

Caversham Bridge

No 701

www.cavershambridge.org

July 2023

THE FIRST weeks of June saw Church Street in Caversham closed for essential sewer works by contractors working for Thames Water. The collapse of the sewer under the road had resulted in the need for sewage to be removed by tanker to prevent flooding of nearby properties. This section of road has been the focus for roadworks several times over the last year or more, with temporary traffic lights controlling traffic movements and lengthy traffic holdups.

...avoiding Caversham...

This time, the location of the collapse and the work needed to repair it meant the road had to be closed completely. Alternative routes were signposted, resulting in more traffic in Westfield Road and an increase in traffic in the Oxford Street/Hemdean Road/Priest Hill area. In some cases, large lorries were diverted into quite small residential streets. In at least one case, a lorry loaded with a barge had to turn around to go back over Reading Bridge!



A strangely quiet Caversham



Sewer Blues

article and photos
Fred Smith

No way through!

Thames Water originally estimated the work would take two weeks to complete, but said it could be longer.

The road between Hemdean Road and Prospect Street was strangely quiet, and several local residents welcomed the tranquillity. Some went so far as to suggest making the closure permanent and pedestrianising the area. Overall, traffic seemed to be moving well. However, as with previous roadworks, it seems people have been avoiding coming into Caversham and local businesses

have suffered. Chris Walton, chairman of the Caversham Traders Association, said, "Local cafés have been very quiet, as have hairdressers. We know Thames Water have to do this work and hope they will get on and finish it without delay. To be fair, their staff have been keeping us informed with regular visits, and they are making some compensation available for loss of business". Although work was ahead of schedule when we spoke, as we go to press, completion seems unlikely before 26 June.

A feast of fun in store this summer

by Phil Chatfield

MANY FAMILIES will be looking forward to the start of the summer holidays towards the end of this month. Holiday activities of all kinds will be available, starting with the Churches Together in Caversham Summer Holiday Club from 24-28 July (see advert p4 for details).

Local people and businesses feature in several of our articles this month, including the closure of Alison's Hairdressing in Gosbrook Road (p15), an 'In the news' item on Clay's Hyderabad Restaurant (p14), and an update on long-time advertiser PB Computers (p3). Our Community Connection this month is solicitor, cricketer and now writer, Peter Bradbury (p11), and Creative Caversham looks at the work of Caversham Park artist Phil Alexander (p12).

The summer is a busy time for local musicians and actors. There

will be performances by Reading Bach Choir and South Chiltern Choral Society (p5) in July, and we have a review of the Rabble Theatre's Henry I play (p3), the subject of the dress rehearsal drawing on this page (right), which runs until 1 July. Their base at Caversham Court Gardens is the subject of Janina Maher's Local Scene painting this month (p13).

Ami Roy looks at how our diet can affect our health in her Wellbeing feature (p15), and our other regular writers include Les Cooper and Louise Hampden on gardening (p10), and Happy Wanderer asking if you have spotted the Jersey Tiger Moth in your garden (p7).

We would like to take this opportunity to thank our advertising Manager, Alan Wright, who is retiring after more than 17 years in this important role. We are now seeking someone to take this work on (p3). Could you play a part in the future of this, our community newspaper?



Captured at the dress rehearsals drawing by Sally Castle

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Festivals Get to the Heart



Talking Point

by
Rev Kevin Lovell

THE SUMMER festival season is in full swing and there's a lot to look forward to. We've just had Glastonbury Festival; July starts with the Henley Festival, then Readipop, Flackstock, followed by Rewind South and Reading Festival in August.

Festivals are exciting. We look forward to them partly because they lift us out of the routine of daily life. We get to see and hear great bands and awesome music. Festivals are sociable events; we go with friends and we make friends there. They are unpredictable – and I'm not just talking about the weather!

A few years ago I found myself, glass in hand, watching Sinéad O'Connor singing 'Nothing Compares To You', from a La-Z-Boy recliner overlooking the stage. Unlike studio recordings, live performances are one-offs, and you see the artist's expression and body language as they play. Along with the atmosphere of the crowd around you, this creates a feeling beyond lyrics or the score. It goes to your heart, and you remember it for the rest of your life – you and the others with you that night.

People of faith learn to pay special attention to these 'heart experiences', where you know it's not just a rush of adrenaline, nor of emotion (nor, for that matter, anything you may have consumed earlier); there's no other explanation than it being the presence of God. Two thousand years ago, a bunch of shepherds saw a fantastic live performance, which prompted them to rush to a stable in Bethlehem. And 30 years after that, two of Jesus' followers walking towards Emmaus noticed their

'hearts were burning within them' as they heard the scriptures explained to them by a stranger.

The 13th century Saint Bonaventure maintained that God was "in all things but not enclosed". The world values what we can touch, measure or count. God is in all things and, in my experience, God is especially present in the things we can't touch or measure – things the world considers worthless.

Heart experiences invariably alert us to the presence of God in those things which we can't see and touch. So, if we can sense God in the big obvious experiences of life – like festivals – then maybe we can learn to notice God in the ordinary, everyday experiences of life too. Then we discover that God really is in all things – and the ordinary becomes very special indeed!

Rev. Kevin Lovell is Vicar, St Barnabas, Emmer Green and Caversham Park



Glastonbury Festival

photo N Varnell

Local clergy and church services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Peter, St Margaret, 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

Rev'd Andy Storch Tel: 07365 555 905

Contact: admin@ctmparish.org.uk or 0118 996 8836

Correspondence address: Church House, 59 Church Street,
Caversham RG4 8AX

Current services

St Peter's Church –

1st Sunday of the month:

8:00 BCP Holy Communion

9:30 Service of the Word with junior choir and potential for baptism

2nd and 4th Sundays 9:30

Holy Communion using existing service booklets, with adult and junior choir and Sunday Club

3rd Sunday: 9:30 Holy Communion in a new, shorter format with junior choir

18:30 Sung Choral Evensong.

Wednesday – 09:30 – Zoom morning Prayer –

<https://us02web.zoom.us/j/786384026>

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 Margaret's Church Mapledurham –

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

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

Wednesday 8pm Compline (in church/vicarage)

St Barnabas Emmer Green

Rev'd Kevin Lovell, vicar@saintbarnabas.ork.uk

Church Office Tel: 0118 947 8239

Current Services

Sunday – 9:30 Parish Communion (except 3rd Sunday of the month: Service of the Word)

1st Sunday of the month – 11:30 All Age Worship

3rd Sunday of the month – 11:30 Family Communion

Every Wednesday – 10:30 Midweek Communion

Full details on our website: www.saintbarnabas.org.uk

CAVERSHAM PARK UNITED REFORM CHURCH

Contact: Dr Alison Johnston

Tel: 0118 947 5152 www.cavershamparkchurch.com

Current services

Sunday – 11:00 – Livestreaming on YouTube

Details on their web site at:

<https://cpvc.org.uk:5152/live-stream>

METHODIST CHURCH IN CAVERSHAM

Rev'd Martin Beukes, 72 Highmoor Rd.

Tel: 0118 947 2223 <https://cavhmc.org.uk>

Rev'd David Jenkins Tel: 0118 327 1592

Current services

Sunday – Caversham Heights Methodist Church, Highmoor Road – 10:30 – (also available on Zoom – email:

martin.beukes@methodist.org.uk for details)

Sunday – Caversham Methodist Church, Gosbrook Road – 10:30

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)

Pastor Keith Saynor

Tel: 0118 947 4529 www.gracechurchcaversham.org.uk

Current services

See their web site for details:

www.gracechurchcaversham.org.uk

RIVERSIDE CHURCH (Reading)

www.riversidechurchreading.co.uk

NEW TESTAMENT CHURCH OF GOD

Rev'd Dr Garrick Wilson

Tel: 0118 946 3009

ROMAN CATHOLIC

Our Lady and St Anne

Fr Joe McLoughlin, The Presbytery, 2 South View Avenue

Tel: 0118 947 1787 www.ourladyandstanne.org.uk

Current services

See their web site for services at:

www.ourladyandstanne.org.uk

St Michael Sonning Common

(including Emmer Green and Caversham Park Village)

Fr Michael Sharkey, St Michael's, Sonning Common

Tel: 0118 972 3418

<http://saintmichaelsonningcommon.org.uk>

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

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

Future editions:

Contributions for the August 2023 issue should be submitted by 1 July and for the September 2023 edition by 1 August These should be e-mailed to:

editors@cavershambridge.org

Dates for advertising copy are 1 July for the August 2023 issue and 1 August for the September issue. These should be e-mailed to:

advertising@cavershambridge.org



You Wrote

BOTTLE BANKS

Cllr Jacopo Lanzoni

AS FRED SMITH wrote in his article 'Bottling It Up' in the June issue of the Caversham Bridge, the glass banks by the Co-op in South View Avenue have been removed on request of the site owner. Reading Borough Council, which is committed to improve its recycling rate, started immediately looking at potential new sites in and around lower Caversham to answer the need of the residents for a local glass bank.

Finding potential sites for a glass bank is not

a trivial task though: in addition to being big enough for the bottle banks themselves, a site must cater for large vehicles to stop by to collect the refuse without blocking the traffic. In addition to this, glass banks can be a source of noise and can become targets of fly tipping, therefore their location must be close enough to residential areas so that they can be conveniently used, but not too close to houses to become an excessive nuisance for those living nearby.

Reading Borough Council proactively identified potential new sites for glass banks in lower Caversham, and is consulting those living in the vicinity surrounding the best option. At press time, those consultation responses have yet to be evaluated from the neighbouring community, but the Council remains committed to finding the best and most expedient and agreeable resolution for local residents taking that feedback on board.



Caversham Bridge News from the editors

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The annual subscription for 2023 is £5. For new subscribers, the charge is £2.50 to the end of the year. You can pay by direct transfer from your bank account, using our bank account details:

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and please include your postcode and house number or house name as a reference!

Volunteer Advertising Manager

We are looking for someone with marketing or advertising experience to take on the role of advertising manager for the paper. The role is

part-time and provides a great opportunity to meet a wide range of local businesspeople and to work with the Caversham Bridge team. A job description is available if you are interested in this.

You can contact us at

editors@cavershambridge.org

or leave a message on our answerphone, 0118 328 2754 and we will call you back.

Write to us

We are always pleased to hear from our readers. You can write to us with your stories, news or in response to an article by email at:

editors@cavershambridge.org

or by post to

Caversham Bridge, Church House, Church Street, Caversham RG4 8AX.

Abbey Ruins play host to Henry I *by Elestr Lee*

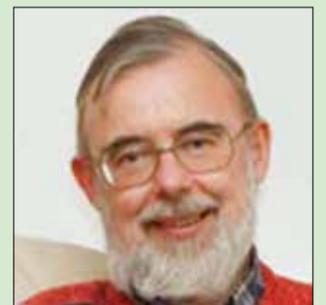
RABBLE Theatre's Henry I depicts this medieval king's turbulent life. The play's themes (a fractious royal dynasty, the challenges of leadership) have clear resonance today. Henry's world was undoubtedly extremely brutal, highlighted in this muscular production. Writer Beth Flintoff also explores Henry's sensitive side, touched by tragedy with wife Edith's early death, and the drowning of his son and heir William Atheling in the White Ship disaster.

Toby Davies, in the role of Henry, combines portraying a tough warrior, endlessly required to outsmart his brothers and the barons plotting to unseat him, with his determination to create a strong union with Edith (despite fathering multiple illegitimate children). Henry's pledge to bring peace to his realm relied on an Anglo-Saxon concept of justice, but his founding of the once magnificent Reading Abbey, considered the ultimate act of repentance and an indication of spirituality to the medieval mind, indicates a leader with some sense of moral compass. A strong and diverse cast contributed to a thought-provoking evening, with stunning set and costumes.

rabbletheatre.com/whats-on/

The Reading production ends July 1. It then goes to Winchester Great Hall, July 12-15. The Actor's Church, Covent Garden, July 20-22.

SLOWING DOWN



The Editors

SHARP-EYED readers may spot a change in the advertisements on the back page of the paper this month. After 25 years of advertising with us, Phil Blackburn, of PB Computer Services, has decided the time has come to slow down. So, although he will continue to support his many regular customers, he will no longer be seeking new business.

Phil said, "Now I have reached retirement age, it is time to relax a bit. I started my business 25 years ago and have advertised in the Caversham Bridge since then. The paper has been the best source of new customers for me, in particular because of its local circulation in Caversham". He has described his work in fixing computers as often being "an exercise in controlled frustration!"

Phil will be continuing in his role as a Licenced Lay Minister in the Church of England, based at St John's Church in Gosbrook Road (part of the Caversham Thameside and Mapledurham Parish).

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

Fundraising Fun at St Barnabas



Surprise parcels for sale at the 2022 Garden Party

photo W Howell

FOR AROUND 40 years, St Barnabas Church in Emmer Green has been supporting charities in Africa. For the last 10 years they have focussed on two educational

projects, Education for Life in Kenya and a school in Masiphumelele in South Africa. Their annual Household and Handyman Sale, held on 13 May this year, saw donated household items and tools of all kinds going to new homes. A range of garden plants were also sold, and a tool and knife sharpening service was available. This year the Sale raised around £1,100 for the two charities, but there is no rest for the organisers, as they are now preparing for their regular Garden Party, which will be on Saturday 15 July.

The party begins at 14:00 in the church grounds at St Barnabas and runs until 16:00. It will feature a brass band, the Blue Sky Big Band, playing a selection of favourite tunes, refreshments (including cream teas), handicrafts, tombola, and a range of traditional fairground games. Wendy Howell, from St Barnabas, said, "The garden party is always great fun for all the family, so do come along. All the profits go to our two educational charities in Africa".

For details, see www.facebook.com/StBarnabasEmmerGreen

CAVERSHAM COURT GARDENS TRANSFORMED

MEMBERS OF three of our local churches, St John, St Margaret and St Peter, invite you to join them for their Parish Fete on Saturday 8 July.

Caversham Court Gardens will be the venue for their traditional Summer Fete with fun and entertainment for all. Come and explore the many stalls of homemade cakes, plants, tombolas, books, bric-a-brac and more. Or try your skills at traditional sideshows such as hoopla, hook-a-duck, coconut shy and beat the goalie. Tickets will be available for the Grand Draw, with many great prizes, and the Tadley Brass Band and Chavey Down Swing Band will be providing a musical note to the afternoon. If you enjoy dance, you will love Theatretrain Reading's display, and Mr Muddle will provide magical entertainment for the children.

There will be delicious cream teas, ice cream and hot food on the lawn all afternoon and a Pimm's Tent by the river for those in need of refreshment.

Heralded by the ringing of St Peter's Church bells, the Fete starts at 13:00, followed by a flypast during the afternoon. Funds raised will support the work of the churches both in Caversham and beyond. *The Editors*

A SHARED EXPERIENCE

text and photo H Stroud

A LIVE STREAM of the Coronation Day processions to and from Buckingham Palace and the service from Westminster Abbey was shown on the large screen at the Methodist Church in Highmoor Road, Caversham Heights.



Refreshments were served throughout the day, including a hot lunch of soup and rolls, followed by jacket potatoes with a selection of fillings. At the end of the event, afternoon tea was served, during which a Coronation cake made by a member of the church was shared. About 50 people dropped in for a part of the time or stayed for the whole proceedings. No charge was made for the event but donations totalling over £400 were collected for the Methodist children's charity – Action for Children.

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For ages 5-11

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10am-3pm
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For your bookshelf...



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

by Alex Forbes

OUR RECENT table display in the shop all about the Comic Style books and Graphic Novels for kids has been very popular. We've seen people discover the Amulet series, and Wings of Fire, or reading classics like Robin Hood, or Macbeth, in a different format. One of the most popular series on the table is InvestiGators. Perfect for fans of Bunny vs Monkey and Dogman, Mango and Brash are sewer-loving investigators. We picked Heist and Seek for this article, but all in the series are great. Heist and Seek starts with the theft of some precious artwork, and Mango and Brash are called to solve the crime. It's fast-paced, and silly, with brilliant artwork. The jokes will make you groan, but the kids love them, especially those aged around 7-8. When I read this book, I was delighted to see words and phrases which would really enhance the vocabulary of a young reader. The jokes may be silly, but the content is great. Adults shouldn't worry because there aren't as many words as in a typical novel, as this format gets kids reading, and they'll re-read them over and over again. Novels will follow in time.

The second book is The Acapulco by Simone Buchholtz, translated by Rachel Ward. We are huge fans of the author's The Chastity Riley Series, and this is the latest release, but actually an older book. Orenda Books, who publish the series, have secured the rights to the earlier



The bear investigates

photo A Forbes

books previously unavailable. Set in Hamburg, The Acapulco starts off with a dead body in the harbour, with the hair removed. Chastity has to work on the case while dealing with her life. She thinks like a criminal, but pubs are her vice. As the death toll increases panic starts to kick in. Simone's writing style is unique. I really enjoy her books, but others may find them a little disjointed. The prose is fast-paced, so I flew through this book and loved it. Chastity is definitely one of my favourite characters in this genre.

Book Fact: A customer asked me why a book costs £9.99 not £10. My understanding is that it's all to do with 'Charm Pricing', which is where the brain places more importance on the left number first, so it appears that £9.99 is closer to £9 than £10, and therefore you are getting good value for money. Once you get to higher end products the .99 becomes less relevant.

Happy reading, whatever you pick up, and hope to see you in the shop soon.

Reading Bach Choir *by Kathy Munns*

MANY CAVERSHAM folk will have enjoyed a Reading Bach Choir concert recently, especially now St Andrew's Church has become our regular rehearsal venue and home to at least one concert a year. But perhaps we can invite you to travel a little further afield this July, to the magnificent surroundings of Douai Abbey, where we will give the UK premiere of The Arc in the Sky. This is an exciting piece by American composer Kile Smith in

nine movements for unaccompanied choir, setting poems by Robert Lax to music. Lax was a poet of great spirituality, and friend of Jack Kerouac. The performance is Saturday July 8, 19:30, at Douai Abbey, Woolhampton.

Tickets:
£15 (£5 under 18s) available from:
www.readingbachchoir.org.uk



Reading Bach Choir

photo D Munns

An evening of summer music

SOUTH CHILTERN Choral Society are presenting an evening of light summer music on Saturday 8 July at Queen Anne's School, Reading, RG4 6DX at 19:30. The performance will include John Rutter's Sprig of Thyme – a collection of English, Scottish and Irish folk songs, Elgar's From the Bavarian Highlands – a set of choral songs inspired by Elgar as a remembrance of a holiday in Upper Bavaria in 1894. Continuing the travel theme, they will also perform Vaughan Williams Songs of Travel.

The school grounds will be open from 17:30, so you are invited to bring a picnic to enjoy beforehand. Concert Ticket prices are £16 online or £18 on the door (programmes and refreshments included). For more information and to buy tickets visit www.southchilternchoralsociety.org.uk

Jane Peres



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WHAT'S ON in JULY

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/local-info/whats-on

Caversham Library – opening: 09:00 - 17:00 Tuesday and Friday, 13:00 - 19:00 Thursday and 10:00 - 15:00 Saturday. For regular events such as Rhymetime, see www.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. Daily 8:00 to 17:00, Sunday 8:00 to 15:00

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

Tuesdays – *Babies and Toddlers* – Gosbrook Road Methodist Church. Term times, 10:00 – 11:30. 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

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

Sundays – *Farmer's Market and Artisan Fair* – 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 garden of Watlington House, RG1 4RA. £8 admission for performances, £3 on singing nights. See www.redifolk.co.uk

Sunday 2 July – *National Meadows Day* – 11:00 at Clayfield Copse. A guided walk begins from the car park on Caversham Park Road. Please come earlier to learn more about the work done by Friends of Clayfield Copse, or bring a picnic to have on the meadow after the walk. For information contact Judith on 0118 9478920 or visit www.econetreading.org.uk

Wednesday 5th July – *Rosehill Ladies Meeting* – 14:00 St Barnabas Village Hall, Emmer Green. Barbara Walmsley will speak on Ways of Raising Money for Charity. All welcome. Contact jeandhewitt@gmail.com

Thursday 6 July – *Pang Valley Ramblers* – 10:30 Thames Path and Mad Duck Café. A 4.3 mile walk starting at Purley. First of several walks this month. For more information see: www.pvramblers.org.uk

Friday 7 July – *Bereavement Café* – 14:00 - 15:30 at St. Barnabas, Emmer Green. The café is a safe place to find others who have had their own loss and can appreciate something of your experience. For further info Tel. Gill at 0118 9478772

Saturday July 8 – *UK premiere of The Arc in the Sky*, by American composer Kile Smith, performed by Reading Bach Choir – 19:30, Douai Abbey, Woolhampton. See www.readingbachchoir.org.uk

Saturday 8 July – *Parish Summer Fête* – from 13:00 at Caversham Court Gardens – see page 4 for details

Saturday 8 July – *South Chiltern Choral Society* present an evening of light summer music – 19:30 at Queen Anne's School, Reading, RG4 6DX. Visit www.southchilternchoralsociety.org.uk

Saturday 8 July – *Peppard Unplugged* – 19:30 at Peppard Memorial Hall. An evening of live music. For more information see www.peppardunplugged.co.uk/next-show or email info@peppardunplugged.co.uk

Saturday 15 July – *St Barnabas Garden Party* – 14:00 - 16:00 See page 4 for details or www.facebook.com/StBarnabasEmmerGreen

Sunday 16 July – *SISATA's outdoor performance of Shakespeare's 'The Tempest'* – 18:30 at Caversham Court Gardens. Bring your picnics, and enjoy this outdoor production. Tickets are £12-£15 and can be found at www.sisata.co.uk

Thursday 20 July – *Caversham Women's Institute* – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel. 0118 9475176

Sunday 23 July – *Hymn Café* – 15:00 - 16:00 at Caversham Baptist Church. Relaxed café style setting with hymns, prayers, testimony and cake.

Monday 24 July – *Berkshire & South Oxfordshire Churches: hidden gems & stories* – 14:00 talk for Reading u3a by Catherine Sampson, Chairman of Berkshire Family History Society at Abbey Baptist Church, Abbey Square, Reading. Free entry, non-members welcome. See www.readingu3a.org.uk

Friday 28 July – *Le Cercle Français* – 19:30 - 21:30 at Church House, 59 Church Street, RG4 8AX. For those who are learning French, love France and for French nationals. Admission £5, welcome drink included. Email: readingcerclefrançais@gmail.com

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Building our community

Planning update from Caversham and District Residents Association (CADRA), bringing you a summary of planning and transport matters affecting the RG4 area

THE PLANNING Applications Committee on 31 May deferred a decision on the **retirement apartments on Henley Road**, seeking further information on a list of potential concerns. The next meeting is on 21 June.

A **tree protection order** was confirmed for the remaining Poplar tree on the land between George Street and Gosbrook Road. The revised application for a **5G mast** on St Peters Hill has still to be decided but the concerns for trees which formed part of the previous refusal have been restated. The expected revised plans for **Caversham Park** have still not been submitted. Detailed applications for **Reading Golf Club** continue, including biodiversity issues, boundary treatment and on-site play space equipment. The Construction Method Statement, including the important provisions for construction traffic, has still to be resolved and CADRA continues to press for a solution to minimise the impact on local people.

South Oxfordshire District Council issued enforcement notices to Cosmonaut Leisure who operate **Caversham Lakes**. Two separate appeals have been submitted against the enforcement and, while these are considered by the Planning Inspectorate, the operators are able to continue use of the site. An appeal has also been submitted against refusal by SODC of permission for two dwellings at the **old piggery on Gravel Hill**.

As always, the relevant links can all be found on the Latest Planning List on the CADRA website, www.cadra.org.uk

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HAVE YOU seen one yet? Unlike many insects, whose habitats are diminishing on account of human activity and so are met with less frequently, the Jersey Tiger is extending its range. To my surprise, I encountered this specimen in my garden last July, for the first time.

As the name suggests, this moth has long been in residence in the Channel Islands – and in southern Europe and across into Asia – an inhabitant of warmer places. It was occasionally encountered in Devon and Dorset, but in recent years has been seen along the south coast of England. These insects were thought to have flown, or been blown, from across the Channel. The Daily Mail reported they had been seen for the first time in London in 2010. Whether the moth is actually breeding successfully in southern England isn't clear from Internet sources.

...one of our largest moths...

Where it does breed, its hairy caterpillars eat a wide variety of plants, including nettles, dandelions, groundsel, hemp agrimony, white deadnettle, ground-ivy, borage, plantain and bramble. The caterpillars hibernate while still tiny, and in the spring, continue eating and growing. They spin a cocoon round themselves to protect their chrysalides while they pupate. The cocoons lie hidden among leaf-litter during the early summer. Emerging in July, the adult insect is one of our largest moths, with a wingspan that can exceed two inches. It flies by day and night, and is attracted to artificial light after dark. It feeds

on the nectar of various flowers, including Buddleia.

Like a number of the tiger moths, their hindwings are brightly coloured – in this case scarlet, with dark spots. The visitor to my garden had obviously no desire to fly by day and was obviously asleep on a leaf of my Euphorbia plant. I resisted the temptation to shake it, in the hope of seeing the colourful underwings, when I might have taken a more colourful picture, but I was pleased to notice its handsome striped legs!

...very furry caterpillar...

The other tiger moth I see in the garden is the Scarlet Tiger, another very handsome insect, which I wrote about in Caversham Bridge in 2019. On an outing with the Reading and District Natural History Society, I once saw the Wood Tiger Moth, on a part of the Berkshire Downs which by then was in Oxfordshire, and at one of their mothing evenings, saw the Ruby Tiger Moth. It was in a light-trap and had no striped markings at all. The one I haven't seen for many years is the Garden Tiger Moth. As a child, I saw it pretty much every year, and I was familiar with its very furry caterpillar, the so-called 'woolly bear.' The forewings are cream, with brown blotches rather than stripes, so it's not as tiger-like as the striped Jersey Tiger.

I hope one day to see both Garden Tiger and Jersey Tiger again – one of them declining in population here, and the other increasing – the increase presumably being one of the effects of climate change and global warming.

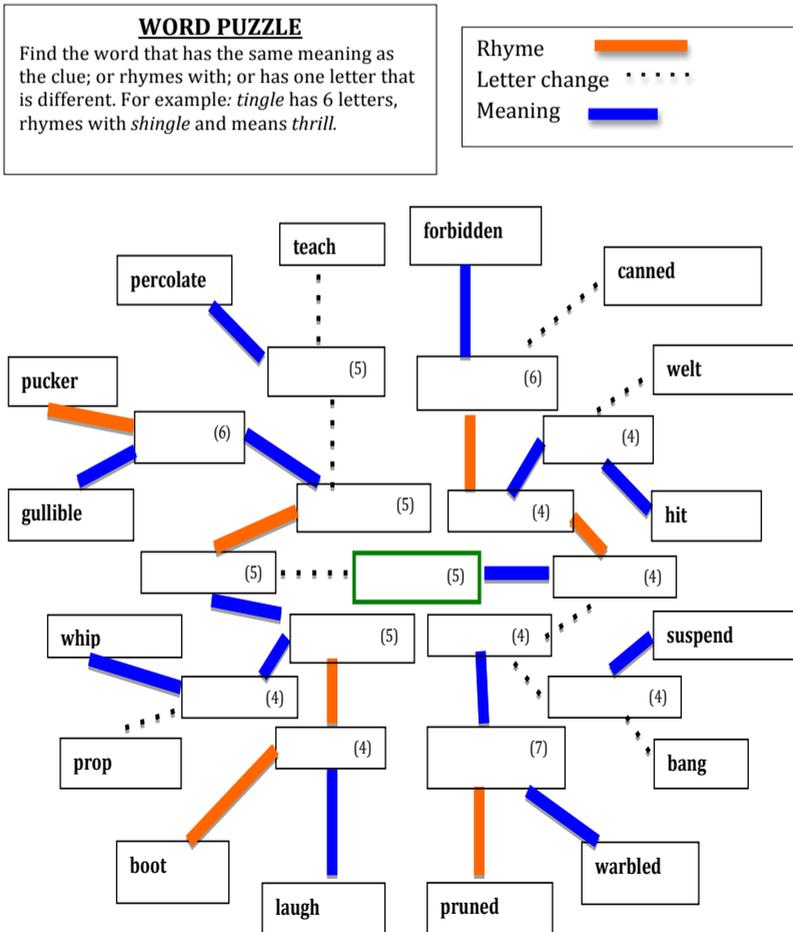


Jersey Tiger Moth

photo Happy Wanderer

Puzzle Corner

The Challenge by Rachel



Answers on page 15

IN THE MIX

Can you find 20 baking ingredients here?

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PROJECTING THE PAST, ACTING FOR THE FUTURE

by Helen Lambert



The White Hart Inn and the old Caversham Bridge



Causeway to Deans Farm

photo Gareth Thomas

THE NEW Testament Church of God was full on the evening of 23 May, with many people sitting upstairs in the balcony on the old cinema seating, for the Caversham and District Residents Association (CADRA) Annual General Meeting and open meeting. At the back of the church, there was brisk trade with the new booklet on Reading Bridge just out, and the book, Emmer Green Past and Present, also for sale.

After a report outlining CADRA's work over the past year, the formal business of the AGM was swiftly completed, ready to welcome David Cliffe, guest speaker. A wide range of photos shone on the wall of the old cinema, telling the stories of the old manor at Deans Farm; changes at Caversham Bridge over the centuries; the move from the Clappers to the new Reading Bridge; and the controversy over the boundary change in 1911. David's long association with local history shone clearly, with

his seeming encyclopaedic knowledge of the historical sources.

CADRA is very grateful to David Cliffe, and to Revd Garrick Wilson and his team for their kind hospitality, and to everyone who contributed to the collection of £200 for the Alzheimer's Society.

The booklet on Reading Bridge is available to download from <https://www.cadra.org.uk/readingbridge100> or to buy from Fourbears for £3.99.



Aubergine and cauliflower curry with cashews (serves 4)

by Will Hughes, True Food member

This curry makes good use of the rich and complex flavours of aubergines, as well as their ability to absorb flavours from cooking.

You may know that the aubergine is known as eggplant in America and Australia, probably because early cultivars of this plant were white, making them look like big eggs. In South Asia and South Africa, it is known as Brinjal. It has many more names in different languages, having been cultivated since ancient times. True Food Co-op sells loose organic cashews (so you can buy only what you need) and takes deliveries of fresh organic vegetables every day.

water for 5 minutes, to soften the skin, then drain and dice them.

Add all the vegetables to the pan, including the chilli and salt, and fry gently for 7 minutes, stirring to mix thoroughly. Dissolve the creamed coconut in the 125 ml of boiling water and mix with the vegetables. Add tomatoes, cover, and cook for 20 minutes. While this is cooking, toast your cashews in a small pan, either dry or with a little oil. Just before serving the curry, stir in toasted cashews.

Serve with brown basmati rice.

- 1 tbsp ghee or sunflower oil
- 2 medium sized potatoes, diced
- 500 g tomatoes, skinned and chopped
- 2 medium sized aubergines
- 1 small cauliflower, divided into florets
- 125 ml boiling water
- 125 g toasted cashews
- 2 chopped cloves of garlic
- 60 g creamed coconut
- 125 g chopped green beans
- ¼ tsp cayenne pepper (or just a pinch)
- 1 chopped fresh green chilli (or less if you prefer)
- 2 tsp coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 20 mm piece of ginger, peeled and sliced
- Salt

Heat the ghee or oil in a large shallow pan and cook the garlic and spices for 5 minutes. Blanch the whole aubergines in a large pan of boiling

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RECYCLING BATTERIES AND VAPES

by Tricia Marcouse

THE FIRST large-scale lithium-ion battery recycling plant has opened in the UK in Wolverhampton. The plant is licensed by the Environment Agency to process up to 22000 tonnes a year, which will allow for the anticipated growth from additional battery use for larger batteries used in electric cars and for the storage of electricity generated by solar panels at home. Previously, lithium batteries collected for recycling have been shipped to Europe for processing.

...battery collections...

Reading Borough Council collects small household batteries (AA, AAA, D, C 6v, 9v, button) if these are put in a clear plastic bag and placed on the top of your red recycling bin on collection day. Larger batteries need

to be taken to the re3 recycling centre at Smallmead in Reading.

Whether or not you approve of vaping, it's good to know that the first vape recycling systems were installed in 'Totally Wicked' vaping stores, in conjunction with the waste company Veolia. It is said that over 1.3 million disposable vapes are thrown away each week, containing a plastic tip, metal body and a lithium battery, much of which can be dismantled, sorted and recycled. The Totally Wicked vape store in Reading is in Friar Street and will accept any disposable or refillable vape into their recycling system, not just their own brands. That's great news, but please remember to ask your own supplier when they intend to do the same and suggest that they set up a similar system with Veolia.

DON'T MISS OUT!

YOU MAY have seen publicity from the Royal Mail about the change to the use of barcoded stamps.

As from 30 July, non-barcoded ordinary stamps will no longer be valid. If you do use one of the older stamps after this date, the recipient may have to pay additional charges. If you do have any of the older stamps left, they can be swapped for new, barcoded stamps. This will mean completing a form (available at royalmail.com/barcodedstamps) or at your post office, and sending it with the stamps to 'Freepost SWAP OUT' (no stamps or additional information needed on the envelope).

This does not apply to Christmas stamps or any special stamps with pictures on them which do not have barcodes. These will continue to be valid and don't need to be swapped.

Based on information supplied by Royal Mail.



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Meadows Day at Clayfield Copse

NATIONAL MEADOWS DAY will be celebrated at Clayfield Copse on Sunday 2 July with a guided walk around the meadows and woodlands. The walk begins from the car park on Caversham Park Road, next to the tennis club, at 11:00.

Please come a little earlier if you'd like to know more about the work done by Friends of Clayfield Copse to maintain this wonderful space, or bring a picnic to have on the meadow after the walk.

for more information contact Judith on 0118 9478920 or look on the Econet website www.econetreading.org.uk



Clayfield Copse – wildflowers beside the car park 2022

photo J Oliver

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A GREEN THOUGHT BY LES COOPER



IT WAS EARLY spring, and I was sitting in my greenhouse solemnly cogitating on the meaning of life. The weather was dreary, and I was probably dreary too, and I glanced around realising what a dump my greenhouse had become. I saw a large clump of mauve-coloured weed flowering away without a care

in the world. It was 'fat hen' or some such name; I am no good at naming wildflowers unless they are dandelions or buttercups. Anyway, I realised I ought to have pulled it up weeks before. How could a real gardener be so neglectful? Then a large bumblebee of some sort came in the door and happily dodged in and out of the pretty mauve flowers, enjoying its find.

It made me think. Over the past few years there has been much talk about leaving a space for your own wildflower meadow. I rather fancy having a place to attract bees and butterflies so I thought I would look into it. It appears to be easy, and as age is creeping on rather quickly, I fancy doing nothing. What is more, I have an area that for some unknown reason I haven't used and have left to run wild. Certainly, this might be ideal.

I decided to investigate what I would need to do and went online to see what the RHS suggested.

Apparently, a good time to sow seed would be September, (which would suit me well). The soil must be forked over, all the weeds and big stones removed, and the site raked level.

I will then have to blend the wildflower mix with dry sand to make it easier to apply evenly and to show where I have sown.

Using canes, I should mark out a grid to help to sow the seed evenly. With the back of my rake, I then have to firm the bed to ensure the seeds are in contact with the soil.

I must then protect the seeds from hungry birds by stringing CDs on a line over the bed. If the weather happens to be dry while the seedlings are small, I must water them once a week.

Within a few weeks my meadow should be growing vigorously.

It sounds good but the question is, can I be bothered? The advice suggests that the soil should be poor, but mine is very nice rich loam. I have not got CDs to throw away and I am not sure I want to spend time digging and weeding. But who knows, I might change my mind tomorrow, and then I can look forward to watching swathes of wildflowers grow ready for next year's bumble bees.



Wildflower planting, The Vyne, 2019

photo P Chatfield



Summer Gardening

text and photos Louise Hampden

WHEN THE exuberance of the June garden has started to fade, the work in the garden in July is mainly about maintenance, but it is also a glorious time to be working amongst and getting to know your plants. And it is the best time to encourage your garden to get working again for a second flush of flowers later in summer.

My own July often involves booking a few days leave from work, but I generally go no further than my own back door, and then pull on my gardening gear and get outside.

My first job is the roses. I grow a lot of what are called the English roses and, with the right treatment, these will flower all season long. Once my secateurs are sharp, I pull on a pair of pruning gloves and start removing all the roses that have faded. I cut each one back to a 'node' – which is the next pair of leaves. On some roses you may see new little leaves sprouting from these nodes



Un-named rose

and these will make a new flower. Cut back to that point and you will have new rose buds forming within a couple of weeks.

My next job is with the hardy geraniums. Once they have finished flowering they go to seed, the leaves start to look scrappy, and some flop around looking scruffy. If you have a ruthless streak, then chop it all back to the ground and give them a water. Many hardy geranium varieties will make new fresh leaves within weeks and often flower again. An added benefit of this treatment is that you will often find snails and slugs hiding underneath the foliage and these can be disposed of by your preferred method.

If you grow any annuals the best thing you can do is to pick them – daily if possible. The overriding job of an annual is to grow, flower and set seed within a season. If you can prevent the final stage by picking or dead-heading, the flower will not be able to form a seed-head and will continue flowering until the autumn.

Plants like foxgloves I leave alone to produce their seeds, for these can be collected and sown or

allowed to drop to seed themselves around. But my rule of thumb generally is that, if a plant looks like it has run out of steam, then cutting back or dead heading refreshes the plant, triggers new growth, and rejuvenates the garden and gives me a holiday in the garden.



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Community Connections

by Caroline Gratrix

This month we meet Peter Bradbury – Solicitor and Cricketer



favourite place to shop is Waitrose.

How do you think we can all be eco-friendlier in RG4?

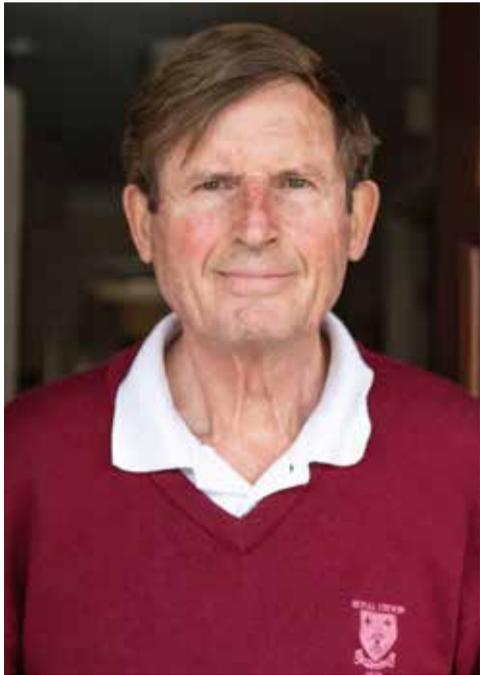
I think we should all use our cars less and we should definitely walk more. I am lucky as I live near the river. I find a good half-hour walk by the river helps me to clear my head.

Being a part of a community reaps a wealth of benefits; how would you strengthen our sense of community in Caversham?

I think we all need to talk to each other more. In the south we can be guilty of keeping ourselves to ourselves a lot. Perhaps if we had some more community meetings to attend that would help?

If you could bring anything to Caversham – an event, an experience, a shop – what would it be?

Being a sportsman, I would love for there to be a community cricket match. Even a community game of rounders would be marvellous, something where you could involve all the family and us older folk could come along and watch.



Peter Bradbury

photo C Gratrix

PETER LIVES in the heart of Caversham and is currently writing his autobiography. It's not intended for mass publication; he is really writing it for his family and friends. He has been a commercial property solicitor for over 50 years, and it's a profession he is very proud to work in. However, his great passion is cricket.

Peter played for the Berkshire Cricket Team in the 1970's, and has loved cricket since he started playing for the school team at the Merchant Taylors' School in Moor Park, Middlesex. He is a proud member of the affectionately named 'barmy army' England supporters club, and has followed them all over the world for the last 30 years. He was keen to note that the barmy army are more than beer-guzzling cricket watchers – they raise significant amounts of money for charity. He told me about one cricket match on a tour

which raised over four and a half thousand pounds, a huge amount to the locals, helping them build a cancer hospital in Columbo, Sri Lanka. Another trip saw them help to build an orphanage after the terrible Tsunami on Boxing Day 2004.

Peter doesn't go on the overseas trips since the Covid pandemic, but he still loves his cricket, and in a nod to that, is naming his book 'Still Batting'. Let's find out a little more about him...

Peter, how long have you lived in RG4?

Over 20 years. I was born in London, but we moved to Wokingham when my father got a job in Berkshire. I trained as a solicitor and worked in Reading.

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

My favourite place to eat is Quattro and my

Betty Frostick

26 April 1923 - 25 December 2022

Farewell to a Caversham Shopkeeper from the 60s, 70s and 80s.

HAVING SPENT 27 years at a local shop between 1963 and 1990, Betty Frostick will have touched many people's lives.

Betty moved from London to Caversham in 1963 with her husband Bert and four-year-old daughter Joy. They bought the shop on Hemdean Road, at the corner of Sheridan Avenue, and turned it from a wool shop into a thriving newsagents. Although renamed 'The Corner Shop', it was more commonly known as 'Frostick's'.

During the 60s and 70s, people did all their shopping in the local small shops as the large supermarkets were yet to come to Reading. So Frostick's was much more than a newsagents. It served the whole community, and there was something for everyone - from newspapers and stationery to balls of wool, chocolate, ice cream and toiletries. All the customers, especially the regulars, were made to feel special.

Betty became a friend, and often confidante, to both young and old. When decimalisation arrived in February 1971, Betty's elderly customers would hand over their purses as they just didn't understand the 'new' money.

Sadly, Bert died in March 1973, leaving Betty a widow at just 49, with a 13-year-old daughter and an elderly dependant mother.

A full length version of this obituary is available on our website www.cavershambridge.org/archives/category/local-people/obituaries



She continued to run the shop alone for several years before finally selling the business. However, the new owners wanted to maintain Betty's rapport and reputation with customers and employed her as manageress. She didn't leave until 1990, after the birth of her second grandson, to help her daughter with childcare.

Betty was a faithful worshipper at St Peter's for over 40 years and, after she retired, would often be seen around Caversham, particularly picking up her grandsons from school. In more recent years, she would walk up and down Hemdean Road to Caversham centre, and even at 95 years old it was sometimes difficult to keep up with her and her walker!

She was an active member of the Caversham Ladies' Club, the Baptist Ladies' Friendship Club and the Masonic Widows' Club. She always enjoyed her monthly OAP lunch at The Clifton Arms, after the Caversham Ladies' Club Committee meetings.

Betty sadly passed away on Christmas Day 2022 at Lyndhurst Care Home in Goring-on-Thames, with her daughter Joy by her side, just four months short of her 100th birthday!

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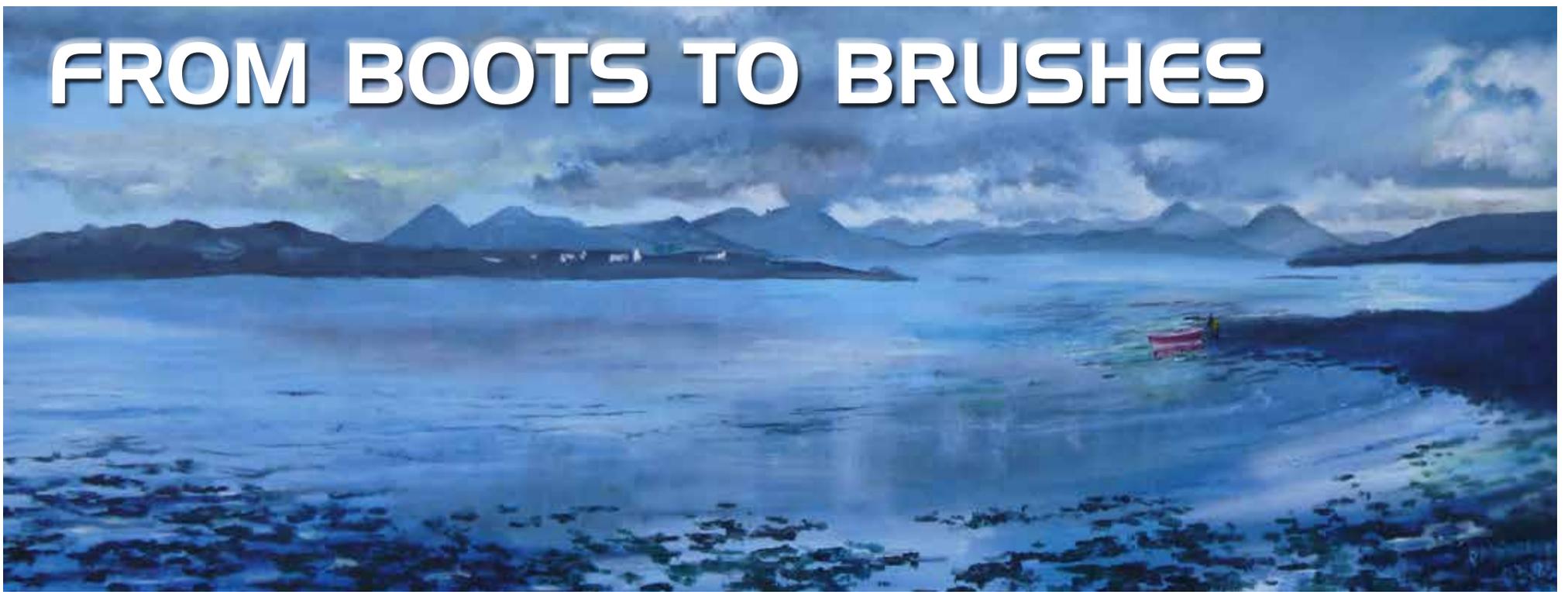
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FROM BOOTS TO BRUSHES



With a specialist interest in buildings, plus a keen love of the great outdoors, Phil Alexander has always enjoyed recreating memories of places he's visited as paintings, as he revealed when he showed his impressive collection to **Elestr Lee**. This July, his work can be viewed at the annual Reading Guild of Artists exhibition in Henley

RETIRED LONG-TIME Caversham Park resident Phil Alexander has enjoyed painting for as long as he can remember. "I've always painted, even as a boy," he recalls. "There were times when the kids were young, or when I was building our extension, when I didn't do as much. But it is something I have always done."

Phil's obvious artistic skills led him to a career as an architectural technician. "At 15 and 16, I had no ambition, but the youth employment officer knew an architect who was a one-man band, and they sent me in to train, as I was good at art and technical drawing. I ended up gaining an HNC, then built up years of experience in architecture. I always had an interest in buildings, so lots of my paintings include them."

Phil's talent for art has allowed him to

create an impressive and wide-ranging record of the places that he has visited. His oldest daughter has long been based in Uzès, in southern France. "That has provided a goldmine of inspiration," he recalls. "As well as the buildings, I am also very taken by French avenues of trees. My son lives with his family in Canada, and we go there once a year. So I have also painted trees in the snow in Canada."

His other daughter lives in Cardiff, having gained a fine arts degree there. She trained as a teacher and has spent 20 years teaching art in prisons. "She has had some success with this, working with prisoners who are barely literate, who end up gaining art qualifications," he explains. She has combined her twin interests to complete an MA in 'the relationship



From Applecross peninsular towards Skye (main picture top of page); Rowing boats in Windermere (above); Street view, Uzès (right) **All photos: P.Alexander**



between mountain biking and working with clay', her proud father reveals.

Indeed, it is the 'great outdoors' which has provided Phil's main inspiration. For the past 30 years he has enjoyed bi-annual get-togethers with three friends. In March the group meet in the Lake District and, while walking there, they plan their autumn trek in Scotland. "We are pals who are based around the UK, so this is our time to get together. The first time, we did the West Highland Way. Since then, we have completed a wide range of walks, mainly on the west coast of Scotland, in the Highlands, as well as some of the islands.

...on the hoof...

"We carry all our kit and provisions and stay in bothies along the way. Sometimes you can go two or three days, and not see anyone else. If I am out walking, I keep my camera in my pocket. I may do the odd sketch 'on the hoof', but mainly I take photos, and do my paintings when I get home."

For Phil, his paintings are all a personal record of the places he has visited. He is keen to point out that he is not trying to create a perfect replica of the scenes he paints. "None of my paintings are meant to be 'copies' – I want to try to create the atmosphere of a place," he says.

He paints in watercolours and has used acrylics, but nowadays prefers water-mixable oil paints. Ever since the pandemic he has been engrossed in his 'Scottish project' – a large body of paintings specifically inspired by his many Scottish walking tours. "Since lockdown, I have done 50 paintings, but I still have a few more to go," he reveals. "These will be

the basis of a book – although this is very much a work in progress".

Phil has converted a spare room in his home as his studio, and always likes to have at least one work 'on the go'. "In the morning I like to be out cycling, but I mull over my latest painting, and start working on it in the afternoon."

As a member of the Reading Guild of Artists, Phil's work can be seen at the annual exhibition this July which will be held at the Old Fire Station in Henley. "I joined the RGA when I retired, however I couldn't always exhibit as we are usually away visiting our son in Canada. This year we will be back before the hand-in, so I will be submitting two pieces for the exhibition. It was easier when the exhibition was held at Reading University where there was more space, so we could show more paintings, for example on a particular theme.

"It is difficult to know what to submit, as my paintings are created for me and, although I have sold works, I do them largely for myself. They are my personal record – my memories."



Find out more:

Reading Guild of Artists 92nd Annual Exhibition, The Old Fire Station, 52 Market Place, Henley, from Friday July 21 until Tuesday August 1, 10:00 - 16:00 daily.

Caversham Court Stables



Drawing by Janina Maher

www.janinamaher.artweb.com

CAVERSHAM COURT Garden is one of Caversham's glories. The history of the grand house that once stood in the grounds has been beautifully documented by the interpretation panels around the site and the layout of the building marked out by wall foundations. Although the main house was demolished in 1933, two buildings still stand: the garden

gazebo and the stable block, the subject of Janina Maher's drawing.

The stables date back to the seventeenth century, and the patchwork of bricks, with blocked-in doors and windows and the insertion of new ones, bears witness to the various uses of the building over the centuries. As well as stabling for horses, the building has been used as a brewhouse, a laundry and staff accommodation, while the upper storey was originally a hayloft. In 1922 a wealthy timber merchant, William T. de Pledge, purchased Caversham Court. His daughter Mary used the stables for a short while as kennels, indulging in her passion for Pekingese dogs; the Caversham Pekingese later became world famous amongst dog breeders. On the right of the cobbled courtyard are some later buildings erected as coach houses and then converted to garages, in which the Auxiliary Fire Service kept their vehicles during the Second World War.

Towards the end of the twentieth century the stables were put to community use, and I remember them as artists' studios. Later the building was occupied by offices, and very recently the stables became the first permanent home for Rabble – Reading's wonderful professional theatre company. This has enabled the company to expand their operations, with the aim of creating a community hub, providing education and outreach, with facilities for community groups. I recently dropped in on Rabble and was given a tour of the building, which now provides room for offices, a costume store, set construction and rehearsal space. It was great to see such an historical building being used for creative purposes – I can't wait to take my seat in the Abbey ruins to see their new production of Henry 1 in June!

Capturing the essence of Henry

READING URBAN SKETCHERS had the opportunity to sketch the dress rehearsals of the Rabble Theatre's performance of Henry I at the Abbey Ruins on 7 June. Urban Sketching is an international movement of like-minded artists who follow a common set of principles, which include drawing on location (indoors or out) to capture what they see from direct observation. Their drawings tell the story of their surroundings, the places they live and where they travel. They are truthful records of a time and place.

Although the weather was sunny for the sessions, sketching the dress rehearsals was a particular challenge because of the constant movement of the actors in this energetic performance. However, the Sketchers rose to the occasion, providing a unique record of the performance.

To find out more about Reading Urban Sketchers and forthcoming meetings, see their Facebook page,

www.facebook.com/groups/590208911160549



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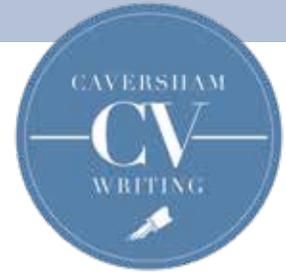
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First Impressions Matter

You've written your CV – what next?

by Laura Harmsworth



● Look for jobs

Aside from registering with job boards, agencies and applying to ads, consider these:

Twitter:

- Follow relevant industry twitter handles for job openings and news.
- Create regular and meaningful content, not just retweets.
- Link to your LinkedIn profile, blog, etc.
- Add your Twitter handle to your CV (if it's strong).
- Build your network before you need it.
- Don't be overly formal – show your personality.
- Search hashtags e.g., #Hiring #NowHiring #Jobs #Careers #JobOpening #JobListing #JobPosting and industry-specific ones, for example #TechJobs

LinkedIn:

- Update your LinkedIn profile: photo, banner, URL, headline, summary, skills list, keywords.
- Follow relevant people/companies.
- Connect with people in the industries/companies you're interested in.
- Engage on and write intuitive posts.

- Check your feed daily.

- Ask for endorsements and recommendations (offer to reciprocate).

Networking:

Studies show anything between 60-85% of jobs are filled through referrals and networking.

- Make a list of everyone you know from all areas of your life and work your way through them – you never know who they know.
- Say you're seeking advice as you're looking for a job – are you asking them for a reference, asking for industry insights, do they know of anything in this area.
- Don't be worried about asking – it's human nature to like being asked for advice/to want to help someone; most people nowadays have been in the situation of looking for a role.
- Reciprocate – this is all about building and maintaining mutually beneficial relationships for now and in the future. Thank your contact for any advice received.
- Ask about them, can you send them any relevant information for their role, perhaps an article you've read recently, can you introduce them to someone else in your network. Keep in touch.

● Prepare a cover letter that can be tailored to each application

Whether asked for or not, I always recommend you send a letter to accompany your CV. This should be one page and it's a great way to convey your passion for the role and company you're applying to.

You can also explain gaps, career changes, etc, so you're setting the scene for the information laid out on your CV.

● Interview preparation

My previous articles have covered face to face and online interviews and it's all about the preparation – company research (information, values, news items, strategy, and direction), reading the job advert and description to identify key skills and achievements that back up your suitability, what to wear, how to get there, and background and technology for online interviews.

You can follow Laura on:

www.facebook.com/CavershamCVWriting

on LinkedIn:

www.linkedin.com/in/lauraharmsworth

website: www.cavershamcvwriting.co.uk

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In the News – Congratulations to Clay's

by G Grubb

WE FEATURED Nandana and Sharat Syamala, who run Clay's Hyderabadi Kitchen on Prospect Street, in our September 2022 Community Connections article. Construction problems delayed the opening of the restaurant, which we reported in April this year. But their hard work in setting it up was rewarded on 10 June with a glowing review in The Guardian 'Feast' supplement, by their restaurant critic, Grace Dent. She wrote 'Clay's is indeed special' and described the food as 'thoughtfully made and determinedly different.' She summed her visit up writing 'Clay's has one of those menus that I feel I'll keep going back to.'



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The end of an era – Alison's Hairdressing

AFTER 27 YEARS in Gosbrook Road, Alison Hairdressing Salon is closing from 1 July 2023. Owner Alison McBride started work in hairdressing as an apprentice in 1969 and opened her first salon in George Street in 1989. Six years later, the business moved to its current site on the corner of Gosbrook Road and Patrick Road.

Alison posted the news on Facebook, thanking her clients for their custom and loyalty over the years. She told me she was "very proud of the business and the happy atmosphere there. It has always been a fun place to work." Hairdressers usually start their career as apprentices at the age of 16, working in the salon four days a week and attending college for one day. Over the years, Alison has regularly employed apprentices and often felt like a second mum to them. Many

responded to the announcement to say how much they had enjoyed working with her.

Alison will miss her clients but has decided it is time to move on for several reasons, including the increasing complexity of managing a business. She spoke of the special relationship she had with many clients, who often confided in her. She said, "I have so many stories I could tell, but they are often very personal and are not to be shared". These include dealing with grief and loss, which she believes should be discussed directly and with sensitivity.

The painting of Alison Hairdressing is taken from Janina Maher's book, 'A Stroll through Caversham', published in 2022. This is the final entry in the book, with information about previous uses of the site, which include its time as 'The Spud Centre' selling potatoes from 1973 until 1989.



by Phil Chatfield

Alison Hairdressing taken from Janina Maher's book, 'A Stroll through Caversham', published in 2022



Mood Food – a look at nutritional psychiatry

OUR BRAIN is always 'on'. It takes care of our thoughts and movements, our breathing and heartbeat, and our senses – it works hard 24/7, even while we're asleep. This means our brain requires a constant supply of fuel. That 'fuel' comes from the foods we eat – and what's in that fuel makes all the difference. Put simply, what we eat directly affects the structure and function of our brain and, ultimately, our mood.

Like a reliable car, our brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals and antioxidants nourishes the brain and protects it from oxidative stress – the 'waste' (free radicals) produced when the body uses oxygen, which can damage cells.

Unfortunately, our brain can be damaged if we ingest anything other than premium fuel. If substances from 'low-premium' fuel (such as what we get from processed or refined foods) gets to the brain, it has little ability to get rid of them. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function – and even a worsening of symptoms of mood disorders, such as depression.

If our brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space, further contributing to brain tissue injury, consequences are to be expected.

Today, the burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what we eat, how we feel, and how we ultimately behave, but also the kinds of bacteria that live in our gut.

Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of our serotonin is produced in our gastrointestinal tract, and our gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of our digestive system don't just help us digest food, but also guide our emotions. What's more, the function of these neurons – and the production of neurotransmitters like serotonin – is highly influenced by the billions of 'good' bacteria that make up our intestinal microbiome. These bacteria play an essential role in our health. They protect the linings of our intestines and ensure they provide a strong barrier against toxins and 'bad' bacteria.

...risk of depression lower...

Studies have compared 'traditional' diets, like the Mediterranean diet and the traditional Japanese diet, to a typical 'Western' diet, and have shown that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Scientists account for this difference because these traditional diets tend to be high in vegetables, fruits, unprocessed grains, and fish and seafood, and to contain only modest amounts of lean meats and dairy. They are also void of processed and refined foods and sugars, which are staples of the 'Western' dietary pattern.

Small changes and additions to our diets now can go a long way in fighting inflammation long term. Nutritional psychiatry is yet another field of research guiding us towards holistic health. I'm excited to see this field grow and educate us more!

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Email: editors@cavershambridge.org

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

COMPANY TREASURER: Mrs J Belcher: Tel: 0118 947 4772 • Email: treasurer@cavershambridge.org

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