

SUTTON COURTENAY NEWS

VOLUME 53 No. 1

FEBRUARY 2024



VILLAGE DIARY

FEBRUARY	Thurs 1 & 15	WeCare2 (p. 10)	River Room	11:15-12:30
	Fri 2 & 16	Bridge Afternoon (p. 10)	River Room	14:00-17:00
	Sat 3	Community Brunch (p. 10)	River Room	9:30-11:30
	Thurs 8 & 22	Community Café (p. 10)	River Room	10:30-12:00
	Thurs 8	Together in Stitches (p. 10)	River Room	19:30-21:00
	Mon 19	Knit & Natter (p. 10)	River Room	14:00-16:00
	Mon 19	RSPB (p. 12)	Zoom	19:30-22:00
	Tues 20	SC WI (p. 11)	River Room	19:30
	Sat 24	Movie Matinee (p. 10)	River Room	16:00
MARCH	Fri 1 & 15	Bridge Afternoon (p. 10)	River Room	14:00-17:00
	Sat 2	DODDIE'S GRAND 5AM cyclists (p.13)	Drayton Rd., Church St.	Midday
	Thurs 7	WeCare2 (p. 10)	River Room	11:15-12:30
	Sat 9	Community Brunch (p. 10)	River Room	9:30-11:30
	Sat 9	Friends' Quiz Night (p. 11)	Village Hall	19:00

Previous copies of SCN are available on the website under Archives at suttoncourtenaynews.co.uk

MARCH 2024 SCN DEADLINE – WEDNESDAY 21ST FEBRUARY 2024

Unless otherwise stated the Sutton Courtenay News copy deadline is the 3rd Wednesday of the month.

VILLAGE CONTACTS

County Councillor: Richard Webber, 534001
(Schools, Roads etc.) richardwebber777@gmail.com
District Councillor: Richard Webber—as above
(Planning, Waste etc.)
Parish Council Chair: Rita Atkinson, 848694
ritaatkinson@suttoncourtenay-pc.gov.uk
Stay & Play Toddler Group: Facebook page: [@SCstayandplay](https://www.facebook.com/@SCstayandplay)
Friends of All Saints'-Chair: Sue Jenkins 07885 437454
Matrix Music School: 847264
The Abbey: 847401
Village Hall – SC: scvillagehallbookings@goolemail.com
Cricket Club: drb71@hotmail.co.uk
WI - Sutton Courtenay Amanda Bell 520057
Nordic Walking Group: Graham Wells 847322
Churchmere Carp Synd.: Andy Barrett 07717 662039
DAMASCUS Youth Project: 848694
SC Local History Society: John Talbot sclhs.org.uk
enquiries@sclhs.org.uk
SCIDS (Drama Society): Morna Whitlock, 848335
morna28whitlock@gmail.com
All Saints Singers: Kathy Harrop-Griffiths, 848230
secretary@allsaintssingers.org
www.allsaintssingers.org
Sutton Courtenay Action: suttoncourtenayaction@gmail.com
Non-urgent Police: 101 or policing team email:
AbingdonOuterNHPT@thamesvalley.pnn.police.uk
Environment Agency: Landfill Odours 0800 80 70 60
Thames Water (leaks): 0800 71 46 14
Police Anonymous Hotline: 0800 555 111
Power Cuts: 105

Websites:

Sutton Courtenay News: www.suttoncourtenaynews.co.uk
Parish Council: www.suttoncourtenay-pc.gov.uk
Vale of White Horse DC: www.whitehorsedc.gov.uk
Oxfordshire CC: www.oxfordshire.gov.uk
Village Hall: suttoncourtenayvillagehall.co.uk

ALL SAINTS' CHURCH

The Ministry Team

Rector: The Reverend Helen Kendrick
The Rectory, 3, Tullis Close, Sutton Courtenay, OX14 4BD
01235 848297 rector@damascusparish.org.uk
Assistant Priest: The Reverend Rosie Bruce
07766 421773 rosie-bruce@hotmail.co.uk
Associate Priest: The Reverend Phil Sutton 01235 635476
or 07507 378737 revphil@damascusparish.org.uk

Lay ministers: Jack Jarvis (831395) & Alex Landsbert (847443)
Authorised preacher: Paul James (848129)
Churchwarden: Hilary Otterburn (01235 834725)
Pro-Warden: Alison Budd (01235 527853)
Parish Office: 01235 847179 admin@damascusparish.org.uk

For Services of Worship - Please see Page 8

VILLAGE HALL

Sutton Courtenay Village Hall is available to individuals and Commercial users to hire for adult or children's parties as well as other social/regular events. The hall has a bar/kitchen area with fridge and hot water urn. A smaller Committee room for meetings/gatherings and a fully equipped Kitchen. Facilities include Wifi, Projector screen, microphones and a music centre.

A Registered Charity, we are funded by the revenue from this hire which is used to cover the cost of insurance, repairs and utilities. To book the hall go to: suttoncourtenayvillagehall.co.uk and follow the on screen prompts. If you need to contact the booking clerk please email: scvillagehallbookings@goolemail.com

SUTTON COURTENAY NEWS CONTACTS

Sutton Courtenay News is published by the editorial team, the members of which are: Katherine Harrop-Griffiths (07946 474238), Kathy Whittaker (07966 512062) and Bernie Jones (07761 375991). Bernie deals with all the advertising.

Sutton Courtenay News is printed with support from the Sutton Courtenay Parish Council.

All contributions for the next edition should be emailed to editor@suttoncourtenaynews.co.uk or scmail07@gmail.com. Copy can also be posted in the mailbox on the outside the garden door of Cross Trees, 1 Church Street before the copy deadline. Otherwise, telephone us and we can arrange for collection of your letter. To have any contribution published you must provide your name & contact details to the editors. To advertise, telephone 07761 375991 or email advertising@suttoncourtenaynews.co.uk

For distribution enquiries please contact Sue on 847158 or any of the editors.

The Editors have been contacted by people outside the village who would like to continue receiving a copy of Sutton Courtenay News. It can be viewed on-line at suttoncourtenaynews.co.uk but please contact the editors to discuss what other arrangements can be made for those unable to access the website.

POST OFFICE SERVICES

The nearest Post Office is at Milton, 11H Park Drive OX14 4RS and is open Monday to Friday from 8.00 to 17.15 with a final collection time of 16:45. It is closed on Saturday & Sunday. Further afield there are Post Offices in Didcot (in WHSmith, 188 The Broadway OX11 8RN) & in Abingdon (5-13 West St. Helen Street OX14 5BL) both of which are reasonably accessible by public transport.

SUTTON COURTENAY DEFIBRILLATORS

The village has three defibrillators. One is located outside the front roller doors of Sutton Courtenay Tyres on the High Street. The second is outside the Football Clubhouse in the

Recreation Ground.
The third is outside the Fish on Appleford Road.





The Panto Comes to Sutton Courtenay!

On Monday 4th December, the entire school from Nursery to Year 6 walked to the village hall to watch the pantomime 'Robin Hood' performed by a travelling theatre company. A huge thanks to the Friends association (FOSCS) who funded the entire event, and to Mrs Knight for her organisational skills. This amazing show was put on by four actors who performed all the roles with multiple quick changes, and also ran all the lighting, sound and scenery changes. The performance was incredibly professional and perfectly pitched in length and tone for a primary school audience.



This is the second year we have opted to take the children to the village hall rather than to the theatre at Oxford. Initially we did this on grounds of cost, but we have actually found it is a much higher quality experience for the children. Of course, the staff did not get off lightly, and four lucky members of the team got to show their dancing skills, much to the joy of the children!

Barmee Bethlehem

On Thursday 7th December, Kestrels and Kingfishers put on their performance of Barmee Bethlehem, a Nativity with acting and songs. It was an impressive show, with the children all saying their lines clearly and confidently, the songs sung brilliantly, and everyone so slick and organised about when to come on and off the stage.

We are very proud of them! As usual, we enjoyed seeing our much-loved costumes coming out for another year (some are over 20 years old) and looking out for the odd new one making an appearance! I know you will join me in thanking the staff for their hard work in preparing the show for us all to enjoy – but we would also like to thank our lovely supportive audiences who clapped so enthusiastically!



Switch On Christmas!

On Friday the 8th December, we had our, now traditional, switch-on ceremony for the lights on the outdoor tree. This started during Covid but we have kept our Christmas Fair with an outdoor theme. Father Christmas has his grotto in the Forest School, with his visitors sitting on hay bales. The children made home-made decorations for the outdoor tree. This year we had a staggering 80 entries! There were so many different inventive ideas, and, as always, it was hard to choose winners. The elves, who judge, look for clever ideas and evidence that a child has made it themselves. One child's finished decoration looked so professional he had to send photographs of himself cutting the wood on a lathe! In the evening, we counted down to the Switch On moment, sang festive songs together, and then enjoyed admiring the tree and 'playing in the snow' while everyone did a bit of Christmas shopping and ate hot dogs.



Headteacher: Ms Rachel Hornsey

Asst Headteachers: Lisa Knight & Louise Potter

Office: 3243@sutton-courtenay.oxon.sch.uk

Telephone: 01235 848333



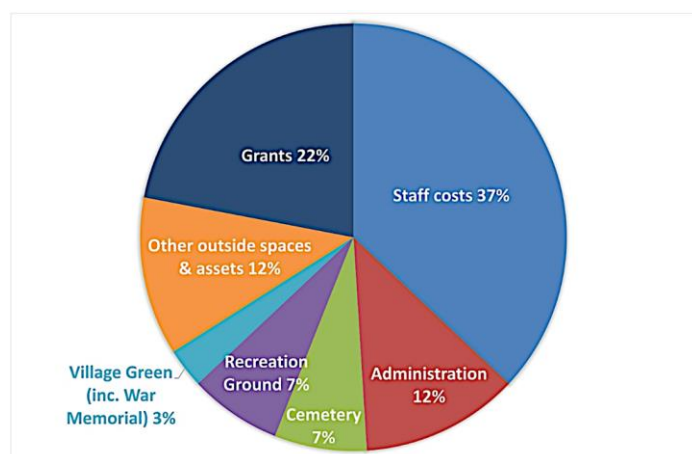
Parish Council Budget for 2024-25

The Parish Council has agreed the budget for the forthcoming financial year. The new budget includes a return to having the grass verges cut monthly from March to October and a continuation of seeking external funding for projects.

Following 4 years of minimal increases the Parish Council has made an increase in the precept (the Parish Council's share of Council Tax) of £13,300 which means a Band D property household would be paying an additional £6.59 for the year. Just over £10,000 of this has been allocated to the Parish Council's reserves which had been depleted in recent years as it tried to absorb costs.

SUTTON COURTENAY PC BUDGET FOR 2024-25	
RECEIPTS	
Precept	£92800
Contribution to grass cutting from OCC	£1606
Cemetery fees	£2000
Interest	£500
TOTAL RECEIPTS	£96906
PAYMENTS	
Staff costs	£32000
Administration	£10419
Cemetery	£6275
Recreation Ground	£6520
Village Green (incl. War Memorial)	£2680
Other outside spaces and assets	£10208
Grants	£18800
TOTAL PAYMENTS	£86902
TOTAL SURPLUS	£10004

This chart shows how the total expenditure is split across budget headings. The full budget is available on the Parish Council's website.



Average Band D property comparison

2021/22 Council Tax Band D average	£63.65
2022/23 Council Tax Band D average	£65.38
2023/24 Council Tax Band D average	£65.38
2024/25 Council Tax Band D average	£71.98

Better housing, Better health (Oxfordshire County Council)

As winter arrives and temperatures drop thoughts may be turning to staying warm and well. There is a range of support, tips, advice and grants, available in Oxfordshire. The free, local and independent Better Housing Better Health service is there for residents who may be finding it hard to keep themselves or their family warm and well. For some residents they can offer a home visit to provide more tailored advice and support.

Referrals can be made to grant schemes for new heating or better insulation, making money go further. This year there are more grant schemes available than previous years for energy efficiency measures like loft and cavity wall insulation and some schemes' eligibility criteria has changed.

Please visit oxfordshire.gov.uk/keepingwarm for more information or call 0800 107 0044 for advice on energy saving or bill support.

Odour complaints

The Environment Agency recently undertook visits to the FCC Sutton Courtenay site in response to odour complaints. The report was publicised in January 2024 and can be read on the Parish Council website.

The Environment Agency have requested that residents continue to report issues to the pollution hotline 0800 807 060

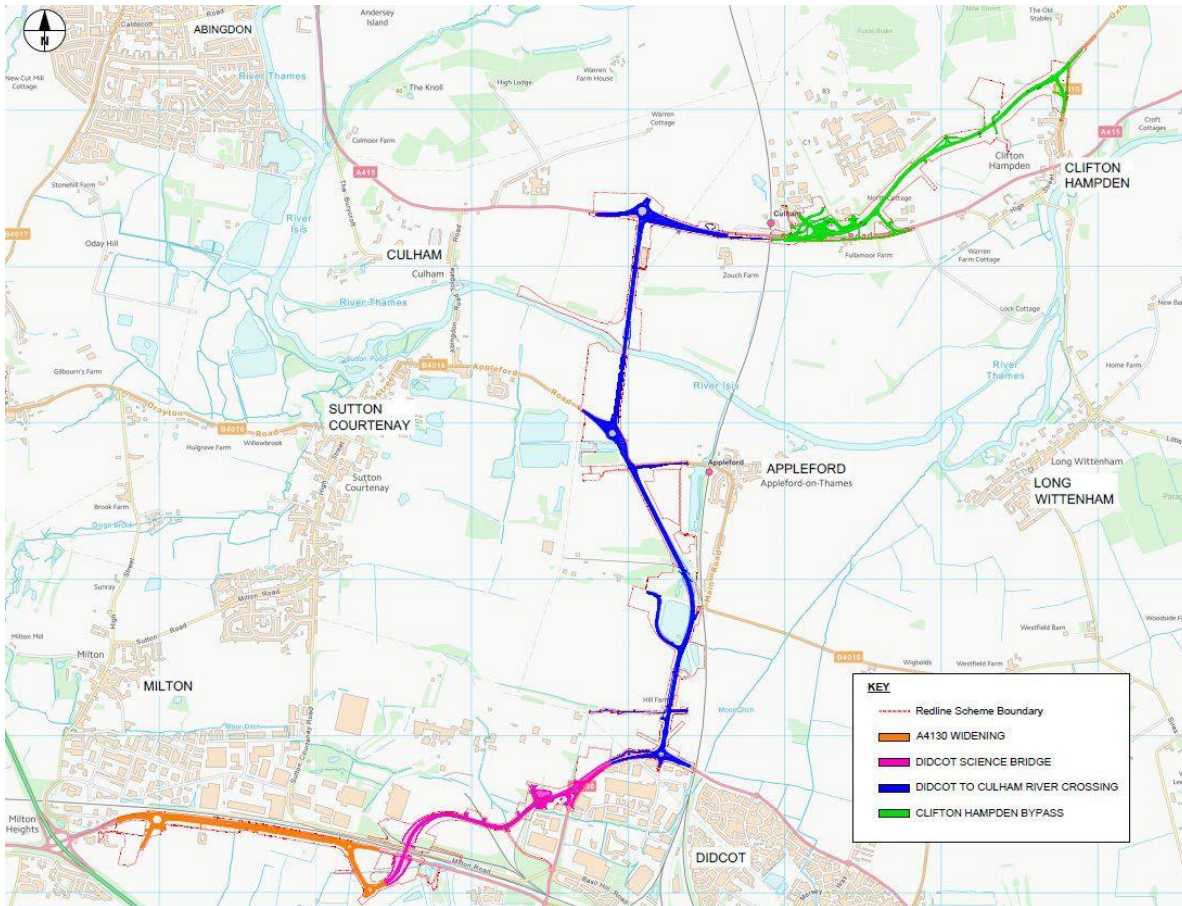
Speed Indicator Devices

Thanks to funding from Oxfordshire County Council, the Parish Council, has had multiple poles installed and purchased three speed indicator devices (SIDs). The SIDs will be moved between the poles and the Parish Council is now looking at expanding the scheme across the village. If you would like to have a pole installation at a specific location, please contact the Clerk with the road name and either a property address or reference between two properties/junctions/landmarks.

FCC Waste Transfer Station and the Didcot Garden Town HIF1 road scheme

FCC has recently submitted a planning application to extend the end date of the existing Waste Transfer Facility from 31st December 2030 to 31st December 2050. The Parish Council is objecting to the application and has requested that the application is determined by the County Council's Planning Committee rather than by Officers. Although the consultation date closes before publication of this newsletter, the application can be viewed online at <https://myeplanning.oxfordshire.gov.uk/Planning/Display/MW.0167/23>

The Parish Council has also objected to the Didcot Garden Town HIF1 project which would see the dualling of the A4130 carriageway from the Milton Gate Junction eastwards; a road bridge over the Great Western Mainline (Didcot Science Bridge) and realignment of the A4130 north east of the proposed road bridge; construction of a new road between Didcot and Culham (Didcot to Culham River Crossing); a road bridge over the Appleford railway sidings



and road bridge over the River Thames; and construction of a new road between the B4015 and A415 (Clifton Hampden bypass). The Parish Council has several objections but are particularly concerned that vehicles will use Sutton Courtenay as a shortcut from the Milton junction to the proposed B4015/A415 junction

The project is currently being considered by the Government's Planning Inspectorate and the latest information can be viewed at gateleyhamer-pi.com/en-gb/didcot-garden-town/ the original application can be viewed at myeplanning.oxfordshire.gov.uk/Planning/Display/R3.0138/21/.

Vacancy for 1 Councillor

Sutton Courtenay Parish Council can have a maximum of 11 Councillors. At present there is one vacancy and the Council is looking to fill the position by co-option. Individuals who are on the electoral register and who live or work in the parish or within 3 miles of the parish can be considered for co-option. If you are interested in working in a small team to contribute to local life, taking forward projects which benefit people across the parish, then please contact the Clerk, Jennie Currie.

Please note the role is unpaid, as a minimum you would be expected to attend monthly meetings and check your Council email account at least once a week. You would be asked to take an active role in a couple of areas of the Council's work across recreational amenities, the cemetery, planning policy, community infrastructure (defibs, benches, bins), community events and representing the Parish

Council at meetings with local charitable and commercial organisations.

Council meetings and contact details

Members of the public are welcome to attend Council meetings. The dates of the next meetings are Tuesday 6th February, Tuesday 5th March and Tuesday 9th April at 7.15pm. Meetings are normally held in the Committee Room at Sutton Courtenay Village Hall.

The agenda for the meeting will be published on the Council's website www.suttoncourtenay-pc.gov.uk and on the noticeboard outside Hari & Esha News, High Street, Sutton Courtenay.

Councillors: Rita Atkinson (chairman), Robert Dalby (vice chairman), Teresa Field, Paul Galliver, Lyn Hodder, Father Morkos, Joanna O'Callaghan, Hugo Raworth, Jason Warwick and Fiona Wolveridge.

Correspondence should be sent to the Clerk, Miss J. Currie, Sutton Courtenay Parish Council, c/o 44 Harrington Close, Newbury, RG14 2RQ info@suttoncourtenay-pc.gov.uk 07495 123 353. Alternatively, you can contact Councillors directly, their email addresses are on the website.

NORDIC WALKING

With a qualified instructor
Wednesdays & Fridays from 09:30 at the Sutton Courtenay Recreation Ground (OX14 4AR)
For more information contact Graham Wells at graymar.wells@btopenworld.com

Happy New Year!

Flooding

In 2007, I became Chairman of the Ock Valley Flood Group. As a result of those floods, more than 100 homes in Abingdon had to be evacuated, some for more than a year. Problems with insurance companies and the overstretched Environment Agency were compounded by confusion over who was responsible for what. While some of those problems were addressed, the volunteers in the flood group began work on clearing Sandford Brook from Tesco to the Thames. Clearing the debris and removing the dams caused by supermarket trolleys, bicycles, collapsed trees and branches and the like, meant that it was not long before the brook was flowing clear and fast. Within a year, the gravel bed was clear and to date there has been no repeat in South Abingdon.

Unfortunately, people get older and memories fade. The flood group is no longer operating for lack of volunteers. As a result, there is not the same sense of urgency as there was from 2007 to 2012. Flooding was more the concern of people in Gloucester and Cumbria than in Oxfordshire. The recent heavy rain and local flooding have reminded us that we may have been lucky.

Flooding is, of course, a regular occurrence in Sutton Courtenay but the statistics around the 2023 rainfall suggest that it exceeded 2007 measurements by at least another 10%. Photographs of the B4016 and Ginge Brook suggest there is no room for complacency.

Even more significant are photographs of the proposed land for the Hobbyhorse Lane development (the appeal having been granted). It becomes ever more important that the drainage scheme for that development works and works well. As the development goes through the various stages of the planning process, it is going to be vitally important that the drainage plans are thoroughly challenged. We are told that climate change is going to make flooding events more likely and more frequent. I would encourage all concerned residents to respond to the consultation on the developing South and Vale Local Plan 2041 to ensure that flooding is taken fully into account. The six-week consultation began on 10th January and will run until midnight on 21st February 2024. Visit: southandvale.gov.uk/JLP to find out more and have your say.

Other urgent news

The “call in” hearing of the Hif1 planning application begins on the 20th February at the Bee House on Milton Park. This is likely to continue for at least two weeks.

As a result of the recent Local Government settlement, it seems likely that OCC is going to have to find more than £10m of savings in order to balance its budget.

In spite of it all....Happy New Year

Richard Webber Cllr

01235 534001 Richardwebber777@gmail.com

RECENT FLOODS





I know it has been a difficult start to the year for some local residents with the flooding that we have seen across the constituency. I have been in contact with the Environment Agency throughout and will be meeting with them to discuss the recent flooding and our flood defences, as well as with the Council about the measures they can take to prevent flooding. Please email me if you have anything that you would like me to raise with them.

I know that of particular concern has been the flooding on the A417. I have written to the Council about this many times and have pushed them again to do the work that they had planned to do on this and other roads. I also visited local businesses like Mellor's Garage and Vale Hydrotherapy in East Challow to talk about their experiences in the recent floods, how I can help and what more needs to be done. Mellor's in particular have been losing a lot of business while the road remains flooded so do support them and others affected if you can.

If you or someone you know has had their home or business affected by flooding, which I hope you did not, there is Government support available to help people recover. This support will be provided through local councils who will announce further details on eligibility and how to apply.

Please do complete my Local Roads Survey to share your experiences and thoughts with me about the issues on our roads, currently on my website at david-johnston.org.uk/RoadsSurvey. The more responses we receive, the better data we have to push for change.

From now until 31 March, working parents can get an HMRC code that will entitle them from this April to the first 15 free hours of childcare for their 2-year-olds. Visit childcarechoices.gov.uk for more information. I am very proud to be overseeing this rollout, which is the biggest ever investment in childcare, as the Minister for Children, Families and Wellbeing.

Men's Sheds are community workshops which are doing great work across the country to tackle loneliness amongst men. I visited one of our very own Men's Sheds in Sutton Courtenay to meet with founder Jon and talk to its users – who all said how much it has helped them. They are based in the grounds of the Abbey at Sutton Courtenay, and you can contact them at info@shedoxford.co.uk if you would like to get involved.

Speaking of the Abbey, they have recently recruited a very experienced French chef who is producing delicious food for visitors, which I was pleased to try on my visit there. Find out more at theabbey.uk.com.

As ever, if I can help with anything then do please get in touch via david.johnston.mp@parliament.uk

ADYP

The Abingdon DAMASCUS Youth Project
Registered Charity 1098966



ADYP Drop-in:

When? Wednesdays from 6:00-7:30pm

Where? Sutton Courtenay Village Hall

Contact? James Quartermain jamesq.ycat@gmail.com
01235 848694

www.damascusyouthproject.org.uk



James Damascus, Jake Damascus



James_Damascus; Jake_Damascus

YouTube-The Abingdon Damascus Youth Project-MIND GYM

AVAILABLE FOR HIRE

THE RIVER ROOM

All Saints' Church, Sutton Courtenay OX14 4AE

This attractive, light and modern room, with adjacent well-equipped kitchen, entrance foyer & two WCs (one accessible) is perfect for group meetings or private parties.

Capacity: 40 seated to 80 standing.

Plus – projector, complete A/V system, digital piano

All enquiries: 01235 847179

STAY & PLAY



FUN FOR BABIES, PRE-SCHOOLERS AND
ACCOMPANYING GROWN-UPS

FRIDAYS, 9:00-10:30

AT SUTTON COURTENAY PRIMARY SCHOOL

£2 PER CHILD WITH ADULT

HOT DRINKS AND SNACKS FOR ADULTS

WEEKLY NEWS AND UPDATES ON FACEBOOK
[@SCSTAYANDPLAY](https://www.facebook.com/SCSTAYANDPLAY)



**The
DAMASCUS
Parish**
Drayton | Appleford | Milton
Sutton Courtenay | Steventon

St Peter's, Drayton

St Peter & St Paul, Appleford

St Blaise, Milton

All Saints', Sutton Courtenay

St Michael and All Angels, Steventon



From the Ministry Team

'Lenten Valentines'

This month both Ash Wednesday and Valentine's Day fall on the same day. The link between the two can be summed up in terms of the nature of real love.

Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13). Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires. Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him. Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine. Valentine was a Christian who demonstrated the importance of sharing God's love with others. We know little about him, except that he was a priest who lived in the 3rd Century AD and that he was martyred on 14th February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day. In trying to understand the meaning of her revelations from God, Julian of Norwich found:

'What, do you wish to know your Lord's meaning in this thing? Know it well, love was His meaning.'

The Reverend Helen Kendrick, Rector of the DAMASCUS Parish

Services of Worship

1st Sunday: Family service at 11:00 am

2nd Sunday: Parish Eucharist at 11:00am + Junior Church

3rd Sunday: Morning Worship at 11:00am + Junior Church

4th Sunday: Parish Eucharist at 11:00am + Junior Church

5th Sunday: Special services across the Damascus Parish – please see church noticeboard for details

CHURCH DIARY FOR FEBRUARY

Thurs 1st – 11.15-12.30 WeCare2 – a group for those with dementia and those caring for them - River Room

Sat 3rd – 9.30-11.00 Community Brunch - River Room

Mon 5th – 19.30 Baptism Preparation for families interested in baptism

Thurs 8th – 10.30-12:00 Community Café - River Room.

19.30-21.00 Together in Stitches - River Room

Wed 14th ASH WEDNESDAY – 19.30 Service of Holy Communion with the Imposition of Ashes, St Peter's Drayton

Thursday 15th – 11.15-12.30 WeCare2 – a group for those with dementia and those caring for them, - River Room

Mon 19th – 14.00-16.00 Knit and Natter -River Room

Tues 20th - 16.00-17.30 Lent Group - River Room. 19.30-21.00 Lent Group online – please contact admin@damascusparish.org.uk for the link

Thurs 22nd - 10.30-12:00 Community Café - River Room

Tuesday 27th - 16.00-17.30 Lent Group in the River Room.

19.30-21.00 Lent Group online – please contact admin@damascusparish.org.uk for the link

Sat 24th – 9.30 DAMASCUS PCC Away Morning - River Room. 16:00 Movie - River Room

Tues 27th - 16.00-17.30 Lent Group - River Room.

19.30-21.00 Lent Group online – please contact admin@damascusparish.org.uk for the link

CHURCH DIARY FOR MARCH

Sat 2nd – Marriage Preparation Course for all those getting married in the DAMASCUS Parish in 2024

Mon 4th – 19.30 Baptism Preparation for all families interested in baptism- River Room

Tues 5th - 16.00-17.30 Lent Group - River Room.

19.30-21.00 Lent Group online – please contact admin@damascusparish.org.uk for the link

Sat 9th – 9.30-11.30 Community Brunch River Room

Sun 10th – MOTHERING SUNDAY

Rest in Peace

We send our condolences and the assurance of our prayers to the family and friends of the following people who died recently:

Richard Frank Harris (24th November 2023)

Ernest (Ernie) John Sparkes (23rd November 2023)

Roy Arthur Black (25th November 2023)

Rose Lillian Warwick (10th December 2023)

Elizabeth Anne (Liz) Maconochie (13th December 2023)

And **Sheree Gair Hynd** (4th December 2023) whose ashes were interred in the churchyard:

Obituaries on page 15

ALL SAINTS' CHURCH

CHRISTMAS THANKS

In the days leading up to Christmas over 450 handmade angels were distributed across the village – thank you to Bryony for coordinating this and to all the crafters, and the walkers who distributed them. We were delighted to see so many people taking part and taking the angels home with them to hang on their Christmas Tree.

We were also delighted to be able to distribute nearly 75 hampers, as gifts of love, across the village – thank you to Alison and Adrian Bampton for helping with the shopping (and thanks to Aldi in Didcot for being so supportive) and all those who helped deliver them. Particular thanks go to the individuals who generously donated to make this possible. Special mention must also be made of our cake baking team who handmade and decorated all the cakes. We are hoping to deliver hampers again for Christmas 2024 and will be asking for nominations later in the year.

The Singing Saints and Philip Agg must be thanked for their musical contribution to the Christmas celebrations. The Carol Service, combined with singers from Drayton, was really uplifting and the Singing Saints also toured the village carol singing (thank you to the hosts of all our stops en route) and helped lead the carols at the Torchlight Procession. Thanks to the Flower Arranging team who decorated the church so beautifully.

Thank you to all those who donated money to our Christmas Charity. Through collections at the December Community Café; at the Carol Singing around the village and at the Torchlight Procession we were able to raise the amazing amount of **£1,033.87** to send to Thames Valley Air Ambulance.

Thank you to David McKenzie for organising the sale of the torches and the shops who sold them for us. Unfortunately due to the extreme weather conditions we were unable to light the bonfire or the torches (please keep them for next year) but several hundred hardy folk still came out to sing, so thank you to the marshals for keeping everyone safe en route; the Allen family for providing the bonfire, and especial thanks to Callum who worked hard to set up the bonfire (just in case the weather improved) and cleared it all up again. And thanks to Jon Smith for providing the light and the sound, and to Alfie and Seanna who helped with all the setting up.

And finally, thank you to all those who followed the star and joined the song of Christmas. *Helen*

The Way of Love Come & See

LENT 2024 in the DAMASCUS Parish

This year we're exploring how each of us is called into a deep relationship of love with God, and what it means to love others well. Whether you are exploring faith for the first time or have been coming to church for many years, 'Come and See' is for you.

Why not join one of the groups being run in the DAMASCUS Parish?

In-Person Afternoon Sessions

16.00-17.30 on **Tuesdays** 20, 27 February & 5, 12, 19, 26 March in the River Room, Sutton Courtenay

On-line Evening Sessions

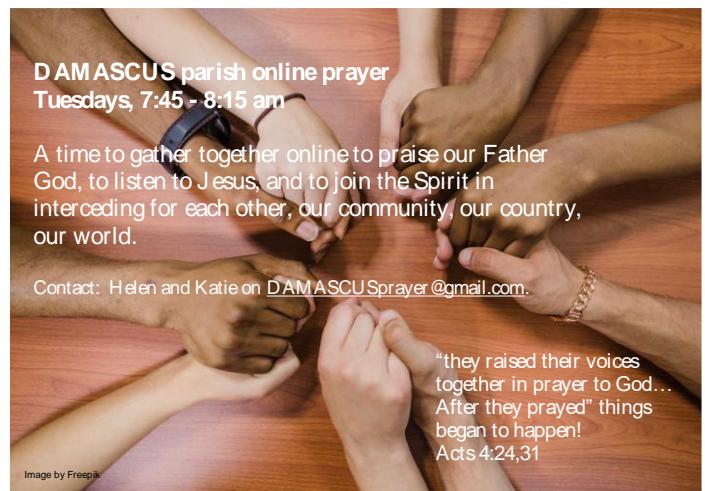
19.30-21.00 on **Tuesdays** 20, 27 February & 5, 12, 19, 26 March via zoom.

Please email admin@damascusparish.org.uk for the link.

In-Person Evening Sessions

7:30pm-9pm on **Wednesdays** 21, 28 February & 6, 13, 20, 27 March at 23 Harding Vale, Steventon, OX13 6GF

Please sign up on the lists at the back of each of our churches or email admin@damascusparish.org.uk or 'phone 01235 847179 so we have an idea of numbers. We look forward to welcoming you.



Easter Lilies at All Saints' Church

At Easter we provide an opportunity to remember loved ones with a display of lilies in church. If you would like to make a donation towards the cost of this year's lilies in memory of someone, please put your donation in an envelope with the name(s) of those to be remembered and deliver to Ann White at 24 Frilsham Street before Friday 29th March. A list of those remembered will be on display in Church.

WARM SPACES – Once again this winter we are hosting Warm Spaces – if you need a **FREE** space to be warm and enjoy some refreshments in the company of others please come along to the Community Café; Movie Matinee; the Community Brunch; Together in Stitches or Knit and Natter. We can provide a warm space, free internet access, and refreshments. All these events are FREE and everyone is welcome to spend time in warm company!

Community Café in the River Room



Run by the church for the whole community

Thursday 8 & 22 February 2024

from 10:30-12:00 - all welcome!

Why not drop by for coffee or tea & delicious homemade cake & conversation and to browse the books or jigsaw puzzles on offer?

Open to all – a good place to meet with friends or make new ones. If you need transport to and from the church please telephone the Parish Office on 01235 847179

Wecare2

Would you enjoy a little singing, a little company, some armchair exercises

oh!and a cup of coffee?

Do you care for someone who would enjoy this kind of gentle social interaction?

Music and company do help to keep us in touch.

Wecare2 is a small group that meets on the 1st and 3rd Thursday from 11.15 - 12.30

in the River Room at All Saints' Church.

Transport can easily be arranged.

For any more information please contact Morna

Whitlock on -

01235 848335 or morna28whitlock@gmail.co

Together in Stitches

Do you wish you could find time for craft projects?
Would you like a fun evening, meeting like-minded people in Sutton Courtenay?

If so, Together in Stitches is for you!



Bring your craft project, whatever that may be, and come and enjoy a chat (and possibly a glass of wine)

Second Thursday in the month

(7:30-9pm, River Room)

For more information 'phone 01235 847179 or just turn up!'

Community Brunch

SATURDAY 3RD FEBRUARY 9.30-11.30AM

Fancy getting to know a few more people in the village? Or just want to pop in for a post-walk snack? Why not come and join us for breakfast? Open to the whole community.

River Room, All Saints' Church

Free of charge, but donations welcome.

Organised by Beth and Mike Summers in collaboration with All Saints' Church.

Future dates: 03/02, 09/03, 06/04

FRIENDS OF ALL SAINTS' CHURCH



Saturday 9th March 2024

Time: 7pm for a prompt 7.30pm start

Following our last very successful quiz evening we are organising our next quiz to take place at the village hall in Sutton Courtenay

Cost: £80 per table for a team of 8.

This includes a ploughman's supper

Drinks can only be purchased at the bar available throughout the evening. Please bring cash.

Raffle to take place during the evening

Please contact the chairman Sue Jenkins to enter a team/s either by email: SJJenkins33@aol.com or ring 07885437454

The Friends of All Saints Church are a Charitable Organisation which helps to support the upkeep of the 12th Century grade 1 listed Norman Church in Sutton Courtenay

KNIT AND NATTER



Afternoons of chat and craft

Come along with your own knitting / sewing / craft and enjoy free refreshments and company.

Every 3rd Monday of the month 2:00 – 4:00pm

The River Room, All Saints' Church, OX14 4AE

Tel: 01235 847179 for more information

MOVIE MATINEES

The next Movie Matinee in the River Room is on

Saturday 24th February 2024 - 4pm

For a full programme to be sent to you please email:

admin@damascusparish.org.uk

or pick one up from the back of the church

Entry is **free** and refreshments (to match the theme of each film) are available.

COMMUNITY ACTIVITIES



SUTTON COURTENAY WI

We always welcome new members

We meet every third Tuesday monthly in the River Room, All Saints' Church, at 7.30 pm

Come along for a visit

February 2024 - Daily Life in Tudor Times

(Please note our March meeting is an AGM, members only)

01869 331081



SCIDS presents



THE WIZARD OF OZ

Friday 15 March 6.30pm
Saturday 16 March 2.00pm & 6.30pm
Sutton Courtenay Village Hall

All tickets: £7
Box Office: from Monday 19 February 847707 / 848335


BRIDGE AFTERNOONS

Come and play bridge on the 1st and 3rd Friday afternoons in the River Room from 2-5pm with a cup of tea and a piece of cake - £5

Tables, cards and score cards all provided

Just come along and we make up tables based on experience/choice. All standards of play welcome – from experienced players to those who are ‘just in need of a refresher’, ‘very rusty’ or learning.

Rubber or Chicago – you choose



Happy New Year from the RSPB Vale of White Horse Local Group.

We hold monthly talks from September to May at the River Room (by the Church), Sutton Courtenay and / or via Zoom in the darker months, on Mondays starting at 7.30pm and finishing by 10pm. We also meet monthly at local birdwatching sites.

We welcome new members - membership is £15 for the season (whether or not you are an RSPB member), and free for under-16s, and includes a quarterly e-Newsletter and the programme of talks and trips. Non-members are also welcome to attend individual talks (in-person or Zoom) for a fee of £5. You can join using the form on our website (under "Contacts"), which also includes details of our full programme:rspb-vwh.org.uk, or at an in-person meeting. For meetings with an option to join via Zoom, members receive the link via email a few days beforehand.

Our next talks are:

19 February 2024 (Zoom only): Mike Pollard: Curlew Recovery in the Upper Thames.

Breeding curlew numbers have fallen dramatically in recent years. Mike will talk about a project he led to halt the decline of curlews and other waders across the Upper Thames, involving many local and national wildlife and other organisations.

18 March 2024 (River Room and Zoom): Ian Barthorpe - The Pantanal

Ian will talk about his travels in the Pantanal wetlands of South America

Our next trips are:

28 February 2024: Radley Lakes: meet 10am at far end of Barton Lane (off Audlett Drive) (OX14 3NB)

24 March 2024: Arne Nature Reserve: meet 10am on site

RIVER ROOM 200 CLUB

In Support of the All Saints' Community Space

The result of the monthly Draws on 13 Dec and 11 Jan were:

December	January
1 st – No. 23 (£32.00)	1 st – No. 29 (£32.00)
2 nd – No. 32 (£16.00)	2 nd – No. 53 (£16.00)
3 rd – No. 48 (£8.00)	3 rd – No. 67 (£8.00)

New members always welcome. Please see the information in All Saints' Church or email landsbert@west-manor.co.uk. The next draw will take place on Thursday 8 February - at the All Saints' Community Café in the River Room at 10.30 am.

In Aid of Flexicare

NIGHT IN THE MUSEUM 2024

Classical Music Concert

7 FOR 7:30PM, FRIDAY 15th MARCH

*



UNIVERSITY OF OXFORD MUSEUM OF NATURAL HISTORY
PARKS ROAD, OXFORD

*

THE IVEL FLUTE TRIO

The trio will perform a variety of pieces, in a lovely and rare combination of Flute, Piano and Cello.

Tickets £35*, including drinks and canapés

available from <https://ticketstripe.com/events/1038177>

(* = £0.88 booking fee)

Or visit www.flexicare.org/events



Your support raises funds for Flexicare, a charity providing a specialised sitting and support service for families with a severely disabled child in Oxford, Abingdon, Wantage and the surrounding areas.

Flexicare (Oxford and Abingdon): Registered Charity No. 1172635
www.flexicare.org | 01865 321881 | admin@flexicare.org



Flexicare is delighted to host the Ivel Trio once again for a magical 'Night in the Museum' classical concert. The trio, comprising of flute, cello and piano will perform amongst the dinosaurs in the stunning University of Oxford Museum of Natural History on Friday 15th March 2024. Doors open at 7:00pm for a prompt 7:30pm start. The performance is followed by a drinks and canapé reception, included in the ticket price of £35.00. Tickets are available from [Night at the Museum - Classical Concert in Aid of Flexicare \(ticketstripe.com\)](#) or by emailing events@flexicare.org.

Flexicare is an Oxfordshire charity that has been providing a specialised, ad hoc sitting service for families with a disabled child in Oxford, Abingdon and Wantage and surrounding villages for 39 years. Your donations help us to continue to provide this unique and vital service.

Sutton Courtenay (National Power) Trust *Financial Problems due to the Current Economic Crisis?*

If you live in Sutton Courtenay and are experiencing financial problems arising from the current economic crisis, you may be eligible for a grant from the Sutton Courtenay (National Power) Trust. For further information please email clerk.scnpt@gmail.com or telephone 07476 026406

ALL ENQUIRIES AND APPLICATIONS WILL BE
TREATED IN THE STRICTEST CONFIDENCE



Poppy Appeal Total for 2023

The total raised through the pop-up shop and collection tins around the village was **£2058.06**.

A big thank you to everyone who donated, to Alan Calver for creating his wonderful display on The Battle of Britain and standing at his gate in the cold for hours and to the staff at Cost Cutters for decorating the shop so beautifully and hosting Darren and his pop-up shop.

Melanie Jefferies

Poppy Appeal Organiser for Sutton Courtenay and Appleford

THAMES VALLEY ALERT



Protecting Yourself in the Digital Age

In a world dominated by technology and connectivity, fraud has evolved into sophisticated schemes that prey on unsuspecting individuals across the globe. From phishing emails to fake investment opportunities, the landscape of fraud is vast and ever-changing. Understanding the mechanisms behind fraud is crucial for protecting ourselves in today's world.

One common form of fraud is phishing, where criminals use deceptive emails, messages, or websites to trick individuals into revealing sensitive information such as passwords or credit card details. These phishing attempts often appear legitimate, imitating official communications from banks, government agencies, or respected companies. To prevent becoming a target of phishing, it is essential to verify the authenticity of messages and never click on suspicious links.

Another growing concern is online shopping fraud, where criminals create fake e-commerce websites to attract customers with appealing deals on popular products. These scams often result in individuals paying for goods that never arrive, leaving victims without a possible course of action. To reduce the risk of online shopping fraud, consumers should only use trusted websites, read reviews, and be vigilant of deals that seem too good to be true.

Investment fraud has also become more widespread in the digital age. Criminals use effective tactics to convince individuals to invest in non-existent or fraudulent opportunities. Red flags include promises of guaranteed high returns, pressure to invest quickly, and requests for payment through unusual methods. Before making any investment, individuals should conduct in-depth research, seek professional advice, and remain mistrustful of unrealistic promises.

In the ever-evolving landscape of fraud, awareness and informed decision-making serve as powerful measures. By staying informed about the latest tactics employed by criminals and adopting take-charge measures, individuals can navigate the digital world more safely, minimising the risk of being targeted by these deceptive practices.

From the National Trading Standards scams team

DODDIE'S GR4ND S7AM TEAM COMING TO SC

Motor Neurone Disease (MND) is an appalling disease that currently has very limited treatment and no cure. Doddie Weir, affectionately known as the Mad Giraffe, died from MND in November 2022 but not before the former Scotland rugby international and British Lion had brought MND into the public conscience and had inspired millions of supporters and fellow MND sufferers. Rob Burrow described his first meeting with Doddie as like joining a new team with an inspirational skipper.

Another who has been inspired by Doddie is local man Rob Drury-Dryden from Drayton. Rob is a former rugby player and was immediately drawn to the cause to find a cure for MND. Encouraged by a cycling friend, Rob joined a group of riders cycling to Edinburgh in 2019 where he met Doddie for the first time. Since then, Rob has started to cycle seriously and has completed a number of events to support Doddie's charity - **My Name's Doddie Foundation**.

In just a few weeks Rob will be undertaking the biggest of his challenges to date. He will be cycling from Murrayfield in Edinburgh to the Stadio Olimpico in Rome with the match ball for the Cuttitta Cup that will be played between Italy and Scotland as part of the 6 Nations Rugby Championship. Rob and his 15 teammates have decided that just cycling to Rome from Scotland is a little tame so they are visiting each of the 6 nations rugby stadia. This means that the group will cycle 3000 km in 8 days across 6 countries.

As a local and the route planner for the group (who are called Doddie's Gr4nd S7am team) Rob has made certain that the cyclists will be passing through Sutton Courtenay as they ride from the Principality Stadium in Cardiff to Twickenham in London on 2nd March. This is a wonderful opportunity to see the riders as they pass through the village and also show support for one of our own on this epic journey. It is hoped that some of the team will be able to stop, and those rugby fans amongst us



could meet former internationals Roger Baird, Huw Davies and Paul Volley who are riding with Rob.

If you want to find out more about this event and the fund raising the Doddie's Gr4nd S7am team are doing, please follow Rob and the team via the website www.doddiesgrandslam.com/ where you will find links to all the social media channels and the donations site.

You will also find, via the website, a link to an initiative called Race 2 Rome where schools and clubs are signing up to a virtual ride to Rome - it will be very similar to what Rob and the team are doing except without the hills, the wind, the rain and the lack of sleep! It would be fantastic if you could get involved.

Submitted by Rob Drury-Dryden

Editor's Comment: the cyclists plan to ride through Sutton Courtenay about midday on 2nd March. They will cycle down Drayton Road and then Church Street heading for Appleford. Come and cheer them on!



Storm Henk on 2nd January 2024 led to strong winds and torrential rain resulting in the loss of this magnificent poplar pictured left. A huge tree, at least 90 foot high, it came crashing down into the garden luckily avoiding buildings and people. The roots of the poplar were adjacent to the flooded Ginge Brook.



Photographs courtesy of Alan Whitlock

Beshara Trust Foundation Course

Friday 16th February - Sunday 18th February, The Abbey

Join us at the Abbey Sutton Courtenay for an introductory weekend to this new foundational course in esoteric education, with an emphasis on both knowledge and practice. Taking the metaphysics of Muhyiddin Ibn Arabi as a starting point, the course explores what it means to understand oneself and the world in the light of unity. Bookings can be made directly with The Beshara Trust.

Further details can be found on the Beshara Trust website:
beshara.org/courses-events/beshara-foundation-course/

A one-day retreat/workshop

UNDERSTANDING TRAUMA

Saturday 23rd March 10:00am – 17:00pm, The Great Hall,

A workshop on understanding trauma, and how not to trigger distress in people who suffer post-traumatic stress disorder (PTSD). Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt. We will also explore how to provide mental health first aid. As part of the workshop, we will do some centring and grounding exercises.

Light lunch and refreshments will be provided.

Suggested donation £25.

Sushila Dhall

Psychotherapist and Capacity Development Lead

Sushila has worked for the past 20 years for an Oxfordshire-based charity, working therapeutically with refugees, asylum seekers, and vulnerable migrants. She has been training staff belonging to a variety

of external organisations, such as Social Housing Providers, Job Centre staff, Social and Health Care staff and trainees, voluntary hosts and mentors, GPs, NHS employees, teachers, detention centre visitors, and university staff.

A Private Dining Experience

The Great Hall/The Dining Room, The Abbey, £30pp

We are taking private group bookings (for 6 or more people). If you and your friends/family would like a unique private dining experience at The Abbey then please get in touch:-
welcome@theabbey.uk.com

Short-Term Professional Lets - The Abbey

Do you work close by to Sutton Courtenay at The Culham Science Centre, Milton Park or surrounding areas and need a short-term professional let? Please get in touch:-

welcome@theabbey.uk.com

*** SPECIAL DISCOUNT UNTIL MARCH 2024 *** ON ROOM BOOKINGS + FULL BOARD

The Abbey, £99pp

Please get in touch if you would like to book at Room at The Abbey which will include breakfast, lunch & dinner :-

welcome@theabbey.uk.com

The Abbey office opening times:- 9am – 3pm.

Please check out our upcoming events: theabbey.uk.com/events

Rebecca Bolton, Office Manager theabbey.uk.com

rebecca.bolton@theabbey.uk.com +44 (0)1235 242 283





£30pp

You can check our menu online and book for this event on Eventbrite

www.theabbey.uk.com
[@theabbey Sutton Courtenay](https://www.instagram.com/theabbey Sutton Courtenay)
[The Abbey Sutton Courtenay](https://www.facebook.com/The Abbey Sutton Courtenay)



Would you like to enjoy the company of others and make new friends over a three-course vegetarian dinner? Why not come along to our regular Abbey Supper Club. It's a great way to socialise and enjoy the incredible culinary talents of our French chef in a hidden gem in Oxfordshire with 800 years of history...

THE ABBEY SUTTON COURTENAY

The Abbey Cafe

JOIN US FOR TEA, COFFEE & CAKE!








EVERY SATURDAY
9:30AM TO 12PM



THE ABBEY SUTTON COURTENAY

REST IN PEACE

Richard Frank Harris who died on 24th November 2023 was born on 2nd June 1939 at Little Barrington, The Leys, near Burford, to his parents Frank & Marjorie Harris. With the outbreak of war, a bomb fell outside the house and the family was evacuated to the local Paper Mill, where Richard's sisters Eileen and Val were born.

Richard attended Great Barrington Primary School and then moved to North Leach Secondary school. Once, for some misdemeanour, he was given the cane and, as the cane touched his hand he grabbed it and snapped it in half. Richard always said it was the worst thing he could have done! Despite this he went on to become Head Boy of the school. He enjoyed football – playing for Sherborne and Alsworth. He also ran for the County but was pipped to the post and didn't take part again. He also played cricket for Windrush Valley. He left school when he was 14 to work on the farm with his father and he fell in love with the farming life. He retained a deep love of the land for the rest of his life. For the Queen's Coronation in 1953, the village held a big celebration and Richard dressed up as a woman - with a headscarf like the Queen and carrying a handbag. Not one person recognised him the whole day!

Richard met Vi when she was just 16 years old at a Saturday night Fun Fair, and, although it wasn't quite love at first sight, they got chatting and five years later they were married in Burford Church on 18th March 1961. After courting Vi for a while Richard had to visit the doctors as he was suffering from headaches. The doctor told him that he needed a night out with the lads. So off he went and did a pub crawl of Burford - a pint in every one of the 10-11 pubs in Burford! At the end of the evening, Richard's friends put him on his bike, gave him a push and he ended up in a bush on the roadside and that's where he spent the night. History does not record whether it cured his headaches or not!

They lived for the first three years of their married life in The Old Paper Mill in Little Barrington. David was born in 1963 during the long and bitter winter of that year. Teresa was born 10 years later in 1973, completing the family. When David was 13 months old Richard had an offer to move to Sutton Courtenay to work on the farm for Caldwells, where he worked until retirement.

Richard worked hard all year but they managed holidays at Butlins at Barry Island and caravanning holidays in Devon. Richard and Vi loved Country & Western music and were founding members of the Sutton Courtenay Country and Western Club which used to meet in the Village Hall and other venues, with Richard always dressed up in full cowboy regalia. Richard first flew in an aeroplane when he was 60 years old to Barbados where he and Vi boarded a cruise liner around the Caribbean to celebrate their 40th Wedding Anniversary. This was to be the start of a few holidays abroad before Vi fell ill and died at home in 2008, having been lovingly cared for by Richard. In retirement, Richard took up fishing, but not for long due to his declining mobility. He was quite happy sitting in his chair watching Sky Sports and farming programmes on YouTube.

The last few years were particularly tough, with an increasing number of health issues, culminating in him spending the last five weeks of his life in hospital – loyally visited and

supported by Teresa. Sadly, he never made it home where he wanted to be, as home was where his heart always was – focused on his family – his children Teresa and David - and his grandchildren: Gemma, Laura, Cameron & Jack whom he doted on, and great grandchild, Harvey, whom he adored. He worked long hours to provide for his family and he took great pride and got great satisfaction from his work as a farmer. He was caring, hardworking and supportive as a husband and father and I know that he was very grateful for the loving care and support which he, in his turn, received and which enabled him to live in his own home for so long.

His funeral was held on 13th December 2023 in All Saints' Church and this is an edited extract from the address given by The Reverend Helen Kendrick. A personal tribute was also given by his daughter, Teresa.

Ernest (Ernie) John Sparkes who died on 23rd November 2023 was born on 16th January 1947 in Abingdon to his parents, Derek and Peggy Sparkes. The family lived in St John's Road, before moving to the thatched cottage next to the garage in Sutton Courtenay, Cross Trees Cottage. Ernest attended school in Abingdon but even before leaving school he was helping out at the garage serving petrol and beginning to learn the trade. Both Ernest and Halls Garage became landmarks of the village.

Ernest was a great motorcross enthusiast and, when he himself was no longer able to compete, spent time encouraging and supporting others. He loved many outdoor pursuits - from ferreting to catch rabbits to waterskiing in the gravel pits to sea fishing.

He met Elizabeth (Liz) over the petrol pumps at the garage, they got talking and eventually decided to go to the pictures together and never looked back. They were married in All Saints' Church, by the Reverend Littlechild, in 1976 and theirs was a partnership that endured until Liz's death, and it is strangely poignant that Ernest died exactly a year later. They had two sons, Chris and Fred.

Ernest and Elizabeth began married life at Beechfield House and then in houses of their own in Milton Road and Frilsham Street, before moving to Willowbrook on the Drayton Road, where there was more space for the animals which Elizabeth spent her life accumulating. About seven years ago Ernest and Elizabeth moved to West Wales to find even more land but he always missed Sutton Courtenay and thought of it as home.

Ernest was a proud Father and Grandfather and he loved spending time with his grandchildren – Freddy, Issie, Charlie and Sam. For some unknown reason Charlie always called him Old Man Jenkins – and this affectionate nickname stuck. Chris and Fred were immensely grateful for all the care that Sam – friend and neighbour of Ernest and Liz – gave to their parents during their years in Wales which made it possible for them to live there. Ernest was a man who loved conversation and for whom family, friendship, hard work and laughter were the key ingredients of a life in which he did so much – despite the trials and tribulations of ill-health he had to endure.

His funeral took place on Monday 18th December 2023 in All Saints' Church. This is an edited extract of the address given by the Reverend Helen Kendrick. A personal tribute was also given by Tom Astor.

REST IN PEACE

Roy Arthur Black who died on 25th November 2023 was born on 24th June 1953 in Wokingham to his parents Lenny and Curry Black. and grew up with his sister, Kath, and his brothers, Busty and Billy. Roy was a man who lived a simple but happy life at the heart of his family. The family moved to Mill Lane in Sutton Courtenay when Roy was very young and he attended both the old primary school and the new one. As a child he went scrumping for conkers in the grounds of Dr Sinclair's house – in what is now Lady Place. Unfortunately, he was caught by Dr Sinclair who locked him in a cupboard and he had to be rescued by his Dad!

It's fair to say that Roy was not a fan of school and started working as soon as he could. He was never afraid of hard work and had a variety of jobs from an early age – from farm work and fruit picking and collecting holly at Christmas time to working on a construction site. He had a reputation for being very efficient and working like two men. and never needing an alarm clock to get up. He loved dogs and Manchester United – a highlight of his life was a visit to Old Trafford. And he also enjoyed cooking food – making proper rice pudding from scratch or putting together a full roast dinner. He always had a sweet tooth and loved the jars of jam or chutney which his niece Tracey gave him and loved Cherry Bakewells and Milky Ways and Steamed Puddings. He greatly enjoyed music and singing and dancing – particularly rock and roll music - and also watching football and the soap operas on TV. He was a fan of cowboy films – particularly any starring John Wayne but also enjoyed vampire films and anything with Elvis starring in it. He loved dogs – particularly Venus and Speedy – a Yorkshire Terrier he thought the world of, and also Fluffy the Cat – whom Roy always insisted on calling Mr O'Malley. He was always a quiet and reserved individual but that didn't stop him from enjoying a joke and being a clown and larking about on occasions. He religiously played the football pools and once won £50 – although at first he thought he had won £50,000! He also bought a lottery ticket every week – convinced he was going to win. He did have a tendency to mislay things – whether his keys, wallet or phone and often needed help from the family to find them again!

Although Roy never married, he was always very much an integral part of his sister Kathleen's and brother-in-law Michael's family and was very close to his nieces. Kath had promised her parents when they died that she would always look after Roy, and both she and Michael have always been there for him through the years and especially as his health declined. He was an exceptionally good uncle who never missed a birthday. He was always affectionate and endearing and loved cuddles. He loved talking to his great-nephew, Elliott, about football and, when he had to give up driving, he generously gave his car to Elliot and was pleased that he was able to help him. He was very generous and he liked to help whenever he could.

Roy was admitted to the JR in June and then transferred to St Lukes in Headington from where he hoped to be able to return home, but sadly it wasn't to be and he died on 25th November.

His funeral was held on 27th December 2023 in All Saints' Church and this is an edited extract of the address given by The Reverend Helen Kendrick.

Rose Lillian Warwick who died on 10th December 2023, was born on 28th April 1934 in Abingdon to her parents John and Lillian Brookland. She grew up with her younger brother, John, on the High Street in Sutton Courtenay, attending the village school. She met her husband John, who came from Didcot, and they were married here in this church and set up home at 12, The Green. They went on to have three children – Susan, Lesley and Phillip. Her life quickly became focused on her family – keeping them fed and clothed and caring for them in whatever way she could. She was a good cook and homemaker and was always there for her children, and over the years her grandchildren and many great-grandchildren.

Rose was always a very quiet person, private and self-contained. She led a simple but contented life and was someone who always enjoyed time spent with her family. John was more outgoing than Rose and he loved the game of darts – whether watching or playing and travelled to many different competitions over the years. He did encourage Rose to play and she belonged to a team at the Lion at Culham. Whilst Rose was happy in the home, John loved his garden and grew 100s of cacti – which he used to take to cactus shows all over the country - although he never let Rose touch them.

Once the children were grown up Rose worked for a while for the Stride Multi-Colour printing company on Milton Park. In retirement Rose and John moved to a bungalow in Appleford – although Rose found it very hard to leave her beloved home in Sutton Courtenay. In later years she liked nothing better than putting her feet up in front of the telly with a cup of tea. Sadly, she developed dementia and had a stroke from which she never really recovered. John cared for her as best he could until it all became too much for him and then she moved to a care home in Blethingdon eight years ago and she died there on 10th December 2023.

Her funeral was held on 10th January 2024 in All Saints' Church and this is an edited extract of the address given by the Reverend Helen Kendrick.

Elizabeth Anne (Liz) Maconochie who died on 13th December 2023 was born on 19th September 1947 in Ampney Crucis, near Cirencester, to her parents Lydia and Leslie Sheppard. She was the youngest in the family and had three siblings - Valorie, Clifford and Graham. The family moved from Ampney Crucis, where her mother had run the Post Office, to Highworth, near Swindon for a couple of years and then to Swindon itself where Liz attended Pinehurst School.

Their childhood home in Swindon was a wonderful place to grow up and Liz and her brother Graham loved riding their bicycles, playing with friends, going to Sunday school, helping their parents in the garden, and dressing up. On leaving school Liz went to the College in Swindon and completed a catering and nutrition course, which led to her working as a cook at RAF Wroughton and a couple of schools. With her earnings she bought herself a Triumph Herald convertible.

Liz met her husband Norman at a dance at the popular 'Moonrakers' pub in Swindon in 1965 and they were eventually married on 1st September 1973 and bought their thatched cottage in Sutton Courtenay – where Liz would go on to live for over fifty

years. The cottage was originally 3 adjoining cottages but, many years ago, two of them were converted into a single dwelling and the third remained separate. This proved to be useful over the years since it meant that Liz and Norman could extend hospitality to the wider family. Liz was a wonderful cook and loved having the extended family around her. Sadly, her Father died of a heart attack in 1988 and her Mother developed Alzheimer's Disease and died in 1990 after being lovingly cared for by Liz. Her family was always the main focus of her life.

Liz and Norman were blessed with two children together. Ian, born in November 1974 and Peter, in December 1979 and Liz warmly welcomed her step-son Bruce into the family. They described her to me as an awesome mother, a great teacher who would show you how to do things, not just tell you. She never lost her temper but you knew when she was annoyed. As well as looking after the home and the family Liz supported Norman in his work when he ran the used car business in Didcot by doing the bookkeeping. In 1987 she started working at Janssens, a pharmaceutical company owned by Johnson & Johnson, as an Office Assistant, and then on Reception. She subsequently had several other jobs, including working for the Glanville Group, a Construction Consultancy in Didcot.

Liz always enjoyed travelling and had a great sense of adventure. Norman and Liz went to Switzerland for their honeymoon, had a caravan for a few years and visited Liz's parents regularly in Spain as well as enjoying holidays all over the world. Liz was always up for an adventure and just eighteen months ago, on holiday in Wales, she was riding the fastest zip wire in the world! Norman and Liz also owned some classic cars, including a Model T Ford, an Alvis and a Ferrari Daytona and enjoyed meeting up with other owners at weekend rallies and shows. They were members of the National Trust and enjoyed visiting various properties when they took a day off.

Sadly, Norman died in hospital after a long illness on 5th March, 2013. His death really took its toll on Liz, who had been so caring, attentive and supportive of him throughout this difficult time. However, with typical determination, she immersed herself in her hobbies, spent quality time with her sons, Ian and Peter, and their grandchildren whom she adored. She developed and maintained her wide circle of friends through the WI, U3A and beyond, with whom she loved to spend time, going on regular walks and overseas holidays. She was an excellent gardener and enjoyed spending time outdoors and in her greenhouse. She regularly won prizes at the village Produce Show with the fruits of her labours. She was a very proficient dressmaker and could turn her hand to needlework, embroidery and tailoring – including the completely invisible mending of moth holes! But her greatest passion was crafting. She would spend hours in craft shops, particularly in the enormous stores in the US, and she could literally turn her hand to anything. From making Faberge style eggs from goose eggs to stained glass pictures, samplers, pottery, jewelry, Christmas wreaths, candles and cross-stitch and much more. She made Christmas and wedding cakes and even a Golden Wedding cake for her parents. She was very skilled at icing and decorating to a professional standard. Liz and Norman also had several bee hives and she made honey and bees wax animal shaped

candles that she sold at the Farmers' Market in Abingdon. She always took the time and trouble to make personal cards for her family and friends that were of a high quality and very beautiful.

It was wonderful to see that Liz had a second chance of happiness when she met Steve, whom she adored, and they enjoyed five extremely happy years together before she died. She faced her final illness with great courage – and lived longer than had been predicted. She always strived to be positive and cheerful and she never stopped putting others first and caring for them.

Her funeral was held on 16th January 2024 in All Saints' Church and this is an edited extract of the address given by The Reverend Helen Kendrick.

PERSONAL VIEWPOINT

A Lesson Learned from a Dishwasher

by Charlene Hintay

I have a love-hate relationship with washing dishes manually. I love doing it because I use this time to listen to music or podcasts. In this busy life, washing dishes is one of my break times in the day. I hate it because it is a task that takes a long time. Tidying up the plates, rinsing, washing with soapy water and sponge, rinsing again, and playing Tetris when putting them on the drying tray. It is hard work in this busy life.

So, when we had the budget and the space in the kitchen to have a dishwasher, we immediately grabbed one and installed it at home. At first, I was hesitant. I was thinking about the enormous amount of water that it uses which relates to increase in water bill. So, when there are only a few dishes to wash, I still wash them by hand.

Time went on and the dishwasher has become a necessity. I was able to save time by just dumping all the dishes in the dishwasher then move on with my day or evening. However, I still play Tetris in putting all the dishes and cutlery in it to get it cleaned properly. Otherwise, there will still be food leftovers stuck on them afterwards.

As expected, this ineffective washing started to annoy me. It could be because we use a cheap dishwashing tablet or because I was too lazy to wash some of the pots manually, so I overload the dishwasher. The dishes were just not as clean as I wanted them to be. What a nice problem to have! This was never a problem when I used to live in the Philippines. Back there, whether we like it or not, the dishes wouldn't wash themselves. We had to wash them diligently and manually. No fancy dishwasher meant no dirty washing. How ironic!

Now, as I write this, I am surprised by how this petty thing annoyed me. Why would I be annoyed by a dishwasher when I was accustomed to cleaning plates manually anyway. Surely there are more important things to worry about than the dishwasher. It is not the end of the world when a dishwasher does not do its job properly. When you look at your mood today, what annoys you? What winds you up? Is it really worth the energy and time? Let us be careful in choosing where we spend our energy. It might not be worth the fuss.

I am still grateful to have the dishwasher, by the way. It helps me a lot.

5 TOP TIPS TO AVOID BURNOUT IN 2024

By registered Nutritional Therapist Abi Simpson
Dip ION mBANT CNHC

Now that January is out of the way (thank goodness!) let's start our year right and get your diet and lifestyle on track, to help you feel more energised!

Stay Hydrated

Our brains are made up of almost 75% water. Dehydration can contribute to fatigue, affecting your overall well-being. Lower the burden on your liver by choosing an efficient water filter to ensure you are drinking pure water. Mineral water is full of hormone disrupting plastic and awful for our already struggling environment (unless you buy it in a glass bottle!). If you need some flavour then herbal teas are a great alternative (I always opt for loose leaf to avoid the plastic from the teabag)

Correctly Balance Your Meals

Ensure each meal includes complex carbohydrates (Sourdough, wholegrain, wild rice, sweet potatoes, squash), protein, and healthy fats. Balanced meals sustain your energy and help stabilise blood sugar levels. Chewing your food thoroughly until it is a pulp makes life easier for your digestive system, and you will give your brain the chance to receive the message you are full. Scan the QR code below to see the British Association of Nutrition and Lifestyle Medicine's (BANT) "Wellness solution" Plate. You can put it in your kitchen and refer to it every time you are plating up a meal.



Set Boundaries and Practice Self-Care

Establish clear boundaries between work and personal life. Set aside a little bit of time every day for self-care activities, whether it's reading, meditation, or a hobby you enjoy. Make 2024 the year where you learn to say no and limit anything that will drain you emotionally or mentally. Be clear on boundaries with relatives and friends and you will have more time and energy for yourself to do things you really enjoy. This will have a profound impact on your mental health and energy levels.

Work on Your Sleep Quality

Work on the quality of your sleep. Create a calming bedtime routine, limit screen time 2 hours before bed, and maintain a consistent sleep schedule every day to support your body's natural rhythm.

Ditch the Sugar!

Sugary foods are detrimental to our energy levels and cases of diabetes are rising at a scary rate. As someone with PCOS (polycystic ovarian syndrome) I have to ensure my blood sugar levels are balanced otherwise I feel exhausted and my symptoms flare up. This is common in lots of us, who can relate to having an energy slump in the afternoon at work?



That is a sign that you may need some support to balance your sugar levels.

I am running a free 7 day quit sugar challenge beginning Monday 4th March. Do you think you could do it?? Scan the QR code here to join the challenge on facebook!



About The Author

My name is Abi, I am a registered Nutritional Therapist and holistic therapist. After a 10-year career in beauty running "The Beauty Hamper" I now want to help people on a much deeper level. I work online and in person to help people achieve their health goals with bespoke and group packages. I offer a holistic treatment called Silent Counselling to release issues from the past allowing for easier lifestyle changes. My mission is to help women balance their hormones naturally through nutrition and lifestyle changes to live a happier, healthy life.

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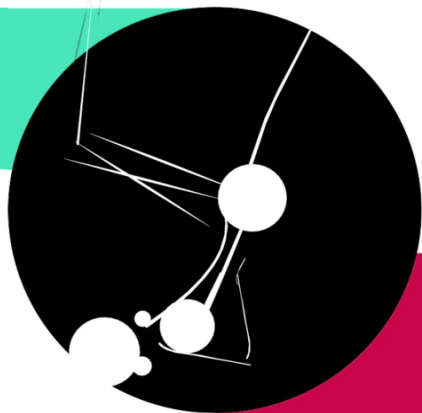


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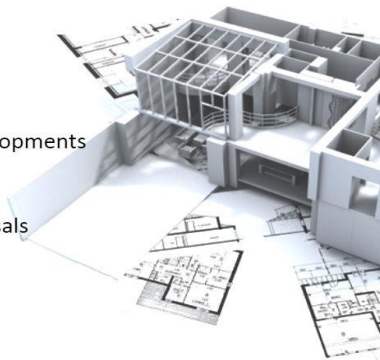


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