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Caversham Bridge

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September 2024

CTC Holiday Club: Champions!

by Anna Clarke

EARLY IN AUGUST, we were surrounded by stories of Olympic heroes, all vying to be crowned champions of their chosen sport. At the same time, in Caversham, I was surrounded by a *different* type of hero – the red t-shirted volunteers from Churches Together in Caversham (CTC). That could only mean one thing... it was time for this year's Olympic-themed CTC HOLIDAY CLUB!

With songs written and produced by local teenager, Joel Wilson, around 160 children, 25 teenagers, and 50 adult volunteers joined together at St Anne's Primary School to celebrate Jesus as the one true champion. Over the course of the week, we considered how true athletes have **direction, dedication, determination** and must avoid **distraction** to eventually be awarded **decoration** as they climb the podium to receive their prize.

With each of these 'd' words, we explored a Bible story which helped us see how the Christian life is like a race. We have to avoid distraction and keep our eyes fixed on Jesus, whilst also showing dedication and determination as we look forward to

receiving the ultimate prize – the gift of eternal life. Unlike the Olympics, the good news is that this prize is not just for the people on the podium, but for EVERYONE who believes and trusts in Jesus! As Timothy writes in the Bible: 'He [God] will give that crown not only to me but to all those who have waited with love for him to come again' (2 Timothy Chapter 4, Verse 8). What amazing news we have to share!

...watering the seeds...

And it's this belief which motivated the volunteers from churches across Caversham to come together and give of their time and energy (a lot of it!) to run this club. We may not know the impact that we've had on someone's life in this lifetime, but we serve knowing that our faithful God will water the seeds we plant.

To all the red t-shirted heroes from CTC – THANK YOU! We must also thank the sports providers who enabled us to run afternoon activities, including archery, fencing, tennis, hockey and dancing; to the anonymous Caversham Bridge reader who donated funds allowing us to purchase a laser tag set, which was immensely popular with the children at the holiday club; and to Tamsyn and Richard Wilson for their superb leadership.

Until 2025...!



Beritane, Evie and Wayne enjoying the laser tag game

photo CTC Holiday Club



Showing the Olympic rings and animals from five continents

photo CTC Holiday Club

by Phil Chatfield

OF COURSE, these days much of the harvest is already gathered in by the start of September. Our crop of local news and features this month starts with the report from the Summer Holiday Club hosted at St Anne's School in early-August (see above). In particular, it recognises the generous gift of time given by so many volunteers.

Our Creative Caversham article this month spotlights the talents of local Methodist Minister, Rev David Jenkins, as both a composer and pianist, in advance of his performance at Caversham Baptist Church later this month (p12). A musical performance is also the subject of From Page to Stage, which reviews a performance of *The Princess and the Peacock*, a musical for children by local writer Nicolette Carter (p5).

Happy Wanderer's contribution to this edition considers the Reading Amateur Regatta (p7), and the Thames is central to the article from Ros Weaver, which reports on this year's swan-upping in July (p2). We have news from two local primary

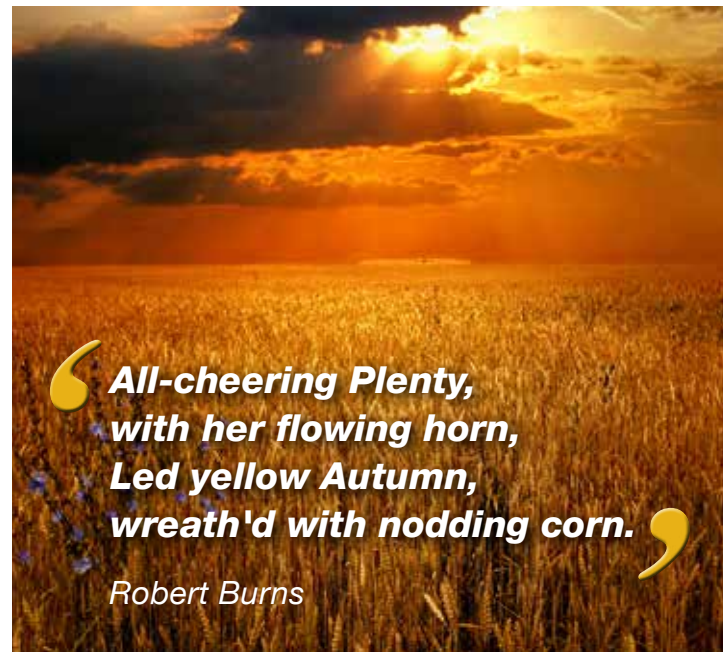
schools, with St Martin's celebrating its 50th anniversary and news from Thameside about a long-time supporter, Mrs Genna (both p11).

Bicycles link two of our articles: our regular EcoTip item provides advice on reusing and repairing bicycles, and we have details of the Cycle Fest on Christchurch Meadows on 8 September (both p9). Healthy eating is the subject of our Wellbeing reflection and compliments a contribution from True Food Coop on Organic September (both p15).

...60th Anniversary Edition...

Our team is already preparing for our 60th Anniversary edition next month, so please do send us your memories and thoughts about your Caversham Bridge.

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.



*All-cheering Plenty,
with her flowing horn,
Led yellow Autumn,
wreath'd with nodding corn.*

Robert Burns

INSIDE

*Hello from
Our Lady
and St Anne
– page 4*



*For your
bookshelf –
Book reviews
– page 5*



*Terraced houses
Property
Market
– page 10*



What's the point of church buildings?



Talking Point

by Rev'd
Kevin Lovell

THIS SEPTEMBER happens to be the centenary of the church where I'm the Vicar, St Barnabas Emmer Green. We shall celebrate with events for the whole community to mark the anniversary of the foundation stone being laid. Ours is a beautiful building; not a classic mediaeval English church, but a landmark in the community, lovingly built and paid for by local people. Visitors who see it for the first time invariably comment how lovely it is.

But it's jolly expensive for something that looks good, which begs the question: what is the point of our church buildings? One answer is that they help us to get closer to God. But how would we know if we'd had an experience of God?

In the Bible, Jacob had a surprise encounter with God in his dream of a stairway with angels going up and down between Earth and Heaven (Genesis Chapter 28). When he wakes up, Jacob says, "Surely God is in this place and I never knew it! How awesome is this place, it is none other than the house of God, the gate of heaven."

So our churches, built for worship, with beauty and space, designed for peace as well as celebration, are intended to help us resonate with the awesome nature of our creator who loves us more than we can imagine.

So, if the building helps us to find peace or joy, to light a

candle, to pray, to hear God's word out loud, to sing our hearts out, to have a jolly good shout at God because we're angry, or a safe place to weep in our sadness, then we've probably had an encounter with God. Churches are also communal spaces where we meet other people face to face; the image of God in our fellow neighbours – these are encounters with God too, and we may never have realized it!

This can happen anywhere, not just in a church. At St Barnabas, we have a church hall and parish centre attached to the church. These are vital places where we bump into our neighbours over a cup of tea, with a toddler group, a bereavement meeting, Pilates group, or a birthday party. They bring us together, drive away isolation, and bring us out of ourselves to laugh, chat and share life together.

All of this connects us with God through others and, surprise of surprises, takes us to the very gate of heaven in every smile, every hug, every knowing look, every cup of tea and biscuit, every trusting conversation. All very ordinary, but essential for keeping body, mind and spirit together.

And that's why I think our church buildings are important.

Rev'd Kevin Lovell,

Vicar of St Barnabas, Emmer Green and Caversham Park



All Up!

Swan Upping on the River

text and photo
Roslyn Weaver

"ALL UP!" So goes the cry of the Swan Uppers when they spot their quarry. It is a sunny July morning, and crowds are gathered riverside to watch the sort of pomp and ceremony only the British can do so well. Today, it is Caversham's turn for the Royal Swan Uppers to pass along the river on their annual five-day tour, a colourful flotilla of swan-flagged traditional wooden boats carrying people in pristine uniforms – some with feathers literally in their caps. Following the "All up!", the Swan Uppers surround swan and cygnet in an ever-shrinking circle before pulling both birds aboard for inspection.

For the uninitiated, a group that certainly includes me, Swan Upping dates back to the days when the reigning Queen or King claimed ownership of any unmarked mute swan in open water. Swans were marked not just for royalty but also for other groups, such as the Vintners' and Dyers' Livery Companies, which are here today on the river as well. Highly prized as banquet food, swans also brought status with their ownership. Over time, however, the focus of the practice has moved more to conservation, with birds monitored for declining numbers and treated for injuries, whether from fishing tackle, dog attack or other problems. This year, the journey past Caversham Lock is quick. Only one cygnet is visible in this stretch of river.

I wonder if the old edict about royal ownership of swans applied to the colonies. Was there a time they claimed the black swans gliding across Australian waters, or the Trumpeter Swans of Canada? The appeal of swans is certainly longstanding, holding a mythical place in literature and the arts. Many people are familiar with Hans Christian Andersen's The Ugly Duckling story, or Tchaikovsky's Swan Lake, just two of the wealth of stories highlighting the beauty of swans.

Today, after the Swan Uppers pass by, completing their cygnet checks, the crowds go back to life with a little less pomp and ceremony. And, thankfully, to life without swan pie on the menu.



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Fourbears Folk

by Fred Smith



Beth and Ben at Fourbears

photo D Mills

THE USUAL tranquility of Fourbears Bookshop was dispelled on 22 July with the arrival of The Bookshop Band. The shop was transformed into an intimate venue for partners Beth Porter and Ben Please performing their literature inspired music. Guests were greeted with a welcoming drink provided by Alex as they arrived to listen to the band, who were on a tour of bookshops and festivals around the country.

Beth and Ben played songs from their new CD, *Emerge, Return*, which was produced by Pete Townsend (of The Who fame). After hearing their previous albums, Pete offered to produce their next, and ended up playing with them on every track. However, there was no surprise appearance from him on the night!

Each of their songs is inspired by a book, ranging from *Jane Eyre* and *Wuthering Heights* by the Brontë sisters to Philip Pulman's *The Book of Dust*. One particular song was presented as a challenge for the audience to see how many literary links they could identify.

With thanks to the band and to Alex for a very enjoyable evening's entertainment in the heart of Caversham.

For more information on the band, see www.thebookshopband.co.uk

For events at the bookshop, see www.fourbearsbooks.co.uk/whats-on

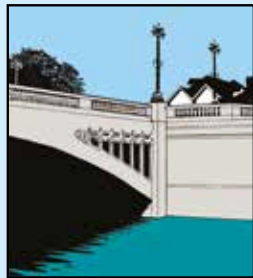
Living with loss

by Nicki Wisdom

IT IS ALWAYS hard when someone close to us dies, and we can often find it hard to talk about how we feel or about the person we have lost. Starting in October this year, The Caversham, Thameside and Mapledurham Parish is organising a series of events to help. The Bereavement Journey Course, supported by the Earley Charity and Weller Centre, runs for six weeks and will be held at the Weller Centre. This evening course starts 1 October and is for anyone who has been bereaved at any time and in any way. It provides a chance to feel less isolated by sharing the journey with others. Each session has short film clips and time for discussion in a small group. Places are limited and booking essential. For more information or to book a place, contact nicki@ctmparish.org.uk – 07918 211607

For anyone who would value a chance to meet and chat with others who understand, the 3Cs Café at St John's Church will host a Meet and Chat session between 11:15 and 12:15 on Tuesday 17 September.

Don't miss an issue



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Centenary Celebrations text and photo Kevin Lovell



Churchwardens David Howell and Sandra Rice with the foundation stone, laid on 6 September 1924

THIS SEPTEMBER marks one hundred years since the foundation stone was laid for the present St Barnabas church in Emmer Green. It replaced the previous tin tabernacle building, just alongside, which opened in 1897 and is still in use as the Church Hall.

The current St Barnabas Church was very much a community enterprise funded by local families and parishioners; built by Fishers (who gave their name to Fishers Court and Fishers Cottages just off Peppard Road), and with beautiful stained glass windows made by Percy Bacon of Springfield House, who was a churchwarden at St Barnabas at the time.

Today, St Barnabas remains a community church, serving the people of Emmer Green and Caversham Park. So what better way to celebrate than with a Community Fair and Festival of Flowers on Saturday 14 September. We have invited a host of local organisations to come and showcase the brightest and best of Emmer Green and Caversham Park. The church will be filled with flowers and banners representing different groups in the parish, plus there will be tea, cake and stalls, including the chance to hurl wet sponges at the Vicar or a churchwarden!

This is one of a series of events organised in September to celebrate our centenary. Details are as follows.

Sunday 8 September – History of the Church – 16:00

A talk by David Howell (churchwarden), charting the history of St Barnabas Church in three locations along Grove Road over 160 years. A rare opportunity to see a large amount of archive material related to the church and community.

Tuesday 10 September – The Story of Caversham Park – 19:00

A talk by Sarah Stuffsins, covering the history of Caversham Park both as a house and BBC listening station. A Heritage Open Day event.

Saturday 14 September – Community Fair and Festival of Flowers – 14:00

Come and see the brightest and best in our community: a host of organisations will be showing off what they do to help us all live well in Emmer Green and Caversham Park. Inside the church there will be a festival of flowers and banners.

Sunday 15 September – Anniversary Service – 16:00

A service of celebration to give thanks for 100 years of worship in our building. The preacher will be the Revd Nigel Hardcastle (former Vicar of St Barnabas). All welcome: tea and cake reception from 14:30.

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More details at

www.saintbarnabas.org.uk/centenary-celebrations-september-2024

Or call Revd Kevin Lovell, Vicar, 0118 947 5214

Update from South View Avenue

Our parish community is lively and diverse, embracing all ages and ethnicities

by Margaret Thomas

HELLO FROM Our Lady and St Anne's Roman Catholic Church, Caversham, with apologies for this belated update. Since re-opening after the pandemic, we have welcomed our new parish priest, Father Joe McLaughlan, who has brought a new energy and passion for our faith and community.

Our parish community is lively and diverse, embracing all ages and ethnicities. We are particularly proud of our children's liturgy group, run by volunteers, and our active social and community-focused youth group.

But our beautiful building in South View

Avenue, a few minutes from Caversham centre, is now undergoing essential structural repairs, as well as redecoration and some minor work to facilitate income generation. The work is due to be completed by the weekend of 9-10 November.

Meanwhile the Cenacle room will remain open for weekday masses, while weekend masses after 25 August will be said at St Anne's School Hall in Washington Road. I hope to keep you updated on how the work is progressing.

We are mindful that, as a parish, we are custodians of the long history of the Catholic faith in Caversham and the surrounding areas, and we hope that many of you will visit our church once the work has been completed. You are assured of a very warm welcome!

Next month I hope to give you a brief account of this long history but, in the meantime, please check out our website if you are interested in learning more at:

ourladyandstanne.org.uk

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by Alex Forbes

For your bookshelf...

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

HOPE YOU managed to fit in some reading over the peak summer months. We have two corking books for you this month.

I try to avoid clichés and overstatements like 'The BEST Book I've ever read', as I have no idea of the best book I've read, and we all have different tastes. Generally, I pick books I have enjoyed and feel others might. There are very few books I think about long after finishing them.

This month's adult choice, *All the Colours of the Dark* by Chris Whitaker, is the exception. It is easily the book I have enjoyed most from start to finish in the last year, maybe more. I want to re-read it, but I'm sad I can't do so as if it were the first time. I know I may be the only person who feels this way about the book, but it would be remiss of me not to share my thoughts.

All the Colours of the Dark starts with two kids; Patch, a boy with one eye, who believes he's a pirate, and Saint, his best friend, who is excited about their next adventure, her bees, and is a little bit in love with Patch. Patch is kidnapped and Saint vows to find him. The book is over 600 pages long and does not waste a page. I don't want to give too much away, but Chris Whitaker's story telling is fast-paced and he has a rare talent of making you feel as if you are there witnessing it all, you are friends with the characters, you live in the

American town he is describing (especially impressive given he is British), and you win and fail with your heroes. I can't describe what made it so special, but I felt part of the story, and I'm sad I'm not anymore. I will remember *All the Colours of the Dark* for a long time.

The children's book choice is *The Worlds We Leave Behind* by local writer A F Harrold.

Hex never meant the girl to follow him and his best friend Tommo into the woods. He certainly never meant her to fall off the rope swing and break her arm. When he gets blamed for the accident, Hex runs deep into the woods, ending up in a strange clearing that he has never come across before. There he meets an old woman who offers him a deal. She'll rid the world of those who wronged him, and Hex can carry on his life with them all forgotten and as if nothing ever happened.

But Hex doesn't know someone else has been offered the same deal. When Tommo wakes up the next day, he is in a completely different world, with only the vaguest memories of the world before. Can Tommo put the world right again? Back to how it was. Or can he find a way to make a new world which is better for them all?

Gripping, surreal, magical, this is a fairytale which comes to life on the page. Perfect for anyone aged 11+ who enjoys *Stranger Things* on TV.

At Fourbears we are busy planning events for this year and next, including the return of Fourbears Fest in May next year. Follow our Facebook page for news of events

Happy reading.



Small bear, big books

photo A Forbes



From Page to Stage

by Adrian Raffill, Caversham Writers

IN JANUARY THIS year, Caversham Artist, Nicolette Carter, gave a talk to her fellow members of the Caversham Writers group about her children's picture book, *The Pink Peacock*. In the middle of telling us about getting the book published, and while passing the beautiful original artwork around the group, Nicolette had an announcement for us, "I'm turning it into a musical!"

The book was published in 2021, after spending years largely forgotten in a drawer. It tells the story of a spoiled princess who likes only pink, demanding her father, the King, gets her a pink peacock for her birthday. The idea for adapting the book came after Nicolette noticed that the jukebox musical productions she'd seen in her role as a primary school teacher always involved a journey linked by songs. She realised her own book took the princess on a journey, searching for her lost pink peacock, so set about writing the songs for it.

...throwing herself into the task...

Although not a musician herself, Nicolette grew up surrounded by music and instruments and so felt comfortable throwing herself into the task. "I started with the lyrics, then tried to find tunes to fit the beats of the words." But she was quick to credit her brother-in-law, Richard Cowhig, with song composition. He became the musical director of the final production.

"Finding the actors was the biggest challenge of all," Nicolette told me over coffee at Caversham's Vegivores restaurant. First to be cast was Lizzie Burder, who plays the princess. Lizzie helped find the three other cast members and, with South Street Arts Centre booked to host the show, rehearsals could begin in earnest. Meanwhile, Nicolette got on with making the costumes, props and set.

The first performance was a matinee on 13 July. From my seat at the back, I could enjoy both the show itself, with all four cast members superb, and the reaction of the audience. The children were entranced, joining in at every opportunity and singing along with gusto. "Two of the children didn't want to go home afterwards!" said Nicolette. As reviews go, what better could a show hope for?

Nicolette is taking *The Princess and the Peacock* to Walton-on-Thames next year and hopes to tour it after that.



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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

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

Tuesdays – **St. John's Baby and Toddler Group** – Caversham Hall, St. John's Road. 09:30 -11:00 in term time. All welcome.

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

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

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

Wednesdays – **The Waltham St Lawrence Silver Band** – Neville Hall in Waltham St Lawrence RG10 0JJ. 20:00-22:00. Free and friendly club for brass instrumentalists. Email: waltham.band@gmail.com

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

Thursdays – **Friendly Over-60s Social Club** – 10:00-13:00 at Milestone Centre, Caversham Park Village. Hot lunch, quizzes and the chance to chat. Contact Cheryl at 07964 750182 or Trina at 07477 570541

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

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

Thursdays – **New Caversham Heights Bridge Club** – 14:00 at the Caversham Heights Methodist Church, Highmoor Road. For details contact Duncan Knight on 0118 947 5544 or email duncan.knight@googlemail.com

Fridays – **Tiddlers for Babies and Toddlers** – 9:30-11:00 St Andrew's Church, Albert Road. Caversham Heights. All are welcome, refreshments available

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

www.cavershambaptistchurch.org.uk

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

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

Sundays – **Nordic Walk (or just walking)**. Free to all. Tel: 07931 754096 or email Pat at Wiralbird@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

Wednesday 21 August - Saturday 28 September – *Exhibition of original oil paintings by Melissa Laurence* – Caversham Picture Framers, Church Road – see <https://cavershampictureframer.co.uk/events>

Tuesday 3 September – **Caversham Women's Institute** – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel: 0118 947 5176

Wednesday 4 September – **Rosehill Ladies** – 14:00 at St Barnabas Hall, Emmer Green. Tel: Sue 0118 947 7570 or email suegreen@hotmail.com

Thursday 5 September – **Reading Haydn Choir Open Rehearsal** – 19:45 – St Joseph's College, Upper Redlands Road, Reading RG1 5JT – no obligation to join, music supplied. If interested, email Eileen at rdghaydnchoir@gmail.com

Friday 6 September – **Bereavement Café** – 14:00-15:30 at St. Barnabas, Emmer Green. 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

Friday 6 September – **An evening with our bats** – 19:30-21:00, Clayfield Copse RG4 6AA. The Berks & S Bucks Bat Group with Friends of Clayfield Copse. Limited numbers, contact 0774 766340. An Econet Reading event www.econetreading.org.uk

Saturday 7 September – **Rock'n'Ale Festival** – 18:30-23:00 at St Anne's School playing fields, Caversham. This family friendly music event benefits the Motor Neuron Disease Association. £15 for adults, £5 for under 16's and under 5's are free. Details facebook.com/rocknale

Sunday 8 September – **Thatcham Reedbeds and Greenham Common Walk** – 6.0 Miles – 10:30 Meet at The Nature Discovery Centre, Thatcham Post Code RG19 3FU Pang Valley Ramblers. One of a programme of regular walks in the area – see <https://pvramblers.org.uk/walks-programme> for details

Sunday 8 September – **History of St Barnabas church** – First of a series of events this month marking the centenary of the church. Details page 4

Friday 13 September – **Chance2dance4charity** – 19:30-21:30, Peppard Memorial Hall, Gallowstree Rd, Peppard Common, RG9 5JA. Supporting Amnesty and Sport in Mind. Tickets £8 on the door, or online (+15p booking fee): www.trybooking.com/uk/DQVR

Saturday 14 September – **Artists & Makers Fair** – 10:00-16:00 at Caversham Methodist Hall, Gosbrook Road. Local artists and craftspeople display their work for sale. Free entry. For further information phone Jean at 07808 966928 or visit www.cavershamcrafts.co.uk

Wednesday 18 September – **Artificial Intelligence (AI) – The good, the bad, and the ugly, a talk by Professor Dan Remenyi** – 20:00 at Caversham Heights Methodist Church Hall, Highmoor Road. The Caversham Heights Society. AGM preceeds this, starting 19:30. To learn more visit cavershamheights.org or email: contact@cavershamheights.org

Monday 23 September – **Who Do We Think We Are** – 14:00 at Abbey Baptist Church, Abbey Square, Reading. Talk to Reading u3a by Catherine Sampson of the Berkshire Family History Society. Free entry, non-members welcome. See www.readingu3a.org.uk

Friday 27 September – **Le Cercle Français** – 19:30-21:30 at Church House, 59 Church Street, RG4 8AX. For those who are learning French, love France and for French nationals. Admission £5 welcome drink included. Email readingcerclefrancais@gmail.com

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 MINISTRY OF Housing, Communities and Local Government is seeking views on how it might revise national planning policy to support its wider objectives. The consultation is open to Tuesday 24 September 2024, at gov.uk – the following shortened address takes you directly to the site <http://tiny.cc/jmegzz>

From 23 July 2024, the Reading Borough Council Planning Register moved to a new database. For applications before that date, it will often be necessary to consult both the old and the new database to find the full range of documents. The CADRA planning list (www.cadra.org.uk) gives links to both systems where needed, as well as to any CADRA comments submitted.

The main new application this month is for Napier Court, Napier Road, lying between Kings Meadow and the railway line. (PL/24/0846). It is proposed to demolish the existing buildings and create new buildings of 11 and 12 storeys, to provide 576 build to rent residential dwellings. CADRA comments are being submitted.

Smaller applications include new signage on the old Lloyds Bank building at 15 Bridge Street (PL/24/0895) and the usual application for Winter Wonderland on Hills Meadow (PL/24/0898).

A date for your diary: On **Wednesday 13 November 2024**, at 19:30 in Caversham Baptist Church, the CADRA Open meeting will look at the challenges on the front line, with speakers from both the Ambulance Service and Thames Valley Ambulance. Everyone is welcome. Look out for more details at www.cadra.org.uk

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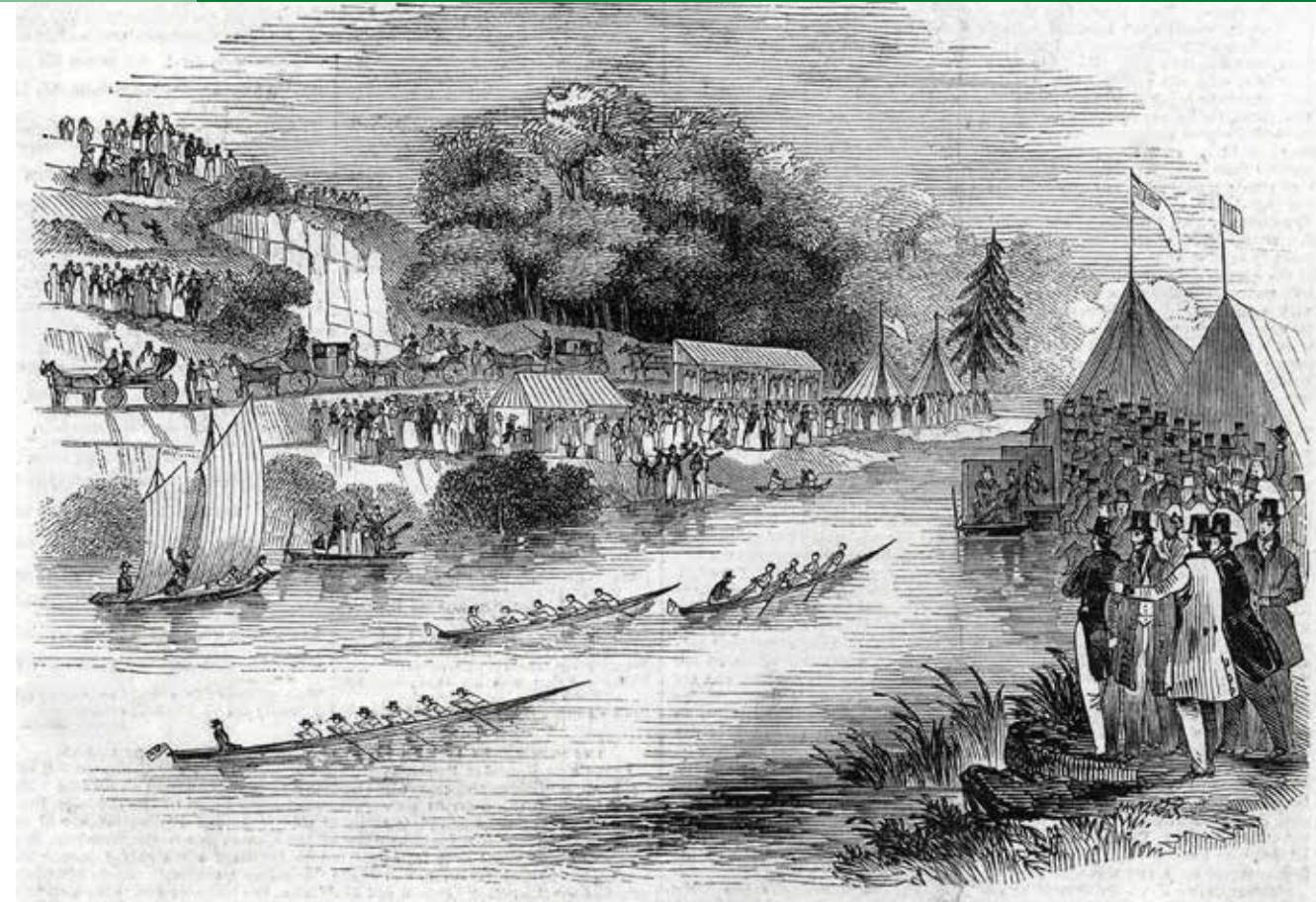
MUCH OF JUNE this year was decidedly cool and showery. Then, in the second half of the month, the wind turned round. It felt a bit warmer, so one Sunday afternoon I decided to do some gardening in the back garden, which faces south. From there I could hear the trains on the railway, and I could hear a commentary coming from a public address system by the river. The following Thursday, I read the latest edition of 'Reading Today' and found that the commentary had been coming from the Reading Amateur Regatta. The newspaper report said that the regatta had been a part of Reading's history since 1842. The more famous Henley Regatta had started a few years before that, in 1839.

...artistic licence...

'Reading Today' also mentioned a report in the 'Illustrated London News' of the 1844 regatta. The steel engraving from the report is reproduced here, by courtesy of Reading Central Library. The drawing must have been made from what we now call the Thames Side Promenade, looking across the water to Caversham. A certain amount of artistic licence has been used to dramatise the scene. The Warren, with spectators in horse-drawn coaches, seems to be part-way up a cliff, and I can't help wondering what would have happened if one of those coaches needed to turn round and go home, or to go farther along the road towards Chazey Court. There appears to be no wall or fence between the narrow roadway and a vertical drop.

...workings of the class system...

Then there's the interesting question of what constituted an 'amateur' regatta, and was there a 'professional' one? The question gives us an interesting insight into the workings of the class system in Victorian and Edwardian England. The regatta that had started in 1842 changed its name to the Reading and Caversham Regatta. Reading Rowing Club was founded in 1867 at The Griffin Inn in Church Road, Caversham, which had gardens (now the car park) sloping down to the river. The club took over the running of the regatta in 1894, and it was a member of the Amateur Rowing



Association (ARA), giving rise to the Amateur Regatta. The rules of the association stated that no-one who worked on the river as a boatman or a lockkeeper could be a member, and nor could anyone who had been 'in trade or employment for wages, as a mechanic, artisan or labourer engaged in any manual duty'.

To people today, this is a strangely restrictive use of the word 'amateur.' We are looking at an association for the middle classes. Not surprisingly, there were other regattas which were not

bound by these rules, notably the Reading Working Men's Regatta (which survives as the Reading Town Regatta), and the Reading Tradesmen's Regatta.

In the twentieth century, the ARA rules came in for increasing criticism, especially after the ending of the First World War. Men who had fought alongside one another facing the same hardships and dangers for their King and Country, found that they couldn't belong to the same club, and eventually the rules were changed.

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Puzzle Corner

The Challenge by Rachel

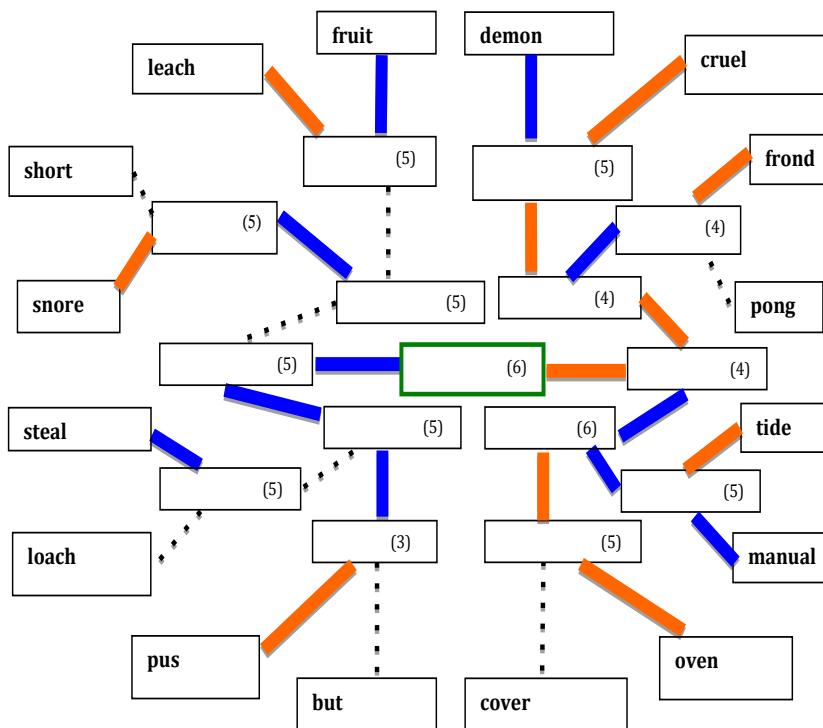
WORD PUZZLE

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

Rhyme

Letter change

Meaning



Answers on page 14

LOCAL CHARITIES

Can you find 17 charities in the grid which operate locally?

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

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Bowls: a Sport for Everyone



by Martin Beeching

TUCKED AWAY near the top of Beech Lane, Earley, Reading, is one of England's finest indoor bowls clubs, and we are currently recruiting new members.

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from Beginners to International Players. We are a welcoming and friendly club with full bar, superb café, lounge, plus large on-site car park.

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Why not reserve a **free 'Taster Session'** at one of our **Open Days on Sunday 6 or 13 October.**

Players with experience are also welcome to come along and try out our excellent facilities.

If neither date is convenient, then contact us and we will find an alternative time.

To book a session – email our manager Andy Knapper at: clubmanager@whiteknightsibc.co.uk or telephone 0118 986 0759 – if you leave a message, we will get back to you.

Bowling can be helpful both to your social and physical well-being.

Dr John McKenzie (Health & Safety

Director at Whiteknights) says, "As people approach middle age and beyond, it is vitally important they exercise regularly. Flat green bowls helps build core strength plus improving flexibility and circulation. It can also keep the brain active, so it's the ideal sport for both able-bodied as well as the less able of all ages. Above all else, bowling is FUN."

All photos taken at the Club by A Butten



ADVICE NEEDED – CAN YOU HELP?

by Richard Anderson

FRONTLINE IS a charity whose objective is to help those whose lives are blighted by debt. Every year we help more than 200 Reading residents whose total debts typically amount to around £2 million.

For most, the root cause of debt is an event such as unemployment, illness, a death, or a relationship breakdown. Most clients want to repay their debts, although this is not always possible.

We are currently looking for new volunteer advisers, able to offer one day a week of their time, to join our team.

First, advisers prepare a Financial Statement detailing the income and expenses of the client with a view to creating an affordable and sustainable budget plan for them. Then it is time to negotiate with creditors to agree an affordable repayment schedule.

When this isn't possible, we take clients through the Debt Relief Order process, by which debts of up to £50,000 can be written off. This limit was raised in the March budget, which shows that the Government recognises the importance of enabling people to have a fresh start. The most recent Office for Budget Responsibility forecast shows the cost of debt repayments as a percentage of household income increasing quite sharply over the next few years.

Debt can affect people very negatively, and, for a few, they may even feel that life is no longer worth living. Those of us working to release clients from the burden of debt are richly rewarded by seeing the positive impact of a fresh start.

If you feel you could spare a day per week to become a volunteer adviser or if you, or somebody you know is struggling under the burden of debt, please get in touch by email at

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Going for the big jump at festival last year
photo G von Glehn

Reading cycle festival

by Hilary Smart

THE FESTIVAL returns to Christchurch Meadows on Sunday 8 September 11:00-16:00. This free to attend annual event offers lots of bike-related entertainment, and there are fairground rides, and food and drink to buy. There's also the opportunity to see and try out unusual/electric bikes (from various groups, including Caversham's own AW Cycles), to get a free check-up for your bike, and to meet cycling campaign groups.

For my kids, a highlight of the festival is always the stunt riding displays. It's amazing what the stunt riders can do on a bike, and their showmanship is incredible. Our boys also enjoyed the opportunity to test their bike handling skills on Avanti's ramps and see saws, with a separate course for young children.

...delight of the children...

Our family help organise the free family friendly bike rides under the Kidical Mass umbrella, and we will be running a circular ride from the festival at 12:00. Our rides are 3-5km long, and children must be accompanied by a grown up. Last year, to the delight of the children, we had a police escort, as some of the officers who came to the festival to advise attendees on bike security, and to offer free bike marking, decided to accompany us.

If you want to use your voice to push for better cycling infrastructure, then do speak to the campaign groups present at the event. I'm personally very grateful for their work as, thanks in large part to their campaigning, recent changes to the road layout on Lower Henley Road

mean our seven-year-old can now safely ride his own bike to school - his Friday morning treat. On other days he and his brother get to school on the back of my electric cargo bike (sourced from AW Cycles after I had a test ride on one at the Cycle Festival in 2018.)

Our family is really looking forward to this year's cycle festival - I hope we see you there.



It's a question of balance

photo S Muir



by Tricia Marcouse

Repair or recycle your bike

THIS YEAR IS the tenth anniversary of Reading's Bicycle (or Bike) Kitchen, where volunteers assist you to maintain and repair your cycle. They run maintenance courses and accept donations of bicycles to be reconditioned and sold, or given away to those in need, to fund this amazing project.

If you have a cycle or parts of a cycle lurking in the garage you don't want anymore, or which the children have outgrown, then please consider donating it to the Bicycle Kitchen. Contact them on info@readingbicyclekitchen.org

If you'd like to get the cycles out of the garage and onto the road again, but you don't know how to do the necessary repairs and maintenance, then come to the Reading Bike Kitchen on Saturday mornings between 10:00 and 14:00, and the volunteers will teach you how to make those repairs and get you and your family safely on the move again. It will cost you £10/hr for their time, plus the cost of any replacement parts (some second hand). Finally, if you are looking to buy a second-hand bike, then please go along to the Kitchen and see if one of their reconditioned bikes would do. You'll have the confidence the bike has been fully checked for safety, as well as helping to keep the project going. Any surplus money raised goes to local charities.

The Bicycle Kitchen is at
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ROSE, ROSE I LOVE YOU

by Les Cooper



We didn't give our new rose the best start... 📌



Rosa Mountain Snow

photo E Cooper

ONE OF THE JOYS in our garden this year has been our rambler rose called *Mountain Snow*. It has lived up to its name and flowered in a picturesque avalanche of white semi-double flowers.

Some years ago, my wife Eunice and I were looking around the Royal Horticultural Society gardens at Wisley when we couldn't help but notice this beautiful rose and noted down the name. We had to have it and sent off to the David Austin Nurseries for one.

We possibly didn't give our new rose the best start and planted it in half of an old wooden beer barrel. This we positioned inside the carport we had at the time. To be honest, I cannot remember it in flower, so it could not have been a great success.

Time moved on and we decided to take down our old carport. Eunice, reluctant to lose it, decided *Mountain Snow* had to be moved. She tried to dig it out of its tub but it wouldn't shift. It did not want to leave its cosy home. Eunice, being a determined woman, knew there had to be a way. Eventually she hit on the idea of turning the barrel on its side and rolling it into a new

position beside our garden shed. The rose was obviously happy with the change, because it flourished getting bigger and bolder each year. I guess it is now at least 8 feet high and 12 feet wide, although it would expand further without frequent pruning. Also, we surmise the bottom of the barrel has rotted away, enabling the roots to grow into the soil below.

Mountain Snow is classified as a rambler rose because it has long pliable stems bearing large trusses of lovely white flowers. These flushes occur only once in early summer, whereas the climber roses have more repeating larger flowers on stiffer stems. Ramblers flower on a framework of mature stems, so in theory they require very little pruning, but there is usually a fair bit to chop back - otherwise they will grow just where you do not want them to be.

Climbing roses have to be pruned in autumn, because the flowers appear on the new season's growth, thus giving you more than one flush of bloom. Rambling and climbing roses are worth growing when they add height to the garden as well as beauty.

The Property Market



Terraced properties in Caversham



by
**Kate
Fox-Beckett**

WHEN WE moved to Caversham over 24 years ago, we struggled to find what we wanted – a three-bed flat in a period conversion. But we were happy to buy a 2+1 terraced house in North Street. We could walk everywhere, and the plus one bedroom served as an office, dressing room and nursery over the years.

Many of the local terraced properties were built originally

for workers at the biscuit factory or the railways, but have been transformed with loft conversions, extensions, basements and walled gardens.

The most popular among buyers are in central Caversham, with a short walk to the station but within easy reach of all amenities, shops, pubs and restaurants. One of the properties I sold last year in Westfield Road was featured in the Evening Standard as an ideal home for a London-based commuter.

The main difference in style of terraced houses is flat-fronted vs bay-fronted, and there is also the dilemma of the downstairs bathroom; I have seen many different reconfigurations of the upstairs space to add a bathroom, or extensions to the rear or in the loft.

Properties in the popular central roads, such as Cromwell

Road, vary in style and appearance, but often have unique features, like the decorative arch in the hallway, open fireplace, or original wooden floorboards.

Larger terraced houses, like some on Hemdean Hill, Priory Avenue and Priest Hill, have character features and distinctive brickwork and front gardens. Star Road has a beautiful row of eight bay-fronted terraces designed by local architect Joseph Morris in 1897, built with distinctive Reading grey bricks.

Terraced homes in Caversham are a great asset, as they are ideal for first-time buyers, commuters, downsizers and investment buyers, and are always sought-after.

Next time – the varied range of semi-detached homes in Caversham.

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Thank you, Mrs Genna



Nativity play, Thameside, 1998

photo Thameside School

The article below is written by some Year 6 children at Thameside in honour of Mrs Sheila Genna who has been dressing children in the Caversham community for Thameside Primary productions for the last 40 years! The photo attached is of a play in 1998.

Article written by Marcel Carr, Daphne Cadeddu and Amaya Ahmed

FORTY YEARS ago, Mrs Genna started dressing children for productions at Thameside Primary School. Sheila Genna has taken on many roles at the school during this time; parent, bursar, governor and, for the last two decades, volunteer. During our time at Thameside, she has made us many costumes, and we can all remember Daphne being a star in Foundation Stage! Her expert fingers have worked tirelessly for generations. She is an amazing, creative person, and we admire the effort she puts into our costumes. She is also highly resourceful, and makes sure to use all that she has at her disposal. The job of sewing and fitting all the costumes and working long hours to achieve an exquisite finish must be recognised and celebrated. We really appreciate all that she has done for us during our time at Thameside and all that she has done for the people in the school community who attended our school before us. All of us agree that we are very lucky to have known someone as inspiring as Mrs Genna, and we know how grateful the school is to her for everything she has done for them over the years.

Thank you, Mrs Genna!

HALF A CENTURY

by Hilary Smart



ST MARTIN'S Catholic Primary School in Caversham turned 50 recently and marked the occasion with a 70s themed celebration. Each class had learned a separate song from the 70s, with an accompanying dance. Aptly, given that the Euros final had happened the week before the celebration, the song that some of the older children had learned was 'Sweet Caroline'. These songs were performed to a delighted audience of parents and visitors.

The whole school also had a hat parade in baseball caps (a tradition with a long history at St Martin's) that the children had decorated themselves. The teachers entered into the spirit of the occasion by dressing up in 70s gear, much to the enjoyment of the children.

...warmth of the welcome...

St Martin's is a Catholic state school which welcomes children of all faiths and none. It has strong current and historic links with St Michael's Catholic Church in Sonning Common, and Father Michael is a regular and much-loved visitor to the school. In the morning, parishioners were offered a tour of the school by the Year 6 children. Many of the parishioners who visited had links to the school in its past and were delighted to see how the school has developed. They remarked on the warmth of the welcome that they received from the children.

The day was rounded off by the Parent and Staff Association serving refreshments, including cake and ice cream. In the following days, many of the brightly coloured baseball caps could be seen in the playground providing protection from the sun!



St Martins turns 50

drone photo L Ring

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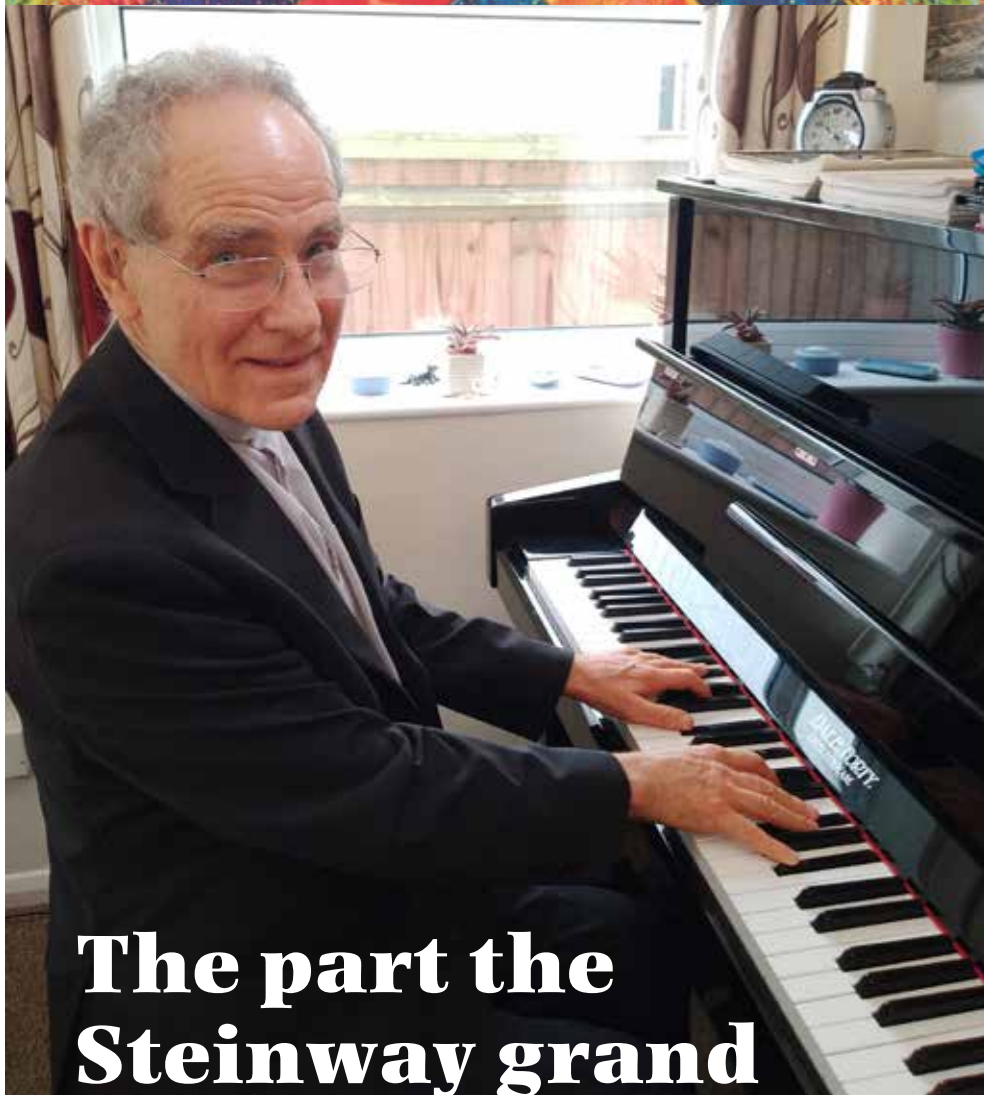
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Creative CAVERSHAM



The part the Steinway grand has played in David Jenkins' life

DURING HIS very busy life, first as a teacher but, primarily, as a Methodist Minister, David Jenkins has also been driven by his lifelong passion.

"Music is integral to my life – whether listening, playing or composing. It is always there, both music and humour. I like to mix humour into my concerts – humour is integral as well!" David said, as he explained how he is preparing for his forthcoming recital, playing the Steinway grand at Caversham's Baptist Church this September.

David is particularly looking forward to playing the church's recently acquired piano, as he has a particular affection for Steinways, which he has had the fortune to perform on at significant times in his life.

"Originally, I trained to be a teacher, and having spent some time firstly as a student teacher in King's Lynn then, after I qualified, working at a school in Leicester, I went to the Queen's Foundation in Birmingham to study for a theology degree and train to be a minister. At Queen's several branches of the church train together. But for me, the best thing about

the college was that it owned a Steinway grand – so for four years, I could use this wonderful instrument!"

David had piano lessons from the age of eight, and his piano teacher taught him up to Grade 3; remarkably, that is the only formal music teaching he ever had. "Since then, I have had the odd lesson from other people, but mostly I have simply been encouraged by those who have told me that my playing is worthwhile."

As well as developing a love for playing the piano, by the age of ten, David also began to compose his own works. "I started playing my own things on the piano, and made up my own songs, even as a child," he recalled.

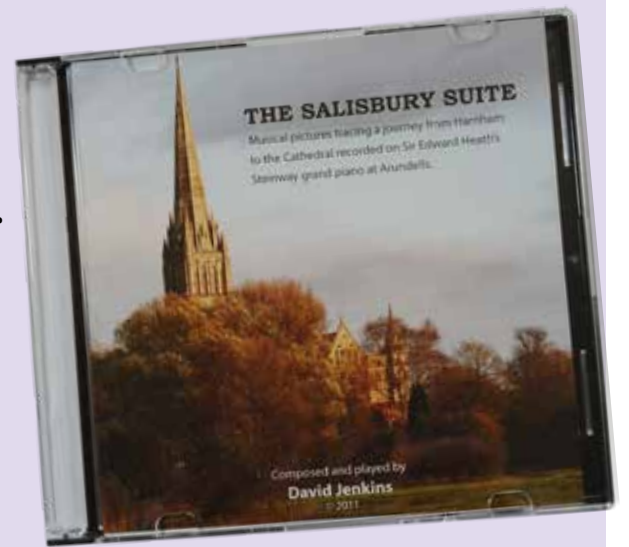
...musicals for adults...

David has developed his compositional skills to the extent that, when he was based in Tilehurst, he wrote musicals for the children who attended Park Lane School, as well as musicals for adults to perform.

"Sometimes I like to compose songs, or to set poetry to music. But mostly I compose pieces for solo piano, and that's what I enjoy doing most. In the case of my piano piece, *Tapestry*, which opens the concert at

Best known locally as a Methodist Minister, **David Jenkins** is also an accomplished pianist and composer. This September he will be performing on the Baptist Church's new piano – including some of his own works.

Elestr Lee was delighted to hear a preview when they met!



the Baptist Church, this work became the basis for a musical. Composing takes up a lot of time, and time is precious – but when time allows, playing the piano is always a priority," he said.

As a minister, David initially worked in Salisbury for five years, before moving to Tilehurst. He then became a Superintendent in Dunstable and Aylesbury, and moved to Caversham ten years ago. Although the plan was to retire, in fact he has been supporting the work of the ministers in the Methodist churches in Caversham as well as Emmanuel Church on the Oxford Road.

...second encounter...

He has many fond memories of his first ministry in Salisbury, and it was there on a visit in 2010 that he had the chance to encounter the second Steinway grand in his life – when he and his wife Paula visited Arundells, the home of former Prime Minister Sir Edward Heath in Salisbury Cathedral Close. Prior to the visit he had asked permission to be able to play Sir Edward's Steinway grand, which led to an invitation to take part in a concert there. His composition, aptly named *Arundells*, was specially composed for the occasion – and led to an entire work, *The Salisbury Suite*, creating a musical depiction of the journey David had taken many times along

the banks of the River Nadder to Salisbury Cathedral, and including a portrayal of Morning Cloud – Sir Edward Heath's sailing boat. David performed this stirring seascape for me when we met – it evocatively depicts the small sailing boat on the swelling sea, the drama of the storm, then all ends in calm. This is one of the works he is including in his Caversham recital.

Before 2020, he used to put on concerts with other musicians at the Methodist Church in Gosbrook Road; however lockdown put an end to this musical enterprise. "My concert at the Baptist Church will be my first since then. I heard about the new Steinway grand, and asked Pamela Chilvers if I could put on a solo concert there. Pamela has advised me on putting together my programme, which is going to include a real mixture of composers and styles – it's fairly eclectic! – and I am alternating my own compositions with those by Beethoven, Elgar, Bernstein, John Williams and Lennon and McCartney," David explained, looking forward to his third encounter with a Steinway grand.

"My concerts are always in aid of various charities, and it seemed appropriate that this one would be in aid of both Christian Community Action, and Caversham Drop-in – which takes place at the Baptist Church."

David's performance at the Baptist Church is on 27 September, starting 19:30
Tickets are £10. Email concert@cavershammethodist.org.uk
Copies of David's CD, *The Salisbury Suite*, will be on sale at the recital, or from arundells.org



David Jenkins, Rachel Scarlett and Renato Fonseca performing before lockdown

The Local Scene by Martin Andrews

Prospect Street Dental Practice, The Clock Workshop and Caversham Tandoori Take Away



Drawing by Janina Maher

www.janinamaher.artweb.com

HOROLOGY, THE art of everything to do with clocks, has always seemed magical to me. How anyone can master how all those cogs, wheels and springs can be assembled to tell the time accurately is amazing. Steve, the expert on TV's *The Repair Shop* has done so much to show us how it's done, but I am still in awe of the clock maker's skill. Of course, we have our own 'repair shop' in Prospect Street – whenever I pass The Clock Workshop (in the centre of this month's drawing by Janina Maher), I pause to peep through the window at the treasure trove of clocks of all shapes and sizes stacked on shelves and hung on walls. Stately long case clocks, bracket clocks, mantle clocks, carriage clocks, some plain, some fancy – so many varieties. They also repair barometers and specialise in marine chronometers.

John Yealand established the business in 1981 and is an expert in horological restoration, a Fellow of the British Horological Institute and a Liveryman of the Worshipful Company of Clockmakers. He specialises in antique clocks. With many years of experience, John and his team have clients from all over the world, and have also worked on clocks in the British Museum. But they greatly value providing a service for the local community.

On the left of Janina's drawing are the premises of the Prospect Street Dental Practice. They have been providing dental care to the community since 1975. Now a private practice, the aim is to encourage lasting dental health rather than short-term makeovers.

I met two welcoming receptionists in the relaxed modern interior and was reminded of how much dentistry has developed since my childhood in the 1950s and the horror I felt waiting for a filling with grinding drills and NO ANAESTHETIC! In recent years, the practice has expanded to premises on the other side of Prospect Street. Paula Winkworth, Practice Manager, showed me around the beautifully designed conversion of the building – many readers will remember that previously the premises were occupied by Jennings Butchers. A hundred years ago, number 19 Prospect Street was occupied by George Jackson's tobacconist and confectionery shop and, next door at no. 17, was Charles Cook, boot and shoemaker.

On the right of the picture, we have the very popular Caversham Tandoori Take Away which has been providing a gastronomic experience of Indian Cuisine since the late 1990s with their delicious curries, tandoori delights and aromatic biryanis.

This drawing, along with many others, appears in Janina's book *A Stroll through Caversham*, which is available from Fourbears Books in Prospect Street.



Lifting the lid

SEPTEMBER SEES the return of the national Heritage Open Days programme, with events in Reading which include several in our area.

The first event in Caversham looks at the origins of plants at Caversham Court Gardens on Saturday 7 and Sunday 8 September from 11:00 - 16:00. Visitors will circumnavigate the globe, learning the origins of some of the plants and trees in Caversham Court Gardens. Throughout history, travellers have collected useful and beautiful plants and brought them back to Britain from all over the world. The quiz will take you round the gardens and give you fun facts about important plants and their uses. Children's activities also available.

The place of BBC Monitoring in Caversham is the subject of a talk on Tuesday 10 September at St Barnabas Church, Grove Road, Emmer Green, Reading, RG4 8RA. From 1943 to 2018 BBC Monitoring employees came from across the world and enriched the local community. Join Sarah Stuffs, who worked at Caversham Park from 1985 to 2018, for a talk on this fascinating slice of local history. Supported by the Caversham and District Residents Association.

Finally, there are guided walks in the Caversham Road area organised by the Bell Tower Community Association, which represents local residents, on Friday 13 and Saturday 14 September at 14:00. Starting outside the Moderation pub in Caversham Road, the walk will be on level ground and will last about 90 minutes.

This Victorian townscape still has many traces of its rich industrial past as well as plenty of original architectural features. Come and see an area where department store and brick magnates left their mark and the bicycles for the British Army's first cycling regiment were made.

All the events are free but may need to be booked. For more information on these and other related events in Reading, see <https://whatsonreading.com/heritage-open-days>

Based on information from the Heritage Open Days website



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First Impressions Matter

New beginnings

by Laura Harmsworth



SEPTEMBER MARKS the arrival of my favourite season, Autumn! The air turns crisp, leaves change colour, and it can often bring a sense of new beginnings. In our house, one of our children has returned for her final year at university, one has set off on her travels across Southeast Asia, and the youngest has started sixth form.

Now is a great time to reflect on your career. If you've had a break over the summer, this time to slow down might have inspired creativity and a desire for change. Act on this now before the busy-ness of December strikes.

Whether it's your first application post-university, a change in career, or a promotion, now is an ideal time to write or update your CV.

Brainstorm achievements

Reflect on the past year and update your CV with any new skills, projects, or achievements.

Action: Schedule this in your diary for the end of each month so you don't have to think too far back or forget the details.

Tailor your CV to each job application

Align your experiences and skills with the job requirements to make your CV stand out, taking out anything that isn't relevant to the role you are applying to.

Action: Find a few job ads which appeal, highlight the key skills, words, and requirements, and ensure you have concrete

examples for all of these in your CV. I use highlighters for this, so it's easy to see areas needing more examples and areas which have too many. Anything not highlighted can be removed from the CV, as it won't be relevant to the job you're applying to.

Polish the presentation

Ensure your CV is clean, organised, and free of errors. Keep it simple—no graphics, tables, or scaleometers.

Action: Review your CV and take out any fancy formatting. Check spelling and grammar thoroughly.

Take advantage of the inspiration and motivation which often follow a summer break. Act now before the hustle and bustle of December arrives, ensuring you're ready for the new opportunities that await you.

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



MY YOUNGER son starts school in September, and I wanted to take this opportunity to say thank you to the volunteers in Caversham who run parent and toddler groups. We don't live near extended family, and having other adults take an interest in my kids, help entertain them and offer support, (and tea!) to me has made this part of my life much less lonely than it could have been.

Particularly to Mark, Debbie, Wendy and Roger at Busy Bees at St Barnabas who run such a welcoming and gentle group that introduces kids to Bible stories and songs (not forgetting the craft and the biscuit!) – you made 2pm on Mondays a time to look forward to! Thank you.

Hilary

THE CHALLENGE SOLUTIONS:

(From left to right from the top)

peach, ghou, shore, pond, beach, pool,
teach, **school**, rule, coach, govern, poach, guide,
bus, coven

Saturday 14 September 10 am - 4 pm
Methodist Church, Ardler Road, RG4 8EB
Quality Crafts, Kids Activities Lobby Cafe
Charity Support



Free Entry

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

Future editions:

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

Dates for advertising copy are 1 September for the October issue and 2 1 October for the November issue. These should be emailed to: advertising@cavershambridge.org

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Wellbeing with Ami Roy

(Good) Gut Feeling

EVERY YEAR, the Environmental Working Group (EWG) releases a report on the pesticide residue levels in various fruits and vegetables. The report is divided into **two** helpful lists: the 'Dirty Dozen' and the 'Clean Fifteen'.

The *Dirty Dozen* is a list of 12 fruits and vegetables that are most likely to have high levels of pesticide residue, even after being washed or peeled. The *Clean Fifteen* lists the 15 fruits and vegetables that are least likely to have pesticide residue.

The Dirty Dozen list includes:

- | | |
|-----------------------------------|-----------------------|
| 1. Strawberries | 7. Apples |
| 2. Spinach | 8. Grapes |
| 3. Kale, Collard & Mustard Greens | 9. Bell & Hot Peppers |
| 4. Peaches | 10. Cherries |
| 5. Pears | 11. Blueberries |
| 6. Nectarines | 12. Green Beans |

Strawberries, spinach and kale have been at the top of the list for two years in a row. In a garden or a window box, all three are

easy to grow. Strawberries need little to no maintenance and, once planted, give fruit for at least 4 years.

The freezer section at most supermarkets often have good value frozen organic berries and spinach.

The Clean Fifteen list includes:

- | | |
|--------------------|--------------------|
| 1. Avocados | 9. Kiwis |
| 2. Sweetcorn | 10. Cabbage |
| 3. Pineapples | 11. Mushrooms |
| 4. Onions | 12. Mangoes |
| 5. Papayas | 13. Sweet Potatoes |
| 6. Sweet Peas | 14. Watermelons |
| 7. Asparagus | 15. Carrots |
| 8. Honeydew Melons | |

It is important to note that the EWG's report is not meant to discourage people from eating fruits and vegetables. Instead, the report is meant to educate consumers and encourage them to make informed choices. **Eating a diet rich in fruits and vegetables is still a key part of a healthy diet**, and choosing organic options or those on the Clean Fifteen list can help reduce exposure to pesticides.

It is still recommended to wash all produce thoroughly, even if it's not on the *Dirty Dozen* list, as this can help remove any pesticide residue.

Make A Difference with Organic September

by Tayma Cannon

THE SOIL ASSOCIATION'S Organic September campaign aims to raise awareness of the benefits organic farming can bring for nature, our climate and our health. Organic farming works with nature, rather than against it, by using no artificial pesticides or fertilisers. So it means fewer pesticides, no artificial fertilisers, higher animal welfare standards, no routine use of antibiotics and no artificial colours or preservatives.

There are lots of ways you can get involved in Organic September, including:

- Supporting the organic community by trying organic, local produce from local shops such as True Food.
- Making small changes to your weekly shop, such as committing to buying organic milk, choosing a box of organic eggs, or perhaps looking at refilling with organic toiletries or household cleaning products.
- Regularly try to make a meal entirely organic. For inspiration check out the recipes on True Food's website or in our monthly newsletter.

For more information, please see www.truefood.coop and follow True Food Co-op on social media. The True Food Co-op in Emmer Green is a local organic, independent grocery shop with integrated zero-waste shopping.

Find us at 61 Grove Road, Emmer Green, RG4 8LJ.
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Rev'd Mike Smith,
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Rev'd Penny Cuthbert Tel: 07825 331 810
penny@ctmparish.org.uk

Rev'd Rachel Ross Smith Tel: 07884 371688
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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
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For details of the services being held at each of our churches, please visit their respective websites (on this page) or the Churches Together in Caversham website www.cavershamchurch.org



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