

Marcham & District News

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Your Independent Local Newsheet – www.madnews.co.uk

FEBRUARY 2021 VOL: 43 NO: 2

READ & RECYCLE!

FREE



▲ Calling Young Artists... see page 7

▲ Little Angels investigating rain and stacking see page 13



▲ Marcham Pre-school online learning see page 13



▲ St Nicholas revealed as the scaffolding comes off The Institute, *Jim Asher*

Diary for February

Date	Event	Pg
4 Thu	Mental Health Webinars: Parents and Guardians, 19.30-20.30, All Saints' YouTube	20
10 Wed	Marcham Parish Council Meeting, online, 19.30	3
11 Thu	Mental Health Webinars: Young People (11+), 19.30-20.30, All Saints' YouTube	20
15 Mon	Marcham WI: Hand Pamper Session via Zoom	7
20 Sat	Deadline for next issue of MADNews, 17.00 Email editor@madnews.co.uk	

Details of events may change after publication, please check with the relevant organisers before attending events

▼ Shrove Tuesday is on 16 February – don't forget the pancakes!



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The type of help that can be provided are services such as new boilers, repairs to boilers, loft or cavity wall insulation, access to a local and trustworthy repairs service and general advice on how to stay safe, well and affordably warm in your home.

For more information or to make a referral visit
www.oxfordshire.gov.uk/homerepairs

Dear Readers

Have you taken any great photos on your walks recently, like the Teal on page 7? It would be great to publish them and give other people who may not be able to get out a chance to see spring developing over the next couple of months.

And if you have someone to thank or congratulate, or you have a view on something local, write in to the letters page.

Email editor@madnews.co.uk or drop a note through my door.

Until next time – keep safe



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Advertising: 5pm 15th month
Other copy: 5pm 20th month
except for Jan when it is 15th Dec for both

ADDITIONAL COPIES

These are available free from Marcham Post Office or the Editor. Postal copies are also available – contact the Editor.

DISCLAIMER

We apologise in advance for any errors that may creep into MADNews (online or print), or omissions that creep out - we don't do it on purpose!

The Editor reserves the right to alter, omit or hold over copy to another issue. The views expressed in the Marcham & District News are not necessarily those of the editorial team, who are all volunteers.

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Richard.webber77@ntlworld.com

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Marcham and Shippon
Catherine Webber, Orchard Barn, Sutton
Wick Lane, Drayton OX14 4HJ
Tel: 01235 534001

catherine.webber@whitehorsedc.gov.uk

For other councillors go to

www.whitehorsedc.gov.uk

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February 2021

**MARCHAM PARISH COUNCIL
Council Tax 2021/22**

The Parish Council, at its last meeting, considered the budget for the next financial year, from 1st April, 2021. It is requesting £69500 from the Vale of White Horse District Council to help with the costs of the parish. This sum is shared between the council tax paying properties in the parish. This element of the Council tax is currently £73.55 per band D property. This will rise slightly by an increase in the region of £1.89 next year making the amount payable £75.44 The budget will be put on the Council's website www.marchamparishcouncil.gov.uk. As well as needing to undertake regular maintenance, and grass cutting within the village, the Council has set aside funds for the garden area around the war memorial, the possibility of purchasing a speed detection gun and awarding some small grants to organisations where there is benefit for residents.

Resignation of Peter Steere

The Council has just learned that Parish Councillor Peter Steere will be moving away from the area and has decided to resign from the Council. Peter joined the Council in May 2016. The Council appreciates his contribution to Council and community matters over the past few years.

As a result of Peter moving on, there will be a vacancy on the Parish Council to be filled. If there is anyone interested in joining the Council, then please contact the Parish Clerk whose details are below, for further information about the role.

Parishioner of the Year Award

Thank you to all of you who have taken the time and trouble to write to the Council to put forward nominations for the Parishioner of the Year Award. The Council has a working party that is now making recommendations to the Council.

Municipal Waste Collection – possible delays (also see page 19)

Adjustments to the collection service have had to take place owing to the fact that some drivers for Biffa were not available. Please check the website of the Vale of White Horse District Council – www.whitehorsedc.gov.uk in case some services such as the garden waste service is suspended. The priority is for the green recycling, black waste bin and food collection to continue.

Longfields Bus Shelter - Cleaning

The Council has instructed a company to clean the bus shelter in Howard Cornish Road, near Longfields. The work may take a little while, as they are building up a schedule of work and will undertake the task when they are next in the area.

Fettiplace Road – New barrier by the path through to The Gap

A new barrier has been installed by the path through to The Gap following a vehicle causing damage to the previous one.

A415 – Village Gateway feature

The white painted gate feature which forms part of the village entrance gateway on the western side of the village has been found leaning over. It possibly has some rotten wood in it, and it has probably been helped over by a vehicle knocking it. The matter has been reported to the County Council.

Planning applications considered by the Parish Council

P20/V3185/HH Single white UPVC conservatory to the rear of the property with an anthracite grey Edwardian roof at 10 Plantation Avenue. The Council had no objections.

Date of Next Council Meeting:

The next scheduled meeting of the Parish Council is Wednesday 10th February 2021 at 7.30 p.m. To be held virtually via Zoom. However, please check the Council's website for the latest information.

Clerk to the Council:

Mrs. L. Martin, 90 Howard Cornish Road
Tel: 01865 391833

clerk@marchamparishcouncil.gov.uk
www.marchamparishcouncil.gov.uk

Any member of the public is most welcome to attend any of our meetings. There is a section near the start of each meeting for public participation, where any member of the public is able to speak about any topic which is relevant to the work of the Parish Council (for a maximum of three minutes). Members of the public are also welcome to observe some or all of the rest of the meeting.



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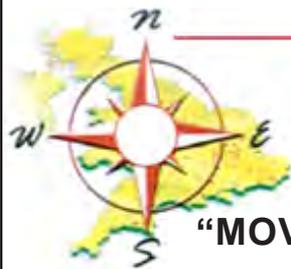
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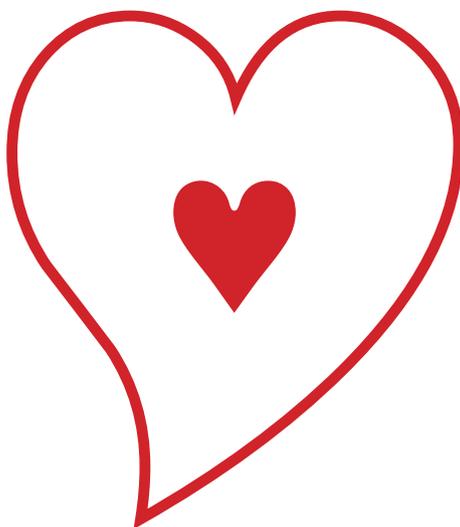
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 Sunday: Closed

This is subject to change and we will keep you informed. Your continued support & understanding is appreciated

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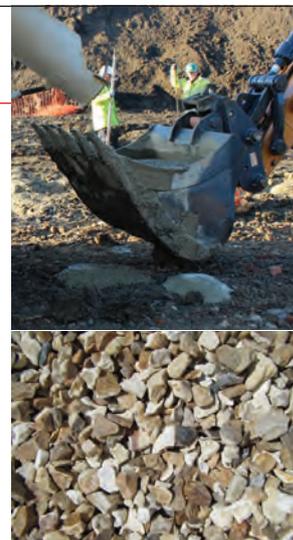
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Get Making! Submissions to the Young Artists' Summer Show now open

Looking for a creative activity for the young people in your life? Why not suggest a submission to the Young Artists' Summer Show 2021.

Taking inspiration from the Summer Exhibition, the Young Artists' Summer Show is an opportunity for young artists aged 5-19 to see their work exhibited online and at the Royal Academy of Arts.

Submissions are open until 26 April 2021. Ask a teacher to register your school to begin the submission process.

youngartists.royalacademy.org.uk

The Tate has also got some great activities online to get stuck into!

tate.org.uk/kids



Marcham WI



Next Meeting:

7.30pm Monday, 15th February 2021
via Zoom

Speaker: Anne Webster 'Hand Pamper Session'

For our February meeting, Anne Webster will be joining us for our Zoom hand pamper session. Anne, a complementary therapist and Neal's Yard consultant, will be showing us how to pamper our hands with some reflexology. As samples will be ordered in advance for this meeting, we will need to know the numbers attending, so we will be sending out an email to members beforehand asking them to let us know if they will be attending.

We've some more Zoom talks lined up for you over the next few months, so here are some dates for your diary:

Monday 15th March: Sian Fox: It shouldn't happen to a Home Economist but it probably has.

Monday 19th April: Sarah Dean Kelly: Her experiences doing a trek in the Arctic for Maggie's charity.

For further information, please contact: Pippa Hoath 01865 391349 pippahoath@gmail.com

Interested in the house at Denman College, formerly known as Marcham Park??
Pippa Hoath has offered the following link from 'All Things Georgian' It recounts some of the history of 'Marcham Park' and some of its residents!
<https://georgianera.wordpress.com/tag/marcham-park/>

Teal (Anas crecca)

Jim Asher took this photo of a male teal on Denman Lake in January.

Teals are small dabbling ducks. Males have chestnut coloured heads with broad green eye-patches, a spotted chest, grey flanks and a black edged yellow tail. Females are mottled brown. Both show bright green wing patches (speculum) in flight. They are thinly distributed as a breeding species with a preference for northern moors and mires.

In winter, birds congregate in low-lying wetlands in the south and west of the UK. Of these, many are continental birds from around the Baltic and Siberia. At this time, the UK is home to a significant percentage of the NW European wintering population making it an Amber List species.

What they eat:

Seeds and small invertebrates.

Population:

UK breeding: 2,100 pairs

UK wintering: 210,000 birds

Bird family: Ducks, geese and swans

UK conservation status: Amber

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Information from RSPB <https://www.rspb.org.uk/>

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Remapping and reconnecting Britain's
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author**

It is rare to find a landscape untouched by our lines - the hedges, walls, ditches and dykes built to enclose and separate; and the green lanes, roads, canals, railways and power lines, designed to connect. This vast network of lines has transformed our landscape.

In Linescapes, Hugh Warwick unravels the far-reaching ecological consequences of the lines we have drawn: as our lives and our land were being fenced in and threaded together, so wildlife habitats have been cut into ever smaller, and increasingly unviable, fragments.

Hugh Warwick has travelled across the country to explore this linescape from the perspective of our wildlife and to understand how, with a manifesto for reconnection, we can help our flora and fauna to flourish. Linescapes offers a fresh and bracing perspective on Britain's countryside, one that proposes a challenge and gives ground for hope; for while nature does not tend to straight lines and discrete borders, our lines can and do contain a real potential for wildness and for wildlife.

For more information visit Hugh's website:
www.hughwarwick.com

Hugh's book (ISBN 978-0224100892) is available from many booksellers including



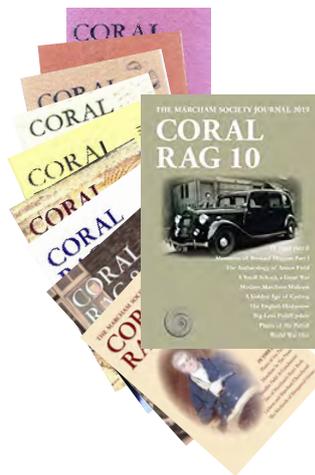
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CORAL RAG

Since 2001 the Marcham Society has published ten volumes of 'Coral Rag' containing articles covering topics of local interest, including Natural History, Geography, Archaeology and History. Coral Rag 10 was brought out for the 'Great Marcham Weekend' in 2019 and copies are still on sale in the Village Shop.

Our intention is to bring out a further volume during 2021 and we invite anyone with an interest

in a particular aspect of local history to submit an article for the next issue.

For more information or to express an interest, please email Sheila Tilley : sheilajtilley@gmail.com.

Alternatively please follow this link to the Marcham Society website: www.marchamsociety.org.uk/contact.php

Marcham Society Lockdown Project?

Some people have begun to realize that perhaps there are benefits to Lockdown, the peace and quiet, empty roads, less pollution, birdsong, and even the freedoms that working from home can give.....

Tell us your story : what have you done ?

Contact marchamlockdown2020@gmail.com

From Natalie Simmonds, Marcham

Here are my thoughts on Lockdown, both positive and negative:

Positive A chance to slow down, appreciate the quiet, enjoying walks around the village, quieter roads and less noise.

Negative Home schooling children very challenging, particularly when trying to juggle work as well. Sad to not see grandparents and elderly parents. Queuing at supermarket very time consuming, worrying about the economy, cancelled holiday plans.

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GARFORD ST LUKE'S

The church of St Luke was very much at the heart of the Garford community over the Christmas period, despite geographically being situated at the fringe of the village and hidden behind a farmyard. We have recently restored the ancient door to the church as well as given the interior a spruce up and decoration for the Christmas festivities. These included a socially-distanced carol service, a crib service and an evening of Christmas 'stillness'.

Most excitingly we were recently given the green light by bell specialists Whites of Appleton to ring our bell which had been silent for a good many years. Originally cast in 1864 by Mears and Stainbank, the bell was again rung to signal the Christmas services and it was heart-warming to hear the glorious sounds across the village and surrounding fields. The bell (*being rung by Carolyn Whiting in the photo*), while in an acceptable state, requires some TLC as it has not had much attention since its hanging, and it will need to be turned so that the unworn surfaces can be struck by the clapper; no small feat. It will be something of a project for the village but it has been great to have the use of it again and to give the village a lift during an unusually 'piano' winter.

BEN SKIPP




Marcham Centre The Waiting Game



Across frosty fields

January 4th 2020 The country entered national lockdown for the third time and it was clear that, in order to comply with the new regulations, all the Marcham Centre facilities would have to close until further notice.

However **we can look forward** to events that are planned for this coming summer. Go to marchamcentre.org then **Book a Space** then click the calendar where you can look around and see a variety of events, such as Summer Dance and BBQ in July; Real Ale and Gin weekend in August; Oxford Welsh Choir performance in September; Quiz nights (monthly).

You can look forward to... arranging family parties by going to **the calendar** and clicking the **+ sign** in the date box. This brings up a booking request form. Complete, send and you will then be in touch with the Marcham Centre co-ordinator. This is how to set up a provisional booking.

The website also tells you all about the halls, the kitchen and meeting room too, with images.

Have a question?

Email coordinator@marchamcentre.org

Meanwhile the committees behind the scenes continue to work hard in preparation for gradual and then full opening after that, including the much-awaited **Bar** which you also look forward to.

And...**Thirsty Café** will re-open as soon as it can, so keep an eye on thirstycafemarcham.co.uk and follow them on Facebook [@thirstycafemarcham](https://www.facebook.com/thirstycafemarcham).

Marcham Centre
enquiries@marchamcentre.org
www.marchamcentre.org
Operated by Marcham Community Group
Registered in England 7470307
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We have returned from Christmas to new restrictions with lockdown but as requested by the government our Nursery is still operating normal hours to support the early years children and the keyworkers.

Yellow room (baby room) This month the children have been busy looking at exploring the sensory area with a variety of different materials. They have been using these in a variety of ways including having fun stacking and building towers, the babies have also been playing in the garden using natural and loose parts, in particular a real favourite has been rolling balls down the guttering and repeating this process in a Rotation schema. Great fun still going on in the baby room despite these difficult days.

Green room (Toddlers) The toddlers have also been spending lots of time in the garden and looking at the changes in weather. They have been looking at the rain and collecting rain in pots (which some of our toddlers found fun) and laughing when the rain drops touched their faces. We have also been learning what to wear in wet weather – hats, gloves, rain coats etc. A super month of learning about their environment in a safe way.

Teal Room (preschool) The preschool room has returned full of energy and ready to practise their fine motor skills, moving the small muscles in their hands and wrists when they use tweezers to move small items such as raisins and place them into pots. This takes practice but is a fun way for them to master the skills. The children have also been learning about Mr Covid who is all over the country at the moment and what is expected of them e.g. hand washing, adults wearing masks and keeping their distance. They are very aware of the current situation we are in and we feel it is important for them to understand.

We are incredibly excited and proud to let you know that we have been shortlisted as finalists for the Nursery World Awards! The ceremony will take place on 4th February and we are planning to have a little party for our children at the nursery with party food and party hats made by the children while we watch the awards.

Parents and carers have kindly been donating household and natural items to the nursery and staff have been working hard to develop more forward-thinking activities where natural objects are provided and play is more open-ended, meaning that the children are free to take it in the direction they want to. We even have a little competition going where staff are taking photos of the activities they have set up and sharing with colleagues. The children have absolutely loved these new activities. Think spaghetti woodland worms, foraged items frozen in ice, natural sensory bottles and a beach scene made of oats!

If you are interested in securing a place for your child please contact us: T: 01865 819992 **Stay Safe**

E: info@littleangelschildcaregroup.co.uk

www.littleangelschildcaregroup.co.uk

and follow us on Facebook: [littleangelsmarcham](https://www.facebook.com/littleangelsmarcham)

We were lucky enough to have a visit from Santa who set up a grotto in our garden! Both the children from the nursery as well as local children loved paying him a visit and receiving a small gift.



News from MARCHAM PRE-SCHOOL ...

... things continue to look a little different in pre-school, but we continue to open for all the children as required. It is amazing to see how resilient the children are, and how adaptable.

'Zoom' has become a normal part of life for so many... and it is sad to think that this is necessary - but how wonderful to watch the children as they had a very typical conversation with a member of staff who was working from home! Talk this week has been focussed on birthdays and parties (we'll share our Pre-school Party with you next time!) and plans for when Coronavirus has gone. We have only one message for COVID, as any of the children of Marcham pre-school will tell you... OUT... YOU...GO!!!! Take care and keep well.

We will soon be looking at our admissions for September 2021... so please don't delay getting in touch if you'd like more information or to join our waiting list. .

Nicky Sanford,

Early Years Teacher, Marcham Pre-School

01865 392101 Marcham-preschool@hotmail.co.uk

www.marcham-preschool.weebly.com



Volunteer Vacancy Clerk to Governing Body Marcham Church of England Primary School



Marcham C of E Primary School Governing Body are on the lookout for a new clerk; would you be interested in volunteering for this role? You don't need to be a parent but must have an interest in being involved with the school and how it is run. The Governing body play a distinctive and essential role in the continuing success and development of the school. The clerk provides administrative support to the Governors e.g. minute taking, organisational support and when needed, help with procedural matters. The new clerk will receive training from Oxfordshire Council together with regular briefings explaining the latest governance developments. If you would like to speak to the existing clerk to find out more, please email Dalvinder at dalvinderhm@googlemail.com, alternatively please contact Jane Jeffries at office.3235@marcham.oxon.sch.uk

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Humankind Has A Moral Duty To Step In And Help.

I often talk about different types of plants being hosts and homes to varying types of insects, as even insects can be host specific. I also talk about having the right plants, in the right place isn't always enough. We need to have juvenile growth on those plants in any given habitat, as well as teenage growth, or senior growth.

By that I mean, some insects will only be attracted to their favourite plants if there is fresh new growth (juvenile), growth that's one to 3 years old (teenage), and more established growth (senior). There are some insects that need the whole range of different aged growth in a given habitat, to be able to not just exist, but thrive.

Building a healthy local ecosystem, starts from the plants and insects. From there, everything else will follow. Well, that's my experience, for what it's worth.

The other day, a client of mine, who lives in Summertown in Oxford, and whose garden runs right down to the banks of the River Cherwell, inadvertently discovered this theory. How many people are lucky enough to be able to say they can maintain a section of riverbank as part of their gardening duties?

On the other side of the river from my client, there are some huge willow trees that are totally unmanaged by the landowner. The trees are becoming brittle and snapping off. Many dangerously overhanging the footpath. Others already collapsing, some even into the river, forming a dam that threatens to back up the water flow and blocking the river, so navigation is awkward. Some of the fallen branches in the river, are regrowing, and willows can now be seen emerging in the centre of the river.

On my client's side though, when looking along the neighbouring gardens that share the stretch of riverbank, you could see the homeowners, over the last few years, had all cut back hard (pollarded) their willows. They had all done it in separate years, so there were loads of willows at different stages of regrowth. Some juvenile, some teenage and some like my clients, in the senior group, beginning to look like they need attention.

On my client asking me, should they cut back their willow as it was becoming somewhat tall and brittle, like those on the other side of the river unmanaged by the landowner. "Hell yeah!" I said, as I proceeded to explain the benefits of considered management of wildlife habitats. It's not about leaving nature alone and to its own devices. Humankind has a moral duty to step in, and help maintain the mosaic of habitats, that come together to make a thriving ecosystem. Even in our own gardens.

Happy Gardening!

Stuart Mabbutt

01865 747243 www.wildmaninspires.co.uk.



POLICE NEWS

Anti-social behaviour (ASB)

A partial closure order was granted by the courts at a property at The Hawthorns, Thornhill Walk, Abingdon, following work by the Abingdon Problem Solving Team. Actions were carried out around the address after the initial arrest of 3 males for drug activity. The purpose of the closure order is to safeguard the occupant and improve the environment for those living close by.

Offenders brought to justice

On Sunday 13th December, a male from Drayton was issued with a penalty notice for breaching the COVID-19 restrictions. The male had been spoken to by police the previous day and reminded of the restrictions. However, he was then found in breach by allowing a gathering of people inside his property.

On Thursday 17th December, a 20 year old male was arrested on suspicion of criminal damage after several cars were damaged whilst parked on Saxton Road, Abingdon. The male has been charged and bailed to appear at court at a later date.

Safety advice

With the dark evenings still upon us for several more weeks, we would like to remind cyclists and runners to ensure they are visible when exercising in and around the villages, many of which do not have street lighting. Bright or reflective clothing is recommended, along with front and rear lights for cyclists.

When exercising dogs, please ensure they are kept under control, especially around other dogs, people and livestock.

Crime prevention advice

If you would like any crime prevention advice, including a home security assessment, please contact the team by emailing AbingdonNHPT@thamesvalley.pnn.police.uk

Alternatively, you can download our free Home Security Guide by visiting <https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/advice/home-security-guide/>

We would like to remind people to keep any new Christmas gifts safe and secure, both at home and when out and about, to try and deter thieves and combat property crime.

- Don't advertise your gifts on social media
- Register your new presents online using a property registering website, such as Immobilise
- Mark your belongings using a property marking kit or SmartWater.
- Keep valuables out of view of windows and doors at home
- Don't leave valuables in your vehicle
- Be aware of who is around you when using mobile phones etc in public places
- Lock bikes securely both at home and when out

What the team have been doing

PCSO Rich Osborn has been out and about in several of the villages over the last few weeks, including visiting members of the community at the new **Thirsty Community Café in Marcham**.

PCSOs from the neighbourhood team have been working late shifts with Incident Crime Response officers to respond to reports of COVID-19 breaches across the South and Vale area. You can continue to report breaches online via our website: <https://www.thamesvalley.police.uk/>

PCSO Jamie Horner has successfully completed his tutorship with PCSO Clare Atkins, and is now fit for independent patrol.

Contact Thames Valley Police:

E-mail: AbingdonNHPT@thamesvalley.pnn.police.uk

Twitter: @tvpsouthandvale

Facebook: www.facebook.com/tvpsouthandvale

Phone: 101

Website: www.thamesvalley.police.uk.



When you dispose of any face masks, snip off the ear straps before you throw them away. Hundreds of tangled animals have had to be rescued from them. Takes a moment, makes a huge difference

DISTRICT COUNCILLOR'S REPORT**VACCINE FRAUD ALERT**

You will be aware that our parish council gets regular updates from the Vale highlighting those issues which are important for you to know. However, I want to draw your attention to one particular item which is the "Vaccine fraud alert". This article draws attention to the growing number of scams to defraud worried and vulnerable residents on the vaccine roll out. Fraudsters use text messaging, claiming to be from the NHS, to persuade residents to fill up an online form (which looks very like the NHS form) where they are asked to give their personal and financial details.

How to protect yourself

In the UK, Covid-19 vaccines will only be available via the NHS. You will be contacted by the NHS, your employer, a GP surgery or a pharmacy local to you, when you're able to receive it.

At no point will anyone be asked to pay for the vaccine.

- The NHS will never ask you for your bank account or card details.
- The NHS will never ask you for your PIN or banking password.
- The NHS will never arrive unannounced at your home to administer the vaccine.
- The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.

WHAT TO DO IF YOU ARE TARGETED:

- If someone receives a call they believe to be fraudulent, they should hang up.
- If an email looks suspicious, do not click on any of the links - forward it to report@phishing.gov.uk.
- Suspicious text messages should be forwarded to the number 7726 which is free of charge.
- Anyone who believes they are a victim of a fraud should report it immediately via actionfraud.police.uk or by calling 0300 123 2040.

A PIECE OF GOOD NEWS

We have been snowed under with sad or depressing news centred round Covid 19, so I thought you should read this uplifting story about homelessness in the Vale and South Oxfordshire District.

A former rough sleeper has started the new year by moving into a new home thanks to a new housing project for homeless people in southern Oxfordshire.

Six new long-term homes have been provided for former rough sleepers in the south of the county, following the success of a pilot project called 'Housing First' run by South Oxfordshire District Council and Soha Housing in partnership with Aspire Oxfordshire. Housing First offers former rough sleepers with complex needs the opportunity to be rapidly rehoused into suitable accommodation, where they receive intensive and long-term support provided by Aspire Oxfordshire.

This is different from the traditional "pathway approach" offered to rough sleepers. The pathway approach often begins with emergency accommodation, then moving to supported accommodation before finally receiving an offer of long-term accommodation if they are assessed as suitable. This can be unsettling and difficult to manage for people who often have multiple complex needs.

The pilot project began in South Oxfordshire in 2019 when six households accepted an offer of long-term accommodation and support. All are still in their homes and are celebrating the new year away from rough sleeping.

This new extension of the Housing First project will also be part funded by the Vale of the White Horse District Council, in addition to money from South Oxfordshire District Council, Soha Housing and the government.*

When rough sleepers settle into permanent homes it is not just a

success for the individuals themselves. The costs associated with rough sleeping for the Police, Social Care, NHS and other support agencies are significantly reduced.

The Housing First Project is part of both councils' homelessness and rough sleeping strategy which has three central aims:

- to prevent homelessness whenever possible
- to end incidents of homelessness at the earliest opportunity
- to end the need for rough sleeping

In November 2020 – as part of the Government required annual rough sleeper count – only one person was recorded as rough sleeping in the Vale and three people in South Oxfordshire (down from three in Vale and four in South Oxfordshire in 2019). This has been achieved despite substantially increased demands placed upon the homelessness service, including managing the impact of the pandemic.

Keep safe and well.

CATHERINE WEBBER Cllr VWHDC -

DC for Marcham Ward

01235 534001 or catherine.webber@whitehorsedc.gov.uk

COUNTY COUNCILLOR'S REPORT**WALKING IN THE COUNTRYSIDE.**

If, like me, you are feeling worn down by the unrelenting stream of news and updates on the Corona pandemic following on from several years of unrelenting news of Brexit, I am hoping you feel the need for something different.

Catherine and I have been discovering new walks starting and ending at home. After so much rain, much of the countryside is currently under water so the numbers of routes are increasingly limited. Trailing down roads (only where there are pavements) next door to high speed, noisy traffic is not much fun and does not allow for much conversation.

Determined to find a new route, and in spite of the conditions, last weekend we decided to take a cross country route that we had taken without mishap some years ago. All went well until we faced the one field we knew could become very wet indeed. The path around the edge of the field was looking very deep in puddles, but there looked to be a much drier possible route across the middle. Wearing good strong wellingtons, we set forth.

After ten minutes successfully negotiating the worst of the mud, simultaneously we were each brought to a halt as all four boots disappeared fast, more than a foot into the mud. Stopping to laugh was the big mistake as they slowly continued to sink further. Grabbing each other's hand to avoid falling over, we struggled to maintain our balance. Catherine, quite fairly, in trying to extract a boot, decided to let go of my hand just as I was trying to extract one of my boots. I lost my balance and fell flat on my back into the mud. The lady who, more sensibly, was wading through the puddles and shallow mud on the assigned path, looked across with some concern at two senior citizens struggling "Do you need any help?" she called. She then realised that we were both convulsed in laughter and walked on. Sensibly, Catherine was soon standing in the mud barefoot and making steady headway in extracting her boots. But my boots were longer, I am heavier and my boots had sunk deeper. I was also on my back. After some minutes, I managed to twist myself sideways which allowed me to pull hard enough to get first one boot free and then the other. In twisting I was now covered in mud, front and back. We eventually made it home, but before being allowed back into the house, I had to be hosed down, fully clothed.

We won't try that again.

But it was in the minutes that I was lying on my back, staring at the sky, wondering how I was going to move, that the realisation that for all the talk of the need for joined up cycle routes in our area, we also have need for a safe, joined up, clearly signposted system of well-maintained footpaths.

There was a time when the majority of the world depended entirely on footpaths. Well done to the many people who are agitating to have them better maintained. It is interesting that it takes a lockdown to make us realise how much we should appreciate them.

RICHARD WEBBER Cllr OCC SC & Marcham Division.

Richard.webber77@ntlworld.com or 01235 534001

A LETTER TO GARDEN WASTE CUSTOMERS IN THE VALE

DEAR GARDEN WASTE CUSTOMERS IN VALE OF WHITE HORSE

As some of you already know we have had to temporarily delay the start of our garden waste service which was due to commence on 11 January following the usual suspension over Christmas and New Year, which we do to allow crews to focus on collecting the extra waste and recycling created over the holidays.

Due to reduced staffing levels as a result of crews being ill or self-isolating we have had to extend the suspension of the service for longer to allow the remaining staff to work on the core household waste services.

We want to reassure you that along with our contractors Biffa we have explored all the options possible to avoid this situation as we realise that this will cause some inconvenience and we are genuinely sorry for this. However, the safety of our crews and residents must always be our number one priority.

We are working with our contractor to closely monitor the current situation and our aim is review the staffing levels in the week commencing 18 January with a view to restarting the service as soon as possible after that date.

Whilst we have had to delay our kerbside Christmas tree recycling service until our garden waste service resumes, if you'd rather not wait, you can take it to one of our collection points (please see our website) or to one of Oxfordshire County Council's Household Waste Recycling Centres. These sites are open but please check their website for opening times and any restrictions, particularly Covid-19 restrictions.

We are confident that we can still honour our commitment to providing the 20 collections a year we offer for this paid for service. We are normally able to offer more collections than this with our extra-large garden waste collections in the Spring and Autumn, and don't envisage this year being any different, so nobody should be out of pocket. We hope to be able to confirm this when the service resumes.

Since the first lockdown in March 2020 as part of the national effort to control the pandemic, the councils have worked with their waste contractor Biffa to ensure the waste collection service has run with little or no disruption.

While we have contingency plans for this type of situation, the level of staffing at this time is much lower than anticipated due to such a high number of staff being off work or self-isolating due to Covid-19.

By suspending the garden waste service during the winter when it is used less frequently, the councils and their waste contractor can focus on continuing to deliver core household waste collection services for residents.

Please note that we are also not able to take on any new garden waste customers at this time, but we will review this again when the situation with the service changes.

Again we apologise for any inconvenience and will let you know as soon as we're able to reinstate the service for existing customers, which will be when it is logistically possible and safe to do so.

Signed

Councillor Catherine Webber Vale of White Horse District Council cabinet member for climate emergency and environment

On behalf of Vale of White Horse District Council

BOSOM FRIENDS
Oxfordshire Breast Cancer Support Group

This time last year, nobody had any idea what 2020 would have in store for us. The coronavirus pandemic has meant that the last few months have been challenging and difficult for just about everyone. Hearing the news that you have cancer is devastating; receiving such a diagnosis during these uncertain covid times can be even more frightening. As well as the obvious physical effects, such a diagnosis is emotionally overwhelming and ultimately life-changing; it's common to feel alone, fearful and anxious.

Breast cancer is the most common cancer in the UK, with one in eight women being diagnosed in their lifetime. Men can also be diagnosed with breast cancer. Each year around 12,000 people will die from the disease. Although survival rates have improved dramatically – with more people now surviving breast cancer than ever before – there is still a long way to go.

Bosom Friends is a small, Oxfordshire support group run entirely by volunteers and offers a listening ear as well as practical, confidential support to those who have been affected by breast cancer. The group was formed several years ago by two women who wanted to ensure that others in Oxfordshire would not feel the same isolation that they had experienced following their diagnosis. Members of Bosom Friends would usually meet once a month, often in the home of one of the members with a chat, cuppa and cake. Although currently unable to hold normal group meetings due to coronavirus Bosom Friends continue to hold monthly meetings online via Zoom.

Whether you have just been diagnosed, are currently undergoing treatment or completed your active treatment a while ago, the group offers emotional support and practical, up-to-date information. Above all, we can offer an understanding voice at the end of the phone should you ever need it.

If you or someone you care about has been affected by breast cancer, please do take a look at the Bosom Friends website - www.bosomfriends.org.uk; alternatively if you prefer, please call Jan in confidence on **01844 290362** for more information

CITIZENS ADVICE NEEDS VOLUNTEER ADVISERS

We can all face problems that are too stressful or complicated to sort out alone.

In 2019 our 150 volunteers advised over 11,000 people. We helped three quarters resolve their debt, benefits, employment and housing problems.

We now need more advisers to help us during and after the Covid-19 crisis.

Our main offices are in Abingdon, Didcot, Henley and Thame. Since March 2020, 90 volunteers and staff have been advising the public from home on our Adviceline service. Recently we partially re-opened our offices, in part to train new advisers.

What will you get out of it? You will join a friendly team, meet new people, develop your skills and make a real difference to people's lives.

You'll need to have good listening and interpersonal skills, a willingness to learn and be confident with computers. Full training will be provided.

If you have eight hours a week to spare for the next two years or more and are looking for a satisfying and stimulating volunteer role in your local community, please contact us at:

www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/



ALL SAINTS' & ST. LUKE'S CHURCHES

www.marcham-with-garford.org.uk

Fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honourable.

Philippians 4:8b (Good News Translation)

How are you feeling today? This time of year is often associated with dips in mood. Within lockdown we can expect this more so. Whatever our circumstances, we may well experience anhedonia, the loss of enjoyment or satisfaction in places and activities where we used to find it.

Many of us may be longing for a return to "life as it was" and experience a 'flatness' in our day-to-day lives. Our hobbies (if possible), our contact with friends (such as it is), our work and even food may not give us the same enjoyment as it once did.

The Christian life is not one that pursues earthly joys, but anhedonia can result in feeling distant and disconnected from God. Prayer, worship and Bible study times can feel 'flat'.

There is no simple remedy for this. Sometimes anhedonia passes when circumstances change. However, whilst we wait for brighter days (both meteorologically and with regard to the current pandemic), there are some steps we can take to limit the impact of anhedonia.

The verse above from Philippians encourages us to fill our mind with 'good things'. This does not mean being dismissive of the difficult things around us, though. Rather, what are the values that are most important to you? These will be different for each of us; it may be 'connecting with people', 'developing skills' or 'helping those in need', for example. Deliberately take actions connected with these values and set yourself deadlines to do them, if you find this helpful. Undertaking valued actions rather than now mundane actions can be really helpful.

Above all, let's be mindful of each other; the friend who is withdrawing from contacts, those whose behaviour you have seen change. It might be that you reaching out to them is just what they need.

There are lots of places to find out more information, but Oxfordshire Mind have some great resources on their website for all ages www.oxfordshiremind.org.uk.

Whilst we remain in lockdown or tier 4 we will continue to run virtual services and activities only. Please tune into our YouTube channel on a Sunday morning at 10am to join us.

Other activities are happening over Zoom, so please see our website for further information.

Once we are out of tier 4 restrictions we will then consider in-person services again.

If you would like to chat to the parish chaplain or one of our pastoral care volunteers, please do get in contact.

Contacts:

Mark Newman *Chaplain to the Parish*
chaplain@allsaintsmarcham.org

Rob Finch *Youth Worker* 07888331708,
rob@marchamyouth.org

Tamsin Gilbert *Parish Administrator & Churchwarden*

info@allsaintsmarcham.org

Neil Rowe *Churchwarden* 391168



Children & Young People's Mental Health Webinars: Anxiety

Thurs 4 Feb – Parents/Guardians:
How to recognise, manage and respond to a child's fears/worries.

Thurs 11 Feb – Young People (11+):
How to manage feelings of fear and worry.

19:30-20:30 on YouTube

LIVE:

Find the Webinar on the All Saints' YouTube channel. Interact via the chat/comments.

CAN'T MAKE IT?

Watch any time afterwards on the All Saints' YouTube Channel.

For more info:

youth@allsaintsmarcham.org

All Saints' YouTube Channel:

www.youtube.com/c/AllSaintsMarcham

YouTube Church

10am Sunday morning on our YouTube channel and then available to watch anytime.

www.youtube.com/c/AllSaintsMarcham

This is a great way to see what our church services are like from the comfort of your own sofa.