

Caversham Bridge

No 702

www.cavershambridge.org

August 2023

The changing face of Caversham

by Francis Serjeant

FOLLOWING A conversation about Caversham shop changes over the last 30 years, I thought it would be interesting to investigate these changes further, starting from around 1900 to 2022. By using historic local street directories, together with a personal survey of central Caversham shops and businesses, I gained a snapshot of the changes over the last 100 years or more. In this first of two articles, I compare shops and businesses in 1900 to those in 1922. In the second, I will advance 50 years to 1972 to compare changes within the last 50 years.

Caversham in 1900 reflects the fact it was still a rural riverside village; typically, we have a black smith, a wheelwright and stabling in the area. In addition, the Thames supported local boat builders/boat hire businesses such as Freemans. Edwardian post cards also show the long-gone use of the river, trapping eels at Buckside. Interestingly, the 1900 directory also included two willow basket makers. However, hand in hand with this urbanisation, Caversham's main streets were now lined with shops as this post card from the time shows.



Prospect Street postcard

courtesy of C Walton

In addition to cobblers, haberdashers and various food shops, it was interesting to discover Caversham supported a sail maker and also the Caversham Cycle Works, the latter reflecting the late 19th century national cycling craze. Also present in Caversham were familiar pubs: the Griffin (first mentioned in the 17th century), and the Crown, formally The George (1771). By 1900, they were joined by the Clifton Arms, the Fox and Hounds, and the Prince of Wales.

Caversham library opened in 1907, so is recorded in the 1922 directory. Another early 20th century change was the opening in 1911 of Reading's first purpose-built cinema, the Caversham Electric Cinema. In 1944 its name changed

to The Glendale. This closed in 1977 and the building is now home to The New Testament Church of God.

The other major example of late 19th/early 20th century technology affecting our community was the motor car. Contemporary to the 1922 directory was the opening of Reading Bridge and the current, wider, concrete Caversham Bridge, reflecting increasing traffic passing through Caversham. There was still a bicycle shop, but it was joined by Caversham's first garage, Caversham Motor Ltd (1920). Further changes occurred within the next 50 years, which I will incorporate in the second part of this brief survey, looking at changes between 1972 and 2022.

Making a splash

by Phil Chatfield

Henley winners - a Caversham link, page 3

photo AllMarkOne

AUGUST MARKS the transition between summer and autumn. For families with school age children, it is the time for holidays and a change from termtime routine. There are plenty of activities lined up for our young people over the holiday period, including those being organised at the Weller Centre (p9).

Local businesses appear in a number of our articles this month. Francis Sargent has taken a look back at the changing face of Caversham shops in the first of two articles on the subject (above). We have an update from the Caversham Traders' Association on the award-winning businesses in our area and the benefits of supporting local enterprises (p8). We also report on the opening of the Artology Studio on Prospect Street (p8), and the major refurbishment of the Waitrose store in Caversham currently underway (p3).

For those who enjoy being outside, Happy Wanderer looks at local heathlands this month (p7),

and our Community Connections features Caroline Gratrix, co-founder of Walk Works, which organises local walks (p11). Our regular gardening articles consider the benefits of trees and look at flowers which release their scent in the evening and the role of the moths they attract as pollinators (p10).

The subject of Creative Caversham this month is master craftsman Billy Goodworth, from Emmer Green (p12). Finally, the benefits of boredom are the unlikely subject of our wellbeing contribution from Ami Roy this month, alongside a timely reminder of the need to take care of our skin in the hot weather (both p15).

We are always pleased to hear from our readers, so do contact us with your news and suggestions for inclusion in future editions. Email us at editors@cavershambridge.org or care of Church House, Church Street, Caversham RG4 8AX.

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You are nearer to God in a garden than anywhere else on Earth



Talking Point

by Rev'd Margaret Dimmick

WHEN I WAS a child, my mother used to plait my hair in the mornings to get ready for school and she would tell me phrases she could remember being told by her mother. Particularly when she had been out in our small garden to weed or plant, or just tidy up, she would say that it was a happy place for her, and I learned from both my parents the seasons when flowers and vegetables would flower or be ready to eat and enjoy. There was so much to look forward to.

It was natural that I should want to have a house with

a garden. When I was first married, I lived and worked in London, where flat dwelling without a garden was frustrating and I had to make do with a few house plants, I looked forward to a garden.

My chance came when we moved to Norfolk with my husband's work. Here, I could use my imagination to carve out flower beds and a vegetable patch, plant small trees and make places for our children to play. It was by turns satisfying and worrying, as I could see my family enjoying playing, while the adults were panting, mowing and resting. There was always something to be done.

Was this how God felt when he was creating the heavens and the earth? I now feel I am rushing to catch up; it's my fault for wanting so many flowers and vegetables, they have to be put in at the right time. I am reminded that when God created, he also rested, looked at his work and saw it was very good.

A few weeks ago, I met my Franciscan friends for a quiet day. We were at the church in Cold Ash on a very warm June day. We had the opportunity to go out to their garden, which was the old part of the cemetery. Some gravestones were so old, the dedications had disappeared, and they had been carefully moved to the edge. The grass had been left to grow long in patches, and we were surrounded by trees.

Sitting in the shade, we could hear birds calling, small finches, songbirds, and a Tawny Owl, awake and marking territory. I counted fifteen species of wildflowers and trees. It was just what I wanted, time to stop and just 'be'. It was time to open myself to God's presence and wait on him, to discover not doing anything gives you time to appreciate the natural world and contemplate the wonder of our mother earth, as St. Francis put it in his Canticle of the creatures.

I had discovered a happy place. It was a calming and positive time. Just now and again I would thoroughly recommend it!

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



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

editors@cavershambridge.org

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

advertising@cavershambridge.org

IN THE NEWS

HENLEY TRIUMPH



Jenny Bates

photo N Bates

CONGRATULATIONS TO Jenny Bates, 24, from Caversham, who was part of the winning crew of Oxford Brookes University Boat Club 'A' boat at Henley Royal Regatta on Sunday 9 July. They were competing in the student women's 8+ (eight rowers plus a cox) event in the Island Challenge Cup. They beat the team from the University of Pennsylvania in the USA in a nail biting final. It was an historic day for the Wallingford based club, with a total of seven wins out of seven finals

Jenny is very much at home on the Thames, having learnt to row at Reading Rowing Club, Thameside Promenade, in 2016, whilst doing her A-levels at St Joseph's College, Reading.



Caversham Bridge News from the editors

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Volunteer Advertising Manager

Our Advertising Manager has recently retired after an enjoyable 17 years in the post. We are now looking for someone to take on this role. The work is part time and flexible and does not require previous experience in advertising. It provides a great opportunity to meet local businesspeople and to work with the Caversham Bridge team. A job description is available if you are interested. 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.

CHANGE FOR THE BETTER

by George Grubb

THE WAITROSE store in Caversham is undergoing a major refurbishment over the coming months, with work affecting every part of the store. The company is investing £4 million in the branch to improve the experience for shoppers and working environment for staff.

Much of the activity will be behind the scenes, with work on the roof in progress in July. New refrigeration equipment, using a water-cooling system, is being installed, which will improve the reliability and efficiency of the chillers in the shop. With the hotter weather we are experiencing now, the existing equipment simply can't cope anymore.

There will be changes around the store, with work done overnight to minimise disruption. Initially, the frozen food section will be moved to the back of the shop. There will then be a programme of replacement of the shelving and an expansion of the chilled food capacity. While the work in the shop is going on, the existing service counters such as seafood, butchery and the bakery will be closed. The counter staff will be reallocated as customer advocates and will be on the shop floor to help customers find their way around.

The manager, Wade Lavery, is looking forward to providing a much-improved customer experience from mid-September. The work is due to be completed by 15 September, when the now retired first manager, Tony Davis and two partners who have worked at the store since it opened in 1986 will open the new look store. He said, "There are bound to be some challenges as the work is undertaken. The customer advocates are there to help – please make use of them."



Waitrose Caversham

photo G Grubb

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EARLY YEARS CHANGES

by Fred Smith



PARENTAL CHOICE in our area for early years provision for children under school age has suddenly been reduced, with the closure of two local pre-schools. The Caversham Heights Pre-School, based at the Methodist Church in Highmoor Road, and the Crawshay Pre-School in Gosbrook Road are both closing at the end of the summer term.

Pre-schools are typically charities which rely on a great deal of parental support. In both these cases, falling numbers and the difficulty of finding parents prepared to help with the running of the organisation have taken their toll. With many parents choosing to return to work at the earliest opportunity, nurseries, which are open for longer hours and not restricted to term time, have become increasingly popular.

The Caversham Heights Pre-School website (cavershamheightspreschool.org) includes an expression of gratitude for staff past and present and for the support of pre-school families and the wider community over the 60 years it has been open.

Pre-School provision is still available in the area for children between two and a half and five years old. The St Andrew's Pre-School in Albert Road, established in 1968, is open four days a week (Monday to Thursday), with sessions running from 9:00 to 12:00 and 12:15 to 14:45. It is a charity formed as an alliance between parents and staff, based in St Andrew's Church Hall. It has a committee of voluntary Trustees to support the operational management of the pre-school and assist the staff. For more information, see www.standrewspreschoolcaversham.org.uk

There are also well-established pre-schools in:

Emmer Green www.emmergreenpreschool.org.uk and at Micklands

www.micklandspreschool.co.uk both of which have vacancies for September.



Parish Fete

THE PARISH fete in Caversham Court Gardens on 8 July had plenty of traditional sideshows and competitions. With a brass band for entertainment, the ever popular Pimms Tent and a chance to meet up with old friends, it was a very enjoyable afternoon.



Entertainment for all ages

photos S Strickland



St Andrew's Church Summer Tea Party

by Katrina Fuzesi

THE RECENT midsummer sunshine brought visitors out in droves for St. Andrew's Church Summer Tea Party.

The Tea Party – organised to raise funds for local charity, Reading Street Pastors – welcomed a steady stream of visitors who enjoyed tea, coffee, and homemade cakes in the church hall.

The hall, decorated with vintage bunting and fresh flowers, also hosted stalls selling an abundance of garden plants, Fair Trade goods, a tombola and a raffle.

Outside, children of all ages were treated to an array of old-fashioned games such as Hit the Can, Croquet, Hoopla, Stilts, Golf and Giant Jenga. A large and well stocked toy stall helped to keep the children entertained and happy.

Phil Chatfield from the Caversham Bridge was on hand to promote the community newspaper,

while Sally Leonard of the Reading Street Pastors spent a busy afternoon describing what the charity does to protect revellers on the streets of the town late at night.

Although St. Andrew's Church supports a number of charitable enterprises, it votes to support one particular charity each year, with the Street Pastors chosen for this year. A total of just over £800 was raised by this summer's Tea Party.

Vicar Rev'd Nigel Jones said, "We were delighted with the success of the tea party. The weather was on the hot side, but it didn't deter the visitors! We were extremely pleased with the amount raised for the Reading Street Pastors, and it was lovely to see the church hall filled to capacity. This is an event we hold every year so we are hoping that even more people will come and enjoy the fun again next year!"



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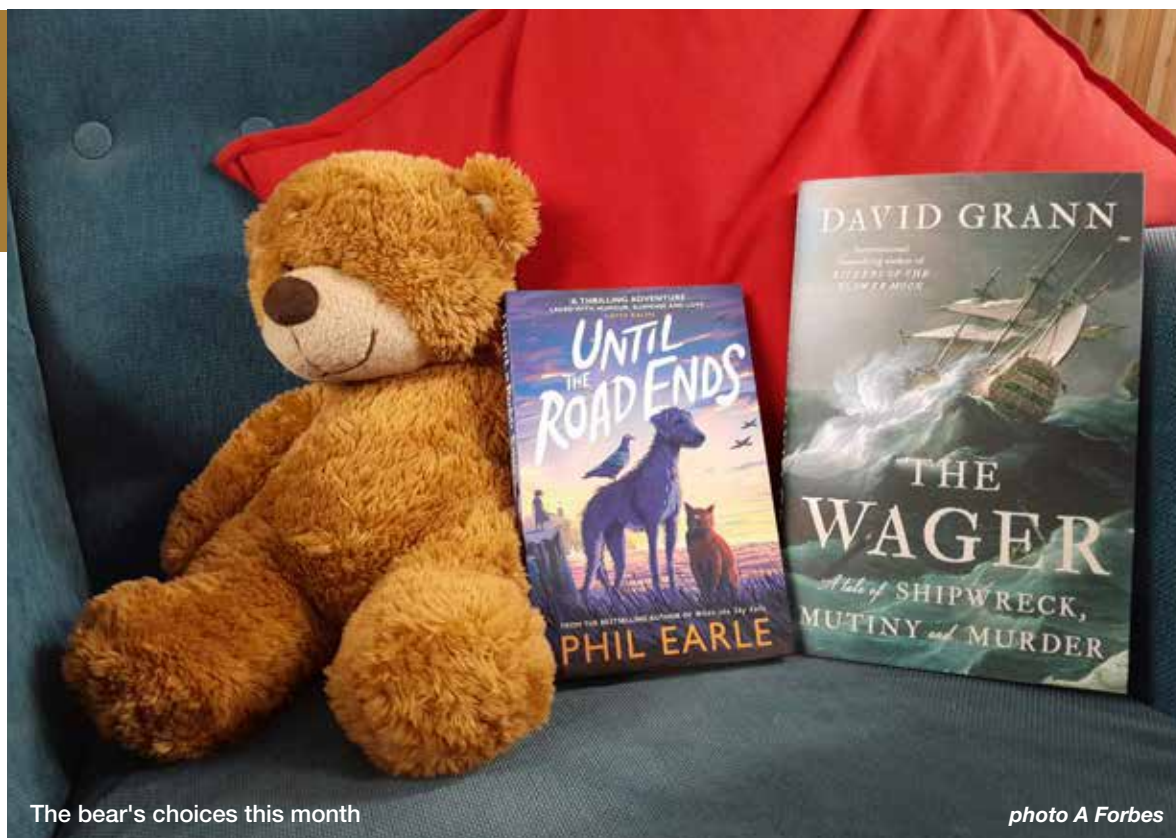


Welcome to 'Fourbears Reviews' where we briefly review a couple of titles chosen from our book shop 'Fourbears Books' in Caversham.

by Alex Forbes

OUR ADULT pick this month is a non-fiction book. The Wager, by David Grann, is a true story of shipwreck, mutiny, and murder. The British vessel The Wager set sail on a secret mission in 1740 and soon started to chase down a Spanish ship filled with treasure. The Wager was unsuccessful and ended up being shipwrecked. A raft carrying the surviving crew sailed for 100 days before finding land and were greeted as heroes as they told the story of how they survived. However, six months later, another raft of survivors turned up, and they had a very different story to tell. This is an amazing, true story, beautifully told. There are many twists, and the suspense builds, culminating with the final court martial to determine which group was telling the truth, and which group would be hanged for treason. It had me gripped throughout.

The children's book is Until the Road Ends by Phil Earle. Written for children aged 10+, it tells the wartime story of Peggy and her dog, who



The bear's choices this month

photo A Forbes

are separated during the war. Despite all manner of events and tragedies, they have to find their way back to each other. Phil Earle is an award-winning author who is also a gifted storyteller, and this book is no different. Until the Road Ends

is historically accurate, and it is also careful in how it presents the realities of war for the younger readers, getting the balance just right. It's a cracking read and was enjoyed by the 11-year-old at home, too.

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



Applause for the musicians

photo S Newman

Midsummer music recital

by Elestr Lee

The theme of the concert was works by the Late Romantics; however, each composition revealed a completely contrasting mood



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CAVERSHAM'S 12th annual classical concert series ended on Saturday 17 June with a chamber music recital at St Andrew's Church. Organised by founders, Adrienne Black and Timothy Watts, some of Britain's finest musicians came together to offer three pieces from the chamber music repertoire.

The concert opened with a piece probably the least familiar to the packed and attentive audience – Mahler's Piano Quartet movement in A minor. The sole surviving piece of chamber music by the composer, it is believed he wrote the movement while still a student, long before he established his 'voice'. The piece is a highly competent composition, with a slightly unnerving violin cadenza towards the end which hints at the young student's determination to break away from convention.

The first half of the concert was completed with a stirring performance of Schumann's Piano Quintet in Eb major op. 44 and, as was to be expected, Schumann demanded a full range of emotions. Adrienne Black rose to the occasion, providing virtuosic piano playing

while never overpowering the delicate interpolation of the violins, viola and cello parts.

The traditional interval offering of soft drinks and wine was followed by the final piece, performed by Tamas Andras and Jiafeng Chen (violins), Michelle Bruil, viola, Peter Adams, cello, and Adrienne Black – Piano Quintet in A major op 81, by Dvořák.

The theme of the concert was works by the Late Romantics; however, each composition revealed a completely contrasting mood. While Schumann is always highly emotional, Dvořák celebrates exuberance, borrowing folk tunes and dances, veering from laments to the highly spirited Furiant. The players seemed to revel in the technical demands of the piece and brought the evening to a rapturous conclusion.

Concerts in Caversham
Autumn Festival of Music and Art
opens on October 20
www.concertsincaversham.co.uk

WHAT'S ON in AUGUST

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
Many regular events are paused during August. However, there are plenty of other summer activities scheduled.

Caversham Library – opening: 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 9375103
or see reading.gov.uk/leisure/all-libraries/caversham-library

Geo Café – *Artists Against Homelessness*, an ongoing and changing exhibition of art by local artists at Geo Café, Prospect Street. For each sale the artist makes a donation to Launchpad Reading. Open every day.

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

Wednesdays – **Caversham Writers** – Welcoming enthusiastic hobbyists and aspiring authors alike. Meeting in person or via Zoom. Free to all. For details:

meetup.com/CavershamWriters

or @CavershamWriter on Twitter

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. 07931754096 or email Pat at Wirralbird@hotmail.com

Sundays – **Readifolk 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.readifolk.org.uk

Wednesday 2 to Thursday 31 August – **Exhibition of the work of artist Adeline Breton** – 10:00 - 16:00 Tuesday-Saturday, Caversham Picture Framer, 5A Church Road. See cavershampictureframer.co.uk

Wednesday 2th August – **Rosehill Ladies Meeting** – 14:00 St Barnabas Village Hall, Emmer Green. Marie Rogers will speak about 'Choosing the Best Colours for your Skin Tone'. All welcome. Contact jeandhewitt@gmail.com

Friday, 4 August – **Bereavement Café** – 14:00 - 15:30 at St. Barnabas, Emmer Green. The café is a safe place to find others who have had their own loss and can appreciate something of your experience.

For further info Tel. Gill at 0118 9478772

Thursday 10 August to Saturday 23 September – *How the other half loves* – a comedy by Alan Ayckbourn – The Mill Theatre, Sonning. For info see millatsonning.com/whats-on

Saturday 12 August – **Carnival of the World** – 12:00 -18:00 Live stage and parade, Broad Street, Reading. See whatsonreading.com/venues/culturemix-arts/whats-on/carnival-world-2023

Thursday 17 August – **Caversham Women's Institute** – 19:30 at Church House, Caversham.
www.thewi.org.uk or Tel. 01189 475176

Wednesday 23 August – **Light on the Hill Cafe** – 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

Friday 25 August – **Le Cercle Français** – 19:30 - 21:30 at Church House, 59 Church Street, RG4 8AX. For those who are learning French, love France and for French nationals. Admission £5, welcome drink included. Email: readingcerclefrancais@gmail.com

Saturday 2 September – **Caversham Horticultural Society** – **Autumn Show** – 14.00 - 16:30 at Emmer Green Primary School. For details, see www.caversham-horticultural.org.uk/events.htm

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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

DETAILED APPLICATIONS are progressing to discharge the various conditions on the approval for housing on **Reading Golf Course**. Arrangement for the routing of construction traffic to and from the site had not been finalised when this paper went to press. CADRA and Ward Councillors have continued to raise concerns with both the Council and the contractor, Vistry. The latest newsletter from Vistry is available on the CADRA website. You will also find the latest newsletter on **Natural Flood Management**.

Following an exhibition at Caversham Park late last year, the revised plans for the site are now available on applications 220409 and 22410. A second application is required for Listed Buildings but the details are the same. Of the 120 new documents, a good start is the **Heritage Statement** which you will find on the CADRA website, along with a few other plans. It outlines the basis for the changes, gives an excellent account of the history and significance of the site and includes a large collection of period photos.

On the subject of heritage, **Heritage Open Days** run from 8-17 September, and many require booking. www.heritageopendays.org.uk/visiting allows a postcode search to bring up local events.

The River Academy will open to Year 7 in September 2024 and an open evening is being held on Wednesday 20 September from 17:00 until 19:30 at the new **Rivermead Leisure Centre**, which opened in July. Demolition of the existing centre will follow. Work on the swimming pools will not complete until summer 2024. From the 14 July, the demountable swimming pool at Rivermead will be temporarily unavailable due to essential works to incorporate the pool building into the new leisure centre and give the facilities a deep clean. The pool will back in use by the new academic year in September.

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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THE CHILTERN HEATHLANDS

AUGUST IS the month when heathlands are at their most colourful, due in no small part to the flowering of the heather.

On the face of it, you might think that there shouldn't be any heathlands in the Chilterns, where the underlying rock is chalk. But, over the millennia, the alkalinity of the chalk has leached away from the hilltops, leaving them less fertile. These areas tended to be left as common land, and their names still appear on maps of our area, as heaths, commons and greens.

Volume XX of The Victoria History of Oxfordshire contains a land-use map of the whole Parish of Caversham, as it was in 1845, when it extended up into the hills. The map shows that there were still areas of common land at Gallowstree Common and Cane End, at Chalkhouse Green, Kidmore End and Emmer Green. Just outside the parish were Greys Green, Kingwood Common, Peppard Common, Sonning Common and Binfield Heath.

...halting scrub incursion...

By the twentieth century, farming was changing. The use of the commons for grazing was declining, more land was being enclosed for agriculture, and trees were beginning to take over the remaining heaths. Old photographs show them as almost treeless with the odd cottage here and there, where there is now woodland.

This, of course, led in turn to a loss in biodiversity, but local volunteer organisations stepped in, and the Nettlebed and District Commons Conservators now look after some areas, helped by the local Wildlife Trust and the Green Gym, to halt the incursion of scrub.

My picture shows members of the Reading and District Natural History Society botanising on Peppard Common; we also visited nearby Kingwood Common. In these areas you should find heather, bell heather, dwarf gorse, tormentil, heath bedstraw, and bracken and, if you're lucky, grayling and brown argus butterflies and emperor moths.

...memories of the area...

You can get a good idea of how life was lived here in the past from J. H. Baker's book, 'Land of the Gap', published in 1938. There's a chapter on 'Flora and Fauna of the Heathlands' where we learn that the gorse was known as 'fuz'. Another chapter, 'Echoes of the Heathlands', contains the reminiscences of old boys who must have been born in the 1850s. These include memories of the area that's now Caversham Heights.

Thinking about heaths and heathlands while writing this article led me to wonder about who 'heathens' might have been in days gone by. Of course, 'heathen' has distinctly derogatory undertones, and is a word we don't use much now. Reaching for the Oxford English

Dictionary, I found that 'heath' was a Germanic word which signified 'open, uncultivated land; an extensive tract of waste ground; a wilderness'. This means that a heathen was originally someone who lived in such a place, away from civilisation, and in time came to

mean someone who did not follow one of the great world religions. Interestingly, the word 'pagan' had a similar origin. In Latin, a 'paganus' was someone who lived out in the wilds, away from civilisation, when Christianity had arrived in the towns.



Botanising on Peppard Common

photo Happy Wanderer

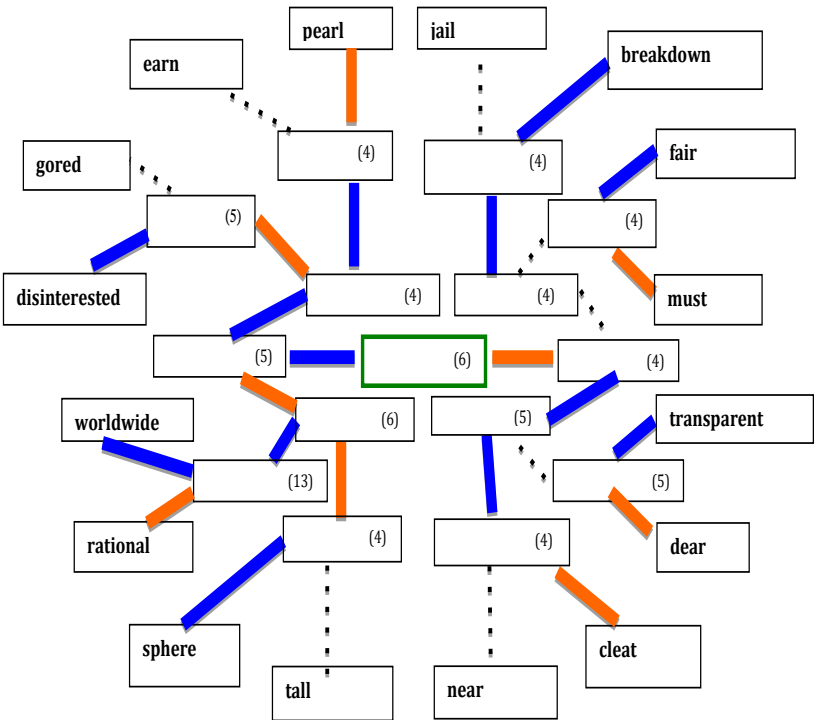
Puzzle Corner

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 ———



Answers on page 15

THE WELSH CONNECTION

Can you find 19 local roads with Welsh names?

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R E O E A N R O M S A R O N
N W R N N T B V N H V O S A
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Prospect Street hanging baskets

photos F Smith



by Sally Moore

This second article from Sally follows on from her first for the Caversham Traders' Association in our April edition

FIRST OF ALL, thank you to everyone who has continued to come into Caversham and support local businesses during the recent road closures. Coming on top of a relentless round of temporary traffic lights, your support has been essential to small local businesses, many still picking up the pieces following the Covid-19 pandemic.

And of course, there are plenty of good reasons to stay shopping locally. Caversham has a proud list of award-winning businesses, as well as those which have been shortlisted in major award schemes. These include Sheabutter Cottage, Henley Road; Fox and Hounds, Gosbrook Road; Nood Stores, The Collective and Strong Women's Club in Church Street and in Prospect Street, Carousel Clothing,

Dancia International, Define Hair and Beauty, Geo Café, and Prospect Street Dental Practice.

According to research by Visa, for every £10 we spend with a local business, more than a third (£3.80) stays within the area. Research shows that £10 spent with a local independent shop means up to an additional £50 goes back into the local economy. This is simply because the nearby shop owners, who you are spending your money with, will then put that money back into your local community by visiting local pubs, restaurants and shops, circulating the money and creating thriving communities.

But there are plenty of other good reasons to shop local. Businesses like cafés and bookshops promote a positive community feeling. They also create local job opportunities,

further boosting the local economy. In addition, these local and often family run firms create revenue which supports council services like libraries, roads and parks.

Supporting local businesses can help reduce your environmental impact, especially if you choose to walk or cycle. In addition, small local businesses don't tend to have large supply chains creating greenhouse gas emissions, so have a smaller carbon footprint.

The awards mentioned above prove you're far more likely to get superior customer service, unique and original products, and quality over quantity from your local businesses! And for those choosing to visit the centre of Caversham, many businesses have invested in beautiful hanging baskets to brighten up the streets.



Artology Studios, home for creativity in Caversham

photo S Harris

Bouncing back

by Phil Chatfield

IN OUR April edition we reported the closure of the Art Jam Studio at 41 Prospect Street. However, the premises are now back in use as the Artology Studio, which opened 6 June. New owner and local resident, Joan Harris, wanted to keep a home for creativity in Caversham. She told me "People love being creative. Young people, in particular, enjoy exploring their creative potential. Art inspires and awakens your creativity and will always bring out the best in you".

...broaden available options...

Artology Studio is an Art, Ceramic and Craft Studio, available for a range of events, from parties to art classes and corporate team building. Although pottery painting has traditionally been the most popular activity, Joan aims to broaden the available options with, for example, vinyl printing and furniture upcycling. The Studio is already home to several of her own upcycled pieces, providing a bright and colourful setting for those attending sessions there.

Joan is an artist at heart, and a keen advocate of art as a healing and therapeutic activity. Since opening, she has already met many interesting people, and is looking forward to sharing her passion for art and providing a venue for people to develop their own artistic skills.

For more information, see www.artologystudio.co.uk

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Staff at the Weller Centre in Amersham Road have been busy preparing for the summer holidays, as Hazel Bingham from the Centre reports



WHAT A SUMMER break we planned at the Weller Centre. Although the staff will be exhausted the young people from 0-17 will have had an amazing time. Our under-5 sessions will have various activities from messy play to singing in rhyme time and jumping in their music and movement sessions. Messy play sessions, as always, will leave no child clean! From exploring the feel of foods to water play and animals in spaghetti there is something for them all to explore. We look forward to seeing the adults joining in.

Our primary school children will come for breakfast

and activities during the week, which we hope they will really enjoy. It will be nice to see their smiling faces and how they have changed since they joined us in May half-term and hopefully see some new faces.

We have a range of activities planned for our secondary school young people to enjoy. These include a visit to the Waterside Centre for activities on the water, from paddle boarding to canoeing, which will be a new experience for most of them, and a learning curve for many. They will also get the chance to try Go-Karting. We expect there to be a lot of competition going on between them, and

plenty of smiles and laughter. We will be taking a group to Southend on a coach, which we hope will be a fantastic day at the coast and a chance to build independence skills.

As a Centre, we have been very lucky to join again with Reading Family Aid, and for the first time the Rotary Club of Reading Abbey, to offer our families and football team chances to go to Caversham Lakes, Bournemouth, and a day on the river. These events promise to be great fun and we look forward to family feedback.

For information and contact details, see www.facebook.com/wellercentre



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RECYCLING THOSE TOOTHPASTE TUBES (and other cosmetic containers)

by Tricia Marcouse

TOOTHPASTE TUBES are gradually being changed from a brilliantly designed, but totally un-recyclable, mixed plastic and metal container that creases and fixes in position as you squeeze from the bottom, back to a uniform plastic container (HDPE) that will ping back into shape as you squeeze and drive you crazy trying to get the paste out. Time to delve through the drawers and find that toothpaste tube squeezing widget.

The new tubes are recyclable and will have the recycling symbol on the tube, but not through your door-to-door collection system at the moment. Boots provide a recycling service for these tubes and a great many other cosmetic containers, such as lipsticks and mascaras and, although it is called the 'No7' recycling scheme, it accepts products by other manufacturers and bought in other shops. It will give you reward points for recycling if you have one of their loyalty cards and make a purchase of £10 or more when you bring recyclables in. Sign up for the app (which tells you which products the scheme accepts) on www.boots.com/Recycle-at-Boots-accepted-items. Unfortunately, the Boots in Caversham does not offer this service and your nearest outlets are The Oracle, Woodley Precinct or Henley, so it's another one of those 'save the stuff up for later' bags around the house. Perhaps a talk to the local branch would help.

Some of the Teracycle schemes collect toothpaste tubes (and brushes) but an existing one in Caversham closed recently. If anyone knows of another deposit point in the area, please tell the editor.



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TREES PLEASE

BY LES COOPER



I HAVE LIVED most of my life in All Hallows Road which leads to the cemetery. Lining the road are numerous large lime trees, which have been magnificent this year.

I remember them during my younger days when they were mere saplings. Because there were fewer cars back

then, we were able to use them as bases to run around when playing rounders. Children spent more time outdoors in those days, and the nearby woods were wonderful playgrounds.

Oddly enough, at the time there were not many trees in the gardens around us, presumably because the growing of vegetables for the dig-for-victory campaign had taken precedence. We had two dwarf apple trees - a Cox's Orange Pippin and an Ellison's Orange - which we kids really enjoyed. Some years later, we had a Victoria plum tree. The ripe plums were delicious, and I am not sure who enjoyed them more - the wasps or us.

Back in the 1950s and 60s, I cannot remember any acquaintances planting trees for decorative purposes. A few years later, garden programmes on our televisions had a big influence, as we found out about decorative trees we had never heard of before.

At one stage there was a great deal of talk about growing conifers. Impressed by what we heard and saw, Eunice and I purchased a few small ones. They grew very well, indeed too well, and within a year or two, they had

decided to take over the garden. Perhaps, we didn't look into things well enough. I know it has taken me years to get rid of the left-over stumps.

There has been a change in attitude during the twenty-first century with the threat of global warming hanging over our heads. Planting trees has become the norm. I certainly think a number of neighbouring gardens are looking better for it. Many trees have been planted for the residents in Chiltern Road and Mayfield Drive, which is a delight and such good news.

We have two Crab apples (Malus 'Red Sentinel' and Malus 'Wedding Bouquet'), and a flowering cherry Prunus 'Ukon' which were wonderful earlier this year, a mass of bloom that even the heavy rain couldn't deter. I am not particularly recommending these varieties; my knowledge is not that broad, but they are a treat for the eyes.

A good tree is not cheap to buy, but it is worth it, especially when you compare it with all that money you might spend on a posh dinner or a London theatre trip. Watch out though, because some time ago I bought a cheap Robinia, which was meant to be a smaller variety. It was not, but it is quite nice all the same!



All Hallows Road lime trees

photo A Wightman



In The Night Garden

by Louise Hampden

After all the hard work we put into our gardens, we often forget actually to sit and enjoy them. Warm summer evenings supply a rare opportunity to do just that. We share our gardens with all sorts of wildlife from bees to hedgehogs, and plant all kinds of plants and create habitats to attract them all in, but one evening I was reminded of another insect that is vital to biodiversity and can sometimes be ignored.

Whilst watering my containers I was surrounded by the scent of honeysuckle that had decided to pump out its perfume at that moment and this reminded me that the reason the plant was doing this was to attract in pollinators - in this case moths.

Moths aren't as popular as butterflies, but they are just as important. There are around nine hundred species of large moth as compared to fifty-nine species of butterfly breeding in Britain, and there are over a thousand more micro-moths.

Many flowers that release their scent in the evening have evolved their night-time perfume to attract moths in to pollinate their flowers, and we can share this sensory evening experience and enjoy



Zaluzianskya

our gardens even more and for longer by planting just a few night-scented plants.

An easy one to grow and one that will seed around is evening primrose. It is a biennial which means it develops its root system in the first year from seed, flowers and then sets seed in the second year. This flower doesn't even bother to open until late afternoon, and you can actually watch flowers open over a period of around 5 to 10 minutes. Its flower, or nectar bar, will stay open all night attracting in pollinators with a mild lemony scent, shutting shop by midday the following day. Once happy, this plant will seed itself around.

Some tobacco plants have been bred for colour and have no scent at all, but Nicotiana glauca has a deep and sophisticated perfume. It's a tall stately plant, with long thin funnels of white flowers which can be difficult for moths to pollinate, although I have seen a hummingbird hawk moth use its long tongue to access the nectar. However, tobacco plants with more open flowers are more useful to different types of moth.

Finally, a deliciously fragrant small plant with

an impossible name - Zaluzianskya ovata or night phlox - grown in a pot and placed on a table - will open its flowers in the evening, throwing its scent far and wide. This plant will not only be food for the moths but gives us a lovely sensory experience as we sit outside and enjoy our night gardens.



Evening primrose

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Community Connections

by Fynn Sturk

This month we meet
Caroline Gratix



Caroline Gratix *photo C Gratix*

CAROLINE GRATIX has been the writer of the Community Connections section since 2020. Her mother-in-law kept newspapers as she knew that Caroline really enjoyed things about the community and when Caroline went over to read them she noticed that the Caversham Bridge was looking for helpers so she just called and has been writing ever since.

Caroline has recently decided to step down and give the pleasure of writing these articles to someone new. She has really enjoyed writing the Community Connections because she has met some very interesting people that she would have never met otherwise. Another thing that Caroline has loved while interviewing people she knows is discovering interesting facts about them that she would have never known without asking them questions.

Caroline loves working in the community as she has done many things to help the local area such as working on the school's PTA and has sometimes

led coaching sessions for the local football team. She is also a co-founder of Walk Works with Liz Bradbury which is a business based in Caversham and organises walks in and around Reading. On top of all of these things she does for the community she also runs education programs for cybersecurity and also is an accomplished photographer who has recently done a photoshoot for Ethical Reading. She is an all-round incredible individual and everyone at Caversham Bridge thanks her for writing the Community Connections these last few years.

How long have you lived in RG4?

Most of my life! I was born in central Reading and we moved to Emmer Green when I was 14. After spells travelling and living in London I returned to the area in my late 20's and have been here ever since.

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

There are so many good places to eat and drink in

Caversham, my absolute favourites are The Collective for always good quality, innovative dishes, Clay's Kitchen is Indian food on a whole different level, Vegivores when I want amazing vegetarian dishes, Alto Lounge for the best welcomes and buzzy but relaxed atmosphere, plus I love Thai Table and Lebanese Village. For drinks, The Last Crumb, The Fox and Hounds, The Griffin and The Angel Bar.

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

Given that I run a walking business, Walk Works, it won't surprise you that I think we should all walk more. It would be great to have a river taxi to take us to places like Sonning and Purley. We would all have to slow down a bit and we could leave our cars at home.

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

More Caversham events that our community can get involved in, a Caversham 10k, a family walk, community sports in the parks, a community art project, a community choir/music event, history project...

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

I would love there to be a yearly Caversham Carnival. A big community event that brings the whole of RG4 and beyond together, celebrating all our cultural diversity, food, music, arts, local producers and makers.

A note from Caroline:

It has been a pleasure to write this article for the last three years. I have loved all the people I have met and working with the Caversham Bridge team. If you would like to write a similar article that celebrates our wonderful community, please contact Phil on:

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FOLLOWING Brexit, I am keen to encourage our young students to continue to learn foreign languages and travel to Europe on exchange programmes to keep our language skills alive. It is no longer compulsory to study a second language in our mainstream state schools. Therefore, as a language teacher, I've been delighted to assist the German language school, Sutherland Travels from the Frankfurt area in Germany.

Over the past couple of years, I have helped them to find host families in the Caversham area. We run the language classes and activities from the Oratory School, but we require host families in the RG4 postcode area to host our students for the fortnightly stays (hosts are paid £600 to accommodate the students or teachers). There will be coaches collecting and returning the students and teachers daily, to take them to their daytrips, classes and activities. It's a really enriching experience to be a host, as I have experienced for myself and often results in lasting friendships and invitations to stay with our German friends.

Also, I'm recruiting Teaching English as a Foreign Language teachers. If you would like to join the team for the school from 23 August to 3 September 2023, or would like further information, please contact me at jessmajou@hotmail.com if you are interested in hosting or teaching this summer, note speaking German is not a requirement for hosts or teachers, as the students are here to learn English!

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Not everything need arrive in a box delivered by Amazon. This month Elestr Lee talks to Billy Goodworth, a young master craftsman from Emmer Green whose skills create unique items for clients' homes

THERE CAN be few of us these days who've not furnished (or at least part-furnished) our homes using a flat-pack, whether it be a table, cupboard or wardrobe. Functional, even stylish, good value for money...

But there are a growing number of people who don't want something built in a factory, designed and even made

by robots. There is renewed interest in owning something unique, beautiful, and created by a highly skilled professional.

One craftsman who is making a name for himself in providing such items is Emmer Green's Billy Goodworth. Having lived all his life in this area, where he attended Highdown School, Billy is trained as both a woodworker and a blacksmith,



Bespoke elm table and bench, made for a garden pergola

all photos Adam Adrian



having learned his trade working alongside skilled professionals. Since April last year he has been working for himself and is establishing a reputation for creating eye-catching metalwork and unique pieces of furniture from his base, called Bill's Workshop.

"At the moment, I am restoring a 1950s desk", he explained. "Originally I found the desk in a salvage yard, and decided to sell it – then the new owners asked me to restore it for them.

"Meanwhile I am creating a commission for some clients to make a 'resin river table'. To do this, I am joining together two huge elm boards using a clear resin, giving the impression of a river. Throughout the commission I involve the clients fully. Initially they showed me some pictures on Instagram of what they wanted, so I took up the idea and ran with it. I brought them round to inspect the wood and show me how they want it to be orientated, what aspects of the grain they wanted to see – ensuring they get the table they dream of through this bespoke service. Now they have decided, I must make it work!"

...blacksmithing skills...

Billy also creates ornamental pieces using his blacksmithing skills. "A client in Woodley wanted a sculpture of a double-headed iris, which I made using off-cuts of reclaimed steel. She wanted something artistic to display amongst her collection of indoor plants", he said.

While lots of the artists and craftspeople interviewed here have revealed they share their passion with their parents, Billy doesn't come from a long line of blacksmiths or carpenters. "However, as was often the case with their generation, my grandfathers on both sides were very practical and hands on with making things, one an excellent wood turner, though neither were professional.

"I have always been interested in making things. I remember making a birdbox with my dad when I was about eight years old. At Highdown, I did Design and Technology GCSE. When I went into the 6th form, it wasn't possible to do it for A level, but my dad helped fix up an apprenticeship with a family friend of ours who was a blacksmith for six hours a week".

As a teenager Billy was delighted to find a long-handled ball pein hammer in the family greenhouse, which he showed to the blacksmith, who confirmed it was a proper metal-working hammer – a tool he now uses regularly. Then, when setting up his workshop, he found a completely unused, boxed Faithfull plane. "My father knew it had belonged to his dad, so it seemed as though it was his gift to me, just as I was starting out. The workshop had once been my grandfather's summer



Billy's hand-forged lifesized iris, made from steel offcuts

house, so I have named my business Bill's Workshop after him".

Billy either sources new UK-grown hardwood, or else he seeks out both wooden and metal items in salvage yards

Attracting commissions is now key to growing Billy's business. "Friendliness and professionalism are key. As they always say, word of mouth is the best advertising, though having an online presence is just as important. I have started to attend craft fairs, such as the Artists & Makers Fair at Caversham Methodist Church in Lower Caversham. I sell small hand-forged craft items, some made from left-over pieces of metal, which start out at quite low prices. I also went to the Henley Décor Fair this April – fairs are great to get chatting to people. Customers can buy something small from me, and I can let them know what else I do".

...growing market...

Together with photographer and film-maker Adam Adrian – another ex-Highdown pupil – he has presented a short documentary called Bill's Workshop, which is useful in showing prospective clients what he can do, and his attitude to his work.

Billy is confident of a growing market for the items he creates. "People are turning against mass manufacture, and there is a resurgence of interest in crafts such as blacksmithing and woodworking. The need for art in people's homes has never been bigger, so my small workshop is where I can create bespoke and unique commissions, often up-cycling salvaged pieces of wood and metal which can now be re-used and admired".

Find out more:
www.billsworkshop.co.uk



Drawing by Janina Maher

www.janinamaher.artweb.com



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THE BLACK HORSE in Emmer Green is proud to be a local pub, but naturally a warm welcome is extended to all. Eva, the landlady, took advantage of the Covid-19 shutdown to undertake a thorough refurbishment, and the two bars are now fresh and inviting while still retaining a traditional atmosphere and character.

Originally the Black Horse was located next to the Caversham Hill Chapel on the Peppard Road (apparently gaining the nickname 'Black Horse Chapel'). In the early days the yard of the pub was used by the Fire Brigade to park their cart, and no doubt provided a convenient watering hole for the firemen awaiting a call out. By the 1870s the public house had moved to the present premises in Kidmore End Road, thus allegedly removing temptation from the congregation. As you can see in Janina Maher's drawing, the pub has an attractive Victorian façade.

When I visited the Black Horse I chatted to Sean, the barman, who showed me around. One bar has all the popular activities – darts, pool, large TV screens and fruit machines. The other is more upholstered and lounge-like, with a working Victorian fireplace which brings warmth and comfort on a cold winter evening. Outside is a paved and covered courtyard with some dramatic and glorious giant Arum lilies in pots.

Across the road, on the corner of Kidmore End Road, is another pub, called The White Horse, which must have been the cause of much friendly rivalry.

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First Impressions Matter

Take your CV to the Fair

by Laura Harmsworth



LAST MONTH I wrote about what to do after you've written your CV, and touched on social media, LinkedIn, and interviews.

Have you attended a job fair?

I have, a few years ago, as a CV writer. Here are some of my tips:

- Find out which companies are going and target the ones you're interested in
- Tailor your CV as much as you can so it's tailored to your targeted company/role (you might need more than one version)
- Compile some questions you'd like to ask
- Prepare and practise a short intro about yourself
- Take printed copies of your CV (high-quality paper) and/or personal business cards

- A notebook and pen will be handy so you can jot down any thoughts from each company (or use voice notes on your phone)
- Dress smartly
- Ensure there's room in your bag for any brochures you pick up (and pens and sweets!)

Upcoming fairs:

Reading Careers Fair takes place on Wednesday 9 August, at Penta Hotel from 10:00 to 14:00.

If you're at university, keep an eye out for events eg for Reading University:

Careers and Placements Fair 11 October 2023, Palmer Building 11:00-15:00.

If you can't make one of the job fairs, you can look at online job boards – not quite the same as you won't be speaking to company representatives and handing over your CV or details, but still a great source of roles.

Here's a list of some online job boards – you can use these to:

- Search for relevant skills when writing your CV
- Upload your CV onto the ones you like the look of:

Adzuna • CV-Library • CWJobs • FlexJobs •
 • Glassdoor • Guardian Jobs • Indeed •
 Jobstracker • Ladders • Monster • Reed •
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You can follow Laura on:

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IN THE NEWS

Congratulations to Highdown teacher Dr Andy Love

EACH YEAR, the Royal Society of Biology (RSB) celebrates inspirational teachers with its School Biology Teacher of the Year award. This year's winner is Dr Andy Love, a Professional Tutor at Highdown School and Sixth Form Centre in Emmer Green.

The chair of the award's judging panel, Professor Mark Winterbottom, CBiol FRSB from the Faculty of Education, University of Cambridge, noted, "Andy is an absolutely exceptional educator, with a 'passion for teaching', and one of the most outstanding biology teachers I've had the pleasure to encounter during my involvement with this award".

As part of the award Andy received £500 for himself plus £500 of Oxford University Press resources for his school. Andy's passion for teaching Biology comes through in all he does, and he is an outstanding teacher of his subject. After hearing the news of the Award, he said, "I am so humbled, proud and honoured to be awarded this accolade from the Royal Society of Biology. It is down to the collective effort and support from the most marvellous students and inspirational colleagues at Highdown School, as well as all the dazzling

teachers and ingenious students I have had the privilege of working with throughout the last 30 years. I have learned from all of you and continue to every day."

Photo and text taken from the RSB website

www.rsb.org.uk/news

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Dr Andy Love

photo [rsb.org.uk/news](https://www.rsb.org.uk/news)

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SPF daily - the best way to prevent premature ageing

HOPEFULLY, YOU already use Sun Protection Factor (SPF) daily on your face so this article will just confirm what you already know. If you do not, please take the time to read on and, by the end, I hope you will be persuaded to use one.

It is probably not news to you that it is important to wear an SPF daily. It is the most reliable way to prevent your face from prematurely ageing, not to mention protection from skin cancer. Whether you are male or female, young or old, it is crucial to protect your face daily - all year round.

Just sitting in a car in the daytime is having an effect. When professional drivers have their skin assessed, you can see that the side of their face which is by the glass is noticeably more damaged than the other! Damaging rays are around even when it is cloudy and can penetrate glass. SPF isn't just for the summer.

A broad-spectrum SPF will protect your skin not only from UVA and UVB but also visible light and infrared-A. It protects against photo-

ageing, cellular DNA damage and hyperpigmentation. I see a lot of people at my salon whose main concern is pigmentation. Wearing SPF can eliminate this if started early enough, or prevent it from worsening if it is already a concern. If you want to minimise the appearance of premature ageing, I urge you to wear SPF daily before you turn to more radical treatments.

There are so many SPF's on the market, but my recommendation is a broad-spectrum SPF of 50. I personally use the clinical brand Heliocare. They sell a tinted factor 50 which I love. If you wear a moisturiser or foundation with SPF, it probably isn't enough. A designated SPF is needed every morning. I find that a good quality SPF product can be used in place of a moisturiser for minimal extra cost and protect your skin, whatever the weather.

by Perry Walker

Owner of Perry's Beauty, Caversham / @perrys_beautyroom



Perry Walker

photo P Walker



Embracing boredom

HAVE YOU noticed how hard it is to be creative when you're trying really hard to be creative? Yet the minute you stop trying so hard and move on to something else, it seems like a tidal wave of ideas rush in. Turns out you're not just imagining that.

When our brains are lying fallow, creativity kicks in to fill the empty spaces. Boredom has been scientifically proven to be a precursor of creative thinking. When we're bored, our brains are relaxed, and our usual 'filters' are off.

A 2013 study showed that a small dose of boredom primes our brains to perform well on convergent thinking tasks - also known as 'problem-solving'. We also need creativity for divergent thinking - the kind we employ in brainstorming; the proof is in the pudding. Four hours on a train in 1990 with no social media or streaming video left J.K. Rowling with nothing to do as she watched the scenery go by - except dream up the story of Harry Potter, inspired by a scraggly-looking boy she'd seen on the platform (number 9¾, presumably). Other creative folks from Agatha Christie to QuestLove credit boredom as a source of inspiration.

The fact that our response to boredom is often destructive, adversarial, or otherwise problematic speaks to just how deeply uncomfortable we find it.

However, being bored can be a good thing for our mind, imagination and productivity. At its core, boredom is a search for neural stimulation

that isn't satisfied. When we can't find that, our minds will create it.

Boredom can enable creativity and problem-solving by allowing the mind to wander and daydream. There's no other way of getting that stimulation, so we have to go into our heads.

...boredom is good for mental health...

Daydreaming can be quite a respite and provide a brief escape from day-to-day life. But it's also beneficial simply to step away from screens, work and other stressors long enough to feel bored. For example, studies have shown that modern tools, including work emails, social media and dating apps, can strain mental health - so taking a break can be a valuable opportunity to recharge.

Boredom helps kids develop valuable skills. For starters, it helps kids build tolerance of less-than-ideal experiences. Boredom might not be super distressing, but it's not fun. Life requires us to manage our frustrations and regulate our emotions when things aren't going our way, and boredom is a great way to teach that skill.

...develop independence...

Additionally, boredom fosters creativity, self-esteem, and original thinking. The key is to help kids learn how to manage their boredom, so they can develop independence and feel in control of their own happiness and well-being.

Albert Camus famously said, 'Any country where I am not bored is a country that teaches me nothing'.

Perhaps the next time we are waiting for brilliance to strike, we could all wait until boredom strikes first!

THE CHALLENGE SOLUTIONS:

(From left to right from the top) Earl, fail, bored, just, Lord, bust, noble, **August**, dust, global, clean, international, clear, ball, neat.

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