



CAROLS in the PARK

Fri 15th December 2023

7pm at The Junipers, Elizabeth Park
Everyone Welcome

Mulled wine or soft drinks and and mince pies

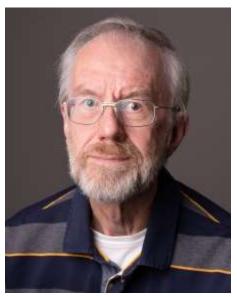
Voluntary collection for band

Changes to Newsletter distribution and subscriptions. See Page 3

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Editorial

It's very much squelch, squelch walking in the Coombes at the moment! We've had such a wet year especially this autumn. With it being warm too, the fungi are thriving!

We are no more immune to inflation than everyone else and have experienced serious increases to the cost of printing. So, in this issue we announce increases to our membership subscriptions and changes to how we will collect them. See the article opposite for the full details.

There is a great deal going on in the planning and development side so I

recommend you read the lengthy *DevWatch* article on Page 4.

There, you will also see a plea for help to find someone interested in planning affairs to take on the vital role of DevWatch coordinator. Please consider helping us if you can. After all, the Association was founded to confront a planning issue in 1987.

The article from *Barkham Parish Council* is on Page 6. In it, we hear the glad tidings that a large area of the Coombes woodland is being purchased by the two local Parish Councils. This is excellent news. Congratulations to both Barkham and Arborfield Parish Councils.

In his article on Page 8, Ian Pittock, the Borough Councillor for our ward covers updates on the Local Plan Update, progress on the Solar Farm and the Sports Hall in Arborfield Green.

For the first time Barkham Church is holding a *Christingle Service*. See Page 5 for all the services.

In *Wild About the Coombes*, we hear about the dangers of cooking chestnuts!

In 35 Years Ago we reminisce about life in Barkham during the

second World War, as told by two residents who lived through that time.

On the social scene, in August we held the Annual Distributors' BBQ, our way of thanking the hard work of the distributors who deliver our Newsletter to our homes. Then, in October we held our *Quiz Night* and there is a report of both on Page 12.

Our annual *Carols in the Park* will be held on Friday 15th December in the Junipers. Details are on the front page and on Page 13.

But if you fancy your carol concerts inside then take a look at those on Pages 20 & 21.

Going back to quizzes, you will find ours on Page 15. I do hope you find *time* to have a go at it!

New Look!

I want to make some changes to the look of this Newsletter and so I am looking for someone to help with the redesign. If you have graphic design or artistic skills then I'd like to hear from you. This would be a short project to help establish the new design and would not need ongoing involvement. If you think you might be able to help then please contact me

BVRA COMMITTEE



Vacant, currently Rotating Chair chairman@barkham.org.uk



Dave Clements Webmaster & Membership Admin Interim DevWatch webmaster@barkham.org.uk



Alan Edwards Newsletter Editor newsletter@barkham.org.uk



Steve Young Treasurer treasurer@barkham.org.uk



Louise Goldring Membership



Simon Goldring Membership



Gill Powell Chair of Social Team social@barkham.org.uk



Shirley Warner Social Team Liaises with Barkham Village Hall Committee



Peter Jay Social Team



Peter Ainscough Social Team



Jim Butler Social Team

Membership Subscription, Printing and Distribution Changes

After 25 years and with the rampant inflation in printing costs over the past couple of years, we have reluctantly decided to increase the membership subscription to the Association from £2 to £3 per year.

In addition to four editions of the Newsletter your membership helps to support our online activities including our DevWatch service that provides valuable information and news about planning and development in and around the village. In fact there is a substantial article on this topic on Page 4.

Formed in the face of the major development in the Coombes in 1987 the BVRA continues to try to keep members informed of planning activity and to maintain and develop a community spirit in our village.

We run four or five social events

each year, including the ever popular Quiz Evening in the Autumn. This year we held a special Coronation Event in May which with daytime activities followed by a Barn Dance in the evening.

Our newsletter is distributed by a large team of volunteers to whom we are most grateful. One of their greatest problems is that of collecting membership subscriptions by cash. Sometimes it takes several visits. This is a significant burden on our distributors. So, from 2024, we will no longer collect cash at your house. Instead, you can pay by the following methods:

 By direct debit. This is the method over 300 members use and is our preferred method.
 For details of how to sign up for

- direct debit payments, please see the *Membership Subscriptions* box below.
- Or if you wish to pay by bank transfer or with cash / cheque please email membership@barkham.org.uk providing your name and address. We will reply with reference details so you can pay and ensure it is credited to your membership.

We hope you will consider membership worthwhile and that you will continue to support the Association.

Currently we deliver the Spring and Summer issues to all residents and the other two only to members. From 2024 we will be delivering only the Spring issue to all residents, with the other three delivered to members only.

Easter Egg Hunt Help Needed

We are hoping to stage the Annual Easter Egg Hunt on Easter Day but at the moment our Social Team is short of members available on that day.

Perhaps you have children of the right age and would like to see this long-standing village tradition continue.

If you might be able to help then please contact Gill Powell on social@barkham.org.uk

Membership Subscriptions

Member subscriptions will be increased to £3 per household in 2024. We encourage all members to pay by direct debit (DD) which is easier for everyone. Thanks to those of you who pay this way - your subscriptions will be collected in early February. To set up a DD, please use the link below

https://www.barkham.org.uk/bvra/bvra-membership



Email Updates

We send occasional emails to keep you informed of social and planning activity between issues of this Newsletter. If you would like to enrol to our email messaging services then use the link below

https://barkham.org.uk/ index.php/barkham/keep-intouch-with-bvra



DevWatch Update

After a relatively quiet period the past three months have seen an increase in DevWatch activity.

We start with some good news!

- The appeal by Instalcom to allow them to continue their operation at Wood Lane was rejected by the planning inspectorate. They were given six months to comply which hopefully means moving out before March 2024.
- The proposal for a park homes site at Commonfield Lane (mentioned in the previous newsletter) was swiftly rejected by WBC.
- The proposal for 40 houses at Edneys Hill has been rejected by WBC.
- A proposal for a new entrance for the Leathern Bottel and equestrian field behind was swiftly rejected by WBC.
 Unfortunately, prior to this proposal being submitted, two large oak trees next to the

Leathern Bottel (and not subject to a tree preservation order) were felled.

We will be watching if any further appeals are made.

New applications, however, continue to be submitted by developers.

- We thought the above Leathern Bottel proposal wasn't just about a new entrance and have been proved right. A second planning application has now been submitted for 60 homes on the equestrian field behind the Leathern Bottel. As the planning for the new entrance has been refused the developers have chosen to use the existing pub entrance for access.
- An application has been submitted for 26 homes at 31 Barkham Ride. This is in addition to the recently revised proposal for 56 homes at 33 Barkham Ride
- The application for up to 50 homes off Langley Common Rd has just been released by WBC

for comment.

These proposals are unwelcome.
They reduce the gap between
Barkham and the adjacent neighbour
-hoods, increase traffic and will put
pressure on already stretched
services. DevWatch alerts have been
issued for all of these.

We are also aware of a further proposed development in Barkham:

 Crest Nicholson are formulating plans for a large development at Barkham Square.

Unfortunately, these speculative applications are being encouraged because Wokingham Borough Council (WBC) still does not have an up-to-date Local Plan (LP). When such applications are approved outside any LP it means that developments cease to be balanced across the Borough with respect to distribution, impact on the countryside and roads. It also constrains the provision of infrastructure in a timely and cost effective fashion.

The LP will identify the land available for future development thereby refreshing the land supply. A key factor is whether the excess housing built by the developers to date - some 2000 dwellings - can be carried forward.

On the left is the current timetable taken from the WBC website.

WBC Programme for the preparation of the Local Plan Update

Date completed / anticipated Stage Issues and options consultation August 2016 Spatial options consultation November 2018 **Draft Plan consultation** February 2020 **Revised Growth Strategy** November 2021 consultation **Proposed Submission Plan** November 2023 Publication Submission March-June 2024 Examination hearings (stage 1) August 2024* January 2025* Examination hearings (stage 2) Inspector's post hearing letter April 2025* Modifications consultation July 2025* Inspectors report of examination November 2025* December 2025* Adoption

Help Needed!

We still need someone to take on the role of DevWatch co-ordinator. Could you spare 2-3 hours a month to help with this important service? For more details, please contact development@barkham.org.uk

^{*}The submission of the plan is projected to be within the window March - June 2024. The indicative dates for stages following submission are estimated based on submission in March 2024. Submission later within the window would require an equivalent adjustment.



Christmas 2023 at St James' Barkham

Advent Christingle 10am Sunday 3 Dec

Carols by Candlelight

7pm Sunday 17 Dec

Family Carols

4pm Christmas Eve

Midnight Carols

11.30pm Christmas Eve





You are warmly invited to join us at our family Service to learn more about the real reason for celebrating Christmas

WHEN: Sunday 3 December, 10am WHERE: Barkham Church

There will be an opportunity to make your own Christingle, everything provided

Christmas Services at Barkham Church

We warmly invite you to join us to celebrate Christmas at St James' Barkham. There is nothing more traditional than singing carols and gathering together to remember the events of the first Christmas and we are convinced that the announcement of the angels to the shepherds, 'I bring you good news that will cause great joy for all the people', is still the best news we could hope to hear today. We would love to share it with you!

New for 2023 Advent Christingle.

Sunday 3rd December at 10am

Come and make your own Christingle as we learn about the Light of the World. All materials provided!

Otherwise, we are running all of our traditional Christmas Services. Family Carols on Christmas Eve is designed with children especially in mind. Carols by Candlelight is a more traditional and is followed by mulled wine and mince pies.

Midnight Carols provides a quieter opportunity for reflection before the big day and ends just after midnight; and Christmas Day is a family service for all ages. Everyone is welcome - we'd love to see you.

Julian Bidgood Minister of Barkham

www.abch.org.uk



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An Update from Barkham Parish Council

Planning

The application for development on Land off Edneys Hill has been refused by WBC.

The application for development of Land Adjacent to Blagrove Lane Wokingham is still yet to be decided.

The Instalcom appeal at Woodlands Farm is has been decided by the Inspectorate, and the appeal has been dismissed. Instalcom must comply with the notice by 25th February 2024.

A revised application for the District Centre at Arborfield Green has been approved. A working group for the design of the community centre is due to be set up.

The Local Plan update is due to be published in November, and a consultation on the updated plan will be held.

Purchase of The Coombes Woodlands

Barkham Parish Council in conjunction with Arborfield and Newland Parish Council are still working towards securing the woodlands for the residents to continue to enjoy. An offer made by the Parish Councils has been accepted and we are currently finalising the terms before the purchase can complete. There is always the risk that until the contracts are signed and exchanged,

that the vendors can pull out of selling the woodlands to us, so it is not yet a 'done deal', but we are hopeful that we will exchange and complete in due course.

Precept

The Parish Council will shortly be setting its precept which is collected as part of your Council Tax, based on the band of your property. Wokingham Borough Council collects the precept from the residents on its behalf and pays to the Parish Council annually in three instalments.

From the Precept received, Grants are given to local charities who support our residents such as Keep Mobile, Citizens Advice Bureau and the Wokingham Job Support Centre to help with running costs, and to St. James Church to keep the grave yard in a tidy condition.

The Parish Council is not authorised to make the big decisions such as planning and road maintenances, but it does have an important role ensuring that the views of the parish are represented to WBC. Therefore, we budget for seeking guidance from professionals where needed, plus we hold a healthy planning reserve fund as a fighting fund should it ever be required.

Parish Councillor Vacancies

The Parish Council is the first tier of Local Government representing the local community, delivering services to meet local needs wherever possible, and improving quality of life and community wellbeing.

The Parish Council currently has vacancies for co-option.

Barkham covers an area from its boundaries in Barkham Road, Barkham Ride, and Bearwood Road to its Southern boundaries in Arborfield Green (the majority of which is in Barkham), Park Lane, and towards the end of Langley Common Road and School Road.

From established communities in Elizabeth Park, rural and semi-rural areas and the new community developing at Arborfield Green, the Parish faces many opportunities and challenges.

Parish Councils benefit from the Community Infrastructure Levy (CIL) which provides funds to help enhance facilities for residents.

This means we need as broad a spread of councillors as possible as we work with residents on the future of the area.

Would you like to join the Parish Council and help make decisions about how the Parish is run? Please contact the Clerk for more information, email clerk@barkham-parishcouncil.org.uk or phone 0118 976 2089.

History Books

The "Barkham A History" book can be obtained from the Clerk at £8.50 each or from Henry Street Garden Centre. These will make ideal Christmas presents for anyone who is new to the area and does not already own one.



Photo Corner

Thanks to Gaynor White of the Barkham Hookers (see also Page 18) for this splendid photograph below taken during late summer. As Gaynor puts it '.... the evening sun catching the tops of the trees in our garden in Barkham this evening'. Below are a couple of my photographs of fungi found in the Coombes.

I hope to make this a regular feature. I know there are some excellent photographers living in the village so please send your photographs, preferably made in the village, to the editor.

newsletter@barkham.org.uk









New Chairperson

Required for Barkham Village Hall Charity

If you are community minded and enjoy dealing with people please apply. We hold meetings every other month and the position would require approximately 3 hours a week of general supervision of projects and other affairs.

Contact: Judith Neuhofer on 0118 979 0296 or 07770980361/Christine Leigh on 0118 977 4333

An Update from our Borough Councillor - Ian Pittock



Local Plan Update

Following my last report, I had intended that this one would concentrate on the new draft Local Plan Update (LPU) given the expectation of it going before full Council for a decision in mid-November. I thought I would be explaining the rules laid down by government and discussing the options on where houses could be built.

A revised LPU was drafted by the last administration in which it was planned that 4,500 houses should be built at Hall Farm. The current administration that took control of WBC in May 2022 withdrew that draft and has been developing a replacement. I am well aware that residents believe the latest draft will still propose 4,500 houses for Hall Farm, although this is by no means certain. The draft has been delayed for many months whilst the various sites proposed by developers have been visited and factors considered.

It has also been delayed since Michael Gove promised to publish an updated National Planning Policy Framework in spring 2023. The expectation is that this would allow the current over-provision of housing in the borough to be taken into account within the revised LPU i.e. we would not need to plan to build so many houses.

The revised framework is now expected in November or December. Given that the changes it will contain will need to be reflected in the new draft LPU, there will be a further delay and it is unlikely that Council will make a decision before March 2024 and it is quite possible that this may occur after the local election.

I would not be happy with the latter since it would deny residents the opportunity to take into account how councillors have voted on this matter when they vote at the election.

Solar Farm

The solar farm at Rooks Nest Farm (RNF) was halted in the spring due to a national problem with connections at National Grid that caused all projects across the UK to be stopped. Action is being taken by Whitehall to address these issues. In the meantime, ten projects have been chosen to go ahead immediately, with the RNF solar farm being one of these.

Work has commenced with a geophysical survey and planting of screening vegetation, to be followed by supports and panels with the intention of commencing operation in 2026 and £1m going to WBC each year. Given this and other work at RNF and along Barkham Ride/Street, the project team is setting up a local liaison group to handle traffic management issues.

Arborfield Green Update

When the Arborfield Green development was being planned, along with the secondary school, borough and parish councillors of Finchampstead, Arborfield and Barkham, alongside WBC officials, Crest and the MOD agreed that instead of building a standard sized

schools sports hall we would instead acquire the MOD sports hall. The agreement was the school would use it during school hours and it would then be available for residents, except for 30 days a year when exams were held. WBC would build a small gym at the front for use by residents during the school day, separated from the hall for safeguarding purposes. Since the sports hall contains a main hall that would hold a 747 jet, has the biggest climbing frame the MOD had, two dance/exercise studios and three squash courts, this was a good deal. Unfortunately, under both recent administrations, this has never operated as intended as residents have not had access to anything other than the small gym. I understand that, for a while, there was a desire by Bohunt Trust to take over the whole sports hall for 100% of the time, but presumably this would have entailed them providing an alternative for residents, however this came to nothing. Following continued prevarication by WBC, I

- Year 1 open the main hall and climbing wall (with new hand/foot holds);
- Year 2 open the two dance/ exercise studios following refurbishment;

have proposed that WBC now

school hours as follows:

moves forward by phases to fully

open the facility to residents out of

• Year 3 - open the three squash courts following refurbishment.

The small gym would remain for use by residents in school hours. If this is not announced formally by WBC before the May election then residents will know how they stand with WBC.

Polling Stations

By the time you read this, a consultation will have been completed on changes to polling stations across the borough. This is necessary due to the new 18 3member borough wards being created for May 2024 which will replace the hotchpotch of 1, 2 and 3 member wards. It was advertised by WBC, covered by the press and I placed a link on the Arborfield Green Facebook page. I am not certain how many residents will have participated. I have submitted my comments as follows for Barkham residents:

- Those living in Barkham Ride/ Street, Barkham Road, Bearwood Road, The Lilacs or The Woodlands, and all their sideroads, should continue to vote at the Barkham Village Hall as now, therefore no change
- All other residents Langley
 Common Road, Arborfield
 Garrison (both parts) and
 Arborfield Green (except
 Finchwood) should be switched
 to voting at the MOD/Arborfield
 Green Community Centre. This
 would allow most residents to walk
 to this polling station. Finchwood
 residents live in Finchampstead
 Parish actually, which also needs
 to be taken into consideration for
 their polling station.

The working group recommendation should go to a Council vote in January 2024.

DINTON WALKING GROUP

'The Talking Group that loves to Walk'

WHAT DOES THE GROUP DO?

We organise about 60 leisurely paced, pleasant 4-6 mile walks of various grades of difficulty, throughout the year. These are usually within a 10-15 mile radius of Wokingham but we also arrange some further afield & occasionally in London. We have an active programme of monthly meetings with entertaining speakers, social events including suppers, quizzes & a Christmas Lunch.

Each year we nominate a charity for our fundraising events throughout the year. We also organise an annual walking holiday for our members.

OBJECT

The Group was formed to increase opportunities for all like-minded adults to gain safe access to the countryside & promote friendship amongst members by providing a regular programme of walks & related activities. No one will ever know the pleasure that walking & talking in the company a group can bring until it has been experienced.

HISTORY

The Group was formed in September 1999 under the auspices of Wokingham District Countryside Services by amalgamating the Women's Walking Group & the Over 50s Mixed Walking Group. After 2 years the Group formed its own management committee & all walks are member devised & led. We are affiliated to The Ramblers' Association.

WHERE & WHEN ARE MEETINGS HELD?

Walks are weekly, usually on a Tuesday at 10.30am, with various local start points & submitted by the members. These are communicated to the membership by our bi-monthly newsletter. A monthly evening meeting is also arranged for members & although the group was originally formed at Dinton Pastures, we are now based at Barkham Village Hall & meet at 7.45pm on the second Tuesday of each month.

MEMBERSHIP

We are a mixed group with currently some 100 members of semi-retired/retired people who enjoy talking & walking. Usually an average of 25-30 members come along to each walk. The Group offers a very warm welcome to anyone who would like to join us for fresh air, exercise & companionship. However some may also prefer to walk quietly & safely within the group whilst enjoying the natural world. Anyone interested in walking with us is always welcome to come along & try us out before committing themselves. A Sample Walks Programme is available to view on our website, run for us by Winnersh Parish Council & can be seen at www.winnersh.gov.uk/dwg

Membership runs from 1st January & is currently £6 per annum. Contact dintonwalkinggro@yahoo.co.uk if you are interested.



Charities, community groups: do you need extra help now we're coming out of the pandemic? Your group has done so much to support your local community and maybe now you need some assistance. If you're part of a local group in Wokingham Borough or Bracknell Forest, you can get free help with funding, recruiting volunteers, growth of your group and recruiting new Committee Members or trustees. We also run a wide range of training in both areas, suitable for your volunteers and employees.

inVOLve Community Services are there for any not-for-personal-profit organisation that needs those sorts of support. Contact us without obligation via 01344 304 404, reception@involve.community or look at https://involve.community/



Here's a bright idea – there are ways you can make your house look occupied without it costing more!

Now is the ideal time to look at your home security. If you're not at home during the hours of darkness, you may be at an increased risk of burglary.

There are a number of free and low cost ways which could help reduce the chance of your home becoming a target:

- Close your curtains and blinds
- Lock your doors and windows, if you have a UPVC door, make sure you have double locked it
- Don't leave any valuables, gifts or presents on view and register them on www.immobilise.com. It's free and if they are stolen, will allow you to tell the police, your insurer and the second-hand trade to assist in recovering your property and catching the offenders
- If you have gold or high value jewellery in your home during celebrations, please be aware this may be noticeable to criminals. Consider storing it offsite in a safety deposit box
- If you are away from home, don't advertise this on social media
- Visit a local retailer to pick up a low cost 24-hour segment timer. The timer can be used with a lamp, radio or TV to give the impression that someone is home. (Using energy efficient light bulbs can help bring costs down for this)
- Make sure your post doesn't pile up

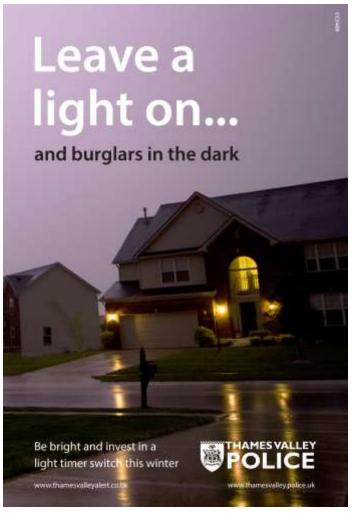
- Empty your bins regularly and don't leave any packaging in view
- Ask a neighbour to park on your drive if you are away
- Consider joining a local Neighbourhood Watch scheme. For more information about schemes in your area, visit www.ourwatch.org.uk
- Sign up to Thames Valley Alerts today at www.thamesvalleyalert.co.uk to receive free local crime alerts and crime prevention advice
- Visit www.thamesvalley.police.uk for further crime reduction advice and you can also download our Home Security Guide

Please contact us if you have any information relating to burglary in your neighbourhood. Report online or call us on 101 - always dial 999 in an emergency. Alternatively, you can contact Crimestoppers anonymously on free phone 0800 555 111.

Follow us on social media for regular crime updates and find out what your local policing teams are up to:

Facebook: TVP Bracknell & Wokingham

Twitter: @TVP Wokingham



Wild About the Coombes

Plenty of brambles means plenty of blackberries and I have always enjoyed helping myself to the fruit as I walk around the Coombes in summer.

It was towards Christmas last year that I took up a new foraging opportunity. The Coombes is well stocked with Sweet Chestnut trees and they produce far more nuts than the squirrels, also prevalent, are going to stash in their larders for the winter. I took some home with me and went on line to see how best to prepare them for eating.



The recipe I adopted was to take 7 or 8 chestnuts, cut a cross through their skin at the pointy bit, place them on a plate and microwave them. The cuts not only allow the steam to escape, avoiding unpleasant explosions, but also let the skin curl back into 4 handy tabs for peeling the skins off the cooked chestnuts inside. The process was quick, easy and economic with energy, a commodity that was in particularly short supply last winter.

I guess it was early October that I started collecting chestnuts this year, for snacks after a morning walk. I couldn't remember how long to set the microwave for but a quick internet search found a number of minutes that I shall not share here. I went off to do something else briefly and returned to find a layer of smoke across the kitchen ceiling and my snack aflame in the microwave. The smoke had obviously permeated its workings because using the microwave was accompanied by a strong nutty smell for quite a long time after the incident.

Our microwave timer operates in 30 second increments and the optimum time seems to be about 45 seconds. Well supervised experiments showed that 30 seconds left the nuts slightly raw while 60 seconds resulted in them being a little bit dry, sitting in a fair bit of water on the plate. So I now set the microwave for a minute and interrupt the cycle with 10 to 20 seconds left on the

timer. The operation is so quick that I am not temped to leave the kitchen.

The incident reminded me of the patch of open ground in the Coombes that caught fire in the summer of last year. You may remember the photograph of it in the Newsletter's 'Where in Barkham?' feature (the upper photo below). I am pleased to say that nature ran its course and the damage was barely noticeable this year (the lower photo below).

The bracken and brambles that had burnt away around a young tree, whose canopy had also been ablaze, grew back well this year. Far from being destroyed by the fire, the young tree greened up nicely and even put on some more growth. The brownness of the bracken and trees in the background of this year's photograph is purely because it was taken in the autumn when the leaves were starting to turn.

Joe Wild







BVRA Social Events

It's now November as I write this and after an Indian Summer of lovely warm weather in September, Autumn has fully arrived. The trees are changing their colours and losing their leaves very quickly, we have changed the clocks, so darker nights are upon us, and Storm Ciaran made its presence known with much rain and very strong winds quite recently.

So now to the reports: We've had two events since the last
Newsletter, the first being the
Distributors' BBQ on August
19th. It was a fine dry evening and
30 of us enjoyed eating and
drinking outside. Our three chefs,
Jim, Peter and Simon did a
wonderful job cooking all the
sausages, beef burgers and
chicken drumsticks, so many
thanks go to them. We all tucked
into these, and some tasty salads
too, and a glass or two of wine!

This is the time when the BVRA gives thanks to all the wholesalers and distributors who 4 times a year sort and deliver the Newsletters in and around Barkham. Their time and commitment is greatly appreciated. [Ed: Photos on this page].





The second event was the ever popular Annual Quiz Evening on Saturday October 21st. This was attended by 78 people, with Steve Richardson, assisted by wife Jan, again providing the tricky questions.

The usual fish and chip supper went down very well, and a great time was had by all. The winning team was named 'Weighing-Up' and consisted of the great minds of Ruth and Mike, Caroline and Mike, and Louise and Simon well done to them. They are



pictured receiving the Winners' Shield which will be engraved with the winning team's name. [Ed: Photos on this page].

The next event and the final one for 2023 will be the popular *Carols in the Park* which will take place on Friday December 15th.

The *Breakaway Brass Band* will be leading us in the Carol singing again and Carol sheets will be provided.

We meet at the junction of the Woodlands and the Junipers at 7pm, and make our way to the edge of the Junipers Park for more singing. And then mulled wine, soft drinks and mince pies will be available.

This is always a lovely way to enjoy the start of the Festive Season for families - adults and children alike, and is a 'free event'. We do, however, have a bucket collection for the Band who very kindly give up their free time to play for us.

Look out for posters around the village, or go onto the website or Facebook page for more information.

The usual social events for 2024, including the Children's Easter Egg Hunt, are being planned, with the dates to be confirmed.

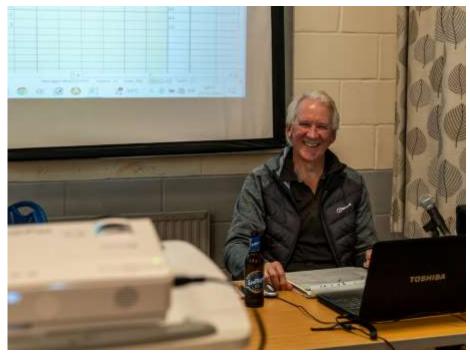
I hope to see as many of you as possible at these events; it's a great way of meeting people especially if you are new to the area.

I would now like to send my very best wishes to you all and your families for a Very Happy Christmas and New Year, and with hopes for a Healthy and Peaceful 2024.

Shirley Warner BVRA and Social Committee Member









Alan's Patch

Such a wet summer and autumn!

In early October I took advantage of a slightly dry period to empty my irrigation tanks and rebuild the system and hopefully get rid of the weeds that have infested that area! In doing this, I have raised their height significantly. This will give me more pressure and a better flow of water to irrigate the greenhouse.



Although my main crop was in early June, I've been eating strawberries regularly in the past month or two. Also, autumn raspberries are still producing a crop. There is still the odd apple and pear still hanging on but that's it for the fruit. There are still quite a few veg plants in the garden. The spinach is noteworthy because the wet summer has really

been appreciated, providing a profusion of lush foliage.

In storage are plenty of apples, potatoes and about 20 butternut squash plus frozen runner and broad beans plus dried Borlotto and Cannellini beans in jars in the kitchen.

The most satisfying crop this year is peaches. I trained the fan from a



single whip over about four years and this is the first worthwhile crop. The photo shows just one of



several pickings. Far too many to eat fresh, I converted some into a rather nice spicy peach chutney. I also made some of the imperfect apples into a chutney.

There are still a few tomatoes in the greenhouse along with yellow bell peppers and chillis. Cucumber was disappointing. Firstly, slugs devoured the first sowing and, later, the second sowing grew fine and produced a good crop. They are a special breed that produces shorter cucumbers, which ought to suit me, but they contained too many large seeds and I didn't like the taste and texture. I won't grow that variety again!

With all this rain the grass grew like crazy. I've never seen it so

tall. As usual I mowed my field in early August.



Autumn seems to be late this year. With it being so wet and also warm, I presume the trees have carried on growing and delayed their fall. But now they are dropping and collecting the leaves to rot down in my leaf cage is the next job in my patch.

As you can see, my village gardening friend, Derek, has been successful with his sweet corn. He erected an electric fence to defend them from the badgers, as reported in the previous issue!



Che Link the Link visiting scheme

Giving the gift of friendship this Christmas

About us

The Link Visiting Scheme is an award-winning charity dedicated to reducing loneliness in Wokingham Borough. For over 25 years, we've brought vital, life-enhancing social connections to older people through regular visits and local community activities. With the support of over 420 wonderful volunteers, we currently help around 570 people feel valued and connected.

Christmas 2023

For many, Christmas Day is a day for family, for getting together and celebrating with loved ones. Sadly, however, for some people, it is a difficult day where isolation, loss

Where in Barkham?

With it being so muddy in the Coombes, I'll give you a clue that this one can be seen from the road.



Answer on Page 22

and grief are even more keenly felt.

For the 12th year running, the Link Visiting Scheme are planning to change that story for older people who are alone. If you think you would benefit from some company on the 25th, we'd love to hear from you. Our Christmas Day lunch is a shining example of what we do all year; providing good company and warmth and making a world of difference. On Christmas Day we also provide delicious food, treats,



and gifts too! It's not to be missed. We want to help those who are housebound or those who would like to be with others in a local venue.

This Christmas, join us in making a difference. To refer someone for our lunch, to volunteer or to donate, visit our website. We look forward to hearing from you.

www.linkvisiting.org/christmas or call our office 0118 9798019

Marjie Walker CEO marjie@linkvisiting.org

The Quiz

With the Christmas holiday coming up shortly, I hope you will have time to work on this quiz. As a result, the theme for this issue is 'time' itself. As you expect, the questions are in roughly chronological order!

- 1. Which are the only two measurements or units of time that are created by nature itself?
- 2. Who was responsible for introducing the leap year?
- 3. In which year will we next skip a leap year?
- 4. Who invented the first 'marine chronometer' a clock sufficiently accurate to navigate at sea?
- 5. For many years each town in the UK set their clocks locally. In 1840 it was decided that all clocks should be synchronised to London time. Why?
- 6. The town hall clock tower in Chester has a clock on three faces. Which face of the tower (North, South, East or West) has no clock face and why is this the case?
- 7. Who wrote 'The Time Machine'?
- 8. Russia has eleven time zones. How many does China have?
- 9. Which was the first country to introduce daylight saving measures nationwide and in which year?

10.On which Pink Floyd album will you find 'Time'?

Answers on Page 22

Why Zebras Don't Get Ulcers

This is the title of a book by Prof. Robert Sapolsky, and it has a simple message (though the book is anything but simple). For me, it's a message that pulls together two factors, a similarity and a difference. Both zebras and humans are mammals and share some aspects of biology, including the core mechanisms of a stress response. And we are different because we have a thinking mind - at least, we believe, more so than zebras.

When we perceive a threat, our bodies start a biological process via the sympathetic nervous system, often called the fight, flight, freeze response. It puts us on high alert towards the perceived threat. It's driven and supported by a hormonal cascade, including an increase of adrenaline, noradrenaline, and, a few seconds later, cortisol.

The terminology of this biological response isn't important, but the experience will be familiar. We will have all benefited from it (running for the train or a final burst of energy to finish a task) and almost certainly suffered with it too (I can't think straight or sleep).

The second core mechanism is our ability to think. Zebras, when not running for their lives, seem to

enjoy grazing in the sun. And, although we may enjoy time in the sun, we're also quite good at thinking ahead to problems that might occur or going over ones from the past, both of which can also lead to a stress response.

We're not about to be eaten, but we can imagine all sorts of unpleasant things that might happen. As the author Mark Twain said, "I have been through some terrible things in my life, some of which actually happened."

We could make light of this psychological stress with phrases like 'it's all in your head' or 'it might never happen.' There is a grain of truth to this, but it also underestimates the power of the mind. Our brain is the master organ, and the body will prioritise it over everything else. It's the central arbitrator of every pleasantness and unpleasantness, every drive and break; nothing is more powerful. So, let's not use phrases like 'it's all in your head' as a simile for it's not real; there is nothing more real, to us.

This isn't great news if you've ever suffered from stress, anxiety, or other psychological issues. But it can also be good news if you have approaches to help use that power to support yourself. Mindfulness is a set of techniques or skills that help us develop this power, as are therapy models like CBT or any approach that allows us to combine intellect and behaviour to make a difference.

So, why don't zebras get ulcers? Our zebra is out on the savanna, grazing. It sees or hears something suspicious, which triggers the stress response supplying the focus and energy to literally run for its life. Either the zebra is caught and eaten, a permanent ending to its stress. Or, more likely, it escapes, and the stress response has done its job and abates. Relax, no more tension, back to munching grass.

Our psychologically driven stress doesn't always have such a clear ending, which, if unmanaged, can lead to it lingering much longer than is helpful, becoming chronic (longlasting) – which is the connection in humans to stress ulcers.

I consider short- or long-term (resilience) approaches for managing psychological stress. Though, any strategy, if overdone or poorly done, can have downsides, which are more evident in some coping mechanisms, like drinking alcohol, smoking, and over-eating.

Other short-term tools, like exercise, relaxation, or breathing techniques, can be helpful. I think of mindfulness as helping us develop long-term approaches to managing stress. Although not a perfect analogy, one is like taking a painkiller for a headache, and the other is learning to stop the headache from coming. Both are valuable.

What short and long-term approaches do you find helpful for managing your stress and improving resilience?

Be well,

Mark Quirk

www.MindfulnessBerkshire.co.uk



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One to one and group coaching for health and wellbeing



35 Years Ago

This time I major on an article in Issue 6 about the reminiscences of

two residents about Barkham and life during the Second World War. I hope you enjoy reading it.

I am still keen to fill the only

omission in our archives, so if you have a copy of Issue 5 then please contact the editor.

Alan Edwards



Finchampstead Flower Club

What better way to brighten up these cold dark evenings than with beautiful flowers?

We meet once a month to either watch a demonstrator develop arrangements or to learn something new in a workshop. This autumn we have been inspired by titles including "Inspired by nature", "My floral journey" and "Red sky at night". Many of us won the arrangements in raffles and so could then appreciate them in our own homes.

Please phone Lis Barrett on 01189892092 if you would like to attend a meeting, or just come to California Hall from 7.30 for an 8pm start on 22nd January 2024.

Free refreshments and an opportunity to win one of the arrangements

You can follow our activities at https://bbandoflowers.org.uk/clubs/finchampstead/ or on Facebook https://www.facebook.com/
Finchampstead-Flower-Club-2011434195620803/

Kriss Turner

Barkham Hookers

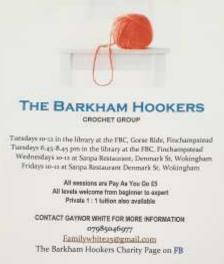
have been busy!















We are a very active social group having monthly meetings with speakers and events. We have a good number of our ladies joining us each month, and have also enjoyed some new members this year.

In September Jennipher Marshall-Jenkins came to talk to us about 'The Secrets of Colour', and how colour can make us feel happy or sad, and when we wear mainly certain colours what this can say about our personalities. Jennipher had asked us to wear something in our favourite colour, and a great selection of colours appeared on the night. One of our ladies, Angela, always wears shades of purple or lilac, and indeed Angela did not disappoint!

In October Marcia Watson made a return visit to tell us about her time spent in Malawi, and how she sponsors some young women who not only look after their own children but many other too. And one special young woman, Ella, is being helped, in her nursing training to become a midwife, by Marcia's sponsorship. Marcia brought examples of lovely special craft items for us to see and purchase, and we ladies also gave donations towards Ella's training -Marcia was so pleased and touched by our generosity.

In November there was a last minute change of plan when sadly our speaker, Ailsa, was unwell and not able to visit us. Tony Weston, who has given presentations to the club on several occasions, very kindly stepped in to save the day! His wonderfully illustrated talk was called 'Mushrooms and a Marathon', and was about the history of the Royal Albert Hall up to the present day.

Tony explained the connections with the title - the 'mushrooms' are the special shaped structures situated high up in the central dome of the hall which today enable there



to be perfect acoustics for which the Albert Hall is well known. And



many years ago a marathon had been run in the hall - so very many circuits of the main arena must have made it an amazing event.



Marilyn, our treasurer, organised a walk in September to Hambleden Lock on a lovely warm sunny day. Four of us had a great walk along the Thames from Henley and

stopped on the way and enjoyed a lovely baguette lunch while overlooking the river and watching the bird life. Hambleden Lock, as usual, was rushing with water and very noisy!!

In October, a walk around Virginia Water with lunch at the Wheatsheaf was changed, because of the forecast of heavy rain, to a visit to Longacres Garden Centre (filled with Christmas items) and then onto the Wheatsheaf for lunch where ten of us enjoyed tasty meals and a good catch up!

This concludes Marilyn's walks for this year which will hopefully resume in Spring 2024.

Our last meeting of this year will be our Christmas Party in December when the Ladies all bring some food to share. A wonderful buffet table always appears, and we have mulled wine and mince pies too. A 'Secret Santa' adds to the festive mood as we prepare for Christmas, and this year we will again be signing a large Christmas card for us all to see instead of giving cards to each other. The donations for doing this will be going again to the 'Link Visiting Scheme' - a local charity which helps and befriends lonely people and especially at Christmas by providing a Christmas Day lunch for those living alone.

In January, we start the New Year by having a lunch out, and then February brings our AGM and 'Silent Auction'.

We meet at Barkham Village Hall from 7.30 for 7.45pm start on the first Wednesday of the month. We enjoy friendship and a varied programme of speakers and events. We warmly welcome new members, so for more information about joining the Ladies Group contact:

Shirley Warner
Chairperson
0118 978 9124
shirleyannwarner@gmail.com

Symphony ORCHESTRA

Although our main concert venue has moved to All Saints Church in Wokingham, we are pleased to confirm that our traditional Family Christmas Concert will be in the beautiful setting of St John the Baptist Church, Waterloo Road, Crowthorne, as it has always been.

Saturday 23rd March 2024 at 7.30pm and includes Beethoven's Violin Concerto, with soloist Elizaveta Tyun. Elizaveta has played with us on several occasions and her performances have always been rapturously received by the audience so we are delighted that

Do look at our website for more information about our concerts, past and future, and you can also sign up to receive our newsletter. The orchestra has around 60 regular members and is proud of its friendly reputation and welcomes new members, subject to vacancies - if



The concert is on Saturday 9th December 2023 at 4.30pm and is a lovely way to start the festive season with a programme of Christmas themed music and family favourites along with carols for everyone to join in. Bring the whole family adult tickets are £10 while tickets for children (18 and under) are free! We usually invite some of our younger audience members to try their hand at conducting the orchestra which is quite an experience and a lot of fun! The concert starts at 4.30pm till about 6, with an interval for tea and cakes. Tickets are online from our website and on the door (subject to availability).

Our Spring Concert at All Saints Church Wokingham is on she will be playing with us again. Other works in the concert include **Ruth Gipps:** "**Knight in Armour**" – a tone poem which gained acclaim when it was conducted by Henry Wood at the Last Night of the Proms in 1942. Also in the programme is "**Job** – **A Masque for Dancing**", a one act ballet by **Vaughan Williams,** premiered in 1931 and considered to be an important work in the development of British ballet.

Tickets for the Spring Concert are likely to be snapped up quickly and are already available online via our website at £15 and if you buy them before January 31st 2024 there is an EarlyBird discount of £2. As always youngsters of 18 and under are free.

you are interested in joining us, please get in touch. Weekly rehearsals are on Mondays in term time from 7.45-10pm at Oaklands Junior School, Butler Road, Crowthorne. Our website has information on concerts, tickets, rehearsals, workshops and more: www.crowthorneorchestra.com
Chris Gadsby



Christmas Concert

Wokingham Choral Society are looking forward to our annual Family Christmas Carol Concert on Saturday 16th December at 6.30 pm. We are delighted to be back at All Saints Church, Wokingham and look forward to welcoming old friends and new to join us in a selection of traditional and modern Christmas carols for choir and audience, as well as some festive readings. Please go to wokingham-choral-soc.org.uk for more details of this and future concerts or contact our Membership Secretary if you are interested in joining our friendly choir.

On Thursday 12th January 2024 we will be hosting a "Come and Sing Evening". This is an open invitation to anyone thinking of joining a choir and getting back to singing. We rehearse at Emmbrook Secondary School starting at 7.30pm and finishing at 9.45pm. Come and join us – you will be made very welcome!





Me2 Club Winter Update

We are celebrating 20 years of supporting children with additional needs and disabilities in Wokingham and Reading. We are a volunteer led service and always welcome new volunteers to support children attend local mainstream activities. All our new recruits receive 8 hours of training before being matched with a child, to ensure they feel confident and supported in their new role. Recently we welcomed 10 new volunteers to our organisation at our September Volunteer Induction Training and received great feedback from the day:

- 90% of attendees rated the training as 'very good' or 'excellent'.
- 100% increased their knowledge of additional needs.

100% felt more ready to be matched after attending the training.

We are planning our next Volunteer Induction Training for the 20th and 22nd November so if you or someone you know is interested in volunteering with us visit our website for more information and to complete an application form.

Me2 Club will be at Wokingham's Winter Carnival on Sunday 26th November, we will be selling lovely handcrafted stocking fillers and will have some fundraising activities. Please come along and support us, all donations enable us to continue to offer vital support and ensure inclusion is possible.

Telephone: 0118 969 6369

Email: info@me2club.org.uk

Address: Me2 Club, Unit 9, Indigo House, Fishponds

Road,



Newsletter Contributions

We welcome contributions to this newsletter either on a one-off basis, occasional or regular. We are keen to publicise any charity or events that may be of interest to Barkham residents. Please send them to the Newsletter Editor at newsletter@barkham.org.uk by the deadlines shown below.

Advertising

The newsletter is produced quarterly. The first two issues - Spring and Summer - are sent to 800+ households in Barkham parish, and the other two to the households who are paid-up BVRA members, which is currently 600+. This will change in 2024.

We offer four sizes of adverts all of which include membership of the BVRA. All sizes are in mm and the format is landscape apart from the full page which is portrait. The prices are shown below and cover a whole year's advertising in our four editions.

Credit Card 64×54 £20 Quarter Page 124×105 £50 Half Page 190×130 £100 Full Page 270×190 £200

Please contact the Newsletter Editor to discuss your needs and supply your copy to newsletter@barkham.org.uk by the deadlines above.

10. Dark Side of the Moon

- Germany in 1916.
- 8. One! It should be five based on its size
 - time of day?!
 7. H G Wells
- they wouldn't give the Welsh the
- clocks throughout the country to tell the same time.

 West, towards Wales. Apparently
- across the country and the need for accurate timetables required all
- δ . Because the introduction of railways
 - · John Harrison
 - 3. 2100
 - make life easier
 2. Julius Caesar in the 46 B.C.
 - I. The day and the year. All the rest have been concocted by man to

Quiz Answers

leaving the village.

Walking along Barkham Road towards Wokingham you will find it on the left-hand side just before

Where in Barkham?

BVRA Online

www.barkham.org.uk



Keep in touch - sign up



Direct Debit Set-up











Useful Contacts

Barkham Parish Council

clerk@barkham-parishcouncil.org.uk

Bearwood Primary School

https://www.bearwoodpri.wokingham.sch.uk/web/

The Coombes CE Primary School

https://www.thecoombes.com

St James Church, Barkham

https://www.abch.org.uk

Finchampstead Flower Club

https://bbandoflowers.org.uk/clubs/finchampstead/

Dinton Walking Group

dintonwalkinggro@yahoo.co.uk

Groups with Events at Barkham Village Hall

Barkham Village Hall Bookings

http://hallbookingonline.com/barkham

Art Class

Kay Young 978 5177

Barkham Ladies Social Club

Shirley Warner 978 9124

Barkham Pre-School

<u>Preschoolbarkham.net</u>

preschoolbarkham@gmail.com

Bonsai Club

www.berkshirebonsai.co.uk

Dog Training

Lesley Slade 07885 899073

Martial Arts Class

Combat Academy UK

Andy Holmes 07783 206737

https://facebook.com/

 $\underline{CombatAcademyUKBarkham}$

Pilates Class

Vicky's Pilates 07729 783240

BARKHAM DIARY

BVRA Events

| 15/12/2 | 23 | BVRA Carols in the Park | Junipers | 7:00pm |
|---------|----|----------------------------|------------|--------|
| 09/02/2 | 24 | Copy deadline for Spring I | Vewsletter | |
| 31/03/2 | 24 | BVRA Easter Egg Hunt | Junipers | 3pm |

Monthly Events

| 06/12/23 | Barkham Ladies Social Club | BVH | 7:30pm |
|----------|----------------------------|------|--------|
| 12/12/23 | Barkham Parish Council | AGCC | 7:30pm |
| 13/12/23 | Bonsai Club | BVH | 7:30pm |
| 03/01/24 | Barkham Ladies Social Club | BVH | 7:30pm |
| 09/01/24 | Barkham Parish Council | AGCC | 7:30pm |
| 10/01/24 | Bonsai Club | BVH | 7:30pm |
| 22/01/24 | Finchampstead Flower Club | CRH | 8:00pm |
| 07/02/24 | Barkham Ladies Social Club | BVH | 7:30pm |
| 13/02/24 | Barkham Parish Council | AGCC | 7:30pm |
| 14/02/24 | Bonsai Club | BVH | 7:30pm |
| 27/02/24 | Finchampstead Flower Club | CRH | 8:00pm |
| 06/03/24 | Barkham Ladies Social Club | BVH | 7:30pm |
| | | | |

Weekly Events

| Mondays | Pilates Class | BVH | 10:00am |
|------------|--------------------|-----|---------|
| Mondays | Dog Training | BVH | 6:30pm |
| Tuesdays | Rainbows | BVH | 4:30pm |
| Tues-Fri | Barkham Pre-School | BVH | 9:00am |
| Wednesdays | Art Class | BVH | 7:30pm |
| Wednesdays | Brownies | BVH | 5:30pm |
| Thursdays | Pilates Class | BVH | 6:15pm |
| Thursdays | Martial Arts Class | BVH | 7:30pm |
| | | | |

Special Events

| 23/03/24 | Crowthorne Sy | /mphony | · Orchestra (| (see Page 20) |
|----------|---------------|---------|---------------|---------------|
|----------|---------------|---------|---------------|---------------|

Spring Concert at 7.30pm
All Saints Church Wokingham

16/12/23 Wokingham Choral Society (see Page 21)

Family Christmas Carol Concert

Location Codes

| AGCC | Aborfield Green Community Centre |
|------|----------------------------------|
| AVH | Arborfield Village Hall |
| BVH | Barkham Village Hall |
| CRH | California Ratepayers Hall |
| FMH | Finchampstead Memorial Hall |

Please contact the editor to add to or change this information

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You can amend your mailing preferences or opt out at any time by clicking on the link at the foot of any of our emails or by contacting the Webmaster, email: webmaster@barkham.org.uk

The views expressed in this Newsletter, unless signed by a BVRA committee member, are not necessarily those of the Barkham Village Residents' Association.