

Charvil Village News

Summer 2018



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Inside this issue

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MONDAYS

| | | |
|----------------------|----------|---------------|
| CHARVIL VILLAGE HALL | RG10 9TR | 10:00 – 11:00 |
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| CHARVIL PIGGOTT PRIMARY | RG10 9TR | 19:30 – 20:30 |
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WEDNESDAYS

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|-------------------|----------|---------------|
| TWYFORD SCOUT H/Q | RG10 9JA | 10:00 – 11:00 |
|-------------------|----------|---------------|

| | | |
|-------------------------|----------|---------------|
| CHARVIL PIGGOTT PRIMARY | RG10 9TR | 19:30 – 20:30 |
|-------------------------|----------|---------------|

smileysam@me.com

Editor's Introduction

I hope you have been enjoying the benefits of our unusually dry, hot and prolonged Summer, perhaps having the opportunity with the glorious weather to get out and about and enjoy what Charvil has to offer.

This issue includes a look back at the recent Charvil Village Fete and information on how you could get involved in village life as a Councillor, as there are currently some vacancies on Charvil Parish Council.

As always, there is lots of useful information regarding village events and the activities of many Charvil-based groups, societies and charities. If your group or club would like a mention, or to publish an article in this magazine, please do let me know.

Please do continue to share your thoughts and highlight your issues and concerns by contacting the CPC team using e-mail or www.charvil.com (which also has news and information about our council, facilities and village life), as well as following us on Facebook and Twitter.

Wishing you a warm, sunny and pleasant end to Summer. On behalf of the Parish Council, I hope you enjoy this latest issue of Charvil Village News.

Amanda Burton, Assistant Clerk

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Chairman's Foreword

Dear Residents

I'm writing this Foreword in the sweltering heat of the UK's hottest summer for as long as most of us can remember; my lawn is yellow (what lawn!), as I suspect is everyone else's, along with the Council's playing fields at EPF. Maybe this will be some long-forgotten memory by the time that this Newsletter is published!

Last weekend a goodly number of us attended the annual Charvil Village Fete on the EPF fields. Let me take this opportunity to say a heart-felt 'thank you' and 'congratulations' to the new Fete Committee who did a truly excellent job this time. We had a considerable number of new ideas and new events at the fete, which really gave it a 'community' feel. To those Charvil residents who were not able to attend, I strongly suggest that you put it into your diary for 2019 right now!

Avid readers of our Newsletter will know that in my last Foreword I gave a quick summary of some of the changes in our Parish Council line-up. At that point we were up to our full complement of ten councillors, albeit that a number were relatively new faces. As a result we have made some changes to the various committee structures and members, such that the 'new faces' are supported on all committees by the more experienced councillors. We have also created an additional committee specifically to address 'Planning/Environment/Highways' as we felt that these issues were not receiving the level of councillor scrutiny which they required.

While I am on this subject, I have to acknowledge the resignation of two councillors; John Hobson and Fiona Mowlem. John is moving out of the area and Fiona has increased family commitments which would make it impossible for her to provide the level of involvement which she believes is required. I would like to take this opportunity to thank Fiona and John for the very significant contributions which they have made to Charvil Parish Council over the past few years; we will miss their experienced and energetic input to council debates, and also to the various projects which they both took responsibility for outside 'normal' council time.

Having said that, it becomes clear that the council will soon be advertising for residents to put themselves forward for co-option into the above two vacancies.

As I have said before, and most recently in our Winter Newsletter, if you have a skill to offer, an interest in working to improve the village, and some element of spare time (particularly on alternate Monday evenings), then we would like to hear from you; please pass your name (and ideally a short CV) on to the Parish Clerk at clerk@charvil.com. In addition, every council meeting has an 'Open Forum' at the start where any resident can ask questions or make any point which they feel the council should hear. Residents are also free to sit through any council meeting as an observer if you feel that you would like to better understand what we do before putting your name forward.

In my last Foreword I laid-out in some detail the upcoming (and significant) 'Planning' issues which we are likely to see over the coming few years. I have to admit to being a little surprised at the absence of any feedback on this, given its inevitable impact on the village. I will do my best to include any further updates in my future Forewords.

In conclusion, the council continues to invest in the facilities of the village, particularly in the Pavilion and the Sports facilities at EPF which we took-over from Wokingham two years ago. In addition, we continue to seek ways in which we can work with Wokingham Borough Council to help us establish a new pre-school in the village, although (as I have said before) this will be a long-term project. Again, we would welcome any input from residents as to what further facilities or projects you would like us to work on to improve our village.

Very best regards

Jim Gillett – Chairman: Charvil Parish Council

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Edited Extracts from the Minutes of Parish Council Meetings

Meeting held on 19th March 2018

ENVIRONMENT - To hear an update on the idea of introducing bottle banks to Charvil – Cllrs. Andersen and Hartley said there was a need for more consultation, but so far, the general feeling was that yes, there should be recycling facilities in Charvil, and that they should be at the Village Hall. This site has already been ruled out due to the proximity of houses and given the negative feedback on facilities being located in Milestone Avenue, it was resolved that Council would recommend East Park Farm, subject to more consultation with local residents.

To hear an update from the Local Planning Update meeting attended by the Chairman on 10th March – The Chairman explained the background of the meeting; that it was arranged by David Locke Associates, who have been tasked with looking into the three large sites that have been put forward in the Local Plan Call for Sites. There is much local opposition to building in the Greenbelt, but WBC need to show they have investigated all sites, otherwise they could fall foul of the law when it comes to the final Planning Inspection of the Local Plan. There was also some discussion about where development might be considered acceptable in the Northern Parishes, and what infra-structure changes needed to be made – possibly a Twyford by-pass to mitigate the pollution at Twyford Crossroads, for example.

Meeting held on 23rd April 2018

HIGHWAYS - To hear any news on Pipistrelle Way – Cllr. Mowlem reported that Borough Cllr. Baker said he would chase up the issue, but it may be that, because the developer had opted not to pay the extra to have the road adopted when the road was built, the Borough would not think it fair to adopt now.

To hear an update on the Park Lane roundabout – The Village Society are adopting the roundabout and have started planting fresh shrubs. Residents are already commenting on how much better it is looking.

The Chairman reported that he had been in communication with the Highways Department regarding the potholes in Waingels Road and under the railway bridge in Park Lane and is waiting for further action.

ENVIRONMENT - To hear an update on the idea of introducing bottle banks to Charvil – Council and residents both felt that East Park Farm was the best location, but both the WBC contractor and the headmaster of Piggott had objected. It was suggested that Council should put one at both East Park Farm and Milestone Avenue for a trial period of three months. *Clerk's note: WBC have confirmed that their contractors will not put bottle banks at the East Park Farm car park.*

To inform Council of the Stream Pollution and possible further action – It was reported that the Borough Councillor had met with Thames Water and had checked the water coming from the Homestead, which was clean. The Thames Water representative felt that there may be something under the bridge causing the contamination that had been observed. Councillors who had seen the pollution felt that a check needed to be conducted in the morning because this was when oil and a strong fuel smell were most evident. It was agreed that samples would be taken from the stream and given to the Borough Councillor who would follow it up.

To hear any news from the CPRW and any local plan developments – The petition to discuss this issue at WBC has been reached, and it has been proposed that this debate should take place in Loddon Hall. The possible issues with the proximity of Aldermaston the Grazeley sites have been resolved and the site has been shortlisted by the Government for possible extra Garden Village funding. The final decision will be taken in the autumn. The public consultation on the Local Plan will take place in May/June. Borough Cllr Hallsall is to come to the Annual Parish Meeting.

Meeting held on 21st May 2018

To consider any matters arising from the Annual Parish Meeting and note anything that will need to be added to a future agenda arising from this – Some residents reported that they thought the Network Rail compound on Waingels Road would need to be there beyond August and wondered whether Network Rail may add pressure on WBC to have the road constriction removed. Another resident felt there were too many signs on the Park Lane roundabout.

Another asked whether the SID could be moved to the A4 and finally, a resident complained that he had not had a reply from the Council regarding the trees on The Hawthorns. *Clerk's note: the clerk never received such an e-mail.*

To consider the reply to the Chairman regarding potholes The Chairman had complained to Wokingham, and after some time, had a reply from Gareth Wisemen apologising for the poor quality of repairs, and that to do them properly, the bridge on Park Lane will need to be closed, and there will have to be traffic lights on Waingels Road, both of which will take some time to organise. *Clerk's note: emergency repairs have been made to the worst holes.*

To hear any more information on the Stream Pollution – Cllr. Keward reported that the Environment Agency has cleaned out the stream under the bridge, and that he has not seen any pollution for the last three weeks. He will continue to monitor.

Amenities Committee – The minutes of a meeting on 14th May were noted. The issue of whether to allow Freckles Pre-school the opportunity to ask OFSTED to approve the pavilion as a suitable location for a pre-school was discussed. It was accepted that the logical conclusion of approval would be the acceptance that we would have to give notice on our very few daytime users. It was agreed that Council would allow Freckles to go ahead providing they accepted we would have to give existing users a three-month notice period, that they would have to be packed away, that evening lets start at 4.30 and they would have to work with that, that there are storage issues to be resolved and that Council would try to arrange an outdoor space for exclusive pre-school use.

Meeting held on Monday 18th June 2018

HIGHWAYS

There have been no further developments regarding Pipistrelle Way. The hedges on Park Lane need cutting back and the Borough Councillor has asked for this to be done. It was agreed to leave the Speed Indicator Device in the same place for now. *Clerk's note: the hedges on Park Lane have now been cut back.*

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To hear a report back from a meeting with Brenda Cowdery regarding Jubilee Hall and to decide if Council wishes to support her

– The Chairman gave a brief report on the history of the Hall and of the meeting he had with Brenda the previous week. Various ideas were discussed but in the end it was felt that the Parish Council would be better working on improving relations with the Church going forwards, as the most recent letter from the Vicar was unequivocal that he regarded this as the end of the matter and legally it would appear that the Church is within its rights to sell the land and for the proceeds to be spent on Church matters within the Parishes of Sonning and Charvil.

Planning Matters considered at recent Parish Council Meetings

The Council had no objection to the following applications:

- 180571 Application for the proposed erection of single storey side and rear extension following the demolition of existing conservatory plus conversion of existing garage to create habitable accommodation at 8 St Patrick's Avenue

- 180609 Application for proposed erection of a replacement dwelling with integrated garage following demolition of existing bungalow, store and detached garage at Thatcher's Mead, Thames Drive
- 180821 Application for the proposed erection of single storey rear extension following demolition of existing conservatory at 40, East Park Farm Drive
- 180829 Application for the proposed erection of a single storey front and rear extension at 15a Charvil House Road
- 181069 Application for the proposed erection of a single storey rear extension at 19 Cheviot Drive
- 181553 Application for the proposed partial erection of single storey side extension with pitched roof following demolition of existing flat roof side extension at 34 Chiltern Drive

Council made comments on the following applications

- 180174 Application for the proposed erection of single storey side/front extension to form porch and first floor side extension to Old Bath House, 2 Strathmore Drive – The clerk was asked to comment as follows:

Two previous applications have been made and refused for very similar extensions to this dwelling, and Council does not see any reason why this plan should now be acceptable. The main concern is that the building line will be breached and that this will set an unwanted precedent for future developments

- 180471 Application for variation to Conditions 10 and 11 of planning permission 173248 modifying the requirement that caravan residents be workers of 'A Better Service' and variation to Condition 14 to remedy errors in the maximum dimensions of the caravans at The Homestead, Park Lane – The clerk was asked to comment as follows:

Condition 10: Council accepts the proposal to include people who last worked on the site but feel that "adjacent businesses" could be open to interpretation, so would rather the wording be for businesses on the Homestead site.

180716 Application for the proposed erection of a three-bed detached dwelling at 111 Old Bath Road - The clerk was asked to object as follows:

1. *According to the MDD DPD and Borough Design Guide, any new development on gardens needs to make a positive contribution to the built area as stated in the MDD TB06. Council feels that this proposal fails to add anything positive because it will appear cramped between one house built to add a spacious feel to the street scene, and two historic cottages set in a verdant environment. While it is an improvement on the previous design put forward in 2016, Council feels this development would still have a negative impact on the area.*

2. *Given that permission has been given to build on the garden the other side of 111, Old Bath Road, to allow another dwelling on the site of the garage would clearly be over-development. This is made worse by the loss of all front garden space to parking, which will not be compensated for by new hedge planting contrary to CC03.*

3. *Council feel that the plan is completely out of character with the development heading east on the Old Bath Road, where the majority of homes have attractive front gardens, or at least some green areas as one would expect in a village. This development will create an urban feel to this area which is clearly of character when seen in the context of the rest of this part of the village contrary to CC02.*

4. *Council is concerned by the amount of misinformation included in the application form. The garage was demolished soon after the recent sale of the site, and all natural features have been removed from the site. There is also a question mark over the parking spaces. There are two spaces allocated to this dwelling in the plan, not four as stated in the application. Lastly, this will be increasing the numbers of dwellings by one, which is also not stated in the application.*

180787 Application for the proposed temporary use of a mobile home on site for 12-month period at 111 Old Bath Road – The clerk was asked to object as follows:

1. This site has been cleared without permission and should still be classified as a back garden. Given this is the case, siting a caravan, albeit on a temporary basis, is contrary to existing planning regulations.

2. To enable a mobile home to be placed on this site, hardcore has been placed over the complete site, so that it is completely out of keeping with the surrounding area. To compound this, the level of the site is significantly higher than the neighbouring properties, and so has a negative impact on the gardens of 117 and 119 Old Bath Road in terms of loss of privacy and run off from the site in wet weather.

181175 Application for the proposed conversion of existing residential unit to four self-contained flats with associated parking and amenity at 36 Park View Drive South – the clerk was asked to comment as follows:

As with the previous application, Charvil Parish Council has no concerns with the flats themselves, but because of the nature of the site, on the junction of the A4/Park View Drive South and sharing the site with a thriving shop, Council remains concerned about parking. Council is concerned where the staff running the shop will park their vehicles, as it is important to road safety that the existing customer spaces are used for their present purpose, not for staff or residents.

Council also remains concerned that there are no unallocated parking spaces.

180787 Application for the proposed temporary use of a mobile home on site for 12-month period at 111 Old Bath Road (revised plan) – The clerk was asked to object as follows:

The revised plan is for a bigger mobile home which makes the original transgression worse.



A black and white photograph showing a physiotherapist in a white shirt examining a patient's shoulder. The patient is shirtless. In the background, a large window with a grid pattern is visible.


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A black and white photograph of a woman lying on her back on a large exercise ball, holding a smaller ball above her head with both hands. She is wearing a white tank top.


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The following applications were approved by Wokingham Borough Council:

- 180010 Application for the proposed erection of single storey side extension following demolition of existing garage at 15 St Patrick's Avenue
- 180315 Application for the submission of details to comply with the following condition of planning consent (161453) 26/08/2016. 3. Materials 7. Landscape Plan 10. Dust Mitigation 11. Drainage 13. Cycle Store at 1, Park View Drive South
- 180212 Application for submission of details to comply with the following condition of planning consent F/2014/2503 and Appeal Reference APP/X0360/W/15/3130829 (dated 02/03/2017) 9. Site Access - provision to accommodate all site operatives, visitors and construction vehicles loading, off-loading, parking and turning within the site during the construction period on land to the west of Park Lane
- 173732 Application for the proposed erection of single storey side extension plus first floor side and rear extensions to 10 Gingells Farm Road
- 180821 Application for the proposed erection of single storey rear extension following demolition of existing conservatory at 40, East Park Farm Drive
- 180174 Application for the proposed erection of single storey side/front extension to form porch and first floor side extension to Old Bath House, 2 Strathmore Drive
- 180471 Application for variation to Conditions 10 and 11 of planning permission 173248 modifying the requirement that caravan residents be workers of 'A Better Service' and variation to Condition 14 to remedy errors in the maximum dimensions of the caravans at The Homestead, Park Lane
- 180571 Application for the proposed erection of single storey side and rear extension following the demolition of existing conservatory plus conversion of existing garage to create habitable accommodation at 8 St Patrick's Avenue
- 173680 Application for the proposed erection of first floor side extension to dwelling at 14, Chiltern Drive

- 181069 Application for the proposed erection of a single storey rear extension at 19 Cheviot Drive
- 180829 Application for the proposed erection of a single storey front and rear extension at 15a Charvil House Road
- 173542 Application to vary condition 2 and 10 of planning consent F/2014/20722 for erection of detached dwelling with new access, hard and soft landscaping and associated work. Condition 2 relates to the approved plan numbers, the new plan proposes preferred siting 1.5 metres forward, removal of chimney and basement. Condition 10 code for sustainable homes at 111 Old Bath Road.

The Following Application was refused by Wokingham Borough Council

- 173362 Application for the proposed conversion of existing residential units to four self-contained flats, associated parking and amenity at 36 Park View Drive South
- 173587 Application for the erection of one Five-bedroom dwelling and detached garage with access and parking at Oaklands, Beggars Hill Road
- 180224 Application for the proposed erection of 3 four-bed detached dwellings with on-site parking and access off Park View Drive South on land to the rear of 35-37 Park View Drive South
- 180450 Application for a certificate of lawfulness for the proposed conversion of existing garage to create habitable accommodation with link to dwelling at 15 Thornbers Way
- 180787 Application for the proposed temporary use of a mobile home on site for 12-month period at 111 Old Bath Road

FULL DETAILS OF ALL APPLICATIONS REFERRED TO ABOVE CAN BE FOUND ON: www.wokingham.gov.uk



For all the latest news, events and much more don't forget to visit
www.charvil.com

| Meetings of Charvil Parish Council 2018 | |
|---|--|
| 3 September 2018 | Amenities Committee Meeting |
| 10 September 2018 | Planning, Environment and Highways Meeting |
| 17 September 2018 | Full Council Meeting |
| 1 October 2018 | Amenities Committee Meeting |
| 8 October 2018 | Planning, Environment and Highways Meeting |
| 15 October 2018 | Full Council Meeting |
| 5 November 2018 | Amenities Committee Meeting |
| 12 November 2018 | Planning, Environment and Highways Meeting |
| 19 November 2018 | Full Council Meeting |
| 3 December 2018 | Amenities Committee Meeting |
| 10 December 2018 | Planning, Environment and Highways Meeting |
| 17 December 2018 | Full Council Meeting |
| <p>MEETINGS COMMENCE <u>AT 8 pm</u> and are held in <u>THE VILLAGE HALL,</u> <u>PARK LANE.</u> RESIDENTS ARE WELCOME TO ATTEND THESE MEETINGS</p> | |

| Charvil Parish Councillors | | |
|-----------------------------------|--|--------------|
| Jim Gillett | Chairman of Council | 969 7156 |
| Paul Mundy | Chair of Staffing | 934 5258 |
| Claire Andersen | Environment | 07500 931091 |
| Jackie Jeffery | Planning | 969 0834 |
| Jane Hartley | Chair of Planning | 07879 427350 |
| Adrian Keward | Chair of Amenities | 9346707 |
| Daljit Ryatt | | 07951 015713 |
| James Bell | Chair of Finance | 934 5221 |
| Parish Council Officers | | |
| Miranda Parker | Parish Clerk | 901 7719 |
| Amanda Burton | Assistant Parish Clerk and Newsletter Editor | 07850 234363 |

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Borough Councillor's Report

Dear Residents

What a lovely summer, I do hope you all took the opportunity during the warm days to get out and about around Charvil, Dinton Pastures and the River Thames.

Over the months, I have had very little to deal with and what I have dealt with has been with residents directly.

Fly Tipping: It is definitely on the increase, please let me know about areas that have incurred fly tipping.

Hicks Site: due to the location of access I am working with the officer to have this moved as it is too dangerous being in front of the exit route for the School. I have spoken to John Hicks and requested that some sense is prevailed as Hicks are waiting for the kerb to be dropped.

This new site gives me more ammunition to have a pelican crossing installed for the school.

Hedges: I do ask that you keep your hedges cut back, especially when they are next to a public footpath.

Bonfires: I noted a number of bonfires taking place, please take great care as a little rain is not enough to have dampened down hedges, fences etc.

Dog Fouling: If you see a business or individual not clearing up, please take a photo and send on to me or WBC and we will deal with the matter to the best of our ability.

Foster Caring: WBC have a shortfall of Foster Carers. If you would be interested in fostering please contact WBC or give me a call and I can direct you to the right people to talk too.

I can be contacted on emma.hobbs@wokingham.gov.uk or 07788 403841.

Emma Hobbs, Borough Councillor

Request for feedback from Wokingham Borough Council

The Overview and Scrutiny Management Committee is undertaking a review of the Council's grass cutting service.

The new service started in April 2016 and aimed to provide a more flexible service which responded to local needs and priorities. However, there have been a number of complaints about the quality and effectiveness of the service which has led to the review.

The Committee would like to hear the views of residents, Town and Parish Councils and Community Groups about the frequency and quality of grass cutting across the Borough. This could include the timeliness and frequency of cuts, the quality of the work, disposal of grass cuttings, impact of wildflower areas, information on the Council's website, complaints handling or any other issues.

The Committee will be holding witness sessions in the autumn, but, in the first instance it would like to receive written evidence or comments.

Details on how to submit evidence is available here:

<http://news.wokingham.gov.uk/news/overview-and-scrutiny-review-of-grass-cutting/>

Twyford Neighbourhood Policing Team Update from PCSO Mike Soones



Summer is now in full swing and with it brings temperatures of up to 33°! Whilst you have been working hard, at school or going on holiday and topping up your tans, the Twyford NHPT has been hard at work tackling issues within the community from anti-social behaviour to local thefts & robberies. We are delighted to report that anti-social behaviour in the local area has decreased and we are receiving fewer calls regarding this; however, we still urge residents to report any suspicious activity to the Neighbourhood Team. If you believe there is a crime in progress, please call 999; otherwise please report your concerns on our website www.thamesvalley.police.uk or by calling 101.

To prevent thieves spoiling your summer, please follow these simple steps:

- Ensure all windows and doors are closed and locked when you are out.
- If you want to leave windows open while you sleep, fit window restrictors so they cannot be fully opened, or be sure that they are not large enough to allow access to a burglar.
- When out in your back garden ensure that windows and doors to the front of the house are secure. It only takes a second for someone to get into your home and take things without you noticing.
- Do not leave valuables on display in front of windows or in reach of open windows or doors.
- Ensure that all barbecue and garden equipment and tools are securely locked up in a shed and out of sight. Tools and ladders can be used by a potential offender to break in to your home.
- Consider fitting outside security lighting, a visible alarm or CCTV cameras to deter burglars. Even using pea shingle or gravel on a driveway and spiky plants in flowerbeds can help.
- Don't leave any keys near entry points where they can be 'fished' or 'hooked' out through the window, letter box or cat flap.

Theft from Motor Vehicles

We have seen a rise in thefts from motor vehicles in recent weeks, most commonly with vans. We urge residents to report any suspicious activity to the Neighbourhood Team and to safeguard their own vehicles by following the below advice:

- Never leave your keys in the ignition while your vehicle is unattended.
- Always take precautions and lock your car.
- Make sure windows are closed, even if you're away from your vehicle for just a few minutes.
- Make sure nothing is left on display in your car.
- Never think leaving items in the boot or the back of a van is safe, who is to say someone didn't see you leave them there?
- If you do own a van, be aware that these are very easy to break into so ensure to add additional security, especially if you have high-value tools in the back.
- Try to park vans against a wall or garage door so that the back doors can't be opened.

Parking

We have had numerous complaints regarding commuter parking in many of the residential roads in the vicinity of Twyford Train Station. Wokingham Borough Council are now responsible for the parking issues and thus will be issuing the tickets. Thames Valley Police only issue tickets for obstructions. Also be aware that if there are no parking restrictions in the area of the vehicle, then we do not have any powers to deal with them and it will have to be dealt with via the local council. You can report parking issues to them at www.wokingham.gov.uk

In regards to school parking, we are aware that at times parking around schools can be dangerous and implore people to park with courtesy and thought. We do cover a large area which includes 10 schools so cannot always have an eye on the situation, which is why the support of the local community is invaluable.

Contact us

You can contact your local neighbourhood team at TwyfordNHPT@thamesvalley.pnn.police.uk – please note this email address cannot be used to report crimes or for any urgent matters.

If you do not have access to email, you can contact us via the Thames Valley Police non-emergency number on **101**. In an emergency, where a crime is progress or there is an immediate threat to life, always call us on **999**.

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Timetable of Local Clubs

| WHEN | TIME | GROUP | WHERE |
|------------------|---|--|-------------------------------------|
| Monday | 09:45 – 12:45 | Hawthorn Quilters | Charvil Village Hall Committee Room |
| | 10:00 – 11:00 | Zumba | Charvil Village Hall Main Hall |
| | 15:30 – 19:45 | Wargrave Ballet School | Charvil Village Hall Main Hall |
| | 17:30 – 19:00 | Charvil Beaver Group (2 nd Group) | EPF Pavilion Main Hall |
| | 19:00 – 20:30 | 1 st Charvil Guides | EPF Pavilion Main Hall |
| | 20:00 – 21:30 | Charvil Music | Charvil Village Hall Main Hall |
| | | | |
| Tuesday | 09:30 – 12:00 (Every other Tues) | Ferry Lane Quilters | Charvil Village Hall Committee Room |
| | 09:30 – 13:00 | Flower Painting Class | EPF Pavilion Main Hall |
| | 10:45 – 12:15 | Tapestry Choir | Charvil Village Hall Main Hall |
| | 14:00 – 16:00 | Short Mat Bowls | Charvil Village Hall Main Hall |
| | 14:00 – 16:00 (Every other Tues) | Senior Residents Club | Charvil Village Hall Committee Room |
| | 17:45 – 19:15 | Charvil Beaver Group | Charvil Village Hall Main Hall |
| | 18:15 – 20:15 | Charvil Cubs Group | EPF Pavilion Main Hall |
| | 19:30 – 22:00 (4 th Tues) | Reading Cigarette & Post Card Club | Charvil Village Hall Main Hall |
| Wednesday | 09.45-11.30 | Caterpillar Club (Toddler Club) | Charvil Village Hall Main Hall |
| | 10:00 – 13:00 (Every other Wed) | Berkshire Spinners, Dyers & Weavers | Charvil Village Hall Committee Room |
| | 19:00 – 21:00 | Short Mat Bowls | Charvil Village Hall Main Hall |
| | 19:30 – 21:30 | Charvil Art Group | Charvil Village Hall Committee Room |
| | 17:00 – 21:00 | Slimming World | EPF Pavilion Main Hall |

| WHEN | TIME | GROUP | WHERE |
|----------|--|---|-------------------------------------|
| Thursday | 09:00 – 10:00 | Pilates | Charvil Village Hall Committee Room |
| | 10:30 – 12:30 | Singing for the Brain (Alzheimer's Soc.) | Charvil Village Hall Main Hall |
| | 14:00 – 17:00 | Charvil Stitches | Charvil Village Hall Committee Room |
| | 17:30 – 19:00 | 1 st Charvil Brownies | Charvil Village Hall Main Hall |
| | 10:15 – 13:15 (2 nd & 4 th Thur) | Berkshire Spinners, Weavers & Dyers | Charvil Village Hall Committee Room |
| | 13:00 – 17:00 (2 nd Thur) | Sonning Flower Club | Charvil Village Hall Main Hall |
| | 18:00 – 19:00 | Weight Watchers | EPF Pavilion Main Hall |
| | 19:30 – 21:00 | Korean Martial Arts | EPF Pavilion Main Hall |
| | 19:30 – 22:30 (1 st & 4 th Thur) | David Chambers Dance Band | Charvil Village Hall Main Hall |
| | 19:30 – 22:30 (2 nd Thur) | Reading Cigarette & Post Card Club | Charvil Village Hall Main Hall |
| | 19:00 – 23:00 (3 rd Thur) | Hexagon Quilters | Charvil Village Hall Main Hall |
| | 19:45 – 21:45 (1 st Thur) | Charvil Women's Club | Charvil Village Hall Committee Room |
| | 19:45 – 22:15 (4 th Thur) | Charvil Wine Circle | Charvil Village Hall Committee Room |
| Friday | 09:00 – 10:00 | Pilates | EPF Pavilion Main Hall |
| | 16:45 – 18:00 | 1 st Charvil Rainbows | Charvil Village Hall Main Hall |
| | 17:30 – 19:30 | Windsor Higashi Karate Club | EPF Pavilion Main Hall |
| Saturday | 09:00 – 10:00 | Insanity Hit the Floor | Charvil Village Hall Main Hall |
| | 10:30 – 12:00 | GKR Karate Reading | EPF Pavilion Main Hall |
| | 10:00 – 17:00 (3 rd Sat) | Berkshire Guild Spinners, Weavers & Dyers | Charvil Village Hall Main Hall |
| Sunday | 09:00 – 11:00 | Chess Club | EPF Pavilion Main Hall |
| | 18:00 - 19:45 | Jewel Tones | Charvil Village Hall |

For further information on any of the groups listed, please contact bookings@charvil.com or call 07850 234363.

Charvil Village Society

Earlier in May the Village Society toured Bingham's Brewery in Ruscombe. Apart from tasting some great beer and taking advantage of the many products on offer in the shop, Chris Bingham recounted the fascinating story of the brewery's journey from concept to success. This is another event to add to the society's calendar in future years.

Thank you for all the positive roundabout comments. We're aware that some additional work is required to remove the rapidly growing weeds, so I'm hoping that by the time this article is published, the roundabout will once again look resplendent. The sponsorship signs are also on their way.

The village society committee needs help. We'll shortly have two vacancies, including a third team member for the ever-popular quizzes. So, if someone likes the idea of setting a few quiz questions, please get in contact.

The new data protection laws mean that we can only send you event information if you 'opt-in' to our communications. Please let me know if you are willing to receive the occasional email from us, as the changes have reduced our email distribution list by more than half.

A number of events are planned for the rest of the year, including:

Change of Date: Friday October 5, 2018: Village Quiz - 7:45 pm

Details and bookings through Mark A'Bear - Tel: 9343918

Bring your own drinks and nibbles.

£7.00 per person

Early booking essential



Saturday November 24, 2018: Village Quiz - 7:45 pm

Details and bookings through Mark A'Bear - Tel: 9343918

Bring your own drinks and nibbles.

£7.00 per person

Early booking essential

Wednesday December 26, 2018: Boxing Day Walk – 10:00 am

FREE - No booking required

Details of the Village Society and events can be found at:

<http://www.charvil.com/clubs-and-societies/charvil-village-society/>

Finally, in the past year, we've raised £850 from our events, and this money will shortly be distributed to our two chosen charities – Daisy's Dream and Younger People with Dementia. Thank you for your support, without which we couldn't run these events and raise money for worthy causes. At the AGM we'll be announcing our charities for the coming year.

Thank you for your support of the society, and don't forget to contact me and 'opt-in' to our communications.

Mark A'Bear – markabe@btconnect.com

Charvil Village Society

June's Cycle Training

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Charvil Village Fete, Fun for All the Family!



Despite the sweltering heat, there was a fantastic turn out for this year's Charvil Village Fete, which took place on Sunday July 8th at The Pavilion on East Park Farm.

The Fete saw the inaugural Great Charvil Cake Off take place, which was judged by Emma from Emma's Kitchen, Twyford and Jim Gillett (Chair of Charvil Parish Council).

The winners were:

Adult category:

Vintage biscuits – C Gwyn

Victoria sponge – T Bobela

Overall winner (trophy) – T Bobela



8-14 years category:

Decorated gingerbread man – E Brenton

Decorated cupcakes – Jesse Cowdery

Overall winner (trophy) – Jesse Cowdery



7 years & under category:

Decorated g/bread man – Greg Brenton

Decorated cupcakes – Fred Linham

Overall winner (trophy) – Fred Linham



Local business Busy Brushes Art Club provided a children's craft competition, making fabulous flying birds out of clay to be decorated.

The winners were:

Arthur, Mimi and Kiara



Hundreds of people enjoyed various fun-packed and educational activities, with Berkshire Reptile Encounters challenge brave children to hold a variety of snakes, while the emergency services provided a hands-on experience for aspiring fire fighters and police and ambulance men and women.

The Kids' Corner proved popular, with crafts, toys and a bouncy castle and obstacle course, and there were lots of stalls to browse selling all sorts including jewellery and books.

Maurice's Ice Creams provided welcome relief for everyone and delicious BBQ food was provided by Nyama Catering. Further refreshments came from Charvil Piggott Primary School PTA.



Entertainment throughout the day was provided by Hurst Morris People, Princess Elsa, Redingensians under 6s and 7s tag rugby match, Spin Academy

Theatre Group dancing and singing, with The Scoundrels band closing the fete with a fabulous set.



"The fete wouldn't have been possible without everyone who attended and volunteered on the day, including all the committee members, Charvil Parish Council and Chris Drew who took excellent photos," said Sarah Stonhold, head of the fete's committee. "We raised £1,000, which is amazing and will be distributed to local good causes and groups. We're looking forward to planning next year's event now – if anyone is interested, please email us at info@charvil-fete.co.uk – it will definitely be bigger and better!"

Marcus Carpenter did a sterling job providing the PA system and commentary on the day. The Piggott Senior School head girl and boy Isabelle Rees and Harman Sondh provided fantastic support by rallying student volunteers for the day.

The generous sponsors were Davis Tate, A Better Service (Mick Bicknell), Hicks Developments, Waitrose and Berkshire Trophy Centre.

Images can be viewed and downloaded here: <https://www.flickr.com/photos/chris-drew/sets/72157695672762332>

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Physio Matters... “Growing Pains?” By Elizabeth Jones MCSP
HCPC MMACP Clinical Lead Physiotherapist at Physiocare

Earlier this year Physiocare was asked if they could offer any support to a local girls football club. With there being something about gender equality in the news almost every week, how could we say no? On meeting with the coaches I was amazed to learn that Wargrave Girls Football Club currently have 300 hundred girls playing football every week and it was of no surprise to me to learn that the majority of them have their knees strapped every time they play.

We see lots of sporty youngsters in clinic with pain at the front of their knee that their parents often put down to growing pains. Things are not usually bad enough to stop most of them playing but more worryingly for both parents and the youngster involved the symptoms can be quite persistent.

Growing pains are aches and cramp like pains in the lower legs that usually develop during the evening or at night but not present in the morning. It most commonly occurs in children between the age of 3 and 12 and usually following a more active day.

Some doctors prefer to use the term 'recurrent nocturnal limb pain in children'. This is quite different from the anterior knee pain, which is commonly seen, in adolescent sporty children.

There has been an increase in knee injuries amongst sports men and women and researchers suspect that the increase in knee injuries seen may be due to the growing number of females participating in competitive sports.



Girls are built differently from boys, and these differences may impact their mechanics. Female hips grow wider after puberty, which sometimes results in a greater Q angle, the angle between the hip and the knee. In addition girls move differently to boys and this fact may also contribute to their increased predisposition to knee injury and knee pain. Girls tend to run more upright, and land with their knees buckled

inwards which places a greater strain on the knee.

Most commonly this is about muscle strength whereby the muscles are not strong enough to withstand the demands of a sporty youngster, so putting strain on the local soft tissues around a joint. In addition they tend to exhibit inadequate neuromuscular control. This is the unconscious response of a muscle to stabilize a joint.

The good news is that unlike anatomical differences these neuromuscular risk factors can be modified through training. We recommend exercises that focus on building strength in the leg and core muscles and improving balance, jumping and landing techniques. As the muscle strength and joint control improves so the sight of lots of young girls wearing knee strapping will diminish.

More than ever we are aware of maintaining a healthy lifestyle throughout our lives and whatever the age pain is always a deterrent to exercising. Not all of us are naturally designed to exercise painfree but with a bit of targeted rehab training most of can improve our tolerance to most types of exercise. Increasingly I see my role as not just treating injuries but helping in their prevention. Hopefully my input and advice to the coaches at Wargrave Girls Football Club has helped increase their understanding of knee pain in girls and maybe resulted in some modification to the choice of exercises in the warm up and coaching sessions for the girls. Just maybe we might see fewer girls with strapped up knees during the coming season.

Charvil Community Tennis Club

CCTC, a local community tennis club launched on the back of the London Olympics has had its fifth birthday. Charvil Community Tennis Club, based on East Park Farm, has been serving up coaching and sporting facilities for the last five years as part of the Olympic legacy to encourage more people to take up sport.

The non-for profit organisation, which was formed by tennis loving residents with the support of Wokingham Borough Council, now provides regular coaching on the two tennis courts and has seen its membership grow. The club has been registered with **the Lawn Tennis Association (LTA)** from the beginning.

Regular coaching is available on Tuesdays and Sundays in the autumn and spring terms for both juniors and adults. In addition, there are club nights, focused Tuesday afternoon/evening sessions and Saturday midday doubles aimed at specific skill building techniques.

With the milder winters we very much see tennis as an all-year round sociable game. We are a friendly and welcoming club for people of all ages and all abilities.

As a community organisation the committees aim is to continue that Olympic legacy of inspiring people of all ages to take up sport.

If you are interested in taking up tennis at Charvil, you can find out more by going to : www.charvilcommunitytennis.org.uk or you can email enquiries@charvilcommunitytennis.org.uk

Carl Emerson-Dam, Chair, 07447 934700
Charvil Community Tennis Club



Charvil Community Tennis Club

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9th sep.
ending
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5-8

9, 10, 11

+Adults

Lessons are split into the age groups.

Please contact for further information:

www.charvilcommunitytennis.org.uk

Email: membership@charvilcommunitytennis.org.uk

Phone: 07447 934700 (Carl - Chairman)



Charvil

Singing for the Brain



Our Singing for the Brain sessions take place at:

Charvil Village Hall
Park Lane
Charvil
RG10 9TR

Please join us from 10.30 - 12.00 on the following Thursday's:

6th, 13th, 20th, 27th September

4th, 11th, 18th, October

8th, 15th, 22nd, 29th November

6th, 13th December

Please note there are no sessions on 25th October or 1st November

There is a suggested contribution of £ 1.50 per person for this service.

If you have any questions please get in touch

T: 0118 9596482

E: sue.hamblin@alzheimers.org.uk



Alzheimer's Society operates in England, Wales and Northern Ireland.
Registered charity number 296645.

Caterpillar Club

Autumn Term for toddlers at Charvil's Caterpillar Club playgroup for 0-5s, we are back every Wednesday (term time), starting Wednesday 5th September from 9.45am-11.30am. First visit is free, then it's £2.50 for the first child and £1.50 for additional ones. There's a healthy fruit/cracker snack for all children, followed by a biscuit. We also offer tea and coffee for parents, grandparents and carers (plus plenty of biscuits for the adults too). For more information visit our Facebook page www.facebook.com/groups/CharvilCaterpillarClub or call Chloe on 07507 597 583 or Alison on 07799 491576. We look forward to seeing you there!

Sonning CofE Primary School

Recently we enjoyed a number of successful events in school. The children thoroughly enjoyed 'Science Day' which provided the children with a wide variety of scientific based learning opportunities. The day was brilliantly organized by Miss Reid and was facilitated by Reading Blue Coat staff. In the words of the children:



On Science Day the best bit was the VR headsets where we got to be on a roller coaster and it was really exhilarating! In assembly the Blue Coat teacher Mr Jerstice made bangs and explosions and it was loud so we all screamed. The best experiment was the water rockets on the field. Some went so high they went into a tree or over a fence! Dylan & Gigi Year 4.

Our children also enjoyed a 'Healthy Eating' demonstration and Year 3 Class assembly among various other activities. As we approached the end of the year, amongst the traditional end of year events, we also had 'Music Day' and an 'Inflatables Challenge Day' (voted for by the School Council).

Luke Henderson, Head Teacher

Sonning Floral Arrangement Society

The Sonning Floral Arrangement Society is enjoying a special 50th Anniversary year with monthly demonstrations of an exceptional kind, the highlight being a celebration lunch held at the Sonning Golf Club on April 12th. The Chairman, Ann de Prato and her Committee worked hard to ensure this, members only event, was enjoyed by all. The President Ann Turner, although she could not cover the whole 50 years, gave a brief history of the 39 years of her membership of the SFAS. Members were presented with a special pen to mark the occasion. Lunch was followed by a superb demonstration by National demonstrator, Graham King. In June members visited Salisbury. Met by National, much respected demonstrator, Michael Bowyer. Reception coffee at his beautiful old house, tour of the city, followed by lunch and an afternoon demonstration by Michael, tea and cakes and home by 6.00pm. Again a very enjoyable event.

The remaining six months of the year looks promising with meetings held on the 2nd Thursday of the month in the Charvil Village Hall. Visitors are welcome to come along to the meetings commencing 2.00pm prompt, to enjoy a lovely demonstration followed by a welcome cup of tea.

Charvil Short Mat Bowling Club

Are you interested in a new hobby and making new friends? Charvil Short Mat Bowling Club is looking for new members to join its Tuesday afternoon and Wednesday evening sessions at Charvil Village Hall

The new season starts on Tuesday afternoon the 4th September 1:45 pm till 4pm and Wednesday evening the 5th. 6:45pm till 9pm. Beginners or experienced bowlers are welcome, turn up with flat soled shoes, we can provide the bowls if needed.

If you are interested Telephone 01189 345605 or 01189 340589 for further information or turn up on the day.

Charvil Art Group

By the time you read this we will have ended our outdoor summer painting sessions and will be looking forward to returning to Charvil Village Hall for our weekly programme.

Our outdoor summer painting sessions included visits to The Berkshire Museum of Aviation Woodley, the Church and village of Waltham St.Lawrence, Harris Botanical Gardens on the Reading University Campus, Fernygrove Farm Shop with Animals and views and farm buildings, Ruscombe Church, cottages and woods, and West Wycombe Park with lakes and parkland follies, a really good set of venues I think you would agree.

So now it is back to Charvil Village Hall on Wednesday evenings from 7.30 to 9.30 when we begin our new exciting programme, enrolling on September 5th. Built into our programme are visits from Tutors and Demonstrators and our Annual Exhibition on Sunday 18th November from 10.00am to 5.00pm.

We are always looking for new members of all abilities to join our friendly and sociable group of about 20 where we can help develop interests in Art and Art appreciation. The yearly subscription remains at £30.00 and is excellent value for 36 sessions, we also have a weekly attendance fee of £1.00 to cover costs of biscuits tea, and coffee .

If you are interested in joining us, why not come for a taster session, or if you would like further details or a programme of our activities please contact either Hilary on 01189343595 or Ken on 01189690274 we would love to hear from you.

Best wishes from all at Charvil Art Group

Berkshire Guild of Spinners, Weavers and Dyers

The Berkshire Guild of Spinners, Weavers and Dyers is an enthusiastic group of approximately 70 members, ranging from beginners through to experienced.

We meet at Charvil Village Hall on the 3rd Saturday of the month, from 10am to 4pm, for talks, demonstrations and workshops given by professional craft workers and experienced Guild members.

This gives members an opportunity to learn a wide variety of new techniques and skills, share ideas and display completed work either informally or by entering our competitions and exhibitions.

The spinning and weaving groups also meet at Charvil Village Hall, on alternate Wednesday and Thursday mornings, and are an excellent way to learn how to spin or weave in a friendly and relaxed atmosphere.



If you are interested in finding out more about these traditional crafts we would be delighted to welcome you to one of our meetings, the first two are free, or alternatively you can contact us by email at berks.guild@gmail.com or for more information, have a look on our website www.bswd.org.uk

Reading & District Cigarette Card & Postcard Club

June 14th was an evening when Geoff Ashton gave a talk illustrating some of the range of postcards covered by the French publishing company, Levy & Sons of Paris. Geoff cleverly showed examples of three different postcards, mainly English, but including a few French, using the 26 letters of the alphabet 'A' to 'Z', each letter representing the card title and scene, with an explanation of the context where necessary. It was an absorbing talk, which the members have come to expect from Geoff.

This was followed on June 26th June with an illustrated talk by Neil Baldry entitled "That Missing Card". Neil has been a collector for more than 60 years, and collects items of interest connected with Maidenhead & district, motor cars, boats, model railway items, Meccano, Bako construction kits, postcards, trade cards and many other interests he has yet to divulge. This night the omni-collector admitted that there were sets of trade cards and postcards where he is missing the odd one or two to complete various difficult sets. Neil advised others in a similar situation to purchase the set complete if possible, as he has been forced to do occasionally. He illustrated some of the elusive items which many of us had never seen before, some of which are still 'missing cards', it was a lesson to all of us not to become disheartened but to be patient and get pleasure from the 'hunt and chase' and ultimate joy of finding 'the missing one'.

Sunday, July 1st, saw the Club's highlight of the year when they hosted their Annual Fair at Rivermead Leisure Centre, Reading. 90 dealers travelled from many parts of the UK with stocks of Cigarette cards and Postcards to sell to the devoted card collectors who likewise came from far and wide. It was a hot but rewarding day out for dealers and collectors alike. The numbers who came to our Fair were down on last year, but this is true of all types of antique / collectible Fairs, young people are rarely seen at collector's events. Unfortunately, the older veteran collectors are becoming less mobile, and can turn to e-bay instead.

The Club's Annual Display Board Competition was as popular as ever with over 100 members of the public judging the displays.

The winners were:

Cigarette / Trade cards

- | | | |
|-----|--------------|-----------------------|
| 1st | Coral Print | "Huntley & Palmer" |
| 2nd | Derek Davies | "The RAF 1918 – 2018" |
| 3rd | John Cahill | "World Cup Football" |

Postcards

- | | | |
|-----|--------------|---|
| 1st | Roy Sheppard | "The Suffragette Movement, 1900 – 1914" |
| 2nd | Coral Print | "V.C. Winners of the 1 st World War" |
| 3rd | Ken Hussey | "Heracles" |

Mixed Cards

- | | | |
|-----|-----------------|-------------------------|
| 1st | Coral Print | "Singer Sewing Machine" |
| 2nd | Derek Lewens | "One Small Step" |
| 3rd | Richard Howarth | "Titanic" |

Congratulations to **ALL** participants for your wonderful displays, you were all Winners !!!!

Next Year's Fair is on Sunday 30th June 2019, so keep that date free in your diary.

Details about the Club and it's meetings can be found on the website: readingpostcards.com or ring 0118 9695155.

Roy Sheppard

Jewel Tones

Jewel Tones have a busy and exciting year ahead! The forty girls will be taking part in classes at Maidenhead Festival which is held at Norden Farm Centre for the Arts at the start of October. We hope to come back with some trophies! A group of sixteen girls from the choir together with four adults are then travelling to the island of Jersey for a four day concert day during half-term. The group will be doing three concerts as well as enjoying some sight-seeing and shopping! The term finishes with a concert at Norden Farm on Sunday, 2nd December – 7.00pm. The choir will be joined by a woodwind group from Maidenhead and a new vocal group from Charvil called Sapphire. Tickets are £10 and will be available from the Box Office at Norden Farm.

Singing afternoons

On Saturday, 15th September, come and join us for a fun singing afternoon at Charvil Hall when we will be singing a medley of songs by music theatre composer Stephen Schwartz. Songs include – Day by day, Colours of the wind, For good, Popular, Defying gravity, All good gifts and When you believe. The medley is arranged for two-part female voice choir. The session runs between 2.00 and 4.00pm. The cost is £10 which includes a copy of the medley and refreshments. The afternoon is open to anyone who likes singing!

There will be another singing afternoon on Saturday, 24th November when we will be singing a medley of songs from the film 'White Christmas'. The songs by Irving Berlin include White Christmas, Sisters, Count your blessings instead of sheep and Blue skies. The medley is for 2-part female voice choir. The cost is £10 which includes music and refreshments.

If you would like to join us for one or both of these afternoons, please contact Suzanne Newman on 0118 9340589 / suzanneynewman@btinternet.com

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DO YOU KNOW A YOUNG PERSON WITH SPECIAL EDUCATIONAL NEEDS AND/OR DISABILITIES?



The Wokingham Borough Local Offer Explained

The Local Offer provides information on the services in the Wokingham Borough that are available for children and young people with Special Educational Needs and Disabilities (SEND) aged from birth to 25 and their families.

The Local Offer was published as part of the SEND reforms under the Children and Families Act 2014.

How will the Local Offer help me?

- Provide you with clear and accurate information about local education, health and care services, making it easier to choose and access the services you need
- Help you find the nearest and most suitable services, support groups and leisure activities
- Make service provision more responsive to local needs and aspirations

For further information read the [Local Offer explained leaflet](#).

Visit the Wokingham Borough Local Offer
at: www.wokingham.gov.uk/lo

Young people can access the Local Offer
at: www.wokingham.gov.uk/lo-yp

Provide feedback via the Local Offer
survey: www.wokingham.gov.uk/lo-survey

Twyford Library



It is likely that Twyford Library will be closed for a period after the Summer holidays due to some essential repair work that needs to be carried out on the building. Exact dates are not available now, but the closure will probably be taking place during September and October.

More information is available on www.wokingham.gov.uk/libraries

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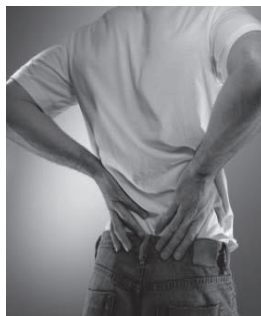
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www.drainandable.co.uk



Physio Matters... “A Good Night’s Sleep” By Elizabeth Jones MCSP HCPC MMACP Clinical Lead Physiotherapist at Physiocare

I cannot tell you how many times a client has come to seem with back or neck pain saying ‘I think I need a new mattress’. Their reasoning is I suspect, down to the fact that their aches and pains are worse in the morning! Its quite usual for back or neck pain to feel a little worse in the morning, but as you get up and get going clients often report some improvement in their symptoms, not surprising given that gentle exercise is good for most soft tissue and joint problems.



As we get older the rest afforded by a good night’s sleep often results in a sense of stiffness when we get up on the morning. It takes a few steps for our muscles and joints to get working properly.

Weak muscles and tight tendons tend to stiffen during sleep and it's no different when we have been sat in a car for a long journey, the first few steps can be quite awkward. As our joints get older, the spongy cushioning of the cartilage that lines our joints begins to dry out and stiffen and the joint is less lubricated with synovial fluid. Osteoarthritis, (the "wear and tear" kind), and rheumatoid arthritis, (which involves swelling and inflammation), can both trigger morning stiffness.

Researchers have also discovered another reason why our limbs can feel rigid and achy when we rise. The body's biological clock suppresses anti-inflammatory proteins during sleep. When we start moving around each morning our body is playing catch up as the effects of the proteins wear off. In effect our body's own 'ibuprofen' has not kicked in yet.

That said a poor unsupportive mattress could definitely aggravate things further. I'm somewhat unsure what an orthopaedic mattress actually is! I suspect it's a marketing term suggesting that a firm or supportive mattress is good for your back. A common misconception is that we all need a firm mattress, (probably originated from putting a board under your bed when you have a bad back.) There is a difference between supportive, which is definitely a must and a firm or hard mattress, which may not always be the most suitable.

A pocket-sprung mattress, whereby each coil is contained within its own pocket so is able (unlike an open coiled mattress) to move independently and so offer varying degrees of support as necessary. This ensures that the natural alignment of the spine is not compromised. The body weight is evenly distributed so that the relevant body portions are accorded the right support with a special emphasis on the spine, lower lumbar, pelvic and hip regions. The choice of mattress base will also affect the sense of firmness, choosing a wooden slatted base will somewhat increase this whereas a sprung divan base will add to the feeling of luxury. Though more expensive than the open coiled mattress, given the length of time we spend in bed, I rather feel the extra cost is worth the investment.

How firm your mattress should be will depend upon how heavy you are. The lighter we are the softer the mattress we require. A general guideline is 'soft' for those under eleven stone, medium for those weighing eleven to fifteen stone and firm or extra firm for those heavier individuals. Most manufacturers of pocket sprung mattresses offer dual firms mattress so allowing the option of having a mattress suitable for partners of different stature.

An alternative mattress, which has become more popular in recent times, is the memory foam. Memory foam is heat sensitive and highly responsive. This allows it to mould to your body so helping to reduce pressure points. Although appreciating the supportive nature of the memory foam a possible downside is that they can be warm to sleep on.

Bear in mind that while many retailers adopt a firmness rating scale of their own there is no universally agreed way to score the firmness of a mattress. The same is true for mattress of 'ortho' or 'osteo' in their names again there is no agreed standard for the use of these terms, so while they can be a useful guide you will not know what suits you until you have lain on it for yourself.



Mr Ranju Khurana

BDS (Lon) MFDSRCS (Eng)
MClinDent (Lon) MRD (Eng)
Registered Specialist Prosthodontist
GDC No: 74950

Dr Anu Chadha

BDS (Lon) MFDSRCS (Edin)
MSc in Prosthetics (Lon)
GDC No: 79744

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