

Caversham Bridge

No 710

www.cavershambridge.org

April 2024

No end in sight

Two years ago, our April edition reported on the way our community had responded to the invasion of Ukraine.

We were shocked and horrified by the Russian invasion. Many of us held fund-raising events and donated food and clothes, which were collected at the Reading Ukrainian Community Centre (RUCC) for onward transport to Ukraine.

Our July 2022 edition carried an interview with Caversham resident Mick Pollek, whose family settled in this area after the Second World War. Following a march in Reading in support of the people of Ukraine on 24 February, marking the second anniversary of the invasion, I spoke to Mick again.

ALTHOUGH EVENTS in the middle east have dominated the news in recent weeks, the war in Ukraine continues. The RUCC is working to provide support for both Ukrainian guests in our area and the people of Ukraine. Mick said, "We were flooded with donations at the start of the war, but the real need continues to be for funding to enable a flexible response to local needs. Transport is a challenge, as vehicles in the country last only a few weeks, and our volunteer drivers have difficulty in obtaining insurance, due to government advice against travel to Ukraine. We have delivered several vehicles, including three ambulances which were donated to us. We have a local warehouse where we collect and pack donations, such as medical dressings from the Royal Berkshire Hospital which have passed their use-by date."

The RUCC has focussed its support on medical supplies for a hospital and toys for an orphanage, both in Zolochiv, near Lviv in Western Ukraine. Sadly, the number of orphans has grown rapidly because of the war.

...confidence slowly returning...

Here in Reading, the RUCC has concentrated on supporting families who have settled in the area. The Centre runs a Saturday school for children between 7 and 15 to maintain links with their culture and the Ukrainian education system. Numbers have grown to 60 children, and the classes are linked to Zolochiv College in Ukraine. Mick went on to say, "The children are attending local schools, including Highdown and Thameside in Caversham. We have seen their confidence slowly returning. At first, they were terrified by the sound of

aircraft and fireworks. Children are resilient and quick to learn. It is great to hear them speaking in English when they play, and they are helping their mothers to speak the language."

At the time of writing, the Ukrainian community is preparing for Easter, celebrated at the end of March by the Catholic community and in April by those of the Orthodox Church. Mick reflected on his childhood with two Christmases and two Easters, a reflection of the rich cultural heritage of this nation which is still at war and still in need of our support.

See the RUCC Website at www.rucc.uk for details of their activities and events. You can support their work through their GoFundMe site at: www.gofundme.com/f/medical-humanitarian-aid-for-ukraine

Out and about this April

by The Editors



photo F Smith

OUR APRIL edition leads with a reminder of the local impact of the continuing war in Ukraine. Many homes here still have the blue and yellow flag or bunting in their windows, and there is a continuing need to support Ukrainians, both locally and in Ukraine.

Environmental concerns underpin several items this month, with the CADRA annual general meeting taking as its theme our response to climate change (p3). Water is the subject of our Ecotip, which highlights the need to provide water for wildlife in our gardens, and an article which follows up on the flooding in Caversham in January (both p9).

...being creative...

Local craft maker, Tracey Tichener, is the subject of our 'Meet the Maker' this month (p11), and the Craft Club at the Weller Centre provides the chance to join with others in being creative (p8). For those who prefer to be outside, Les Cooper describes his 'No Dig'

efforts in the garden, and there is information on the forthcoming Beanpole Day (both p10).

We have the first of what we hope will be a regular feature from Richard Wells, who will review local concerts in the many small venues in and around our area. This month it is the Zutons performance at St Lawrence Church in March (p5).

Regular writers include Happy Wanderer on the strangely named flower Abraham-Isaac-Esau (p7), Ami Roy on Wellbeing (p15), and Roslyn Weaver with another local literary connection (p8).

We hope you enjoy reading your Caversham Bridge this month. Please do talk to your friends and neighbours about the paper and encourage them to subscribe! We value your contributions and comments, so please contact us at editors@cavershambridge.org or write to us at Church House, Church Street, Caversham RG4 8AX.

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Extreme Moderation



Talking Point

by Rev'd
Kevin Lovell

SO MUCH IN our lives today is becoming extreme. Our climate has just given us one of the warmest and wettest Februaries ever. Keeping a roof over our heads has become incredibly expensive, with a knock-on effect on family finances and working practices. We are shaken daily by extreme violence and political events, both at home and overseas. The word 'unprecedented' is used – justifiably – far too often for my liking!

If we want to get anything done or changed, the received wisdom is that we must go large: push hard and fast; get yourself noticed; go viral on social media. Employers want people who can 'get things done' and their customers want to see results, fast. There's a lot of intensity and pressure (which can be a good thing) but, if the pressure and stress is constant, we will burn out.

Constantly living life at high pitch, in a stressful environment, is unhealthy: not only is it exhausting, but the anxiety leads to an increased chance of fracture and division, with limited chances for healing. Yet this is where so many of us, young and old, find ourselves too often.

For Christians, not surprisingly, it is Jesus who gives us a model for a better life. Jesus invariably went to the extremes of society (the poor, sick, outcast who were often literally on the edge of town) and healed them so they could return into their community and take part again. In this Easter season especially, we remember Jesus' death and rising to life again: that ultimate sign of healing for the whole world.

At first glance Jesus' way of life, based on love and faithfulness, patience and grace seems foolish. How is that ever going to get anything done? Jesus' way could also be described as a way of 'extreme moderation': relentlessly striving to return to the moderate, calm centre. The world hurls us outwards toward the frantic extremes; Jesus calls us back to where we can regain balance in our life, where we can find acceptance, love and healing.

Sure, it's unremarkable, it's not a quick fix for anything. Rather it's a long-term solution for everything (what Christians call 'the Kingdom of God'). Extreme moderation: try it!

Rev'd Kevin Lovell,
Vicar of St Barnabas, Emmer Green and Caversham Park



IN THE NEWS



Good Old Days restaurant

photo F Smith

Good Old Days Restaurant

FOR THE second time in recent months, a Caversham restaurant was featured in the Guardian Restaurant Review – this time a review by Jay Rayner on 24 February.

Good Old Days Hong Kong Ltd, on George Street, received an enthusiastic review from the critic for its authentic Hong Kong cuisine. Describing it as 'like finding a chef from the Ritz at your local caff', he went on to commend the quality and variety of the food. The Sung family, who came to the UK from Hong Kong recently, opened on the site of a former burger bar, offering take-away food only. But they have now fitted the premises out with a small number of tables for diners. The review ends by summarising Good Old Days as a modest place, with modest prices, 'a takeaway that just happens to have a few tables. And it's a damn fine one at that.'

To see the review in full, visit:

www.theguardian.com/food/2024/feb/25/all

Their menu is at:

goodolddayshongkongltd.com/order-now

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The judges in this competition saw Caversham Bridge to be a Parish Newspaper of exceptional merit.

They found it impossible to judge it on equal terms with the parish magazines submitted for competition, since it stood aside in a class of its own.

The judges therefore decided that Caversham Bridge should receive an Award of Merit, in recognition of its high quality as a community newspaper.

A window into our past

WE WERE contacted in February to tell us an item had been found in the basement of Church House which we might like to keep for the Caversham Bridge archives. A large, padded envelope awaited collection!

The contents were a photo frame containing the Award of Merit given to the Caversham Bridge in the 1978 Diocese of Oxford Parish Magazine Competition! At the time the paper was in its 14th year, and was already recognised for 'its high quality as a community newspaper'.

The paper has evolved over the years, but we still aim to serve our community. Our stated mission is:

'To enrich community life in Caversham and the surrounding area through the provision of reliable and trusted local news, as well as information about local churches and other religious organisations, people, events and businesses.'

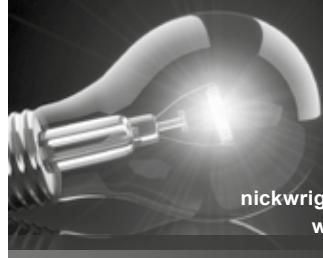
The Editors

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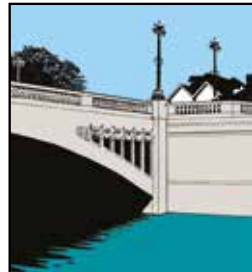
by Helen Lambert

CAVERSHAM AND DISTRICT Residents Association will hold its Annual General Meeting and Open Meeting at 19:30 on Monday 20 May in Caversham Baptist Church. After the brief formal business and a roundup of the year, we will welcome two speakers from the Reading Climate Action Network.

The first is Tracey Rawling Church, who is co-chair of the Reading Climate Change Partnership, which is steering Reading's response to the climate emergency in pursuit of its goal of net zero by 2030. She is also the low-carbon lead on the Berkshire Local Enterprise Partnership and a trustee of the Reading Business Community Partnership which connects the business and community sectors for mutual benefit. In 2014 she received the award of Sustainability Executive of the Year.

Second is Tricia Marcouse, Theme Lead for the nature and green spaces component of the Reading Climate Action Plan. After a career as an environmental engineer in various countries around the world, she is now Chair of Econet and President of the Reading and District Natural History Society. She is known to many, both for local practical environmental projects and as a regular contributor to Caversham Bridge.

After presentations on the work of Climate Action Network and the many practical opportunities, Tracey and Tricia will take questions. It promises to be a fascinating evening on a critically important issue for us all.



Caversham Bridge

An update from your editors

LAST MONTH, we invited comments on our suggestion for a new section in the paper listing information about the many classes which run locally, such as Pilates, Chess, Dance and Tai Chi. In the light of the responses to this, we are now working on the details of how this will work. For further information, email editors@cavershambridge.org or visit our website, www.cavershambridge.org

Preparing for our Diamond Anniversary

As part of our 60th Anniversary preparations, we asked the Royal Berkshire Archives to scan a number of past editions. The most recent cover the years 1974, 1994, 2004 and 2014, which are now available on our website. We are gradually having past editions scanned, and those for 1981 to 1991 and from 2017 are available. They provide a fascinating look back at our community.

Renewing subscriptions – £7 for 2024

At the time of writing, most subscriptions have been renewed, with a significant proportion paid by bank transfer. We would like to thank all who have

already paid and to remind those who have yet to pay of our bank details.

For direct bank transfer our bank account details are:
The Caversham Christian News Ltd –
Sort Code: 30-67-99 – Account Number: 72808960
 Please include your postcode and house name or number as a reference! Some payments which did not contain address details have been received, meaning we have been unable to allocate them to the subscriber. If your name is D Thomas, please do contact us at subscriptions@cavershambridge.org as we have an unallocated payment with this name!

A few people have tried to use our website to register and pay subscriptions. Unfortunately, this facility does not allow you to make a payment. If you need help with payment, please email chair@cavershambridge.org

Can you help?
 Do you have any experience in writing, editing or proofreading? We are looking for some new volunteers who could help in the production of the paper. If you think you could help and would like to become involved in this community activity, please contact chair@cavershambridge.org to find out more.

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World Day of Prayer

photo P Cuthbert

World Day of Prayer 2024

ON THE first Friday in March each year, the World Day of Prayer is celebrated in around 170 countries around the world. This year St John's Church in Gosbrook Road hosted the service in Caversham on 1 March. The World Day of Prayer is an ecumenical movement which aims to bring together women of various races, cultures and traditions in a shared act of worship. The service focuses on a different country and a specific theme every year.

The theme of the service this year was from Ephesians Chapter 4, verses 1-6, 'I beg you, bear with one another in love'. The service was written by a group of Palestinian Christian women before the current conflict, and deals with their own personal experiences. Their hope was to encourage and inspire other women around the world to bear with one another in troubled times.

There is a significant Christian minority amongst Palestinians, although reporting from the area rarely reflects this.

To find out more about the World Day of Prayer, see www.wwdp.org.uk

Based on information taken from their website.

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**Smarter
money
management**

The Editors

CAMPAIGN GROUP Christians Against Poverty (CAP) has developed a money management course which teaches us to improve our money management, day-by-day. CAP experts have developed a proven method for helping people to take control of their finances, to avoid debt and become confident in building a spending plan and sticking to it. The course is for anyone who manages household finances and would like to become smarter, or less anxious, in making money plans. It is free and uses videos, discussions, and fun exercises to show how to:

- Build and balance a household budget
- Understand what spending is essential in your life, and what is not
- Set aside some money for the future
- Avoid financial problems, by making smarter, well-informed decisions

The course is being presented by Caversham resident Duncan Ross, a member of Greyfriars Church. The first will run from 19:30 to 21:00 on four consecutive Monday evenings from 8 April. They will be held at the new Greyfriars Centre on Friar St, Reading. Anyone interested in joining a course should email cap@greyfriars.org.uk for more information on course availability.

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For your bookshelf...

by Alex Forbes

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

BEFORE WE get into the books, I want to tell you how excited we are about The Reading and Caversham Book Festival, which will be taking place 18-19 May. We have 20 events over the weekend. Childrens authors' events will be hosted at Caversham Baptist Church and Fourbears Books. Adult authors' events will be at the Progress Theatre in Reading. Check out the 'What's On' in the Caversham Bridge, or the Fourbears Books website for details.

Now down to books.

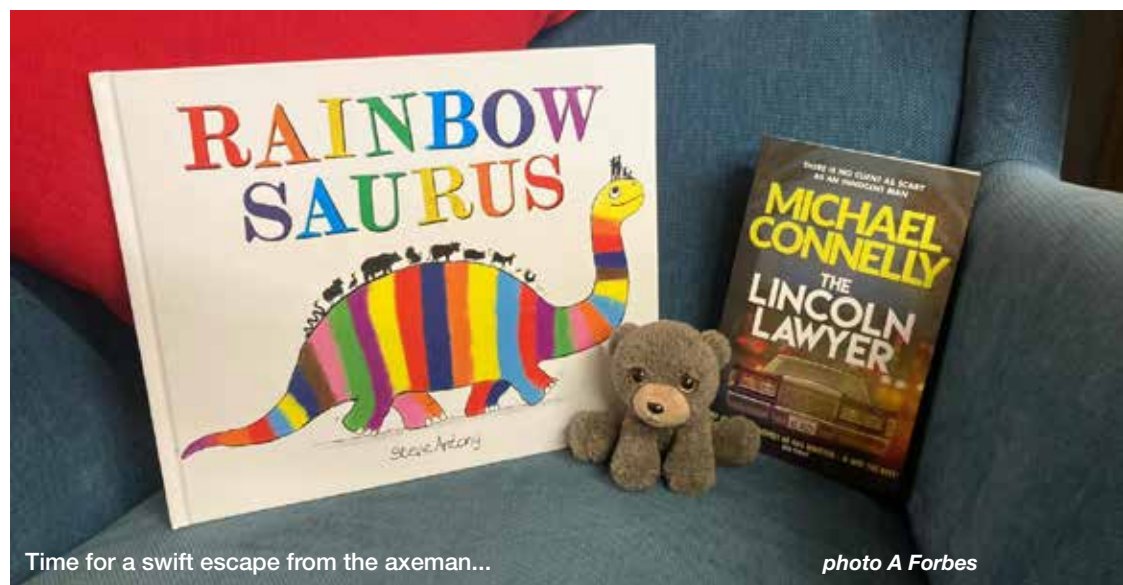
My choice of a children's book this month is 'The Rainbowsaurus' by Steve Antony. A family go on a hunt for the Rainbowsaurus. They meet all sorts of unusual animals on the way who join the search for the elusive dinosaur of love. Spoiler alert, they find Rainbowsaurus, who Roars a Rainbow. You can even sing this book to the tune of Twinkle Twinkle, which makes it a lot of fun with the little ones. It's a book which celebrates love and inclusivity, and has appeared in our top 10 consistently for over a month, as well as being a firm favourite in our house.

The adults' pick is 'The Lincoln Lawyer' by Michael Connelly. I had watched the film many years ago, as well as the recent Netflix series, so thought I would give the series a go and devoured it in a couple of days. Michael Connelly is incredibly popular and, if you enjoy legal dramas, then I would certainly recommend 'The Lincoln Lawyer'. The story follows a lawyer called Mickey Haller, who works out of the back of his Lincoln car. For writers, there is a fine balance between making an outcome predictable, or being too surprising when the ending comes.

I think 'The Lincoln Lawyer' series hits the mark perfectly. The elements you can foresee are overshadowed, either by the reveal, or at least the way events unfold. If you like John Grisham, then you should enjoy Michael Connelly.

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

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Time for a swift escape from the axeman...

photo A Forbes

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The Zutons

text and photo
Richard Wells

St Laurence Church – 9 March 2024

In the first of what we hope will be an occasional feature in the paper, Caversham resident Richard Wells reviews a local, live music performance. There are many small venues in and around our area which we felt might be of interest to our readers. We hope to not only review recent performances, but to also highlight the venues and forthcoming events.

WHEN SEMINAL Liverpoolian band, The Zutons, announced a long-awaited return and tour, promoting their new, Nile Rodgers produced, album, many locals were delighted to see Reading on the list of dates. Especially as the show was to be at the wonderful St Laurence Church.

Tickets quickly sold out several months in advance. When we arrived on the night, the venue was packed, and there was a buzzing atmosphere in anticipation of The Zutons return. The band took to the stage to a rapturous reception and launched into a 75-minute, hit laden, set, which absolutely did not disappoint. They both looked and sounded as good as when they first emerged, 20 years ago. The crowd lapped up all the hits, singing along with every word, especially 'Valerie', their song notably covered by Amy Winehouse. The songs they showcased from the new album went down well, and their unique sound, combining guitars and saxophone, is as fresh now as ever.

The organisation, sound and lighting at the venue were all excellent, especially given the church doesn't often host such events, and the crowd and band all seemed to have a great time. I'm sure I wasn't the only one who hoped to see more of this type of event at such an unusual and exciting venue.

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What's On

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

Caversham Library – 09:00-17:00 Tuesday and Friday, 13:00-19:00 Thursday and 10:00 – 15:00 Saturday. Regular events include:
Rhymetimes for the little ones – popular, so please book first! Every Tuesday at 10:15 and 11:15.

Games Club, Friday mornings 10:30-12:00. All adults welcome – refreshments!

Sit and Stitch 17:30-19:45, on 2nd and 4th Thursdays every month.

Refreshments – come and be inspired. Tel. 0118 937 5103 or

see reading.gov.uk/leisure/all-libraries/caversham-library

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

Mondays – **Caversham Park Bridge Club** – at the Milestone Centre, 19:15 for 19:30 start. Phone Lin 0118 334 8195 for further information.

bridgewebs.com/cavershampark

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

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

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

For details see rivarate.com

Wednesdays – *Caversham Writers* – Welcoming enthusiastic hobbyists and aspiring authors alike. Meeting weekly in person or via Zoom.

Free to all. For details: meetup.com/CavershamWriters

or [@CavershamWriter](https://twitter.com/CavershamWriter) on Twitter (X)

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

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

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

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

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

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

Fridays – *Toddler Group at Hemdean House* – 09:45-10:45 at Hemdean School Hall. Ideal for children 6 months+. £2 donation per child, coffee and tea included.

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

Fridays – *Tiddlers for Babies and Toddlers* – 9:30-11:00

St Andrew's Church, Albert Road. Caversham Heights. All are welcome, refreshments available

Saturdays – *Keep Caversham Tidy* – A local charity dedicated to eliminating litter and improving public spaces in Caversham. Free to join and no ongoing commitment. Families welcome!

Email: Keepcavershamtidy@gmail.com, FB: [Keep Caversham Tidy](https://www.facebook.com/KeepCavershamTidy)

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

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

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

Tuesday 2 April – *Caversham Women's Institute* – 19:30 at Church House, Caversham. www.thewi.org.uk or Tel. 0118 947 5176

Tuesday 2 April to 16 May – *Exhibition of the work of Mary Louise Coulouris* – Caversham Picture Framers, 5A Church Road, RG4 7AA. Tues - Saturday 10:00 -16:00 Email: gallery@cavershampictureframer.co.uk Website: <https://cavershampictureframer.co.uk>

Wednesday 3 April – *Rosehill Ladies* – 14:00 at St Barnabas Village Hall

Wednesday 3 April – *The Relationship between Diet, disease and the Health of the Human Brain* a talk by Professor Jeremy Spencer – 20:00 at Caversham Heights Methodist Church Hall, Highmoor Road. The Caversham Heights Society. To learn more visit: cavershamheights.org or email: contact@cavershamheights.org

Friday 5 April – *Bereavement Café* – 14:00-15:30 at St. Barnabas, Emmer Green. The café is a safe place to find others who have had their own loss and can appreciate something of your experience. For further info Tel. Gill at 0118 947 8772

Friday 5 April – *Chazey Women's Institute* – 14:30 at St. Andrew's Church Hall, Albert Road, RG4 7AW. Art, craft and book groups, plus coffees and lunches. Email: chazeywi@berkshirewi.co.uk or FB: [Chazey Women's Institute](https://www.facebook.com/ChazeyWomen'sInstitute).

Wednesday 10 April – *Friends of Caversham Court Gardens Spring Talk and AGM*. An illustrated talk on Plant Hunters and Caversham Court by Richard Bisgrove – 19:00 for 19:30, Reading Canoe Club, The Warren, Caversham RG4 7TH. All welcome, you don't have to be a member. Website: www.fccg.org.uk Email: friends@fccg.org.uk

Saturday 13 April – *Artists & Makers Fair* – 10:00-16:00 at Caversham Methodist Hall, Gosbrook Road. Local artists and craftspeople display their work for sale. Free entry. For further information phone Jean at 07808 966928 or visit www.cavershamcrafts.co.uk

Sunday 14 April – *Reading Half Marathon* – For details see www.readinghalfmarathon.com

Wednesday 17 April – *A talk by Timothy Walker – A Life with Plants* – Caversham Horticultural Society – 19:30, Caversham Baptist Church. See www.caversham-horticultural.org.uk

Sunday 28 April – *Hymn Café* – 15:00-16:00 at Caversham Baptist Church. Relaxed café style setting with hymns, prayers, testimony and cake.

Friday 26 April – *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

Sunday 28 April – *Island Bohemian Bowls Club Open Day* – 14:00 - 19:00 For details see article on page 11.

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

A RETROSPECTIVE application has been made by the **Persian Palace**, in the old Thames Valley Hotel on Bridge Street. This is for an enclosed glass space on the river. During periods when the river is high, this sat below the water level, impeding the flow of the river. **The Reading University Boat Club** have applied to replace an existing sculling shed.

The car wash facility by **Hills Meadow** has been granted a further five years, subject to some improvements and new landscaping. The application to demolish and replace **92 Albert Road** has been refused, partly on heritage grounds. Reading's Director of Education has objected to the application from **The Heights Primary School** to increase class sizes, citing a significant oversupply of places in the north of Reading. Applications to discharge planning conditions for **Reading Golf Club** are moving nearer completion. A new application proposes a new house west of 25 Tredegar Road.

The **SSE building** on Vastern Road is subject to further changes to meet new fire regulations, and has applied to add an additional storey towards Lynmouth Court. **Vastern Court** (from TGI to The Range) has seen further submissions to the Decision Officer at the Department of Levelling Up, Housing and Communities. The **Great Brighams Mead** 3rd and 4th floor extension to provide 100 apart-hotel rooms is still being considered. Pre application exhibitions have been held for Napier Court, Norman Place, and an outline application has been made for Forbury Retail Park.



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A STRANGE name for a flower, you might think. It's the name given to several plants whose flowers change colour as they age. One of them is also known as Lungwort. I have it in the garden, where it seeds itself all over the place so I have to keep rooting it out, but I don't want to get rid of it entirely because it attracts bees.

The plant illustrated here belongs to the same botanical family, the Borage family. It's thought to have been brought from Turkey and the Caucasus as a garden plant at some time in the distant past, and to have escaped into the wild. It's a bit of a curiosity, nowhere common, sometimes a long way from present-day human habitation, and it likes shade and moisture. 'The Flora of Oxfordshire' published in 1998 records it near Henley, and 'The Flora of Berkshire' mentions Bere Court Farm near Pangbourne, and a railway bank near Earley Station. My photograph was taken at Farley Hill, and I've also seen it at Blewbury.

The flowers appear in spring. They are blue, purplish and pink, with the petals reflexed, causing the bunches of stamens and stigmas to protrude.

...my first encounter...

In view of the name, I thought the Abraham-Isaac-Esau might be a suitable subject for 'The Happy Wanderer'. It set me thinking of my first encounter with these three men of the Old Testament. I must have been about six or seven, in my Church of England primary school. It now seems inappropriate to tell their strange and frightening stories to young children – but then I suppose we already knew about Little Red Riding Hood and Snow White!

The mental image of Isaac about to be sacrificed on an altar made an impact on me, especially when I was taken into the church and the altar was pointed out. There I was told the story of Esau selling his birthright for a 'mess of pottage'. Had it anything



Abraham-Isaac-Esau

photo Happy Wanderer

to do with the porridge I sometimes had for breakfast? No-one explained what it might have been – but my father had eaten in the sergeant's mess during the war, and I had an uncle who ate in a mess room at work. A trip to The Oxford English Dictionary showed that a 'mess' was a serving of food and a place where food was served, before ever it meant something in a state of disorder. The same Latin root gave us the word 'mass' – the Holy Mass. We also learned of Jacob, the second-born son, dressing in the clothes of Esau, the first-born twin brother, and covering his

hands and neck with animal skins to trick his blind father, Isaac, into giving him a blessing.

Perhaps I may be forgiven for ending on a frivolous note. Whenever the name of Esau is mentioned, I think first of Alan Bennett, dressed as a vicar, in 'Beyond the Fringe' in 1964, when the text of his sermon was: 'Behold, Esau, my brother, is an hairy man, and I am a smooth man'. And I think next of the rather silly novelty song from 1956, 'I saw Esau, sitting on a see-saw...' You can re-experience both via the Internet!

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Puzzle Corner

The Challenge by Rachel

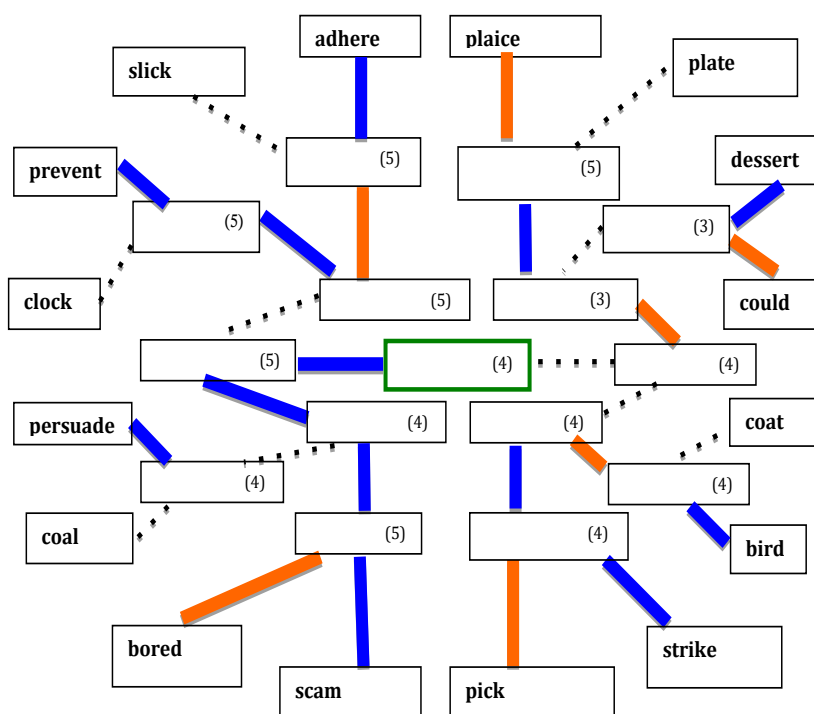
WORD PUZZLE

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

Rhyme

Letter change

Meaning



Answers on page 14

GARDEN BIRDS

Can you find the names of 21 garden birds in the grid?

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

Blackbird

Blackcap

Bluetit

Bullfinch

Chaffinch

Dove

Dunnock

Goldfinch

Great Tit

Hawfinch

House Martin

Pied Wagtail

Pigeon

Red Kite

Robin

Sparrow

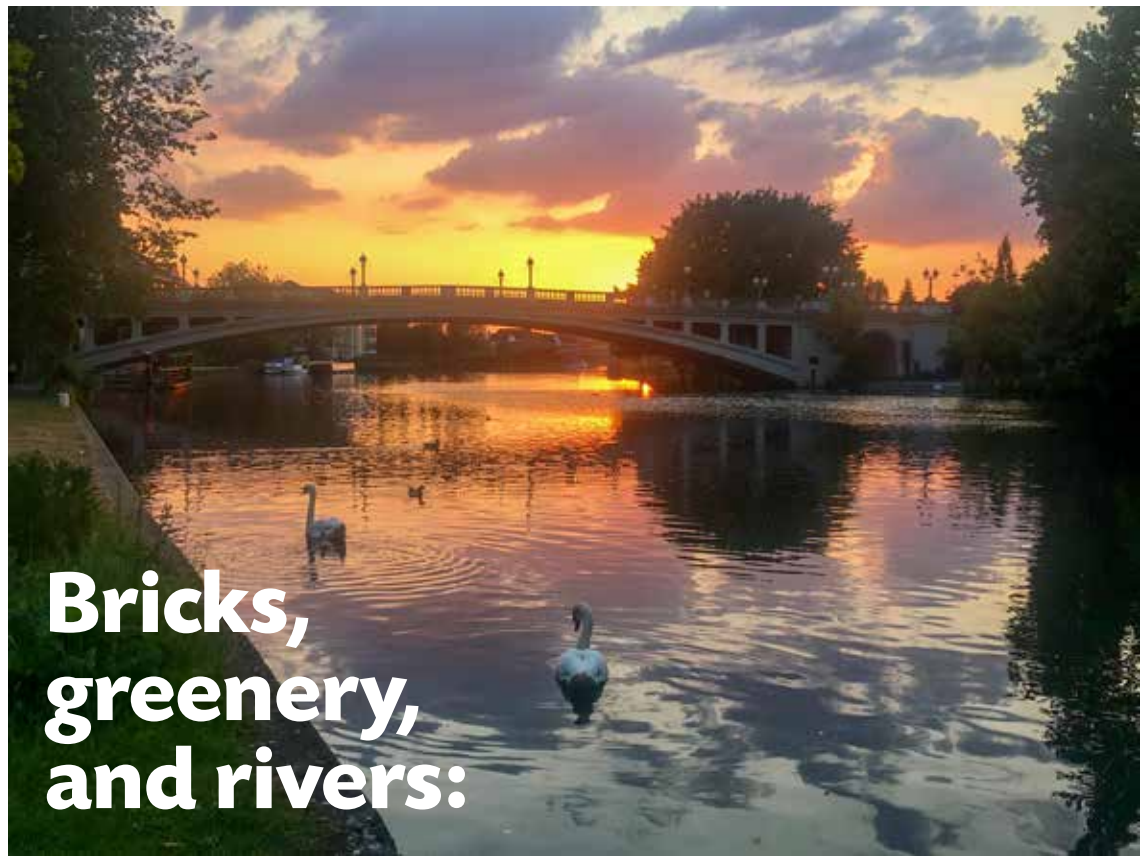
Starling

Swallow

Swift

Thrush

Wren



Bricks, greenery, and rivers:

Taking a cue from Thomas Hardy

text and photo Roslyn Weaver

SHORTLY AFTER moving to the area, I was told that Thomas Hardy had used Reading in his fictional Wessex county, calling it Aldbrickham. This was news to me, having attempted to retain as little as possible of Hardy's work after enduring too much of it in high school and university. I blame Tess.

Hardy's Wessex spreads over much of southwest England, and includes a group of counties. Some location names remain, while others are changed, with Oxford becoming Christminster and Windsor renamed as Castle Royal. Reading is recast as Aldbrickham and features in Hardy's novel 'Jude the Obscure'.

Of all the things that Hardy could have chosen as emblematic of Reading, bricks might seem an odd choice. Yet bricks often appear as one of the B industries that shaped Reading, thanks to local brickmakers supplying the red and silvery-grey bricks which appear throughout the area. That B-list of key industries in the area usually includes beer,

biscuits, and bulbs, with bricks sometimes appearing as the fourth B. Other alliterative enthusiasts have extended that to include bikes, bacon, brown sauce, boxes, and books.

I wonder how each of us would rename our local areas given the chance. It might be easier to start with negative connotations of Caversham – traffic congestion, lack of pedestrian crossings, over/under development (depending who you ask), or overly eager e-bike and e-scooter riders causing havoc on pathways.

Yet it is much more rewarding to focus on the positives, of which there are many. We could start with bricks, as Hardy does – and there are plenty of beautiful red and grey brick patterns adorning local buildings. We might choose instead greenery as its defining concept, from Christchurch Meadows and Kings Meadow to Caversham Court Gardens and Thames Valley Park, or further up into the Chilterns. Many of us, however, might look to the river, with all its beauty and interest, as well as wildlife and human activity, as the enduring symbol of the area. Such a list may be challenging to tie up neatly with an alliterative bow, but worth lingering over regardless.

Get Creative in Lower Caversham

text and photo Pam Chatfield

DO YOU LIKE to knit, crochet, or sew, but are a little rusty or need some motivation? The Craft Club at the Weller Centre is a small group of enthusiastic makers who like to take time out in their week for a couple of hours on a Tuesday to share ideas and be creative. No housework to distract us, no need to clear a dining table to work on; we have space to spread out and no interruptions. We enjoy each other's company and refreshments from the Weller Café. We have a supply of yarns, knitting needles, fabrics, etc and a sewing machine. There is no charge, although an occasional contribution to the kitty is always welcome. We have space for some new faces, so why not pop along, either with a project you are working on, or just to chat about possibilities.

We meet on Tuesdays 13:00-15:00. You will find the Weller Centre at the end of Amersham Road, RG4 5NA, by the bus stops for 27 & 29 buses. Parking is available.

For more information call the Weller Centre 0119 947 5828; or you can contact Pam on 07986 905784 / pamch32@gmail.com



Mary with her African print at The Craft Club

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January Floods – What next?

WE REPORTED on the January flooding in our February paper. River levels remained high throughout February, and it was not possible for the Environment Agency to either repair the inoperable weir gate or to remove the wreckage of a boat which is partially obstructing a couple of additional gates. Drier weather in the first week of March has seen flows reduce, but both Sonning and Henley have endured an exceptionally long period of flooding.

We contacted the Environment Agency to ask questions about the maintenance of weir gates. In their reply they explained the weir gates are tested annually. They became aware of a defect at the weir in early December. The Agency press office said, 'This is being investigated and actioned appropriately in line with our responsibilities whenever the river conditions allow us to do so safely'. However, they went on to say, 'The most likely scenario is that inspections, assessments, and outcomes will not be ready to progress until the springtime at the earliest. We will undertake the appropriate repairs if required only when we can start the process safely.'

Following the flooding of houses in Queens Road (and elsewhere in the Borough)

report and photo Phil Chatfield

Reading Borough Council have undertaken an immediate investigation into the causes and have commissioned an options report from locally based consultants Stantec to look at long-term solutions to reduce the flood risk to properties affected by the recent flood. This is a duty imposed on local authorities under legislation introduced in 2010..

In the meantime, the council have employed specialist contractors to clear the stream at the rear of Queens Road properties (see photo above) to minimise any further flood risk. Sam Shean, the Council's Highways and Traffic Services Manager, also aims to arrange for a mobile exhibition on making homes flood resilient to visit Reading. The exhibition is part of the National Flood Forum's support to flood victims. It informs householders on the steps they can take to minimise damage from future flooding.

The National Flood Forum is a charity to help, support and represent people at risk of flooding.

For more information see
<https://nationalfloodforum.org.uk>



Water, Water Everywhere please

by Tricia Marcouse

I'M WRITING this with a swollen Thames and Loddon, flooded fields, and a garden that's squelching underfoot. But this won't stop us facing hosepipe bans if we have a dry, hot summer.

Installing more water butts on every downpipe from the house, garage and sheds gives a lot of water storage for the garden. Chucking the veg washing or washing up water out of the kitchen door may also be useful (put a large funnel into a watering can for more delicate usage). If your bath is by a window looking out over the garden (and not just above the patio doors!) then consider draining bathwater into the garden using a siphon and piece of hosepipe. This could run to a specific area that needs a lot of water, or feed a length of trickle hose across an herbaceous border, but not the veg bed. (More information on how to do this on the RCAN website www.readingcan.org.uk).

Most important is water for wildlife in drier periods. Birds, mammals, amphibians and insects all need regular supplies of water for drinking and, for birds, bathing. Some like to use a beautiful stone bird bath, and others are happy with any old shallow container on the ground out in the open where they can watch for predators. Hedgehogs (and you may not see them, but I know I have them from the black shiny pointed droppings along my fence line), want a shallow bowl near the fence/hedge line. Bees and butterflies will drink from the bird bath if you put a flattish stone in the bowl, so that the insects can walk along this to the water's edge.



Bathing Blue Tits

photo I Duddle

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NO DIG, YES

written and drawn by Les Cooper



Some things are easier said than done

THE TRUISM which says all gardeners should relax and enjoy themselves is particularly valid when you reach my age. The trouble is, some things are easier said than done. You cannot sit around doing nothing or the weeds will take over. Spring has sprung, the weather is warmer, and the garden has really come to life. In no time at all there is so much to do. Sadly, sometimes the spirit is willing, but the flesh is weak.

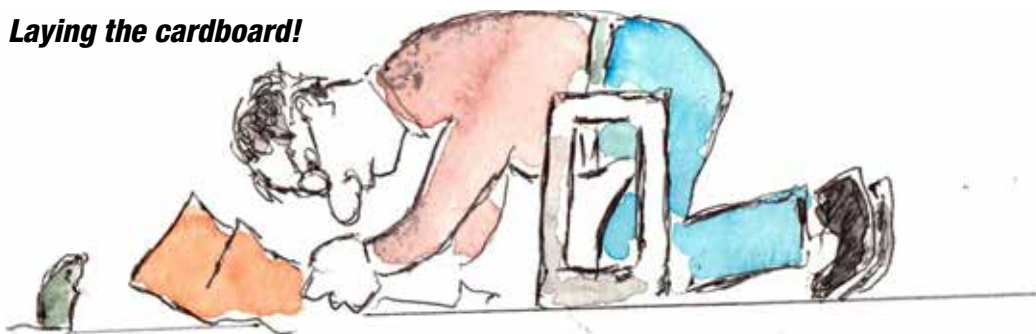
I am attempting to cope by trying the no-dig approach. As one does, I watched a video

made by an expert, Charles Dowding, who was very persuasive. So now, in early February, I have made a start. Possibly not the best of times, because beginning in December would have been better.

The basic idea with no-dig is to cover the soil with cardboard and to spread compost over it. All the weeds are then suppressed and the plants that you fit in can grow in peace. It sounds easy, but I have fallen into the 'it is so easy' trap before. My sad driving test failures still scar my memory.

My first requirement was cardboard. Surely with so many Amazon deliveries it would not be difficult to find. Well, it wasn't quite as easy as I thought. We had nothing much ourselves, so I went online to ask my neighbours if they could help. Pleasingly they responded, for which

Laying the cardboard!



I was grateful. At least I could make a start.

As instructed by Mr Dowding, I have laid the cardboard down, making sure there are no gaps. Then I spread a thick layer of compost over the top. Fortunately, it then rained, which was useful. In the greenhouse I have quite a few plants itching to be planted out and in April they will be able to try their new abode.

Way back in the past I would have dug the soil over in the autumn and added manure. At the time, I thought I was improving the soil, aerating it, adding growth improvers. Now, with the soil left to nature, the beneficial microbes, insects and fungi will thrive, and I can relax and enjoy life. Let's hope my plants thrive as well!



Beanpoles crèche

photo P Chatfield

Support Beanpole Day

by Tricia Marcouse

THIS ANNUAL charity event will take place at Caversham Court on 20 April from 10:00 to 15:00. All the usual suspects to supply your gardening needs for this summer will be there, as well as experts to advise on gardening in a time of climate change. You can also talk to a range of local environmental groups and purchase a range of other goodies.

Naturally, there will be beanpoles, harvested from locally managed woodlands, plus a range of other plant supports. You can be sure of a selection of locally grown vegetable plants, shrubs, flowers and wildflowers at reasonable prices. Star attractions will be large herbs in fibre pots, big perennials to make a statement in the garden, plants for pollinators, and young trees to capture carbon.

...have your tools sharpened...

Added to this will be second-hand refurbished tools for sale, gardening books, gardening advice, opportunities to build your own bird box or to buy a home for hedgehogs. There will be a Fairtrade stall and you can join a local environmental group working on public spaces, consider borrowing and sharing equipment, and have your tools sharpened by experts from the Repair Café.

What we don't have is parking, apart from disabled parking bays outside the main entrance. If you are coming by car, please park on local streets

and walk in. There will be a crèche for anything you buy, and then you can bring the car down to load quickly.

Join us for a good day out next to the Thames. The refreshment kiosk will be open or you could bring a picnic to have on the lawn. PLEASE bring some cash, as not every charity has portable electronic payment systems!



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Meet the Maker

Pam Chatfield chats
with **Tracey Titchener**
by Pam Chatfield



Away with the fairies

Tracy has always enjoyed crafting and enjoyed making her children costumes for fancy dress and school events. During lockdown, her creativity spread to making her garden a more fun place for her family with the creation of fairy houses.

Tracy grew up in lower Caversham, where she lives now. She returned after completing a BA Honours Degree in Costume Production at Rose Bruford College in Sidcup, a natural progression after studying textiles, sewing and the theatre at school. She is now a freelance Costume Maker/Seamstress, currently making hand puppets for a small company based in Cambridge. You may have seen her work at the Mill in Sonning, where she has made costumes for stage productions including, most recently, a light up corset and a panto cow for the musical *Gypsy!* Tracy works from home, often expanding onto the kitchen table, and would love to turn her hobby into a business.

If you have little ones who might be visited by the Tooth Fairy soon you can find Tracy's Tooth Fairy Houses in her

Etsy shop www.etsy.com/uk/shop/tracytitch, follow her on Instagram [tracytitch.752](https://www.instagram.com/tracytitch.752) and find her at the Artists' and Makers' Fair in the summer, or email her lesliegr38@aol.com



Right move for fairy houses

photos E Titchener

IT IS ALWAYS interesting to discover the source and inspiration for a person's creativity. For Tracy Titchener, the idea to make her small fairy houses for the tooth fairy came about with the experience of her own children losing their teeth. Tracy says, "I didn't realise how tiny baby teeth are and how easily they get lost under a pillow! I've always loved fantasy, fairy tales, and the worlds that they create, fairy houses in particular, so I scaled down my garden fairy houses. They can sit on a shelf or bedside table keeping the lost tooth and then coin safe, but easily accessible for the Tooth Fairy".

Bowling over the water



A short ferry ride takes you bowling

photo Island Bohemian Club

by Caroline Jones

THE UNIQUE Island Bohemian Bowls Club is a thriving outdoor club in a tranquil position situated on Fry's Island in the River Thames, between Caversham and Reading bridges. Access is by a short ferry ride provided by the Club.

We have a full fixture list for 2024, welcoming many clubs from near and far. We run men's, ladies' and mixed teams playing both social and league games.

The club is holding Open Days on Sunday 28 April, Monday 6 May and Sunday 26 May between 14:00 – 19:00. This is a popular event where you can give bowls a go, regardless of your ability.

The clubhouse has a well-stocked bar, kitchen, and full changing facilities, and hosts social events throughout the year, including the annual Club pantomime, boat trip and bonfire night gatherings.

We would love to welcome you to our Club, whether you are new to the game or an experienced bowler. We offer free coaching and, if you are unable to attend an open day, contact us to arrange a visit.

Bowling is for everyone, regardless of age and ability. It is also a family, social or competitive sport; it's what you want it to be. The game of bowls is an excellent way of keeping active, a low impact sport with time to socialise and make friends.

The Club ferry can be taken from the South bank, at the end of Brigham Road, RG1 8DP, or the North bank end of Wolsey Road, RG4 8BY. It is very easy to access.

We hope to see you on one of our open days, and only ask that you wear flat-soled shoes or trainers. Bowls equipment will be provided for beginners.

For more information find us on www.islandbohemianbowls.club, Facebook, or call our New Members' team on 07825 394 683.

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Creative CAVERSHAM



IN THE FRAME

As well as providing a bespoke picture framing service, a small shop in Church Road is now creating quite an impact as an art gallery.

Lydia Gledhill (above) explains to Elestr Lee about her role with the Caversham Picture Framers

WHILE LOTS of us love art, what's less appreciated is the craft of presenting a much-loved painting. Caversham has always been fortunate in having a quality picture framing business in Church Road, which for many years was run by Ian Eggleton. He retired in 2016, and Alex Foster opened Caversham Picture Framers, which subsequently moved one door along from the original shop. The new business is thriving and, as well as offering a bespoke framing service, it is also providing an eye-catching gallery of stunning art.

Fine Art graduate Lydia Gledhill is the consultant many customers will first meet when they take in something that is either unframed or would benefit from reframing. Having graduated from Reading University in 2017, she wanted to stay in the area and was looking for work in the arts' field and feels so happy that Alex took her on. "Alex

trained me," she explained. "It changes the way you look at things. I find that now, when I visit an art gallery, rather than just looking at the paintings I find I am looking at the frames the galleries use!"

Caversham Picture Framers has a workshop in Pangbourne and employs three fulltime framers, as well as a part-time specialist who paints frames as required. Lydia is thrilled with the variety of styles and possibilities which can be offered. "When customers bring in their pieces of art, we always first ask them how they would like it to be framed. Some have a clear idea, but others are seeking our advice. For example, the frames can be painted or hand-stained, or our customer may choose a factory finished frame. There are so many ways of mounting an artwork."

One benefit of the new premises is that there is space on the walls for a vibrant art gallery, featuring the work of both local and



Cat launched her recent exhibition with a talk about how woodlands inspire her **photo E Lee**

national artists. Lydia, in collaboration with Alex, has been delighted to develop this side of the business.

"We now have around 43 artists on our books," she said. "We work a lot, though not exclusively, with the Reading Guild of Artists. We take around six works from each of the artists which are on display in the shop. Throughout the year, we also focus on one artist per month, launching an exhibition free for the public to view. The artist provides us with a large volume of their work, and up to four of their framed paintings are hung in the window."

...woodland artist...

Local artists whose work has been exhibited at Caversham Picture Framers include sculptor Roger Smalley, Ade Breton, Matt Emmett, Sally Castle and Alma Federico. The most recent exhibition which was on display all through March featured the work of landscape artist Cat Croxford. Cat, who used to live in the Mapledurham area and paints the woodlands of Berkshire, South Oxfordshire and Buckinghamshire, has twice been selected for the Society of Botanical Artists. She was shortlisted for the British Art Prize – as well as reaching the heats of Sky Arts Landscape Artist of the Year this year. She is delighted to have a large body of her work on display in Caversham Picture Framers, and gave a presentation about her work to the invited guests at the exhibition's launch at the end of February.

"It was my project to start up these

events," Lydia said. "Alex said, 'Off you go!' so I organised the first one. They are really taking off now, and the launch events are really bustling!"

As well as the work of contemporary artists, featured exhibitions are sometimes varied with prints and posters – all for sale – and which may be from different eras. Lydia, who concentrated on concrete sculpture for her own degree, is delighted to be turning her own artistic talents to exploring the possibilities of displaying visual art, through advising on framing, as well as nurturing the work of artists and creating bold and exciting exhibitions.

"Creating big sculptures is only possible if you have a large studio space, so nowadays I create things which are smaller scale. However, I am a 'people person' and I always saw myself working in an art gallery," she said. "I wanted the chance to put on an exhibition, but it's not just the artwork, it is being part of the community, and showing that there is so much more going on that people might not know about."

So when you are next caught at the Church Road traffic lights, take a look in the windows of the Caversham Picture Framer or, better still, step inside to take a look at the carefully curated gallery which is making such an impact on our local arts scene.

Find out more:
cavershampictureframer.co.uk



Ade Breton (above centre) at the launch of her exhibition last year, with Alex Foster and Reading Deputy Mayor Glenn Dennis **photo Framing Caversham**

Holy Well of St Anne, Priest Hill



Drawing by Janina Maher

www.janinamaher.artweb.com

THE HOLY WELL of St Anne is a familiar landmark situated at the top of Priest Hill, close to the junction with St Anne's Road. Set into the brick surround is a marble plaque bearing the inscription 'The Holy Well of S Anne the healing waters of which brought many pilgrims to Caversham in the Middle Ages'. In medieval times there were a number of mineral springs in the area believed to have healing properties, and it was common practice for pilgrims to take away little lead containers of 'Holy Water' as a religious souvenir of their travels. Of course, monks encouraged 'pilgrim trade', and this was an important source of income for the church. The Holy Well, and a small chapel built on the medieval stone bridge at Caversham, were both dedicated to St Anne, patron saint of women in childbirth amongst other things. Today we have St Anne's Catholic primary school and the church of Our Lady and St Anne in South View Avenue.

The late local historian, Mary Kift, documented in some detail the history of the well in her book 'Life in Old Caversham'. She wrote that no formal record exists of the well until in 1727, when John Loveday, an antiquary who lived in Caversham Old Rectory (later known as Caversham Court), mentioned a well, then covered by a hedge,

between the field called the Mount and Priest's Lane (now Priest Hill). The well was 'rediscovered' in 1906 when the local paper, the Reading Mercury, published a report about it being uncovered during agricultural landscaping work. It was decided to restore the well and, in 1908, a public ceremony took place to unveil a memorial drinking fountain, and to celebrate the restoration. Today the well remains as it was then, with its surrounding brick wall and capping grill depicted in Janina Maher's drawing.

Historically Reading and Caversham were major centres for medieval pilgrimage. Sadly, many of the religious sites were destroyed by Henry VIII, but today the remains of Reading Abbey mark the start for modern pilgrims to make their way to coastal ports to cross the Channel, and continue their journey on the famous route to Santiago de Compostela in Spain.

A selection of Janina's original paintings, including this one of The Holy Well of St Anne, is displayed for sale at Fourbears Books on Prospect Street.



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First Impressions Matter CV versus LinkedIn

by Laura Harmsworth



YOUR LINKEDIN profile and CV share some common things; however, you shouldn't copy and paste your CV into your LinkedIn profile, as they are different mediums used for different things.

A CV is focused, LinkedIn portrays the bigger picture.

In most cases, your CV is tailored to the job, using key words based on the job ad and job description. You choose the most relevant achievements from your career to highlight your ability to do the job and take things out that are not relevant to that particular role.

LinkedIn is more of a general overview of your knowledge, skills, and experience, plus it keeps you connected with people in your industry. You can only have one LinkedIn profile and can write a lot more about yourself on LinkedIn than on a CV, eg the 'About' section currently allows for 2600 characters.

I mentioned tailoring your CV, using key words. This is also true with LinkedIn – the algorithm will consider your profile's keyword density when returning search results, so

the more sector-specific keywords you use, the more people will view your LinkedIn profile. Ensure you use the full 50 skills available.

To back up the keywords and skills, you must provide examples which support your claims. Do this through adding achievements. On your CV this needs to be succinct, but you can add more with LinkedIn, for example adding media, requesting recommendations and endorsements.

With LinkedIn, it is acceptable for your language to be less formal than your CV, so you could write in the first person.

A key difference is your photo. LinkedIn profiles with photos get more views, so include one (professional, head and shoulders, plain background, well lit). In the UK it's not advisable to include a photo on your CV, due to unconscious bias.

An important factor to note is that your CV is a private communication between you and the recruiter, and there are few issues with privacy. It is advisable not to include personal details such as age, marital status, religion, or full address.

As LinkedIn is online, your audience is much wider. But this comes with issues of privacy, so be wary of what you put on your profile. You should also bear in mind company confidentiality when writing your achievements. Your current company might not want their trade secrets or certain stats available to the public eye.

Whilst your CV and LinkedIn profile may contain the same information, LinkedIn is more about networking and making connections. Your CV is used to apply for a specific role. Bear this in mind when you are writing the content for each.

You can follow Laura on:

www.facebook.com/CavershamCVWriting

on LinkedIn: www.linkedin.com/in/lauraharmsworth

website: www.cavershamcvwriting.co.uk

Email: contact@cavershamcvwriting.co.uk

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LAST MAY WE published a letter from one of our subscribers who had received great service in a local shop and thought we could make this an occasional feature. This time the subject is Caversham Tiles, founded by Tony Champion, who we featured as a Community Connection in February. If someone has made your day by going 'the extra mile', do tell us, so we can share it with our readers.

Write to: editors@cavershambridge.org

We recently went into Caversham Tiles

to try to find something to go with the tiles we had put up in 1996. Not only were they able to find our original order, they were also able to source some discontinued tiles which will go well with them. Equally importantly, the chap on the counter was really friendly and helpful. We were very impressed!

Lesli Erika Wilson

THE CHALLENGE SOLUTIONS:

(From left to right from the top)

stick, place, block, pud, brick, put, trick, fool,
foot, hoax, boot, coax, coot, fraud, kick.

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

Future editions:

Contributions for the May issue should be submitted by 1 April and for the June edition by 1 May. These should be e-mailed to: editors@cavershambridge.org

Dates for advertising copy are 1 April for the May issue and 1 May for the June issue. These should be e-mailed to: advertising@cavershambridge.org



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Wellbeing *with Ami Roy*

BLUE LIGHT is a certain frequency of light that we see naturally in the mornings. It switches off the sleep hormone melatonin and helps us face the day feeling alert. That's why one of the best things we can do to offset morning grogginess, as well as sleep better by night, is to go outside first thing.

Conversely, it's not helpful to see blue light in the evenings, when we want to wind down and fall asleep. That's when we need red light, which is what our ancestors would naturally have seen after dark in the form of firelight or candles.

Red light therapy involves exposure to specific wavelengths of LED light (red and near infrared light) for therapeutic benefit. These two wavelengths of light combined have been shown to create the biggest biological response in the body compared to other wavelengths.

Here are some of the benefits of Red Light Therapy:

Reduces Arthritis Symptoms:

There is a change in molecules around the joints which helps ease arthritic pain.

Improves sleep:

The results from numerous studies demonstrated a marked improvement in both sleep quality and daytime alertness.

Why is red light good for us?

Improves mental health:

Psychiatry studies have shown that the release of melanopsin, the colour-sensitive receptor for red light, has been shown to help lift mood, thus increasing self-esteem. Enhancing it has an antidepressant effect.

Boosts metabolism:

Since red light therapy improves circulation, it also activates the body's metabolic system.

Anti-inflammatory effects:

When cells are injured, they respond by producing a variety of molecules called cytokines. In the case of chronic inflammation, these cytokines can damage and impair the immune system. Red light therapy reduces the amount of inflammation by inhibiting the production of cytokines.



Can improve skin:

Red light therapy devices are most often used as facial light therapy machines. The response includes improvements in the appearance of the skin in response to red light, including faster and more extensive regeneration, reduced wrinkles, and improved elasticity.

However, the fact that most of our electronic devices emit blue light can be a problem. We benefit from staying off them for at least an hour before bed, if possible. If an hour is too much, even 30 minutes can make a difference!

Fortunately, for all the problems technology brings, it has also found some great solutions. Many people feel a benefit from wearing blue-light-blocking glasses when looking at screens in the late afternoons and evenings. Another idea is to switch to low-light amber bulbs in bedrooms.

I am partial to a red-light salt lamp in an attempt to also be more stylish!

Local Clergy and Church Services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Margaret, St Peter, St John

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

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

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

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

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

Current services

St Margaret's Church

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

St Peter's Church

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

St John's Church

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

St Andrew's

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

Current services

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

St Barnabas, Emmer Green and Caversham Park

Rev'd Kevin Lovell, vicar@saintbarnabas.org.uk
Church Office Tel: 0118 947 8239

Current Services

Sundays: 8:00 BCP Holy Communion (1st Sunday only)
9:30 Parish Communion (Service of the Word on 2nd Sunday)
11:30 All Age Worship (Café Church or Family Communion)
Wednesdays: 10:30 Midweek Communion
Morning Prayer: Tuesdays 8:30 in church; Mon/Weds/Thurs 8:00. online at
www.facebook.com/StBarnabasEmmerGreen/live_videos
Full details at www.saintbarnabas.org.uk/whats-on

METHODIST CHURCH

The Methodist Church Caversham

Rev'd Jeongsook Kim Tel: 0118 947 2223
Rev'd David Jenkins Tel: 0118 327 1592
www.cavershammethodist.org.uk

Current services

Caversham Heights Methodist Church

Highmoor Road
Sunday – 10.30 – Also available on YouTube.

Gosbrook Road Methodist Church

Current services: Sunday – 10:30

New Testament Church of God

Rev'd Dr Garrick Wilson
Tel: 0118 946 3009

UNITED REFORMED CHURCH

United Reformed Church, Caversham Park

Contact: Dr Alison Johnston
Tel: 0118 947 5152 www.cavershamparkurc.com
Current services
Sunday – 11:00 – Livestreaming on YouTube
Details on their web site at:
<https://cpurc.org.uk/live-stream>

BAPTIST CHURCH

Caversham Baptist Church

Pastor: Colin Baker
Church office Tel: 0118 954 5353
Email: secretary@cavershambaptistchurch.org.uk
Current services
Sunday worship 10:30 each week, including groups for children and youth
Sermons are recorded and uploaded to
www.cavershambaptistchurch.org.uk
Hymn Café 15:00-16:00 on the last Sunday of each month

Grace Church (formerly Caversham Hill Chapel)

Pastor Keith Saynor
Tel: 0118 947 4529 www.gracechurchcaversham.org.uk
See their web site for details:
www.gracechurchcaversham.org.uk

Riverside Church (Reading)

www.riversidechurchreading.co.uk

ROMAN CATHOLIC

Our Lady and St Anne

Fr Joe McLoughlin, The Presbytery, 2 South View Avenue
Tel: 0118 947 1787 www.ourladyandstanne.org.uk
Current services
See their web site for services at:
www.ourladyandstanne.org.uk

St Michael, Sonning Common

(including Emmer Green and Caversham Park Village)
Fr Michael Sharkey, St Michael's, Sonning Common
Tel: 0118 972 3418
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For details of the services being held at each of our churches, please visit their respective websites (on this page) or the Churches Together in Caversham website www.cavershamchurch.org



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