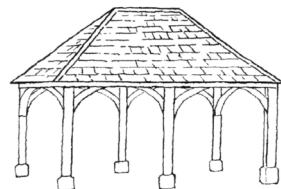


Charlbury Chronicle



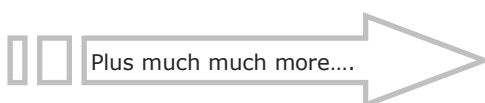
Volume 26 Number 1

Spring 2022

The Charlbury Chronicle is a free quarterly local community publication run by volunteers covering news and events for Charlbury and the surrounding area

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From the Editor

I cannot believe that I have been editing the Chronicle for over six years now—and I would like to thank all the many contributors who make this newsletter so varied and interesting and all the distributors who bring this to your front door.

Art Weeks is celebrating its 40th anniversary this year and is being held from 21-29 May and look out on the website for more details nearer the time.

There is to be a Street Fair Quiz Night on 26th March and Open Gardens, in conjunction with the Garden Society on 19th June—see page 20. There is also going to be a barn dance held in conjunction with the Queen's Jubilee.

The Guides are on the look out for some help so if you would like to help please contact Michelle. Details on page 14.

Fitness for Seniors has started in the Community Centre, and held on Tuesday afternoons. See page 5.

Please note, that as opposed to the date given out in the Farmers Market literature, it is to be held on the second Saturday in March, on 12 March on the Playing Close as usual.

The Charlbury Society are looking for committee members see p14 in order to keep going. It would be a great shame to see this go because of lack of committee members.

If you have any ideas on what else you would like to see in the Chronicle, please do contact me at:-

editor.chronicle@outlook.com

I wish you all a very Happy Easter

Susanna Finch

**Please note the deadline for articles for the Summer issue is 1st May 2022
Please send all articles to *editor.chronicle@outlook.com***



Museum News

Maybe you can remember the celebrations in Charlbury in May/June 1953. Do you have photos of you or your parents taking part in the celebrations? If so, the museum would love to hear from you – personal stories are always a fascinating way to recall national events. In 1953 the County School 'Pageant to Elizabeth' was watched by a thousand people in the garden of Homestead on the Playing Close while a commemorative oak tree was planted on Nine Acres and the Charlbury Players put on an entertainment. There was a church service, sports, camp fire, carnival with fancy dress, a tea party with souvenir mugs and dishes, and the Boy Scouts lit a beacon on Banbury Hill. If you can help, please contact Janet Jeffs on info@charlburymuseum.org.uk

1950s walking trail Do you fancy a trip down memory lane? The museum is reprinting copies of a booklet, first produced by the museum for the Diamond Jubilee in 2012. Starting at the railway station, it invites you to "Travel back in time and take a walk around Charlbury in the 1950s. Visit the shops in the town by following the Jubilee Trail. Shop till you drop!" We hope it will revive memories for long-term residents and new residents will be astonished how many shops flourished here. We will also be providing copies of a quiz which will take you round Charlbury looking out for interesting features to be spotted on buildings around the town. Both trails will be available from the museum, can be done at any time and may help you look at your town in a new light.

Charlbury Museum goes international! Even when the museum is closed, a lot of work goes on behind the scenes. We are dealing with an increasing number of enquiries from people whose research into their family histories has led them to Charlbury. Some, thanks to the power of the internet, come from the other side of the world. Following Janet Jeffs' piece about Hornblows Emporium in Victorian Sheep Street, we had an enquiry from a

descendant living in Toronto, while descendants of the family who ran Ivings shop, also in Sheep Street, contacted us from Vancouver. Back in 2020 we were also delighted to welcome two members of the Albright family to look round the museum.

An Evening with the Museum 7th April Don't miss the Charlbury Society talk in April which will be devoted to stories and objects from the museum.

New film for Charlbury: Saxon bones, Roman coins and life on the land. The Museum will be staging some special events as part of the Charlbury Festival. A highlight for us will be on **Wednesday 15 June** when we will be showing a new film centred on Walcot. The brainchild of Rob Stepney and produced by Alan Snelling, it was recorded last summer in the fields around Walcot. Long-term resident Rob Jackson talks about how he uncovered a Saxon burial near Walcot in the 1980s and his experiences of farming on the Cornbury estate. It also features the Roman hoard of coins uncovered nearby, now at the British Museum. *See the Festival programme for more details nearer the time.*

New stewards needed! We are always looking for new recruits to help us welcome visitors. If you could spare a couple of hours over the summer to help us, we would love to hear from you. Email us at info@charlburymuseum.org.uk





The Corner House as a vibrant community hub

Much is successful in the Corner House these days. It is said the building has regained much of its presence as a real hub for Charlbury.

The building now hosts five permanent features:

Cornerstone. This is a centre for everyone where food is freely shared for all. Everybody is welcome to bring food surplus to requirements, some of which is distributed to families that are going through difficult times. That's the Charlbury food bank service. But Cornerstone is actually for everyone to share produce that would otherwise go to waste. There really is no charge for fresh vegetables and fruit – just come in and help yourself (of course you are welcome to make a donation if you wish but that is entirely voluntary). Cornerstone also offers after-school booster classes some afternoons.

Also for everyone is the new bookshop to the left of the front door. Here's a huge offering of non-fiction books at a very low price. You are sure to find titles of interest. And if you have finished with

your own books that remain in good condition, here's a place to recycle them so others can also enjoy.

The museum continues to display many interesting items from Charlbury of former years. When the museum is open, be sure to visit because the excellent exhibits are really interesting and informative and of much local interest.

The latest arrival is the Charlbury Art Room at the back of the building on the first floor. Here local artists develop their works in a community environment. Artists are happy to say hello and show you what they are up to.

The Corner House also has much wider community horizons. Global charity Global Healthcare Information Network operates out of a room on the first floor sharing online vital health ideas and information with practitioners worldwide. That is an amazing service with international reach based here in our town Corner House right at the central heart of Charlbury.

Roy Scott, chairman



RAINFALL REPORT—2021

The rainfall measured at Lees Rest between 1 January and 31 December 2021 was 807mm/32.28ins, much drier than 2020.

The wettest month was October with 141mm/5.64 ins and the driest was November with 19mm/0.76ins.

Lees Rest is about a mile and a half east of Charlbury and so the rainfall in the Town Centre may have been completely different!

Nick Potter



Charlbury Garden Society

We are optimistic that in 2022 we shall be able to hold our usual calendar of events, including Shows, Plant sales, outings and talks in the Memorial Hall, for the first time since 2019.

Activities over last winter

In **October 2021** the society hosted a Zoom talk by David Knight which told us extraordinary facts about the many types of earthworms that live in our garden.

In **November 2021** Society members helped the Charlbury Preschool in planting hundreds of daffodil bulbs outside the Old Grammar School on Grammar School Hill. We all hope for a good display.

A tree was planted in the Corner House garden, following the garden makeover, master minded by Hugh Belshaw, in memory of Peter Bridgman. In a small ceremony, a plaque was placed under the Alemanchier tree in the centre of the bed.

Forthcoming events

On **17 March 2022** there will be a talk by Craig Blackwell, former County Ecologist for Oxfordshire, on 'Wild flowers of the Cotswolds' in the Memorial Hall

On the **9th April 2022** the Society welcomes the return of the Spring Show in the Memorial Hall. Schedules are available on the Garden Society website and will be available at various points around town; in particular at the Railway Station, at the Community Centre, in the Pharmacy, and in the Corner House.

We hope that the cold spring will not limit the daffodil/narcissi exhibits but experience shows that despite our cold Spring, the flowers will catch up. There will also be the usual classes for children to enter.

On **14th May 2021** we hope to welcome back the Annual plant sale in the Memorial Hall when there will be

many good quality bedding plants, perennials, herbs, pelargoniums, fuchsia all at reasonable prices. This is a very popular event and an early place in the queue is recommended.

On **19th June 2022**, the 2nd Sunday of the Charlbury Festival, the Garden Society will be holding its annual Open Gardens

New members are always welcome.

Annual membership costs are now as follows:

£7 for an individual adult
£10 for two adults in the same household

And all members benefit from significant discounts at a variety of garden centres around the county. In addition, membership gives free entry to all the talks throughout the year.

To become a **new member** please see our website

www.charlburygardensociety.org.uk/membership/

Or ask a Committee member at any of our events.

The Committee wishes all Charlbury and District residents a happy and successful gardening year.

Geoff Holmberg Chairman

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CHARLBURY Community Centre

Charlbury Community Centre News

As always, there is a lot going on at the Community Centre and we encourage you to look at the website (address below) to keep up-to-date with new opportunities for sport, fitness and social contact that the centre offers.

Numbers are getting back to pre-pandemic levels for many of our activities now, and we have had good attendance at Sunday circuits and Thursday's Supercircuits. Perhaps your New Year's resolutions are holding strong! Below are a few new things which have started up or changed recently:

Extension of gym opening hours

The gym is popular and has increased in membership lately. People are enjoying the booking system which we introduced during the pandemic to ensure that it never got too busy, so we have decided to continue doing it this way, and to increase the gym opening hours as much as possible.

On some mornings the gym now opens at 8am and it remains open for most afternoons. It is subject to change, and the times are different on different days, so please look at the website for the details.

If you prefer a quieter time in the gym, it is best to come after 11am, when only two people or households can book at once.

In the medium term, we have the ambition of building a dedicated gym, so that we can have more robust equipment, more space and longer opening hours.

Fitness4Seniors

This new class began in early February and takes place on Tuesdays 3-4pm. It is aimed at increasing your strength, stability and flexibility, thus helping to prevent falls.

Please contact Louise for more details or to book a place: 07879 685579 or email her on: louisebarnespt@gmail.com

Scrabble Sessions

Before lockdown we used to run these once a month - but now we hold them every week. On Mondays from 2-4pm you can turn up for a game or two of Scrabble with others. No need to book, no particular skill needed and drinks are available from the café. The Scrabble sessions are grant aided by West Oxfordshire District Council.

We are delighted with the support we have from the people of Charlbury and we feel proud that the Community Centre is helping Charlbury to become a healthier and fitter town. There are too many things going on to mention them all here, but do browse our website to find out more.

www.charlburycommunitycentre.org

Tanya Stevenson, Trustee

Fitness 4 Seniors

FALLS PREVENTION BY LOUISE BARNES



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'A good way to meet others.'

Charlbury Community Centre
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Book your place: £6 per class
1st class £4 with this voucher
07879 685579
louisebarnespt@gmail.com



Louise Barnes FCIMSPA, Senior Activity & Health Practitioner, The Chartered Institute for the Management of Sports and Physical Activity.

Some NHS tips to cope with anxiety about getting "back to normal" after COVID restrictions

The following suggestions are taken from a useful NHS webpage: www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting/

This reads as follows:

"The coronavirus (COVID-19) outbreak has been hard for us all, and we have all experienced the effects differently, including those of us who have been shielding. Even positive change can lead to anxiety, and it can take time to readjust to things we have not done for a while. There are things that can help you to manage these feelings and make it easier to adjust. Here are our NHS top tips for taking care of your mental health now that things have changed.

Go at your own pace

Take it step by step, and only do what is comfortable and safe for you to ease back into socialising – then you can build your time back up as your confidence returns.

Do not avoid things entirely

Avoiding the things that make us anxious can sometimes feel like the easier option in the short term, but this can make it harder to start facing our fears in the longer term. Instead, try to set yourself small but manageable targets. Start with activities that are important to you and feel achievable – like meeting close friends and family for a coffee or snack outside – and gradually build up from there.

Discuss any changes with others

Before socialising with others, talk about the situation with them to make sure everybody is on the same page about what feels comfortable.

Make time to relax

Being able to see more of our friends and family, and visit places that might have been closed until now, is exciting. But it

can also be a lot to take in all at once, so it's important to find regular time for yourself to relax too.

Challenge unhelpful thoughts

It's natural to feel worried every now and again, but our anxious thoughts can sometimes be unhelpful. If you can learn to identify and separate unhelpful thoughts from helpful ones, you can find a different way to look at the situation. The NHS has a video to watch in order to find out more.

Tell someone how you feel

It's easy to feel isolated or lonely when we're struggling. However, chances are that someone we know feels exactly how we do too. Opening up to a person we trust can be really helpful, whether it's a friend or family member, a GP or an organisation's helpline or online forum.

Plan social occasions

Uncertainty can be hard to manage but making plans can help you avoid this. Preparing for any challenges ahead of time can help us to feel more comfortable and confident in what we're doing. That "plan" can be as simple as knowing what time an event will start and finish, and how many people are likely to be there.

Find routine where you can

During lockdown, life changed for us all and we developed new routines. Even if your normal weekday or weekend habits have now changed again, some things can stay the same. Are there areas in your life where it's easier to stick to a routine? Something as simple as going to bed and waking up at the same time each day or making sure to stick to your set lunch break can make a big difference."

It may be that life will not simply return to "normal" after the worst of the pandemic but we may all have to adjust to a "new normal". If you have got something that that you would like help with eg. someone to go for a walk with you or some other support please do contact us.

News from Charlbury Refugee Action Group (CRAG)

CRAG continues to raise funds to assist in the alleviation of poverty, distress, ill health and homelessness among refugees.

One of the ways we fundraise is with our renowned Sunday afternoon concerts in the Memorial Hall, and there is one wonderful Sunday concert lined up for this season. So please save the date and book your tickets now.

On Sunday 3rd April at 3pm, Fretwork, a consort of viols, will be returning to Charlbury to play works by Matthew Locke, John Jenkins and Henry Purcell.

Tickets for the concert is £12 (£6 for under 16s) and are bookable in advance by phoning 01608 811558 or emailing nick.parker@cooptel.net. Tickets will also be available from Cotswold Frames and limited tickets may also be available on the door. Doors will open at 2.30, and there will be complimentary cake. All proceeds will go to refugee relief.

We're currently focusing on the plight of refugees stuck in Calais, so thank you everyone for your generous response to our call for donations of warm coats for men and teenage boys in January. We delivered over one hundred donated coats and jackets to a collection point for the charity Care4Calais.

We're also supporting Care4Calais with our CRAG 2022 Challenge fundraising appeal, along with the charity Refugee Community Kitchen who provide hot nourishing meals for displaced people in Northern France and the UK.

Anyone can take part in the CRAG Challenge, and we'd love as many people as possible to get involved.

The idea is that you do something that's a bit of a challenge (it can be anything!) and ask your friends and family to sponsor you. You set up a page on JustGiving, send the link to your contacts, and then any donations people make to your page will automatically be received by CRAG and forwarded to the Refugee Community Kitchen and Care4Calais.

So maybe it's time to fish out those old trainers, dust your violin, go dry for a month, or get that unusual haircut! You could either do a one-off challenge - shaving off your beard for example. Or you could challenge yourself to achieve something over a month, like writing a poem or painting a picture every day - it's up to you.

Last year's participants found it surprisingly fun and enjoyed spurring one another on - and raised over £5,000 in the process!

To get started please go to www.justgiving.com/campaign/crag-2022-challenge or you can email secretary@charlburyrefugee.org.uk with any questions.

Finally, please visit our webpage in the community section on charlbury.info to join our mailing list or to donate to CRAG.

Vicky Buser

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A Week's Life: Susie Finch and the Chronicle

To celebrate the 100th issue of the Chronicle I talked to Lynette Murphy the first editor (from 1997-2015). For our 101st issue, I thought it would be interesting to talk to our second and current editor Susie Finch (from 2016 onwards). In that first issue of the Chronicle in 1997, there was only one mention of a computer and no email addresses nor mobile phone numbers. Life has changed a lot since then, so I wanted to find out how Susie came by her knowledge and expertise in all things computing.

I am an Essex girl, and my first job was working for the British Red Cross in their Welfare section, providing, among other things, respite holidays for disabled children. I loved that job, and went and helped on the holidays as well.

All my other jobs involved computers: While we were living in Maidstone, I worked in the Commercial Section of Whatman Ltd (the people who make filter papers for coffee machines and the chemistry lab!) where I did a City & Guilds course in computing. I was then advised to take an HNC in Computer Studies, and as I was enrolling on the course at Mid Kent College they asked me if I would be interested in becoming a trainee programmer in the Computer Department so I did!

Then we moved to near Haywards Heath and I got a job as a programmer for another employer, which I hated and left. I ended up working as PA to Lady Wilson for Sightsavers, in Haywards Heath, a charity that works to prevent, and provide treatment for, avoidable blindness. They wanted to set up a computer system which I got involved in. Then Simon got a job working in Oxford (we married in 1974) and so we came to Charlbury in 1983 with our two small children.

Three years later we started our own

business here, offering business services, such as photocopying, typing reports and dissertations, using our computers. We called it 'The Business House'. We were based in Ceorl House in Church Street to begin with, then we moved to the building opposite the Old Farmhouse (then it was the VG shop) in Sheep Street (I think it was originally Baldwins) where we also sold computers and telephones. Lastly we moved to the Cromwell Business Park in Chipping Norton (off the Banbury Rd) in 1990.

Businesses and organisations of all sorts started to use email in the late 1980s and 1990s, but people did not really use them for their own personal use until the late 1990s. [Ed: I had a look through some old files and found I used my work email address for personal emails until at least 2004. I expect many of us did!] Then, they often did not publish their own addresses, so the fact they weren't printed in the 1997 edition of the Chronicle didn't mean there was no email.

In 2000, we renamed the company 'Cromwell Software' and changed to writing software. People were starting to use the internet a lot more –such as buying things online – so we put on training courses. We would run sessions in the back of the Bell in the Cornbury Suite, and that's why the room has lots of plug sockets! We also supplied computer parts: we assembled them to order for customers, or sold them for people to build their own. Simon was responsible for the selling and I was the office manager, buying in these components: including cases, mother boards, chips, processors, video and network cards, monitors and printers. I loved that haggling –chatting up our suppliers, trying to get the best deal. We sold the company in 2006 to two of our employees, and both of us then took jobs locally.

I got to know a lot of computer programs, for example 'Publisher.' This is

the program that Lynette used for the Chronicle and I still use it. The first newsletter I produced was for the Playgroup (now Pre-School) in Charlbury, and I did another one for the directorate at Oxford Brookes where I worked from 2006. I worked there for nearly 10 years when in 2015, I broke my leg just before I was due to retire the next year. I was in the JR for three weeks, and decided then to retire early. Luckily I was able to do so.

In Charlbury I have been the secretary for a number of organisations—Playgroup, Scouts and Guides, Mayday Fair, Hard Surface Appeal (*Ed: to build the hard courts in Nine Acres. It was led by the late Margery Leslie*), CADS, Street Fair, and for a short time the Community Centre Appeal (CCA).

I knew Lynette through the CCA and the Town Council, and when she wanted to retire from doing the Chronicle I was happy to take over. (*Ed: Susie's first issue as editor was March 2016*). Lynette kindly forwarded all the articles she had received for that issue. One decision I had to make was the cover. With the help of Pat Court, we settled on a yellow cover as before - it was the only paper the printers had which was thick enough-but redesigned the front cover.

I try and get the whole of the work for an issue done in a week! What does it involve? I always print the deadline date for the next copy in each issue. For this issue it was 1st February. Two weeks or so beforehand I send an email round to all my usual contributors and any others who have got in touch to remind them of my deadline. Usually people are very good and most of it comes in on time, by email.

Then I take the previous issue as a template, delete all the articles, paste the new ones in, and print it out. I proof read it, spell check, and possibly make any cuts if necessary. All this is difficult to do in Word, so I use Publisher still.

Simon makes sure everything is aligned. Then I send it to one of my proof readers, and make any alterations they suggest on the master copy.

I send the finished master copy electronically to the printers in Hook Norton, who send it back as a proof. I proof read it again, and give the OK to print. It takes two weeks to print and deliver to Brian (*Ed: Brian Murray*) who along with Shelagh Scott and Robert Caston sort the Chronicle into 'rounds' and let all our distributors have their copies to deliver.



Susanna Finch

What do I do in my spare time? I read a lot on my Kindle. I also crochet/knit when I know someone expecting a baby! I used to knit cardigans and jumpers for our grandchildren, but it's not 'cool' anymore and they're too big now!

I belong to the WI, and CADS and help out at Citizens Advice once a week. I love the Ladies Lunches, and going out with friends, usually once or twice a week –for coffee and cake, but that will stop –well the cake will- when I start my diet! It all seems to involve eating!

*Susie Finch was talking to Barbara Allison
January 2022*

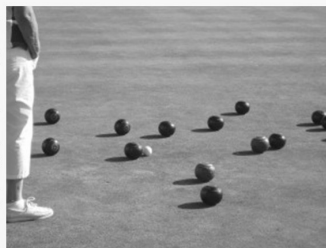
Charlbury Bowls Club

The Little Ox Brew Bowls Green, 74 Ticknell Piece Road, Charlbury, OX7 3TW

www.charlburybowls.co.uk

Open Day

Enjoy a game of skill, but which anyone of any age can play? Like being outdoors, in a friendly and welcoming atmosphere? Looking for a summer sport? Or just want to find out what happens at a



bowls club? Then come along to an open day and roll up a few bowls. No obligation, but you might actually enjoy it and want to play more!

Email enquiries@charlburybowls.co.uk for more information

Saturday 23 April at 11.00am—Junior Academy

Saturday 23 April from 2.00pm—all welcome

Wednesday 27 April from 6.00pm—all welcome

Friday 27 May from 5.30pm—all welcome

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8 games &
2 Specials.
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All ages welcome



Monday 11 April

Doors open 6.00pm, start 7.00pm, Bar



Charlbury Bowls Club

In the last edition our last entry was on the Christmas Bingo, it was touch and go as to if we could hold this event but after many more safety measures we did manage to have a great night.

It felt a little strange with the doors open and the air extraction system running on full blast, but the heating system managed to keep the room at a very reasonable level, and with the bar well stocked the club was on to a winner, this was because all the prizes had been kindly donated by individual members or by one of our sponsors thank you all, particularly Charlbury Garage.

As I write we are coming to the end of the indoor Leagues for this year, we have four evening teams and two afternoon teams, rules have been amended for this season to accommodate social distancing and pandemic necessities and most teams are on catch up as a result of last minute cancellations; having said that it looks very likely that at least half of the teams will finish in the top half of their respective leagues. The team captains hope next year will bring back normality and must be congratulated on a very challenging season.

Internal short mat competitions are progressing well, and our competition manager has managed to complete the last two years outstanding presentations and back on track for this year's finals. The dates will be published on Team Up and the members only Facebook page. Now that all playing members have full access to the club house it should be more convenient to book a rink that is at a suitable time and play.

Oxfordshire Short Mat Bowling Association (OSMBA), is our local governing body, and the club has a number of individuals who play at county level in the inter county Championship, and teams that competes for county final's, our over 60s mixed fours team

have qualified for the national final's to be held in Solihull in April.

Juniors, who continue to practise on a Saturday or on one of our after school sessions, have really excelled this season. Four of our junior academy played a match for an Oxfordshire select team versus England Under 21 squad.

Eleanor Brain (aged 12) became the county under 18 Short Mat Champion. She along with three other members also qualified and will represent the club and county for the national under 18s finals at Solihull in April.

Our outdoor season will start on Saturday 23rd April with a dedicated junior session Open Day at 11am. Our own team of coaches will be on hand, and with thanks to a grant support from the Jim Cousins Trust, we are able to extend the number of places on our academy. Our Academy summer school will be running in 2022 thanks to a grant aid by West Oxfordshire District Council.

The outdoor fixture card is nearing completion, the national Disability final will again be held at the Charlbury OxBrew green, we will enter both a men's and a ladies county league team, aim to re-compete for the West Oxon cup, and other trophies.

We have lots of friendly matches planned, both home and away during the week and weekend. Our open days are published separately in the Chronicle.

Please use our email address enquiries@charlburybowls.co.uk if you have any questions or wish to book the club house.

The next Bingo session will be held on Monday 11th April, 7pm start.

*Ron Smith
Club Secretary*

We have heard from you how much you are enjoying the programme of talks, and very much hope we can continue into next season, however, very sadly, four members of our committee are resigning at the AGM in May for various reasons, which unfortunately will result in us being inquorate in terms of our Constitution.

So we appeal to you to join us with your ideas for the future, in particular we need a Zoom Host and someone responsible for organising the programme for the next few years.

Please do contact me to find out more or to express an interest. Since October, our membership has risen to around 140, with around 50-60 log ons each time to our Zoom meetings, meaning that around 80 people may be joining us on the first Thursday evening of the month.

For the moment, and because of the number of members, we intend to continue with Zoom.

As you know, this allows us to engage speakers whom we have found or who have been recommended to us from anywhere, as well as focusing on excellent local experts.

In December we had a fascinating and detailed talk by Dr Janice Kinory, archaeologist, on the Production, Use and Distribution of salt in Prehistoric Britain. Until the invention of refrigeration in the 19th century, salt was a matter of life and death.

In January we were treated to a brilliantly illustrated history of RAF Brize Norton, Over 80 years of Flying operations by Trevor Jackson, one of our longstanding CS members described the talk as absolutely enthralling.

There was also a local connection to Brize Norton, unearthed by the Museum, in that Martin Eagle made contact with us, now living on the west coast of Ireland, but as a child he lived for a short while on the Playing Close, with his grandfather in Melody House.

In 1954 he was run over by a USAF lorry on the way to Brize Norton, and as a result he was made an honorary Colonel in the USAF aged 11 to cheer him up after his convalescence. He sent us some wonderful photos of his day on the Base.

In February we welcomed Clare Shakya, Director of Climate Change at the International Institute for Environment and Development.

We heard her views on COP 26 and the way forward and how Charlbury is responding to the environmental challenge of climate change.

We hope you will join us for the rest of the season.
Nikki Rycroft

Programme. March-May 2022

3rd March

Dr Kathy Haslam
The Kelmscott Manor *Past, Present and Future Project:*
'a vision rather than a dream'

7th April

An Evening with the Charlbury Museum

5th May

Judith Curthoys
Cows and Curates: Christ Church's Land and Livings in Oxfordshire and the Cotswolds



Charlbury Guides

It's been a while since The Chronicle has had a Charlbury Girl Guides update!

We're so pleased that we have almost 20 Guides in our Charlbury Unit. We have Guides between the ages of 10 and 14, and we've had some pretty good times.

Lockdown was tough for us, and we had a few Zoom meetings (not great!) and some outdoor meetings (much better!). The Charlbury Community Centre played host for our Unit for a while so that we could keep social distancing in place, but social distancing didn't stop us from having a good time. We did Zumba, which was a lot harder than you'd think! Quite a challenge, although I'm happy to say we all got the hang of it in the end.

We also had a fantastic outing to Go Ape and almost all our Guides tackled the suspended bridges, GIANT zip wires, and treetop-level obstacle courses. We also worked on our photography badge, and we're just about ready to showcase our photos – watch for our announcement on the Charlbury forum for our photography show in the spring!

Once we were back at the Scout and Guide hut in late 2021, we had a meeting to work on our upcycling badge, and we had some super volunteers who came in to help us learn to knit and crochet. Halloween found us creating mobiles and decorations out of natural found objects, and almost all the Guides wore costumes.

We also had a super 2021 Christmas party with a screening of Elf, lots of cakes and treats, and almost everyone wore a Christmas jumper or a onesie of some kind (even the leaders).

2022 has kicked off with an evening of yoga at the Scout and Guide hut with the fabulous Loren Killeen, and a trip to FarmEd to see how things work from harvest to the kitchen, and we participated in the Big Garden Birdwatch.

Heidi at FarmEd showed us around and we made homemade sugar scrub, too.

We've also been to see The Greatest Magician at the Chipping Norton Theatre (highly recommended!), and upcoming plans include going to the Kitty Café, an evening of self-defence training for our Guides, and a pot-luck dinner with Guide-cooked food! We're also hoping to do some geocaching, some first-aid training, an evening of hedgehog awareness, and if we're lucky with the weather, some good, old-fashioned camping in tents!

We'll be holding a bake sale in the near future, and we're hoping to do some serious fundraising to help pay for our activities. If you've got something that you do that you think we'd like to know about or learn, please get in touch with us. We have so many badges to do, and there are so many ways to earn them—if you've got a talent or a skill, get in touch.

Lastly, if you've got any spare time, we're super interested in having some volunteers to round out our Guiding team. Please feel free to get in touch if you'd like to get involved.

Until next time!

Michele Marietta 07817 890 787
Eric Pradel 07486 051 539
1st Charlbury Unit Guides

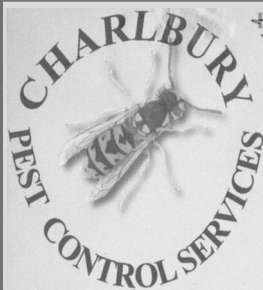
Reflexology in Charlbury

Lucy Robertson MAR

Tel: 07983 673480

lucyroberson@hotmail.co.uk
www.lucyrobersonreflexology.com

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Help give Charlbury children some wildlife memories

What do you remember about the natural world from your own childhood? People like me growing up in the first decade of Queen Elizabeth's reign experienced a world full of birds, bees, butterflies and wild flowers. Little did we know these would decline so dramatically.

As the RHS points out, there are 27 million gardeners in the UK and we can make a huge difference to the wildlife in our towns and villages, see www.rhs.org.uk/wildlife/in-the-garden. There's lots of scope and the most obvious thing we can do is choose flowers that provide pollen and nectar for the myriad insects that we could attract to our gardens – there are 22,400 species, but how many can we recognise?

I photographed all the insects I saw last summer and then tried to find out what they were – the first step to understanding their life cycle, where they live the rest of the year and how they survive the winter. I was amazed how varied this was even for insects within the same family.

Our gardens are like a natural woodland edge habitat, a mixture of trees and shrubs next to more open areas with flowers, grass, and often water – this all provides the maximum potential for wildlife.

Damper areas might have the early flowering lady's smock – another name for this is cuckoo flower because it coincides with the arrival of the cuckoo in April. Early flowers include blue speedwells, bugle, self heal, and yellow buttercups, followed by hawkbits, cat's ear, bird's foot trefoil, hoary plantains, ox-eye daisies, all such lovely names. You might even have pyramidal and bee orchids – last year saw a bumper number of these turn up. Later on you might find marjoram, yarrow, knapweeds, and scabious.

Mow pathways through the grass to show

off the flowers and also alongside existing paths so the grass doesn't flop over the path after rain. Mowing grass in April reduces that first flush of strongly growing grass and stops competition with the flowering plants which can then grow up and flower. You could then mow again in July before the later flowers grow up and bloom. Timing all depend on what flowers you find in your sward.

Flowers are important but it is also vitally important to provide shelter for insects through the rest of the year to complete their life cycles. Many butterflies like the browns and the small skipper lay eggs on grasses for the hatched caterpillars to eat and grow and then pupate before the next generation of adults emerges. It is very difficult to say where the tiny insects are hiding, so the best idea is to leave say one third of the vegetation uncut until the spring.

Insects overwinter in crevices, in hollow dead stems, under leaves, at the base of grasses, so it is good to leave the garden tidy-up until the spring, this will give the garden more structure in the winter, more places for the birds to perch and find hidden food. In autumn, leave those damaging leaf blowers in the shed and simply sweep the leaves directly onto your flower beds to rot down and make a good rich soil helped by the tiny creatures living there.

Last but not least, remember to make some gaps in your boundary walls and fences, so your garden isn't isolated but becomes instead a vital part of Charlbury's green network, providing a welcome home for hedgehogs and all the other terrestrial creatures travelling around the town.

What do you remember from your own first decade? Please send your wildlife memories to

charlburywildlife@charlburygreenhub.org.uk and also any photos of what you see in your garden this year.

*Christine Elliott
Charlbury Green Hub*

Carbon mapping the Mill Field

Mowing the grass less often should feature in future management plans for the Mill Field, Charlbury's principal recreation space, as part of efforts to tackle climate change. This is among the recommendations of a carbon audit of four local sites, sponsored by Sustainable Charlbury and the Town Council. The locations investigated were the Mill Field, Wigwell Nature Reserve, Southill Solar Farm and FarmED at Honeydale Farm, a nearby regenerative agriculture centre.

They were chosen as pilot studies, covering a range of different landscapes and land uses, to set the scene for a larger project. The eventual aim is to create a carbon map of Charlbury parish and potentially surrounding parishes, which would be useful to landholders and the wider community in discussions about how land can be managed more effectively to reduce or eliminate carbon emissions.

Land management is a big issue in the climate debate, especially in a rural area like West Oxfordshire. Agriculture accounts for at least 10 per cent of UK emissions that contribute to global warming. The carbon mapping project was set up in the context of the Town Council's 2019 decision to declare a climate emergency.

Sustainable Charlbury financed the carbon audits of three of the pilot sites. Work on the Mill Field was funded by the Town Council. Detailed data were collected at each of the sites and then processed using the Farm Carbon Toolkit, a computer-based tool, to produce estimates of the balance between carbon emissions and carbon storage in vegetation and soil, along with estimates of how that balance would change if different management practices were introduced.

So, what did we find? Well, our data suggests the Mill Field is more than just a nice place to walk the dog or sit on the grass. The site produces 'negative'

emissions of 12 tonnes of carbon dioxide (CO₂) per year – i.e., more carbon is absorbed and stored on the site than is emitted.

This is good for the climate. It means the site is acting as a 'carbon sink' taking CO₂ out of the atmosphere. But not much – only enough to offset climate impact of heating and lighting four average UK households or the emissions of ten passengers on a trans-Atlantic flight. However, that figure could be increased to a much more substantial 40 or 50 tonnes of CO₂ kept out of the atmosphere each year if, for example, the grass was cut less frequently, and the organic matter content of the soil was increased slightly through improved management.

Southill Solar Farm, located on former arable land under restoration through a nature recovery programme, was also found to be storing more carbon than it emits. But the other two sites turned out to be contributing to global warming, largely due to livestock. Part of the Wigwell Nature Reserve site is used for cattle pasture; cattle digestive systems produce a lot of methane, a potent global warming gas.

The location was estimated to have net CO₂ equivalent emissions of more than 60 tonnes a year. FarmED, meanwhile, had net emissions of just five tonnes a year, a remarkably low figure for a farming site, reflecting the non-intensive agricultural methods being pioneered there.

The project is not just of interest to anorak wearing nerds: this type of measurement and monitoring is taking place across the UK, from individual farms to whole landscapes. It really is important for tackling the climate emergency!

To get involved or for more information, contact Mark Gregory at

markgee2v@gmail.com or Geoff Griffiths at ghgriffiths1@gmail.com.



Walkers are Welcome

Walkers are Welcome is a group promoting walking in and around Charlbury for residents and visitors. For those interested in joining a walk you can sign up to our WhatsApp group at 07974 565618 which arranges walks at the last moment. There are two separate groups; one under five miles which means a morning or afternoon; and the other over five miles or so covering a lunch stop (with sandwiches or a pub lunch).

We will also be organising other walks during the coming year such as the one following the last Street Fair which included talks about the local environment in the area around the walk. If you have a favourite walk which you would like to share with others then please let us know. We are looking to provide as wide a range of walks as possible of different lengths and ease of walking and aim to produce new leaflets for these so again and ideas or suggestions would be very welcome.

Walkers are Welcome is a national scheme whose purpose is to develop and promote walking in areas with something different to offer. Charlbury has such a varied range of walks both in terms of length and difficulty and we look to promoting these both locally and nationally. The aims of Walkers are Welcome are to:

- attract more visitors to the town, securing a better future for Charlbury's shops, pubs and other businesses;
- ensure that Charlbury's footpaths are clear and well-maintained;
- help others to appreciate the wonderful and varied landscape around Charlbury

In addition to walks around Charlbury we would also like to arrange visits to other Walkers are Welcome Towns who are keen to share their walks. In particular we would like to arrange a visit of a group of walkers to Winchcombe on the other side of the Cotswolds.

Although we have attracted several new walkers during the year we are always looking for more to join and would particularly welcome younger people or families so we would encourage you to get in touch and we can find a suitable walk for you.

We are fortunate to live somewhere which has so many walking opportunities so whether you are new to Charlbury or would just like to know more about the area Walkers are Welcome has something to offer you.

Tony Merry



All Together In Charlbury – a local helping hand

If you need:

- Transport to appointments or activities/ visits
- Occasional household tasks/gardening
- Shopping
- Help with a form or letter or something else
- Someone to pop in for a chat

**Local ATIC volunteers are here to help
Call 01993 776277**

CHARLBURY FARMERS' MARKET on the Playing Close between 9am and 1pm on Saturday, March 12th

Charlbury Farmers' Market is administered by
Thames Valley Farmers' Market Co-operative Ltd.
and organised by Geoff & Janet Burroughs.

Any queries, please contact Geoff or Janet on the
contact details below.

Email: burroughs871@btinternet.com
tel: 07969 208518, 01608 810260



Coffee break page

Compiled by Miles Walkden and Michele Marietta

Can you do all the anagrams below—all are related to Charlbury.

Charlbury Anagrams!

1. anubis lycra wroth
2. clothed swots
3. acorn wonders
4. alchemy currycomb nutrient
5. after rites
6. tweekers
7. mostly netlike
8. bell hut
9. audi chestnut doug
10. cosmos leftward
11. elaine scanner
12. archbishop curry morally
13. albrecht elvis february
14. ceres honour
15. radically whiner
16. abhor porch scullery
17. hersh oreo sheets
18. arm's crutch shy
19. teamster trek
20. arson denote

Answers on page 42



Charlbury & District Probus

We are a club that provides a monthly lunch meeting and social events during the year. The last two years have been difficult but we hope to resume our social program later in 2022. Our lunches resumed at the tail end of 2021 and, although not at full capacity, were enjoyed by a good number of our members, as well as some partners and guests. The December meeting, our Christmas lunch, was particularly well attended and we all enjoyed a pre-Christmas turkey lunch with trimmings.

Each of our lunch meetings takes place on the first Wednesday of the month and lasts about 3 hours which includes time to socialise at the bar before sitting down to a two course lunch. After the lunch we enjoy a presentation by a visiting speaker which lasts about 45 minutes to 1 hour. Lunches are open to members, their guests and anyone who might have an interest in the speaker/subject, or indeed, be interested in joining us.

Usually we are able to offer members outings and social events and this year we hope to be able to organise trips, theatres, concerts and attractions. In the past we have attended productions at the Watermill Theatre, Newbury, the Birmingham Symphony Hall, the Black Country Museum, Stratford upon Avon, Kelmscott Manor and the Gloucester and Warwickshire Railway, to name but a few.

We are currently seeking new members to join us for our lunches and social events. We have a male only membership but welcome ladies to join us for any of our activities.

The meetings are informal we have a dress code of smart casual. Membership currently costs £15 per annum plus an additional monthly cost of £22.00 per lunch. We always welcome new members, you can follow us on the Charlbury Community website. You can also contact Mike White the club Secretary on 07710 296814 or at mike.ewhite7@gmail.com.



Charlbury Street Fair 2022

Plans are already underway for this year's Street Fair on 17th September so put the date in your diary now!

After a couple of years when we couldn't run things as usual, we are planning to return to our usual pattern of events in 2022, so there will be a Quiz night on 26th March and a special bumper Open Gardens on 19th June. Look out for more details on www.charlbury.info.

This year we are also planning to have a Barn dance on 3rd June as part of the Queen's Jubilee celebrations so there is plenty to look forward to.

You will know that none of these activities 'just happen' and that is why we have formed the 'Friends of Charlbury Street Fair Group'. We need to have a large group of people that we can call on for help on the day of the Street Fair and in other 'one-off' tasks. So if you feel that you could offer just a few hours a year to help in making these events successful fundraisers for our Memorial Hall and Corner House, please get in touch
csfchairman@charlburystreetfair.org

Prof. John Dora
Chair, Charlbury Street Fair Committee
csfchairman@charlburystreetfair.org

CHRONICLE ADVERTS

Advertise your business in the **Charlbury Chronicle** and reach over 1550 residences.

To place an advert please ring
Graham Jowett on 01608 810666 or
email:
gjowettchronicle@btinternet.com

The Poppy Appeal for 2021 raised £4,135.56. We would like to thank all those who collected and contributed.

Poppy Appeal collector awards have been presented to Lee Harris and Peter Spendlove for 5 years, Alison Pritchard and Christopher Dyer for 10 years, Andy and Pia Sullivan for 15 years and to Viv Wightman and Rosa Charlesworth for 25 years.

Branch certificates have been presented to Mike Williams who stepped down as Branch Padre and Pam Rolls who is no longer our Poppy Appeal Organiser. The Branch would like to thank Mike and Pam for their considerable contribution and support. The Branch has welcomed Father Clive Dytor who takes on the role of Branch Padre.

On the afternoon of Sunday 14 November wreaths were laid at the War Memorial which is in the Memorial Chapel inside St Mary's Church.

For Thames Valley Police Inspector Chris Bell, for Charlbury Town Council Cllr. Gary Harrison, for Charlbury WI Miriam Evans, for Oxon Fire and Rescue Bob Cross and for the Branch Barry Canham. The Kohima Epitaph was delivered by Jane Parsons. The salute was taken by

Lt.Gen Sir Scott Grant..
Branch Coffee Morning
Will be held on Saturday 26 February 2022 in the War Memorial Hall /Corner House. For information please telephone 01993 357468.

Branch Meetings
The Branch Committee continues to meet regularly, usually on the third Thursday of each month with the exception of August and December. Any change to committee dates is displayed on our noticeboard outside Brian's Barbers.

Assistance
For further information about the work of the Legion, how to join or how to obtain assistance, please contact:

Nick Potter [Branch President] on 01608 810388 or Cyril Kerry [Branch Chairman] on 01608 810347 or Jane Parsons [Branch Secretary] on 01993 357468. The Branch Membership Secretary is Barry Canham on 01608 811176 who will assist anyone who is still experiencing difficulty with the new membership subscription system.

The telephone number for the Royal British Legion Contact Centre is 0800 8028080. This is a countrywide service.

Jane Parsons

Come to relax, unwind, read the papers, catch up with friends and colleagues and enjoy some delicious home-made cake along with a steaming cup of Fair Trade tea or coffee

Font Cafe

St. Mary's Church, Charlbury
10am to 12 noon every Thursday

For smaller children we provide a play area with toys. Free Wi-Fi available
Covid-19 restrictions are still in place so we will provide table service only



Charlbury Library News

Here's a reminder of the hours that Charlbury Library is staffed:

Mondays 10am—12.30pm (alternate Staff/Volunteers)

Wednesdays 2pm—7pm (Staff)

Fridays 2pm—5pm (Staff)

Saturdays 10am—12.30pm (alternate Staff/Volunteers)

At other times the library is still "open for business" whenever the Community Centre is open, but you will need to remember your library card for using the self-service machine if you want to borrow or renew items.

The Friends of Charlbury Library did lots of fund raising around the time that the Library and Community Centre were set up and a few months ago we finally got around to spending that money, mostly on new books. Consequently, the Junior Fiction shelves are now bulging with new titles so come and take a look. We need lots of borrowing please to free up the shelf space for more books!

The month of March will be dedicated to Women's History Month, so look out for special book displays in all of our libraries as well as links online. During the Easter school holidays, we will be running a Spring Stories & Craft session for primary school-aged children on Wednesday 13th April. This will be advertised with more detail nearer the time.

The Library is looking to start its Rhymetime sessions for pre-schoolers so it would be wonderful to have a willing volunteer (or two) to be able to run them. Our Library Rhymetimes are generally a mix of singing and stories aimed at pre-schoolers with their carers and are offered free of charge for about half an hour, once a week. Full training would be given and we have plenty of simple props, instruments and stories to help the session along. Quality of singing voice for a prospective volunteer is not important, but the enthusiasm to engage a small number of keen toddlers is! If you're interested, please send an email to the address below.

We would also love to re-start our Digital Helper sessions. These used to run (pre-pandemic) once a month and customers would phone or email in advance to book their session so they could get an allotted amount of one-to-one time to address their digital-related queries. Many customers said how useful they found the time spent with our Digital Helper Volunteer and that it had given them the confidence to use their device independently. If this is something you feel you could assist our customers with, again please send an email to the address below.

*Julie Ward
Library Manager
01608 811104*

charlbury.library@oxfordshire.gov.uk



Charlbury Beer & Wine Circle

Our programme of events has continued throughout the winter. We had a very successful Christmas Dinner in December and an interesting beer tasting in January. This will be followed by wine tastings on 21st February and March, an Easter social event and another tasting on May 16th.

We continue to use the main hall, in the

Memorial Hall, to ensure we can spread everyone out and this has been working very well.

We remain committed to following the guidelines, staying safe and, of course, sampling a range of wines and beers through the year.

For more information please contact:
charlburywineandbeercircle@gmail.com



The Cotswold Voluntary Wardens:

looking after the countryside for everyone to enjoy

In the last edition of *The Chronicle*, we mentioned self-guided walks. You can learn more about these by going to the Cotswold Wardens' website (www.cotswoldsaonb.org.uk); then click on the 'walking and exploring' tab, and you will find a list of these walks there. And the guided-walk leaders for this area of the Cotswolds are in the process of adding more walks to the website, giving you even more options to get out into our wonderful countryside and enjoy yourself.

The distances and difficulty of the walks vary, but none has steep ascents and most are six miles or less. Some are just a couple of miles – so a nice leg-stretch taking about an hour.

Charlbury already has some well signed-walks thanks to its Gateway Town status, so most of the additional walks are beyond Charlbury, for example around Finstock, Ramsden, Chipping Norton and Stonesfield. Our district also extends into south Warwickshire, so how about trying a walk around Whichford, taking in the pottery and its café, and then exploring beyond the village on a 3.5-mile walk?

The walks are reviewed regularly to ensure there are no problems with the

route, with any updated information being made available quickly on the website.

Meanwhile, on the ground (so to speak) the Wardens' work parties have been working through the winter to keep some of our local footpaths as passable as possible during the wet weather. As an example, we gave the path from the end of Quarry Lane up towards Dustfield Farm special attention, trimming back the sides so that people have a better chance of avoiding the really muddy patches when they are out on their walks.

We have finished most of the maintenance work in Centenary Wood for this winter, with some piles of cuttings that remain to be cleared providing wildlife habitat in the mean time. Another winter job has been to check on (and replace where necessary) the waymarkers and finger posts that show where local footpaths actually run.

For more information about the Voluntary Wardens, what we do and how to get involved, our contact details are in the Directory at the end of the Chronicle.

Rosemary Wilson and Simon Walker

New Wednesday Lunch Club in Charlbury

There have been some changes at Charlbury Day Centre since the pandemic and we are currently providing a lunch club on a Wednesday between 11.30am and 2pm. We would welcome some new members – people who would enjoy a weekly two course, home cooked lunch for a very reasonable price (currently it's only £3) and a congenial chat with other people. I

if transport is a problem, we can arrange a lift for you with one of our volunteers. The lunches are held in the Garden Room of the Memorial Hall. We may extend the session to include some afternoon

entertainment such as talks, board games or quizzes in the future – but that depends on what the participants would like.

We could use a few more volunteers, especially people who could attend, make teas and coffees, serve the lunches and chat to the members of the lunch club. Cooks and drivers are always welcome too.

If you might be interested in joining us in any capacity, or if you just want to find out more, please contact Bob Tait: 01608 810150, or Tanya Stevenson: 01608 810216. We would love to hear from you.

Charlbury Church Services



Charlbury Baptist Church, Dyer's Hill

Contact: Secretary (01608 810107)

Sundays 10.30am.

Communion on the first Sunday of each month

Wednesdays at 7.30pm Join us on zoom for midweek study/discussion

Our Quiet Garden still welcomes visitors.

charlburybaptistchurch@gmail.com

www.facebook.com/dyershill/



St Mary's C of E Church, Church Street

St Mary's Church, Charlbury and All Saints Shorthampton

Full details of all church services are available in the Leaflet or in the Church porch

Vicar – Revd Dr Sally Welch Parish Office (01608 810230)

www.stmaryscharlbury.co.uk



Friends' Meeting House, Market Street

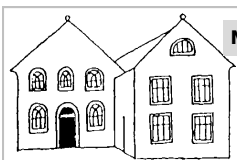
Meeting for Worship at the Friends Meeting House

Sunday mornings 10.30am

For further details contact Sue Terry (01608 811033)

email: sueeterry@btinternet.com

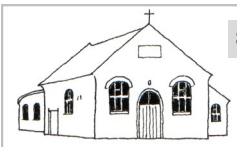
You are very welcome to join us



Methodist Chapel, Fishers Lane

Sunday services at 10.30am

Further information from Gill Grason (01608 810154)



St Teresa's R.C. Church, Fishers Lane

Sunday Mass. 9.15am every Sunday at St Teresa's.
Weekday Masses;

9.30am on Monday, Tuesday, Thursday and Friday;

Wednesday: 7.00pm at St Teresa's, followed by Exposition/Adoration.

Friday Mass followed by Exposition/Benediction or Stations of the Cross

Priest. Fr Clive Dytor, The Old Drapery, Church Street, Charlbury. Tel: 07484 158642.

Churches Together in Charlbury

Who is my neighbour? The story of the Good Samaritan was told by Jesus in answer to this question. It tells the story of a traveller attacked by bandits on a mountainous road, who is left for dead by people who should have helped him and who is saved by a foreigner. It leads to the conclusion that we can all be good neighbours when we recognise and help people in trouble, whether we have any personal connection with them or not.

'Who is my neighbour?' will be the theme of a series of talks and discussions for Lent that Churches Together in Charlbury is planning on Monday evenings in March.

We will be thinking about refugees and asylum seekers, about victims and perpetrators of domestic violence, about those who provide public services and those who depend on them, and about sharing our anxiety and hope in relation to the environment and climate change.

During Lent we will also be hosting soup, bread and cheese lunches on Fridays in one of the Charlbury churches, when we can meet our neighbours and enjoy each other's company. Lunches are free but we will be inviting donations to support Christian Aid's work providing food, health care and clean water in Afghanistan.

On the first Friday in Lent, 4 March, we will be holding a service for the World Day of Prayer at 11am in St Mary's Parish Church.

The theme is 'Hope': something we all need. And on Good Friday, 15 April, we will be 'Walking the Way of the Cross', meeting by the fountain on the Playing Close at 10am and visiting all five Charlbury churches, with readings and hymns at each stop.

Everyone is welcome at all these events.

We also want to thank everyone who took part in the Reverse Advent Calendar, donating food and other essential items to help homeless people and others in temporary accommodation who attend the Porch day centre in Oxford. 29 boxes of supplies were delivered to the Porch in January and were gratefully received.

This is one small way in which we can act as good neighbours towards people we will probably never meet but who are depending on our kindness and understanding, just as we all have to depend on one another.

*Rosalind Scott
Secretary to Churches Together in
Charlbury*

Events during Lent

Friday 4 March—World Day of Prayer service at 11am in St Mary's Parish Church

Monday 7 March—Who is my neighbour?

Talk and discussion about refugees and asylum seekers led by Frances Webber, barrister specialising in human rights law, at 7.30pm in the Friends Meeting House

Friday 11 March—Lent lunch - Soup, bread and cheese: 12 to 1.30pm in St Mary's

Monday 14 March—Who is my neighbour?

Talk and discussion about the victims and perpetrators of domestic violence led by the Revd. Elizabeth Koepping at 7.30pm in the Friends Meeting House

Friday 18 March—Lent lunch - Soup, bread and cheese: 12 to 1.30pm in the Baptist Church

Monday 21 March—Who is my neighbour?

Talk and discussion about public services led

by Liz Leffman, leader of Oxfordshire County Council at 7.30pm in the Friends Meeting House

Friday 25 March—Lent lunch - Soup, bread and cheese: 12 to 1.30pm in the Friends Meeting House

Monday 28 March—Who is my neighbour?

Talk and discussion on 'Climate anxiety - finding hope' led by Duncan Forbes at 7.30pm in the Friends Meeting House

Friday 1 April—Lent lunch - Soup, bread and cheese: 12 to 1.30pm in the Methodist Church upper room

Good Friday, 15 April—Walking the Way of the Cross. Meet at 10am by the Jubilee Fountain on the Playing Close opposite the Coop for a walk with readings and hymns at each of the churches in Charlbury



Charlbury Town Council News

Contact: Lisa Wilkinson, Town Clerk at
charlburytownclerk@gmail.com or 07311 259412.
c/o Corner House, Market Street, Charlbury, OX7 3PN.
www.charlburytowncouncil.co.uk/

What we've been up to

In the eight months since we were elected, we have:

- developed our vision and mission statements—
www.charlburytowncouncil.co.uk/vision-mission/
- appointed a new town clerk
- launched a new website
- run two e-bike try-out events
- with the Evenlode Catchment Partnership, set up a community river project to monitor wildlife, habitats and water quality, and to raise public awareness
- embarked on reviews of hedge and verge management and grass cutting regimes
- consulted on a proposal to start a car-sharing scheme in the town (details below)
- and caught up with a huge amount of rules and procedures development.

We are in the process of developing a comprehensive strategy with three main strands:

- 1 maintenance and development of community assets
- 2 reducing the council's carbon emissions
- 3 dealing with the climate and ecological emergencies locally.

This strategy will lead to the development of specific plans which will be put out to consultation spring/summer 2022.

Our plans for the coming year

The council has agreed a budget which starts to reflect our new priorities. The

budget has risen from £106,000 (2021–22) to £127,000 (2022–23). This increase, which is in line with parish council increases nationally, accounts for inflation (4–5%), as well as increased spending on:

- reacting to residents' concerns about parking, traffic and speeding
- additional maintenance and improvement of community facilities
- grants to community organisations such as the Riverside Festival
- our local response to the climate and ecological emergencies that parishioners petitioned the council to undertake.

To fund the increased budget, this year's 'precept' (the amount collected from residents to fund local projects) is set to rise by 19%. For a Band D property, this means a rise of 29p a week (£14.99 a year). At a time of financial hardship for some around the parish, we recognise that an increase in bills (however small) is unwelcome. However, the council has approved this increase to ensure the continued good governance of the council's affairs and to enable it to address the initiatives outlined above. We hope you'll agree that we're planning to spend your money wisely.

In other news

We're planning a family picnic day on 5th June at Nine Acres, to celebrate the Queen's Platinum Jubilee. Planning is in its early stages and further information will follow.

Grant funding has been obtained from WODC to provide seven new picnic benches for Nine Acres and one at Ticknell play park, replacing the existing

Charlbury Town Council News

benches, and to refurbish three of the town's noticeboards.

Nine Acres Management Committee is developing plans to refurbish and improve the play area over the next three years. Funding is currently being applied for to cover the cost of the first phase.

Tackling speeding

Data from Charlbury Community Speed Watch (CSW) shows that traffic entering Charlbury doesn't always slow to the 30mph speed limit. Slowing traffic always comes up as a high priority for residents, so the council agreed at its January 2022 meeting to install 'dragon's teeth' road markings with 30mph roundels on the five approach roads to Charlbury, where the 30mph limits start.

Studies of similar schemes in rural communities in England showed speed reductions of up to 8mph. The council continues to support CSW and we hope CSW volunteers will be able to monitor the impact of these measures on traffic speeds. The dragon's teeth are Phase 1 of measures we are considering for the five 30mph 'gateways' to Charlbury. The dragon's teeth and on-carriageway 30mph roundels will cost £2,366 to install, which we will fund using underspend from this year's budget. For more information visit www.charlburytowncouncil.co.uk/.



A mock-up of what 'dragon's teeth' might look like on Banbury Road (B4022).

Annual Parish Boundary Walk 22nd May

The annual Parish Boundary walk will take place on Sunday 22nd May. This is a chance to walk the boundary along paths not normally open to the public. It starts at 10am at the Boundary Oak at the top of Forest Road, past the station. The walk is about 11 miles in total and takes about 6 hours including a stop for lunch. It is also possible to just do some sections of the walk. Further details will be provided closer to the time.

Charlbury Electric Car Club Survey

Our Charlbury Electric Car Club Survey closes at the beginning of March. Every home in the parish should have received a survey through their door, but if you haven't completed it yet, there's still time!

If there is enough take-up, the idea would be to have cars parked at locations around the town which members can rent by the minute, hour or day – and at short notice. Joining a car club could mean not needing to have your own car (or perhaps, not having a second car). With a subscription to a car club you can enjoy the convenience of access to a car when you need it without the hassle of ownership and at a much lower cost. Read more and complete our survey at <https://tinyurl.com/CbyCarClubSurvey>.

Annual Parish Meeting 8th April

If you want to talk to us about any of the above, come to this year's environment-themed Annual Parish Meeting on Friday 8th April at the Memorial Hall (time t.b.c.). See exhibits from the council and local organisations. Come and hear all about what the council has been up to and ask us anything you want to over a glass of wine (or a soft drink) and cheese. Guest speakers to be confirmed. Don't miss our Honoured Citizens Award presentations, sadly cancelled the past two years thanks to ... you know what.

James Styring

We are Bridewell Gardens, a mental health recovery service based within a walled Cotswold garden in Wilcote, Oxfordshire. We are delighted to open the gates to the public for our plant sale and Open Days in 2022.

We will be holding our plant sale on Saturday the **30th April** where you can browse a wide variety of cottage garden plants for sale in our stock bed avenue. The plant sale is held in the vineyard – the walled garden will not be open.

The entire site will be open to the public during our Open Days on: **Sunday 15th May, Saturday 18th & Sunday 19th June, Sunday 11th September 11am-4pm**

What to expect from the Open Day:

Visitors may explore all parts of the vineyard and walled gardens which are not usually accessible to the public. We will be selling our produce including Bridewell sparkling wine which is made from grapes grown in Bridewell's organic vineyard. From our pop-up café you can enjoy coffee and cake in the beautiful and peaceful surroundings of the garden. Dogs are welcome on a lead. Bring a picnic to relax in the vineyard and make the most of your day out in this idyllic corner of West Oxfordshire.

Cost:

A suggested donation of £5 per person.

The address is:

Bridewell Gardens, The Walled Garden, Wilcote, Oxfordshire, OX7 3DT (n.b. do check a map before visiting us as sat navs are not reliable.)

Bridewell Gardens offers a recovery service for adults who have experienced serious mental illness. The term 'severe and enduring mental illness' can cover a

broad variety of diagnoses for example: schizophrenia, bipolar disorder, psychosis, eating disorders, post-traumatic stress disorder, severe depression, obsessive compulsive disorder, and borderline personality disorder.

Anyone can be affected by a serious mental illness. There are over six thousand people registered with Oxfordshire GPs who have a diagnosis of schizophrenia, bipolar affective disorder and other psychoses – that's the equivalent of the entire population of Chipping Norton living with the debilitating effects of what can be life-limiting conditions.

Living with a serious long-term mental health condition can impact every aspect of daily life. While everyone's experience is different, some of the ways serious mental ill health can affect us include finding it hard to make small decisions for example choosing what to wear or what to cook, finding it challenging to leave the house, to drive or take public transport, avoiding regular social interactions, or new places, difficulties managing finances or maintaining relationships. These may seem like small things but can have a major impact on a person's life. It is not uncommon for people living with serious mental illness to become isolated, to feel alienated from society, to lose their feelings of self-worth and self-esteem. It can be very difficult to see any way forward or to feel hope in the future.

The approach used at Bridewell Gardens, social and therapeutic horticulture, is proven to be a powerful intervention for people recovering from serious mental ill health. The growing evidence of this is now informing public health interventions.

A typical working day at Bridewell might include any of a wide range of activities

to meet the varied needs of people on site: sowing seeds, watering, weeding, clearing paths in the cottage garden or potager, pruning roses, fruit trees or vines, tending vegetable beds, harvesting soft fruit, making jams or chutneys, blacksmithing, willow-weaving, woodwork and caring for Bridewell's chickens.

Working with nature in the supportive community Bridewell offers, plays a vital role, enabling people to make active steps towards recovery, to managing their mental health and finding seeds of hope in recovery. While next steps might be engaging in new social activities, taking up training, volunteering or paid work, recovery looks different for everyone.

Bridewell offers hope. In the words of people who have attended the recovery service:

"Bridewell has enabled me to look towards the future and dream of the things I want to do and who I want to become."

"Thanks to Bridewell, I now live a happy and hope filled life full of love, laughter and adventure".

Charity Number: 1158456



Open Day visitors at Bridewell



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Oxfordshire

Campaigning to protect our rural county

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Oxfordshire

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CPRE Oxfordshire is the voice of the countryside in Oxfordshire. Due to retirement of current members, we are looking for new trustees to join our team.

This is an excellent opportunity to play an influential role in a respected and long-standing environmental charity, applying your experience to make a real difference and to be part of a friendly group that is passionate about the Oxfordshire countryside.

Application deadline is **31 March 2022** in the first instance, but we are happy to receive expressions of interest on an ongoing basis.

For further info, please contact our
Branch Secretary Dorian Grier.
E: dorian.cpre@gmail.com
T: 01491 612079

See our website for more information:
www.cpreoxon.org.uk

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From County & District Councillor Liz Leffman

01608 810153, 07741 073088 liz.leffman@oxfordshire.gov.uk

The new administration at the County Council has published its first budget. The budget is based on the nine priorities that the Fair Deal Alliance agreed back in May, which can be summarised as addressing the climate emergency, tackling inequalities and promoting the health and well-being of all our residents.

We consulted extensively on this and have incorporated what we heard back from residents and stakeholders into the budget. We have a total of 1392 responses to our consultation compared with 652 the previous year, and we intend to continue to engage actively to hear the views of residents across a wide range of topics.

To that end we are conducting a number of consultations, which can be found on the Let's Talk Oxfordshire <https://letstalk.oxfordshire.gov.uk/>

Recently, there was a lot of concern expressed by Charlbury residents over a proposal from officers at the County Council for double yellow lines on Hixet Wood in the vicinity of the new development at the police houses. This was the result of a road safety audit that consultants carried out on behalf of the developer, who paid for the study.

The loss of parking on Hixet Wood was a major concern, and I objected along with forty-eight other residents. The reason for proposing that double yellow lines

should be installed was the mistaken assumption that bin lorries would need to turn into the new site to collect refuse but this ignored the plans, which show that the bin store will be easily accessible from Hixet Wood.

The Cabinet member described the solution of double yellow lines as "a sledgehammer to crack a nut" and turned the proposal down.

Another hot issue is lorries trying to access the centre of the town by turning down Crawborough. A lorry recently got stuck at the bottom and damaged some of the properties in the process. I have consulted with the Town Council and agreed to erect a sign at the top of Crawborough advising that the route is unsuitable for HGVs.

Because Crawborough is a bridle way over which runs a privately owned road, any other signs will need to be agreed with residents. I have offered to pay for the signs from my Councillor Priority Fund and they should be in place very soon.

The Town Council is looking at whether anything can be done to take Crawborough off satnav systems, but that may take some time as this is not an easy task.

I am always available to help and you can contact me on 01608 818153, or by email at liz.leffman@oxfordshire.gov.uk.



Jubilee Barn Dances planned

The Corner House Trust hopes to organise a Barn Dance, with the parents support group CSA of the primary school a barn dance, on the Saturday afternoon of the Jubilee weekend (June 4th) on the Wychwood Paddocks school playing field. The Trust will later run an evening event.

More info nearer the time but put in the diary now. Enquires: text school Emma 07714 220018 or Trust Paul 07974 565618.

From District Councillor Andy Graham

07908 832632 andyg2439@gmail.com

Our rivers are polluted, fishing seems like a distant memory and swimming now to be avoided as the constant damage to our environment. Increased sewerage and unwanted items pour into our rivers, down our high streets in the district and drains overflow through an ageing system.

In 1989 the government privatised our water system selling off the basic route to life water.

This was done to solve a budget black hole in the hope of better improved services to the customer. Oh the folly of times gone past when short term gain put profit before people.

The reality and truth whatever Thames Water misleadingly says is borne out in reality. Finstock, Tackley and in many other villages sewage gushes through manholes in the streets creating a public health risk. River Evenlode and Windrush are polluted as the failed infrastructure and lack of infrastructure improvements impact on our daily lives.

Lack of government intervention by the government, by our MP's to bring in tougher laws and lack of effective regulation enforcement is a depressing outcome.

So let's work for change. We need to be vigilant in our reporting. We need detailed robust data alongside detailed plans for each of our and neighbouring areas and we need to sit down with Thames Water and regulatory partners to agree infrastructure investment plans that are sustainable, realistic yet ambitious.

I have spoken to all the political parties at WODC and they have agreed to bring a cross party motion to move this forward on Wednesday 23rd February at 2pm

You can attend the council meeting and can ask to have your say and speak too.

For further assistance email me andy.graham@westoxon.gov.uk

Charlbury Volleyball Club **Wednesdays from 8.00 to 10.00pm**

Charlbury Community Centre's Volleyball Club welcomes new players of all ages and abilities. Our coaches and other experienced players can help you to get started or improve your skills.

The club's aim is to provide a friendly, relaxed volleyball session with a focus on helping everyone to learn, improve and join in this great sport, one of the few where men and women routinely play together.

Volleyball is one of the best and most popular sports in the world, and it's growing quickly in this country.

Whether you've never played before and want to give it a go, or you haven't

played since you were at school or on holiday, this session gives you the opportunity to come and try.

As ever, for newcomers the first session is free of charge!

Cost: first session FREE; weekly charge of £7.50 (£5 concessions)

Kit: nothing special. Just some trainers - clean indoor ones please! - and comfortable sports clothes

People: open to all

Contact: Steven Fairhurst Jones (stevenfairhurstjones@gmail.com or 07879 063 934)

Artweeks in Charlbury

Saturday 21 - Sunday 29 May
12 noon til 6pm daily

ARTWEEKS

40th

ANNIVERSARY

With many artists within easy walking distance of each other, Charlbury represents a wide cross section of all the artists exhibiting in Oxfordshire during the month of May.

Art, craft and sculpture on display in cottages, studios, workshops, the Pre-School and St Mary's Church.

A free trail map, available in April, will help you to find all the artists around the town.

Contact: maureensparling@gmail.com
www.artweeks.org



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THE CHARLBURY BIG LUNCH



TO CELEBRATE ...

THE QUEEN'S PLATINUM JUBILEE

Sunday 5th June 2022

Nine Acres Recreation Ground

Live music, bar, refreshments available

Bring a picnic • Children's activities

More details to follow!

Supported by www.charlburytowncouncil.co.uk



News from the Charlbury Patient Participation Group (CPPG)

Staff Changes

The lead receptionist is Jackie Brown and the new receptionists, Jodie and Sally are settling in well.

The clinical pharmacist who resigned at the end of last year is currently not going to be replaced. We have expressed our concern about this as we feel that a pharmacist could take a considerable load off GPs by undertaking medication reviews and following up on changes in medication following admission to secondary care.

We are fortunate to have a diagnostic physiotherapist (Niall Malone) working at the Charlbury Medical Centre Wednesdays and Thursdays, to book an appointment ring medical reception after 11:00 am.

We have been hearing of the difficulty many patients have in getting face to face physiotherapy appointments with the MSK service and would like to hear from you if you have been having problems with this service.

(patientgroup.charlbury@nhs.net)

Vaccination Clinics

Flu and COVID vaccination clinics which included both 2nd dose and booster clinics ran smoothly due to excellent organisation from the Health Centre and support from volunteers.

Queues were kept to a minimum and apart from a few exceptions (car park volunteers seemed to be on the receiving end of these), those attending were patient and cheerful. A big thank you to everybody involved. And it didn't rain which helped.

The total number of flu vaccinations delivered by CMC in 2021 was approximately 2,200 and the total of COVID 19 was 11,000. An impressive figure!

Working with Charlbury Medical Centre

We continue to have monthly meetings

with the Practice Manager (Kathy Gale).

A priority is to improve the website, make it more user-friendly and up to date with changes within the CMC. We understand that this is challenging work given the number of changes that have been imposed on practices during the last couple of years.

Recent changes have taken place in the appointments system. At a meeting on 2nd February with Kathy Gale we were informed: 'Our appointment system is now back to how it was before COVID with the advantage of a mixture of both Face to Face and telephone consultations whichever one is appropriate for you, our patient's needs.'

Patients can choose whether they would prefer a telephone or face to face consultation with their GP.

For those not wanting an urgent appointment there is no difficulty in getting through after 11:00am and there is approximately a two week wait for a non-urgent appointment.

We pass on comments both positive and negative to Kathy at our monthly meetings. These can, of course can be made directly to the practice, but some people prefer discuss concerns informally with someone outside the practice. Formal complaints should be made directly to the practice. Letters of appreciation are always welcome!

Dr. Frances Mortimer

We are fortunate that Frances Mortimer has agreed to be a link between CPPG and the Charlbury Town Council of which she is a member. She is also co-founder and medical director of the Centre for Sustainable HealthCare.

This organisation combines research with practical action to improve patient care at lower environmental and social cost. She is currently liaising with Charlbury Medical Centre and Averose Pharmacy on more



environmentally friendly use and disposal of inhalers.

Inhalers account for almost 4% of the greenhouse gas emissions of the NHS because the propellant gases used in 'puffer' inhalers are very strong greenhouse gases.

One Ventolin inhaler has the same carbon footprint as driving 175 miles, while a Dry Powder Inhaler (DPI - which does not contain propellant gases) has the same carbon footprint as driving just 4 miles.

Patients using inhalers should keep using them carefully as prescribed to control their disease. They could discuss the more environmentally friendly inhalers that are available and appropriate for their condition at their asthma review.

Inhalers should be returned to pharmacy for environmentally-safe disposal.

The next edition of our Newsletter will have more information on this.

Health & Care Bill

The Charlbury Participation Group meets regularly with members of other local patient participation groups (Eynsham, Nuffield, Witney, and Cogges).

At our last meeting we agreed to write to Jeremy Hunt in his role as Chair of the Health and Social Security Committee to express our concerns about the Health and Care Bill currently going through Parliament which threatens to encourage further privatisation of the NHS.

An impartial and measured response to the Bill can be found on the link below

<https://www.kingsfund.org.uk/publications/health-and-care-bill-key-questions>

Please continue to feedback comments to the CPPG: e-mail:

patientgroup.charlbury@nhs.net

Deborah Hofman

theWI INSPIRING WOMEN

Charlbury WI News

Charlbury WI continues to flourish and is continuing to grow and get more members. In addition to our speakers at our monthly meetings, we continue holding craft workshops, walks, and visits to places of interest.

If you feel inspired to try new activities and make new friends, then why not try Charlbury WI?

We continue to hold our two regular extra meetings; a Book Club, which is held in the Garden Room at 7.15pm every six weeks and our Craft and Cuppa sessions which are held in the Bowls Club every month on the third Saturday of the month.

Times are from 10.30am to 12.30pm so come along and bring whatever project you are working on—drawing, icing, sewing, knitting, crochet, upholstery, dorset button making etc. Join fellow members for a cup of tea or coffee and biscuits and a natter! There is a small charge which includes the refreshments. These meetings are for WI members only so if you would like to come along to these, and are not a member then join!

You are welcome to come along to the WI as a visitor to have a chat and see what we do, before deciding whether to join. We meet on the **third Wednesday** of the month in the Memorial Hall at 7.30pm.

Details of forthcoming events are on the Charlbury website or contact our President, Miriam Evans at

charlburywi@oxfordshirewi.co.uk.

Susie Finch

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Wigwell – Beavering away for Biodiversity

Work has now begun on the creation of “Beaver Dam Analogues” in the Wigwell stream to improve biodiversity and help control water flow. This is a community project and we want YOU to be involved. So what is it all about and why are the dams called “analogues”?

The spring-fed stream running through Wigwell and on into the Evenlode is heavily shaded and is currently very species-poor but this stream has a real potential for creation of new wetland habitats and possibly ponds that should increase biodiversity by attracting a wide range of different species to the site. Biodiversity will also be enhanced by opening stretches of the stream to more sunlight. One very natural approach to this would be to introduce beavers to the site and this has been given careful consideration. Although the site would be ideal for beavers in many ways (e.g. steep sided valley and plentiful supply of wood), regrettably the site is considered too close to the town and too accessible to the public for these shy creatures to thrive.

So the next best thing is for us to play at being beavers: cutting down some trees and vegetation around the stream and using the material to construct natural “leaky” dams. This process will let more sunlight into the stream area and will gently disrupt the flow. This should help to prevent flood surges further down stream after heavy rains and will also establish wetland areas behind the dams, creating new habitats for a wide range of

species that are not currently present. These dams, constructed and woven from felled trees and scrub, are known as Beaver Dam Analogues or Leaky Dams. We use the word “Analogue” because the dams merely mimic those produced by beavers, and also to avoid misleading people into thinking that real beavers are present!

As these dams are put in place, we will monitor the impact in terms of biodiversity, water quality and flow.

The project is being run by the Wychwood Forest Trust and is being funded as part of the Evenlode Smarter Catchment initiative, approved by the Evenlode Catchment Partnership working with Thames Water.

The first dam is being created just upstream of the bridge on the permissive path through Wigwell and here are a couple of photos from the first work party – photos courtesy of Neil Clennell, Wychwood Forest Trust.

This is a community project and we are very keen to involve local people, especially younger members of our community. If you want to find out more and/or get involved, email wigwell.friends@gmail.com. You can also see more including dates for our work parties on the Wigwell Friends page of the Charlbury website (go to Community > Environment).

*Peter Kenrick
Wigwell Friends*



“What I wish people knew about dementia from someone who knows” by Wendy Mitchell

This new book aims to give one person's unique insight in what it's like for her to live with early-onset Alzheimers. (Hardback published by Bloomsbury Publishing and available online from their website, from Amazon and from Waterstones.)

Extracts from a review from "The Oldie" magazine:

"Currently 50 million people worldwide live with dementia; it is estimated this will increase to 152 million by 2050. So we'd better all buy this godsend of a book.

When people think about dementia, they immediately associate it with memory loss but it also affects other aspects of life. Wendy explores the major effects of the disease on six areas of her life: senses, relationships, emotions, environment, communication and attitude.

I didn't realise, until now, that my mother can probably no longer see the colour black. What she sees instead is emptiness. A black tablecloth looks like 'a giant sinkhole in the middle of the dining room'. When I visit her in my black coat, black scarf and black trousers, I look like a floating head, half of which is covered by a mask.

She could have a similar problem with whiteness, meaning that mashed potatoes and chicken disappear on a white plate. In order to see white food, it should be served on a plate that is yellow or blue.

I now also understand that her taste buds will have changed: her beloved cup of tea probably tastes like swede. When she's eating with other people, all she hears is the deafening clang of cutlery.

This book follows on from Wendy Mitchell's bestselling memoir *Somebody I Used to Know* (2018), where she described being diagnosed, aged 58, with young-onset Alzheimer's. Her aim is to share what she has learned so far, in the hope that 'it will help you to live the best

life you are able to with the disease, or support someone you know far better'.

The chapter on the senses is extraordinary. The memory of a smell, such as burning wood or cat pee, is released from the past in what is known as an 'olfactory hallucination'. These hallucinations can be so real that the fire brigade might be called to tackle a non-existent blaze.

Wendy also explains how, when confronted with a flight of stairs, she needs first to decipher whether she is approaching an escalator or a slide. If the steps are all the same colour, she has no idea where to put her feet. Patterned carpet is the worst.

Meanwhile, the challenge of looking for a phone or spectacles comes from no longer being able to picture what a phone or spectacles look like.

Touch becomes more important than ever: a ten-minute massage makes all the difference to someone who is feeling disengaged from their world. Communication, Wendy reminds us, need not always be verbal, but it is important to keep talking, even when there is a confused response.

The most surprising revelation of all is Wendy's admission that 'I feel guilty for the happiness I have found and wish that I could give some of it away'. What does happiness mean when you live from moment to moment? 'Seeing a bird singing away to its friend, being out for a trundle, capturing a squirrel peering out from the trunk of a tree.' Wendy Mitchell is a life-saver."

The residents of Charlbury should be pleased to read this extract from Wendy Mitchell's narrative:

A 2019 Cambridge University Press report on living alone and finding relationships recommends that there should be "more opportunities for social meeting places in neighbourhoods which help to overcome generational divisions

and increase knowledge about dementia." It says "A litmus test for emerging dementia-friendly community initiatives will be the extent to which those who live along with the condition are enabled to thrive and participate in their local communities alongside their peers and neighbours".

Wendy Mitchell agrees with this. In her book she says "If we're embraced by a community as a human being, just like everyone else, we will thrive and feel part of something bigger – and I do believe communities will feel better as a result of it. Everyone has their challenges; mine just happens to be dementia."

The town should be proud of now hosting its own Memory Café thanks to volunteers from St Mary's Church and its own dementia-friendly indoor and outdoor bowls sessions run so enthusiastically by the Charlbury Bowls Club. There are friends and neighbours all around the town who are informally supporting someone living alone with dementia whether diagnosed or not, as well as dedicated partners and family members caring for their loved-ones. We are conscious that local business and services are also generally welcoming to customers living with memory and thinking problems.

Dementia Oxfordshire operates a helpline for people to ring for advice and support on a wide range of issues. Staffed by their Dementia Advisers, the helpline is in operation 9.00am–5.00pm Monday–Friday on 01865 410210.

Alzheimers Society Visit their website: www.alzheimers.org.uk for a range of useful information about different types of dementia and how to live as well as possible

Dementia Friendly Charlbury is doing its best to support these efforts and to promote ways of making Charlbury as dementia-friendly as possible. There is always more that can be done. If you have any comments or concerns to pass on to DFC, you can contact us on 01608 810192 or email us at charlburydf@gmail.com.

Meryl Smith



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Pre-School News

The children have enjoyed outdoor play exploring how water turns to ice in the colder months and are looking forward to seeing the Daffodils they planted in November emerge as we move into Spring.

Keep an eye out for the flowers emerging outside the Pre-School. Indoors, children have been learning phonics and the older children are exploring the links between letters (graphemes) and sounds (phonemes) through Jolly Phonics.

They have been engaging in creative role play including treasure hunting and building lookout towers and dens is always a popular activity.

The Pre-School is involved in a maths research project run by Oxford University. It investigates how to improve maths ability through enhanced new maths activities.

The researchers set us the task of completing six maths games with the participating children and the researchers worked directly with some of the participating children.

Pre-School will be taking part in Oxfordshire Art Weeks in May. We will be exhibiting work created by the children, and at the same time raising funds via a café, jumble sale, workshops, and a range of other events.

We'll be needing lots of different skills to support this, so if you are interested in helping or have ideas you'd like to share, please contact Brek Taylor on committee.charlburypreschool@gmail.com.

Pre-School fundraising events:

Bandioke—4th March

The Bandioke event due to happen in January had to be postponed due to Covid. We have rearranged this Karaoke with a live band event for 4th March and details will be available soon.

Tree talk and walk—Saturday 2nd April

Local Arbor culturist and Pre-School Dad Luke Tamblyn, takes us on a walking tree tour of Charlbury to reveal facts, stories and opportunities to discover more about our home town.

The Big Boom at Charlbury Pre-School—28th & 29th May

During Oxfordshire Art Weeks we have workshops, talks, tea parties, jumble sales, music and more in the grounds and rooms of our lovely Pre-School. We are keen to showcase the talents of our children and parents so please contact brek@brektaylor.com to sign up.

Thanks to Chris and all our fantastic staff and volunteers for their continuing work and keeping our children safe during a time of changing Covid restrictions. They have managed to keep our doors open and keep educating the children in a positive, inspiring environment.

We are currently looking to recruit skilled staff and apprentices.

We offer a high quality early years education and our hours are 9-1 Monday and Friday, 9-3.30 Tuesday, Wednesday and Thursday. We have spaces available now and for September. Please contact admin@charlburypreschool.org.uk with any enquiries.

James Goad

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Coffee Break answers

1. Charlbury is a town
2. The Cotswolds
3. Rose and Crown
4. Charlbury Community Centre
5. Street fair
6. Artweeks
7. Little Monkeys
8. The Bull
9. Scout and Guide Hut
10. Cotswold Frames
11. Nine Acres Lane
12. Charlbury Primary School
13. Charlbury Beer Festival
14. Corner House
15. Railway Children
16. Charlbury Preschool
17. Three Horseshoes
18. St Mary's Church
19. Market Street
20. Eystone Road

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CHARLBURY COMMUNITY DIRECTORY

Please note that it is the responsibility of each organisation listed in the Community Directory to notify any changes to the Editor

Artweeks - Maureen Sparling (07779 779121)

All Together In Charlbury (ATIC)

To request help (01993 776277). To contact management committee (07487 413892)

Baptist Church - Kay Colyer (01608 810107)
charlburybaptistchurch@gmail.com

Charlbury Amateur Dramatic Society (CADS)

Helen Wright, Secretary
charlbury.drama@gmail.com

www.charlbury-drama.com

Charlbury Art Society (CAS) Sec: Kati

Eidenbenz (01608 810911)

secretary@charlburyarts.co.uk

Charlbury Beer Festival - Nick Millea

nick.millea@btinternet.com

www.charlburybeerfestival.org

Charlbury Beer & Wine Circle - John Moore
 (01608 810700)

Charlbury Bowls Club - Ron Smith

secretary@charlburybowls.co.uk (07979 980321)

Charlbury Bridge Club— Secretary Monica
 Wilkinson (01608 810560)

Charlbury Canoe Club - Hugh Belshaw

(01608 810130) hughandjoan@uwclub.net

Charlbury Chronicle - Susie Finch (07879

693733) editor.chronicle@outlook.com

Charlbury Community Centre—Daniela Jenkins
 (01608 811878)

Charlbury Community Speedwatch —

charlburysw@gmail.com

Charlbury Cricket Club - David Horne Vice

Chairman dw3horne@gmail.com

www.charlburycricketclub.co.uk

Charlbury Day Centre - Bob Tait (01608 810150)

Charlbury & District Probus Club Mike White

(07710 296814) mike.ewhite7@gmail.com

Charlbury Green Hub - Christine Elliott

(01608 811057) www.charlburygreenhub.org.uk

Charlbury Garden Society

secretary@charlburygardensociety.org.uk

www.charlburygardensociety.org.uk

Charlbury Ladies Luncheon Club—Gill Grason

(01608 810154) and Frances Canham (01608

811176)

Charlbury Morris - Peter Smith (01608 811007)

peter@charlburymorris.org

www.charlburymorris.org

Charlbury Museum - Curator—

curator@charlburymuseum.org.uk

Charlbury Music Class - Peter Fry (01993
 359189)

Charlbury Open Gardens - Catherine Goyder

csfgardens@charlburystreetfair.org

Charlbury Pioneer Country/Western Club

(Ray & Margaret) (01993 831345)

Charlbury Pre-School—Emily Dytor

emilydytor@gmail.com (01608 811200)

Charlbury Royal British Legion - Nick Potter
 (01608 810388)

Charlbury School -Head (01608 810354)

office.2100@charlbury.oxon.sch.uk

www.charlbury.oxon/digitalbrain.com

Charlbury School Association -

office.2100@charlbury.oxon.sch.uk

Charlbury Scout Group - Cheryl Hornsby -
cheryl@redstonecomputers.co.uk

Charlbury Society - Chairman, Nikki Rycroft
n.rycroft@doctors.org.uk

Charlbury Street Fair - Chairman—John Dora

(01608 811328) jmdora@btinternet.com

Charlbury Tennis Club - Mark Jarman (01608

811692) charlburytennis@hotmail.co.uk

Charlbury Town Council—Roger Clarke, clerk

(01608 810608) charlburytc@btinternet.com

Charlbury Town Football - Keith Claridge

(01608 810201 or 07870 426707)

Charlbury Town Youth Football Club - James

Ball (01608 810270) jollicat@btinternet.com

Charlbury Women's Institute - President -

Miriam Evans (01608 430807)

charlburywi@oxfordshirewi.co.uk

ChOC Cinema - Jackie Hague (01608

810713)

Corner House Community Bookshop—Neil

Pakenham-Walsh (01608 811899)

Corner House and Memorial Hall -Office (01608

810879)

Churches Together - Rosalind Scott, (01608

810562) rosalind.scott@hotmail.co.uk

Cotswolds Voluntary Wardens - Simon

Walker (01608 811414) simon.iets@btinternet.com

Dementia Friendly Charlbury— Meryl Smith

(01608 810192) charlburydf@gmail.com

Friends Meeting House: Sue Terry (01608

811033) email: sueeterry@btinternet.com)

Holiday Club

parishoffice@stmaryscharlbury.co.uk

Macmillan Cancer Care - Liz & Bob Tait (01608

810150)

Methodist Chapel - Sue Tokumine (01608

810366) suetok@hotmail.com

Mind in Chipping Norton (Mental Health

Support) (01608 645296)

Riverside Festival - Andy Pickard (01608

810635) admin@riversidefestival.charlbury.com

www.riversidefestival.charlbury.com

St Marys C of E Church Rev Sally Welch

(01608 810230)

St Teresa's RC Church Fr Clive Dytor (07484

158642)

Sustainable Charlbury - Liz Reason (01608

811212)

The Bell Inn (01608 810278)

The Bull Inn (01608 810689)

Thomas Gifford Trust- Chris Potts (01608

811878) chris.potts@blakemorgan.co.uk

United Nations Association (West

Oxfordshire) - Neil Pakenham-Walsh (01608

811338)

Walkers are Welcome Paul Jackson 01608

811370 pauljdjackson1@outlook.com

Wilderness Festival—www.wildernessfestival.com

Wychwayz Border Morris - Teresa Duester

(01608 810934)

www.charlbury.info - Richard Fairhurst



**Charlbury's
Police Community
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C9837 Wesley Smith

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Please note that **ALL** cheques for advertising, mailing list or donations should be made payable to *The Charlbury Chronicle* and should be sent to The Treasurer, Graham Jowett, whose address is in the panel on the right.

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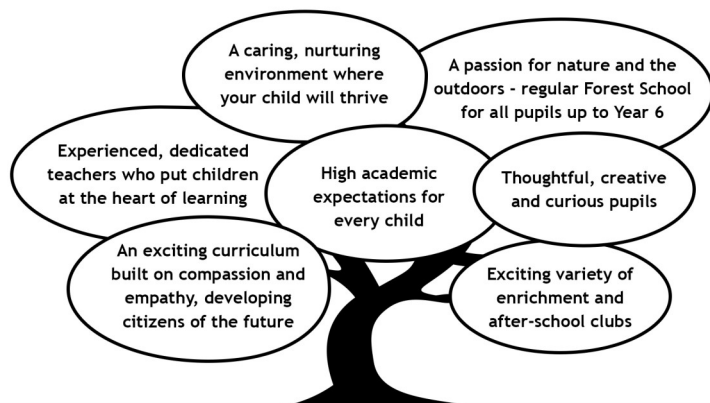


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