yattendon. In one of the many narrow lanes in the area, he met a car coming in the opposite direction. Both car and bike stopped, but Pete's brakes worked too well, and he was thrown over the handlebars and landed on his head. His helmet took the impact and he stood up, without realising he was injured. The driver of the car helped him and eventually he ended up in the Royal Berks Hospital, where the injury to his neck became apparent.

...different outcome...

He was transferred to the John Radcliffe for surgery, where they operated to repair the damage to his neck vertebrae, and he is now back home on the path to recovery. Without the helmet, Pete is in no doubt the outcome would have been very different. His message to our readers is "Never go out on your bike without your helmet on. Sometimes I see parents cycling to school without wearing a helmet, whilst their children are. A life changing accident can happen in a moment, even on the shortest of trips, so please wear a helmet!"

With Pete out of action, local website designers Matt Carey and Ash Smith of Caversham based StudioLift stepped in at a moment's notice to complete the artwork and prepare the paper for the printer. We would like to thank them for their efforts in enabling us to have the paper ready for delivery at the end of June.

For more on StudioLift, see <https://studiolift.com>

60th Anniversary of the Caversham Bridge newspaper beckons

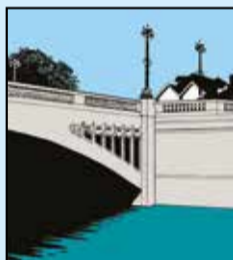
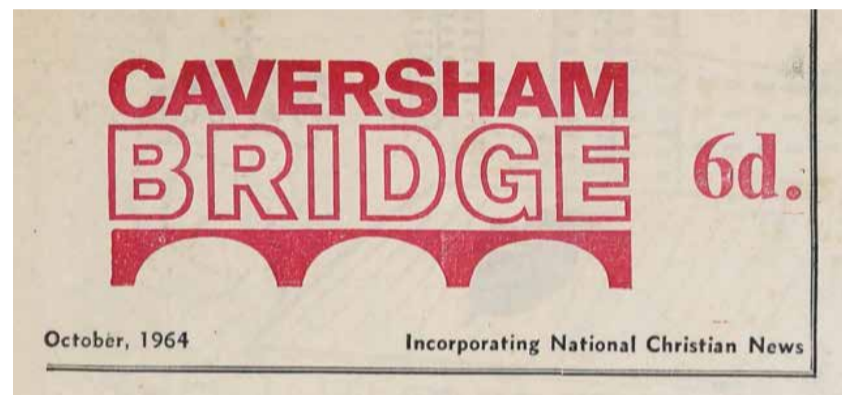
From the editors

OCTOBER MARKS the 60th Anniversary of the Caversham Bridge newspaper. We would like to include some memories from our readers in a special edition to celebrate this landmark.

Have you been involved in the production of the paper in the past? Do you have any special memories you would like to share? We wondered if any of our current subscribers have been with us for more than 40 years. Again, please contact us if you have. Our advertisers are a vital part of the paper, and some have been with us since the early days. If you advertise in the paper, do you have any special memories you would like to share?

The first edition in October 1964 was in black and white, but featured this red logo overprinted on the front page.

Price sixpence (pre-decimalisation, which would be two and a half pence now).



Don't miss an issue

Subscribe from just per year **£7**

THE PAPER is delivered by our team of volunteers throughout Mapledurham, Caversham, Emmer Green and Caversham Park Village as well as the Caversham Road area. Currently 13 monthly editions cost £7. To subscribe, simply make a direct payment of £7 to our subscriptions account, using your postcode and house number to identify the payment and enable us to organise delivery.

Our account details are:

The Caversham Christian News
Sort Code 30-67-99
Account Number 72808960

And don't forget the postcode and house number, eg RG48AX 32
Postal subscriptions are currently £18 per year (12 months).
If you do not wish to pay by bank transfer, contact us at subscription@cavershambridge.org or by post at Church House, Church Street, Caversham, RG4 8AX for alternative payment options.

Local Knowledge Local People Local Expertise

At Walmsley, we pride ourselves on our **personal** approach, our local **knowledge, commitment** to our customers and the **recommendations** that we receive from our many happy clients.

Contact us for a valuation of your home and for some sound advice on the local property market.

0118 947 0511 and email sales@walmsley.co.uk



   walmsley.co.uk

Robin James
OPTICIANS



- Comprehensive eye examinations
- Full contact lens service
- Free specs for children
- Extensive range of designer frames
- Main agent for Zeiss and Rodenstock lenses
- Free parking

0118 947 2099
www.robinjames.co.uk
44 Church St, Caversham, Reading (opposite Waitrose)

Please mention this paper when replying to advertisements



Miles & Daughters Funeral Directors

est. 1999

Miles & Daughters Funeral Directors create personal and unique funerals to celebrate your loved one. Caring for families of all faiths since 1999 in Reading and the surrounding areas.

- Private Chapel of Rest • Probate
- Prepaid funeral plans
- Memorial Masonry
- International Repatriation

0118 321 6843

Tamela House, RG1 8BB

Other branches located in Winnersh, Twyford, Binfield, Crowthorne, Maidenhead, Tadley & Whitley

milesfunerals.com

 Funeral Partners



In retreat together



Revd Kevin Lovell (St Barnabas Emmer Green), Nigel Jones (St Andrews Caversham Heights), Revd Penny Cuthbert (St John's Caversham) Revd Revd Mike Smith (Rector, Caversham Thameside and Mapledurham), Revd Dr Catherine Radcliffe (St Peter's Caversham), Revd Jeongsook Kim and Revd David Jenkins (Caversham Methodist Churches) David Steed (Grace Church).

photo Nigel Jones

by Penny Cuthbert

EIGHT LEADERS from Caversham Churches went on retreat together at Stanton House near Oxford in June. The retreat gives church leaders from different denominations time to deepen their friendships and strengthen ecumenical bonds as they worship, study the Bible, pray and have fun together. This year's theme was 'Finding hope in uncertain times', and we looked at St Paul's letter to the Philippians in the Bible, a letter that is full of joy and hope, even though Paul wrote

it from prison, when he was facing a possible death sentence. We noted Paul's joy in knowing Christ personally, and his joy in seeing others discover Christ's love for them and the transformation it brings. Paul also has deep understanding of God's grace – the undeserved love and mercy shown to him – and expresses a deep longing for heaven. "For to me", he says, "to live is Christ, and to die is gain!" He encouraged the Christians at Philippi not to be anxious about anything, but to pray instead, and promised the result would be 'peace that passes understanding.' We noted that in our current, often anxiety-ridden culture, this is still very good news.

St. Andrew's Tea Party

A wonderful way to enjoy midsummer!

by Katrina Fuzesi

HOMEMADE CAKES and teas, traditional children's games, and a variety of stalls tempted scores of visitors to St Andrew's church hall recently. The Tea Party was organised in aid of Daisy's Dream, a charity supporting children and young people affected by bereavement. As if on cue for the start of the tea party, the rain clouds blew away, revealing blue skies and warm, midsummer sunshine.

Outside, children played traditional games such as hula hoop and catch-a-duck, and had a try on the pogo sticks. Beat the goalie, giant wooden Jenga, and pick-up sticks were also on offer.

Inside, the hall was decorated with jars of garden flowers and vintage bunting. Many chose to peruse the free copies of the Caversham Bridge newspaper while they enjoyed their tea and cakes. A piano and flute ensemble featuring the Vicar and children provided musical entertainment.

A Fairtrade stall offered visitors the chance to help fight poverty in developing countries, whilst other stalls offered books, a raffle, and a lucky dip.

The event raised £1,000 for St. Andrew's Church's chosen charity for this year, and just under £100 for Fairtrade.

The Reverend Nigel Jones said, "It was a very happy occasion and great to see so many people turn up and support our Tea Party and charities. We couldn't have done it without them! Many thanks to all our visitors and of course, to our wonderful team of volunteers."



Enjoying the tea and cakes

photo V Callura

 the live in care company

Are you looking for a better option than a residential care home?

Expert live in care at home

From a carer you choose

Respite care available

Choice & flexibility at competitive rates

Comprehensive care, 7 days a week



★ Trustpilot

Rated "excellent" on Trustpilot



Call us today
0118 911 3070
theliveincarecompany.co.uk



A Welcome Return

Photo and report by Fred Smith

Café reopened in July

THE WORK to replace the southern part of the roof at St John's Church has now been completed. Following a deep clean of the building, the 3Cs Café reopened in July, and is now open weekly on Tuesday mornings – see their advert on this page for details. Do call in to try their espresso coffee, teas and range of tasty cakes and snacks.

The church was built in the 1880s, and the north roof was replaced around 40 years ago. Hopefully, with the work complete on the south side, the church roof should be sound for many years to come.



CAVERSHAM COMMUNITY CAFÉ

Open Tuesdays, 9.30 am to 2.00 pm,
see www.3cscafe.co.uk to check dates.

Serving espresso coffees, teas,
light snacks, cakes and biscuits.

Eat in or take away.

St John's Church, Gosbrook Road, Caversham
Community led and volunteer run



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 Jennifer

HELLO. MY name is Jennifer, I go to Maiden Erlegh School and I have been on work experience at Fourbears Books during June 2024.

My first choice is *Ariadne* by Jennifer Saint. *Ariadne* is a radical retelling from the Greek myth of the Minotaur. It follows the perspective of the sisters, Ariadne and Phaedra, who have grown up watching children being sent to the Labyrinth to satisfy their half-brother, the Minotaur's, appetite.

One of these boys is Theseus, charming prince of Athens and the object of Ariadne's desires. What are the consequences of protecting him and betraying her family, and how does this affect innocent Phaedra?

We guarantee that this book will change your view on this classic tale. Jennifer Saint has a remarkable literary style, and this book was eye-opening and hard to put down.

I love reading Young Adult books (as I am a Young Adult), and one of my favourites is *The*

Hunger Games by Suzanne Collins, who only writes when she has something to say, which is evident in *The Hunger Games*. A timeless, dystopian novel, this book will have you yearning for more!

Katniss Everdeen is a 16-year-old girl living in the most impoverished area of Panem, District 12. She volunteers to take her sister's place in the Hunger Games, where one boy and one girl are sent from each of the 12 districts to fight to the death in an arena far away, and to be punished for previous crimes against the capital. Her district is not favoured to win, but can she and her fellow tribute, Peeta Mellark, make it?

Katniss is intelligent and cunning, a parental figure in her family since her father died. Peeta is kind and warm, a distinct contrast to everything Katniss has ever known. Can they forge a friendship, or will they turn on each other once they set foot in the arena?

I've enjoyed my week at Fourbears and happy reading.



What are the prospects for the bear?

photo A Forbes



Caversham resident Isobel recently launched her book at Fourbears Books. We asked her to tell us something about how she came to write it.

I STARTED writing 'A Proper Mother' almost ten years ago. I was living in Cairo at the time; my husband, young daughter and I had recently moved there for a couple of years for his job. I was pregnant and working remotely for Refuge, the domestic violence charity, where I had worked for several years in London.

Having recently finished writing a different novel that I had failed to get published, I was determined to write another one before leaving Egypt, preferably before the new baby came along - I respond well to a deadline! I used to write in a cafe in the mornings after dropping my daughter at nursery, the tables often thick with sandy dust; the same muzak playing on loop. And I loved it. Whenever friends and family came to stay, it was a delight to show them around the city. By the time we left, I'd visited the pyramids so many times I knew some of the camels by name.

...in the shoes of a survivor...

I completed the book the following year. It wasn't good enough and I failed to publish that too. But I liked the first few chapters (narrated by the main character's mother), so I decided to try to tell the story from her perspective instead. It worked much better and formed the basis of 'A Proper Mother', published by Point Blank in June. Set in and around Oxford and Reading (where we moved shortly after returning from Egypt), it tells the story of a frightened single mother, Frankie, a survivor of domestic violence, negotiating an often hostile world, terrified her youngest son Michael will turn out violent like his father. I wanted to put the reader in the shoes of a survivor of domestic abuse. Frankie's experiences are fictional but not uncommon. I hope they resonate.

A Proper Mother by Isobel Shirlaw is out now from Point Blank, hardback £16.99.



Get involved in your community

Caversham Good Neighbours offer essential transport to the elderly and disabled in the neighbourhood.

We're looking for volunteer drivers and people to help in our office. Why not join us?



All expenses paid



Complete autonomy over how much help you offer

Create strong friendships within our community

0118 948 3466

Monday to Friday 9:30am - 10:30am

www.cavershamgoodneighbours.org.uk

A.B. WALKER

Independent, family-run funeral directors serving Caversham since 1826.

Our compassionate and professional team are here to help you with everything related to a funeral from pre-planning to bereavement support.

www.abwalker.co.uk

Caversham Osteopathic Clinic

Richard Weatherall BSc OST
REGISTERED OSTEOPATH

Treating many conditions

For more information or to book an appointment
0118 947 5775
07885 454 092

1 ELECTRICS

Caversham Electrician
All your Electrical requirements

For a free quotation Phone
07771 798485 or 0118 954 6338

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 in 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 937 5103

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 334 8195 for further information.

bridgewebs.com/cavershampark

Wednesdays – **Caversham Writers** – For 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 – **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 07964 750182 or Trina at 07477 570541

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. Contact Duncan Knight on 0118 947 5544 or email: duncan.knight@googlemail.com

Thursdays – **Community Café**, Mapledurham Pavilion – 14:00-16:30 For details, see <https://wadra.org/community-hub-cafe>

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. 07931 754096 or email Pat at Wirralbird@hotmail.com

Sundays – **Readifolk 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

Until 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>

Friday 2 August – **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 947 8772

Sunday 4 August – **Poems in the park (for ages 5-11)** – 10:00-11:00 – Reading Children's Book Group. Caversham Court Gardens. Join them for some summertime fun. If it's wet, it will take place at Fourbears Books, Prospect Street. All children must be accompanied by an adult. Free but pre-booking essential by 16:00 on Saturday 3 August via www.fourbearsbooks.co.uk/event-details or 0118 948 1747

Sunday 4 August – **'Peter Pan'** – SISATA – Open Air Theatre – 18:00 at Caversham Court Gardens. For details and to book tickets (£14-£17) see www.ticketsource.co.uk/sisata/t-ojaordj

Tuesday 6 August – **Caversham Women's Institute** – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel. 0118 947 5176

Wednesday 7 August – **Rosehill Ladies, speaker Richard Anderson talks about 'Wallace Simpson'** – 14:00 at St Barnabas Hall, Emmer Green. Tel Sue 0118 947 7570 or email suegreen@hotmail.com

Friday 16 August – **Fred in the Shed's magic show** – Caversham Library – As part of the Marvellous Makers Summer Reading Challenge, why not come along and see? Tel. 0118 937 5103 or see reading.gov.uk/leisure/all-libraries/caversham-library

Saturday 17 August – **Moonage – the Best of Bowie Tribute Band** – 20:00, The Flowing Spring, Henley Road, Playhatch, RG4 9RB Tickets £20 from the pub, see <https://theflowingspringpub.co.uk/live-music>

From Wednesday 21 August to 28 September – **Exhibition – Floral Reverie by Melissa Lawrence** – Caversham Picture Framers, Church Road – see <https://cavershampictureframer.co.uk/events>

Saturday 31 August – **Caversham Horticultural Society Autumn Show** – 14:00-16:30, Emmer Green Primary School.

See www.caversham-horticultural.org.uk

Advanced notice for music lovers:

Friday 27 September – **Piano Recital by David Jenkins** – 19:30, Caversham Baptist Church, South Street RG4 8HY. David will play some of his own compositions, alongside music by Beethoven, Bernstein, Elgar, Grieg, John Williams and Lennon and McCartney. Performed on the Steinway Grand Piano in aid of Christian Community Action Caversham Drop-In. Tickets £10.00, email concert@cavershammethodist.org.uk for details

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

THE PLANNING Applications Committee at the end of June considered a report on the proposed development at **Caversham Park** (220409). This weighed the benefits of the new provision, along with the proposed public access to parts of the site, against the harm to the heritage as expressed by Historic England and others. The committee agreed the recommendation to approve the scheme subject to agreement of further provisions. The Committee also approved the work on the former **Barclays Bank** (240068) to provide two retail units with accommodation above. Construction methods will be complex at this busy junction and details will need to be agreed to discharge this condition.

Work on the former **SSE** site between Vastern Road and the river is progressing. An application has been submitted for hoarding signs on three sides of the site (240805). Given the extent of the hoardings, CADRA has suggested that this presents an opportunity for something more creative than just standard advertising.

The proposal for a seven room HMO at **10B Bridge Street** (240417) has been withdrawn. The application for nine houses accessed past **Lyefield Court**, Emmer Green (240403) has raised many concerns. Transport Officers advise that the width of the road is insufficient to facilitate 2-way movement, and the Highway Authority is expected to object to an intensification of **Lyefield Court**.

There is a new application for two houses on the junction of **Queens Road with Mill Road** (240528), and also for a new storage building on **Paddock Road** (240844).

A day in the garden by Katie Andrews

THE WELLER CENTRE in Caversham welcomed a team from Microsoft on Tuesday 25 June for a corporate day in the garden! The team of seven people from their customer experience team undertook a massive garden overhaul so community gardening sessions can start there this summer.

Centre manager Simone Prendiville said: "We are so pleased that the Microsoft team could come to the garden and give it a new lease of life! We have a beautiful space, which has been left unloved since the pandemic. They worked so hard weeding the raised beds, filling new ones and clearing weeds from paths and flower beds. It is now ready for our gardening sessions to begin!"

The gardening sessions will run every Tuesday from 10:30 to 12:00 throughout the year. They are open and free to everyone. There's also the option to stay for a £3 hot jacket potato meal deal at the Centre afterwards. The sessions are being run as part of a partnership between the Weller Centre, Reading Borough Council and the Incredible Edible Reading Initiative run by Food4Families.

Dave Richards, Food4Families said: "It's great to see Microsoft getting involved with such a fantastic project. This garden is an opportunity for anyone in the area to learn or share gardening skills, and grow delicious fresh food. Community gardening is a great way to get outside, meet new people and improve your health."

For information about the Weller Centre Gardening sessions, email: greensandjackets@gmail.com or call the Centre on 0118 947 5828



Your local Will writers and Estate Planners, providing a friendly and professional service for Caversham and Reading.

- ✕ Wills - drafting & review
- ✕ Lasting Powers of Attorney
- ✕ Trust formation
- ✕ Business Succession Planning
- ✕ Inheritance Tax Planning
- ✕ Probate & Executor Services
- ✕ Live in Care Services
- ✕ Funeral Plans

Concerned about getting your affairs in order? We can help you achieve that. Contact us for a friendly and free no obligation consultation for all your needs.

Please call 0118 948 4381
www.templarestateplanning.co.uk

Or visit us at our office located in Church House,
59 Church Street by the Waitrose roundabout.

Please mention this paper when replying to advertisements

E.L.P. Electrical Services Ltd

Electrical Installation Contractors

- Established Electrical Installation Company with an Excellent Reputation
- Commercial and Domestic Installations
- Specialists in Electrical Testing, Fault Diagnosis and Rectification
- Fire and Intruder Alarm Systems
- Planned, Preventative and Reactive Electrical Maintenance
- Fully NIC EIC Accredited

E.L.P. Electrical Services undertake all aspects of electrical installation work from new consumer units to full rewires, including commercial electrical projects. We even install an extra socket or 2.



01189 790171
07909 434515

nickwright@elpelectrical.com
www.elpelectrical.com

PROPERTY MAINTENANCE SERVICES

- Guttering Installations & Repairs
- Roofing
- Fascias & Soffits
- Painting & Decorating
- All Interior & Exterior maintenance
- Pest Control Service
- Full Public Liability Insured
- Police Checked



We welcome inspection of previous work

info@theabelgroupreading.co.uk
0118 329 0175 or 07974 089978
for a free estimate

Happy Wanderer spots

A SLENDER THISTLE IN CAVERSHAM

IN THE PAST, I've reported on various unexpected plants and fungi which have turned up in Caversham. There was the Pokeweed that sprang up in the garden outside Caversham Library, which is sometimes planted on farms in the strips of alien plants grown to feed pheasants where the birds are reared. It probably arrived via a bird dropping.

There was speculation that the Alexanders growing in the hedge on Priest Hill were enjoying the increased salinity caused by the bin of salt and grit put there for use in icy weather. The Common Tare near the pillar box in Hemdean Road one summer is usually a cornfield weed, and the Red Cage Fungus which appeared on a Caversham lawn came as a complete surprise in 2021. The Lizard Orchid, which first appeared in 2019 in South Reading, was equally exotic and unexpected. Fungal spores are almost microscopically small, as are the seeds of the orchid, and they probably blew in on the breeze.

...something unusual...

In spring this year, I noticed a thistle growing in a crack between the pavement and a garden wall in Chester Street. In fact, it was one of several thistles growing in the cracks, so I didn't take much notice. By early May, in contrast to the others, it was almost six feet tall and coming into flower, so I did pay attention! It was obviously something unusual, so I took a few photographs of it, and here is one of them.

It turned out to be *Carduus tenuiflorus*, the

Slender Thistle, which usually grows by the sea. Looking at the records in the published flora of Berkshire and Oxfordshire, it has occasionally been found in North Berkshire, in places like Abingdon, Radley, Marcham and Didcot. The nearest to Caversham were two records from Earley in the 1980s. 'Sporadic' and 'rare' are the terms applied to it in Mick Crawley's 'Flora of Berkshire'.

Looking back through my old photographs, the only time I'd seen it before was on a coach trip to Dungeness on the Kent coast, run by the Reading and District Natural History Society.

...carried along...

The first things you notice about the full-grown plant are its height, and the spiny wings along the stems. The leaves themselves are spiny, and slightly grey and hairy underneath. As its names in English and Latin, suggest, it has narrow, almost tubular flowers, stemless and occurring in clusters, with the pinkish-purple petals hardly overtopping the spiny tubes. The seeds, like those of other thistles, are attached to small 'parachutes' of fine hairs, so that they can be carried along on air currents. This is presumably how the plant arrived in Caversham.

I pass the spot fairly frequently on my nocturnal wanderings to and from my local pub, which closes at midnight. In May it was six feet tall, only to be cleared away in June, but then I suppose it was only a weed – a plant in the wrong place in more senses than one!



The Slender Thistle photo Happy Wanderer

M. D. Howlett
architectural consultant
(0118) 947 7117

20 years experience in all aspects of domestic and commercial architecture, including designs, local authority applications and contract administration

Why should you install Solar PV?
You can achieve
payback of 12% from your investment

0118 967 7033
info@carter-electrical.co.uk
www.carter-electrical.co.uk

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 18

GARDEN SHRUBS

Can you find 20 garden shrubs in the grid?

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

Abelia
Arbutus
Buddleia
Camellia
Caryopteris
Ceratostigma
Daphne
Deutzia
Escallonia
Fuchsia

Hebe
Hydrangea
Ilex
Lavatera
Lilac
Mahonia
Pittosporum
Viburnum
Weigela
Witch Hazel

CAVERSHAM BRIDGE, AUGUST 2024

www.cavershambridge.org

For advertising contact – advertising@cavershambridge.org

Page 7

A Bittersweet Celebration

by Phil Chatfield

PUPILS, PARENTS and staff, past and present, gathered at Hemdean House to celebrate the 165th anniversary of the school on 29 June, just a few days before its final closure on 12 July. The event featured musical performances by both pupils and a local rock choir, as well as a dance and London Academy of Music and Dramatic Art performance by pupils from Breaking Barriers, which meets at the school's hall.

Former teachers from around the country took the opportunity to meet up and share memories, along with pupils who reminisced about their time at the school. Local residents took the opportunity to explore the buildings and grounds while they were open.

Despite the impending closure, there was a joyful feel to the event, with old friends exchanging family news or bringing their children to see their old school. The celebration closed with a speech from Helen Chalmers, headteacher for the last seven years, in which she observed the school may be closing but was far from forgotten, having touched the lives of so many over the years.

One question on the lips of many of those present, 'What will happen to the building and site' remains unanswered. The Caversham and District Residents Association are working with the school to research its history, with a view to the potential for local listing.

Follow www.cadra.org.uk for updates.



Hand-cut design celebrates Hemdean School

Sarah Head (Silhouette Sarah), whose comments as a parent we included in our June edition, produced a silhouette design to commemorate the school. Both the original and postcard copies are on sale at the Angel Bar on Prospect Street. Sarah said "The design was all hand-cut and it represented some of the subjects my children enjoyed at the school; English, forest school, the library, Art, Computer Studies, Science, and Music. It also included the cat that always visits the school! "

See more of Sarah's work at www.facebook.com/SilhouetteSarah



A Little Water Music

text and photo Roslyn Weaver

The Thames and De Montfort Island

WONDER how many songs about rivers you can name – without resorting to an online search. At this time of year, it is easy to find music beside the river – July's Readipop Festival takes place by the Thames, while August's Reading Festival conducts regular shuttle boat trips to its location further upstream. Further back in time, and not too far from the river, Caversham pub The Fox and Hounds notably played host to a couple of singers who formed the Nerk Twins for one weekend in 1960: John Lennon and Paul McCartney. Less famous, but no less important, are the many other musicians and singers dotted along the river, from bands and orchestras to church and community choirs, spanning every genre and skill level. Whether listening, playing, singing, or dancing, music can benefit cognitive abilities, physical and mental health, and social cohesion – just watch football fans sing their team's anthem. We use music to motivate exercise, to worship, to comfort, to celebrate. Those who are deaf or have some level of hearing loss may experience music differently,

through vibrations or sign language, lip reading, or connecting via lyrics, but music can unite us all in how we respond.

Music along the river is one thing. But what of music about rivers? Rivers certainly have a special place in some faiths, whether it's the baptism of Jesus in the Jordan River, or the significance of the River Ganges for Hindus. Rivers also symbolise many other important life issues, inspiring songs about freedom, heartbreak, slavery, betrayal, dreams and love. Most of us can probably sing along to some river-themed songs, whether performed by Tina Turner, Billy Joel, Julie London, Justin Timberlake, Jimmy Cliff, Audrey Hepburn, Joni Mitchell, or many others. But, before you finish counting river-themed songs, maybe we should end with one of the earliest examples: Handel's appropriately named Water Music, performed in 1717 for King George I for a boat cruise along the Thames in London. Today's festival goes might not all be aware of that history, but they are certainly following in a long tradition of music along the water.



Stay Safe! Get Looked After In The Comfort Of Your Own Home

24-hr & Live-In Care For Your Complete Peace Of Mind



Services we provide:

- ✓ Home Care & Live-In
- ✓ Respite Care
- ✓ Assistance With personal hygiene
- ✓ Assistance With Medication
- ✓ Light domestic chores
- ✓ Day or Night Sitters

Call us now 0118 418 1013 www.care1sthomecare.co.uk

Strict Covid-19 Safety Precautions & Protocols In Place.

Soft Furnishings, Loose Covers, Curtains, Roman Blinds, Re-upholstery

John Kitcher & Son

31 Burrell Road, Compton, Newbury RG20 6NP

Tel: **07596 498482**
Email: **j.pickett1@yahoo.com**



GRAHAM T NEALE

Painter & Decorator

Caversham Based Tradesman
NO JOB TOO SMALL

T 0118 954 6870
M 07394 350790
E grahamtneale@yahoo.com



Serdio IBÉRICOS

Spanish gourmet products, Ibérico ham and cheese
Homemade tapas and cakes in the heart of Caversham

8 Prospect Street • 020 4529 5001
Facebook www.facebook.com/serdioibericos
Open 10-18:00 Mon-Sat, 10-16:00 Sunday



PIM

2 Richmond Rd Caversham

CHIROPRACTIC CLINIC

1 HOUR CONSULTATION £49
USUALLY £75

- Migraines
- Neck pain
- Back pain
- Stress
- Improving posture
- Sciatica

0118 947 1115
contact@pimclinic.co.uk

Creative CAVERSHAM



ANCIENT STONES REVEAL THEIR BEAUTY



Few of us can resist the allure of a sparkling gemstone – and for geologist **Marianne McCaughey** the love of gems, as well as ancient beads and coins, has led her to creating her own stunning jewellery range, as she explained to **Elestr Lee**

NO DOUBT ALL of us, whether as children or throughout our lives, have picked up a ‘special’ shell or interesting pebble from a beach and brought it home as a souvenir. Buying a unique piece of jewellery incorporating a significant stone can also remind us of a particular time and place, connecting us with precious memories.

Marianne McCaughey combines her professional knowledge as a geologist with her passion for jewellery-making. She creates beautiful pieces from both recently cut gemstones and ancient beads, coins and amulets, which she sources from reputable auction houses. Marianne has been living and exhibiting her work in this area for 14 years. However, as she explained, she comes originally from Denmark.

“I studied geology at Copenhagen University, specialising in volcanoes” she revealed. “It has been 20 years since I left Denmark – my husband and I lived and worked in Singapore, then Egypt, and now here!”

...gemstone fascination...

Marianne’s first job was working on the famous Oresund Bridge which connects Copenhagen with Malmo in Sweden, but most of her career has been in oil and gas exploration, and more recently, carbon capture and storage. It was while she and her family were based in Cairo that her fascination with gemstones and ancient worked stones was fired.

“We lived in Cairo for two years, and there I discovered the amazing Khan el-Khalili Souq, the biggest bazaar in Cairo, which included a huge area selling gemstones. Some had come from all around the world, but others were local, and found only in Egypt.

“I soon became interested in beads that had been worked in ancient times, which I buy via auction houses to ensure they have a provenance and certificate of authentication. It’s the best I can do to ensure the ancient stones are genuinely on the market.

“In Cairo I began making my own jewellery, exhibiting and selling the pieces. I called my business Harmattan Jewellery – named after the Saharan wind. Since then,

I have combined my career as a geologist with my interest in making jewellery. A few years back I took a couple of years off from geology to work solely on my jewellery and I am just embarking on this again,” she said.

Marianne’s three children are now developing an interest in their mother’s work – the middle one is even studying geology! Meanwhile, Marianne is continuing to develop her skills as a jewellery maker.

“I have been garnet hunting in Spain,” she revealed. “Wherever I go, I pick things up, and some of these will end up in my jewellery. But mainly I buy pre-cut stones and ancient beads and amulets from auctions. When I am using ancient pieces, like Roman coins, these may end up in earrings together with gemstones, with the faces of the portraits looking out. But some of the ancient amulets I have bought are so delicate, ancient and valuable that I prefer to make silver casts of them to use in my jewellery.

“I love working with sapphire, aquamarine, and moonstones for their depth and subtle beauty. I especially like tourmaline, which comes in all kinds of colours - it is just so varied!” she enthused.

Marianne’s ambition is to acquire a stone cutter to cut and shape the stones herself. Meanwhile she is busy making and selling her creations via her website and local markets. “This May marked the third year I have taken part in Caversham Arts Trail, and I take part in other trails and exhibitions. This is such a great place to live – there is access to lots of museums for inspiration, and I feel there is such an interest in arts and crafts here. I love exhibiting for the challenge of displaying my jewellery, but also the enjoyment of meeting and making connections with people who share the joy of beautiful and meaningful jewellery with a story to tell.

“My work always aspires to create connections to nature and history.”

Find out more:

Harmattanjewellery.com

All photos: Marianne McCaughey



Freshwater pearl necklace with oxydated silver, and chalcydony gemstone earrings (top left); Above, silver rings cast from an ammonite found at Lyme Regis



Sporting Profiles

by Martin Andrews

Janina Maher



photo SeaSick Sam



photo I Broddell

WHO WOULD have imagined that Caversham is home to a world champion water skier? Janina Maher, yes, the same Janina who provides the lovely drawings of local buildings each month in the Caversham Bridge. Janina is also an international water skier who has competed in events in Europe, America and as far afield as New Zealand, and represented Great Britain as part of the senior waterski team.

A friend suggested the sport when Janina was in her mid-twenties, and her first efforts were not very promising but, with characteristic determination, she kept going – practicing until she began to master the skills involved and her enjoyment increased.

...great determination...

Like everyone else, Janina started on two skis before graduating to a single slalom ski, which is less stable than two skis but more manoeuvrable. Janina has good balance and great determination, which allowed her to progress when negotiating the slalom course (zig zagging around marker buoys). Always ambitious, it was not long before she started trick skiing (performing a set range of acrobatic tricks), and jumping (going over the jump ramp). Then she started competing in all three of these disciplines.

She started with local club competitions and then moved onto competing at national level in the senior category (over 35s), and was then invited to join the GB senior team to compete in European and World Championships. She broke the British trick record for her age group five times in one year

and has been Overall European Champion twice, and she was World Champion for two days before the title went to another competitor in the finals of the World Championships!

Janina trains very hard and practices on local lakes – including Hi5 Watersports in Reading and the Oxford Wakeboard and Ski Club south of Oxford. Both clubs are very welcoming and cater for all standards of waterskiing, from complete beginners upwards.

During the four month's winter 'off-season' her training continues indoors at the Caversham Health Club by iST Fitness studios in Caversham, with circuit training, weights, yoga and Pilates.

At her last event, the Senior Nationals in 2023, she won 3 gold medals in the over 55 age group – proving that age is no barrier to competing at the highest level. Janina's story is an inspiration for us all.

<https://hi5ski.co.uk/>

<https://owsc.co.uk/>

www.cavershamhealthclub.co.uk



At the World Championships, Florida

photo Glossy Finish by Lifetouch

Caversham Short Mat Bowling Club

report and photo Colin Froud

SADLY, THREE members of the Club's senior team have passed away recently. As a result of this and injuries affecting some players, the club has some vacancies. If any reader would like to give Short Mat Bowls a try, please contact colinfroud@k.com or just come down to Rivermead Leisure Centre on a Monday at about 13:00 to find out more. Games start at 1:30pm on Mondays.

Short Mat Bowls is played on a 35-40 x 6 ft indoor carpet, with rules similar to outdoor bowls. It is a gentle way to keep fit and

meet new friends in a very social way. All the equipment needed to play is available to borrow - the only other item needed is a pair of soft shoes.

All first timers can pick up useful tips and knowledge on playing from our current players, and the first time is a free 'taster'. No special clothes are needed, and any new player should enjoy the social way the club is run.

After the first taster session, the charge for regular sessions is just £2.50.





Berkshire's Premier Dancewear Store

- * Dance school uniforms
- * Ballet shoe fitting
- * Tap & jazz shoes
- * Ballroom shoes
- * Bags & hair accessories
- * Pointe shoe fitting

36-38 Prospect St, Caversham, RG4 8JL
Tel: 0118 9478123
www.dancia.co.uk/reading





A hidden oasis of creative calm based at Creativ.Spaces whimsical art & event spaces in the heart of Caversham...

ART SANCTUARY

Workshops & Experiences | Private Parties | Corporate Events | Space For Hire



SEE WHAT'S ON: www.madebytamilia.co.uk

THE VENUE: www.creativspaces.co.uk

  @madebytamilia | @creativspaces

CONTACT US AT: studio@madebytamilia.co.uk | 07989 130 066

MADE BY TAMILIA
CREATIV. SPACES
MAKE. ART. WORK

CAVERSHAM HOMECRAFTS.

Traditional Hardware

THE LITTLE SHOP THAT THINKS BIG

Home • Garden • Pet Accessories • Cleaning • Plumbing
Tools • DIY • Lighting • Cooking • Haberdashery • Wool • Paints & Oils

Over 40 years of Quality hardware in Caversham

46 CHURCH STREET, CAVERSHAM, READING – 0118 947 2011

Web site: www.cavershamhomecrafts.co.uk
E-mail: info@cavershamhomecrafts.co.uk

The Royal Berkshire Hospital NHS Trust

With the prospect of new development at the Royal Berkshire Hospital (RBH), involvement of all parts of the local community is crucial and can really make a difference to the future hospital. Richard Havelock, Chair of the Governors' Membership Committee, asks if you would like to have a say in its future as a member.



THE ROYAL BERKS is a Foundation Trust, which means it has a certain amount of independence within the NHS. Day-to-day running is in the hands of the Chief Executive, accountable to the Trust Board. The Board is headed by the Chair and made up of full-time executive directors, the principal officers for each of the main functions such as medical, nursing, financial, estates and personnel. There are also part-time, non-executive directors who bring expertise from a range of backgrounds and contribute an accordingly broader view to discussion and decision making. A further element in the governance system is the Court of Governors, which is responsible for ensuring non-executive directors fulfill their role effectively, including holding the executive directors to account. There are several types of governor; a small number are appointed by local bodies such as councils, charities and Reading University, but the majority are elected. Most of

At this particularly significant time when plans for future development are being considered, the governors are seeking new members to take part in these discussions

by Richard Havelock

these represent areas served by the hospital, such as Reading, Wokingham, West Berkshire and South Oxfordshire, which form the constituencies for governors. Others are elected by different types of hospital staff, including nursing, medical and dental, and other health professionals, those in administrative roles and by the hospital volunteers.

To enhance representation and influence in the running of the hospital from as wide a variety of the local community as possible, there is a large group of members of the trust,

who elect the constituency governors (who must already be members themselves), and play an important role in ensuring hospital services are as effective as possible in meeting the needs of the local community to the highest standards.

At this particularly significant time when plans for future development are being considered, the governors are seeking new members to take part in these discussions. To find out more about the role of members or to apply to become a member, you can:

- go online through the website:
www.royalberkshire.nhs.uk/about-us/governance/membership
- call on 0118 322 5335
- email foundation.trust@royalberkshire.nhs.uk, or
- complete and submit a paper form

St Peter's Patronal Festival by Francis Serjea



Young people at the controls

SUNDAY June 30 saw a packed St Peter's church with a congregation made up of worshippers from St Peter's together with a number from St John's Caversham and St Margaret's Mapledurham. The three churches are linked within a single parish. It was a unique event, as the whole service was led by children and young people, with a sermon from Ben Nicholls, the parish youth worker.

The highlight of the service was the retelling of the Good Samaritan story by the young members of the congregation using Lego characters to create a stop motion animation video of this parable. It was a short video but, considering each frame was individually shot, the amount of work to produce it was astonishing and its makers were duly applauded by

the appreciative congregation. If I were a member of the clergy team, I would be nervously looking over my shoulder at this talented young group coming over the horizon. All in all, this was a joyful and uplifting occasion.

The festivities did not end with the post service refreshments as many of the congregation then headed, with their own refreshments, to the rectory garden for a communal lunch. Luckily the day was dry, so sitting under a gazebo was a choice and not a necessity. It was not a strictly bring your own, as strawberries and cream and a tasty non-alcoholic fruit punch were provided.

All in all, this day proved to be a joyful celebration, with time spent together by members of all three churches.

photo N Smith

Artology Studio

YOUR CREATIVE ART SPOT

Art Studio

Pottery Painting
Canvas Painting
Events & Parties
Workshops
Creative Gifts
Plus so much more!

41 Prospect Str, Caversham, RG4 8JB
Telephone: 0118-9010-537
Email: info@artologystudio.co.uk
Web: ArtologyStudio.co.uk



Good Samaritan

A still from the video

THE CAVERSHAM PICTURE FRAMER

FREE TOTE BAG with this voucher
WHEN YOU SPEND OVER £20!

0118 9481610
5a Church Rd, Caversham, RG4 7AA
framing@cavershampictureframer.co.uk CB22



GETTING IT COVERED

by Les Cooper



...all you need is plenty of time... ,



Campanula Poscharskyana

photo E Cooper

IN APRIL AND May I had two gardens. One part was stunningly beautiful, with our crab apple trees overflowing with white blossom and that old invader the Spanish bluebell providing a blue background.

Regrettably, the top end of my garden was awful; it was an overgrown, couch grass infested mess. A combination of wet weather and my own health difficulties meant nothing much had been done to it.

There are some misguided gardeners, and I am probably one of them, who try to leave a clear area of soil around their flowers and bushes to make things look 'neat and tidy'. But we are meant to be working with nature and the way of nature is to occupy the land fully. So, when we fall astray and do nothing, the couch grass, dandelions and buttercups come marching in.

The answer, which I really must adopt, is getting there first and filling the space beforehand. There are plenty of options open to us, and one of my favourites is Epimedium versicolour 'Sulphureum', which grows in light shade, a useful benefit. Although it has a delicate pale yellow flower, its merit is the heart-shaped foliage.

I like Ajuga (Bugle), perhaps not the most spectacular plant, but with low growing, large leaves, it spreads under taller plants and

has rather nice little blue flowers. My seed catalogue reckons it is an excellent ground plant for moist, awkward corners in the rockery or wild garden, which doesn't sell it, but it is a native, so we should give it a go.

Although it can be a villain with a tendency to seed itself everywhere, Campanula poscharskyana is handy if you need to cover a section of your garden speedily. It will jump at any chance to spread. Low growing, with a spread of two feet, it has starry blue flowers from June to October and, in my experience, it can be useful as well as pretty.

If you need something else for vigorous ground cover, then Polygonum bistorta 'Superbum' could be the answer. The small pink flowers are produced on longish stems from May to September. My plants have relished the wet weather.

If you haven't grown Erigeron karvinskianus (Mexican fleabane) it might be worth trying. Apparently, it can flower from seed in three months (I grew plants). To me, it looks at first rather like a common daisy, but the blooms turn pink. However, it flowers in profusion, growing in walls and narrow spaces.

There are many more plants that will fill your blank spaces. All you need is plenty of time and energy to grow them!

Pilates for Everyone

Several Pilates classes run in and around our area. We asked Wendy, a local instructor, if she could tell us about Pilates and explain its benefits.

PILATES IS a low impact total body workout that incorporates the whole body, strengthening from within, combining body and mind.

People of all ages and fitness levels can benefit from this regime, and exercises can be modified to account for any existing musculo-skeletal issues. It was developed by Joseph Pilates in the late 1880s/early 1900s to obtain the ideal balance of strength and flexibility.

It has since been adopted as a perfect rehabilitation programme following back issues and an adjunct to maximising control of natural movement in many sports.

Pilates aims to use and develop the pelvic floor muscles, tiny muscles between the vertebrae (Multifidus), lower abdominals (Transverse Abdominus), and the diaphragm to create a central strength to the spine and peripheral structures. It focuses on normal movement patterns which enhance good technique in all sports, by stabilising the centre of the body.

Pilates can be done in mat classes or on a Reformer, which challenges the body at a different level, by using an unstable platform with a combination of resisted springs. Ideally classes should not have more than 10 participants, so the instructor can check technique and adapt exercises if necessary. A screening for past injury and medical health should be completed before embarking on Pilates.



by Wendy Davies

Instructors should be qualified through a recognised training body such as Body Control Pilates, Stott, or Dance Medicine UK. Find out more at bodycontrolpilates.com

Benefits of Pilates:

- ✓ Improved Flexibility
- ✓ Restoration of normal movement patterns
- ✓ Improved muscle strength and tone
- ✓ Efficient respiratory patterns
- ✓ Flatter stomach and thinner waist through the creation of a natural girdle of strength
- ✓ Better posture
- ✓ Lower incidence of back pain

- ✓ Reduction of injuries in athletes and dancers
- ✓ Improved performance in sports people
- ✓ Improved connection between body and mind
- ✓ Improved balance

I have been running Pilates classes in Caversham for many years and have seen the huge benefits for people, from elite athletes to patients recovering from back pain and surgery. Give it a try and feel the benefits.

Wendy is a Chartered Pilates and Clinical Pilates Instructor and a member of both the Chartered Society of Physiotherapy and the Association of Acupuncture Certified Physiotherapists.

Contact details: rob@wendydavies.plus.com

Thinking of selling your Caversham property?

How we're different...

- Presenter Led Property Videos
- Targeted Social Media Campaigns
- 1-2-1 Contact From Start To Finish
- Bespoke Marketing Plan For Your Property

"Friendly, Professional & Not Your Typical Estate Agents..."

debbieandandre@pavocadapropertyagents.co.uk
Debbie 07387 802 800 Andre 07590 890 800



BEN MACKIE
ARBORIST

Professional Tree and Hedge care

Local to Caversham: Over 15 years experience

Royal Forestry certified • NPTC Qualified
£5m public liability

Call Ben on

07717 495047

ben.mackie@tiscali.co.uk • benmackiearborist.com

T&S Tomalin & Son
Funeral Directors

Est before 1879

A Family Run Independent Funeral Service

24 hours service | Private client parking
Private chapel of rest | Free home visits
Pre-paid funeral plans | Full written estimate
Woodland funerals | Religious and non-religious services

Tel: 01491 573370

www.tomalins.co.uk office@tomalins.co.uk
Anderson House, 38 Reading Road,
Henley-On-Thames, RG9 1AG

LIVE AND LOCAL



Marc Valentine at The Face Bar

Marc Valentine

Face Bar – 31 May

The McCartney Songbook

The Hexagon – 30 June

report and photos Richard Wells

WHEN I SAW that Marc Valentine, frontman of cult glam rock inspired band, Last Great Dreamers, was playing The Face Bar on Chatham Street in support of his second solo album, I knew I had to go.

I've been a fan of Marc's catchy pop rock since the days of his old band, and he still has a way to build a poignant lyric into an instantly catchy song.

The venue was buzzing when Marc took to the stage, and he had the audience captivated instantly. The band was tight, and Marc's witty rapport with the crowd was effortless. They even manage to get newcomers singing along to new solo material, plus a guitar driven cover of The Shirelles, 'Will You Love Me Tomorrow'

The Face Bar is a great local venue supporting up and coming rock artists, and is often on the touring schedules of more established names too. If you're a rock music fan, I recommend seeing what's coming

up. It's more important than ever to support your local music venues!

In June we went to see 'The McCartney Songbook' at The Hexagon. Led by Peter John Jackson, who appeared as Paul in 'Let It Be' in the West End, this is less a tribute show, and more a celebration of McCartney's musical legacy. Of course there were Beatles hits, but the show also featured some amazing Wings classics and a couple of lesser-known songs from Paul's career. Peter is a multi-talented band leader, backed up by some incredible musicians. Overall, the talent on stage belied the relatively reasonable ticket prices.

The whole show was polished and professional throughout, but with heart and soul too. The passion the band had for the music clearly resonated with the audience, who were up singing and dancing before the end! 'The McCartney Songbook' is due back next year. Keep an eye out for it!



The McCartney Songbook



by Tricia Marcouse

Browsing is worse than flying?

IF IT WAS a country, the internet would be the fourth biggest greenhouse gas emitter on the planet, and a major consumer of water for cooling. In 2018, Google used 15 billion tonnes of drinking water for cooling its data centres. There are around 200 million active websites, with some 6.9 million tonnes of carbon per month emitted by the action of people looking at these sites. Every time we look at a webpage, it's contributing another 0.7-1.1 gms to CO₂ emissions.

Changes are happening. Google is looking at using grey water for cooling; a company called Deep Green sites new data centres next to places that can use the heat generated, reducing carbon emissions by 60%.

What can we do? Obviously, cutting down unnecessary scrolling through pages to pass the time of day will help, but so will better web design for those sites that are NOT trying to keep you clicking through in order to show you more adverts! We've all been thoroughly annoyed by websites that make you click through several unnecessary pages to get to the useful bits, or that lead you up a blind alley where the only way back is to start again from the beginning. Sites that do this are badly designed and put off the potential customer, whilst creating an unnecessary environmental burden.

There are best practice solutions, such as checking the flow, choosing different fonts, compressing pictures or changing screen colours. Could you ask the people who run your work website whether they have looked at optimisation and suggest that this would be an excellent step forward for a greener workplace with higher customer satisfaction? www.websitecarbon.com is one good place to get ideas.

FLOODING FOLLOW-UP

OUR FEBRUARY edition led with news about flooding in Reading and Caversham in early January. A new report, detailing the actions taken by the Council and other responsible bodies during flooding and recommending actions to tackle future flood threats, has been published. Prepared by independent specialists Stantec, it was presented to members of Reading Council's Policy Committee on Monday 8 July.

Three months of extremely wet weather, followed by intense rainfall on saturated ground during Storm Henk led to 24 properties being flooded in Reading in early January.

Sixty-five percent of the total recorded rainfall for the month fell in the first four days of the year, with 38% of January's total falling within a 12-hour period. The report says that heavy rainfall during Storm Henk led the River Thames at Reading to reach its highest recorded levels since the major floods of 1947. Flooding also arose from the River Kennet, Holy Brook and their associated ditches and tributaries.

Several actions for the areas affected by flooding were recommended for the Council and other responsible bodies.

To find out more, see

media.reading.gov.uk/news/report-looks-into-january-flooding-in-reading

The Editors, based on information from Reading Borough Council



New Reading Clinic in partnership with Spire Dunedin



Are you getting over an operation?

Has your child had a sports injury?

Back, neck or knee pain?

Are you struggling with aches & pains or a muscle/joint injury?

Are you getting stiffness & losing flexibility?

The physios at Physiolistic are pain and movement experts. They will find out why you are in pain or not moving well, help address this as quickly as possible so you can return to doing what you love.

Reading Opening Hours Weekdays 8:00am to 8:00pm
Saturday 8:00am to 4:30pm
Call 0118 3347002 or book online at physiolistic.co.uk
59 Bath Road, Reading, Berkshire, RG30 2BA
@physiolistic

vale & west
Chartered Accountants

Friendly and personal

Providing accounting and taxation services to many local owner managed businesses and individuals, including annual accounts, payroll, VAT returns and personal tax returns. For a free initial consultation, contact Jason Pyke FCA.

T 0118 957 3238 jpyke@valewest.com

yes you can
with Slimming World

Contact your local Slimming World Consultant and join a friendly and super-supportive group today!

Amy's Slimming World
slimmingworld.co.uk

Emmer Green – The Hill Primary
Tuesday, 17:30 and 19:00
Contact me on: **07826 109207**

Slimming World
touching hearts, changing lives

CURTAINS, BLINDS, PELMETS, TIE BACKS ETC
ALL AT COMPETITIVE PRICES
CALL CAROLINE ON
0118 954 2448
OR 07815 610 007

The best community stories, the most exciting local events

All of your trusted local traders, and all for just £7 a year
Don't miss out, **subscribe today!**



Elizabeth Elvin as Pam, in her Portakabin Post Office

PAM'S REAL-LIFE DRAMA... PLAYED OUT ON STAGE

RABBLE THEATRE's studio performances of *Glitch* took place to a series of sell-out crowds at the Minghella Theatre on the University of Reading campus last month. Together with the university's Law School, the theatre group has been working since 2021 to create a drama publicising the story of Pam Stubbs, a local sub-postmistress, caught up in the Post Office/ Horizon scandal.

With Elizabeth Elvin playing Pam Stubbs, the story begins as Pam has moved her Barkham Post Office business into a temporary Portakabin in 2009 while the shop is being rebuilt. To her alarm, the computer starts showing mystery figures she can't account for. The 'helpline' offers no assistance. Pam faces losing her business, her home and

by Elestr Lee

her place in the community as locals find out about the 'missing' funds.

Pam's husband Martin, a former Bank of England manager who had sadly died in 1999, had advised Pam about the importance of keeping paper records, and Pam's meticulousness in doing this and determination to fight for justice eventually sees her joining Alan Bates and the Justice for Sub-Postmasters Alliance. We see Pam going through her initial panic and despair, then finding the determination and bravery needed to take on the Post Office.

Writer Zannah Kearns and dramatist Beth Flintoff have created a fast-moving yet coherent script managing to



Laura Penneycard as the judge and Sabrina Nethercliff enact the courtroom drama

photos Annabel Crichton Photography/RABBLE Theatre

convey the complex story into an evening's drama. Laura Penneycard, Sabina Nethercliff and Reading actor Faye Bakhsh play a range of characters which help flesh out wider aspects of this true and shocking situation, affecting so many sub-postmasters and their families. As Pam asks the audience towards the end of the play, why has it taken so long for the truth to emerge?

RABBLE are determined to develop the show and are appealing for funds to enable *Glitch* to go on tour nationally.

www.rabbletheatre.com

**RESTORE
NATURE
NOW**

On The March

by Antony & Jenny Gordon

Local residents Antony and Jenny boarded a packed train to London to March for Nature in June. This was not widely reported in the media, so we asked them for their account.



The marchers fill Parliament Square

photo J Gordon

ON 22 JUNE we set off from Reading Station for London and made our way to Park Lane, where thousands of people from all over the country were gathering to join the March for Nature. This was the first such protest march organised to highlight the plight of our environment and to put pressure on the incoming government to devote more resources to matters relating to climate change and loss of biodiversity. It brought together many national and local groups, including the RSPB, Wildlife Trusts, National Trust, Anglers Against Pollution and many others, all united in their concerns about the state of our countryside and threats to many species.

The march was headed by well-known environmentalists,

including Chris Packham, Steve Backshall, Emma Thompson and Megan McCubbin.

The route took us past Hyde Park Corner, along Piccadilly and Haymarket and into Whitehall, where there were large screens showing wildlife films and speeches from the march's final destination – Parliament Square. It was estimated at least 60,000 people were congregated in the square to hear various speakers setting out the objectives of the protest. These can be summarised as:

1) A pay rise for nature - more financial support for farmers to implement environmentally friendly practices.

- 2) Make polluters pay.
- 3) Make more space for nature - just 3% of English land and 8% of waters are properly protected for nature and wildlife.
- 4) A right to a healthy environment – calling for an Environmental Rights Bill.
- 5) Fair and effective climate action, including home energy efficiency, fully supported public transport, and replacing fossil fuels with renewables.

It was a memorable occasion which brought together people of all ages. The many creative placards, banners and sculptures were very colourful, and plenty of singing and chanting.

Gill Madeley NABHort.
Garden Design & Maintenance

- Garden Design
- Maintenance
- Seasonal Clearance
- Planting
- Advice

Caversham, Reading, Berkshire
t. 0118 947 1178 m. 07971 742 053
gillmadeleygardendesign@sky.com

D M B

Building and Roofing Specialist

Tel: (0118) 947 3503 • Mobile 07944 272804

FREE ESTIMATES & QUOTES
COMPETITIVE PRICES NO JOB TOO SMALL.
ALSO UNDERTAKEN SMALL BUILDING JOBS
REPAIRS & MAINTENANCE



Helping job seekers
prepare their

- CV • Cover letter
- LinkedIn profile

Laura Harmsworth

0118 947 2488 07947 586 070
www.cavershamcvwriting.co.uk

EAR WAX

Mobile ear
wax removal

Qualified audiologist • HCPC registered

Lucinda Ellis Tel. 07795 268866



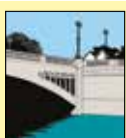
Steve Daniels

Painting & Decorating

30 years experience • City and Guilds Qualified

For a professional job and free quote

Tel 0118 961 3218 • Mobile 07917 106164
s.daniels4@ntlworld.com



**The best
community stories,
the most exciting
local events**

All of your trusted local traders,
and all for **just £7 a year**

Don't miss out, **subscribe today!**

The Local Scene by Martin Andrews



Drawing by Janina Maher

www.janinamaher.artweb.com

BINA Bengali and Indian Cuisine

WHEN I visited Bina on one of the hottest days of the summer so far, I was grateful for the cool air-conditioning and the warm welcome from the staff – Abdul Mubin, Porosh Ahmed and Jhony Deb. Chatting to the manager, Yeabin Chowdhury, he told me the Bina had new management in 2023 but that the restaurant and take-away has been established in Caversham since 1989. The varied and extensive menu is full of authentic traditional Indian and Bengali cuisine, and I am sure the take-away has been very popular during the European football. For those 'eating in' the décor is elegant, the food delicious, and the service excellent, as I experienced on my visit.

The building, no 21 Prospect Street, is relatively modern and probably dates from the 1960s or 70s. Sandwiched between earlier buildings, the site was originally a Salvation Army Meeting Hall built in c.1914

and in constant use until 1967, when it was demolished.

In June 2018 the Caversham Bridge featured an article by a reader who had memories of the Hall: "Back in 1955 I was 'dedicated' into the Salvation Army as a baby and attended along with my four older brothers. My eldest brother played in Reading Central Boys Band as a youngster, but I went to Caversham Hall up until it closed. My earliest memories were at the Sunday School which I attended with my father, Fred Smith. We would often walk but, as an upwardly mobile family, the tandem bicycle and side car would come out with Dad steering and one of my older brothers peddling in the rear and the rest of us in the sidecar. The hall stood back from the edge of the road in Prospect Street on the left side as you come down from the traffic lights".

I can't remember what business occupied the present building before the Bina restaurant but perhaps you have a better memory than I have?



Bina
Tandoori

Lunch Special
at **£16.95** per person
12pm-2pm

Main Course
Chicken Tikka Masala
Vegetable Karahi or Paneer Karahi

Sides
Sag Aloo • Dal Tadka

Sundries
Pilao Rice or Boiled Rice
Plain Naan or Chapati



Please call us on
0118 946 2115
21 Prospect Street
Caversham
Reading RG4 8JB

www.binatandoori.co.uk



Community Connections

Text and photo Sarah Stuffins – This month we speak to Nicola from Good Old Days



Nicola with son

IN FEBRUARY 2024, Good Old Days, a relatively new local restaurant offering Hong Kong Chinese cuisine, went viral on social media following a glowing review by Jay Rayner in the Observer. There is a copy of the review proudly displayed on the walls, and several months later locals are still flocking there.

Back home in Hong Kong owner Nicola was a social worker but, prompted by the changing political situation there, came to the UK in 2021 to secure a better future for her four children. After extensive research into schools and a good place to live, the family landed in Emmer Green.

As she settled into life in Reading, she observed that there were few Chinese restaurants, particularly ones serving Hong Kong cuisine. She had experience of the restaurant trade as her father had been a chef for over 30 years and, having seen the gap in the market,

she started looking around for premises. Her father came over when the restaurant opened in August 2023 and, hopefully, her mother will join them when she retires later this year. Currently the restaurant operates mainly as a takeaway with a few tables, which are often fully booked. Nicola is applying to the council for a full restaurant licence.

Life running the restaurant and making time for her family keeps Nicola busy but, if she has time, she is a keen maker of intricate crochet creatures, which she was excited to share with me. If you visit the restaurant, you may spot some of them on display. Apart from the Chinese New Year characters pictured, she also loves making Minions.

How long have you lived in RG4?

Nicola has lived in Reading since April 2021.

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

Being busy with the restaurant, Nicola has little time to go out. However, she relishes time spent with the family when they go out together, but this is mainly further afield.

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

We can always do better, but Nicola compared the UK to Hong Kong where the concept hardly exists. Coming here she had to learn about recycling, and was very impressed by the way the recycling centre works, with separate bins or areas for different articles.

How would you strengthen our sense of community?

Nicola received a warm welcome from neighbours when she arrived and encourages us all to do the same by chatting to newcomers and extending invitations to local events.

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

There are a couple of Chinese supermarkets, but Nicola would welcome somewhere that sells more Hong Kong style ingredients which are hard to find locally.

Walk, don't run

by Ian Beale

YOU MAY never have heard of it before, but I would like to introduce you to Walking Football. It is similar to regular football but is a small sided game, played at a slower pace, with its own rules. It is the perfect fit for anyone who wants to play the game, make new friends, stay active and have fun in a friendly, supportive environment.

Rotherfield United Walking Football Club is a thriving club providing regular exercise, a great sense of community and lively social activities for over 60 members aged between 58 and 79 who live locally in Caversham, Sonning Common, Peppard and other villages.

We play twice a week for 60-90 minutes and usually have around 25 at each session. Teams are selected so they are well balanced with a mix of skills and abilities in each team. Walking Football is ideal for anyone who wants to continue playing football, or who wants to return to the game, or who has not played football before.



Walking football – The Team

photo A Robinson

Also, we have an active social calendar, as building a strong community among the group is an important element as well as the physical activity of actually playing. For example, this year we have been to the racing at Newbury, played crazy golf in Henley, been on a history walk around central Reading, and had a Greek dinner in Caversham, as well as regular meetups at the Loddon Brewery.

Each year we choose a local charity or two that have helped our members and for which we want to raise money. We raise money through our match fees and our numerous social events, for example

we each donated our first winnings while at the horse racing.

Last year we raised over £3,200 which was donated to Sue Ryder Palliative Care and Mesothelioma UK. This year our chosen charities are the British Heart Foundation and the Cardiac Rehab Unit at Royal Berks – both charities helped several of our club members last year and we want to give something back to them.

For further info on the club and on walking football please contact wf@rotherfieldfc.com

Free Estimates

COPE ELECTRICAL SERVICES

All Domestic Electrical Work undertaken
Part P registered & certified

Tel: 0798 3627742 / 0795 6811443

awcycles

110 Henley Road, Caversham, Reading RG4 6DH
0118 946 3050 • awcycles.co.uk

Call in to our Caversham Store for
Bikes, Clothing, Accessories, Components, Servicing, Repair
t: 0118 946 3050
e: info@awcycles.co.uk



BOILER REPLACEMENT SPECIALIST

• All Gas Work Undertaken • Servicing
• Landlord Safety Certificates • Central Heating
Remove years of sludge which causes your heating system to under-perform or even fail by having a Specialist Power Flush with our state of the art Magnetic System.

PEPPARD HEATING & PLUMBING
07956 566317 / 0118 9545478 / 01491 699158
for free quote



E. H. HAMLEY & SON

Builders and Decorators
Repairs and Roof Work a Speciality

Established over 100 years • Caversham based
Please contact:

0118 957 3894 • 07743 929649
Email: ehhamleyandson@gmail.com

Come and
enjoy a break
with us

Our welcoming community is designed to make you feel right at home, whether you're looking for care for yourself or a loved one our respite stays offer 24 hour care and support.

0808 223 5401 | ariacare.co.uk
Sonning Common, Berkshire, RG4 9RG

ABBEYCREST
ARIA CARE



Dick and his brother in Cubs and Scout uniform

Family photo

Long ago but not so far away

We were contacted recently by a former Caversham resident asking if we would like to have his memories of growing up in Caversham during the Second World War. Here is the first part of his story – we will publish the second part in a future edition.

by Dick Sawdon Smith

MY FIRST remembrance of Caversham was in 1936, walking in a snow-covered Chiltern Road, in the newly built Elms Estate, looking at the house that was to be our family home. We were not long back from India, where I was born, and where my father was in the British army. Some three years later, through an open kitchen window, I heard on the radio my parents were listening to the declaration of war against Germany.

One of the first effects was the shortage of food, much of which came from overseas, delivered by sea, and many of the delivery boats were being torpedoed by U boats. Food became rationed and posters would say 'Dig for Victory'. This led my father to turn the front garden into a vegetable

plot, growing much of our own food. At the end of the back garden, he built a chicken pen. We bought day old chicks from the cattle market. This brought us more food in the way of eggs, plus chicken for our Christmas meal. Luckily, my mother was a professional cook, and nothing was wasted, with reserves always in the larder.

Bread and milk were delivered by horse and cart, which had the added bonus of providing manure for the garden. Many a time I was sent out with a bucket and spade to shovel up the dung from the middle of the road. Another regular visitor was the Muffin Man, no horse or cart for him. He would walk up and down the road on a Sunday, ringing his bell and crying "Muffins", which he carried on a tray on his head. It was a treat to toast the muffins on an open fire with any butter that could be spared from the ration.

Another campaign was 'Buy a Spitfire'. I supported this by making woollen balls using milk bottle tops, which were made of cardboard with a hole in the middle. When finished, I sold them to mothers as pram decorations. I also ran a garden party on a neighbour's lawn, with several games and refreshments. When I ran out of lemonade, I used Andrews Liver Salts to give a sparkle to a glass of water!

To be continued.



Reflexology and The Menopause

Reflexology calms the nervous system through the soothing effect of touch and the stimulation of reflex points

text and photo
Wendy Rooke

SOME WOMEN sail through the menopause, while others struggle with symptoms that can negatively impact wellbeing, the most common being low mood, anxiety, hot flushes, night sweats, insomnia, fatigue, and difficulties with concentration and memory.

Reflexology, in conjunction with a healthy lifestyle, can support a positive menopause by working on the key areas of hormonal balance, stress reduction, improved sleep and an enhanced sense of wellbeing.

Certain reflex points correspond to the glands involved in hormonal regulation. The most relevant to the menopause are the hypothalamus, pituitary, pineal, thyroid and ovaries. The aim of stimulating these reflex points is to promote

hormonal balance to support wellbeing. Reflexology, for the menopause also incorporates the application of pressure to specific points on the foot and leg which are linked to hormonal balance: the same points are used in acupuncture.

Under chronic stress, the adrenal glands produce cortisol and adrenaline at the expense of oestrogen and progesterone, so chronically elevated cortisol levels can increase the likelihood of severe menopausal symptoms. Reflexology calms the nervous system through the soothing effect of touch and the stimulation of reflex points associated with the brain, spinal cord and nerve bundles, which helps counter the stress response, promoting a sense of calm and balance.

Many women experience disrupted sleep patterns during menopause to the detriment of mental and physical health. By promoting a state of deep relaxation, reflexology can aid restful sleep.

Reflexology sessions can provide an important opportunity for self-care and a sense of agency, or playing an active part, during menopause, which can enhance mood and overall wellbeing. You can learn more about how reflexology can support women through the menopause in the following research papers:

'The effects of Reflexology on sleep disorder in menopausal women,' Maryam Asltooghi, Zahra Ghodsi, Procedia - Social and Behavioral Sciences, 31, 2012, 242-6.

'The effect of foot reflexology applied to women aged between 40 and 60 on vasomotor complaints and quality of life,' Ebru Gozuyesil, Muruvvet Baser. Complement Ther Clin Pract, 2016 Aug; 24:78-85.

'The effects of foot reflexology on depression during menopause: A randomized controlled clinical trial,' Fatemeh Mahdavi-pour, Zahra Rahemi et al. Complement Ther Med. 2019 Dec;47:102195.

Wendy lives in Caversham and runs Rooke Holistic Therapies, which offers a range of therapies – see: www.rookeholisticco.uk for details



Menopause Support Reflexology Balm

photo W Rooke

Jones & Jacob
Fine Art Auctioneers and Valuers

Jones and Jacob Ltd offer an easy way to sell your unwanted items. We can assist with everything from single items to a full house clearance.

We hold auctions on the second Wednesday of every month, selling silver, jewellery, collectors' items, pictures and furniture.

Next auctions: 14th August - 11th September

Simon has a wealth of knowledge and experience in providing valuations and as an auctioneer. He is happy to conduct valuations at your home or on site at our saleroom in Watlington.

PROBATE and INSURANCE VALUATIONS

tel: 01491 612810
jonesandjacob.com
Ingham Lane, Watlington
OX49 5EJ



AMY'S

CHIMNEY





SWEEPS

BRUSH & VACUUM

FULLY INSURED

TEL: 07778 340444

GABRIELE SCICLUNA



First Impressions Matter

Online Job Boards



by Laura Harmsworth

THIS MONTH, I'm giving you an overview of online job boards. Job boards have two primary purposes:

1. For recruiters and employers to post job adverts
2. For jobseekers to search and apply for roles. You can browse roles without signing up, but usually need to register to apply or upload your CV

Find the boards for you

Numerous job boards are available—ensure they are reputable. There are generic ones that showcase a wide range of roles, and niche boards for particular industries. Access my free list by scanning this QR code.



Create your profile

Ensure your profile is complete—each board might ask for different things, e.g. a photo, career summary, CV, and sometimes a cover letter. Highlight key skills and accomplishments, and tailor your profile to reflect the type of job you are seeking.

Use the advanced search features

You can filter vacancies by location, salary, job type, and industry. Many boards also allow you to set up email alerts for new postings based on your criteria.

Network

Some sites provide additional features such as forums, career articles, and webinars. Communicating with others in your field can increase your knowledge and give you access to possible job leads.

Track your applications

Keep track of the jobs you apply for, deadlines, and follow-up actions. A spreadsheet can help manage your applications and ensure you don't miss important dates. Please email me for a free tracker!

Top tip

Keep your profile and CV updated on the boards.

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



You Wrote

Talking of rings . . .

I read the uplifting story about the loss, search and return of Jane's rings in last May's issue. This prompted me to share another ring story with readers.

Only married one year, sadly, my son lost his wedding ring and thought it probably happened when he was in the sea at Hythe. It was a tad loose and, being in the cold water, it must have slipped from his finger.

But, how opportune that not long after a detectorist was scouring the area when the tide was out and, unbelievably, found my son's ring!

The stainless steel ring was bought online last year with engravings etched inside. The detectorist searched jewellers including those online and eventually, with the unique wordings, this led him to my son. Contact was made and as you can imagine there was utter disbelief, then elation for the happy couple at the realisation the ring had been found.

A result for the detectorist and a truly happy ending for my son and his wife. The ring size has since been adjusted for a more secure fit.

Ruth Wright



THE CHALLENGE SOLUTIONS:

(From left to right from the top)

sort, coat, zero, ship, nought, boat, wrought, **drought**, bout, shaped, session, draped, lesson, made, meeting.



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

Future editions:

Contributions for the September issue should be submitted by 1 August and for the October edition by 1 September. 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

Steepal

of Henley

Kitchens & Bathrooms

Complete Design & Installation Service or Supply Only
Fully Equipped Showroom

7 Reading Road, Henley-On-Thames, Oxon RG9 1AB

01491 411990

Local References Available

info@steepalofhenley.co.uk

www.steepalbathrooms.co.uk

FUNERAL CELEBRANT

Anne Garrison

Say goodbye, your way

Funeral ceremonies
Memorial events
Scattering ashes

Anne@AGarrison.co.uk
0118 947 4244
www.agarrison.co.uk



The best community stories, the most exciting local events

All of your trusted local traders, and all for just £7 a year
Don't miss out, **subscribe today!**

Please mention this paper when replying to advertisements

Short-Term Therapy – Long-Term Results

Janet E Kent

M.A. (Psych) M.Sc.

British Association for Counselling and Psychotherapy Senior Accredited Psychotherapist/Counsellor

Call Janet on

01189 464085

email: janetkent@ntlworld.com



- Open water swimming
- 500 & 750m course
- Paddleboarding
- Waterskiing & Banana rides

Reading Lake RG30 3UN

01189 394709 • sales@hi5events.com

www.hi5ski.co.uk



Closing the fear gap

AFTER MY initial worry, then fear, and finally deep sorrow at the untimely passing of Dr Michael Mosley recently, I took an afternoon to read some of his writing and listen to his voice on his podcast.

I wanted to start this month by taking a moment to recognise his tremendous contribution to our understanding of our bodies. He was especially skilled at simplifying complex scientific concepts, and offering small, manageable changes we could all incorporate in our daily lives.

I'd also like to reflect on how we might tackle our fears.

Fear can manifest in all sorts of scenarios and can be crippling for some. This can make dealing with fear – or closing the fear gap – quite challenging.

The way we've evolved means that we all feel fear and we are meant to feel it. We can't erase it altogether, because we need to feel it if we're ever in real danger. But,



Image by karfukay on Freepik

what is helpful is learning how to differentiate between having a healthy amount of fear and an increased sense of fear which starts blocking us from experiences and desires in our lives. The physical sensation of fear is a very similar feeling to excitement, and knowing this has helped me in many situations. When I first started teaching yoga, I'd feel that fear going in, I'd challenge myself and ask, 'How do you know it's fear and not excitement?' I could choose to feel

only one, and I'd choose excitement every time, because it helped me much more than focussing on my fear.

The fear didn't go away immediately of course, but it helped enough for me actually to show up and get on the yoga mat in front of a group of people.

Moreover, when we avoid something which scares us, we tend to experience a sense of failure. Every time we avoid a feared object or situation, our anxiety gains strength while we lose some; we accumulate another experience of failure and another piece of evidence attesting to our weakness. Finally, avoidance eliminates practice. Without practice, it is difficult to gain mastery. Without mastery, our confidence is less likely to rise.

Here are a few steps we might consider when trying to close the fear gap:

- 1. Breathing:** Taking slow, deep breaths helps us to change our inner rhythm and brings a sense of calm to the surface.
- 2. Grounding:** Focusing on our senses is an excellent practice. Naming five things we can see, four things we can touch, three things we can hear, two things we can smell, and one thing we can taste is a simple grounding exercise.
- 3. Reaching Out:** Talking to someone we trust—a friend, family member, or mental health professional. We don't have to face fears alone.
- 4. Challenging Negative Thoughts:** Writing down our anxious thoughts and questioning their validity. Are they based on facts or assumptions?
- 5. Self-Compassion:** Being kind to ourselves. Remembering that it's okay to feel this way, and that we are not alone.

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 8239

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



Berkshire's Tile Experts
Free Samples, Ample Parking
55 Donkin Hill
Caversham RG4 5DG
0118 9543315
www.cavtiles.co.uk

ALL RUBBISH COLLECTED 4U

Domestic, Commercial & Garden Waste
House / Loft Clearance
Garage / Shed Clearance

*Licensed Waste Carrier with
commitment to recycling*

Serving Caversham and surrounding areas
Fast, friendly & reliable service

For a free no obligation quote, please call:
0118 343 6396 / 0781 8033625
www.allrubbishcollected4U.co.uk

Richfield Flooring Est. 2003

- **Premium Amtico Retailer**
- Independent family run business
- Top brand name flooring at the lowest price
- Samples to view in your home/office
- Free advice / free quotes
- Old flooring uplifted & furniture moved
- Fast turn around on fitting if required

Tel: 01189 580 445

10a Richfield Avenue, Reading, Berkshire, RG1 8 EQ
info@richfieldflooring.co.uk/www.richfieldflooring.co.uk



Chimney Sweeping
Wood & Multi-Fuel Stoves
Fireplaces, Gas & Electric Fires
Installation Service

Visit our showroom at
45 Prospect St, Caversham RG4 8JB
Tel: 0118 9463060

www.fireplacemagic.co.uk

READING PLUMBING & HEATING

ALL ASPECTS OF PLUMBING, HEATING
AND GAS WORKS UNDERTAKEN.
OVER 30 YEARS OF
EXPERIENCE.
ALL WORK GUARANTEED.
DISCOUNT FOR SENIOR
CITIZENS.



MOBILE: 07702556790
EMAIL: darrenscotttrph@btinternet.com

CAVERSHAM BRIDGE

Would you like to have
this paper delivered to you monthly
for just £7 per year?

Email:
subscriptions@cavershambridge.org
giving your name and address
or write to
Caversham Bridge, Church House,
Church Street, Caversham RG4 8AX
You can buy single copies from:
NOODSKIN in Church Street,
Fourbears in Prospect Street,
Sheabutter Cottage
on the Henley Road,
The True Food Community Co-op
in Grove Road, Emmer Green,
and at the Milestone Cafe
in Caversham Park Village

Thinking of Equity Release?

Experienced, qualified local Equity Release adviser providing advice across a comprehensive range of lenders.

Please contact Kristian Kolb on 0118 991 8704 to arrange a no obligation face to face/Skype appointment as required.

E: info@mayfieldmortgages.com

T: 0118 991 8704

www.mayfieldmortgages.com



Mayfield Mortgages

Mortgages made simple

Mayfield Mortgages is a trading style of Kristian Kolb who is an appointed representative of Mortgage Intelligence Ltd which is authorised and regulated by the Financial Conduct Authority under number 305330 in respect of mortgage, insurance and consumer credit mediation activities only.

Gardiner's
HOMECARE

0118 334 7474

We are a local, family business that has provided quality care since 1968.

Our experienced team are ready to help you in whatever way you need.

Such as:

- ✓ Companionship
- ✓ Washing & dressing
- ✓ Overnight stays
- ✓ Support with medication
- ✓ Variety of household tasks
- ✓ Social outings & appointments

We can support you to maintain your independence in the comfort of your own home.

Our visits vary from one hour to overnight stays. Please call to chat about how we can help you.

www.gardinershomecare.co.uk

10 Church Street, Caversham, Reading. RG4 8DZ

jws

JWS CHAUFFEUR & EXECUTIVE SERVICE

Formerly known as Noble Chauffeur Service

Be driven in comfort, luxury Mercedes

Airports : Weddings : Special occasions

Sea Ports for Cruises

Reading based - reliable service

Jimmy Wharton

Proprietor

Phone: 07971 434558

Email: jimmy@jwexeccars.co.uk

www.jwsexecutivetravel.co.uk

A community newspaper published by Caversham Christian News Ltd, Church House, Church Street, Caversham RG4 8AX • Tel: 0118 328 2754

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

ADVERTISING: Kathy Fahey
Email: advertising@cavershambridge.org

COMPANY SECRETARY: Mr R Harper.

SUBSCRIPTIONS and DELIVERIES: C Clifford: Email: subscriptions@cavershambridge.org

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

COMPANY TREASURER: Mrs J Belcher: Tel: 0118 328 2754 (answerphone)

Email: treasurer@cavershambridge.org

POSTAL SUBSCRIPTIONS: Mrs J Belcher: Tel: 0118 328 2754 (answerphone)

Email: treasurer@cavershambridge.org

The views expressed in this newspaper do not necessarily reflect the opinion of the Editors or the board. The Editors reserve the right to edit contributions and will endeavour to consult with the writer where possible. Readers should note, the inclusion of advertisements in this paper is not an endorsement of the products or services offered.

Printed by: Mortons Print, Media Centre, Morton Way, Horncastle, Lincolnshire LN9 6JR

Caversham Aerial Services

TV Aerials Supplied and Fitted.

Poor Reception? Old aerials?

Can't get the new digital channels?

Give us a call - We can help!

Phone 0118 9673596

www.caversham-aerials.co.uk



NETLEY LANDSCAPES

Established 1986



Garden design and construction

Hugh Netley, NDLC

PATIOS, FENCING, NATURAL STONEMASONRY,
WALLING, PLANTING, SHRUB AND
TREE CLEARANCE, WATER FEATURES, ETC, ETC.

FREE ESTIMATES

Phone 9461701

www.netleylandscapes.co.uk



DOMESTIC, COMMERCIAL & INDUSTRIAL ROOFING
& EXTERIOR MAINTENANCE

Your Local Roofing Company

All Types of Roofing

Tel: 0118 963 9456

www.bondrightroofing.co.uk



JOHN WOOLDRIDGE

PLUMBING & HEATING ENGINEER

Over 25 years experience

Competent tradesmen will undertake
central heating, bath/shower room installations
& general plumbing and repairs large or small

**112 MAYFIELD DRIVE,
CAVERSHAM RG4 5JT**

(0118) 948 2584



**ARUM
TREE
SERVICES**

TREE SURGEONS

WITH OVER 20 YEARS
EXPERIENCE IN THE WORLD
OF TREE CARE

- Tree removal, tree pruning •
- Trees supplied and planted •
- Hedge work •
- Stump Grinding •

FULLY INSURED, NPTC QUALIFIED

Tel/Fax: 0118 971 2224

Mobile: 07876 232282

**CALL NOW FOR A FREE
QUOTATION**