



Editor's Introduction

After some unusual weather over the winter months, Spring has finally decided to make an appearance, although no two days seem to be the same weather-wise. The lighter evenings recently have meant more residents are able to use the local amenities, and your Council has been working hard to make improvements to help you enjoy them, and in a safe manner, such as cutting back hedgerows and scrub, and the pending installation of a second defibrillator machine in the Village (purchased jointly with the Charvil Piggott Primary School), at East Park Farm playing fields, at the Pavilion.

I'd like to bring your attention to a couple of events coming up – the Annual Parish Meeting (APM) of the Council will take place on Wednesday 15th May at Charvil Village Hall, and the Charvil Village Fete will be on Sunday 7th July, again at its new regular home, East Park Farm playing fields .

Inside this issue you can read updates from a number of local groups and clubs on their plans and events for the remainder of the year. If you are involved in a Charvil-based group, society or charity and would like to highlight your activities in Charvil Village News, please contact me.

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.

Wishing you a fabulous Spring and Summer ahead - we hope you enjoy this latest issue of Charvil Village News.

Amanda Burton, Assistant Clerk



Dear Residents,

Well here we are, approaching Easter already! Spring is definitely with us, and as I look out of my window I can see that we are starting (if you believe the weather forecasters!) our first full week of warm weather. I hope that everyone gets the chance to get out into the garden and do some (in my case much needed!) tidying-up.

On the subject of 'tidying-up', a very warm and heartfelt 'thank-you' to the ~70 sturdy volunteers who turned out last Sunday (24th March) for the annual 'Litter-Pick' around the village. I know that this shouldn't be necessary, and we all very much appreciate the sterling efforts of Roger Burns and Mike Weldon as they do their very best to keep the village looking spick-and-span, but unfortunately, it is a sad indictment of today's society that the 'throwaway' culture extends also to any crisp packet or beer can that you've finished with and can't be bothered to carry home! So again, 'well done and thank you' to the stalwart band who turned out to clear-up the mess.

As regards the Parish Council, it is pleasing that we have had a sustained few months of stable membership and hence the various committees have been able to get on with their efforts to make improvements in the village. In particular, the 'Planning, Environment and Highways' committee (chaired by Jane Hartley) has been particularly wrestling with a number of planning applications which have been, shall we say, 'unwelcome'. I am thinking mainly of the loss of the old Jubilee Hall and its probable replacement with housing: a sad loss to the village. The 'Amenities' committee (under Adrian Keward's chairmanship) has been working hard to improve the council's facilities in the village, and particularly the sports facilities at East Park Farm. Other committees (Finance, Staffing etc.) are no less important but are maybe less 'visible'. My particular thanks then to all Councillors who give up their time freely to work for the village. And while on this subject, I would also like to offer my very grateful thanks to Gary Brooks who has carried the role of Trustee of the Sonning Robert Palmer Alms Houses Charity for the past ten years, and who will be standing-down at the end of this April; thank you Gary.

At this point, I would like to take the opportunity to remind all residents that the Annual Parish Meeting (APM) is scheduled this year on Wednesday 15th May at the Village Hall at 8pm. This is your opportunity to attend (free drinks and nibbles!), to hear what we have been doing and to ask questions of your Councillors. I have no doubt that issues like Planning, Road Repairs and Waste Collection may be in your minds; however, unfortunately these all come under Wokingham and not the Parish Council. Having said that there are numerous other issues which do come under the Parish Council, and on which we would welcome your opinions.

One of the main 'issues' mentioned above is the possibility of the Parish Council leading the effort to create a pre-school within the village. I am hoping that most of you will have seen the Survey which the Parish Council has been running to test the interest in having a pre-school in the village. If you have not, then please have a look at the Council's Facebook page or Website and 'have your say'! Please also come to the APM (above) where it will be discussed in more detail. If it is decided to go ahead with developing a pre-school, then there would be a couple of alternatives; however, whatever the final outcome, it would be the most significant (and most expensive) project which the Parish Council has ever undertaken (with your money!).

In conclusion, and as I have said previously, the council works for the benefit of Charvil residents. However, without your input we risk misreading public opinion and/or not seeing an issue which may be key to some residents. Hence please come along to the APM and let us have your views. I look forward to meeting as many as possible at the Village Hall on 15th May.

Very best regards,

Jim Gillett - Chairman: Charvil Parish Council

THE WINDOW CLEANER

- · All types of windows
- · Windows inside & out
- · Doors, frames & sills
- Conservatories
- All year service
- Attention to detail
- · Genuine competitive prices

Using a waterfed telescopic pole system with softened de-mineralised filtered water, quaranteeing a crystal clear non-smear finish

Call Mike on 07967 00 44 26 for a free quote or e-mail thewindowcleaner1@googlemail.com



Electrical Services Limited

- Domestic
- Commercial
- New Installations
- Extensions
- Fault Finding & Repairs
- Lighting
- Heating
- Testing & Inspection
- Landlords Services
- 24hr Emergency Service

0118 909 9377



Electrical Safety Register #ECA

Edited Extracts from the Minutes of Parish Council Meetings Meeting held on 19th November 2018

Open Forum - One resident attended to bring to the Council's attention the poor supervision of dogs by dog walkers on the football field. She told Council that she often sees dogs marking their territory on the goalposts and no effort is made to prevent this. Also, she was concerned that they do not pick up mess on the field, which is dangerous for the other users of the field. It was agreed that the Amenities Committee would consider putting some fresh signage up, and maybe something could be written in the Charvil Village News.

Co-Option of Councillors – Greg Elphick and Pat Sutlieff were both coopted onto the Council with Greg Elphick choosing to join the Planning, Environment and Highways Committee and Pat Sutlieff happy to join the Amenities Committee. The declaration of acceptance of office and Code of Conduct were signed, and the Member's Interest forms completed.

Amenities Committee – The height barrier took another knock. It has been repaired by the school's caretaker and an insurance claim is in process. The Grounds Maintenance team broke one of the goalposts so one of the football games was postponed. It was reported that the Amenities Committee had noted that the Village Hall car park will need resurfacing at some point. The work on the hall floor to try to correct the problems caused by excessive heat in the summer will take place just before Christmas.

Planning, Environment and Highways Committee - The Committee commented on the application to replace the existing dwelling at Thatcher's Mead on Thames Drive to ask for a condition to make sure heavy vehicles do not access the site as there is a weight limit on the bridge. Clerk's note because the road is private, WBC has no jurisdiction on this. There were no other comments on any applications. Cllr. Hartley attended the Local Plan Update meeting and reported that there were to be a series of consultations in the next few weeks. She felt there was a deliberate attempt to by-pass parishes, to access residents directly because the parishes are not informing the residents enough. Council needs to consider whether it would like to get involved in a Neighbourhood Plan. Planning officers have been liaising with Central Governmentt regarding the number of homes and also the issues around planning appeals being allowed even though it is accepted that the Borough is one of the few local authorities who have done as they have been asked in terms of housing strategy. There is a general feeling that the Inspectorate is undermining the Borough's attempts to build sustainable communities. Cllr. Hartley felt that the Local Plan consultation was is too much about housing and not enough on the wider infrastructure issues.

To consider and approve the proposed scoring system for junior football team should Council choose to change from their current usage - Cllr Bell (acting chair) declared a personal interest in the subject of junior football as did Cllr Mundy. Clerk's note: Cllr Bell had contacted the Monitoring Officer regarding his personal interest, who said he was free to declare how he thought fit. The advice to Cllr. Mundy was that his interest was a personal one. Cllr Keward explained that a letter had been sent to the interested junior teams asking for various pieces of information such as ability to make at least a two to three year commitment, and to match the current level of income the parish receives from present hirers, how to deal with any parking issues, how many local players, what else they could bring to the community and what usage they envisaged making of the facilities. The aim of the exercise was to be as fair and objective as possible so that no club could claim the process was unfair. After some discussion, the only change that was agreed was to give a higher weighting to parking.

To decide whether to move from adult football to junior football based on all available evidence and if so, to invite the two highest scoring teams (using the system approved above) to the next meeting to answer any questions prior to a final decision – The Clerk had distributed a potted history of the process of taking over the management of the site and what had been done so far. In the meeting, she read the various other pieces of information that has been gathered since the councillor packs had been sent out, most notably, the advice from the Borough that there were more junior pitches available borough-wide than adult, although there were more adult pitches available in the Borough of Reading. The advice was also that given the size and current usage of the East Park Farm pitches, it was advisable to leave them as adult pitches due to damage to the Council's reputation, and, there are inevitably parking issues surrounding junior football.

There followed а long discussion regarding the advantages disadvantages of making the change. Some councillors were very concerned about parking and about upsetting the status guo unnecessarily, given that the pitches and pavilion were well used on a Saturday, but others felt that the Council had taken on the facility to benefit local people, and the change to junior football would honour that. Cllr Hartley asked whether, if Council agreed to make the change and then subsequently felt that neither of the two strongest proposals were suitable, that the decision could be made to stay adult football after all. This was agreed to be a sensible amendment and was accepted. Standing orders were suspended at 10pm, so that the discussion could be concluded, and the vote taken. The vote was as follows: three to remain with adult football, three to change to junior football and two abstentions. The Chairman then had a casting vote and voted in support of junior football.

Grant & Stone

The only trade account you'll ever need!

READING BRANCHES

BUILDERS MERCHANTS 01182 075 160

Blanke Villa, Lambs Lane, Spencers Wood, RG7 1JB

PLUMBERS MERCHANTS 01189 429 499

Unit 17, Stadium Trade & Businesss Park, RG30 6BX



01182 073 053

Unit 17, Stadium Trade & Business Park, RG30 6BX

Meeting held on 17th December 2018

To consider \$137 donation requests from Keep Mobile, Twyford, Wargrave and District Volunteer Centre and Sue Ryder Nettlebed – After some discussion as to why Council had so few applicants, it was agreed that a piece would be included in the next newsletter advertising the grants. In the meantime, it was resolved to give Keep Mobile £620, Age Concern £511 and Sue Ryder £560, which was approved unanimously.

To review the ranking of the football clubs against the scoring system approved at the last meeting – It was noted that both clubs were of similar size, and that both had provided the financial information as requested. Council was not convinced that cricket would not be impacted because the layout of the pitches for both teams had them very close to the cricket strips. Both teams were marked down because of the possible parking issues, and the main difference between the two teams in terms of scoring came down to the fact that around 1/3 of AFC Charvil's players came from Charvil, compared to only a handful of AFC Reading's. The final scoring, therefore, was 221 to AFC Charvil to 182 for AFC Reading.

To discuss the presentations by each club and to consider the issues for and against each proposal, considering the scoring system - There followed a long debate regarding the points arising from the presentations. The general feeling from the Councillors was that both clubs showed a commitment to meeting the financial commitment, but that there were serious doubts about the long-term sustainability of both clubs, although it was suggested that by having such a close proximity to the school, it may increase player numbers, making it more viable. It was also felt that both teams took their community responsibilities seriously in terms of involvement, but that neither had really found a solution for the parking issues that were likely to arise. The issue of pitch wear and tear was discussed, and there was some argument about its likely effect, although it was noted that the grounds maintenance team had estimated an additional annual cost of £659 plus VAT, and the assistant clerk stated that the hall part of the pavilion would have to be professionally cleaned after the proposed use of a café and this could have implications for bookings later in the weekend if cleaners cannot be found. Cllr. Jefferv felt that the existing teams should be consulted about whether they could match the commitments of the junior clubs. Cllr. Mundy stated two points from the original plan when taking on the management of the East Park Farm facility, one being it should not be a financial drain on the community, and the other being that the objective was to increase community use. Cllr. Jeffery understood this but felt that Council also had a responsibility to the wider community to ensure there were not problems surrounding parking where there is no problem now. The assistant clerk was also concerned that this change of use was setting a precedent for other Council run facilities and it was agreed it would be the case.

To decide whether either club has provided satisfactory evidence for a sustainable model in terms of both community and financial management, and to be non-loss-making for the foreseeable future (such that CPC can be assured of a long-term plan which does not have the potential to be loss-making for CPC). If so, then to select the winning club — The vote was then taken on this motion, and it was decided, by a majority of seven to two, with one abstention, that neither club had provided satisfactory evidence.

If neither club can demonstrate long-term financial viability at EPF, plus an acceptable position with the community (e.g. parking), to decide whether Council wishes to invoke its right to remain with adult football – The vote was taken on this point and it was decided, by a majority of eight to one, with one abstention, that Council would invoke its right to remain with adult football.

Meeting held on 21st January 2019

Amenities Committee – There was no meeting this month. The Chair of Amenities reported that there had been some firework damage to one of the cricket strips on New Year's Eve – Nick Ray of the Sonning and Charvil Junior Cricket Club feels they can live with it, but if it proves a problem, a replacement strip would cost £5,000. Although Council can claim most of this back on insurance, Council intend to publicise the fact that setting fireworks off in public spaces is illegal and this kind of damage will result in the precept increasing to cover costs caused by this kind of anti-social act.

To review the notes of a recent meeting with the management of the Charvil Piggott Primary School – The school are going to move their CCTV slightly to cover the front and rear barriers. There was some discussion about the car park and how safe it is. The school would like a dropped kerb near the school entrance to help pushchairs and bicycles entering the school grounds. There was a discussion around the idea of a pre-school and while the school would support and work with one, are not interested in managing such a facility.

To consider a request by the Village Society to place a memorial bench in memory of Paul Gregory in the grounds of the Village Hall – Council would like the bench to be a memorial for both Margaret and Paul Gregory as they both worked hard for the village. They are happy for the Village Society to come up with a location as they see fit, and to run it past the assistant clerk before final installation.

For all your printing needs

Our family run business has been established for over twenty years and has a client base as diverse as their requirements. Whether you're an individual or a blue chip company we can provide for all your printing needs.

- creative services personal and company stationery
 - brochures and leaflets magazines
- promotional material personalisation and mail-merging
 - digital print for short runs and a quick turnaround
 - conventional print large format and display systems
- finishing storage and stock management of clients' stock

For further information, please contact Peter (0118) 9311 488 or email info@heraldgraphics.co.uk



Meeting held on 18th February 2019

To consider which defibrillator to purchase for the Pavilion – It was resolved to purchase the "IPAD" recommended by the British Heart Foundation, which was approved unanimously.

Amenities Committee – The Chair of Amenities reported that the text for the website/Facebook page had been agreed regarding the damage to the cricket strip, and the survey regarding a possible pre-school was being finalised with a view to going live very shortly. It had been agreed to charge a call-out fee if a representative of the Parish Council is called out during a booking and it was agreed this rate should be £25. It was also discussed whether the Parish Council should grit and clear snow. It was agreed that there was not enough manpower to do this, and other local councils don't either, so Charvil wouldn't but would keep the situation under review. The clerk was asked to find out if other councils had anything in their terms and conditions. Clerk's note: Twyford has a policy specifically stating that they do not grit.

To review the notes of a recent meeting with Jude Whyte of WBC – The meeting was noted and out of this came the idea of a survey to find out the need for a new pre-school in the village. It was also noted that John Halsall attended and was very supportive of the pre-school idea. It was also noted that out of this, the clerk and assistant clerk met with Simon Bartlam of the Countryside service, and he stated again that he is not happy about the brambles being cut back on WBC's side of the stream at East Park Farm, so any solution to the football problem must be found on the Charvil side.

/Safer Places

The Safer Places scheme has been set up to help people who are feeling vulnerable or scared when they are out and about in the Wokingham Borough.

What is Safer Places?



These green 'Safer Place' stickers have been put in the windows of shops and businesses that are taking part in the scheme. This means that the people who work there will be able to help you if you are feeling vulnerable or scared.

If you go into the shop or business and ask for help, they will find you somewhere quiet to sit and phone someone to help you. This might be the police (if there has been a serious incident) or someone who knows you that can come and take you home.

This scheme is supported by:







For more info, telephone 01189 974 6863

Planning Matters considered at recent Parish Council Meetings

The Council had no objection to the following applications:

- 182768 Application for the proposed conversion of existing garage to create habitable accommodation at 41 East Park Farm Drive
- 182810 Application for the proposed two storey rear extension and extension to front porch including fenestration at 18 East Park Farm Drive
- 182547 Application for the proposed conversion of the existing garage into habitable accommodation, plus proposed erection of single storey front extension to create a link between garage and the main dwelling at 15 Thornbers Way
- 182936 Application for a two-storey side extension and a single storey rear extension to dwelling at 47 Chiltern Drive
- 182898 Application for a removal of Condition 2 of planning consent 160902 for the proposed erection of a single dwelling with triple garage and associated access. Condition 2 relates to approve details: (To re-site the garage from the eastern to western boundary) at Land adjacent to Hillray House, Waingels Road
- 183117 Application for the proposed erection of a single storey rear extension at 98 The Hawthorns
- 182951 Application for the Proposed single storey rear extension following demolition of existing conservatory. Gabled projection to rear elevation. Single storey front porch and changes to fenestration at Milton, Milestone Avenue
- 190040 Application for the proposed part conversion of existing garage to create habitable accommodation, plus internal alterations and changes to fenestration at 10, Foxes Walk
- 190271 Application for the proposed erection of first floor side extension to existing dwelling, plus changes to fenestration at 131 East Park Farm Drive

Council Comments on the following applications

180609 Full application for the proposed erection of a replacement dwelling with integrated garage, following demolition of existing bungalow, store and detached garage, plus relocation of vehicular access and associated landscape works at Thatchers Mead, Thames Drive – The Clerk was to comment that the residents' concerns about the bridge needed to be considered.

183275 Application for proposed erection of a garden annex known as a Zedbox 735, for habitable accommodation at 38 St Patricks Avenue – The clerk was advised to comment as follows:

Council is concerned that this proposed annex is out of keeping with the neighbourhood and would be setting a precedent for other developments of this kind. It is too large in relation to the house and will result in a significant loss of amenity.

Council also feels that it is very close to the boundary of No. 73 Park View Drive North, and while it is accepted a higher fence will be erected to ensure privacy, it will create a massing effect on their boundary.

If the Borough are minded to grant permission, it would be appreciated if such permission were temporary and with tight conditions attached.

190111 Full application for the proposed erection of 5 no 3-bedroom dwellings and associated works following demolition of existing buildings at land of Park View Drive North, Charvil – The clerk was asked to comment:

Charvil Parish Council would like to comment as follows:

- 1. The Pre-application advice states that the loss of the hall needs to have some justification. The Parish Council manages the other two community facilities in the village, one of which is nearly always fully booked, and the other which is rapidly growing in popularity despite its restrictions, and as it has become clear that there is a pressing need for a further community building in Charvil to house the growing uniformed groups and a pre-school, it would be damaging to the community to demolish such a facility. Consequently, Council feels there is little justification for the demolition of the hall on the grounds put forward that it is redundant, and so is contrary to CP3.
- 2. Council is concerned that to accommodate the number and the size of the homes in this plan, the roof line of these properties is significantly higher than that of its neighbours. This is to allow second storey habitable accommodation. The dwellings will be the minimum distance apart for two storey dwellings, but this extra height will lead to a sense of enclosure and dominance for the existing properties to the rear. Further, because two of the dwellings have living rooms on the first floor, there will be a loss of privacy for these properties. We feel this is contrary to CP3 of the core strategy.

- 3. While the current street scene varies from the terraced homes to the left of this site to the large detached homes to the right and opposite, there is a sense of space on the road due to the mature trees and hedges, and the replacement of the hall with five dwellings would be detrimental to this, particularly as the existing site has four mature trees with Tree Preservation Orders upon them, and two of these would be removed to allow for this number of dwellings. Council feels that this plan is over-development of the site and out of keeping with the street scene, so again is contrary to CP3.
- 4. If the Borough does regard this site as suitable for redevelopment, Council believes that it would be acceptable to most of the neighbouring households to have two sets of semi-detached homes mirroring the existing properties in St Patrick's Avenue. This would allow for a lower roofline with accommodation across two floors rather than three, a sense of symmetry and space that would be more in keeping with the area and should allow for the retention of all the trees with Tree Preservation Orders upon them.

The following applications were approved by Wokingham Borough Council:

- 182319 Householder application for the proposed conversion of existing garage loft to create habitable accommodation at 52 The Hawthorns
- 182373 Householder application for the proposed erection of single storey rear extension to The Shrubbery, Milestone Avenue
- 182294 Full Planning permission for the temporary change of use of land for use as a construction compound (two years), incorporating vehicular access and the erection of fence, 2 x portacabin offices, and 3 x storage containers (part retrospective) on Land South of Waingels Road
- 180609 Full application for the proposed erection of a replacement dwelling with integrated garage, following demolition of existing bungalow, store and detached garage, plus relocation of vehicular access and associated landscape works at Thatcher's Mead, Thames Drive
- 182810 Application for the proposed erection of two storey rear extension and extension to front porch, plus changes to fenestration at 18 East Park Farm Drive

- 182768 Application for the proposed conversion of existing garage to create habitable accommodation at 41 East Park Farm Drive
- 183275 Application for proposed erection of a garden annex known as a Zedbox 735, for habitable accommodation at 38 St Patricks Avenue
- 182898 Application for a removal of Condition 2 of planning consent 160902 for the proposed erection of a single dwelling with triple garage and associated access. Condition 2 relates to approve details:(To re-site the garage from the eastern to western boundary) at Land adjacent to Hillray House, Waingels Road

The following Applications were refused by Wokingham Borough Council

- 182539 Certificate of lawful development application for the proposed erection of part single, part two storey rear extension to dwelling plus part conversion of existing garage to create habitable accommodation at 20 Gingells Farm Road
- 182936 Application for a two-storey side extension and a single storey rear extension to dwelling at 47 Chiltern Drive

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





WESSEX TREE SERVICES LTD

- Contractor to Local Authorities
- Fully Insured
- Free Estimates

· Tree Removal · Reduce · Reshape · Pollarding ·

Pruning · Fence Erecting ·

Contact:

Mr S Chesterman

0118 988 6860

07947 077184

wessextreeservicesltd@hotmail.co.uk

Meetings of Charvil Parish Council 2019 29 April 2019 Amenities Committee Meeting					
Amenities Committee Meeting					
Planning, Environment and Highways Meeting					
15 May ANNUAL PARISH MEETING					
Full Council Meeting					
Amenities Committee Meeting					
Planning, Environment and Highways Meeting					
Full Council Meeting					
Amenities Committee Meeting					
Planning, Environment and Highways Meeting					
Full Council Meeting					
Planning and Finance Meeting					
Amenities Committee Meeting					
Planning, Environment and Highways Meeting					
Full Council Meeting					

MEETINGS COMMENCE AT 8 pm and are held in THE VILLAGE

HALL, PARK LANE.

RESIDENTS ARE WELCOME TO ATTEND THESE MEETINGS

Charvil Parish Councillors				
Jim Gillett	Chairman of Council	969 7156		
Paul Mundy	Chair of Staffing	934 5258		
Claire Andersen	Environment	07500 931091		
Jackie Jeffery		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		
Greg Elphick		926 0697		
Pat Sutlieff		07788 100935		
Parish Council Officers				
Miranda Parker	Parish Clerk	901 7719		
Amanda Burton	Assistant Parish Clerk and Newsletter Editor	07850 234363		



Are You Paying Too Much For Your Medical Insurance?

Independent And FREE Advice For All Individual & Company Members

- Switch to an alternative scheme If you are currently insured, switching
 to a competitor can mean substantially lower rates
- Pre-existing conditions covered It is often possible to include pre-existing medical conditions currently covered by your existing provider
- **Improve your coverage** We can frequently improve your cover whilst also lowering the cost of your premium
- Complexities of different schemes In many cases, people are over insured – we can ensure you are covered with a scheme that meets your individual needs and requirements
- Full cover for cancer treatment Many polices do not cover cancer in full
 we are able to advise on your current level of coverage













For further information, please call Steve Maguire at M&L Healthcare Solutions:-

Tel:- 01628 945944 or 01223 881779

Email: steve.maguire@mlhs.co.uk

quoting ref: Charvil Village News

M&L Healthcare Solutions is authorised and regulated by the Financial Conduct Authority

Borough Councillor's Report

Jubilee Hall/St Pats

As most of you are aware there are 5 properties being built on this land. This is private land and after a meeting with the Parish Council and Developer, the main question was lack of car park spaces for the number of properties.

I spoke to the developer, who has worked hard to accommodate the concerns, they have moved the detached house allowing extra car parking spaces which hopefully will not have any cars parking on the road.

I know that people will be disappointed that the hall has now gone, but this was a PCC decision and due to being private land and brown field site, it would have been impossible to list or refuse as appeals would have allowed this to go through.

Pelican Crossing - Park Lane

The council have agreed to undertake a further traffic survey of Park Lane, as the last one produced results that were not accurate due to an accident that had happened on the M4 Junction 10. When we have accidents A329M/M4 the traffic is quieter due to jams taking place. I requested that a further survey be undertaken and expect this soon.

Bottle Bank

This has proved very successful and both myself and residents have had to request to have it emptied twice since it has been up. Please do not fly tip your rubbish by these bottle bins, this is bottle recycling and not household waste. If you are caught Fly Tipping and your details are captured the Council will prosecute where possible.

Milestone Avenue-Grass and Garden Waste

I have received a few complaints that Garden Waste is being thrown into the sidings of Milestone Avenue. The University will not clear this and continued garden waste will cause a problem with the water levels. Please place garden waste into brown bins or garden waste bags that can be obtained through the WBC.

Break ins

There has been a wave of Break Ins. Please take care, leaving curtains closed 24 hours a day can be a sign that the house is empty.

Poo Bins

There have been a number of complaints relating to Dog Bags being dumped in peoples gardens. This is very unpleasant and I am sure that the said culprits would not tolerate it if it was in their gardens. I have asked the environment side of the council to reconsider replacing Dog Bins. In the meantime, please dispose of your bags in an appropriate manner.

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 to.

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

Regards. Emma Hobbs

Neighbourhood Policing Team update Spring 2019

Is your vehicle attracting thieves?

We are seeing an increase in auto crime across the Bracknell and Wokingham area. Don't let thieves get an easy ride. Here are a couple of rules to help protect your car:

1. Love it? Then lock it

Locking your vehicle, even when filling up or parked on your drive, greatly reduces the possibility of it being targeted by an opportunist thief. Even if you have locked your vehicle, check you haven't left any windows or the sunroof open.

It is actually illegal to leave your vehicle running unattended while you deice it or warm it up in cold weather. If someone takes it while it's left like this, your insurer won't pay out because you won't be covered.

2. Leave thieves keyless and clueless

Vehicles today are by and large more difficult to steal than ever, unless the thief can access your key or fob to clone them. Best to keep your keys safe, out of view when at home, and away from your front door. It's not uncommon for car keys to be stolen from inside your home by thieves fishing for them with a stick and hook through the letterbox.

When not in use, keep your electronic car key in a security pouch to prevent it being scanned by thieves to open and steal your car nearby.

For more information visit the crime prevention section of the Thames Valley Police website: https://www.thamesvalley.police.uk/cp/crime-prevention/

Contact us

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.

E-mail – Email the neighbourhood team on twyfordnhpt@thamesvalley.pnn.police.uk Please note this email address cannot be used to report crimes or for any urgent matters.

If you have information about crime or anti-social behaviour in your area but you do not want to speak to the police, you can contact Crimestoppers anonymously on 0800 555111.

Twitter - Follow us on Twitter via @TVP_Wokingham

You can receive free information updates from Thames Valley Police by registering for Thames Valley Alert at: https://www.thamesvalleyalert.co.uk/



The Celtic Touch

Hypnobirthing

Maternity Reflexology

Pregnancy & Post Natal Massage

Placenta Remedies

Birth Preparation

Mother Blessings

www.celtictouch.co.uk - 0118 9697461 - 07580 540342

info@celtictouch.co.uk

Regular Clubs List

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	EPF Pavilion
		(2 nd Group)	Main Hall
	19:00 - 20:30	1st Charvil Guides	EPF Pavilion
			Main Hall
	20:00 - 21:30	Charvil Music	Charvil Village Hall
			Main Hall
		T	T
Tuesday	09:30 - 12:00 (Every other	Ferry Lane Quilters	Charvil Village Hall
	Tues)		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	Senior Residents Club	Charvil Village Hall
	(Every other		Committee Room
	Tues)	St	0
	17:45 – 19:15	Charvil Beaver Group	Charvil Village Hall
	10:15 20:15	Charalt Caba Casas	Main Hall
	18:15 - 20:15	Charvil Cubs Group	EPF Pavilion
	19:30 - 22:00	D	Main Hall
	(4th Tues)	Reading Cigarette & Post Card Club	Charvil Village Hall Main Hall
	20:00 – 21:00	Pilates	Charvil Village Hall
	20.00 - 21.00	Filates	Committee Room
			Sommittee Noom
Wednesday	09.45-11.30	Caterpillar Club (Toddler	Charvil Village Hall
	55.45 11.50	Club)	Main Hall
	10:00 - 13:00	Berkshire Spinners, Dyers	Charvil Village Hall
	(Every other	& Weavers	Committee Room
	Wed)		
	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
	<u> </u>		Main Hall

WHEN TIME GROUP WHERE 09:00 - 10:00 Pilates Thursday Charvil Village Hall Committee Room 10:30 - 12:30 Singing for the Brain Charvil Village Hall (Alzheimer's Society) Main Hall 14.00 - 17.00 Charvil Stitchers Charvil Village Hall Committee Room 17:30 - 19:00 1st Charvil Brownies Charvil Village Hall Main Hall 10:15 - 13:15 Berkshire Spinners, Charvil Village Hall (2nd & 4th J.hur) Weavers & Dvers Committee Room 13:00 - 17:00 Sonning Flower Club Charvil Village Hall (2nd Thur) Main Hall 19:30 - 22:30 David Chambers Charvil Village Hall (1st & 4th Thur) Dance Band Main Hall Reading Cigarette & Post Charvil Village Hall 19:30 - 22:30 (2nd Thur) Card Club Main Hall Charvil Village Hall 19:00 - 23:00 **Hexagon Quilters** Main Hall (3rd J.hur.) 19:45 - 21:45 Charvil Women's Club Charvil Village Hall (1st J.hur) Committee Room Charvil Wine Circle 19:45 - 22:15 Charvil Village Hall (4th Jhur) Committee Room Friday 09:00 - 10:00 Pilates FPF Pavilion Main Hall 16:45 - 18:00 1st Charvil Rainbows Charvil Village Hall Main Hall 17:30 - 19:30 EPF Pavilion Windsor Higashi Karate Club Main Hall Saturday 09:00 - 10:00 Insanity Hit the Floor Charvil Village Hall Main Hall 10:30 - 12:00 **GKR Karate Reading** FPF Pavilion Main Hall 10:00 - 17:00 Berkshire Guild Spinners, Charvil Village Hall (3rd Sat) Weavers & Dvers Main Hall Jewel Tones Sunday 18:00 - 19:45 Charvil Village Hall Main Hall

For information on any of the groups above, please call 07850 234363 or email: bookings@charvil.com



ZUMBA CLASSES WILL MAKE YOU SMILE

MONDAY:

CHARVIL VILLAGE HALL RG10 9TR 10:00 - 11:00

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

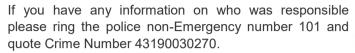
WEDNESDAY:

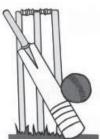
CHARVIL PIGGOTT PRIMARY RG10 9TR 19:30 – 20:30

smileysam@me.com

Charvil Parish Council Updates

CPC regrets to announce the Cricket Pitch on East Park Farm field was damaged by some thoughtless individuals on New Year's Eve (2018) with fireworks. Over £5,000 will be required to return the pitch to a suitable playing standard.





Dog Waste

We have received numerous complaints about the amount of dog waste that is left on the East Park Farm playing fields. As a result we invited the Dog Warden from West Berkshire and Wokingham to make a visit and assess the area. During the visit any waste was sprayed with a bright pink paint (this is mainly chalk based, non-toxic and bio-degradable) this was to identify how much waste is left; the spraying will continue by members of the CPC team. We are hoping this will help to raise the awareness and stop this anti-social behaviour. For further information on the services of the Dog Warden, you can visit https://publicprotectionpartnership.org.uk/environmental-health/dogwarden/

If you see anyone not picking up after the dog they are with, you can report it on the following link: https:// www.westberks.gov.uk/index.aspx?articleid=31418



ANYONE FOR TENNIS??? This year the CPC has passed its previous 'Annual Family Tennis Pass' over to the Charvil Community Tennis Club for a trial period. They will run it as an 'Associate Membership'. This means a cheaper price for just a "Turn-Up and Play' facility but without having all the other CCTC benefits. So, if you fancy getting fit or just enjoying some fun family knocktoaether. please contact the Club on www.charvilcommunitytennis.org.uk

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

Charvil Parish Council Grants and Donations Fund

Did you know that Charvil Parish Council has a budget of £2795 to give to local groups and charities for specific projects that benefit Charvil residents?

Recipients this year include Citizen's Advice Wokingham, Homestart, Keep Mobile and Sue Ryder Nettlebed.

If you a local group in need of funds to help with a project, please look at our Grant Policy (under Key Policies and Key Documents on the website or available from the clerk) to see if you are eligible, and if you are, the application form is there too!

There are two rounds – for the first, there is a deadline of 1st July, and the second one is 1st December. We would welcome new applicants as the Council would like to support as many people as possible.

Related to this, WBC has a Sports Sponsorship fund for talented young sports people (under 18) and if you are successful in your bid to the Borough, the Parish will consider match funding. This is also in two rounds, with closing dates at the end of February and August. For more information, please see the Borough Website.

Charvil Village Society

Over 40 people supported the society's race night. Sarah Swatridge, a Charvil resident commented:

"Just wanted to thank you and your team for a great evening last night. I've never been to a Race Night, so I didn't really know what to expect but it was well organised and great fun."

The Tote was busy with Charvil punters placing their bets before the start of each race. A proportion of the Tote (20%) was put towards the Village Society's two chosen charities – Babies in Buscot and Camp Mohawk. Over

the course of 8 races £100 was raised for these worthwhile causes. A simple interval quiz kept everyone occupied between races. The task was to name all 60 racecourses in the UK, and to help, the first letter was provided. The winning team scored a creditable 53 courses.

We'd have liked a few more people there, but all in all, it was a successful evening. After the Senior Citizens Tea Party on April 6, the next event is the summer walk (free of charge) on Friday June 21. Everyone welcome.

Over the past 12 months the Village Society has raised £1,000 for our chosen charities. Please let us know if you have charity ideas for the coming

Forthcoming events include:

Friday June 21, 2019: Summer Walk

7:00 pm at the Village Hall, Park Lane and Lands End Pub

Free of charge

Details and bookings through mark A'Bear – Tel: 9343918

Friday September 27, 2019: 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

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

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

Please consider joining the village society committee. It isn't an onerous job, but having lost a couple of committee members recently, some additional help would spread the load. Please get in touch if you would like to join the team?

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 considerably.

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

Style by Julie

Top Hair Stylist

Beauty Therapist

Precision Hair Cutting

Perm and Colour Specialist

Bridal / Prom Hair · Manicure & Gel Overlays

Established over 30 years

Tel: 0118 437 8178 or 07545 107525

Schwarzkopf

25 Badgers Rise, Woodley, RG5 3AJ

www.stylebyjulie.co.uk





Coffee Shop Drop-in

CLASP is a self-advocacy charity for adults with learning disabilities.

We run a weekly drop-in at a Coffee Shop where you can find information and support and meet your friends and new people.

You can also find out about the Wokingham Learning Disability Partnership Board and how you can get involved.

When: Every Tuesday from 10am to 12noon

Where: Mosaic Coffee Shop, Bradbury Centre,

Rose Street, Wokingham

Cost: Free

What is happening in April?

April

Waffle Station

2

We will be serving sweet waffles with lots of lovely toppings to raise money for CLASP. Everybody welcome so please tell your family and friends.

Book Corner with Heather Dyson

April

Heather, from Wokingham Library, comes to see us every month. We look at books on a topic we choose. In April, the topic is 'Recycling'.

9

Visit from Jodie & Nikita from Optalis

Jodie is running a 'Customer Experience' campaign. She wants to make sure people are involved in the decisions about their care.

April

23

Visit from Kerrie Carpenter, UK Parliament Representative Find out how to get your voice heard by MPs and members of the House of Lords. Discover ways you can get involved in the conversations going on in Parliament.

For more information, please contact Anna on:



Office: 01189 796 364 Mobile: 07780 749 453



Email: anna.overd@claspwokingham.org.uk

Twyford Library

What's on For Adults

Knit and Natter - Drop in for knitting and a chat.

Third Tuesday in each month 2pm to 3pm

Reminiscence Club - Discuss memories of days gone by.

First Tuesday in each month 10.30am to 12noon

Twyford Author Book Group

First Monday in each month 2.30pm to 3.30pm

No meeting in May

Home from Home Book Group

Last Tuesday in each month 10.30am to 11.30am

Twyford Tuesday Reading Group

Second Tuesday in each month 2.30pm to 3.30pm

What's On for Children and Young People

Get Arty – Arts and crafts fun on for children aged 4 to 10 years old. Just drop in, £1.50 charge

Tuesday May 28 10.30am to 11.30am

Rhymetime - Rhymes for under 5's and their parents, Just drop in! Free Event

Tuesday May 21 and June 18 11am to 11.30am

Storytime - For children aged 7 years old and under. Free, just drop in!

Tuesday May 21 and June 18 3.45pm to 4.15pm

NEW Opening Hours

Monday 2pm -5pm

Tuesday 10am -1pm and 2pm - 5pm

Wednesday Closed

Thursday 2pm -5pm

Friday 10am -1pm and 2pm - 5pm

Saturday 9.30am -12.30pm

Closed all Bank Holidays and Public Holidays



Charvil's Silver Jubilee Tree

A Sycamore (Acer pseudoplatanus) was planted in Wenlock Edge in 1977 to commemorate the Queen's Silver Jubilee (celebrating 25 years since her accession to the throne).

It was planted on the green opposite number 22 by Lord Astor – a relative of the Astor family from Cliveden. Margaret Gimblett who served on the



Charvil Parish Council from 1972 to 1983 was present alongside residents of Wenlock Edge who provided refreshments on the day. The tree is still visible today with a lovely dome shape and is home to nesting magpies. (See photo)

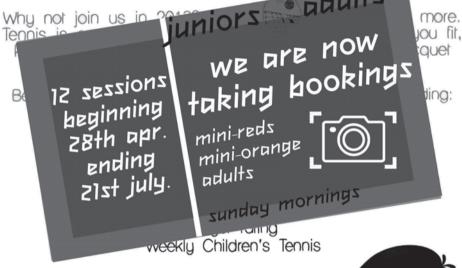
This sycamore is just one of several trees planted by the parish council in Charvil around this time including the trees on the green area/Kebab van near Milestone Crescent, sycamores in Pennine Way and a sycamore and a lime on the green roundabout at the far end of Wenlock Edge.

Charvil is lucky enough to have had several commemorative trees planted at various times, although not all have survived. If you are aware of any other interesting trees in Charvil or stories relating to them please contact Sarah via the parish council.

Caterpillar Club:

We have had a good term, feasting on pancakes at the beginning of March and looking forward to marking Easter at the end of this term. We meet on Wednesdays from 9.45-11.30am at Charvil Village Hall and next term runs from 1st May-17th July (term time only). The group is for children 0-5 years of age with their parent/carer and costs £2 for a child and £1 for additional children. We enjoy a snack time while listening to a story and end the session with singing. Parents and carers can chat over tea, coffee and biscuits. Please do come along; it is a great way to meet local families and a chance to sit down for a moment (hopefully) while your children play. For more information visit our Facebook page www.facebook.com/groups/CharvilCaterpillarClub or call Alison on 07799491576. See you there!

Charvil Community Tennis Club



Tennis fun n'technical drills Run by our LTA Accredited+ Coach



Lessons are splt into the age groups.

Please contact for further information:

charvilcommunitytennis.org.uk /membership



News from Sonning CofE Primary School

We have had a very busy, fun packed term at Sonning CofE. The staff and children have all been working very hard and getting chance to try some new activities. The term included, World Book Day, Comic Relief, Cross Country Races, Football matches, gymnastic workshops and even a skipping workshop!





On 25th January, The Junior classes all had the opportunity to participate in a Graffiti Workshop. It was incredible; they got the chance to use different techniques of spray-painting and the pictures produced were all based on the school values and wellbeing. Everybody had a go at painting the letters and background. Even the teachers had a go at spray painting!



On Thursday 31st January Miss Pack and Mrs Kunder spent the day working with children to create tiles for displays within the school. The children thoroughly enjoyed the opportunity to display their artistic skills, designing tiles linked to our Christian ethos, school values and local community.

On the Friday before half-term children from Year 6 were invited to meet Teresa May and share the learning opportunities and experiences gained from our school working in close partnership with Reading Blue Coat School.

Examples of support we receive from Reading Blue Coats includes:

- Use of facilities
- Language and sport leaders
- Choir Master



@SonningPrimary



AFC Charvil

FOUNDATION class girls and boys your friendly local youth football club, AFC Charvil, are recruiting for next year's u6 development squad.

Through the summer term we will run mid-week training sessions at 6-7pm on Tuesday evenings at the Piggott Senior School 3G pitch - this will start on Tues 23rd April.

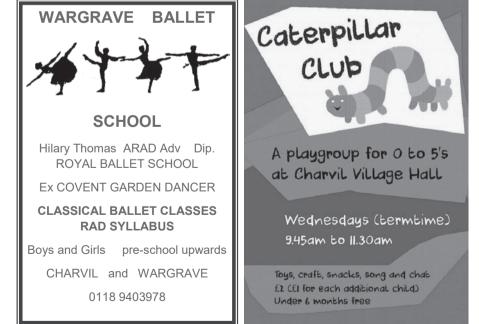
The sessions will be a fun introduction to football, and it does not matter if you have never kicked a ball before. Training for new young recruits this season will be FREE of charge and club subs will only be due as we start the new season in September.

The u6 Development squad will train every week on Tuesday evening (17:30-18:30) from Sep 2019 – July 2020 to get ready to start in the EBFA league at u7 in Sep 2020.

The summer term training is led by our club's FA qualified coaches and we are actively recruiting (parent) coaches to look after this team as they start their footballing journey. Our club will pay for and support coaches on their FA development path.

All we ask is that all children wear shin pads for training (cheap kids shin pads can be found at Sports Direct or Decathlon).

There is no sign up at this stage, you can just turn up and try it out. It does help however if you can drop me a message to let me know about you're interest in taking part (chairman@afccharvil.com)



Sonning and Charvil Junior Cricket Club:

The cricket season is fast approaching and we are open to new registrations from age 5 upwards. We have different programmes for each age group so please email for details and joining instructions. We are accepting new players in several of our age groups.

Our indoor training programme has already started although these will be complete by the time this article is published. We are seeking to forge deeper relationships with both Waingels College and Charvil Piggott Primary schools and help develop and support their cricket activities. This year we have engaged Performance Cricket to provide additional coaching support for all age groups.

We will be fielding teams at U9, U11, U12, U13, U15 and running our usual U7 beginner sessions on Sunday mornings at Blue Coat School. All of our teams compete in the Berkshire Youth Cricket League and we are consistent contenders for major trophies. We had 12 players selected for the full and district County squads, including two girls. Well done to all of them, and all those that participated in 2018.

Many congratulations to the two young ladies that won the 2018 Colt of the Year and Runner-up awards, respectively Charley and Ella Phillips, both of whom play for Berkshire Girls.

Please contact me on scjcricket@ntlworld.com to receive the 2019 season programme and supporting information as it becomes available. A number of teams were oversubscribed last season so don't delay.

Nick Ray, Founder and Coordinator, S&CJCC



macpenaem bramage oci vice

- All Blockages Attended To With No Call Out Charge
- CCTV Drainage Surveys
 No Nonsense Approach
- Service Contracts/Planned Preventative Maintenance
- Health & Safety Accredited
 No Subcontractors
- Public Liability Insurance
- Qualified Uniformed Engineers in Liveried Vehicles



HIGHLY RECOMMENDED

24/7 EMERGENCY SERVICE

GUARANTEED ARRIVAL

ALL TELEPHONE CALLS ANSWERED PERSONALLY

CALL ANYTIME ON 0118 957 6244 OR 07795 598207

www.drainandable.co.uk















POLEHAMPTON OPEN AIR SWIMMING POOL



The swimming pool is re-opening for the summer on Saturday 4th May, 2019

Come and visit us on our opening day 10am-12pm

Membership to the pool is open to all residents living in Twyford, Ruscombe, Charvil, Hurst and Wargrave. Join up and enjoy the summer in our pool! Please see our flyer enclosed with this newsletter, visit our website at www.psaswimming.co.uk or find us on **Facebook** for further information.

Fully tiled, heated 25m outdoor swimming pool in pleasant grounds, with heated showers, changing facilities, lockers and washrooms.

Family swimming sessions Monday/Wednesday/Thursday and Friday afternoons. (4pm-6pm term time, 2pm-4pm school holidays) Also Saturday mornings (10am-12pm)

- Lane Swimming for over 16's, weekday evenings 7pm-8pm (except Tuesdays)
- Early bird swimming. Mon/Wed/Fri (6.30am-8.00am)
- Teenage fitness swim for children 12-16 years wishing to swim lengths (Wed 6-7pm)
- Dedicated 'under-fives' sessions Friday mornings (11.30am-12.45pm) subject to supervision. (Please contact Carol Luscombe on 07305 880241 if you can help)
- We will be running swimming lessons in partnership with Swordfish Swim School. Members only. (Further details to follow on our web & Facebook pages)
- The pool is also available for children's pool parties (Members only)
- Family membership just £45 for the season!

Please note: All sessions are subject to adequate supervision. We are entirely dependent upon voluntary help, particularly for poolside supervision. If you can help on a regular basis, please contact the **Chairperson: Lesley Jarvis on Tel 07720 040500**. Poolside First Aid training course provided.

Polehampton Junior School, Kibblewhite Crescent, Twyford

Polehampton Swimming Association, registered charity 309032

Jewel Tones

Charvil based girls' choir, Jewel Tones, have been working very hard in preparation for performances this term. On March 6th, a group of nineteen girls from the choir took part in the finals of Let's Sing Reading at The Hexagon singing 'The climb' and 'True colors'. They did a fantastic job reaching the last three in the Youth Choir category. The choir have a concert at Norden Farm Centre for the Arts, Maidenhead on March 17th and then they will be travelling to Aldershot to take part in the regional festival series of Music for Youth on March 24th. In the summer term, the girls will be sharing a concert with Sapphire and The Young Voices of Colorado on July 5th. This concert will be at Waingels College at 7pm. Tickets are £5 –available from Suzanne on 0118 9340589 / suzanneynewman@btinternet.com. The summer term ends with an Open Evening for potential new members to come along and see what we do. This will be at Charvil Village Hall on July 7th at 6.15pm. Please contact us for more details.

Sapphire

Sapphire is a ladies choir that was set up last September. The choir rehearse on Monday evenings at Charvil Hall. Our repertoire is very varied – songs include Matchmaker, Hushabye Mountain, No-one is alone and My heart will go on! We are busy preparing for a trip to Cheltenham Music Festival in May and then the concert with Jewel Tones on July 5th. We have a couple of spaces in the choir for 2019/20 so if you would like more details please get in touch!

Sister Act singing afternoon

On April 27th come and join us for a fun singing afternoon for female voices at Charvil Hall (2.00 – 4.00pm). We will be singing medleys of songs from the Sister Act films arranged for 2-part choir. £10 which includes copies of the music and refreshments. If you would like to come to this please get in touch.

Sonning Floral Arrangement Society

We commenced our year with a New Year Lunch at The Moat House, Sindlesham and a good time was enjoyed by all. Jane Rowton Lee entertained us at our February Meeting. Jane has retired from being a coordinator for the flowers at Westminster Abbey. An extremely good flower arranger and very interesting to hear about the different arrangements required for various functions at the Abbey. A very big thankyou to her. Angela Graham and her husband gave us a talk, with slides, on many open gardens in Berkshire, Buckinghamshire and Oxfordshire. This has inspired us arrange some outings etc.

In April (11th) we welcome Kathryn Goddard. Her title 'Wings' should be very enjoyable. Kathryn, again, is an extremely good flower arranger. Our May (9th) demonstrator is Pat Dibben whose title is 'Presentation Da Ja Vue'. Then, in June Carol Bennett, title Mid-Summer Madness'. We welcome visitors for a very reasonable fee of £5. Who knows, you might join us.

We meet monthly in the Charvil Village Hall, the second Thursday in the month, for some very beautiful demonstrations followed by a cup of tea and a chat.







NHS Berkshire West

Clinical Commissioning Group





Back & neck pain
Sports injuries
Joint & muscle pain
Post-op rehab
Headaches
Womens' health
Pregnancy & recovery

Physiotherapy

Pilates

Massage

Gym



PHYSIOCARE

BODY MANAGEMENT

www.physiocare.co.uk

Proud to sponsor



Physiocare 6 Church Street, Twyford RG10 9DR 0118 934 4055

Physio Matters- Exercise is good for arthritis!

By Elizabeth Jones MCSP HCPC MACP Clinical Lead Physiotherapist at Physiocare

Contrary to popular belief exercise is good for ostoe-arthritis but quite understandably pain can be a strong deterrent to exercising. I cannot tell you how many times patients tell me they have given up gardening, let alone running, as it was 'bad for their knees'! Exercise is unlikely to wear out your joints. A healthy knee benefits from regular exercise and that includes running. Even if you start to develop arthritis its vital to avoid a downward spiral and exercise plays an important role in this.



It's a catch 22! Because your knee hurts you do less, it then becomes stiffer, muscles become weaker and then exercise becomes harder. But in many cases if you exercise, it can eventually make your knee feel better. Of course it always helps if you can catch the problem early on. And if you find that running or other load bearing exercises aggravate your

symptoms then switch to a more joint friendly form such as cycling. This advice does not just apply to the knee but to those in the upper limb the small joints of the spine also. Any exercise that works on your range of motion and strengthens the muscles that support the joints will help in managing arthritis and in keeping you as active as possible.

Medicines cannot reverse the problem and cannot slow up the progress. Though if a joint has flared up badly anti inflammatories and or a steroid injection can help to get you going again. Despite chondroitin and glucosamine naturally occurring in healthy cartilage and that some people have reported an improvement in their symptoms, there is no evidence that supplements such as these help and the latest Nice guidelines advise against using them.

Physiotherapy is important and can help in many ways. A thorough assessment of your joint is essential. This will establish if it has stiffened up and if so which exercises may help to get it moving properly again. Adequate muscle strength is crucial. With respect to the joints of the lower limb not just the muscles of your thigh but also the muscles around your hips and trunk are key in supporting the joints of the lower limb. In addition balance exercises help to ensure your natural reactions are still on point, this helps in preventing not just falls but also more minor injuries such as joint sprains.

Most everyday activities although beneficial are not usually enough to prevent the insidious deterioration which we so often blame on ageing. We can lose up to 8% of our muscle mass every decade after the age of 30, so ageing just makes it all a little more difficult. As we get older most of us have to work a little harder at keeping fit and well. Rest is very rarely the answer!

If you are unsure what exercise would be best for you please feel free to call us and discuss your particular needs with one of our Physiotherapists.



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 Thursdays in 2019:

25th April 2nd, 9th, 16th, 23rd May 13th, 20th, 27th June 4th, 11th, 18th, 25th July, 1st August

Please note there are no sessions on 11th & 18th April 2019 or 30th May or 6th June 2019

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



CHARVIL ART GROUP

Since our last contribution to Charvil Village News our Art group has continued to provide a really good, varied programme of activities having a number of different tutors and demonstrators. In February we invited Jane Williams to demonstrate how to draw and paint "people in profile" it was an inspiration for all of us trying new techniques and ideas, we all enjoyed her cheerful and fun loving approach. Also in February we were visited by Bexy Butcher showing us how to work in acrylics producing "a marbling effect" something new to everyone I believe, then the tutorial in March was a life study session.

During January and February, our art group provided an exhibition at Dinton Pastures which caused much interest and generated new members to our group. We sold five paintings so well done Bob, Bernard and Angela.

Our AGM was held on 6th March followed by wine, nibbles and jovial conversation. What a lovely group of people came.

If you or your friends would like more information about our club please contact either Hilary Kaye on 01189343595 or myself Ken Docking on 01189690274

We meet on Wednesday evenings at Charvil Village Hall from 7.30 to 9.30

Thankyou for reading this and maybe we'll hear from you. Best wishes from Ken Docking





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

Professional treatments offered:

- All routine dentistry
- Instant digital x-rays
- Cosmetic dentistry
- Dental implants
- Teeth whitening
- Stain removal

- Hygiene therapy
- Advanced dentures (Prosthetics)
- Aesthetic prosthodontics
- Children's dentistry
- Home visits

- Endodontics (root canal therapy)
- Tooth removal (simple & complex)
- · Emergency appointments
- · Oral cancer screening

Call us on: 0118 940 1057

68A High Street, Wargrave RG10 8BY, info@wargravedentalclinic.co.uk www.wargravedentalclinic.co.uk

Reading & District Cigarette Card & Postcard Club

The highlights of the winter programme were firstly the AGM and Christmas Party held on December 13th at Charvil Village Hall when 36 members heard reports of another successful year for the Club, the Annual Fair at Rivermead Leisure Centre, Reading on July 1st was very popular with dealers and collectors travelling from many parts of the UK, with the club's annual Board Display Competition attracting much interest within the hall.

The committee and all other officials were re-elected unopposed en bloc.

The collective winner of the single entry competitions held at every meeting throughout the year was closely run, the winner was Michael Compton, who received the Phil Blow Trophy. The Brian Eighteen Award for the member who in the opinion of the committee had contributed a lot of effort and work in recent years was presented to David Gerken as a former membership secretary, committee member, speaker, and assistant with the display competition at Rivermead over many years.

The evening continued with the traditional party and picture quiz, terminating with the grand draw where everyone present received a raffle prize.

Various talks were given by members at the start of 2019, but the first card auction was postponed due to snow, and will be held on April 11th instead and will include several lots from the local members of the public.

The Annual Dinner was enjoyed immensely by the 20 members and their guests at The Bull Inn at Bisham, March 13th, and will be repeated there again in 2020.

The next evening, March 14th, club member, Martin Flint talked about his long standing interest and hobby of making shepherd crooks and walking sticks, beginning with the history of sticks, Martin showed us many examples of the sticks he had made using horns and curved wood for the handle fixed to assorted types of wood sticks that he cuts and seasons from the local woods. A very interesting, unusual and enlightening talk.

For further details about the Club, the hobby, and the opportunity to sell any unwanted cigarette cards and old postcards (pre-1950) please ring 0118-9695155, more details about the Club can be found on the website: readingpostcards.com

The Club meets on the second Thursday evening, and the fourth Tuesday evening at $7.45-9.45 \mathrm{pm}$ of each month at Charvil Village Hall, RG10 9TR, members of the public are welcome to visit for free and enjoy the evening. See the club website for our programme of events, we would love to welcome you.

Roy Sheppard (Club Publicity)





Benjamin Ward

Your perfect holiday. Tailored to you, planned by me.

Specialist in multi-stop holidays, including Cruises, Honeymoons, Diving & Skiing.

Call me today for your FREE, no-obligation quote.



E: benjamin.ward@notjusttravel.com W: www.benjaminward.notjusttravel.com

Facebook: @BenjaminWardNJT







Physiotherapy

at Twyford & Wargrave GP Surgeries and Waltham St Lawrence

Private appointments available Registered with all major healthcare providers

Book online at www.fitandable.co.uk or call 01189340926

For more information email info@ tandable.co.uk





CHARVIL PARISH COUNCIL

ANNUAL PARISH MEETING

WEDNESDAY 15th MAY 8pm - 9.30pm

held at

Charvil Village Hall

How we spent your money! 'Have your say in future village plans!

Come along and join us for wine & nibbles and discussion with your local Parish Councillors



Everyone Welcome, please come and join us

www.charvil.com