

Caversham Bridge

No 725

www.cavershambridge.org

July 2025

In The Long Run



by Esther Jacobs

Izzy with Manchester medal photo I Jacobs

IZZY JACOBS wouldn't say she was born a runner. In fact, dancing was this Caversham girl's first love. However, over the past two years, she has gone from a total novice runner to a marathon queen!

On Sunday 27 April, she took on the challenge of her first full marathon in Manchester. Having trained hard for months, she was thrilled to achieve a sub-4-hour time – 3:59:03 to be precise.

Izzy's running journey began about 18 months ago, when she started running on the treadmill at the gym. She became

hooked on the buzz and signed up for the Reading half marathon in April 2024, which she completed in an hour and 55 minutes. "When I finished my first half marathon, I swore I could never run a full one, but within a couple of months I'd signed up to the Manchester marathon," she laughs. Once committed, the training began in earnest. The first step was to persuade her boyfriend Alfie to run it with her! Alfie is a semi-professional footballer, but had no prior running experience, so was starting from scratch. The training began in earnest in the New Year. Izzy had a schedule and stuck to it; the pair headed out for increasingly longer runs, whatever the weather.

...fit as fiddles...

Izzy and Alfie were well prepared for this year's half marathon in early April, and fit as fiddles. They ran together and crossed the line in an hour and 47 minutes. As the date of the full marathon approached, they both set to work finding sponsorship for their chosen charities. Alfie ran for the Christie Charity, a Manchester based cancer charity, raising over £1,000. Izzy chose to combine work with leisure, and raised almost £1,500 for Make/Sense Theatre, the Reading-based Community Interest Company for which she works as Community Producer and Dance Practitioner.

The Theatre was set up by local mum Karen Wallace-Jones, who has a background in acting as well as teaching in schools for those with special needs. You can find out more about the Theatre and its summer shows on page three.

Oh, and as I write, Izzy and Alfie have just completed the Green Park 10k, in spite of losing several toenails between them. And yes, she's entered the ballot for next year's London marathon!



Izzy and Alfie in Manchester photo I Jacobs

Colourful Corner



by Phil Chatfield

photo P J Chatfield

THE WILDFLOWER planting on the corner of Grove Road in Emmer Green was providing a splash of colour in June (see left), and much of the planting undertaken by local volunteers around the Budgens precinct area is looking well established now.

Planting of a different kind is the subject of Happy Wanderer's contribution (p7) and Les Cooper's favourite garden pastime for July (p10) this month. By coincidence, both are considering blue flowers. For booklovers, we have our regular book reviews from Alex Forbes, alongside a report on the Fourbears Fest Book Festival in May (both page 5). This month's article from Roslyn Weaver provides feedback on the Festival's Crime Panel, with its trio of crime fiction writers (p8). And the links with the world of books continues with our *Community Connections* subjects this month, writers and former bookshop owners John and Lindsay Mullaney (p4).

Sporting endeavour is the subject of our lead article (see above) and *Our Kind Community*, where

we meet Sam Wallis Robinson, chair at Abbey Rugby Club (p2). Whilst rules are essential for sports, our *Talking Point* from Margaret Dimmick is titled *Rules are made to be broken* (p2). Meanwhile, inspired by a memory of a summer holiday in Croatia, Glyn Picton reflects on human relationships (p13).

Doctor Katy Reay has written about what to expect if visiting A&E, sharing her valuable experience 'at the sharp end' to help us cope if we do go (p8), and our wellbeing article provides advice on improving our sleep (p15).

We hope you enjoy your July Caversham Bridge and would be pleased to receive any feedback or contributions from our readers.

Contact us at editors@cavershambridge.org or by post at Church House, Church Street, Caversham, RG4 8AX.

Please note, it is currently not possible to contact us by phone.

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Rules are made to be broken



Talking Point

by Revd
Margaret Dimmick

THERE WAS quite a discussion in the newspapers recently about this saying. I was reminded of it when we received a photo of our granddaughter, aged four, going to her Reception Class on 'Relaxed Rules Day'. She was wearing normal clothes, not uniform, untidy hair and purple nail varnish. She took an unhealthy snack, just this once, for break.

She said it was fun when the class discussed ten ways to break the rules. All was not chaos, however, because some of the usual norms of behaviour were upheld.

You might think that having a Rule of Life would be very restrictive and domineering, but it is not so. It is a matter of conscience and self-discipline. After all, if we didn't obey the principles of the Highway Code and drove the wrong way down the road, it would lead to serious accidents, hurt and damage.

The broad framework of society leaves us to interpret it with consideration for others and respect for ourselves to our benefit.

As I am writing this, a young sparrow fluttered up to the window, pecking at it to see where it could go. We observe natural laws, by which we know that the bird will fall to the ground if it stops flying. The bird came to no harm. I saw it fly to the porch roof half a minute later to perch, pause and fly on again. It was learning something we already know.

God gave us the commandments: a basic framework,

a guide to daily living. People thousands of years ago realised that they needed a Code of Practice to aid getting along together. It need not be restrictive; it can lead to a freedom.

It's similar to New Year resolutions, but with a more positive attitude. My rule from the religious order I belong to has a strong basic framework, with suggestions for worship and daily living, care for vulnerable people, respecting Creation, avoiding waste and (mainly) buying what I need rather than what I want. Then I had to think of achievable categories to include. I agreed it with a more experienced member of the local group, and it was signed off by the Bishop Protector. And yes, I did pray about it. If that is not your way, perhaps talk it over with a family member or friend.

At intervals, but at least once every year, I go through it and see how I am doing. Am I keeping to what I resolved to do?

We all may be seeking ways to live happier, more satisfying lives. If we have aims and a structured framework, it can be a great help.

If we think about it, we will choose love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control - recommended spiritual gifts.

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



Sam Wallis Robinson

Our Kind Community

text and photo Caroline Gratrix

Celebrating The Kindness of Volunteers: Sam Wallis Robinson and Abbey Rugby Club



IN THE heart of Emmer Green, Abbey Rugby Club has been a cornerstone of local sport and community life for nearly 70 years. Tucked away on Rosehill, just off Peppard Road, the club may not boast stands or flash budgets, but it more than makes up for it with a welcoming atmosphere, dedicated coaches, and a thriving community spirit.

One of the driving forces behind this spirit is Sam Wallis Robinson. Sam first joined the club 19 years ago when her eldest son took up rugby. Since then, she's become a key figure at Abbey, guided by the belief that if you want to see change, you need to be part of it. Three years ago, she stepped into the role of club chair - a position she holds with both passion and purpose.

Abbey Rugby Club is powered by volunteers; from its four directors to the teams maintaining the grounds, every part of the club's success is built on

local people giving their time and energy. It's this generosity that keeps the club running - not just as a sports facility, but as a vibrant community hub for boys, girls, adults, and alumni alike. Among those alumni is England player Jack Willis, a testament to the talent the club helps to nurture.

Sam juggles her role at Abbey with a full-time job and a love of lifting weights. Like many grassroots leaders, she proves that when passionate people step up, they make things happen.

To Sam - and to all the volunteers like her - thank you. Clubs like Abbey are stronger because of you.

Abbey is always open to new players, supporters, and volunteers. To get involved or learn more, visit:
www.readingabbeyrfc.rfu.club

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Meadows Day at Clayfield Copse



THE ANNUAL National Meadows Day event run by ECONET will be held at Clayfield Copse on Saturday 5 July from 10:30-13:30. Access will be from the car park on Caversham Park Road near the tennis courts.

We will have information stalls (with some live exhibits) for bees, bats, butterflies, pollinators, fossils and minerals, environmental information and details on volunteering to support conservation work in the area.

The meadows will be in flower, and we are running two guided walks. Both start from the Econet tent and will look at the biodiversity at this site.

Please come and join us. Trish Marcouse - ECONET

11:00 for adults
11:30 for families with younger children
econetreading.org.uk

make/sense THEATRE

An Inclusive Stage

by Esther Jacobs

The Theatre is proud to be a neuro-affirming employer, with over 75% of the workforce identifying as neurodivergent...

MAKE/SENSE THEATRE is a Community Interest Company based in Caversham which operates across Reading, Bracknell and the surrounding area. It was set up in 2021 by Karen Wallace-Jones with the aim of providing accessible and enriching experiences in the creative arts for neurodivergent young people, and those with physical or sensory disabilities. From very small beginnings, the company has expanded its reach, with over 500 families now accessing our sessions in the community. In addition, it works in over 20 schools and colleges across the wider Thames Valley area.

Every year, the company stages a fully inclusive show, giving young people a valuable opportunity to perform in a professional theatre. Parents are effusive in their feedback about how their children benefit from these experiences, and the young people themselves demonstrate their enjoyment clearly through their engagement in rehearsals and workshops.

Karen was delighted that Izzy (see article page 1) had chosen to support Make/Sense and said, "Izzy's fundraising will enable us to provide amazing

costumes for our show this July. Without donations like hers, our young people would miss out on the experience of performing in a professional theatre!"

The Theatre is proud to be a neuro-affirming employer, with over 75% of the workforce identifying as neurodivergent. It provides work experience opportunities for young people who would otherwise struggle to enter formal employment, and runs a supported internship programme.

The next step for Make/Sense is to become a registered charity, a process which is well underway, and will hopefully be complete by the new academic year. It is hoped charitable status will enable the Theatre to broaden its reach and ensure yet more youngsters are able to access the life-enhancing benefits of theatre and the creative arts!

Make/Sense's summer show *Wish It* is taking place this year on 7, 8, 10 and 11 July in the Performing Arts Centre at Queen Anne's School in Caversham.

Tickets are available to purchase at: www.ticketsource.co.uk/makesense-theatre



The piano

photo P J Chatfield

In Need of a New Home

THE METHODIST Church at Gosbrook Road, Caversham, has a Phillips piano which is no longer needed. Although the front is a little damaged, it is otherwise in a good condition. The piano is offered free to anyone who would like to give it a new home and can arrange transport.

Please email editors@cavershambridge.org if you are interested. **The Editors**

Growing Support

by Pam and Phil Chatfield

OUR CHARITY Plant Sale in May has become something of a fixture in the calendars of many local gardeners. This year we had people waiting at our gate for the opening! The first day was particularly busy and, over the three days, we raised around £2,600, which has been shared between WaterAid and the International Red Cross.

We would like to thank everyone who supported the sale. Those who provided new homes for so many plants, friends, former colleagues, and neighbours who grew and donated plants to supplement our own and baked the cakes, which proved so popular. We are also grateful to Dave and Carol Rylands, whose help on the Thursday was invaluable, and to Tricia Marcouse, who assisted throughout the sale, helping wherever needed and providing expert advice on what plants would grow where.



Albert Road Enterprise

OUR SOCIAL Media volunteer, Jean Harper, spotted these plants for sale in an Albert Road front garden early in April.

Three years ago, Gail and Alan Spence hosted a huge bring and buy plant sale at their home in aid of the DEC Ukraine Appeal, (which we reported in our July 2022 edition), but this was a 'one-off'. However, each year, when they thin and divide the plants in their garden in the spring, they put the surplus plants on sale on their front path. Friends and neighbours also contribute plants, and the money raised goes to charity. The sale usually lasts two or three weeks around April until they run out of plants. This year they raised over £630 for Médecins Sans Frontières (MSF).

Well done, Gail and Alan!

The Editors



Albert Road plant sale

photo J Harper

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Attendees enjoying the post service cream tea

photo R Ross Smith

Remembering 100 years on

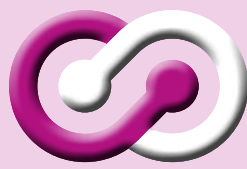
by Barbara Pearson

OUR MAY edition included a brief history of St Peter's Lady Chapel as the church was celebrating the chapel's centenary this year. It was constructed as a war memorial to all the Caversham service personnel who died in the First World War.

A service of rededication of the Lady Chapel took place at the church on the afternoon of Sunday 18th May. Revd Canon Mike Smith led the service, which was attended by forty people. Members of the Friends of St Peter participated in the telling of the history of the chapel, the prayers, readings, and laying of white roses on the Memorial Desk. A fundraising Cream Tea followed the service and was very well received. It was the first of many events organised by the Friends, who hope more members of the Caversham community will become members.

Details of how to join are at www.ctmparish.org.uk/event/fosp

The Friends of St Peter provide for the fabric and maintenance of this historic building for future generations.



Community Connections

This month

Sarah Stuffins speaks to John and Lindsay Mullaney

LONGER-TERM RESIDENTS of Caversham will remember John and Lindsay from their many years running the Caversham Bookshop (in several units along Prospect Street); even if you never bought a book, I'm sure many will remember Lindsay's annual quizzes.

Since handing the shop on, they have remained well known through their interests, but I'd like to start by going back to their earliest days in the area. John and Lindsay met at the University of Reading in the early 70s, married in their final year, and will celebrate their 55th wedding anniversary later this year. They rented their first home opposite Budgens and worked as teachers before taking over the bookshop. They have been in their present home off Peppard Road for 38 years.

When they retired from the shop, they decided to do different things as they had always worked together. However, over time, their interests brought them back together. They are fascinated by Reading's early history, and both have undertaken research and written books (John focusing on the architecture of the Abbey, Lindsay on Henry I who built it), and even setting up their own publishing house at one point. They are enthusiastic members of various Reading historical societies and enjoy giving and listening to talks. And there's always some new research to undertake, including the history of Lindsay's mother's family.

They also enjoy music. Lindsay sings in two local choirs, and they both enjoy attending classical music concerts. A recent pleasure is attending with their grandson, who is now old enough to take along too.

How long have you lived in RG4?

Over 50 years, living and working.

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

The Flowing Spring and the Greek restaurant. We are looking forward to the latter reopening, and of course Fourbears Books. We like True Food in Emmer Green – and wish there was something similar in the central Caversham shopping area.



John and Lindsay

photo S Stuffins

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

We have an allotment on Henley Road and are distraught they are closing. We love meeting families there, particularly those with young children, and feel it introduces them to a more sustainable way of living.

How would you strengthen our sense of community?

As long-term residents, we have many friends in the local area, many of whom started out as customers, and love this side of the community.

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

The return of a proper post office and a banking hub.

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by Alex Forbes



For your bookshelf....

Welcome to our monthly article where we chat about books we've enjoyed in the last month.

ONE OF THE highlights of our recent Fourbears Fest was the Nature Craft workshop with Yuval Zommer. The session was based around his book The Big Book of Nature Art, which is built on the years he spent running art workshops for kids. The book encourages children to see the creative potential in the natural and everyday items all around us, from twigs and petals, leaves to loo rolls - even pencil shavings!

The book has 22 easy art activities which can each be achieved in four steps, using natural materials combined with recycled or found materials from around the home.

Knowing the British summer weather there may be the odd day where activities are required

to entertain children during the holidays, and The Big Book of Nature Art will do just that. It's a lot of fun for adults and children alike.

Sarah Perry has had some successful titles with Sunday Times bestseller Melmoth, and The Essex Serpent. Perry's new book, Enlightenment, was longlisted for the 2024 Booker Prize so I knew when I picked it up it would be good. It's based around Thomas Hart and Grace Macaulay, who have lived their lives in a small town in Essex. Though there is a 30-year age difference, they are kindred spirits, torn between their religion and their desire to explore the world. Their friendship is ruptured by the arrival of love. Enlightenment was so absorbing and is richly layered throughout. It really felt like a book to get lost in.

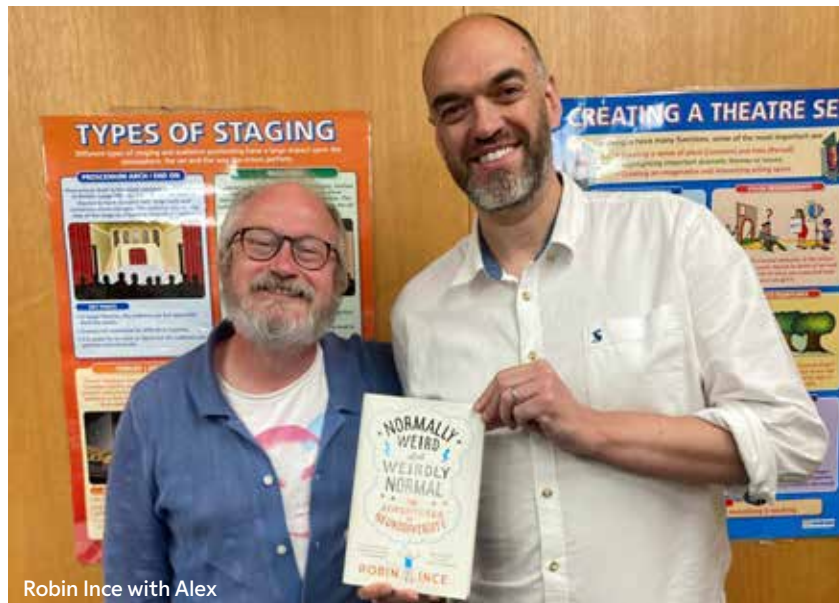
Happy reading whatever it may be, and hopefully see you in the shop soon.

www.fourbearsbooks.co.uk



The Bear seeks enlightenment in nature

photo A Forbes



Robin Ince with Alex

A Book Festival on our doorstep – Fourbears Fest

by Alex Forbes

THE FIRST FULL Fourbears Fest was held in 2024. There were many highlights and immediately I knew I wanted to do it again in 2025. We identified changes and improvements which fed into Fourbears Fest 2025 this May. We had some familiar faces, like Robin Ince and Neill Cameron, plus a whole feast of new authors and types of event.

We started on the Friday night with Robin Ince at Queen Anne's School here in Caversham. It was great to use a new venue, and Robin delighted the audience with tales of his magnificent mind.

Saturday morning saw Rose Lihou kick the children's events off at Caversham Baptist Church with her Tiny Dogs series, followed by the return of Neill Cameron leading a Comic Book draw-along. Sophy Henn and Steve Cole wrapped up the children's events on the Saturday.

Sunday's children's sessions were hosted at Fourbears Books, starting with Reading Rep Storytime. The shop was packed, and I know Claire and Eliza (my wife and daughter) thoroughly enjoyed it. Next came two practical sessions; Yuval Zommer ran an Art workshop, followed by the brilliant Iszi Lawrence teaching a creative writing class for kids.

...touching interview...

For adults, where Progress Theatre were our hosts, we had a superb Crime Panel (see Roslyn Weaver's article on page 8). Best seller Jasper Fforde was part of a special session discussing why he doesn't want just anyone to make his books into films, and why being silly is brilliant.

Caversham Writers have been huge supporters of the shop, and Adrian Raffill kindly agreed to interview a long distance member Curtis Chin. Curtis' memoir, *Everything I learned I learned in a Chinese Restaurant*, talks about growing up as a Gay Asian American born in Detroit during the 80's. It was a touching interview, and we were delighted Curtis could fit us into his busy schedule.

Amy Jeffs is a unique talent. Her passion for art, creativity, and medieval elegies oozed out of her as she wowed the audience on Sunday afternoon. This event had some truly spectacular moments, including Amy performing a mesmerising song. Two Rivers Press rounded the Sunday off with performances from their poetry anthology.

It was a great weekend, and I enjoyed a celebratory meal on Sunday afternoon, before getting the diary out to pick the dates for Fourbears Fest 2026.

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What's On

IF YOU have an event planned, please send details to whatson@cavershambridge.org
We need to receive these no later than the 10th of the month before the event for inclusion in the printed paper. Later submissions can be included in our online What's On, which is updated regularly. To see what has been added check:

cavershambridge.org/archives/category/around-caversham

Please note, a listing of baby and toddler groups can be found on page 14.

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 – Arts and Crafts – 14:00-16:00 Gosbrook Road Methodist Church. Paint, sketch, sew, knit. Suggested donation £2. Call 0118 947 6607 for details or just turn up!

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 – 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 – 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. For details contact Duncan Knight on 0118 947 5544 or email duncan.knight@googlemail.com

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

to 29 August – Our River Thames – an exhibition exploring our history and interaction with the River Thames – Tuesday-Friday, Royal Berkshire Archives, 9 Coley Avenue, RG1 6AF. See www.royalberkshirearchives.org.uk/whats-going-on for opening times.

Tuesday 1 July – Caversham Women's Institute – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel: 0118 947 5176

Wednesday 2 July until Saturday 10 August – *Exhibition of works by Andrew Field artworks inspired by the world around him; his travels along the Thames in his canoe, beautiful country houses, and walks through nature* – Caversham Picture Framer, Church Road – for details see cavershampictureframer.co.uk/events

Wednesday 2 July – Sherborne St John and The Vyne walk (SU627555) 5 miles – 10:30 Pang Valley Ramblers. This walk crosses arable farmland, explores woodland and follows the banks of a stream which skirts The Vyne Estate. There are opportunities to view scenic countryside, historic landmarks and wetland birdlife. One of a programme of regular walks in the area – see <https://pvrblers.org.uk/walks-programme>

Friday 4 July – Chazey Women's Institute – 14:30 at St Andrew's Church Hall. Tel: 0118 947 0964, or e-mail rowena@primology.com

Friday 4 July – 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

Saturday 5 July – Reading Haydn Choir summer concert – 19:30, St Andrew's Church, Albert Road RG4 7PL. The repertoire will be a mix of European sacred music, opera choruses and settings by Finzi of poems by Robert Bridges – something for everyone. Further details www.haydnchoir.org.uk

Saturday 5 July – Oye Santana, Celebrating the music of Carlos Santana – 20:30 The Flowing Spring, Henley Road, RG4 9RB. See www.theflowingspringpub.co.uk/whatson

Sunday 6 July – Choral music celebrating poetry, song and the beauty of the natural world, Glass Ensemble – 17:00 at The Abbey School, Reading RG1 5DZ. Tickets including refreshments: £18 adults (£15 in advance). Under 18s free.

www.ticketsource.co.uk/glass-ensemble or 07930 690 873. Retiring collection for Sudden Infant Death Syndrome

Monday 7 to Friday 11 July – Wish It, Make/Sense's summer show – 19:00 The Performing Arts Centre, Queen Anne's School, Caversham. Tickets are available to purchase at: www.ticketsource.co.uk/makesense-theatre NOTE. No performance 9 July.

Wednesday 9 July – Rosehill Ladies – 14:00 at St Barnabas Hall, Emmer Green. Tel: Sue 0118 947 7570 or email suegreen@hotmail.com

Thursday 10 July–6 September – Don't Rock the Boat, a comedy by Robin Hawdon – The Mill at Sonning Theatre. See millatsonning.com/shows/dont-rock-the-boat for details of times and to book.

Saturday 12 July – Bach: Christ lag in Todesbanden, Caroline Shaw: To the Hands and Entr'acte and the Telemann Viola Concerto – 19:30 Reading Bach Choir with instrumentalists from Concerts in Caversham at Douai Abbey. Tickets £18 / Under 18's £5, via the website www.readingbachchoir.org.uk or on the door.

Saturday 12 July – Annual Parish Fête – 14:00 Caversham Thameside and Mapledurham Parish, Caversham Court Gardens. Stalls, sideshows, refreshments and music. See www.ctmparish.org.uk/event/parish-fete

Thursday 17 July – Swanupping on the Thames between Sonning Lock and Mapledurham – 10:15 (approx.) at Caversham Lock. For more details see www.royalswan.co.uk

Monday 28 July – Hospitals of Reading's Past – 14:00 at Abbey Baptist Church, Abbey Square, Reading, talk to Reading u3a by Lionel Williams. Non-members welcome, free entry. See www.readingu3a.org.uk

Coming Up in August

Saturday 30 August – Caversham Horticultural Society Autumn Show – 14:00-16:00 Emmer Green Primary School, St Barnabas Road, RG4 8LN. There will also be a autumn bulb and plant sale, a seed swap (Reading Food Growing Network), young fruit trees for sale and stalls from the Hedgehog and Canal Trusts. Refreshments (hot and cold drinks and cake) will also be available from 14:00.

CADRA Planning Bulletin

A summary of planning and transport matters affecting the RG4 area, provided by Caversham and District Residents Association www.cadra.org.uk

Proposal draws objections from both sides of the council boundary

A CONTROVERSIAL proposal for up to **70 homes west of Kidmore End Road** (P25/S1431/O) would extend the Reading Golf Club development into South Oxfordshire. While some of the remaining course would be protected, the plan has already drawn many objections from both sides of the council boundary.

There are three related consultations. The main application, P25/S1431/O, submitted to South Oxfordshire District Council (SODC) will decide the outcome.

Because access would be via Reading, a separate application (PL/25/0691) was submitted to Reading Borough Council (RBC), who can only respond on access matters. A third application (PL/25/0731) is a consultation from SODC to RBC as a neighbouring authority.

In contrast, another new application shows a more heritage-focused approach: PL/25/0751 proposes a careful restoration of The Fishery, a neglected listed building in **The Warren** with 17th-18th century origins.

Other planning updates include approval for four homes at **Atterbury Gardens** behind Richmond Road (PL/24/1659), The Council Planning Committee had to balance housing needs with concerns over traffic and biodiversity payments. The long-awaited restoration of the former **Spice Oven** (PL/23/1257) was approved, allowing for flats and commercial units, and revised frontage respecting and improving the historic character. Major repairs to **Caversham Court's** east boundary wall (PL/25/0606) were also approved, though tree replacement remains a concern. A proposed digital ad-screen at **Thames Valley Service Station, George Street**, was refused.

Finally, three competing proposals for restructuring **Oxfordshire councils and West Berkshire** may indirectly affect planning policy in our area, despite not involving Reading directly.

See www.cadra.org.uk

for links to these planning applications.

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MY BACK garden is, to put it politely, closely planted – some would say ‘overgrown’. Last summer I took out a small dead tree, leaving a patch of bare earth. This was in July and, by August, a weed had appeared there, with hairy leaves. I eventually recognised that it was borage, though the plant wasn’t one I’d seen in my garden before. It grew very rapidly, and in September it was flowering profusely. It’s an annual, and died away to nothing when colder weather arrived but now, in early May, I have a hundred or so seedlings.

As so often when composing these articles, I reached down the appropriate volume of the *Oxford English Dictionary*, to discover that the name ‘borage’ comes from a Latin word meaning something shaggy, on account of the plant’s general hairiness. The dictionary also showed that, since the 17th century, the name has sometimes been spelled ‘burrage’.

...floating in cold drinks...

It has long had a reputation as a pick-me-up, an aphrodisiac, and a hangover cure. The leaves, despite the hairiness, are pleasant on the palate, like cucumber, and the blue star-like flowers look attractive when floating in cold drinks.

John Evelyn, the 17th-century diarist, wrote that sprigs of borage ‘are of known virtue to revive the hypochondriac and cheer the hard student’. Sadly, I didn’t know this when I was a student.

Apparently, in the 1880s, in season, thirsty travellers could enjoy a claret cup complete with floating borage leaves at the London railway termini. Imagine asking for such a thing at present-day Paddington station!

Richard Mabey, in his *Food for Free* book,

It has long had a reputation as a pick-me-up, an aphrodisiac, and a hangover cure...

published in 1971, makes the following admission: ‘I can testify to one case, at least, where the dried leaves proved of inestimable value as a hangover cure, used first as an inhalant in hot water, and then, in desperation, drunk. It really did seem to have a remarkably exhilarating and head-clearing effect.’ He also recommends floating the flowers in cold summer drinks, together with those of woodruff. This is a plant I also have in the garden – I like to think because the residential street where I live was, until the 20th century, a country lane.

A quick look at the Internet shows that today, you can buy something called star-flower oil, which is produced from the borage seeds. Somewhere, farmers must be growing borage in their fields. Advertising suggests that the oil is good if you suffer from dry skin, and can help prevent, or relieve the symptoms of all kinds of diseases – among them premenstrual syndrome, diabetes, heart disease, rheumatoid arthritis and Alzheimer’s disease.

So, this year, with all those seedlings, I may as well try floating some young leaves in a drink but won’t rush out in search of star-flower oil. The association of borage with courage in the old saying amuses me. Did the courage actually come from the plant, or from the drink in which it was floating? Maybe it was courage of the Dutch variety!



Borage photo Happy Wanderer

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 ———

circle

cheat

squelch

burn

slurp

insect

bet

wool

timber

cotton

threat

tent

dimple

sang

hand

sting

Answers on page 14

THEM BONES

Can you find 25 terms relating to the body in the grid?

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

- Ankle

Arm

Clavicle

Elbow

Finger

Foot

Forearm

Hand

Heel

Hip

Jaw

Knee

Kneecap
- Leg

Neck

Ribcage

Shin

Shoulder

Skull

Spine

Sternum

Thigh

Thumb

Toe

Wrist

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Page 7

Why the butler didn't do it:

Crime fiction at Caversham's book festival



text and photo Roslyn Weaver

A FLIGHT TO the Arctic, an idyllic island and the rolling hills of rural England might sound like the contents page of a travel magazine, a tourism bucket list, or the start of a riddle but, for an audience at Progress Theatre one sunny May afternoon, it was instead the basis for a crime fiction panel.

Held as part of Caversham's own Book Festival and hosted by Fourbears bookshop owner, Alex Forbes, the crime panel event took place on Saturday 17 May and was staged fittingly, with its button-backed chairs between bookshelf backdrops. The panel featured a trio of crime writers: Tom Hindle, Stuart Turton and Kate Wells, and their discussion entertained the audience while giving an insight into their writing.

The trio's crime fiction sub-genres and styles are very different, and so too their productivity. Hindle takes the locked-room concept to various settings and eras from Italian islands and English hotels to a 1920s ship. Turton has also used the locked-room concept, but blends his crime fiction with other genres such as science fiction and fantasy, while Wells' Malvern Farm Mysteries feature a farmer-turned-amateur sleuth. Turton made much of his surprise at Wells publishing multiple books a year, in contrast with his own appearing several years apart, with Hindle taking the middle ground of publishing one a year.

Crime is, of course, anything but cosy in the real world, but that is precisely its appeal between the contained covers of fiction, where justice is usually swift, wrongs are righted, and the chaos of crime is regularly turned into law and order once again. A further attraction of popular crime novels is the reader playing detective, attempting to guess the murderer's identity before it is revealed. The panellists discussed this as a motivation to anticipate what readers might be expecting and, in some cases, writing differently to keep them guessing.

Which means that in most cases, we can be pretty sure it will be anybody except the butler that did it.

Looking After Yourself



by
Katy Reay
Medical
Mentor

Ten things to know about your visit to A&E

There is likely to be a lot of waiting around

Despite the four-hour target time for you to be assessed, discharged or admitted, you'll have to wait to see the triage nurse, a medical professional for assessment, tests and results. So take a book or something.

Arriving by ambulance will not get you seen quicker

All patients will be triaged - a quick check of your vital signs and brief discussion about your symptoms. You may be offered pain relief and some tests. Patients who arrive by ambulance are triaged in the same way, then seen in order of need.

You may not be seen by a doctor

You may be assessed by a nurse practitioner, paramedic or physician associate; all skilled professionals trained in emergency assessments. They are supervised by a senior emergency doctor to discuss issues and review patients if needed.

Patients can't 'skip the queue'

Although this can be frustrating when you have been waiting a long time, there will always be a good reason. They may be referred to a nurse practitioner with a shorter waiting time, or sent directly to a specific team by an outside practitioner.

You may be redirected

After your initial assessment it may be decided that you can be reviewed in an alternative setting, such as a GP practice, minor injuries unit, or emergency assessment unit.

The different areas within the department

- The resuscitation room for the sickest patients who need intensive treatment and monitoring
- Majors - for patients who need a bed and sometimes a monitor
- Minors - a mixed area with beds and chair spaces, and simple consultation rooms for assessments
- Side rooms - isolation rooms for patients suspected of having an infectious disease or needing more privacy
- The waiting room - for those not needing a bed
- Radiology - Most emergency departments have their own x-ray area
- Paediatric emergency department - children will be directed here on arrival

Everyone is stressed!

The emergency department is very busy and stressful for staff and patients, especially given the pressure on the NHS. The staff will be trying their best, so please be kind!

It's all FREE!

The NHS is an amazing organisation – free at the point of use! The only thing you may be asked to pay for is an outpatient prescription if you need medication to take home.

It's OK to ask questions

Ask for pain relief if you need it. Make sure you understand what is happening in your assessment, diagnosis and any treatment or tests. If you are discharged, make sure you know how to look after yourself at home and if there needs to be any follow-up.

You may leave not knowing what has caused your symptoms

Often the cause of your symptoms can't be found, but all serious causes have been ruled out. You may need follow-up or more tests as an outpatient or be advised to see your GP or return to A&E if necessary.

For more information see:

www.medicalmentor.uk/blog/blog-10things-emergency.



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EcoTip

by Tricia Marcouse

MANY PEOPLE are trying to reduce single-use plastics in their lives. One option is to refill containers and there are several wonderful refill stores offering a good range of products in Caversham and Central Reading.

The True Food Coop at 61 Grove Road, Emmer Green is open Tuesdays to Saturdays 9:00 to 18:00 and sells a wide range of foods and household cleaners by weight or volume. Staples such as rice and dried beans and wondrously yummy things like dried sour cherries. See their catalogue on truefood.coop, gather up some containers and bags and fill them up with the exact amount you need. Then try some tasty breads, locally

Refill in Reading

grown organic vegetables, and consider offering your help as a volunteer for a few hours a week either in the shop or managing the goods.

Doing a shop in Reading town centre? Then the Global Refills shop at RISC on London Street carries many of the same products, see risc.org.uk/global-refills. It is open Tuesday to Sunday until 18:00 and, of course, there is the World Shop next door for fair trade and ethical purchases from around the world. Volunteers are welcome here, too.

Worried about the chemicals in personal care or household cleaning products? Both the True Food Coop and RISC offer clarity in these matters and sell a range of soaps, shampoos, perfumes and household cleaners. A range of vegan skin care and home fragrance products is also available at Nood in the centre of Caversham, near to Warings bakery. Again, there are refill options available to you. See www.noodstores.co.uk



Nood Refill with Maddy

photo F Smith

The Final Cut

text and photo Phil Chatfield

AFTER NEARLY 30 years, Emma Ruane, who owns The Barber Shop in Caversham has decided it is time to move on.

Emma grew up in Caversham and attended Chiltern Edge School. She started as an apprentice at the Forresters hairdresser in the Precinct when she was 16 and loved the work. She qualified there but left because her mum opened a gift shop in 1995 which she wanted Emma to run. "It was fun for a few years until competing with The Oracle in Reading proved too much." It was then, at the age of 19, she decided to go back to what she enjoyed most and the shop was converted to a barber, opening in December 1997.

...loves her work...

Emma has enjoyed being part of the community in Caversham. There are very few local businesses which have been unchanged for so long. She loves her work and her many loyal clients. She told me, "My first ever client still comes in after all these years!" Some clients have become good friends.

She has watched children grow up and then cut their hair for their weddings. Some students wait until they are back in Caversham for a haircut. She is genuinely interested in people and loves the conversations she has with clients. Whilst often light-hearted, clients will sometimes share things with their barber they can't talk about with anyone else. But such confidences never go any further – your secrets are safe! Sometimes clients are surprised at her memory – just recently she had one who had not been in for 7 years. She not only remembered how he liked his hair cut but also details of their last conversation!

...dream team...

Over the years she has had a lot of apprentices working with her, and some members of what she calls her 'dream team' stayed many years – the longest was 18 years. She commented, "I can't have been an awful boss!"

Having survived Covid-19, changes over the years have made running the business harder and Emma has increasingly been working on her own, sometimes not even having time for a meal. "Closing the salon and saying goodbye to staff was a difficult decision but the right one" she said. The shop closed Saturday 21 June, with many of her former team joining her to say goodbye. After a break and a good holiday, Emma plans to continue working remotely on her own and hopes to see former clients again soon.

Further details will be on her Facebook page when available
www.facebook.com/people/The-Barber-Shop-Caversham



Emma in The Barber Shop

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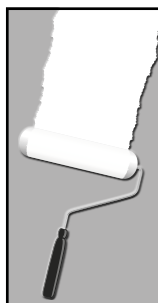
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Les Cooper

A Blooming Good Blue

AT TIMES DURING July, my favourite gardening pastime is thinking what I should be doing...tomorrow. Come on, we all need to have a time to sit back and enjoy our gardens. But there is one job we should be doing because we will be so pleased with ourselves next year. Yes, now is a good time for sowing biennials such as wallflowers, honesty, foxgloves and forget-me-nots. If I had the space, I would grow them all but one has to make a choice.

For some reason I have lost interest in growing wallflowers, and I'll not bother with them this year or rather next year. I like them but I am somewhat fickle and can't be bothered with them at the moment. Anyway, if next year I should change my mind, as I probably will, I could always buy plants in a garden centre.

I have never grown lunaria (honesty), although it has occasionally appeared in my garden from somewhere. Sorry but it doesn't excite me.

On the other hand, this year I became fascinated with forget-me-nots; yes forget-me-nots! I haven't gone completely mad, but I happened to notice in my Chiltern Seed catalogue one called Myosotis Bluesylva, a darker blue forget-me-not. I thought I would give it a try and have really

enjoyed the result. It has received an RHS Award of garden merit, and I can see why. The plants form compact clumps with lots of bright dark blue flowers. I know they are easy to grow, and I will sow more this year. Incidentally, there are pink and white strains too.

Everyone loves growing foxgloves (digitalis); I must do so because I wrote about them in June. There is such a wide selection. I have tried a number, and I guess my memory is going because I cannot remember which was the best. However, I am going to try a variety called Pam's choice with creamy white florets and deep burgundy throats.

...unproven belief...

I usually sow the seed in a pot, and then plant out seedlings into as large a pot as I can reasonably use. My unproven belief is modern composts, which no longer use peat, do not hold the moisture as in days past. These days pricking out a seedling into a small pot means it will dry out very quickly unless you stand it in some water. I do mix vermiculite into the compost hoping, as the manufacturers suggest, it will help retain moisture.

There... a little bit of effort now for a lot of enjoyment next year.



Forget-me-not bright blue

photo E Cooper



Don't miss a word from Les!

THIS PAPER is delivered monthly by our team of volunteers in Mapledurham, Caversham, Emmer Green and Caversham Park Village, as well as the Caversham Road area. Annual subscription costs just £7.

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Gill Madeley NAHort.

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The Local Scene

by Martin Andrews

11 Prospect Street – MD Howlett

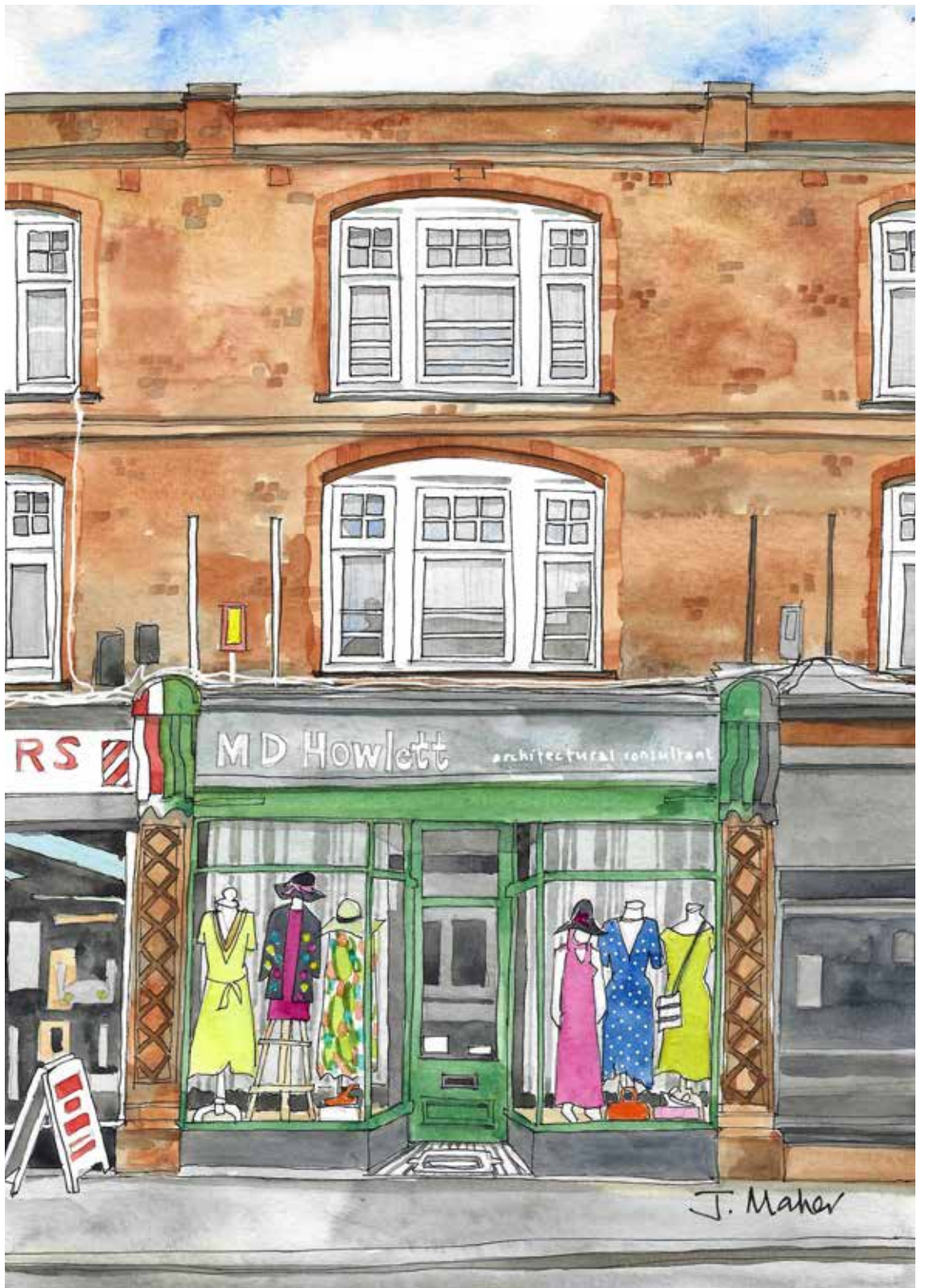
JANINA MAHER'S drawing this month is of number 11 Prospect Street, the premises of MD Howlett, Architectural Consultant. When I popped in to see Mike Howlett, he made me very welcome and explained that he took over the shop in 2019 moving from his previous office on an attic floor of number 23 Prospect Street. He took the lease over from Goldcrest Travel Agency which had occupied the premises for several years.

As an Architectural Consultant, Mike takes on a wide range of projects, including interior alterations, loft conversions, and the complete design of houses. He began working in London in 1973 for an architectural company taking on projects for Local Authorities but later set up his own freelance business. He and his wife moved to Caversham over 40 years ago and have loved living here.

Many of us have passed number 11 and our eyes have been caught by fascinating vintage costumes on display in the window (seen in Janina's drawing) – they cleverly drew our attention to Mike's office but were, in fact, advertising another local business, Dolly Rose Vintage – a mutually beneficial arrangement. Today, Dolly Rose has gone 'on-line'.

...in this growing district...

Those of us who have lived in Caversham for a really long time might remember the premises as being a branch of Jackson & Sons (the main department store being on 'Jackson's Corner' in Reading). Mike showed me an early advertisement for the shop which declared that 'March 1912, witnessed the opening of E. Jackson & Sons' Caversham Branch at Prospect Street, much to the appreciation of their customers in this growing district'. The advert went on to say the branch catered for Gentlemen's and Boys' complete Outfitting ... Inspection is cordially invited at any time'. Later it became more of a general haberdasher and later again I remember shelves packed with colourful knitting wool and sewing materials – many of the original shop fittings are still there.



Drawing by Janina Maher

www.janinamaher.artweb.com



**If you would like
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Mission to make connections and collaborations



Rising artist **Yuliya Martynova's** life journey has brought her from Aktau in Kazakhstan to Caversham – and she is thrilled to be sharing her passion for art with her new neighbours, as she told **Elestr Lee**

THE GLITTERING, modernist energy-rich port of Aktau on the Caspian Sea in Kazakhstan – with its cold desert climate, lying mostly below sea level – sounds about as far from Caversham as you can imagine. The daughter of engineers, Yuliya Martynova was encouraged to enter law and, for many years, (having gained three law degrees as well as marketing qualifications) she worked primarily for oil companies, in Aktau, Almaty - Kazakhstan's capital – as well as Aberdeen, London and Russia. In 2014 she met her British husband while she was living in Croydon; his job took them to live close to Red Square in Moscow for a while. But then they returned to London and, in 2015, Yuliya dramatically decided to give up the business world – and switch to art, which she had last done seriously while at school.

“It is quite a story! My sister, who is an interpreter, had visited an Indian guru. The guru told her, ‘You will be swapping products from one side of Russia to the other’, and he added, ‘You have a sister, and she is an artist’.

“At the time, I wasn’t an artist. In fact at that point I was working for a concierge service helping wealthy people settle in London. I was losing motivation – I had three degrees, and was helping people to choose wallpaper. So about six months later, I said ‘Yes!’ I will become an artist.

“It was scary. But I am a risk taker. I started off doing small paintings, in water colour and oils, which has always been my medium, then my paintings got bigger. Within a short time, I had been added to Saatchi’s new artists list and, within two months, I had sold my first painting for \$2,000!

...confidence grew...

“I painted a lot, some small works at lower prices, but in time my confidence grew. I was an early user of online to sell my work, and the sales grew rapidly. But I also started to get my work into bigger exhibitions, moving in professional circles, as well as learning a lot behind the scenes, such as the logistics of packing and sending my work.

“By the time of Covid, it was my best years yet, as I was already online, while everyone else was just starting to discover it. I sold lots of paintings! I had a studio in Wimbledon, where we were then living. But I was pregnant, and we took the decision to move out of London and came to Caversham.

“Things are now changing, and I think there is a push-back against online. People want to look at art on a wall, they like to take some time before making their decision. So now I am both ‘off the ground’ and ‘on the ground!’”

Yuliya’s work is now available through a Florida-based gallery as well as one in London’s Crystal Palace; the London-based online gallery Degreeart also now offers in-person residencies, which Yuliya is looking forward to taking part in.

Now firmly based in Caversham with her husband and young daughter, Yuliya has been reaching out to the local artistic community, with her first foray into ‘art trails’ last spring, when she took part in the Henley trail. Then in December 2024 she launched a two-month residency at the River and Rowing Museum in Henley – sharing the space with Caversham perfumier Gabriel de Carvalho. “I had seen Gabriel’s work during the Caversham Arts



“I want to put my work out for people to experience... you never know, they may come back!”

Trail last May, and suggested to him that I would exhibit paintings that were based on episodes in my life – for example my teenage years, my corporate life; I persuaded him to create perfumes to complement the various chapters”.

Yuliya was thrilled with the response. “I was overwhelmed – it was such a successful exhibition. I felt it was the best interaction with the visitors, and lifted me as an artist, because it gave people such an enriching experience... it took people to the next level of understanding art”.

Making connections is now Yuliya’s mission and, having taken part in the Caversham Art Trail this May, she will be returning to Henley in July with a solo exhibition at the Old Fire Station from July 9-16, coinciding with this summer’s annual Henley Festival.

“You never quite know who is going to come to the gallery... what I hope is to make more connections and create more collaborations. It isn’t about selling; I want to put my work out there for people to experience. But you never know, they may come back, after thinking about my art!”

Find out more:

martynova.co.uk

**Old Fire Station Gallery,
52 Market Place, Henley RG9 2AG
Exhibition: July 9-16**



All photos



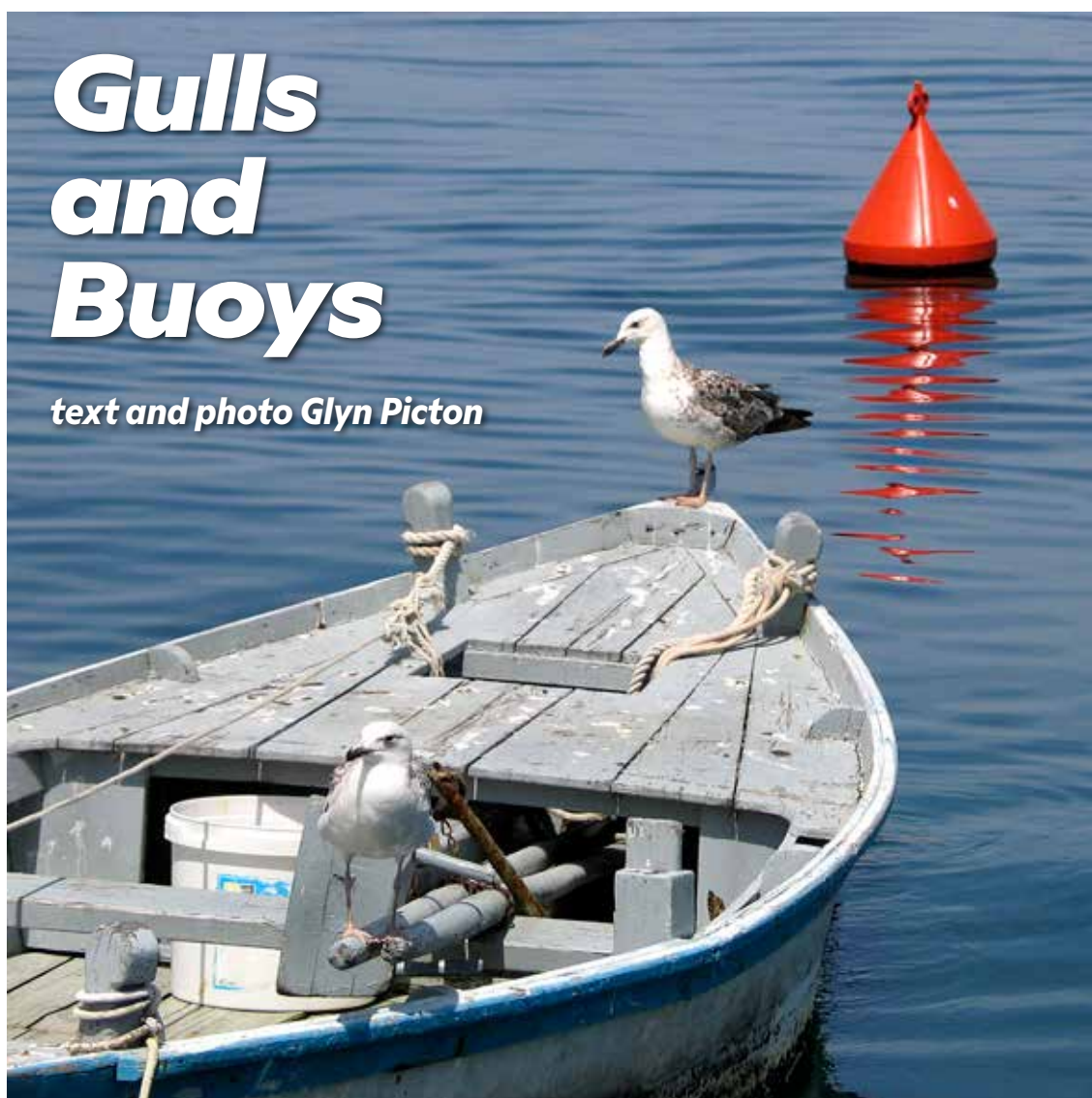
Turning back the pages

by Phil Chatfield

OVER THE last five years, we have been working with Royal Berkshire Records (RBR – formerly the Berkshire Records Office) to digitise copies of past editions of the Caversham Bridge paper. The RBR hold copies of almost all of the papers published since 1964.

The latest batch of papers, which are now available through our web site, include 1969, 2000, 2005 and 2010. These provide a fascinating glimpse into the past, with stories of local people and of our community. We still have around 25 years' worth of papers to complete the digitisation process, which costs about £100 per year. At the current rate, this will take around another six years. We are now seeking sponsors who could help speed this up.

If you would like to sponsor the scanning of some of our back issues, please contact me at chair@cavershambridge.org



Gulls and Buoys

text and photo Glyn Picton

IT LOOKED LIKE it was going to be a nice day in Croatia. As the morning sun rose over the highest peak of the nearby Biokova mountain, it was already creating a sparkle on the previously grey looking water of the pretty harbour.

I sat on a bench which offered some protection from the rising sun, together with the very pleasant aromatic smell of pines. There were not many people around at this early hour, except for a group of fishermen readying their boats for the day, and a tourist here and there preparing their own craft, ready for a day on the calm blue water beyond the harbour.

Within a few minutes of choosing my bench, a fluttering noise from above my head signalled the arrival of a small group of seagulls, some quite large, which were possibly the male of the species, and also some slightly smaller and brighter coloured gulls, which may have been the ladies of the species. The early arrivals had already selected their landing areas and had expertly, with great skill, landed on several of the boat masts and floating coloured buoys, bobbing up and down, on the water in the harbour.

... they had, almost without exception, all left their perches and flew away in pairs. Yet they had arrived earlier several minutes apart

With my compact camera, I captured several pictures of the new arrivals, making sure to include the eye-catching colours of the buoys, upon which several birds had alighted and taken up residence. Closer observation showed that most of the birds had paired off, with each pair selecting their own territory, each perch being occupied by two gulls, one large, one smaller.

Eventually, I moved on and, in due course, headed for the promenade adjacent to the pebble beach. It was then I remembered when I was watching the gulls back at the harbour, they had, almost without exception, all left their perches and flew away in pairs. Yet they had arrived earlier several minutes apart, and not together at that point. A bit like our own behaviour in life as homo sapiens – we meet someone out of the blue – just like my 'gull and buoy' experience but eventually become life partners. I'll drink to that.

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First Impressions Matter

Turning job setbacks into stepping stones

by Laura Harmsworth



GETTING THAT 'we've decided to go with another candidate' email can feel like a real disappointment.

But what if rejection could actually boost your job search? Here's how to transform those disappointing moments into valuable career insights.

Ask for feedback

Don't be shy! A simple, "I'd appreciate any advice for future applications", can unlock golden nuggets of information. While not every employer will respond, those who do can provide valuable information on how you're being perceived.

Look for patterns

If you're sailing through to interviews but stumbling at that stage, perhaps your CV shines brighter than your in-person presence. Mock interviews with a trusted friend might help. Conversely, if

applications hit a dead end before interviews, your CV might need a refresh.

Don't take it personally

Remember that rejection often isn't personal. With dozens—sometimes hundreds—of applicants for each role, many qualified candidates miss out simply because of the sheer number. The employer might have had an internal candidate in mind, or perhaps someone with a slightly different skill mix.

Turn rejection into connection

A gracious "thank you for considering me" response can leave doors ajar. Many a job has materialised months later because someone remembered a positive interaction with a candidate who handled rejection with professionalism.

And remember...

- Each 'no' narrows your path to the right 'yes'
- Every interview builds your confidence
- Each application refines your understanding of your industry's needs

Rather than collecting rejections, think of yourself as gathering valuable information to guide you closer to that perfect-fit role that's waiting just around the corner.

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

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



Future editions:

Contributions for the August issue

should be submitted by 1 July and for the September edition by 1 August. These should be emailed to:

editors@cavershambridge.org

Dates for advertising copy

are 1 July for the August issue and 1 August for the September issue. These should be emailed to:

advertising@cavershambridge.org

You Wrote

I was so pleased to see that you had put our post box topper on your front page with the sad news of its disappearance.

The lady who suggested to our group we acknowledge VE day in this way, Sarah, also did the base and attached all the figures to it and then secured it very well onto the post box. She was on Radio Berkshire the day after the disappearance, but nobody came forward with any news.

I knitted Winston and all the ladies in our group did the figures of those who took part in the war, from Airforce to land girls.

We all worked very hard and were very upset that anyone in this small local community of ours could want to ruin our thanks to the VE day veterans and the people who never returned from the war and all those maimed in the conflict.

Once again, thank You for caring.

Mrs Janice Tomlin

THE CHALLENGE SOLUTIONS:

(From left to right from the top)

ring, welch, sand, burp, band, belch, strand, **beach**,
beech, filament, tree, dent, bee, thread, wood



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For the youngest members of our community

LISTED BELOW are regular term-time events for toddlers, babies and their carers.

All are free of charge, although donations towards costs are welcome.

Mondays – Little Lambs and You – Caversham Baptist Church, South Street, Caversham RG4 8HY 10:00-11:30. Baby and toddler group. Numbers are limited, so there is an online booking system. See

www.cavershambaptistchurch.org.uk/Groups/382970/Little_Lambs.aspx

Tuesdays – Babies and Toddlers – Gosbrook Road Methodist Church, RG4 8EB. 10:00 - 11:30. Refreshments available. All welcome.

cavershammethodist.org.uk/baby-toddler-group

Tuesdays – St. John's Baby and Toddler Group – Caversham Hall, St. John's Road, RG4 5AN. 09:30 - 11:00. All welcome.

Thursdays – Toddler Thursday – St Barnabas Church, Emmer Green, RG4 8RA. 8:45-10:00. Friendly group for preschoolers and parents/carers, refreshments available.

www.saintbarnabas.org.uk/whats-on

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

Fridays – Tiddlers for Babies and Toddlers – St Andrew's Church, Albert Road. Caversham Heights. RG4 7PL. 9:30-11:00. All are welcome, refreshments available.

www.facebook.com/groups/209815529592564

Fridays – Baby and Toddler Group – Church House, Church Road, Caversham, RG4 8AX. 9:30 – 11:00. Step-free access at the back.

See www.ctmparish.org.uk/stpeter for details



Wellbeing with Ami Roy

Shuffle, scramble, dream, rest.

STUDIES OVER the last decade have shown promising results with what scientists at first only developed as a personal wellbeing tool; now called the cognitive shuffle.

Cognitive shuffling typically involves mentally conjuring up random, impersonal and non-emotionally charged words for about 10 minutes before bedtime.

In the the natural transition into sleep, we tend to have “microdreams” and fragmented, nonlinear thought patterns.

Intentionally engaging in random, disconnected thinking may replicate this cognitive pre-sleep state, and help us fall asleep at a pace determined by our individual needs.

Scientists think that there is a positive feedback loop in the brain: Microdreams are not just a product of falling asleep; they cue the brain that it is safe and appropriate to fall asleep.

Since our brains tend to “shuffle” between random thoughts during quieter periods, giving our brains a calming or neutral distraction can be very helpful. When our brain’s executive function is ‘firing’, we are accessing memory, evaluation, planning, scheduling, and problem solving. When these mental actions are in play, our brains are too active to settle to sleep.

The shuffling and scrambling provides the perfect distraction and enables a natural sleep rhythm to form.

Here’s how it’s done:

1. **Pick a word** such as “bedtime”.
2. **Begin with the first letter “b”** and think of a word that starts with the letter “b”. For example “broom”. Bring up the mental image of a broom. Then think of another word that begins with the letter “b” and visualise that word. Keep going until you run out of words that begin with the letter “b”.

3. **Go to the next letter** in “bedtime” – “e”, and think of words that begin with “e”. Visualise the words as you think of them.
4. **Continue at your own pace**, but just keep going until you fall asleep. The recommendation is that if stressful thoughts come your way, just acknowledge them and go back to shuffling your thoughts instead.
5. **An additional tip:** Breathe in as you come up with the word. Breathe out as you visualise the word. If it takes longer to visualise the word, you’ll be giving yourself lovely long out breaths which will calm your body.



Local Clergy and Church Services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Margaret, St Peter, St John

Rev’d Mike Smith,

The Rectory, 20 Church Rd, Caversham RG4 7AD
Tel: 0118 947 9505 rector@ctmparish.org.uk

Rev’d Penny Cuthbert Tel: 07825 331 810
penny@ctmparish.org.uk

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

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

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

Current services

St Margaret’s Church

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

St Peter’s Church

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

St John’s Church

Gosbrook Road Sunday services
8:00 Online CTM Youtube channel (stays available to watch anytime)
9:30 1st and 3rd Sunday Holy Communion, 2nd All Age Worship, 4th Service of the Word
Sunday Club for children on 1st, 3rd and 4th Sundays

St Andrew’s

Rev’d Nigel Jones, St Andrew’s Vicarage, Harrogate Road.
Tel: 0118 947 2788 www.standrewscaversham.org

Current services

St Andrew’s weekly services are Sundays at 8:00 and 10:00. The 10:00 is also livestreamed on the St Andrew’s YouTube channel. Prayer Book Communion at 11.30 on the first Sunday of each month. More info on the parish website. www.standrewscaversham.org/services
Compline: 8.30 on Mondays during BST (in church)

St Barnabas, Emmer Green and Caversham Park

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

Current Services

Sundays: 8:00 BCP Holy Communion (1st Sunday only)
9:30 Parish Communion (Service of the Word on 2nd Sunday)
11:15 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 Colin Blayney, The Presbytery, 18 Peppard Road,
Sonning Common RG4 9SU – Tel: 0118 972 3418
<http://saintmichaelsonningcommon.org.uk>

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



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**A community newspaper published by Caversham Bridge 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

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