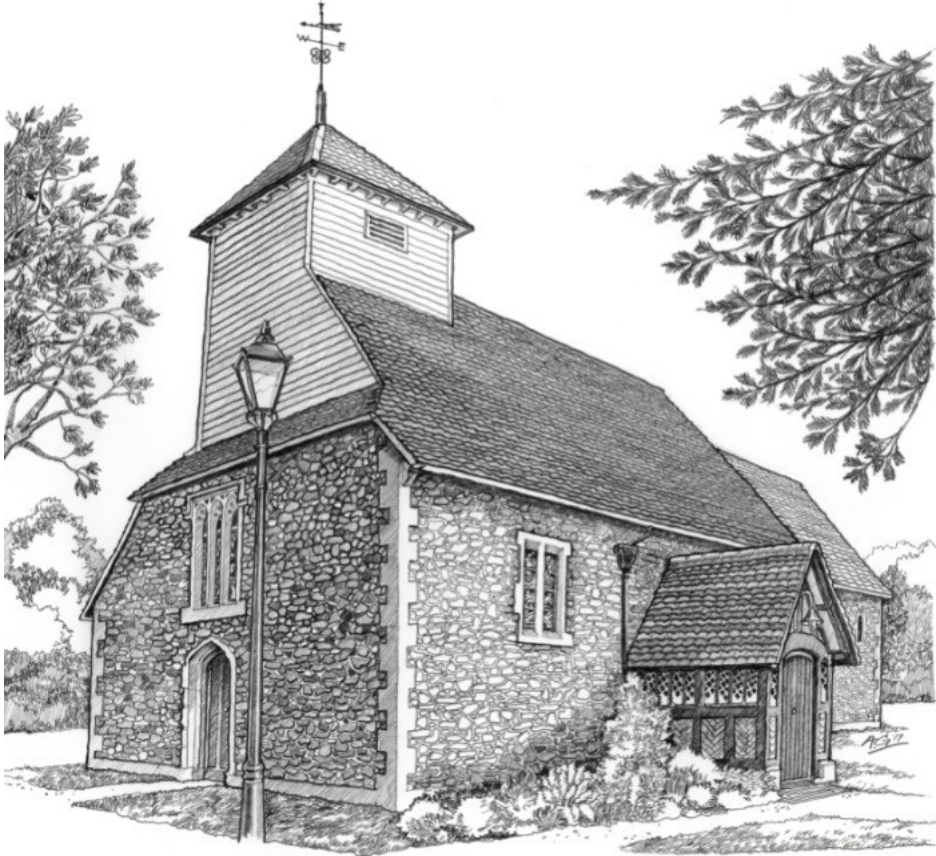




MAY 2020



**SULHAMSTEAD & UFTON NERVET
PARISH MAGAZINE 70P**

Parish Directory

St Mary's Church, Sulhamstead Abbots. RG7 4ED.
Website: www.sunchurch.co.uk

Rector (Priest in Charge): Canon John Paton

The Rectory, Sulhamstead Road, Ufton Nervet, Reading RG7 4DH
Tel: 0118 384 2158
Email: sunrector@outlook.com

Church Wardens:

Ros Coulson, Silver Lane House, Silver Lane, Padworth Common. RG7 4QR
Tel: 0118 970 0357 Email: ros.coulson18@hotmail.com

Dorcas Green, 34 Horseshoe Crescent, Burghfield Common. RG7 3XW
Tel: 0118 983 5369 Email: dgreen@bottomline.com

Lay Vice-Chair: Ros Coulson Tel: 0118 970 0357

PCC Secretary: Margaret Griffiths-Eyton Tel: 0118 983 5734

PCC Treasurer: sunpcc treasurer@hotmail.com

Deanery Synod Reps:

Jenny Peabody Tel: 0118 983 2491
Antony Aitken

Magazine Editors: Tess Watson Smith Tel: 0118 983 2140
Dorcas Green Tel: 0118 983 5369
editor@sunchurch.co.uk

Magazine Adverts: Felicity Holden Tel: 0118 983 2459

Magazine Distribution: Diana Bagshaw Tel: 0118 983 3049

Church Cleaning: Dorcas Green Tel: 0118 983 5369

Parish Room Bookings: Jenny Peabody Tel: 0118 983 2491

Fund Raising: Penee Chopping Tel: 0118 983 2057

Church Flowers: Nancy Beabey Tel: 0118 933 1949

Wedding Organiser: Dorcas Green Tel: 0118 983 5369

Churchyard: Edward Bucknall
Tommy Knight

Editorial ...

There have been a number of people within the parishes who have suffered from Covid-19 but, thank goodness, they are recovering and, at the time of writing, the number of infections does not seem to be mirroring the national trend. So it appears that social distancing is having the desired effect. We are of course lucky to have such lovely countryside in which to practice our distancing and although there are a number of people walking, jogging and cycling around the country lanes, there is enough room for everyone to remain 2 metres apart. How lucky we are, unlike the town and city dwellers who, if they don't have gardens, are forced to take their permitted one hour's exercise in closer proximity to each other - although the gathering on Westminster Bridge for the last NHS clap seemed oblivious to the current social distancing rules.

As lockdown seems likely to continue for some weeks yet, this is the second digital edition of the magazine and we hope that most subscribers have been able to access it. Many thanks to Tony and Felicity Holden who are the technical brains behind this. Thanks also to Purco Print who are producing a smaller number of magazines and sending these out directly to readers who do not have computer access.

If you have anything which you would like to be included in the next magazine, please contact us at editor@sunchurch.co.uk

If you are isolating and need any assistance or just some virtual human contact, please see the advert from the Sulhamstead Helpers group on page 3.

Keep safe and well.

PS There has been local concern that a couple of gargoyles have fallen off the church roof - but it turns out this was only the editors having only a socially-distant editorial meeting ...



LOCAL HELP DURING ISOLATION

We want to spread good around the neighbourhood: to help anyone living here as promptly as possible with practical needs and support.

Which means more than shopping, we can do that, but help like being on the end of the line for a chat, or to help setup technology so you can be more connected... if you have a need and feel stuck, just ask!

Giving just one phone number or person for the everywhere will become really difficult to handle - so we have come up with a means of matching needs with available helpers in the most efficient way. Better still there's an ever-growing team of volunteers waiting to respond (already 30+).

WHAT HAPPENS NEXT

If you NEED help then please fill out this form: <https://u.nu/sulneed>

If you can OFFER help the please fill out this form: <https://u.nu/sulhelp>

If you want to keep in touch with activity in the community, then please visit our Facebook Page and join the community:

<https://www.facebook.com/groups/sunberks>

Turnaround to requests for help will be as prompt as possible, ideally same day, but if you have submitted the form give us a little time to find the right person to help with your needs.

This service will continue for as long as there is isolation, so please keep these links. The chances are you may end up needing both at different times!

PLEASE NOTE

This service is not for medical help, if you are concerned then follow advice and call 111. If it is urgent, then call 999.

Coronavirus is highly contagious, so we will ensure we keep to a safe distance of over 2 metres. If shopping or dropping off we will leave items on your doorstep where possible, but ensure you can collect them at drop off.

If you have any questions, then please email sulhelpers@gmail.com or, if you have already received a flier, call the person who posted it to you and they will help in any way possible.

From our Rector

Our neighbours have coined the phrase 'The Burghfield Bubble' to sum up their experience of the lockdown. From what I've gathered over the past couple of weeks, that's not been our experience in the SUN villages. People have been out in the woods and the fields, taking their 'one form of exercise' on bicycles or on foot, and generally enjoying the good weather we've been lucky to have.

A time will come when people get out their spreadsheets and bank statements, and calculate the long-term effects of the Corona virus on their lives. Mercifully few, I hope, will have to include the loss of family and friends in that reckoning. But what we can do already is celebrate the good things we've witnessed around us. The network of volunteers that sprang up almost immediately has been amazing – their work and their goodwill has been beyond praise. People have been looking out for each other, offering practical help and checking on their neighbours in a way we all hope we'll be able to continue once this is all over.

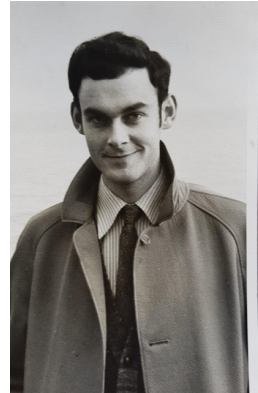
Soon, it seems, shops and businesses will be able to re-open bit by bit; but the staff of those shops which have been functioning have done a great job – serving us and keeping us in order with good humour. It will be good to see our schools busy again; but in the meantime all the teachers have been working hard to stay in touch and keep the learning going. Above all, the NHS has shown how blessed we are in the patience, resilience, skill of its workers – their cheerfulness and sheer determination to get on with it. There's a lot to be thankful for.

The nation's churches have been closed on the orders of the Archbishop of Canterbury – something that hasn't happened since 1208, when King John upset the Pope. But our services have continued on line and in people's homes. Have a look at the website – sunchurch.co.uk Somewhat to our surprise, clergy have been designated 'key workers'. So I've been walking around the parish, knocking on a few doors, hoping for a word with some of our parishioners – if only to ask how you're doing. Anthony and I have been streaming services on Sundays, and Tony Holden has done a heroic job getting everything up on to the website. My sermons have gone up separately on to YouTube – search for SUNChurch. I've also been putting podcasts up here: www.anchor.fm . Look for **john-paton**.

From our Rector continued ...

I've been surprised how far some of these broadcasts seem to have travelled – there's been positive feedback from Chicago, Seattle, Regensburg, Berlin, Christchurch New Zealand, and Melbourne, as well as nearer to home. Maybe we should open a couple of overseas branches!

What will we do to mark the end of this episode in our lives? I've already suggested a festive service – during which we'll welcome the Easter candle into church, which I lit with due ceremony on Easter Eve and have been keeping alive in a window in the Rectory. Perhaps a bring-and-share lunch? And if there's interest in a flower festival, an art exhibition or a concert, maybe there are ears that can be bent, arms twisted!



We can look forward to that. In the meantime, keep safe, stay well, and may God bless you!

Canon John Paton

Quote Unquote ...

Lady Nancy Astor said to Winston Churchill – "Winston, if you were my husband I'd put arsenic in your coffee". Churchill replied "Madam, if you were my wife, I'd drink it".

Churchill was sent an invitation for two by George Bernard Shaw who said, "I hope you can come to the first night of my new play and do bring a friend – if you have one". Churchill replied "Very sorry I can't make your first night but I could make the second night – if there is one".

Churchill was asked by Clement Atlee in the House of Commons if he could borrow one penny to phone one of his friends. Fumbling in his waistcoat, Churchill pulled out two pennies and gave them to Atlee and said, "now you can now phone all of them".



PRoudly celebrating 30 years of committed, quality service in the local community

Our garage really cares

We provide all garage services for your car

All car MOTs now only

£35

Includes FREE retest

We're in Tidmarsh (RG8)



FREE Local collection & delivery service

Opening times:

Mon-Fri: 7:30am - 5:30pm



A very British company

Email: enquiries@prmotors.biz Web: prmotors.biz

Tel: **0118 984 4889**

THE FRUIT SHOP

Burghfield Limited Est. 1962

Welcome to Wellers—
your local greengrocery shop where
FRESH, FRESH, FRESH fruit and
vegetables are bought in every day!

First for Superfoods!



Fruit, vegetables, fresh flowers,
herbs and spices, local free range
eggs and honey, dried fruit, nuts,
seeds and grains and International sauces.

Friendly and personal customer service.

Telephone and email orders taken.

Free local delivery.



**LOCAL SHOPS ARE YOUR FRIENDS
SHOP LOCALLY TODAY!**

Opening hours: Mon-Fri 8.30-17.00 Sat 8.30-16.00
READING ROAD, BURGHFIELD COMMON, RG7 3BL

0118 9833434

www.the-fruit-shop.co.uk



WellersFruit@gmail.com

Free Parking Community Notice Board



Childrens' Church

Although there was no service, Children's Church did not stop.

We sent some of the children a Palm Sunday "lesson" which they could do at home - there was a reading, an activity, a song and a prayer.

Right, the Howman family are making a donkey using split pins so that the legs can move and the tail wag!



And below, the Harrison family made a donkey and decorated their door with laurel leaves



St Mary's Easter Garden

Services may not have been permitted at the Church but this didn't stop the Howman family and Jane Slater from making the Easter Tomb in the churchyard.

Diana and Jane

The Harrisons made their own version, pictured above.



The William Bishop Trust?

The Trust was set up for the benefit of students under the age of 25 years who are in need of financial help towards the furtherance of their education. This can be for help to buy specialist clothing, tools, books, musical instruments and any other item needed for the continuation of their study.

The charity was founded by the late William Bishop in 1846, to establish a church school for the poor children in the Parish of Ufton Nervet. It is highly probable that the present Sulhamstead and Ufton Nervet Primary School is the direct successor of the school founded in 1846.

To benefit from a grant from the trust, the applicant have been, or is at present, a pupil of the S.U.N. School. Applications from eligible students are welcomed and will be dealt with by the trustees in confidence. Written applications should be sent to:-

Mrs Sheila Price, The Abbots, Sulhamstead Abbots, RG7 4EE or email theabbots@hotmail.com

Joelle Webb MCFHP, MAFHP
Foot Health Practitioner
0118 9832318/07725554963
Joelle.webb@gmail.com

Foot Health Care in Your Own Home

- Corns and Calluses
- Fungal Nail Infections
- Involuted Nails
- Care of the Diabetic and High Risk Foot
- Athletes Foot
- Verruca
- Specialised Nail Cutting
- General Foot Maintenance



- *If I can be of any assistance, please call me!*

The Village Sweep



3 Trash Green, Burghfield

Your Complete Local Chimney Sweeping Service

Independent Solid Fuel Stove Installer

Fully Insured / Available for Free Advice

Tel: 0118 9833 677 / 07919 501509





N.P.T.C and R.F.S QUALIFIED TREE SURGEONS

• FULLY INSURED •

Our highly-trained and friendly team is available for:

**CROWN REDUCTION • CROWN LIFTING
DEADWOOD REMOVAL • THINNING
DISMANTLING • FELLING
HEDGE REDUCTION • HEDGE CUTTING
FENCING • GRASS CUTTING
SEASONED FIREWOOD • WOOD CHIPS**

'A reliable and regular service offered'
FREE ESTIMATES

Tel: Mortimer 0118 9331346 • Mobile: 07753 985121

Email: info@oakeytreeservices.co.uk • www.oakeytreeservices.co.uk





SUN Village Hall

Sulhamstead & Ufton Noret Village Hall
Sulhamstead Hill, Sulhamstead, RG7 4DD



An ideal location, the Village Hall is a great facility close to home at the heart of our community. A perfect venue for groups, meetings and celebrations.

- Functions
- Parties
- Meetings
- Classes
- Exhibitions
- Community Events
- Societies
- Neighbourhood Groups

Making available for hire two separate halls, one with a stage, along with a fully equipped kitchen and restrooms and ample parking with easy access from A4 Bath Road and surrounding villages.

Trestle tables and chairs are included in the hire charge, which is £10 per hour per hall for regular users and £15 per hour per hall for one-off events, and £25 per hour for the entire Village Hall, with a small additional charge during the Winter months to cover heating costs.



To book the Village Hall call Linda Hannington
Hall Manager on (0118) 983 2383
www.sunvillagehall.com

VILLAGE HALL NEWS

“Government guidelines now require that all normal social activity ceases, which includes the programme of events and classes run by our Village Hall Users. The Hall is therefore closed until further notice. As a central focal point in the community the Hall will of course still be available for formal community meetings such as Parish Councils if required and emergency use such as acting as a distribution centre for support to needy and vulnerable members of our community. The latter could only occur with advice and support from the relevant authorities. All usage at this time can only be within the prevailing Covid-19 guidelines.

The Village Hall Trustees and Hall Manager would like to thank all our Users and other Friends for their support and would like to wish you and your families and friends our very best wishes in these unprecedented times.”

SUDOKO (easy grid)

8			6	5			4	
				7	4	3	2	
	3		8		9		1	5
	4			1		2		
2		7				1		9
		8		6			7	
4	7		2		1		6	
	8	6	4	3				
	9			8	6			1

© 2014 KrazyDad.com

Answers on page 26

Quote Unquote

Oscar Wilde: "Work is the curse of the drinking classes. Absinthe makes the heart grow fonder.

THE UFTON DOLE

The annual Lady Marvin Dole Ceremony at Ufton Court was NOT held this year but as it has continued uninterrupted for nearly 500 years we did at least pass the bread through the window as you can see (pandemic style!)

Although we can only send a picture of the bread this time, the good news is that we are all part of a wonderful supportive community that are here to help you with any problem during this difficult period.



Pictured here are Fiona Craig, Ufton's Managing Director and Neil Gauld, Head of Learning.

Over 40 volunteers from within our community have offered to help all those who need their support with for example: shopping, a chat, helping with technology or collecting medicine.

If you **NEED HELP** please don't hesitate to ask through any of the below

- Put this into your browser: <https://u.nu/sulneed> and fill out the form.
- If you have already received a flier, call the person who posted it to you and they will help in any way possible.
- If none of the above steps work for you please don't hesitate to call **Mary on 0782 456 7508** who will link you with a local volunteer near to you.

Facebook page:

<https://www.facebook.com/groups/sunberks>

Email: sulhelpers@gmail.com

Mary Riall



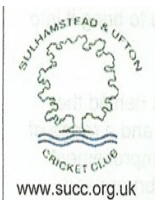
St Mary's 100 Club

Winners of the March draw were

1st: *Gillie Jackson*
2nd: *Liz Parry*
3rd: *Ann Gillis*

Congratulations to all the winners

The draw took place on 12th April via Zoom. Thanks to Canon John and the organiser of the virtual meeting.



SULHAMSTEAD & UFTON CRICKET CLUB

The Watson Oval, Jack's Booth Ground, Bath Road, Near Theale, Berkshire RG7 5HP

Sulhamstead & Ufton Cricket Club

Like so many other clubs we are mothballed for the moment. However the pitches are in excellent condition thanks to our small team of hardworking mowers. We have been applying for grants from local and national organisations so that we can extend and refurbish our pavilion. We have nearly raised what is needed and particular thanks to Sulhamstead Parish Council. The contractor started work but virus restrictions means they have had to stop as they could not source the materials needed.

If at all possible we will play cricket this summer.
John Steeds



CACI Facials
Crystal Clear Microdermabrasion
Elemis facials
Gel Nails
Eyelash Extensions
Waxing Services
Tanning Treatments

07792429819

hannahwoolcock@outlook.com

www.thebeautysanctuarysalon.co.uk

[@Thebeautysanctuaryreading](#)

J W FISHER

Property Maintenance

INTERIOR AND EXTERIOR DECORATING

Carpentry & Small Building Work

NO JOB TOO SMALL

FREE realistic, written competitive quotes

Public Liability Cover

0118 983 1246

web: jwfisher.co.uk

email: info@jwfisher.co.uk

The Forge, Reading Road, Burghfield Common, RG7 3BL

BUILDING PLANS

DRAWINGS, PLANNING APPLICATIONS,
BUILDING REGULATIONS,
STRUCTURAL INVESTIGATIONS,
& BUILDING INSURANCE CLAIMS ETC.

ESTABLISHED
1979

MARTIN F. WINTER

CEng, MICE, MCABE, MIAS, MInstPLA

**MALTHOUSE COTTAGE, 16 THE AVENUE
MORTIMER COMMON, READING, RG7 3QY**

TEL: (0118) 933 2319 (24HRS. ANS.)

OR: 07860 48 80 84

Email: martinfwinter@hotmail.co.uk

Web: martinfwintercharteredengineer.freeindex.co.uk



RING FOR A FREE QUOTATION & ADVICE

2020: World Health Organisation's Year of the Nurse

When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers.

THE PARISHES OF SULHAMSTEAD AND UFTON NERVET JOIN WITH THE PRIME MINISTER AND THE REST OF THE COUNTRY IN THANKING ALL THE NURSES WHO WORK SO HARD, DAY IN AND DAY OUT, TO SAVE LIVES AND TAKE CARE OF US.



TO CUT or NOT TO CUT??

Somebody observed a while ago, that we were only a few weeks away from knowing the true colour of people's hair!!

Another dilemma is "a gentleman's haircut" and how to achieve it during the Corona lockdown, when one's wife doesn't have hair-cutting in her skillset and the "Spring cut" is due.

So: A hair trimmer was purchased on Amazon and C-Day arrived. The gentleman in question seated himself in a suitable chair, draped a towel round his shoulders and the process commenced.

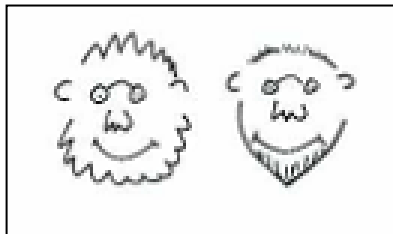
The first problem to arise was the correct attachment needed for a No. 2 on top and No. 3 round the back. The first, and several subsequent attempts, resulted in no hair cut at all, laughter and then increasing desperation. However, eventually a method was found using a comb and beard-trimmer attachment.

Stress level?? I can tell you that the gentleman's hair cut stress level far exceeds that for all other church duties combined.

Afterwards, a "friend" advised, when standing at least 2 metres away, that the gentleman had better keep his hat on!

Anyway, as I write on March 31st, it doesn't look too bad but, as we move into mid-spring and early summer----well, time will tell.

PS From "The gentleman": whilst aiming for the Gregory Peck/ Brad Pitt look (in the dark with the light behind me), I have settled for the plucked Jeremy Corbyn style (actually, that is what turned up eventually).



DUNCAN AGAR PAINTER AND DECORATOR

- ✓ HIGHLY EXPERIENCED, PROFESSIONAL TRADESMAN.
- ✓ ALL ASPECTS OF INTERIOR AND EXTERIOR DECORATING.
- ✓ TRADITIONAL AND MODERN FINISHES. PERIOD PROPERTIES A SPECIALITY.
- ✓ FREE QUOTATIONS AND ADVISE, REFERENCES AVAILABLE.

TEL - 01 18 9712340 & 07787 552983



Little Greene



Sanderson

www.agardecorators.freeindex.co.uk

YOUR LOCAL ELECTRICIAN FOR ALL YOUR ELECTRICAL NEEDS



- ✓ CCTV SYSTEMS
- ✓ SMART HOME SYSTEMS
- ✓ FIRE ALARM SYSTEMS
- ✓ ELECTRIC GATE ENTRY SYSTEMS
- ✓ NETWORK & TELEPHONE POINTS
- ✓ ALL DOMESTIC & COMMERCIAL WORK
- ✓ SMART SYSTEMS FOR HOMES & OFFICE
- ✓ ELECTRIC CAR CHARGING POINTS
- ✓ LANDLORD & PROPERTY INSPECTIONS
- ✓ GARDEN OFFICE & HOT TUB POWER

0800 955 1535

info@stanleyelectricalservices.com
www.stanleyelectricalservices.com





M J Whitford

Garden and tree services



All types of Gardening undertaken
One offs and Long Term
Grass cutting and Hedge cutting
Patios and Fencing
Jetwashing
Mower and Garden machinery servicing and repair
Free Collection



07946 855463

Or

01189 701662



Burghfield Veterinary Surgery

Open 8am-7pm
Monday-Friday

8am-12pm Saturday

Extensive parking on site

Separate cat and dog
waiting areas and
hospital wards

RCVS accredited Practice

ISFM Silver Accredited
Cat Friendly Clinic



Join our excellent
value Healthy Pet Club

Save money with big
discounts whilst still
providing the best care
for your pet

1 Tarragon Way, Burghfield Common, Reading RG7 3YU

0118 9832465

Every Cloud

Lucky is the man with a list of satisfying tasks and the time and energy to do them. Despite years of steadily moving the garden towards ‘low maintenance’* I can, without much thought, write 18 entries on my to-do list. Some of these are refurbishment projects, some seasonal tasks, and others simply start with the verb ‘fettle’. Especially now with the coronavirus lockdown I really do appreciate having a garden, both to enjoy both in its own right and for the opportunities it affords for meaningful employment. Coinciding with the busiest times in the greenhouse I can crack on without the usual feeling of guilt that I should be expending my energy elsewhere. There is even time to keep a sharper lookout for that other scourge of our times – the dratted lily beetle.

Also, unable to visit shops and garden centres for supplies, I have had to live up to the Growbags family motto passed down through generations of ‘Make Do’. Particularly so with regard to compost. I always end the tomato season with big pots full of home-made compost which I then sieve and store for various uses. I have been using this, augmented by a small amount of commercial stuff, for pricking out and potting on. This has served well for general use in raising veg and bedding plants but, being non-sterile, I have been much more circumspect with the tomatoes after last year’s disaster with stem rot. This compost I make myself consists mainly of well-rotted leaf mould, leavened with sieved good quality soil, some sharp sand and spiced up with a bit of garden compost. It usually has a few worms and creepy crawlies but is okay for the final planting of tomato plants. Put through the sieve again at the end of the season and it has the fibrous addition of dried tomato roots. Considering the effort that goes into making quantities of leaf-mould and mixing up this compost in the first place, it is satisfying that it is used more than once.

In my home-made version the leaf mould is doing the job of peat. Although I applaud the move to peat-free composts, I agree with Alan Titchmarsh that actually there is no good substitute.

I find the completely peat-free commercial composts are often not fit for purpose as they are too coarse and fibrous for delicate work, whereas, for sowing or pricking out, you need a finer more granular texture. .

The other big problem is water retention, i.e. too much. I have come to realise that continuously high moisture levels generally inhibit the root growth of seedlings and are a positive anathema to some plants, as well as encouraging moulds and algae. If you sow thinly and take care only to give water when it is needed the task of pricking out is far less hassle. For example, if your lobelia seedlings are well-spaced, a decent size, and have a bunch of long roots with particles of compost adhering, then moving them along is not such a pain. Other benefit of my home-made compost will be on my own health. I do not wish to test my immune system with exposure to the coronavirus but hopefully it would be up to the task.



I have just read an article in the RHS magazine entitled ‘Dirt is good for you’. It points out that you build and keep your immune system healthy by giving it regular exercise through exposure to the natural world. As well as the lifeforms, I can see with the naked eye my compost will also contain all the microscopic organisms found in soil, such as bacteria, viruses, fungi, algae and protozoa. Yes, there are some nasties lurking like tetanus but, overall, getting your hands dirty is good for you.

Finally, I sincerely wish all my readers well and hope that you all keep safe. Let’s hope that from these troubled times some legacy of good will remain. After our finest brains achieve a vaccine for coronavirus maybe some will then go on to think about the lily beetle.

Percy Growbags

**Apparently this came as a surprise to Mrs G!*



T⁴ Tax Limited
Chartered Tax Advisers

The formula for great tax advice

Sole Traders ♦ Limited Companies ♦ Partnerships ♦ Landlords

*T⁴ offer a range of tailor made
accounting and tax services...*

Call...

0800 246 1024

For a free initial consultation or
to discuss your business needs


intuit
QuickBooks.

TAX

Quickbooks Online *Specialists* ★★★★★

www.t4tax.com

email: john.cotter@t4tax.com

St Marys Way, Burghfield Common - Established 1989

Plus total one-stop solutions for clients ...

Making Tax Digital (MTD) ♦ Websites ♦ Business Email ♦ VOIP Telecoms
Backup ♦ Digital Cloud Solutions ♦ Company Formation

PLUS!

Up to **60%** discount on Quickbooks Online Licences

MENWEST

PLUMBING AND HEATING LIMITED

Menwest Plumbing & Heating Limited, based in Sulhamstead, Reading provide an expert plumbing and heating service throughout Berkshire, Hampshire and surrounding areas.

We are specialists in Oil Fired boiler replacements and full heating installations. Accredited installers of **Grant UK** oil boilers which enables us to provide our customers with an extended boiler warranty.

We are also specialists in bathroom installations from design to completion covering all aspects required.

We pride ourselves upon the quality of our workmanship, our attention to detail and reliability which has now been in process for some 30 years.

- Oil Fired Boiler Replacements and Full Heating Installations
- Gas Fired Boiler Replacements
- Un-vented Domestic Water Installations
- Heating Breakdowns
- Underfloor Heating Design & Installation
- Service & Maintenance Options
- Fully Insured with Suitable After Sales Care
- Guaranteed High Quality Workmanship
- OFTEC and GasSafe Registered

Contact Us now for a free estimate

Telephone: 07802 800067

Email: info@menwest.com

Find us on Facebook: [@MenwestPlumbingandHeating](#)



New High Sheriff of Berkshire

On 2nd April I was sworn in as High Sheriff of the Royal County of Berkshire. Usually this is done at the Crown Court in Reading but, as there is nothing usual about this year, I was at my kitchen table in Ufton Nervet in full uniform, via Zoom, being sworn in, in front of Chris Juden, Chairman of the Berkshire Bench, the Under Sheriff, plus friends and family. It is an honour and a privilege to be given the opportunity to serve my home county of Berkshire where I have lived and worked almost my entire life.

The Office of High Sheriff is the oldest Royal appointment, with each county in England and Wales having an appointed High Sheriff. Their history and tradition goes back to before the Norman Conquest when the original 'Shire Reeves' were Royal officials appointed to enforce the King's interests in a County, in particular the collection of revenues and the enforcement of law and order.

The modern day High Sheriff has a very different role and function but none the less can play an important role in our 21st century society. The Office is independent and non-political and is well placed to bring together a wide range of people within the county community.

The primary role of the High Sheriff today is to represent the monarch in the county in all things to do with justice and law enforcement. This is extended to supporting the emergency services and the voluntary sector. In addition, the High Sheriff often has a theme to their year. Prior to the COVID 19 crisis this was supporting all those working to prevent our vulnerable children being excluded from school and the relentless downward spiral towards prison that too often follows. However I am currently focussed on supporting and encouraging our Berkshire heroes, so often unrecognised, who are going the extra mile to help those in need during and after this crisis.

In our local area alone it has been heart warming. From the SUN neighbourhood volunteer scheme set up almost overnight to local shops adapting to click and collect and deliveries plus kind individuals supporting neighbours in need with everything from dog walking to collecting medicines.

At present I am largely confined to social media, phone calls and letters but look forward to getting around the county when lockdown is over.

If you know of any Berkshire Heroes who you would like recognised I would love to know about them.



Mary Riall

E: maryriall@berkshighsheriff.com

Tw: @highsheriffberks

In: berkshighsheriff

Storecupboard Recipe - Bean and Chorizo Stew

- 2 x 400g tins beans (whatever you have)
- Rosemary (or dried herbs)
- Salt and pepper
- 1 clove garlic
- 1 x 400g tin tomatoes
- 1 medium onion
- Balsamic vinegar
- Half a small chorizo sausage (or smoked paprika for veggie alternative)

Gently fry chopped onion, garlic, and herbs in olive oil until soft, add sliced chorizo (or paprika) and fry for a further five minutes. Once chorizo has released its oil, stir in drained beans and tinned tomatoes. You may need to add a little extra water.

Add a splash of balsamic vinegar and seasoning then simmer for approx. 20 mins until the sauce starts to thicken. If you have them, stir in cooked red peppers strips and/or spinach and heat through, then serve with green veg.

Serves 4



Perfect Boundary Limited



Hard Landscaping, Groundworks, Paving and
Driveways, Construction

Professional Service, Call for a Quotation.

Email Info@perfectboundarylimited.co.uk

www.perfectboundarylimited.co.uk

Tel. 01189 968 009 Mob. 07796 202217

Proud members of

Checkatrade.com
Where reputation matters



Award winning ranges
of period style windows
and doors



- In Timber and uPVC
- Award Winning Windows & Doors
- Flush Casements
- Storm Proof Casements
- Traditional Doors

For further details and information on our current offers
please visit our website, email us or call us today:

FENSA
No. 37250

0800 292 2968
www.boxcleversashwindows.co.uk

Faith in a crisis

If a crisis is coming to stay
Getting worse, with each passing day
It's ever so easy
To get somewhat queasy
When normality passes away!

If the shelves are devoid of all rolls
And the internet's peopled by trolls
Don't tremble and fear,
Shed no frightened tear
For God the Almighty controls!

If your eyesight with tears is blurred
It may not quite yet have occurred
That God through the years
Has dried up our tears:
So see what it says in His Word:

The people, surrounded by sand
En route to that old Promised Land
No food did they lack
For God had their back
He had their nutrition well planned!

Jesus cared, as the family cried
For the daughter of Jairus had died
He entered her room
Said '*Talitha koum*'
And she rose and stood there by His side!

Just two of the Bible's great tales
That show us that God never fails
To come to our aid
If we've sought Him and prayed
When the devil with evil assails.

So do not be scared, but be smart -
No virus can tear us apart
From God up above
Who shows us such love
So be of good courage and heart!

By Nigel Beeton

On the perils of a Scout camp

The Rectory
St James the Least of All



My dear Nephew Darren

It seems that the basics of parish ministry are no longer taught in theological colleges. Don't you know anything about consulting your diary in public? When you are asked if you are free on a certain date, accepted practice is to open it so that the enquirer cannot quite see. You then shake your head sadly, saying you are committed to blessing a new tea urn, or on some other vital ecclesiastical activity that day. Then you regretfully give your apologies. You do not open the thing in full view of your enquirer, so he can see the blank pages! Really, it serves you right that you are now committed to going on Scout camp.

The last time I agreed to pay the Scouts a visit was when I found that there was a splendid restaurant only a mile away from their camp. I arrived and parked my car by the side of the river where they were all canoeing, wound down the car window and made encouraging noises for some minutes before explaining I had to find a garage for petrol.

Several hours later, after an excellent lunch, I drove to where they were now rock climbing, wound down the car window and made encouraging noises for some minutes before explaining that I had a standing committee to return to that evening. It was a splendid day.

You, however, will experience the charms of two days under canvas. Whatever site for your tent you choose, it will be the one that floods first. The early hours will undoubtedly find you wading about in water in the pitch dark, retrieving your sleeping bag and clothes – which you will then have to wear for the rest of the day. Watch out for the food, as well: all camp food contains grass and usually sheep droppings. This will make you ill, though for some reason Scouts thrive on it.

Whatever the weather and whatever activities you do each day, you will end up wet, chilled and bruised. At least your evenings will be warm, for you are bound to spend them at Casualty, with youngsters suffering from sprained ankles or dislocated shoulders.

My only advice is to use those hours in Casualty to practise the art of opening your diary in a way that only YOU can see it.

Your loving uncle,
Eustace

Corwell

Bespoke Furniture Makers & Restorers
French Polishers



For over 27 years we have been making quality furniture to your exact requirements, specialising in contemporary & traditional designs but always to a high standard, exactly what you would expect from skilled craftsmen

We also provide an expert furniture restoration service including, re-polishing, repairs & re-leathering tops.



Please do visit our website at
www.corwell.co.uk
or pop down to our workshop and showroom

UNIT 6, AMNERS FARM, BURGHFIELD,
READING • BERKSHIRE • RG30 3UE
PHONE: 0118 983 3404
EMAIL: INFO@CORWELL.CO.UK



peacock carpet cleaning

Professionally run carpet & upholstery cleaning service
Friendly and reliable service
Domestic & Commercial work undertaken
Call David on 07887 565009

info@peacockcarpetcleaning.co.uk
www.peacockcarpetcleaning.co.uk

Theale Taxis

Established 1962

0118-930-2345

E-mail-thealetaxis@outlook.com

www.thealetaxis.info

Local or Long Journeys
Eight Seat Minibus
Airports Docks
Prop: RJ & DA Brown
Text: 07795840115

Unit 7 Hewins Wood Farm
Bradfield
Reading
Berkshire
RG7 6DH

75th Anniversary of VE Day: The end of World War II in Europe

VE Day (Victory in Europe) – was celebrated 75 years ago this month on 8th May 1945, marking the end of World War II in Europe. It was marked with a public holiday.

The previous day the formal act of military surrender had been signed by Germany, and celebrations broke out when the news was released. Big crowds gathered in London, impromptu parties were held throughout the country, and people danced and sang in the streets. King George VI and his family appeared on the balcony of Buckingham Palace, and Churchill made a speech to huge applause. Princesses Elizabeth and Margaret mingled with the crowds outside.

Many went into churches to give thanks – and to pray for those still involved in the war in the Far East, because the real end of the war, Victory over Japan, would not happen until 15th August. At St Paul's Cathedral there were ten consecutive services giving thanks for peace, each attended by thousands of people.

The celebrations masked the fact that so many had lost family and friends, as well as possessions and homes. But for the moment normal social conventions broke down, strangers embraced and love was in the air.

VE Celebrations in lockdown ...

The early May bank holiday had been especially moved to the Friday so people could mark this very special and poignant event with a three day commemorative weekend. Up and down the country, many private and community events were planned, including many in West Berkshire, but unfortunately these have all been cancelled since the lockdown measures were introduced.

However, one Royal British Legion standard bearer has organised a "virtual parade" to mark the anniversary. At the time of writing, Steven Carr, a member of the RBL's Huntingdon branch, had got more than 300 standard bearers to take part in a Facebook video, to be released to celebrate the day on 8th May.

Also at the time of writing, it has been proposed that, across the nation at 9pm on the day, everyone is invited to join in a UK-wide rendition of Dame Vera Lynn's "We'll Meet Again".

Remembering VE Day

I was 15 in May 1945, when Britain celebrated VE Day. It stood for Victory in Europe and followed an agreement by the Allied powers following the German surrender. Needless to say, although the war with Japan was not over, it was a noticeable moment. No more bombs, missiles and blitz – and the 'boys' would come home!

I have two very clear memories of the day itself. The first was the street party which took place in our road on a housing estate in North London. With official permission, the road was closed off, tables were set up, food and drink were served. We spent the afternoon in races and competitions. Dads, mums, teenagers and children then sang the wartime songs, and 'Jerusalem' and 'God save the King'.

The other memory is an image of a sailor kissing a young woman - surrounded by happy laughing people. This iconic photograph was in one of the papers the next day, then on camera newsfeeds and is in just about every journalistic library. Somehow it captures the mood of the day – freedom, warmth, the good things of everyday life.

VE Day did indeed mark a turning point, though not everything was going to be easy in the post-war years. But the hideous shadow of war had gone and 75 years later it has yet to return to these shores, thank God.

By David Winter



Computer Support

Diagnose Broadband Faults £50

Full Computer Health Check and Tune Up £50

WiFi Improvement
Computers and Smartphones
Upgrades and Repair
Training and Support

No Fix - No Fee

Local, Friendly Service based in Sulhamstead

07980 800206

westberksprepair@outlook.com

Fix Those Niggles

Local Handyman

From Dripping Taps
To

Complete Kitchens

Friendly, Reliable, Insured

Sulhamstead

07980 800206

DIGENCY

ELECTRIFY YOUR MARKETING



Digency can help you to electrify your marketing and grow your business by...

- Generating More Leads for Your Business
- Converting More Leads for Your Business

WEBSITE DEVELOPMENT

MARKETING
AUTOMATION

REPUTATION & REVIEWS

ONLINE ADVERTISING

SEARCH ENGINE
OPTIMISATION

SOCIAL MEDIA
MARKETING

Contact us now to find out how we can help you!

www.digency.net

info@digency.net

01635 229160

Peter & Deborah James
Challow, 7 Wisers Firs
Ufton Nervet
Reading
RG7 4EH

Pound Court
Pound Street
Newbury
Berkshire
RG14 6AA

Hooray it's May!!!

*It's May, it's May, the lusty Month of May
That lovely month when everyone goes blissfully astray
It's here, it's here, that shocking time of year
When tons of wicked little thoughts merrily appear...*

Remember this song from the musical Camelot? Well, if we are all still confined to our homes we won't be gamboling around the woods and fields as they did in the film but it might be interesting to read why May became a month that was celebrated.

In medieval times, May Day was often celebrated by young men and women dancing on the village green around a specially-decorated tree called a maypole. The branches of a slender tree were cut off, coloured ribbons tied to the top and the revellers held on to the ends of the ribbons and danced. Some villages still carry on the tradition today. Before the dancing began there was also a procession led by a woman appointed May Queen for the day. Sometimes she was accompanied by a May King, who dressed in green to symbolise springtime and fertility.

The church in the middle ages tolerated the May Day celebrations but the Protestant Reformation of the 17th century soon put a stop to them. The Puritans were outraged at the immorality that often accompanied the drinking and dancing - and Parliament banned maypoles altogether in 1644. But when Charles II was restored to the throne a few years later, people all over the country put up maypoles as a celebration and a sign of loyalty to the crown.

May Day had a boost in popularity again in the 19th century when the Victorians seized on it as a "rustic delight". But many of the significant pagan aspects of the day were ignored by our strait-laced ancestors and instead of a fertility rite, dancing around the maypole became a children's game.



"Bringing in the May" also involves getting up very early, gathering flowers, making them into garlands and then giving them to your friends to wear. If you are feeling particularly charitable, folklore advises that it is good time to make up a "May Basket"



If you are feeling particularly charitable, folklore advises that it is good time to make up a "May Basket" to celebrate the beginning of Spring, baskets of flowers and treats were anonymously hung on the doors of friends and neighbours, ring the bell and then run – well we are observing social distancing! Would be nice if this old tradition became fashionable again!

For traditionalists other things to do on May Day include getting up before dawn and going outside to wash your face in dew - according to folklore this keeps the complexion beautiful. Well that's what I'm off to do - I need all the help I can get!!!

Thoughts on Life in quarantine

Full marks to Jamie Oliver for his Channel 4 series, 'Keep Cooking and Carry On', showing us how to make tasty meals with basic ingredients and minimum fuss.

The pandemic has prompted other encouraging responses. One mother in the 'at risk' category said her adult children thought she was immortal until now. Now they ring her every day to see how she's getting on. An elderly clergyman had offers to shop from two new neighbours whom he hardly knew. The whole nation stopped taking the National Health Service for granted and started showing gratitude. Telephone, television, the internet and email has prevented many from going stir-crazy.

But this isolation is tough for many: families getting used to each other's company and foibles for long periods, couples parted from each other by distance or illness. Those living alone cut off from visitors and communal activities. Churchgoers missed Holy Communion at Easter for the first time.

But Alone-ness, rather than loneliness, can be productive. Albert Einstein valued time alone, when he could "go for long walks on the beach so that I can listen to what is going on inside my head." Isaac Newton's greatest discoveries began when he escaped the effects of the bubonic plague, by returning home to the family farm in Lincolnshire.

Having a Party?

Fabulous food without the fuss

Friendly locally based caterer
Specialising in great personal service and
culinary excellence

Canapés Buffets

Dinner Parties Corporate Events

Rachel Moynagh Catering

07973 538 639

rachel.moynagh@hotmail.co.uk

RLD HOMES & GARDENS

Internal & External Property Maintenance

Looking to improve your home/garden?

Portfolio and references available

Fully insured

**For a Professional, Reliable and Trustworthy
service**

Call Richard on: 0118 983 3001

07834 436 867



The Rainbow Montessori Nursery

The best thing you can give your child next to values are great memories!

Fun and learning in a safe and caring environment.



All grants available - no hidden costs

Gillian: 07889 794 122 Gill: 07702 084 099

<http://www.rainbowmontessorinursery.com>

Email: rainbowmontessori@outlook.com

The Scout Hut, Hollybush Lane, Burghfield Common



Ufton Court's rustic tithe barn and Tudor manor house for civil ceremonies and wedding receptions



Ufton Court, Green Lane, Ufton Nervet,
Reading, RG7 4HD

0118 963 2099 | www.uftoncourt.co.uk/weddings
| weddings@uftoncourt.co.uk

Proceeds from your wedding go towards our children's charity



a dream day that leaves a lasting impression

My Self-Isolation Diary

Day 1

I can do this! Got enough food and wine to last a month!

Day 2

Opening my 8th bottle of wine. Fear that wine supplies may not last ...

Day 3

Strawberries: some have 210 seeds, some have 235 seeds. Who knew?

Day 4

8pm: changed from Day Pyjamas into Night Pyjamas.

Day 5

Today I tried to make hand sanitiser: it came out as gin jam.

Day 6

My turn to take out the rubbish. I'm so excited, I can't decide what to wear.

Day 7

Laughing far too much at my own jokes.

Day 8

Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business...

Day 9

Put wine bottles and tins of G&T in every room – tonight I'm getting dressed up and going bar hopping ...

Day 10

Struck up conversation with a spider today. Seems friendly; he is a web designer ...

Day 11

Isolation is hard: swear my fridge just said "Not again. What do you want now?"

Day 12

Just realised why dogs get so excited about something moving outside, going for walks or car rides. Think I just barked at a squirrel.

Day 13

If you keep a glass of wine in both hands you can't accidentally touch your face.

Day 14

Watched birds fight over a worm. Magpies lead Canaries 3-1 ...

Day 15

Anybody else feel like they've cooked dinner about 365 times this month?

Day 16

Aaaaaaargh

Community Cafe

Although closed until further notice our volunteers are helping the community in whatever ways they can.

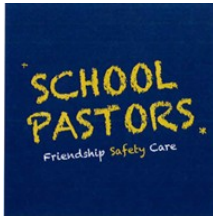


Alex Lines, Manager Café B

cafeb@togetherinmission.org.uk

www.facebook.com/CommunityCafeB/

School Pastors



Schools are closed and social distancing has temporarily halted our service ... but new volunteers will be needed even more once things return to normal.

Lynn Everett, School Pastors Coordinator

07778 911182

schoolpastors@togetherinmission.org.uk

www.facebook.com/TiMSchoolPastors

www.twitter.com/TiM_Pastors

Caring in the Community Continues

Our volunteers are keeping in contact with their friends (clients) and helping others as part of the Community Support Group. Thank you to all those who have donated food items which have been distributed to our friends and residents in Burghfield and Mortimer.



Bev French, TiM Friends Coordinator

07748 686615

bevfrench6@gmail.com

THANK YOU

to Stratfield Mortimer Relief in Need (SMRiN)
for providing emergency funding for TiM Friends

We value your support of TiM via

'Local Giving' at localgiving.org/charity/tim/

Together in Mission. Registered charity number: 1135307

Registered office: 16 Goodwood Close, Burghfield Common, Reading, RG7 3EZ



SUN Village Hall

Sulhamstead & Ufton Nervet Village Hall
Sulhamstead Hill, Sulhamstead, RG7 4DD



- Functions
- Parties
- Meetings
- Community Events
- Societies
- Neighbourhood Groups
- Exhibitions
- Classes

An ideal location, the Village Hall is a great facility close to home at the heart of our community. A perfect venue for groups, meetings and celebrations.

Making available for hire two separate halls, one with a stage, along with a fully equipped kitchen and restrooms and ample parking with easy access from A4 Bath Road and surrounding villages.

Trestle tables and chairs are included in the hire charge, which is £10 per hour per hall for regular users and £15 per hour per hall for one-off events, and £25 per hour for the entire Village Hall, with a small additional charge during the Winter months to cover heating costs.

To book the Village Hall call
Linda Hannington
Hall Manager on (0118) 983 2383
www.sunvillagehall.com



PCS CARS

- Private Hire
- Airports
- Shopping
- Nights Out



**Travel Tokens
Accepted**



**Telephone: 0118 933 2548
Mobile: 07761 004741**

A . B .

WALKER

THE FUNERAL PEOPLE

YOUR LOCAL,
TRUSTED,
INDEPENDENT
FUNERAL
EXPERTS



WHATEVER YOUR BUDGET, WHATEVER YOUR WISHES, WE'RE HERE TO HELP

WE OFFER A RANGE OF FUNERAL SERVICES TO SUIT EVERY BUDGET - FROM BASIC, LOW COST OPTIONS TO PREMIUM AND PERSONALISED ADD-ONS. WHATEVER YOU CHOOSE, YOU CAN BE SURE WE WILL CARRY OUT YOUR WISHES TO THE LETTER. WE ARE A FIFTH GENERATION FAMILY BUSINESS WITH OFFICES THROUGHOUT BERKSHIRE. WE OFFER CHOICE WITHOUT COMPROMISE ON SERVICE OR CARE.

CALL FOR MORE INFORMATION
ON OUR FULL RANGE OF FUNERAL AND
BEREAVEMENT CARE SERVICES

TILEHURST 0118 304 0068

THATCHAM 01635 873672

READING 0118 957 3650

www.abwalker.co.uk

Proud
to offer



Golden
Charter

Funeral Plans

SUN E UPDATE

Due to Covid-19, the Produce Show has had to be cancelled. It is too early yet to understand whether other events will be postponed or cancelled but we still hope to hold the following:



- Village picnic, at Sulhamstead Cricket Club ground on Sunday 23 Aug
- Classic car show - if we can find a venue
- Music evening at Ufton Court on Friday 4 December.

We will be working closely with the Village Hall committee to identify potential joint events and current suggestions include bingo, beetle drive, treasure hunt and a bluebell walk.

SUN E is working closely with other village groups to enact a coordinated response to the Coronavirus outbreak

SUDUKO SOLUTION

8	2	1	6	5	3	9	4	7
6	5	9	1	7	4	3	2	8
7	3	4	8	2	9	6	1	5
5	4	3	9	1	7	2	8	6
2	6	7	5	4	8	1	3	9
9	1	8	3	6	2	5	7	4
4	7	5	2	9	1	8	6	3
1	8	6	4	3	5	7	9	2
3	9	2	7	8	6	4	5	1

1ST UFTON NERVET SCOUT GROUP NEWS

IN THE LAST MONTH

Sadly we had to close Scouting when the Schools closed so we have been still doing activities via Facebook and Zoom meetings.

Beavers, Cub & Scouts have been send activity information via email and asked to post their pictures each week on our Facebook page.

Explorers are getting a short Vlog from Vince each week with a challenge to do and post on the Facebook page.

On 29th March we should have been enjoying pancakes at our Pancake Breakfast at the Village Hall so we challenged everyone to post pictures of them making and eating pancakes that morning.



Amberwood Designs

With a wealth of experience,
we have the skills to help.

Searching for Double Glazing in Berkshire,
North Hampshire, South Oxfordshire or the surrounding areas?
Looking for a service of the highest quality, at a price you can
afford, make your first call to the professional and friendly team
in place at Amberwood Designs.

OUR SERVICES...

- PVCu Windows • Doors & Conservatories
- Bi-folding doors • Made-to-measure windows
- Guardian warm roof systems • Porches
- Carports • Canopies • Composite Doors



0118 982 0300



amberwooddesigns.co.uk



Office 1, Estate Offices, Youngs Industrial Estate,
Paices Hill, Aldermaston RG7 4PW

PURCO PRINT

0118 958 8737
For a Sharper Image

keep business flowing.

Stand out with professional personalised marketing material.



We design and print quality stationery:

Flyers Menus Bill Pads
NCR Sets Posters

Letterheads Business cards
Magazines and Brochures

www.PurcoPrint.co.uk
sales@purcoprint.co.uk

Unit 3 - 4, 132 Bath Road, Reading. RG30 2EU
Great prices - Fast delivery

- Letterheads • Business Cards • Bill Pads • Folders • NCR Sets • Leaflets •
- Magazines & Brochures • Flyers • Menus • Posters • Compliment Slips •



SULHAMSTEAD & UFTON CRICKET CLUB

The Watson Oval, Jack's Booth Ground, Bath Road, Near Theale, Berkshire RG7 5HP

Junior coaching is on Monday from 6.00 – 7.00pm.
There is always cricket to watch or play on a Saturday and most Sundays, weather permitting, so come and join us.

Club Captain: Steve Belcher 07878 544369

Colts Co-ord: Sarah Mercer 07540 924471
sarahitamercer@hotmail.co.uk

William and Thomas at home

Hello Dear Readers,

Well, since I last wrote, things have been very different in our house. Mummy and Daddy are now at home all the time. They are always on the phone and working on their computers and often have to tell Thomas and me to "be quiet". They take it in turns to look after us as we do not go to nursery anymore. Come to think of it, we do not see any of our little friends any more or our grandparents. We have long sessions jumping on our trampoline and in our play- house but nobody comes to the house any longer. Mummy sometimes buys shopping for neighbours and she occasionally goes to the post office. We have the daily jaunt to our post box where we find letters and things to amuse us but it is all very quiet. Sometimes Mummy and Daddy take us into the woods. Last weekend we had to rush home pretty quickly when Thomas trod in something nasty and tried to pick it off his shoe with his fingers.

Last week was Thomas' birthday. He was two. He had a few presents in the post, and I had one too, and then we looked on Mummy's laptop and all our cousins and family were singing "Happy Birthday". We had half an hour or so of this and then we got a bit fed up and wandered off. I must say Thomas and I enjoyed his chocolate birthday cake though. Thomas is a very chatty little boy and keeps on singing happy birthday to himself.

Maybe it was because of all the chocolate cake, and a glass of two of something sparkly in Mummy and Daddy's case, that they made an interesting decision. Thomas is to come and sleep in my room! Daddy moved his little bed into my room. Several of my toys had to be put away and we found some tee shirts and socks which had been missing for a while. There was also a bit of old, chewed rusk and some fluff.....

Daddy lugged Thomas' bed in and put it in the corner of my room. We are told we must go straight off to sleep. Sleep, I may tell you, was the last thing on our minds. We got out of bed very quietly and then started to jump around. The bedside table crashed to the floor and the lamp broke. Then we had a swing on the curtains.

As soon as we heard steps on the stairs we flew back into our beds. Daddy was not amused. We were given a warning and he took the broken pieces of the lamp away. By now it was getting very dark. Normally we are asleep within minutes. Thomas bravely begins to sing happy birthday yet again and I join in loudly. This time Mummy comes up and lifts Thomas back into his cot in his old room. I make a real fuss and beg for Thomas to come back but it is no good. Mummy says she has had enough. We fall asleep in separate rooms.

We hear from our cousins in London who are being taught at home. Their school is closed too. They do half an hour of physical activity in the morning which wears everybody out, followed by hard Maths. Next comes History. Dax is learning about the Vikings and Penelope is learning about ancient Egypt. They have to do writing and reading every day. They spend time at the end of the day in the local park but have to keep away from other people.



We hear from Mama and Pop-Pop that they are enjoying the peace and quiet. They have lots of birds in their garden and are taking life very slowly. Thomas and I do not know how long this will last and we really hope that things will soon return to normal. We also hope that everyone is keeping well.

With love from William and Thomas

Grow your lawns!

The Royal Horticultural Society (RHS) has called on people to allow flowers to grow on their lawns, instead of insisting on smooth green surfaces.

The reason is because nearly 7.5million acres of meadows and pastures rich in wildflowers have been lost since the Thirties, thus removing a vital source of food for pollinators, many of whom are now in steep decline.

The nation's 15 million gardens could help a lot in supporting bees, butterflies and other bugs looking for nectar.

IT SEEMS LIKE YESTERDAY!

All in the month of MAY ...

200 years ago, Florence Nightingale was born. This Italian-born British social reformer and statistician saved thousands of lives and became the founder of modern nursing.

90 years ago, British aviator Amy Johnson became the first woman to fly solo from England to Australia.

80 years ago, the Home Guard was established, nicknamed Dad's Army as it was comprised of volunteers who were ineligible for military service, usually because of their age.



Also 80 years ago, The Battle of Dunkirk commenced, as Allied forces launched a massive evacuation of troops from Dunkirk, across the English Channel to England after they were cut off by approaching German forces. Nearly 340,000 soldiers were rescued in a hastily assembled fleet of 800 boats.

75 years ago, Victory in Europe day.

70 years ago, the first Formula One World Championship race was held, at Silverstone in England. (This race is also known as the 1950 British Grand Prix.)



50 years ago, the Beatles released their final album, *Let it Be*.

40 years ago, Operation Nimrod took place, when the SAS stormed the Iranian Embassy in London after a six-day siege.

20 years ago, Ken Livingstone was elected as the first Mayor of London.

10 years ago, the General Election resulted in a hung parliament when a coalition government was formed with David Cameron as Prime Minister and Liberal Democrat Nick Clegg as Deputy Prime Minister.

CHILDREN'S BOOKS

Some old favourites

0-5 years

"Slowly, Slowly, Slowly," Said the Sloth
by Eric Carle

Sloth lives in the rainforest with pumas, bats, monkeys and many more animals. Sloth's fellow creatures can't understand why he is so quiet, so slow and so lazy.

6-8 years

The Milly-Molly-Mandy Storybook
by Joyce Lankester Brisley

Milly-Molly-Mandy lives with her mother, father, uncle, aunt, grandmother and grandfather in a 'nice white cottage with a thatched roof'. In each of these twenty-one stories, she sets off on an adventure, sometimes with the help of 'little-friend-Susan' or neighbour Billy Blunt.

9-11 years

The Lion, the Witch and the Wardrobe
by C S Lewis

When the Pevensie children - Peter, Susan, Edmund and Lucy - step through a wardrobe door in the strange country house where they are staying, they find themselves in the land of Narnia.

12-14 years

Watership Down
by Richard Adams

In spite of its rabbit characters, there is nothing fluffy or gentle about this gripping tale of perilous adventure which won both the Guardian Children's Fiction Prize and the Carnegie Medal.

Protecting yourself online...

As the world moves more towards being online, it's important that we don't forget to protect ourselves from cyber crime. It can be daunting having to learn new processes like online banking and keeping in touch with our friends and families on social media, but did you know that £1.7million was lost to cyber criminals by residents in the Thames Valley between April 2018 and March 2019?

Here are some of the simple actions that you can take to protect yourself online:

Use a strong, separate password for your email. By creating a separate password for your email account, you're securing yourself should your password be stolen from an account elsewhere. Choose three random words and substitute letters for numbers to make the password harder for someone else to guess.

Watch out for fake emails & texts asking for your information. These are called phishing messages, and they can sometimes look like they're from genuine sources. Look out for tell-tale signs such as poor spelling and grammar, incorrect email addresses and requests for information or payment out of the blue. Never give out your personal information unless you are sure it's from a trusted source.

Install the latest software and app updates. You wouldn't put an old set of tyres on your car. Why would you trust old software to protect your personal data? Software and apps are regularly updated to secure against the newest viruses and online threats. Check the settings on your phone and computer to make sure you have the latest updates installed. Call your manufacturer or go on their website if you're not sure how to do this.

Secure your social media. Social media is a great way for us to keep in touch with loved ones and share our lives with them, but would you want a stranger to see this? Check the settings of your social media accounts to make sure you have adequate privacy filters enabled.

More details on how to protect yourself from cyber crime can be found on the [Thames Valley Police website](#).

If you think you have been a victim of an online scam, you should report this to Action Fraud on their website or by calling **0300 123 2040**.





Burghfield and District Branch Royal British Legion
The Royal County of Berkshire

“LIVE ON”

To the memory of the fallen and the future of the living

BRANCH MEETINGS

IN ACCORDANCE WITH GOVERNMENT GUIDELINES, OUR
MEETINGS HAVE BEEN CANCELLED.

WE WILL KEEP MEMBERS INFORMED ON AN ONGOING BASIS
AS SOON AS INFORMATION BECOMES AVAILABLE.

Our Branch continues to go from strength to strength – we now have more than 120 members most of whom have not served in the armed forces. However, we all support the great work that the Royal British Legion does to help ex servicemen and women who are in need. We meet monthly on the fourth Tuesday of each month at Burghfield CSA and we always have inspirational speakers.

If you would like to come to our meetings and possibly join our branch you would be most welcome.

Just call Jane Steeds on 0118 983 2320.

CAN THE LEGION ASSIST YOU?

National Welfare Helpline - 0808 802 8080 (free landline call)

<http://www.britishlegion.org.uk/can-we-help>

MOTs only £40



Spratley's
service since 1908

Spratley's
Your local
WHILE-U-WAIT
MOT (by appointment)
Testing Station

0118 933 2338

w: www.spratleys.co.uk
e: service@spratleys.co.uk

60/62 Victoria Road | Mortimer | RG7 3SG



Service | MOT | Repairs | Car Sales

Sulhamstead Parish Council

Chairman: Margaret Baxter Tel: 0118 983 1306
Clerk: Tina Harris

Ufton Nervet Parish Council

Chairman: David Hannington Tel: 0118 983 2383
Clerk: Fiona Jones Tel: 07947 027065

MAGAZINE ADVERTS

To place an advert in this magazine please contact:
Mrs Felicity Holden
Tel: 0118 983 2459
Email: adverts@sunchurch.co.uk

ADVERTISING RATES

Whole page: £110 per year
Half page: £75 per year

Cheques should be made payable to: SUN PCC

Can we help?

Bland's School Foundation Trust is a Burghfield charity which provides small sums to support the education of children who need financial assistance and live or attend school in Burghfield. The charity looks at education in the widest sense and donations have been made for school trips, scout trips, courses and educational equipment.

If you think you might qualify for a donation towards a specific activity please do not hesitate to contact:

Lotte Plant (Secretary and Trustee) 01189 832205 or
email: carlottaplant@gmail.com

St Mary's Church

The United Benefice of Sulhamstead Abbots
& Bannister with Ufton Nervet

Sulhamstead Abbots, Berkshire

RG7 4ED - United kingdom

WARNING - this GPS Postcode is 1/4 mile from the Church - Go Northwest



St Mary's, Sulhamstead Abbots, is part of a parish that includes Sulhamstead Bannister and Ufton Nervet. Worship has taken place on this site since 1189, possibly earlier. Most of the church is 13th century, with major restorations in the 15th and 19th centuries and a parish room erected in 2000.

A schedule of service is published in the monthly Parish magazine .

Rector— Revd Canon John Paton

Tel: 0118 3842158 sunrector@outlook.com

SUNDAY SERVICES

- 8.30am Holy Communion B.C.P - 1st and 5th Sundays**
- 10.00am Holy Communion C.W - Weeks 2,3 and 4**
- 10.00am Parish Communion 1st Sunday Service & Children's Church**

For all information about St Mary's Church, Sulhamstead Abbots visit our website

www.sunchurch.co.uk