

Charvil Village News

Spring 2020



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Inside this issue:

Village update from Parish Council Chairman...

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Editorial

After a period of what seemed to be never-ending rain and winds, Spring has finally arrived in all its glory! All around the village is evidence of new life and bursts of vibrant colour to be enjoyed by us all.

Sadly, of course, we find ourselves in very unusual and challenging circumstances due to the worldwide Coronavirus pandemic. We at Charvil Parish Council ask you to protect yourselves and importantly others that may be more vulnerable in your household, your neighbours and other residents, by keeping to the restrictions that will help us all in these difficult times. During this time of adversity, it has been lovely to see volunteer groups in Charvil and surrounding areas spring into action to provide assistance to those who most need it, such as the various COVID-19 support groups providing help to local residents who may require shopping or collection of prescriptions.

As a Parish Council we have done as much as possible to comply with Government guidance and instructions from Wokingham Borough Council. Along with the closure of the Village Hall and sports facilities, due to limited personnel available we have also had to suspend some of the services we provide such as litter picking. We would really appreciate your support by taking all your rubbish home with you or disposing of it responsibly.

It is a great shame that many of the regular village events that would be taking place in the next few months are postponed or cancelled. For instance, the Charvil Village Fete, after such a great occasion last year will not take place this year, but will return bigger and better in 2021.

Charvil Parish Council would like to express our thanks to all those people who volunteer to deliver this newsletter to Charvil homes throughout the year, we are very grateful.

Wishing you a safe and healthy Springtime – we hope you enjoy this latest issue of Charvil Village News.

Amanda Burton, Assistant Clerk

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

CHAIRMAN'S FOREWORD

Well ... this is the most difficult of all my previous Forewords. By the time that this reaches you we will have been in 'Coronavirus Lockdown' for some time. For some of us whose children have long flown the nest but who are still active, it may not be too bad an experience, and possibly even an excuse to get on with all those jobs around the house and garden which we have never had the time to get to previously. I fear that I may not be able to put off decorating the bedroom for much longer! However, for others it is likely to be a real hardship and, as has been said many times by others, please do look out for neighbours and for those who need it. You will already have seen 2-3 flyers delivered through your doors from organisations who can offer help where it's needed.

As for the Parish Council, we have had to make some very difficult decisions; or in truth, many of these decisions have been made for us. There will be no Council or Committee meetings until further notice, and your Council will manage its business via telephone and videoconference for the coming weeks/months. However, all councillors can obviously still be contacted by phone and/or email in the usual manner; and we will continue to support the village with Wokingham Borough Council as we always have.

Other regrettable actions which we have been obliged to take include the closure of all our sports facilities and playgrounds (including the tennis courts), and the closure of the Village Hall and Pavilion, as instructed from central government. We appreciate that these actions are likely to be unpopular; however, they are necessary as part of the efforts to limit the spread of the Coronavirus pandemic, and particularly to delay (or spread-out) the peak infection numbers.

As you may know, the elections (both Borough and Parish) previously scheduled for May have been postponed until next year and, at the time of writing this, we are still awaiting word on whether any alternative will be authorised. We will let you know as soon as we hear.

Finally, at the time of writing, we are unfortunately still seeing people using the sports facilities which have clearly been closed, and by doing so, are endangering both themselves and all others with whom they come into contact. It only leaves me to say 'Stay Safe' and please encourage your household and friends to follow the safety and isolation guidance issued by the government.

Jim Gillett: Chairman, Charvil Parish Council

Edited Extracts from the Minutes of Parish Council Meetings

Meeting held on 18th November 2019

Amenities Committee – Cllr. Sutlieff explained that she had met with a playground specialist from Wokingham and that he agreed the playground at East Park Farm by the Pavilion was rather tired. He pointed out that there was nothing to encourage inclusion and nothing for the disabled, but that this may help get grant funding. He also said that WBC's policy is not to separate under 5's playgrounds now, but to have one covering all ages. To do this, the playground would have to be doubled in size, which may be possible in the space where the playground currently is, but care needs to be taken to protect the roots of the protected trees.

Planning, Environment and Highways Committee - To hear a report on the Environmental Impact Conference – This conference had several speakers identifying different environmental issues. Some were related to village halls – could they ban single use plastics, encourage users to recycle, explore the options to provide teracycle collections etc. Also, they suggested banning the use of Chinese lanterns (because of fire risk). Other issues concerned wildlife – outside lights can disturb and discourage wildlife, so maybe there needs to be a shift to motion sensor lights. While climate change levy is not applicable to village halls, it would still be a good idea to conduct an environmental impact audit on community buildings.

Environment - The Committee agreed to recommend to Full Council that it adopts the soon to be decommissioned phone box on Park View Drive South to house a third defibrillator as there is nothing in the north side of the village. It was suggested that Council approach the Fete Committee, and possibly other groups, to help raise funds for this.

Meeting held on 16th December 2019

Amenities Committee – The budget discussions at that meeting were noted, particularly that there was concern that the pavilion may not be making enough to cover its costs once the grant has finally run out. It was acknowledged that the interior and exterior lighting of the pavilion is not good, but there was an unwillingness to spend too much on this at present until there is clarity on whether the building could be greatly improved or even replaced. The issue of the barrier was also raised, and it was agreed it was a problem when trying to attract new users as it is hard to open and close, particularly in the dark. There was then some discussion about how best to involve the public in trying to provide a facility that most people could buy into.

Donations – Council resolved to grant S137 donations of £150 to the Berkshire Multiple Sclerosis Therapy Centre, £150 to Berkshire Vision, £300 to Home-Start, £100 to the Link Visiting Scheme. They also resolved to grant a donation of £700 to the Citizen's Advice Centre.

Meeting held on 20th January 2020

Request from the Borough Councillor – The Borough Councillor asked whether there would be any possibility of Council considering using some of its CIL money to build a Scout Hut. Cllr. Hartley explained that Council is in the process of drawing up a five-year plan, and one of the ideas in this was finding a way to incorporate the Scout Groups' needs into a wider plan for Village facilities.

To consider and approve suggested changes requested by the Parish Council to the East Park Farm Lease and what Council might like to do on that site, – After some discussion about what the issues were; that the pavilion has a very limited lifespan; that there was not enough capacity to increase revenue to cover the "add-ons" such as the playground, car park etc. from the current building, and a better facility would be better placed to do this; to be able to develop the site into something to be proud of, the Parish needs security of tenure and this is not provided by the current lease; and the profit-sharing element is both unhelpful and unnecessary. Council considered the Chairman's draft to John Halsall, and felt it was a bit long, and the core message was rather buried, so it was agreed that Cllr. Sutlieff, as an attendee of the original meeting, was best placed to amend the response and it would then be sent by the clerk.

To think about how best to move forward on the ideas discussed at the meeting with the external facilitator to formulate an effective five-year plan and to approve an extra-ordinary meeting on 27th January- There were various threads that came out of this meeting and one of the recommendations was to consider a neighbourhood plan. Councillors needed to consider issues for the longer term (ie 10-15 years) but also a more detailed set of proposals for the next five years, some of which are very costly, but others are cheaper and possibly easier to do, whatever the outcome of the request to renegotiate the lease. The idea of an extra meeting was approved, and everyone was tasked with looking at the report and considering what could be done.

Extra-Ordinary Meeting Held on 27th January 2020

To consider and Understand the Process for Developing a Neighbourhood Plan that would take effect in the period 2026-36 and to decide whether Council wishes to undertake such a plan – There is a financial incentive to adopt a plan because without one, a Council receives 15% of the Community Infrastructure Levy (Developer Contributions) capped at £100 per elector, but with one, a Council receives 25% with no cap. The plan must be in line with national and local planning policies but does give residents a greater say in what is built and what community assets may be provided. There is also the benefit of greater community engagement and good PR. While the plans do cost upwards of £7,000 – often in the region of £25k – there are grants available to mitigate these costs. Time is also an issue, so it is important not to let them drag as there is a danger of losing Community interest. It was agreed to recommend approval at the next full council meeting.

To work on how to bring together the strands of the Strategic Planning Session in November into a workable draft five-year plan up to 2026, and to have coherent options to take to residents later in the year – The first decision was whether Council was broadly supportive of developing a new facility, which would be built to high environmental standards, or to pursue a number of smaller initiatives. Because there are many concerns about the longevity of the pavilion, and its ability to meet the required environmental standards, the consensus was that something will be needed to be done about it, even if it is just a direct replacement or complete refurbishment, but if Council were to be given more security, or even a ground lease, then a more ambitious plan could be considered, with the help of loans, grants, reserves and the CIL monies already received. Location would be an issue, and the ideal would be at East Park Farm, but it could work elsewhere if very close by. It was felt that it may be a good idea to employ an architect to see what is possible, and to explore the possibilities for a new location for the tennis courts and even a skate park. The Scouts storage problems were also discussed, and while any new building would be designed to house them long-term, it is recognised there are short-term issues that need addressing, particularly storage, so this is a priority whatever the long-term building plan is. The modernisation and possible expansion of the East Park Farm playground was also regarded as a must for the five-year plan and would probably be one of the first items to be addressed. It was also agreed that Council should get environmental surveys done of its buildings as a matter of priority.

Meeting of the Planning, Environment and Highways Committee held on 3rd February 2020

OPEN FORUM - There were eight residents and the Leader of the Borough Council, John Halsall in attendance. All the residents were attending because of concerns with three sites in the Draft Local Plan; Bridge Farm in Twyford, land to the East of Park View Drive North and land West of Park Lane. The common concerns for all sites were the lack of suitable infrastructure for what would be a minimum of 310 homes; the A4 is already at capacity at certain times of day, and is gridlocked if there are any accidents/roadworks in the area, or if the M4 is closed; the doctor's surgeries are full in the area; Charvil Piggott Primary and Piggott Senior School are over-subscribed; the bus service is poor and the other alternatives to car use are limited; and there was a concern raised about the impact on wildlife as there is a danger that valuable habitat and wildlife corridors could be lost. More site specific concerns are that the land designated East of Park View Drive North includes an area of flood plain, and even if it did not, it would directly impact on the flooding issues for the homes on Loddon Drive and actually accessing the A4 from Park View Drive North is already hard, and would only be made worse by this. Further, by breaching the north side of the A4, it will inevitably lead to further development in the north of Charvil at a later date. As far as the site off Park Lane is concerned, the lane is narrow, and already very busy, and most people would be using private cars to access it, making these problems worse. Added to that, there is no pedestrian crossing on Park Lane, causing problems for people accessing the school and Country park on foot. The Chair explained that the Parish Council has little control over any of these concerns or the apparent piecemeal approach but explained that the Borough needs smaller sites as well as large ones to ensure a five-year land supply, and the most influence that can be gained is through a Neighbourhood Plan. John Halsall introduced himself, and explained the position of the Council; that Political Parties of all persuasions were convinced of the need for many more homes to be built, and that the Council must have a valid Local Plan to control the delivery of these in the best interests of the Borough. He explained that the Northern Parishes have one third of the Borough Councillors but only 3% of the housing in recent years, and other parts of the Borough feel that the pain needs to be shared more equally.

There was a possibility that the area would get thousands of homes, but with the Grazeley plan looking like it will go ahead, the pressure on the rest of the Borough will be much reduced until 2055. He explained why the sites in Sonning had been refused as they would have removed the gap between the two village, but there had been little opposition to these two site being included in the Local Plan by the Parish Council, and that the Parish had not responded to the Homes for the Future Consultation. *Clerk's note: There had been a meeting with representatives of Sonning Parish Council. The Chairman of Charvil Parish Council, the Borough Councillors for the two villages and representatives of the Planning Department, and at this meeting, the Charvil representatives said that if they had to accept any more development, it would be best on the land West of Park Lane, as this was already in the process of being developed. The Parish Council did respond to the Homes for the Future Consultation, and reiterated that point, but was told not to add any more information to the sites it had already commented on previously, unless they could come up with areas they WERE willing to support development – consequently no fresh comments other than the initial negative assessment of the northern site was included in this consultation.* John Halsall then ran through the points raised; as far as surgeries go, they are trying to get people who are not qualified doctors to deal with minor issues and to get people to contact their pharmacists more; he agreed that the A4 is a problem and there will be attempts to improve the road system to make it more “intelligent”; Flooding is an issue that has been taken into account; there is little demand for new shops; crime is a problem in some areas but less so in the Northern Parishes. He also said that the housing envisaged in Charvil will be low density, and that the Borough is investing in new Council houses, but these are being placed in villages like Finchampstead, which is where the borough has suitable land. The Chair thanked everyone for coming and they all left at 8.55pm.

Meeting held on 24th February 2020

Open Forum – One resident attended to talk about the field behind Park View Drive North that has been included as a site in the Draft Local Plan. He felt that the best defence against this development is that around 30% of the 5 hectares that have been selected are in flood zone three, and the Borough themselves write that development should only be in zone three if there is no alternative, and many of the sites put forward are in zone one.

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He also said that Bridge Farm in Twyford is in zone three. He was concerned that the Parish Council seem to accept the development of the field off Park Lane and felt that this field should be defended. There was some discussion of the wildlife on Park View Drive North, and that there are some rare species in the area. He also felt that the Parish Council should publicise its responses to the consultation, and that that WBC should at least give us figures on how many respondents to the consultation from Charvil there are. The Chair thanked him for coming and he left at 8.15pm.

To consider and approve the idea of developing a Neighbourhood Plan for Charvil and how best to progress it quickly – The idea of developing a Neighbourhood Plan was approved, and Council should apply for a grant for the plan. The clerk was to start the process by contacting the Borough Council. *Clerk's Note: The first step is to identify the area to be included in the Local Plan and a statement, and this needs to be open for consultation – it is simple and there is no fee. It has been suggested that we meet with the representatives of WBC who can provide us with the necessary support, and the clerk is awaiting a suitable date to be suggested.*

Meeting of the Planning, Environment and Highways Committee held on 2nd March

OPEN FORUM - There were 44 residents in attendance. All the residents were attending because of concerns with three sites in the Draft Local Plan; Bridge Farm in Twyford, land to the East of Park View Drive North and land West of Park Lane, and some were there to express concern at the Parish Council response to the proposed inclusion of the land west of Park Lane. Cllr. Andersen introduced the meeting, running through the concerns that had been raised the previous month; that there was insufficient infrastructure and amenity in the area; concerns about wildlife; flooding and the flood plain issues; insufficient school places; lack of public transport; deterioration in air quality and the erosion of the separation of settlements. She explained that the Parish Council wanted to hear the views of as many residents as possible, and thanked everyone for coming to this meeting, and she also explained that it was important for as many voices as possible to be heard by Wokingham Borough Council (WBC). She went on to explain that nothing was set in stone at this point, but that the original capacity for both sites was much higher – 150 for the whole of the site north of the A4 and 160 for the land west of Park Lane, so 85 on part of the land north of the A4 and 75 on Park Lane was a significant reduction. She also mentioned other possible local sites that had been put forward, such as the land off Milestone Avenue and sites south of the railway. For many people, flooding issues were the greatest concern, and it was agreed that this was one of the strongest arguments against building north of the A4; the land directly south of this proposed site has flooding issues, with temporary flood defences assigned by the environment agency recently, in case of flooding like that of 2014. They believe building on the north side would adversely affect them as well as residents of Loddon Drive.

Moreover, the Environment Agency has recently re-iterated the fact that flood zones two and three should not be built on. East Park Farm was built on the flood plain, and residents received automated calls over the past few weeks of flooding to prepare to vacate their homes – that this did not happen was immaterial – it serves to show that there is a recognised problem in much of Charvil. A further issue related to flooding was the Edward Road pumping station, which residents say serves much of the village, and has not been upgraded or expanded despite the number of homes it serves increasing over time. These developments could put even more pressure on this station, which has failed twice in the floods of the past six years, causing widespread pollution and misery for nearby residents. The issue of doctors' surgeries was discussed, and the Borough Councillor explained that this was not a Borough issue, but the local Health Trust takes these decisions and that they had decided that Charvil was not a suitable location. Given that there is a shortage of GPs, this situation is unlikely to change. There was some discussion about the type of housing proposed – would there be social or affordable homes – and what is affordable anyway. While the present development of 25 homes on Park Lane has no social housing, the developer would have paid a levy for WBC to build social housing at a site of its choosing, but it could be made a condition of any planning permission to include some social and affordable housing if that was desired by the community, according to the Borough Councillor. A discussion on the Community Infrastructure Levy (CIL) followed – did this have to be spent in Charvil (only the amount received by the Parish would definitely be spent in the Parish – the rest would be spent where the Borough thought best, which may or may not be in Charvil). The Parish Council has not decided what to spend its share of the CIL on yet, but ideas being considered are improving the playgrounds and the pavilion, including proper provision for the Scouts, but this would be put to public consultation before a final decision is made. Some residents wanted to know why Charvil and Twyford had been chosen for significant development, and not Wargrave, Remenham or Ruscombe – the answer being that these three villages were in the Greenbelt, and so could only take very limited development (there is some in Rucombe). Sonning also had one small development. Although Charvil is small, and these sites signified a large percentage increase in the size of the village, it was only 3% of the number of homes needed to be provided by WBC, and Grazeley was earmarked for the lion's share, with 15,000 being proposed in the years 2026-56. There needs to be some understanding of the planning process, and that objecting to all housing is not an option. The discussion turned to why the Parish Council was only objecting to the site north of the A4 and that this is splitting the village, and is inconsistent with the approach taken for many years that the field on Park Lane was unsuitable – just because part of it had been built on due to the lack of five year housing supply does not mean the rest should be developed.

The Borough Councillor felt that this was unrealistic and that if the site were not included in the Local Plan, the developer would appeal, and given that a Planning Inspector in 2017 reportedly suggested Charvil was a suitable location for nearly 900 new homes, there was a strong likelihood the developer may be successful, although local opinion does carry weight with the inspectorate. Concerns were raised about the safety of pavements and crossings – the pavements are narrow, they often have parked cars on them, and there needs to be a crossing near to the school on Park Lane if walking to school is to be encouraged – more traffic on Park lane will exacerbate this situation. It was also felt that the A4 cycle shared use cycle track is dangerous, particularly at present, with mud, water and broken bits of tree all over it. It was also mentioned that there needs to be an off-road route to the station from Charvil, which would alleviate pressure on the roads. One resident asked about the status of the field south of the railway – it was generally felt that this was the only remaining green gap between Charvil and Woodley, and as such, would be an unattractive option to WBC. One resident commented on the strength of feeling against these developments, and pointed out that the lack of opposition in the past was down to the fact that all comments from borough representatives implied Charvil would not get further development, but since the draft Local Plan has been published, and increasing numbers of residents become aware of the plans, the opposition has grown. He is willing to provide more information for residents who have not got the time to read the thousands of pages of information provided by the Borough, which he feels act as a deterrent to responding to the Consultation because it is so intimidating. The Borough Councillor said that the leader of the Council was responsible for the Consultation. She also pointed out that there were very few respondents to the Homes for the Future Consultation from this area, and what there were, were evenly split between for or against the proposals (at that point there were no specific sites mentioned). The discussion then turned to how to make effective representations to the Borough – responses must be objective and must not appear Nimby-like and must not look like they are circular letters slightly modified. Being completely negative is unhelpful, and it may be a good idea to suggest what amenities etc would make a development acceptable as negotiating with developers often means a better outcome for all. It may be best to e-mail your responses, and to ask for an acknowledgement of your response. The closing date for comments is **Friday 20th March at 5pm**. Because of GDPR, the Borough will have to have a list of respondents, so you should always be able to check receipt. The process will be to then collate responses and change anything that is deemed necessary with further consultation with Planning dept, Parish Councils and developers, and then produce a final plan that will have to go before the Inspectors who will hear representations from appellants, WBC etc., before passing a verdict on the Plan. It is nearly certain developers whose sites are not included will go to appeal as large sums of money ride on the inclusion. Cllr. Andersen thanked everyone for coming and assured them that their views would be considered when the parish Council responds to the consultation, and they left at 8.30pm.

Planning Matters considered at recent Parish Council Meetings

The Council had no objection to the following applications:

- 192745 Householder application for the proposed conversion of existing loft space to create habitable accommodation to include the erection of 1no. dormer and the insertion of 2no. roof lights to front, erection of 3no. dormers to rear following removal of existing chimney stack, internal alterations to existing dwelling at 21, East Park Farm Drive
- 192899 Application for the prior approval of the erection of a single storey rear extension, which would extend beyond the rear wall of the original house by 6m, for which the maximum height would be 3m and the height of the eaves 3m at Uplands, Park Lane (For Information Only)
- 192957 Application for the proposed single storey side/rear extension, internal alterations, the insertion of 4 no. roof lights, following demolition of existing garden room at 2 Kilowna Close
- 193019 Application for proposed erection of a detached garage at Acorns, Waingels Road
- 193007 Application for the proposed erection of a single storey front extension to form porch, single storey rear extension, garage conversion to create habitable accommodation, plus internal alterations at 29 Gingells Farm Road
- 192523 Application for the erection of a proposed single storey rear/side extension to enhance kitchen and living area and proposed conversion of existing attached store area to habitable space at 28 Charvil House Road (revised plans)
- 193072 Application for proposed erection of a single storey rear extension including the insertion of 2no. rooflights, plus changes to fenestration at 8 Wenlock Edge
- 193142 Application for proposed erection of a single storey rear extension to existing dwelling, including the insertion of 1no. rooflight at 42, Park View Drive North
- 193237 Application for proposed erection of a single storey rear extension, insertion of 2no. roof lights, part garage conversion to create habitable accommodation, plus changes to fenestration at 3, Park Lane
- 193269 Application for the proposed erection of a single storey side extension to extend the lounge bar and lobby and a single storey rear extension to form a new dining room and enlarged kitchen with 2 no. rooflights, plus relocation of the bin storage area, formation of a new terrace and creation of a temporary access drive at the Heron on the Ford

- 200001 Application for the proposed erection of a front/side two storey extension, front single storey extension to create canopy roof for porch. Also, to raise roof height and eaves level with new front facing dormer and 2no rear roof lights to main roof following part first floor rear extension and changes to fenestration at 58, Old Bath Road
- 200007 Application for the proposed erection of a single storey side/rear extension including 1no roof light, single storey front extension to create porch and garage conversion to create habitable accommodation at 51a Park View Drive North
- 200267 Householder application for the proposed erection of a part first floor part two storey side extension at 15 Gingells Farm Road
- 200456 Householder application for the proposed erection of a two-storey front/side extension, following demolition of existing garage, single storey side extension, following demolition of existing side extension, plus single storey rear extension with the insertion of 3no. roof lights at 3 Strathmore Drive.

Council Comments on the following applications

- 193390 Householder application for the proposed erection of a two-storey side extension and a part first floor part two-storey rear extension following demolition of existing car port at 1 Milestone Crescent – The clerk was asked to object as follows:
 - 1. On the plans, it states that the garage will be three metres wide, but this width includes the exterior wall. The actual width of the internal space in the garage would be at most, 2.8 metres wide, which is narrower than the stated minimum width for a garage of 2.9 metres. Given that the garage MUST be one of the parking spaces for the dwelling, to make it too narrow will inevitably lead to on road parking on a stretch of road that the planning inspectors themselves said such parking should be discouraged. The parking plan suggests that you could squeeze two cars to the front of the dwelling; if they did, they are likely to make it hard for the residents of 1a to access their off street parking, and looks designed to lead to parking disagreements or further on-street parking in a place where visibility is already poor.*
 - 2. Although other dwellings on Milestone Crescent have extended, they have generally been single storey. This would be the only two storey extension so close to an existing two storey dwelling, adversely affecting the street scene.*
 - 3. The overall effect would be over-development on a site that is right on the edge of the village and would be out of keeping with an area that has the feel of low-density housing.*

www.CharvilCommunityTennis.org.uk

We are looking forward to welcome you back when all things return to normal.

Due to the unprecedented Covid-19 pandemic, CCTC is following LTA and government's guidance and have postponed all play and coaching activities until further notice. The tennis courts are closed. The beginning of the new season has therefore been disrupted - Please keep well and stay safe.

As and when restrictions are lifted or removed, we will update our website and social media to provide new and exciting offerings. Details on revised membership fees and coaching course fees will follow in due course.



193028 Application for the proposed erection of a two-storey side extension including garage conversion to create habitable accommodation, plus single storey rear extension at 8, The Hawthorns – The clerk was asked to comment as follows: *Charvil Parish Council does not object to the application in itself, but does share the neighbours' concerns about parking, because the dwelling is very close to the junction with Park Lane, and will be very close to the junction of the new development on Park Lane. If the loss of the garage is likely to lead to more on-road parking, then Council feels this would be unacceptable.*

200116 Application to vary conditions 2, 6 and 7 and to remove of condition 10 of planning consent 152510 for the proposed erection of a four-bedroom, two storey dwelling. Condition 2 refers to the approved documents; condition 6 to the scheme of landscaping; condition 7 to parking provision and condition 10 to the retention of the garage for parking. The variation is to allow for an increase in the size of the porch, changes to parking and landscaping, and conversion of the integral garage. Retrospective at 1a Milestone Crescent – the clerk was asked to object as follows:

Charvil Parish Council would like to object to these variations on the following grounds.

- 1. The Condition Six referring to Landscaping was approved in Planning Application 173437, and although it was approved that the fence and the wall would be retained, all the new plants were to be planted inside the boundary because the fence and the wall mark the edge of the land in private owner ship. The new planting to the front of the property is on Local Authority land, and has been maintained by the Local Authority for many years. The Parish Council is in agreement with the original plan, and believes the original condition should not be varied.*
- 2. Condition 10 refers to the garage. There have long been parking concerns on this site, as it is a corner plot, and although on a dead-end road, there is a national cycle route passing this dwelling, and so on-street parking is not to be encouraged. The original plan had an integral garage which was to be retained to provide enough parking for the site; the varied plan is unrealistic because it would mean cars forever shunting out onto the road each time on of the blocked in cars needs to be used. Everyone knows that in this situation, all but one car will be on the road, increasing the hazard for other road users, particularly bicycles.*

The situation has been made worse by the approval for the extension at 1, Milestone Crescent in planning application 193390.

3. *Condition 2 relates to the dwelling itself. The Council objects to the larger porch as this directly affects the parking and landscaping. With the original sized porch, there would have been plenty of room for the approved landscaping and parking; the larger porch means that both parking and landscaping are compromised.*

200408 Householder application for the proposed erection of a single storey side and rear extension and conversion of the garage to form a self-contained 'granny' annexe at 43 Chiltern Drive – The clerk was asked to comment as follows:

Charvil Parish Council would like to object to this application because it is disproportionate with the size of the plot and would leave insufficient amenity area.

The following applications were approved by Wokingham Borough Council:

- 191925 Application for the proposed erection of a two-storey front extension, first floor rear extension, insertion of two enlarged front dormers, two rear dormers and 9no.rooflights, plus internal alterations and changes to fenestration at 101 Old Bath Road
- 192227 Application for proposed first floor side extension and partial garage conversion, plus internal alterations and changes to fenestration at 104, The Hawthorns
- 182936 Householder application for a two-storey side extension and a single storey rear extension to dwelling at 47, Chiltern Drive
- 192745 Householder application for the proposed conversion of existing loft space to create habitable accommodation to include the erection of 1no. dormer and the insertion of 2no. roof lights to front, erection of 3no. dormers to rear following removal of existing chimney stack, internal alterations to existing dwelling at 21, East Park Farm Drive
- 192077 Application for the erection of single storey front, side and rear extensions to dwelling, following demolition of existing bay window, plus erection of detached double garage to front of dwelling at 38 Park View Drive North
- 193390 Householder application for the proposed erection of a two-storey side extension and a part first floor part two-storey rear extension following demolition of existing car port at 1 Milestone Crescent

- 193269 Application for the proposed erection of a single storey side extension to extend the lounge bar and lobby and a single storey rear extension to form a new dining room and enlarged kitchen with 2 no. rooflights, plus relocation of the bin storage area, formation of a new terrace and creation of a temporary access drive at the Heron on the Ford
- 192957 Application for the proposed single storey side/rear extension, internal alterations, the insertion of 4 no. roof lights, following demolition of existing garden room at 2 Kilowna Close
- 193019 Application for proposed erection of a detached garage at Acorns, Waingels Road
- 193007 Application for the proposed erection of a single storey front extension to form porch, single storey rear extension, garage conversion to create habitable accommodation, plus internal alterations at 29 Gingells Farm Road
- 192523 Application for the erection of a proposed single storey rear/side extension to enhance kitchen and living area and proposed conversion of existing attached store area to habitable space at 28 Charvil House Road (revised plans)
- 193072 Application for proposed erection of a single storey rear extension including the insertion of 2no. rooflights, plus changes to fenestration at 8 Wenlock Edge
- 192713 Application for the proposed erection of 1 no. commercial storage building (Use Class B8). (Retrospective) at The Homestead
- 192648 Application for the proposed erection of 3 no. commercial buildings (Retrospective) at The Homestead

The Following Application was refused by Wokingham Borough Council

- 191788 Full planning application for the proposed change of use of buildings and land from agricultural use to general industrial use plus erection of two additional buildings (part retrospective) at Newlands Farm

The Following Application was withdrawn

192528 Application for the proposed erection of an attached garage to the side of the dwelling and conversion of existing integral garage to additional habitable accommodation (Retrospective) at 1a Milestone Crescent

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

The following meetings are scheduled but because of the COVID-19 Crisis, meetings are suspended at present, and will take place via Conference Calls if confirmation is received that this is allowed. If anyone has questions, please email the Clerk.

Meetings of Charvil Parish Council 2020	
20 April 2020	Full Council Meeting
27 April 2020	Finance Committee Meeting
04 May 2020	Planning, Environment and Highways Meeting
11 May 2020	Amenities Committee Meeting
13 May 2020	Annual Parish Meeting
18 May 2020	Full Council Meeting
01 June 2020	Planning, Environment and Highways Meeting
08 June 2020	Amenities Committee Meeting
15 June 2020	Full Council Meeting
06 July 2020	Planning, Environment and Highways Meeting
13 July 2020	Amenities Committee Meeting
20 July 2020	Full Council Meeting
03 August 2020	Planning and Finance
MEETINGS COMMENCE AT 8 pm and are held in <u>THE VILLAGE HALL, PARK LANE.</u>	
RESIDENTS ARE WELCOME TO ATTEND THESE MEETINGS	

Charvil Parish Councillors		
Jim Gillett	Chairman of Council	969 7156 chair@charvil.com
Paul Mundy	Chair of Finance	934 5258 paulmundy@charvil.com
Claire Andersen	Chair of Staffing	07500 931091 claireandersen@charvil.com
Pat Sutlieff	Councillor	07788 100935 patsutlieff@charvil.com
Jane Hartley	Chair of Planning	07879 427350 janehartley@charvil.com
Adrian Keward	Chair of Amenities	9346707 adriankeward@charvil.com
Joanne Akeju	Councillor	joakeju@charvil.com
Roanna Collis	Councillor	07717 437308 roannacollis@charvil.com
Neil Jackson	Councillor	07809 591134 neiljackson@charvil.com
Vacant		
Parish Council Officers		
Miranda Parker	Parish Clerk	901 7719 clerk@charvil.com
Amanda Burton	Assistant Parish Clerk and Newsletter Editor	07850 234363 bookings@charvil.com

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

Covid-19 and what it means locally

At the time of writing, there is hardly anything in the news apart from Covid-19 and its implications on life around the world.

However, we thought it might be helpful to give a picture of how it is affecting life at a more local level, and, what help may be available to those who are not able to rely on trusted family members and neighbours.

The position is changing daily, with rising levels of infection and, sadly, deaths. So far, this area has not become a “hot spot”, and we are lucky that for most of us in Charvil, we have gardens and plentiful countryside to exercise in without having to try too hard to adhere to the two metre rule.

Daily updates on what help is available appear on the Wokingham Community Distribution Hub [Facebook page](#), for those with access to Social media, and there are also updates on the Wokingham Borough Council website for those with access to the internet.

We know, however, that some of you do not have access to either. The local effort is being coordinated by the Wokingham Branch of **Citizen’s Advice**. If you need help, please ring on **0300 330 1189 (if prompted enter 0118 978 7258)**. Please do not accept unsolicited help from people you do not know, and certainly do not pass on any personal or financial information, as there have been a number of reports of fraudsters trying to capitalise on the crisis.

They can help people who not only need access to food and medical supplies, financial concerns etc., but also those who are feeling isolated – they can put you in touch with a group called the Link Visiting Scheme who are supporting many residents by phone at the present time.

For those who want to help, you can continue to provide food for the Food Banks – if you would like to support financially there is a Just Giving page called “Wokingham Borough Community Response to Covid 19” – and please consider supporting local charities as many are suffering as they cannot operate their usual fundraising efforts at time when their services are needed most.

By the time you receive this, it may be worth seeing whether the Wokingham Volunteer Centre needs any more help by visiting www.volunteerwokinghamborough.org.uk or ringing 0118 977 0749. As of beginning of April, they have enough volunteers but with the peak predicted to be at about the time you receive this, any extra help may be welcome.

For all of us, however, the message is, and continues to be

STAY HOME, STAY SAFE, HELP THE NHS

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Neighbourhood Policing Team Update Spring 2020

Key Safe Security Information

A key safe is a strong mechanical metal box in which you can securely store the key to your door. It is installed into brick or concrete on the outside of your property and your keys are accessed by a combination code.

The combination code will only be known to you and anyone with access to your property. It allows your door key to be retrieved so your property can be entered quickly in an emergency.

A key safe is only secure if it has been fitted correctly.

You should follow the manufacturer's instructions exactly to make sure your key safe is fitted securely to a solid surface such as brickwork or concrete using the approved fittings.

Best locations for a key safe

A key safe should be hidden out of site to reduce the risk of the property being targeted by burglars. You should ask yourself whether it:

- Can be seen from the road
- Is at eye level
- Is easily identifiable as a key safe
- Is near the door

If your answer is "yes" to any of these, you should consider moving the safe somewhere else. It should be fitted in a position where:

- It cannot be seen by passers-by. For example, it could be hidden by a window box, mailbox drainpipe or plants
- Anyone tampering with it is clearly visible

Remember the safe contains a key to your home, so keep this out of sight as much as possible

Changing the code

You should regularly change the code for your key safe.

All key safes are supplied un-coded, and you set the code yourself. It's as easy to change the code as it is to set it for the first time. The code can be changed as many times as you wish – contact the manufacturer if you need help.

Preventing break-ins

If someone finds the key safe and tries to get into it, there are 2 ways of opening the box:

- by entering the code
- by knocking the box off the wall and smashing it to pieces

Before anyone can try cracking the code they need to know how many digits it has. Most codes we use have 4 digits, eg cash point cards, TV PINs. We suggest using a 5 or 6 digit code for your key safe.

Smashing the box would be both noisy and time consuming and need tools such as a large hammer and chisel. An opportunist thief is much more likely to shoulder a door or break a window than break into a key safe.

If your key safe is stolen, please report it to the police on 101 immediately and arrange to change your lock.

Contact us

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

Facebook: TVP Bracknell & Wokingham

Twitter: @TVP_Wokingham

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

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Physio Matters – Motion is Lotion!



Movement. It seems like the easiest thing in the world. Our bodies are designed to run, jump and manipulate objects, among other miracles of locomotion but over the past 50 years or so we have made sitting into an art form. Excessive sitting is a fairly new problem, two hundred years ago, 90 per cent of the world lived in agricultural communities. People sat for only 3-5 hours per day but only to take breaks from working. Today people sit for an average of 13-15 hours per day. It's no wonder back pain is considered a modern phenomenon and when it comes to looking after our bodies, motion is lotion, as they say. Last September the Chief Medical Officers of the UK published their updated recommendations for physical activity. In their opening paragraph they state "If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat." The current recommendation for adults is follows:

- For good physical mental health, adults should aim to be physically active every day. Any activity is better than none and more is better still.
- Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes (2 ½ hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

Even when you have joint and muscle pain movement is good for you and can act as medicine. It can 'turn down' the intensity of the pain you are feeling whilst staying still reinforces the thought process that movement is bad which can 'turn up' the intensity of the pain. One of the most important things you can do is to keep moving and continue with your normal activities as much as possible. Posture can also play a part. As we become more sedentary in our lives we need to remember that our next posture is our best posture i.e. we need to mix up our postures throughout the day and avoid any one position, be it sitting or standing for any length of time.

We now recommend that as much as possible you should break your working day into 30 minute chunks whereby you spend 20 minutes sitting, 8 minutes standing and 2 minutes moving or stretching. Movement can act as medicine. Quite a big proportion of musculoskeletal problems arise from habitual movement and static postures especially when this is accompanied by a lack of adequate exercise.

Prevention is better than cure and the quality of our movement is important. Strength is a consideration but only in appropriate doses. Too often the focus is on being weak and trying to build muscle, including the core, by concentrating on intensive and hard exercises and training. In reality everyone would benefit from moving more and improving the quality of their movement. Physiotherapists are best placed to help with this as they can identify subtle changes in the way you move and use your body and help you recognise which exercises you would benefit most from.

If you would like to improve the way you move and would like some help and advice as to how start safely please feel free to call Physiocare on 0118 934 4055 to talk to one of our Physiotherapists. www.physiocare.co.uk

Elizabeth Jones MCSP HCPC MACP Clinical Lead Physiotherapist

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Charvil Parish News

New signage

You will have probably noticed that at various points around the village that new signs have been erected. These include the winners of the competition held at the Charvil Village Fete, to design a poster / sign to discourage dog fouling in the village. These are displayed at the East Park Farm and St. Patrick's recreational fields. Well done and thank you to those young budding artists!

Bottle Bank

This continues to prove popular with local residents. The collection/ emptying of the banks takes place each Wednesday so please do not obstruct the lay-by so that the council vehicle can gain access safely. Also, if you arrive at the banks to find them full, please do not leave the bottles against the banks—this causes a real hazard to everyone, instead please return at a later date and try again—perhaps on a Thursday after it has been emptied.

If there are any problems with broken glass or other litter related to the Bottle Banks, please use the self-service reporting service on the Wokingham Borough Council website <https://selfservice.wokingham.gov.uk/services/litterbin/> or ring them on 0118 974 6000.

Dog Fouling

Unfortunately we are still receiving complaints that some people are still not clearing up after their pets. Please, it does not take long to pick up the mess and either dispose of it responsibly in a bin or to take it home with you.

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>

For further information on the services of the Dog Warden, you can visit <https://publicprotectionpartnership.org.uk/environmental-health/dog-warden/>





Caterpillar Club

A playgroup for 0 to 5's
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Wednesdays (termtime)
9.45am to 11.30am

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**CHARVIL
PARISH COUNCIL**

Caterpillar Club

We have had an enjoyable time of play, painting, snacks, story and singing. We meet on Wednesdays from 9.45-11.30am at Charvil Village Hall. However, we will not be returning again until the schools are back. The summer term finishes on 15th July and we will begin the Autumn term on 9th September (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. 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



For all the latest news, events and much more don't forget to visit
our website www.charvil.com or follow us on Facebook 

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Fit &Able

The COVID-19 pandemic has seen many more people out running, cycling and walking. This is fantastic for both physical and mental health, as well as boosting your vital immune systems. However, for some, this may unfortunately result in injury.

There are also many more people, working from home, bent over laptops at the dining room table, or on their laps on the sofa, who are also starting to feel the affect on their backs and necks.

Understandably in light of the situation, many feel that they should not bother their GP with such concerns at this time. However, injuries such as these are always best treated in the first 6 weeks, in order to avoid the risk of them becoming chronic, ongoing problems.

So, what should you do?

Firstly, use the simple measures; rest, ice, elevation and anti-inflammatory gels or medicines are all helpful.

Put your laptop on books on the table to raise the screen to sitting eye level and plug in a separate keyboard and mouse to create a standard workstation set up.

However, if your symptoms are not improving within the week, or if you feel them deteriorating, you can still access help from physiotherapists. This is being provided online via Skype/ Zoom or simply over the telephone. They will be able to assess your condition, give advice on managing it, and provide exercises, accompanied with photos and videos, in order to help support your recovery.

Remember, exercise is essential for keeping the body and mind healthy. So, if the opportunity presents itself, get yourself outdoors, or perhaps set up a home workout session. There are many local exercise classes that are now being run online, perfect for the more mature amongst us; so, spread the word and let's get everyone moving!

Jenny Collis, Chartered Physiotherapist, Fit and Able Ltd.

E- admin@fitandable.co.uk

T- 01189340926

W- www.fitandable.co.uk

The Charvil Village Society

The January quiz night was, as ever, very popular and attended by 13 teams with 104 people in total, and lots of new faces.

The winning team 'Bercows Revenge' scored 93 points, and the lowest team score was 75 points, so only 18 points between them.



The raffle raised £229, which will be donated to a local charity.

We hope to run the next quiz night on 25th September, but obviously this might have to change. Look out for details on our Facebook page.

Sadly, the Senior Citizens Tea Party has had to be postponed due to the Coronavirus, but we hope to reschedule this event at another time when it is safe to do so.

Charvil Village Society would like to donate money to local charities and not for profit groups. So, if you are involved in a group like scouts, guides, music, school PTA, or any other local group, please get in touch if you are fund raising for an event or new equipment.

If you would like to receive information about future events, please sign up to our Facebook page.

Hope everyone stays safe and well. It is great to see such a fantastic community spirit in Charvil during these tough times. We look forward to welcoming old and new residents to the next event.



Charvil Tree Warden

“But, as with human relationships, an unnamed tree essentially remains a stranger” (*Helen Babbs*)

When I became a Tree Warden a few years ago I started to take more notice of the trees around me in Charvil. Some were familiar but many were not. In an effort to learn how to identify a tree I started making myself a scrapbook. I am amazed at the variety we have on our doorstep.

As I walk around the village I’ve noticed Horse Chestnuts and the red variety outside the village hall. We are blessed with many Limes, English Oaks, Ash and Poplars. We have Cypress, five small European white elms, a Judas Tree and Lilacs of all colours.

Some of my favourites are the Maples – Japanese, Red, Field and Norway Maple. We have Magnolia and Magnolia grandiflora, spectacular in flower as is the Indian Bean Tree. There are Laburnum, a Redwood, Beech and Copper or purple beech.

Surprisingly there are several Eucalyptus trees, a Salt Cedar, various palms including Cabbage Palm, Olive trees, a Common Walnut, a couple of Monkey Puzzles, a Tulip tree and a Fig.

We have Cherry trees, Wild Plum, Pear and Apple trees. There are Silver Birches, London Planes, Rowan, Scots Pine, Crack Willow, Weeping Willow, White willow, Elder, Hawthorn, Blackthorn, Holly, Sycamore, Yew, Alder, Hazel, a Cedar, Spindle, Black Locust Tree, Stag’s Horn Sumach, Austrian Pine, Silver Fir, Golden leaved Robinia, Whitebeam.

We used to have a Sweet Chestnut but the only one I know of has been felled, unless perhaps you have one in your garden?

I have to admit, I am still learning and will feel more confident once my identification has been verified by someone else. So far I have counted 69 different types of tree in Charvil alone – what a wonderful area in which to live!

Ash is the third most common of the veteran trees recorded so far in Charvil. 10 out of 107 were Ash. (2017 figures)

You may have heard of Ash Dieback. The Woodland Trust website says it is a fungus which affects Ash trees of all ages, but generally the younger trees succumb more quickly. Leaves develop dark patches in summer. They then wilt and go black. Diamond shaped lesions may appear on the trunk.

However, some Ash trees may be tolerant and it would be a shame to chop down a healthy tree.

If you do have an infected Ash it will become brittle and may shatter. It will need to be cut down to prevent it falling and causing damage. However moving the felled tree will risk spreading the disease, burning it puts carbon dioxide into the atmosphere, so best to talk to the tree surgeon for advice on what to do with the felled tree.

Therefore if you do have an Ash, monitor it for any changes or deterioration. New growth further down the trunk is a sign of a tree in stress, but hopefully your tree will be one that is resistant.

For further information go to the Forestry Commission site www.forestry.gov.uk/pestsanddiseases

Sarah Swatridge – Tree Warden

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POLEHAMPTON SWIMMING POOL

CORONAVIRUS UPDATE

OPENING DATE: POSTPONED UNTIL FURTHER NOTICE

In response to the severity of the Coronavirus outbreak, It is with regret that I write to inform you of our decision to delay the opening of the swimming pool. This decision has not been taken lightly by the committee and has been made to safeguard our members and volunteers in view of the latest government advice to restrict all unnecessary social contact.

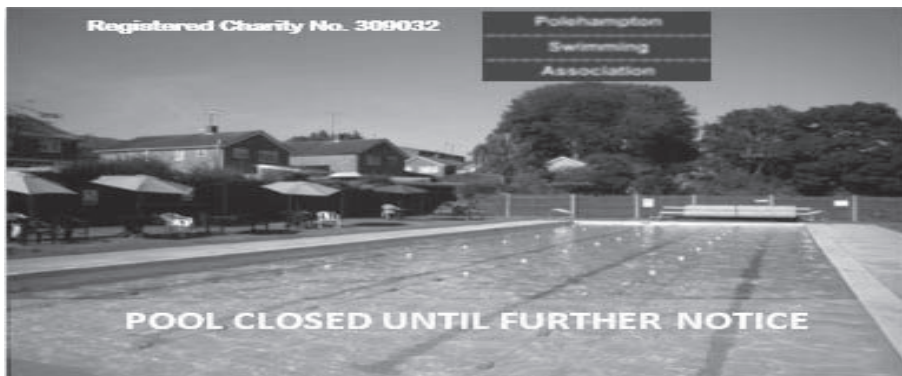
The situation is changing so rapidly that unfortunately at present it is impossible to confirm a revised opening date for the pool, although we do hope to open later in the season if this is possible without compromising the health and safety of our members and volunteers.

If you have already paid, I would be pleased to hold your membership cards which will be waiting for you at the pool if we are able to open later in the season. If we are unable to open at all, we can hold your membership fee over to next year if you wish. Alternatively, if you would like a refund, please contact us via e-mail **info@psaswimming.co.uk** with your full details and date paid.

I will continue to monitor the latest government guidance and endeavour to update you regularly via our website, Facebook page and where possible by e-mail.

The committee would like to thank you for your continued support over this difficult period and look forward to welcoming you back to the pool when official guidance indicates that it is safe to do so.

John Jarvis, Chair Person—Polehampton Swimming Pool



Jewel Tones

Charvil based girls' choir, Jewel Tones, have enjoyed a very successful start to 2020! On February 25th, they won the Junior Choir category of Let's Sing Reading 2020. This is a competition organised by The Mayor of Reading and held at The Hexagon. The girls performed a short medley of songs from the musical 'Les Miserables' in the first round and then 'Hallelujah Get Happy' in the second round. The choir were very excited to win a glass trophy which was presented by The Mayoress of Reading.

On March 15th, Jewel Tones held a concert at Norden Farm Centre for the Arts, Maidenhead to celebrate thirty years of singing. The choir started in 1990 and over the years has taken part in numerous concerts, festivals, competitions and concert tours. For the concert the girls sang some of the favourite songs from the last thirty years including 'The rhythm of life', 'Flying free' and 'Al shlosa d'varim. We were joined by Crosfields School Chamber Choir and some former choir members.

Due to the Coronavirus, the choir has had to close down now until September. The choir will be relaunched then – all being well! Watch out for more details.

Suzanne Newman

Charvil Art Group

Like most clubs we find ourselves having to close indefinitely while the coronavirus takes its toll. We will look forward to the all clear and the time we can restart our club.

We've had a good year so far with a successful exhibition at Dinton Pastures during January and February. We have had three tutors this term, covering watercolour pencils, Chinese watercolours and a life study class. All were enjoyed by our members. We have twenty two members all of varying standards and we follow an exciting programme covering the use of various media.

We meet Wednesday evenings from 7.30 pm to 9.30 pm at Charvil Village Hall. If you want more details please contact Ken Docking on telephone number 01189 690274.

Meanwhile we hope you all keep safe in this difficult time.

Ken Docking (on behalf of Charvil Art Group)

Charvil

Singing for the Brain



The sessions are for people with a diagnosis of dementia, their carers and/ or family members.

Our Singing for the Brain sessions take place at:

Charvil Village Hall
Park Lane
Charvil
RG10 9TR

Thursday mornings between 10:30 – 12:00 – these sessions are temporarily suspended due to the COVID-19 situation.

For more information on Virtual sessions:

We are currently in the process of trying to work out a virtual Singing for the Brain group, so please get in contact and we will be able to advise you of the current status.

If you have any questions please get in touch

T: 01189 596482

M: 07713 390714

E: sue.hamblin@alzheimers.org.uk



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

Charvil Women's Club

We are a friendly group of ladies who meet at the Village Hall on the first Thursday of each month. However, in view of the present crisis, we have had to cancel the meetings scheduled for April and May. Hopefully the June meeting can go ahead but we are asking members to phone me on 0118 9340589 if there are any problems.

Shirley Newman

Sonning Floral Arrangement Society

The Sonning Floral Arrangement Society is doing well since moving to the Charvil Village Hall. The first to meeting of 2020 have been attended and the membership is strong. This is rewarding as there are a few cubs in the County closing down. Unfortunately we had to cancel our Open Meeting at The Mill, 30th March. Also we have had to cancel our April, May and June Demonstrations due to the Coronavirus situation. We will, when life gets back to normal, endeavour to make up to members by rebooking Graham King at The Mill and add a few extra events. There were other events planned through the Summer but these also have had to be put on hold until we a better ideas as to when the isolation etc. will end. The current situation is hard for everyone. Hopefully the weather will soon warm up and we can enjoy catching up in the garden. Good luck to everyone and we will try to keep members informed regarding future events.

Sybil Avann

Physio Matters – On Your Bike!

They say you never forget how to ride a bike and compared to many other sports, cycling has a relatively low injury rate, crashes and collisions apart! Cycling has great physical benefits. It's an aerobic activity, which means your heart, lungs and blood vessels all get a work out and over time cycling can reduce your blood pressure, and resting heart rate. Many of us don't get enough of the kind of vigorous physical activity provided by riding a bike up a slight incline not to mention a hill. Cycling is also very easy on the joints. When you sit on a bike, your weight is taken through your pelvis unlike walking when you put your weight through your legs. That makes good sense for anybody with joint pain.



I spend my working day preaching about the importance of muscle strength. Cycling will build muscle, especially in the legs. In the power phase of pedalling (the down stroke) you use the gluteal muscles in the buttocks, the quadriceps in the thighs, and the gastrocnemius and soleus muscles in the calves. In the recovery phase (up stroke) you use the hamstrings in the back of the thighs and the flexor muscles in the front of the hips. Your abdominal muscles get a work out as they engage to balance you and hold you upright and by standing in the saddle your arms and shoulders will also benefit. The more muscle mass you build the easier it is to burn fat. There is a reason all those professional cyclists are so skinny!

A further benefit is improved bone strength. Any resistance exercise will help strengthen bones and although cycling does not afford any of the benefits of impact such as gained when walking, the resistance which occurs when you push a pedal creates a pull on the muscles and then the muscles pull on the bone which will help with bone density.

Cycling injuries are rarer than in other sports. However cycling is an efficient sport (it takes up to 5 times less energy to bicycle for one mile than to walk a mile) which means you will be exercising for much longer and maybe susceptible to over use injuries. Although you might think it's your knees that are the most vulnerable in reality low back pain is the most prevalent.

To avoid problems, it is prudent to use a bike that fits you. It is crucial to get the correct rider geometry on the bike to reduce over loading and the chance of developing over use injuries. Over reaching, having an excessive reach from the saddle to the handlebars is a common cause of low back, neck and shoulder pain. Just as over reaching can cause problems so can being too upright and cramped and although the saddle height and handlebar positions can be adjusted, the top bar (the saddle to the handlebar) cannot, so this is a crucial consideration. To avoid knee pain, the height of the saddle should allow you a slight bend at the knee at the bottom of the down stroke. If you are intending on purchasing a new bike look for a bike that puts less stress on your body, such as a comfort bike.

They have high-rise handle bars, wide tyres for a smooth ride and shock absorbing seat posts and low top tubes so you don't have to swing your leg too high to mount the bike. Other bike types such as tricycles are helpful if you are less stable on your feet.

As spring approaches and the days are getting longer why not make cycling part of your routine. You will be doing some great things for your body as the benefits carry over to balance, walking, standing and even stair climbing which will all become easier, so much better for you than sitting in front of the TV!

If you are thinking about taking up cycling and would like some help and advice as to how start safely please feel free to call Physiocare on 0118 934 4055 to talk to one of our Physiotherapists. www.physiocare.co.uk

Elizabeth Jones MCSP HCPC MACP Clinical Lead Physiotherapist



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