

# SUTTON COURTENAY NEWS

VOLUME 49 No. 1

FEBRUARY 2020



A phot showing the last remaining chimney of Didcot A Power Station before it is due to be demolished in February

## VILLAGE DIARY

The Diary is compiled from details sent to the Editors or added to the Village Diary kept at Burgrey Stores.

February

Sunday	2nd	6.30pm	Talk on Climate Change	The Abbey
Tuesday	4th	7.30pm	Spiritualist Meeting	Village Hall
Tuesday	4th	7.15pm	Parish Council Meeting	Village Hall
Friday	7th	9.00am	Stay and Play (each Friday)	School
Thursday	13th	10.30am	Community Cafe	Church
Tuesday	18th	7.30pm	WI Social Evening	Village Hall
Tuesday	18th	7.00pm	Cardiac Arrest Response Seminar	The Abbey
<b>Wednesday</b>	<b>19th</b>		<b>March SCN Copy deadline</b>	
Wednesday	19th	2.00pm	Litter Pick	Recreation Ground
Thursday	27th	10.30am	Community Cafe	Church
Saturday	29th	7.30pm	Friends of All Saints' Quiz Night	Village Hall
Saturday	29th	7.00pm	All Saints' Singers Quiz and Curry Night	Manor Prep School Abingdon

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

## VILLAGE CONTACTS

<b>County Councillor:</b> (Schools, Roads etc.)	Richard Webber, 534001 <a href="mailto:richardwebber777@gmail.com">richardwebber777@gmail.com</a>
<b>District Councillor:</b> (Planning, Waste etc.)	Richard Webber—as above
<b>Parish Council Chairman</b>	Michael Jenkins, 847174 <a href="mailto:msjenkins@msn.com">msjenkins@msn.com</a>
<b>Beavers, Cubs and Scouts</b>	Adrian Rouse, 07730 313384 <a href="mailto:adrian.j.rouse@gmail.com">adrian.j.rouse@gmail.com</a>
<b>Brownies</b>	Mary <a href="mailto:steventonrainbows@gmail.com">steventonrainbows@gmail.com</a>
<b>Stay &amp; Play Toddler Group</b>	Facebook page: <a href="#">@SCstayandplay</a>
<b>Chairman, Friends of SC Parish Church</b>	Fred Cubbage, 848768
<b>Matrix Music School</b>	847264
<b>The Abbey</b>	847401
<b>Crickets Club</b>	<a href="mailto:drb71@hotmail.co.uk">drb71@hotmail.co.uk</a>
<b>Sutton Courtenay WI</b>	Val Melville 847612
<b>Nordic Walking Group</b>	Graham Wells 847322
<b>Churchmere Carp Syndicate</b>	Roger Rance 847241
<b>DAMASCUS Youth Project</b>	848694
<b>Sutton Courtenay Local History Society</b>	Mary Thompson 848527 <a href="mailto:marythompson@outlook.com">marythompson@outlook.com</a> <a href="http://www.sclhs.org.uk">www.sclhs.org.uk</a>
<b>SCIDS (Drama Society)</b>	Morna Whitlock, 848335 <a href="mailto:morna28whitlock@gmail.com">morna28whitlock@gmail.com</a>
<b>All Saints Singers</b>	Steve Fisher 07812 037530 <a href="http://allsaintssingers.org">allsaintssingers.org</a>
<b>Sutton Courtenay Action</b>	<a href="mailto:suttoncourtenayaction@gmail.com">suttoncourtenayaction@gmail.com</a>
<b>Sutton Courtenay Forum</b>	<a href="mailto:suttoncourtenayforum@gmail.com">suttoncourtenayforum@gmail.com</a>
<b>Neighbourhood Watch</b>	07762 597118 <a href="mailto:nhwsuttoncourtenay@outlook.com">nhwsuttoncourtenay@outlook.com</a>
<b>Non-urgent Police</b>	101 or policing team email <a href="mailto:AbingdonOuterNHPT@thamesvalley.pnn.police.uk">AbingdonOuterNHPT@thamesvalley.pnn.police.uk</a>
<b>Environment Agency:</b>	Landfill Odours 0800 80 70 60
<b>Thames Water (leaks):</b>	0800 71 46 14
<b>Power Cuts:</b>	105
<b>Websites:</b>	
<b>Sutton Courtenay News</b>	<a href="http://www.suttoncourtenaynews.co.uk">www.suttoncourtenaynews.co.uk</a>
<b>Parish Council</b>	<a href="http://www.suttoncourtenay-pc.gov.uk">www.suttoncourtenay-pc.gov.uk</a>
<b>Vale of White Horse DC</b>	<a href="http://www.whitehorsedc.gov.uk">www.whitehorsedc.gov.uk</a>
<b>Oxfordshire CC</b>	<a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a>

## SUTTON COURTENAY POST OFFICE

A wide range of key Post Office products & services are available at Burgrey Stores in the High Street. The opening hours are:

Mon, Tues, Thurs, Fri: 08.00 – 18.00  
Wed: 08.00 – 17.00  
Sat: 08.30 – 13.00  
Sun: 09.00 – 12.00



## SUTTON COURTENAY DEFIBRILLATOR



THE VILLAGE HAS TWO DEFIBRILLATORS. ONE IS LOCATED OUTSIDE THE FRONT ROLLER DOORS OF SUTTON COURTENAY TYRES ON THE HIGH STREET. THE OTHER IS

ANOTHER ONE IS OUTSIDE THE FISH, APPLEFORD ROAD.



## ALL SAINTS' CHURCH

### The Ministry Team

Rector: The Reverend Helen Kendrick  
The Rectory, 3 Tullis Close, Sutton Courtenay, OX14 4BD  
Tel: 01235 848297, e-mail: [rector@damascusparish.org](mailto:rector@damascusparish.org)

Assistant Curate: The Reverend Karen Hyde  
Tel: 07526 985395, e-mail: [curate@damascusparish.org](mailto:curate@damascusparish.org)

Associate Priest: The Reverend Rosie Bruce  
Tel: 07766 421773, [rosie-bruce@hotmail.co.uk](mailto:rosie-bruce@hotmail.co.uk)

Associate Priest: The Reverend Phil Sutton  
01235 526114 or 07507 378737, [revphil@damascusparish.org](mailto:revphil@damascusparish.org)

Associate Priest: The Reverend Meg Heywood  
Tel: 01235 537100, [revmeg@damascusparish.org](mailto:revmeg@damascusparish.org)

Lay Ministers: Tim Budd (527853), Jack Jarvis (831395) & Alex Landsbert (847443)

Authorised Preacher: Paul James (848129)

### Services of Worship

1st Sunday: Family Service at 10.30am  
2nd Sunday: Parish Eucharist at 10.30am (with Junior Church)  
3rd Sunday: Morning Worship at 10.30am (with Junior Church)  
4th Sunday: Parish Eucharist at 10.30am (with Junior Church)  
5th Sunday: Special services across the DAMASCUS Parish – please see church noticeboard for details

Wednesdays: BCP Holy Communion at 9.45am

## SUTTON COURTENAY VILLAGE HALL



The village hall is a registered charity available for hire for community related recreational activities. It is located in Hobbyhorse Lane (OX14 4BB). It has a large main hall, a smaller meeting room and kitchen. There are regular activities that take place on some weekday evenings.

To find out more or book the hall please contact the Secretary to the Village Hall Management Committee **Rita Atkinson** on 01235 848694, email [scvillagehallbookings@gmail.com](mailto:scvillagehallbookings@gmail.com) or telephone **Jackie** on 01235 847817 Hire Charges vary depending on the use of the hall. The maximum hire charge for the main hall is £16 per hour. Commercial bookings and regular hire are negotiated separately. Visits prior to hire are welcomed.

## SUTTON COURTENAY NEWS CONTACTS

Sutton Courtenay News is produced by the editorial team, the members of which are Diane Armstrong (07553 801032), Clare Pennicott (07778 284193) and Bernie Jones (07761 375991). Bernie also deals with all advertising.

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

All contributions for the next edition should be e-mailed to [editor @suttoncourtenaynews.co.uk](mailto:editor@suttoncourtenaynews.co.uk) or taken to Burgrey Stores before the copy date entered in the Diary above. To have any contribution published you must provide your name & contact details to the editors.

To advertise, email [advertising @suttoncourtenaynews.co.uk](mailto:advertising@suttoncourtenaynews.co.uk) or telephone 07761 375991

For distribution enquiries please contact Sue on 847158 or Shirley on 847241 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 <https://suttoncourtenaynews.co.uk> but please contact the Editors to discuss what other arrangements can be made for those unable to access the website.



## Happy New Year!

### Clerk-Linda Martin

The Clerk to Council, Linda Martin,

officially retired from her role on 1 January 2020, after 25 years service. The Council would like to take this opportunity to thank Linda for her service to the parish during this period and wish you a very happy (and quiet) retirement.

### Neighbourhood Plan

The Steering Group in charge of preparing the Neighbourhood Plan for Sutton Courtenay will be presenting to the Council at the start of the March Council meeting. The meeting will take place on Tuesday 3rd March at the Village Hall with an earlier start time of 7pm to accommodate the presentation. Members of the public are welcome to attend.

The Steering Group meet on the third Monday of every month and anybody is able to attend. Agendas and minutes (once approved) are published on the website and regular updates are published in the Sutton Courtenay News.

Once drafting is complete, the Plan will be open to consultation by the residents. Please keep an eye out for further updates on this.

### Drayton Road – traffic calming measures

District and County Councillor Webber is continuing to press the County Council in respect of the provision of the build out on Drayton Road and is willing to allocate some of his allowance to this as previously noted. We will keep you updated as to progress.

### Defibrillator Training

All villagers are invited to The Abbey at 7pm on 18th February 2020 to attend a Cardiac Arrest Response Seminar led by Paul Abbot of the Community Heartbeat Trust.

This training will enable participants to feel confident to use the defibrillators located in the village at Sutton Courtenay Tyres and the new one at The Fish. We have lots of room so the more the merrier. Just think: it could save your life or someone you love. To reserve your place please contact Wendy on 01235 847401 or [admin@theabbey.uk.com](mailto:admin@theabbey.uk.com).

### Parking around the Village Green

Residents have mentioned that the parking around the Village Green is making it difficult for access to some properties raising concern with regards to emergency vehicular access if required. Please could you ensure that you park with consideration when parking in this area. During church services and large wedding/funeral services, additional parking is available. New signage has been erected by the PCC to direct people to this parking which is inside the Abbey grounds.

### Road Safety

The Council are aware of issues affecting all road users including cyclists in the area. The Parish Council are raising the issue of the

state (and going forward, the provision) of cycle paths in the area with the County Council. Cyclists sometimes do not use the available cycle paths due to the poor state of repair and the Council would ask that residents respect other road users and ensure a safe distance (recommended 1.5 metres) when overtaking cyclists on the roads.

### Tree Planting

County Councillor Webber is looking to buy the parish some trees with some of his unused grant allowance. At present, he is still awaiting final confirmation in respect of the amount available for this. If you have any suggestions on where you think trees could be planted which would benefit the whole village, please contact the clerk, Helen Savery, on [info@suttoncourtenay-pc.gov.uk](mailto:info@suttoncourtenay-pc.gov.uk).

### Planning Permissions

The following planning permission was discussed:-

**P19/V3178/FUL** Alteration to planning permission P17/V1770/FUL enlargement to ancillary building roof to form granny annexe and carer's room 19 Harwell Road.

Comments: Council has no objections

### Road/footpath closures

The Council have received notification of the following road/footpath closures in the local area.

From 1st February 2020 - Drayton: Bridleway 373/18 Lambrick Way southwards to Quarry Entrance and Quarry access road to Drayton Road (Peep-O-Day Lane). The closure is due to bridleway improvement works which are expected to be completed on 17th April 2020. Exemptions are included for emergency services and for the works and for pedestrian access to premises which are only accessible from the closed section of bridleway. The alternative off-road route for those affected by the closure will be locally signed via paths 373/15 southwards to 373/26, west on 192/1, north on 192/21 & 192/9, northeast on 192/16 & 192/8, east to Peep-O-Day Lane, and vice versa.

22nd March & 23rd March 2020 – Appleford: road from Main Road to Hill farm over Appleford Level Crossing to allow railway level crossing works to be carried out. The closure will operate overnight from 11.30pm to 4.30am. Access will be maintained for emergency service vehicles and for those frontages within the closure area, subject to the progress of the works and liaison with the works supervisor.

**Date of next Meeting: Tuesday 4th February 2020 at 7.15pm** in the Village Hall Frilsham Street

Please check Noticeboard outside Burgery Stores in case arrangements change.

Clerk: Helen Savery, 10 Sovereign Place, Wallingford, OX10 9GF

Email: [info@suttoncourtenay-pc.gov.uk](mailto:info@suttoncourtenay-pc.gov.uk)

Tel: 01235 364211

# CARDIAC ARREST RESPONSE SEMINAR

## LEARN HOW TO USE THE DEFIBRILLATORS

The Abbey  
18th February 2020  
7pm on



All villagers are invited to attend a Cardiac Arrest Response Seminar led by Paul Abbot of the Community Heartbeat Trust. This training will enable participants to feel confident to use the defibrillators located in the village at Sutton Courtenay Tyres and the new one at The Fish. We have lots of room so the more the merrier. Just think: it could save your life or someone you love.

To reserve your place please contact Wendy on 01235 847401 or [admin@theabbey.uk.com](mailto:admin@theabbey.uk.com).

## SUTTON COURTENAY VILLAGE HALL

Our hall is a community facility managed by volunteers (trustees) for everyone in the community. It is the focus of many groups from the village and the surrounding area who meet weekly or monthly for a variety of activities.

It could be the perfect venue for your large family gathering, party, group dining, formal occasion, client gathering or committee meeting. We can also make arrangements for conference meetings for local businesses.

It is an excellent venue for children's parties as the main hall can easily accommodate a Bouncy Castle. The hall has sound equipment, and the bar area facilities include a fridge and a large urn. Crockery can be hired or you can bring your own.

In addition there is a kitchen and a smaller hall/meeting room.

There is ample onsite parking. Behind the village hall is a tennis court



which can be used free of charge.

Community hire charges for the main hall are £16 p/h but if you want to use the hall on a regular basis, the rates are negotiable.

We encourage you to come and look round prior to booking.

The Village Hall is situated in Hobbyhorse Lane, Sutton Courtenay, OX14 4BB

Contact: Rita Atkinson on [svillagehallbookings@gmail.com](mailto:svillagehallbookings@gmail.com) or telephone 01235 848694 or Jackie on 01235 847817

## HELP WITH HOME REPAIRS



### Get help with home repairs

There are services and funds available to help people (owners and



private tenants)

stay independent, safe and well in their homes, and Oxfordshire County Council has developed a referral service to help residents (or carers) access the right organisations in their area, to get the help they need.

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](http://www.oxfordshire.gov.uk/homerepairs)

## SC—CYCLE

### Declutter sustainably!

Advertise any item you would like to give away to someone in the community for free, or £1 per item if you are charging. If you would like to advertise here please contact the Editorial Team (see page 2)



Two cygnets take advantage of extra water on the fields behind Appleford Road by Fred Cubbage

# SUTTON COURTENAY PRIMARY SCHOOL



The end of last term saw the children making us extremely proud with their musical talents!

On Monday 2nd December we held our termly musical showcase assembly. During the assembly three children played piano solos and four bands who have been learning with iRock entertained us. It was inspiring to see the progress the children had made since our last performance assembly, and a joy to watch their confidence as they played. The school offers a wide variety of opportunities for children to learn to play instruments. At the assembly, the choir also sang two of the numbers they are rehearsing in preparation for their trip to the Birmingham Arena in January to sing in a Young Voices concert. We are fortunate that the Trust has a Director of Music, Mr Sean Dingley, who also works with teachers to upskill our teaching of music in the classrooms. Small keyboards are soon to be introduced into lessons to support children learning musical notation.



The following week we saw three more fantastic performances from our children. The Foundation Stage delighted us with their Nativity, 'Away In A Manger'. Their confidence as they sang their songs and spoke their lines was impressive. For such young children, they showed real stage presence. Key Stage 1 performed their show, 'The Christmas Baubles.' This told the story of a caretaker not unlike our own Mr Greenough who worked very hard to help the children understand the Christian Nativity story.



On Tuesday 10th December Falcons class had a very late night indeed, as they performed two songs in the Ridegway Education Trust music concert with their peers from Didcot Girls' school and St Birinus School. It was amazing to see such a high standard of music performed by children from aged 9-18. Our children really did us proud, singing with real energy and behaving beautifully while they waited for a long time between their songs.



## Another highlight of the end of term was Falcons Class Science Fair. By Erin Hamilton Year 5

On Tuesday 3rd December Year 5 and 6 held an amazing science fair in the hall, as they read about one in their now finished book 'Wonder'.

At 6:00pm, family and friends were invited to come and have a look and sometimes try out all the different science projects, that fellow pupils had made. Not one pupil or pair did the same project. There were a wide variety of things to do, from under water fireworks to turning milk into plastic. Altogether it was a great night that everyone enjoyed.



Headteacher **Mrs Rachel Hornsey**  
Assistant Headteachers **Lisa Knight and Louise Potter**  
*office.3243@sutton-courtenay.oxon.sch.uk*  
Telephone 01235 848333

## SUTTON COURTENAY STAY & PLAY GROUP



All parents, grandparents and other carers - please bring your babies and toddlers to join us for play and chat on a Friday morning (term time only)

### **!! PLEASE NOTE OUR DETAILS !!**

**Day and Time** — Friday Morning, 0900-1030

**Venue** — Sutton Courtenay Primary School

**Price** — 1<sup>st</sup> visit free. Thereafter £1 per family (includes coffee & tea for grown ups but no snacks for the little ones)

Please note there is no parking available in the school car park. Please park on the street outside

Please keep an eye on our Facebook page (@SCstayandplay) to find out the latest news!

## DAMASCUS YOUTH PROJECT

The Abingdon DAMASCUS Youth Project  
Registered Charity 1098966



Youth & Community Acting Together

Years 6,7, and 8, 6-7pm, and Year 9+, 7-8pm

Activities at the Village Hall every Wednesday

Entry is £1 and a tuck shop is available

**SO, SO MUCH MORE THAN JUST A YOUTH CLUB!**

## CASINO RURAL - POKER EVENING

To the poker playing gentlemen and ladies of Sutton Courtenay. Winter is upon us, and I should like to get a FRIENDLY mid – week poker evening going, Texas Hold-em, or Kaluki ( rummy with 2 packs ) Nothing fierce, playing with chips, and all who enter pay £5 for your chips. When your chips are gone, you're gone, buy ins only in the first session, the last man standing takes the pot. Coffee and biscuits available in house or you are welcome to bring your own wine and snacks. If you are interested please phone Roger on 01235847241.



## CHURCHMERE POOL CARP SYNDICATE



Happy New Year to one and all.

I am pleased to report that the lake is now back to a healthy level, with fine water quality and clarity, so I should no longer be whingeing about rainfall for a while.

Catches have remained at a reasonable level with some thirtys showing.

The weather has kept many of the members indoors, but there are some hardy souls still willing to brave the elements, even some members fishing on Christmas Day.

With the winter climate there is a much reduced growth within the water weed, but still enough for the fish to hide and relax in.

The two swans seem to have gone walkabout, I'm sure they will return, there are still the coots and moor-hens to show movement. Other than that, stay calm, and drink tea.

Roger Rance.

## SC NORDIC WALKING GROUP

**COME AND NORDIC WALK WITH US FOR FREE, AND DISCOVER THE GOOD THINGS THAT WILL ADD TO YOUR LIFE**

Discover new friends, social contacts , find a sense of belonging, help getting back to fitness, boost self confidence, improve your feelings

Find out for yourself with FREE INSTRUCTION and TWICE WEEKLY FREE walks WITH WALK LEADERS

First course of 2020, please contact  
*Go Active Gold* [Annalie.Thomasson@southandvale.gov.uk](mailto:Annalie.Thomasson@southandvale.gov.uk)



**Venue:** Sutton Courtenay Recreation Ground

**Date:** Wednesday March 4th 0930 to 1030 for three weeks

Local British Nordic Walking (INWA qualified)  
Instructor poles provided for the course

## ALL SAINTS SINGERS



### DO YOU ENJOY SINGING?

The All Saints' Singers are a small and friendly group of choral singers, led by a professional music director, who meet on Friday evenings at 7.30 in the

**Matrix Music School,  
Sutton Courtenay.**

Membership is free to new members in their first term, so why not come along and give us a go?  
Further details on our website <https://allsaintssingers.org> or from our Chairman, Steve, on 07812 037530.

\*\*\*\*\*

**All Saints' Singers are holding a  
Quiz and Curry Night**

**At 7pm on Saturday 29th February**

**At The Manor Prep School**

Abingdon OX13 6LN

With cash Bar and Raffle. Tickets £15 online at

<https://www.trybooking.co.uk/PDE>

Or phone 07812 0375530

Their **Spring Concert on Sunday 29th March in All Saints Church** will include the Vivaldi Gloria. Tickets online as above, or from Burgreys Store in the village.

**Spring Event - Understanding your voice with Anna Shackelton.** This will be an afternoon workshop on Sunday 28th June in the new River Room at All Saints Church from 2pm until 5.30pm with a break for refreshments. Tickets £20, online or by phone as above, or from choir members.

## SC SPIRITUAL FELLOWSHIP

On Tuesday December 2nd we had an excellent meeting with John Scorcher who gave some very spiritual evidence to end the year.

On Tuesday January 7th we had a good start to the new year with Paul Wilkinson, Sharon Higginson and Pat.

Again thanks for your support and help with the chairs etc. and also a good cuppa with Anne.

**Diary.**

Tues. Feb 4 7.30pm Village Hall Meeting with David Chapman and hopefully Cath.



SUTTON COURTENAY WI



SC WI would love to welcome new members, young and old! Come on your own (we are very friendly) or with a group of friends.

Our programme is jam (!) packed as usual and looks to be another fab year.

So what are you waiting for?

Dates of our next meetings:

- 18<sup>th</sup> February – Social evening/quiz, games
- 17<sup>th</sup> March – Annual Meeting (members only)
- 21<sup>st</sup> April – Mike Brook – Top of The Greasy Pole

We meet on the 3<sup>rd</sup> Tuesday of every month at 7.30pm in the Village Hall.

If you would like any more info, please call Val on 847612.

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**SUTTON COURTENAY**

**THIS IS THE  
ONLY HOME  
WE HAVE**

**JOIN US ON OUR LITTER PICK**

**WEDNESDAY 19TH FEBRUARY 2PM @ THE  
RECREATION GROUND  
EVERYBODY IS WELCOME!**

The Abingdon DAMASCUS Youth Project  
Registered Charity 1098966  
Youth & Community Acting Together

**All equipment supplied  
and refreshments at  
the village hall after!**



**Fraud and scams**

Vulnerable and elderly people in our area are being targeted by fraudsters who claim to be under-cover police officers. Their ultimate aim is to obtain money fraudulently. The victim is told that they

can help in exposing corruption within the police force, and that they must deal only with the supposed under-cover officers. That if they contact the police themselves it would alert the corrupt officers. The victim is then asked to withdraw money from their bank account (the victim may be coached about to say to avoid alerting bank staff), which will be used as bait to arrest the corrupt officers. In reality it's picked up by the fraudsters.

Victims say that this is a particularly convincing and credible scam, with the fraudsters sounding completely genuine. In one instance the victim wouldn't believe the police, when they called to speak to her and to explain that she was a victim of this fraud. She was convinced that these particular officers were corrupt. The effects of such scams on victims can be profound and damaging. The police will never ask a member of the public for this type of assistance.

Fraudsters usually target people who live alone and/or those who are vulnerable. If you have friends, relatives or neighbours who are elderly or vulnerable they are amongst those most likely to be the targets of scams. Please tell them about the scam detailed above and also stress that they should never use an organisation's telephone number that's been provided to them by a caller at the door, during a phone call, in a letter or an e-mail. They should look up the number themselves and make the telephone call using a different phone from the one on which they received the call.

If you are the victim of a scam or know someone who is, please report it to the police. Don't be embarrassed. You'll be helping to prevent it happening to someone else

**Home security advice**

Burglaries continue to be prevalent in our area. If a house is in complete darkness it's all too obvious that there's probably nobody at home. Don't make your home an easy target for burglars and use inexpensive timer switches to turn lights on and off. You can also buy TV simulators, which give the appearance of a TV being used.

To contact the police about non-emergencies please use the online reporting tool on the Thames Valley Police website at: <https://www.thamesvalley.police.uk>. You will be contacted within 24 hours of filing the report.

If you don't have online access please call 101 for non-emergencies.

Call 999 in the case of emergency.

Contact NAG5 by calling 01235 848694 or e-mail [neighbourhoodactiongroup5@hotmail.com](mailto:neighbourhoodactiongroup5@hotmail.com)

Over 65 persons, including some welcome new residents to the Village, gathered in the both historic and atmospheric Great Hall of the Abbey for the 2019 Yuletide Evening on December 7th. Everyone enjoyed the traditional fare provided by the hard-working committee members. Carol singing towards the end of the evening was led by the Singing Saints, accompanied by Paul Francis, rounding off another enjoyable event. Over £850 was raised for the charity's funds.



\*\*\*\*\*

**Saturday 29th February is the date of this year's**

*Friends of All Saints' \**



**Sutton Courtenay Village Hall**

**7.30 for 8.00 pm**

**Tickets in advance for this year's event at only £6.00\***

Available at **Burgrey Stores** from 10th February or by contact

with [fred.cubbage@btinternet.com](mailto:fred.cubbage@btinternet.com) 01235 848768 before 8th March.

**\*Admission at the door is £7.50.**

Tables of 6 maximum.

Up to **6 rounds** including General Knowledge, Music, News etc. **Prizes. Cash Bar**

**An event by the Friends of All Saints' to raise funds for the Church fabric|**

**OPEN TO EVERYONE!**

*\* The Friends of All Saints' Church is an independent charity that has been in existence for over 30 years to assist with the preservation and upkeep of the Grade I listed church in the Village*



2019 was, for many of us, a tumultuous year. With District Elections in early May, Euro Elections (remember those?) in late May, and a General Election in December – Brenda from Bristol was not on her own. Hopefully, 2020 will be an opportunity for things to settle down – nationally, at least.

On the local front, the year presents at least three main challenges and uncertainties. The first is, of course, Council budgets. For the first time in many years, the Oxfordshire County Council budget has a reasonably healthy look with no major cuts on the horizon. It may be that the Councillor Priority Fund (£15K to each Council Division) is a drop in the ocean of the overall £500m+ budget, but it is very good news that it is to be continued for another year. Doubtless there will be arguments over how any spare money should be spent, but that there should be any to spend is something of a novelty.

The VWHDC Budget does not, as expected, present such a happy picture. Many years of failing to raise District Council tax in line with most other Councils, together with an over reliance on New Homes Bonus, and a reduction in business rate contribution, has produced a perfect storm facing the new administration. VWHDC is not alone with such problems. As a result, Unitary local government is very much back on the table. Nobody wants a repeat of the Northamptonshire debacle.

The second major challenge for 2020 is our local planning and infrastructure. The government drive for growth in Oxfordshire

has put enormous pressure on our infrastructure - particularly our road system. Promises of government money have depended on Local Plans being in place. Understandably, residents want infrastructure before more housing. With the possibility of a change in focus to infrastructure in the North of England, we wait to see the impact on our area. There is no doubt that the proposed road from Didcot over the Thames is an essential part of future growth in our area – without it, the local road system will not take any more housing.

The third challenge, and the most important, is the Environment. Whilst everyone knows that it is changes in China, India and the US which will make the big difference, the UK and Oxfordshire should be demonstrating what can be done to reduce carbon output. This means changes in building and planning policies. Changes in what we eat, what we wear, and how we travel. There are growing signs that these things can be achieved without damaging our economic growth.

My family have an end of year game in which we each put into a box 3 predictions for the next year – one national, one local and one for the family. The box is opened at the end of the year. Not many of us got much right for 2019. But that will not stop me from wishing everyone a Very Happy 2020.

Richard Webber Cllr

[Richardwebber777@gmail.com](mailto:Richardwebber777@gmail.com)

01235 534001

The Abbey Sutton Courtenay  
A CENTRE FOR TRANSFORMATION  
LOG FIRE EVENINGS PRESENT:

**CLIMATE CHANGE:  
HEADING FOR  
EXTINCTION**  
(AND WHAT TO DO ABOUT IT)

Extinction Rebellion is a non-violent civil movement aiming to elicit significant, meaningful and life-saving governmental action on the climate and ecological crisis. It is comprised of ordinary citizens who are deeply concerned about our beautiful earth and all the life in and on it.

In this talk, speakers from Extinction Rebellion will share the latest climate science on where life on earth is heading, why we need to act now with urgency, and discuss what's been tried (with limited success) to halt climate change and massive biodiversity loss.

We will explain how XR, based on social science studies of successful social change movements, offers a potential solution. You'll learn about XR's demands, how our core principles and shared values guide us, how we operate, and how you can, if you wish, get involved.

This talk may not be suitable for young children.  
[www.rebellion.earth](http://www.rebellion.earth)



**SUNDAY 2ND FEBRUARY 2020 6.30PM TO 8PM**  
Places are limited please book a ticket via Eventbrite:  
[www.eventbrite.co.uk/e/the-abbey-sutton-courtenay-log-fire-evenings](http://www.eventbrite.co.uk/e/the-abbey-sutton-courtenay-log-fire-evenings)  
or by emailing: [vicki@theabbey.uk.com](mailto:vicki@theabbey.uk.com)  
The Abbey Sutton Courtenay, The Green, Abingdon, OX14 4AF  
Tel: 01235 847 401, [www.theabbey.uk.com](http://www.theabbey.uk.com)



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...

This month sees the start of Lent, the season of penitence, self-examination and fasting running up to Easter. Fasting can be a neglected discipline, but it plays an important part in the Christian life. Jesus began His earthly ministry by fasting in the wilderness for 40 days and He taught His disciples to fast (i.e. not if but *'when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.'* (Matthew 6:17,18).

### Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life.

Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him.

Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life.

Therefore, fasting gives me space to humbly focus on God for His strength, provision, and wisdom and results in a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness, repentance, and a transformed life, with a heart more attentive to God.

### How can I fast?

Usually fasting involves missing one or two meals during the day, although some can't abstain from food for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media – or simply giving up one thing.

However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, 'random acts of kindness', or giving more time to prayer and Bible study.

Whatever you do, make Lent count this year!

The Reverend Helen Kendrick, Rector of the DAMASCUS Parish

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## RIVER ROOM UPDATE

Room- please contact Helen if you wish to contribute. Thank you! The River Room is almost water-tight – the steel roof is going on, the windows are being made and the first stage of the electric work is beginning. The old coffee vestry has been cleared ready for work to start on the construction of a toilet and parish office. The fundraising continues – in December we were delighted to receive £10,000 from the Diocese of Oxford Mission Development Fund. The collection at the Torchlight Procession and the Carol Singing raised £1,102 which was split between the River Room (£501) and Toilet Twinning. The last Community Café raised an additional £116 for Toilet Twinning, making its total: £667 – At £60 a toilet that's 11 toilets we have provided in the developing world since beginning the River Room Project! It's not too late to support the River

### Transport to & from All Saints' Church

If you'd like transport (or can offer a lift) to Church on a Sunday, or to other events, please contact Diana Hasting:  
 3 Chapel Lane, OX14 4AN Tel/Ansafone: 01235 847430

## YOU STAY—WE PRAY

All Saints' Church (part of The DAMASCUS Parish) prays on a weekly basis for all Sutton Courtenay residents who live and work in each road. In a 26-week Rota, everywhere is prayed for twice in each calendar year. As roads are of different lengths, some will be prayed for twice (on consecutive weeks) and some for three weeks. As well as the monthly Rota in .S.C. News, there is a printed Rota in the Prayer Space of the Lady Chapel at All Saints.

In addition to the Rector's prayers as she travels round the village, the specific roads will be prayed for by name at each Wednesday's Morning Prayer. And of course we can all remember each specific area as we move round Sutton Courtenay!

We send very best wishes to everyone in Sutton Courtenay, and especially to all the new residents in the various new Estates now occupied.

During February 2020 we will pray for those who live and work as follows –

Sunday 19 Jan to Saturday 1 Feb – Harwell Road, Southfield Drive, The Green, Ginge Brook

Sunday 2 February to Saturday 22 February – High Street, Old Wallingford Way

Sunday 23 February to Saturday 29 February– Lady Place, Katchside, Hobbyhorse Lane

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## Marriage



We send our best wishes and congratulations to the following who were married in All Saints' Church recently:

Saturday 30th November 2019

**Phillip John Eric BRATT &  
 Lucinda Katherine MARRIOT**

## Holy Baptism



We send our best wishes and congratulations to the following who were welcomed into the family of the church through baptism:

17th November 2019

**Guy Michael WILSON**

1st December 2019

**Luna Belle WALTON**

12th January 2020

**Lucas John DRUCE**

For all baptism, wedding or funeral enquiries please contact the Reverend Helen Kendrick on 01235 848297 or email:  
[rector@damascusparish.org.uk](mailto:rector@damascusparish.org.uk)

## ALL SAINTS' CHURCH

### CHURCH DIARY FOR FEBRUARY

**Saturday 1<sup>st</sup>** – 9:30-4pm Marriage Preparation Course for all those getting married in the DAMASCUS Parish

**Sunday 2<sup>nd</sup>** – 10:30 Education Sunday Service in Sutton Courtenay CofE Primary School – all welcome – please note there is no service in All Saints' Church this Sunday.

**Monday 3<sup>rd</sup>** – 14:00 Bible Course in Drayton Church Room  
19:30 Baptism Preparation for parents wishing to have their children baptised in the DAMASCUS Parish, Drayton Church Room

**Tuesday 4<sup>th</sup>** – 12.30pm Silent Prayer for half an hour, St Blaise, Milton

**Wednesday 5<sup>th</sup>** – 19:30 Bible Course in St Blaise, Milton

**Monday 10<sup>th</sup>** - 14:00 Bible Course in Drayton Church Room

**Wednesday 12<sup>th</sup>** - 19:30 Bible Course in St Blaise, Milton

**Thursday 13<sup>th</sup>** – 10:30-12 noon Community Café, All Saints SC

**Tuesday 25<sup>th</sup>** – 15:30-17:00 Pancake Party for 0-11 year olds (accompanied by an adult) at Sutton Courtenay CofE Primary School

**Wednesday 26<sup>th</sup>** – ASH WEDNESDAY - 19:30 Service of Holy Communion with the Imposition of Ashes, All Saints, SC

**Thursday 27<sup>th</sup>** – 10:30-12 noon Community Café, All Saints SC

**Saturday 29<sup>th</sup>** – 19:30 Friends of All Saints Quiz Night, SC Village Hall – tickets on the door

### CHURCH DIARY FOR MARCH

**Monday 2<sup>nd</sup>** – 14:00 Bible Course in Drayton Church Room  
19:30 Baptism Preparation for parents wishing to have their children baptised in the DAMASCUS Parish, St Michael and All Angels, Steventon

**Tuesday 3<sup>rd</sup>** – 12.30pm Silent Prayer for half an hour, St Blaise, Milton

**Wednesday 4<sup>th</sup>** - 19:30 Bible Course in St Blaise, Milton

**Saturday 7<sup>th</sup>** - 9:30-4pm Marriage Preparation Course for all those getting married in the DAMASCUS Parish

### Singing Saints - Come and Sing!

#### Singing is Good For You!

We meet on Tuesdays in All Saints' Church from 19:30-21:00 under the expert leadership of Paul Francis to learn some new music, hymns/carols and anthems, to support the worship in All Saints. We are a mixture of experienced singers and enthusiastic novices and are in need of more men – but all are welcome!

For more information please contact Helen Kendrick  
on 01235 848297.

**Thank you to Paul and the Singing Saints for leading our singing at the Carol Service and other events and services over Christmas.**

## COMMUNITY CAFÉ

10.30am-12noon

Thursday 13<sup>th</sup> February

Thursday 27<sup>th</sup> February

*Run by the church for the community*



### All Saints' Church

Why not drop by for coffee, delicious homemade cake & conversation and to browse the books on offer? Open to all – a good place to meet with friends. If you need transport to and from the church please 'phone Helen on 848297.

## 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:

**Alfred James Hayden** (known as Jim) who died on 12th November 2019 was born on 1st April 1935 in Alton in Hampshire to Winifred and Frederick Hayden. His childhood and schooling were as normal as possible during the war years. His father went to India and this story left Jim with a desire to visit the country one day. He and his father were keen motorcyclists and watching scrambling was a pass-time they both enjoyed. It was not until his second son was born that he succumbed to a car for transport. The first one cost about £2. Later he bought a mini van which he converted to a saloon, putting in side windows etc. Motor-bikes were not far from his ideal transport and although they got smaller as he rode them to work and beyond, he was always interested in the new variations. However it was 1955 when it all really began – when he began his National Service and was put in the Dental Corp. There was nothing new there; after all he had spent 5 years training to be a dental mechanic - with a wage of £1 per week and only a few small increments in that time. The Army sent him to Germany. He got married. He bought a camera, and from then on, he was rarely seen without one. He made photographic recordings of many things and the places he visited. Starting with Berlin, before the wall, and some of the picturesque villages around there, including Hamelin and its Pied Piper. Then his first son Martin was born, followed three years later by Douglas. Wherever he went the camera went too. He has records of hundreds of steam engines on rails and steam tractors on land, there were also other things like cars, antique bicycles, aeroplanes, buildings going up or coming down and changes in the landscape. He has pictures of people at the village fairs. He loved finding old photos of places with their history of changing times. Pub signs were another source for his camera. His favourite tale was when he was looking at a sign that had become covered in leaves. A worried Inn-keeper came out to see if Jim was from the Council. When he was told that all he wanted was a picture of the sign the man went off and returned with shears and a ladder saying "There you are get on with it." Jim was in his element when the power station was built, spending lunch times pottering around with his camera at the ready, and not forgetting Continued.....

those huge vehicles that carried the generators through the village and pulling out electric wires as they went past the houses. As a member of the photographic society he made a few stories of places and times which were shown in the village hall. And then Jim discovered hot air balloons. He travelled miles to see them, getting up about four in the morning to hare off to some distant location and be back to start work at about nine. For over 25 years he visited Switzerland in January for their annual balloon week; sometimes in snow and occasionally in wet weather. Bristol was another annual event. Some of his old diaries tell of over 100 balloons flying at the January Icicle Meet. At really big events well over 200 could be seen and at private meets in France many special shapes were put up. At one of these he saw Elizabeth Taylor and Mick Jagger watching the balloons and the firework spectacular. Sometimes a spot in the sky would send him off on his bike or the car for another picture. He never tired of standing in a field for hours with all the people he met - talking about balloons. For a few years before he got really hooked he indulged his wife by learning to country dance once he got the hang of it he quite enjoyed it, especially the social side meeting new people. He enjoyed the New Year's Eve dances for several years. In amongst all this he became a keen collector of Russian stacking dolls. This encouraged him to do wood-turning which became prolific! Then there was the travelling he enjoyed seeing the world and managed to visit over 50 different countries. His favourite places were India and Russia. Closer to home he enjoyed the Morris dancing and its variations. He was fascinated by the Irish dancing, the speed of their footwork and coordination. The lady clog dancers, the Appalachian dancers and the sword dancers. He found them all colourful and worthwhile, and couldn't understand why people just passed by without a glance at this spectacle. Away from the camera he worked hard in his garden and made many of the changes to the bungalow himself. He was a great friend of Derek Steptoe and had many long conversations with him. They also at one time found some canoes, which they repaired and painted and made river worthy. After a while one sunk much to the consternation of Derek. The other was given away. It was a pity as they had some quiet fun with them. Through all this Jim was a devoted family man, father, grandfather and husband. A wonderful person who wanted everyone to enjoy what they have around them. He will be greatly missed by Florence and all his family and friends. *This is an edited extract of the tribute given by his son Martin at his funeral which was held in All Saints' Church on Tuesday 3<sup>rd</sup> December 2019.*

**Joan Moss** who died on 8<sup>th</sup> November 2019 was born 30<sup>th</sup> April 1928 in Liverpool - the first of five daughters of Harriet and Gordon Fraser. An inquisitive toddler, she was swiftly nicknamed 'Why?' by an uncle who was greatly amused by her constant questions. She had a happy childhood and remained close to her sisters - Peggy, Maureen, Pat and Heather - throughout her life. Perhaps seeing herself as 'sister-in-chief', she was protective and caring to each of them. Shortly after starting High School, World War II was declared and Joan was evacuated from Liverpool to Llangollen in North Wales. She was billeted with a bank manager and his wife with another child, Pauline. After only a few days, the bank manager's wife complained that she could only cope with one evacuee and Joan was moved to Miss Pruthuck's cottage alongside five other girls. She always suspected that she was the one to move because

Pauline didn't ask so many questions. She later recalled that she was not frightened, homesick or lonely but simply found it all rather *interesting*. Joan returned to Liverpool in 1940, but as bombing intensified, her parents found a house in Penwortham near Preston where the family remained for the rest of the war and beyond. Joan's recollections of her teenage years were happy ones spent with her sisters and friends. She enjoyed ballroom dancing at Worsley's dance hall, singing and acting in concerts at the local church, reading and going to Preston 'Rep' theatre. In 1944, Joan was weeks away from taking her School Certificate when her father announced that he had found her a job as a telephone operator. She loved working at the Exchange but somehow always rather regretted not getting her School Certificate. It was through a Telephone Exchange party that she met Bob, an RAF pilot, who had recently returned from Canada. For Bob - he always said it was love at first sight. As for Joan, she recalled that she just thought he had the bluest eyes she'd ever seen. As she said later, she'd never looked at anyone else and thought him a wonderful husband - her one and only. One small regret, however, was that in the evenings Bob was a pianist in a dance band and that meant that Joan's dancing days were at an end! However, she always loved to hear Bob practise and fortunately the family still have some recordings of him playing. After Bob's death, Joan would often play a track at New Year in his memory. Joan and Bob married in 1951. They came south to 23, Harwell Road, then a small wooden bungalow with no running water (just a standpipe in the road) and no inside toilet. Years later, when asked if she was homesick, she just replied that she really wasn't, but just felt so happy to be with Bob. Jill was born in 1952. John followed in 1954. Bob and Joan worked hard over the years to improve the house and by the time Alison was born in 1960 the house boasted a new kitchen and bathroom. Joan was enormously interested in cooking. She extended her repertoire by trying recipes from *The Guardian* and her burgeoning collection of cookery books, really coming into her own when she acquired a state-of-the-art Kenwood Chef. Her baking skills were put to good use at WI events and she had an impressive record at the Village shows, winning numerous prizes and cups. Joan gained an interest in antiques through attending the then frequent house and auction sales with Bob's mother. In the early years most of their furniture had been sourced from auctions. Joan began to 'dabble' as she liked to say, buying at auction and selling through a friend's antique shop. It was always a family joke just how much stuff Joan could pack into (and on top of) the family car - a white Renault 16. The record had to be two Chesterfield sofas, several chairs, sundry boxes of bric a brac plus the family dog, Charlie, who invariably accompanied Joan. Later Jill joined Joan and they ran a successful antique stall for several years during the 1980s. Family life at 23, Harwell Road was happy and there was frequently lots of characteristic kindness. Throughout the 60s and 70s, there were familyof laughter and 'in jokes'. As Jill, Alison and John grew up, their partners were welcomed as part of the family with Joan managing to cater for the ever-increasing numbers, making everyone welcome. When Dry Rot necessitated a complete remodelling and rebuilding of the house, everyone was involved. During the 1980s, Joan spent several years caring for Bob's elderly mother - a rather irascible and temperamental old lady who made Joan's life difficult at times. Despite this, Joan treated her with self-catering holidays in caravans and cottages

*continued.....*

in the UK but in 1968 the Moss family embarked on an *adventure*. Travelling through France in the Renault 16 to the sunny and exotic Costa Brava, Joan was able to add chicken chasseur and ratatouille to her recipe collection. She was keen to travel more widely, inspired by her favourite books - *The Little Madelaine* and *The Enchanted April*. Once Bob left AERE to start his own consultancy, he started to travel internationally to conferences and meetings. To Joan's pleasure she was able to accompany him on many occasions. Her first experience of flying got off to a shaky start on an Aeroflot flight to Budapest. Feeling quite nervous, she swallowed her mounting panic and naturally managed to 'help' a neighbouring passenger whose seat was faulty. More trips followed, to Australia, Malaysia, Scandinavia and all over Europe. One of the things she most enjoyed was meeting new and interesting people, somehow managing to overcome language barriers by smiling and gesticulating! She constantly found everywhere and everyone fascinating, often irritating Bob with her habit of dreaming up back stories for random people she saw. He complained that she rarely listened to a word he said as she was too busy people watching. As the years went on Joan and Bob enjoyed their beautiful garden, walking their dogs, doing the crossword and keeping up with current events by reading the newspaper and watching the news - although Bob often irritated Joan by dropping off to sleep. Joan had a real gift with children and enjoyed loving relationships with each of her grandchildren. The dogs were always present. One Christmas, six of the family dogs queued in 'ham corner' as Joan carved the turkey, hoping (not unrealistically), for scraps to come their way. Family holidays continued with trips to Norfolk, Joan's favourite Southwold and Pembrokeshire – always with the dogs in tow. Joan also found time to work as an Oxfam volunteer, completing more than 20 years' service in the Didcot

shop. Joan cared for Bob wonderfully throughout his illness and missed him terribly after his death. However, she was determined to carry on (as he would have wished her to) and make the best of things. She enthusiastically re-joined the WI always making sure she had an entry for the competition and enjoying the monthly lunches and excursions but most of all hearing the stories and experiences of her friends. She bravely embarked on bus tours of Scotland and England, making new friends along the way. She was referred to in the family as the WI taxi driver as she often ferried her WI friends to the cinema and lunches. She kept her love of dancing to the end and was a 'Strictly' superfan: '*Anton Du Beke – what a dancer!*' It was a shock to everyone when Joan became ill in April. Her family thought she would go on for ever! Throughout her long stay in hospital she was characteristically stoical and polite and patient with those caring for her. On arriving home in July, it was hoped that she would recover but sadly this was not to be. She bore her illness with fortitude - more worried that her family would be sad when she was gone, than concerned for herself. It was fitting that on the day she died she had all her children with her and that she was in her own home, within sight of the beautiful garden that she loved.

*This is an edited extract of the family tribute given by the Reverend Helen Kendrick at her funeral on 6<sup>th</sup> December 2019 at All Saints' Church, Sutton Courtenay*

### THANK YOU

Joan Moss

We would like to thank everyone who attended Mother's funeral and/or sent cards and kind wishes. We are pleased to say £652 was raised for Sobell House.

Jill Foley, John Moss and Alison Piotrowicz

### PATIENTS URGED TO HELP THE NHS HELP THEM THIS WINTER

Winter is traditionally the busiest time of year for the NHS, and so patients are being reminded to only use Emergency Departments in Oxford and Banbury in an emergency.

There are a range of alternative options available for non-emergency situations to ensure you get the appropriate care you need, and save an unnecessary trip to the Emergency Department.

What's available?

- Self-care is the best choice for minor illnesses and injuries – a range of common winter ailments can be treated at home with a well-stocked medicine cabinet. Having a winter plan – such as keeping stocked up on medicines, keeping your home warm, and looking out for neighbours – can also be beneficial.
- Local pharmacies can give advice on several conditions, such as coughs, headaches, upset stomachs and skin conditions, as well as advise on stopping coughs and colds from getting worse.
- NHS 111 has call handlers who can help you choose the right health services for your needs, as well as a website. NHS 111 can put you in touch with a clinician, a GP, book you an appointment at your nearest minor injuries unit. You can also use NHS 111 online [111.nhs.uk](http://111.nhs.uk)

- Minor injuries units can treat deep cuts, small burns, sprains, sports injuries, and infected wounds. To find out your nearest MIU please visit the Oxford Health website
- Your local GP may offer extended opening hours into the evening or at the weekend.

**Most importantly, only attend Emergency Departments when there is a genuine emergency, such as loss of consciousness, suspected heart attack or stroke, severe breathing difficulties, or severe bleeding that cannot be stopped.**

	Minor cuts and grazes Bruises and minor sprains Coughs and colds	<b>Self Care</b> Stock your medicine cabinet
	Minor illnesses Headache Stomach upsets Bites and stings	<b>Pharmacy</b>
	Feeling unwell? Unsure? Anxious? Need help?	<b>NHS 111</b>
	Persistent symptoms Chronic pain Long term conditions	<b>GP Advice</b> Out of Hours call 111
	Choking Chest pain Blacking out Serious blood loss	<b>A&amp;E or 999</b> Emergencies only

## Circle Dance

### Monday 10th February 7.30pm tot 9.30pm

Join us for an evening of gentle dancing to beautiful music from around the world. Dancing in The Abbey's Great Hall and gardens. New Dancers always welcome, no experience or partner needed. Suggested donation £4 to £8 per person. No booking necessary.

## Rest & Renewal Retreat

### February Tuesday 11th 10am arrival to Thursday 13th 2pm departure

One of our founders' hopes was that The Abbey might provide a place to 'stop and think'; The Abbey's Rest & Renewal Retreat provides both the time and space to do this.

The wonderful atmosphere of The Abbey provides a nurturing peaceful space for self-guided meditation, contemplation, prayer and relaxation. For 3 days you are invited to join The Abbey community for silent meditation and home cooked vegetarian meals.

Whether you are seeking spiritual direction, conversation or simply a little time out from your busy schedule, The Abbey's unique medieval building and extensive grounds provide the perfect environment to 'stop and think'.

Our monthly Rest & Renewal Retreats run from Tuesday to Thursday, two nights full board, with delicious freshly prepared vegetarian food.

Contact Wendy: [admin@theabbey.uk.com](mailto:admin@theabbey.uk.com)

Call: 01235 847 401

Or visit our website for more details:

[http://www.theabbey.uk.com/?page\\_id=217](http://www.theabbey.uk.com/?page_id=217)

## Grace Notes a Woman's Chorus

### First and Third Thursday

### Started January 16th 7.30m to 9pm £5 per person

Led by Natural Voice Practitioner Emily Marshall, songs of strength, joy and beauty in A Capella harmony. Just walking through the door is your audition.

## The Abbey Sutton Courtenay Log Fire Evenings Present: EXTINCTION REBELLION

Sunday 2nd February 2020 6.30pm to 8pm

First in a series of Log Fire Evenings examining the big issues we face in this new decade. The series will explore aspects of global transformation through personal transformation, through topics such as climate, consciousness and spirituality, as well as offering practical tools to enhance our daily lives.

For our first event we have invited Extinction Rebellion to deliver us the hard truth about our climate.

The evening will be presented in two halves with a refreshment break.

### HEADING FOR EXTINCTION (AND WHAT TO DO ABOUT IT)

Extinction Rebellion is a non-violent civil movement aiming to elicit significant, meaningful and life-saving governmental action on the climate and ecological crisis. It is comprised of ordinary citizens who are deeply concerned about our beautiful earth and all the life in and on it.

In this talk, speakers from Extinction Rebellion will share the latest climate science on where life on earth is heading, why we need to act now with urgency, and discuss what's been tried (with limited success) to halt climate change and massive biodiversity loss.

We will explain how XR, based on social science studies of successful social change movements, offers a potential solution. You'll learn about XR's demands, how our core principles and shared values guide us, how we operate, and how you can, if you wish, get involved.

**This talk may not be suitable for young children.**

[www.rebellion.earth](http://www.rebellion.earth)

Places are limited, booking is essential either via [eventbrite](https://www.eventbrite.com), or by emailing: [vicki@theabbey.uk.com](mailto:vicki@theabbey.uk.com)

## The Abbey 40<sup>th</sup> Anniversary Programme of Events (correct at 15 January 2020)

Please join us for one or many of the events The Abbey is hosting this year. We hope everyone will find something that appeals! For more information visit [www.theabbey.uk.com](http://www.theabbey.uk.com) To register your interest email Wendy: [admin@theabbey.uk.com](mailto:admin@theabbey.uk.com) or call 01235 847401

<p><b>Log Fire at Imbolc, 6.30-8pm on Sunday February 2<sup>nd</sup> 2020</b></p> <p>Extinction Rebellion is a non-violent civil movement aiming to elicit significant, meaningful and life-saving governmental action on the climate and ecological crisis. It is comprised of ordinary citizens who are deeply concerned about our beautiful earth and all the life in and on it.</p> <p>In this talk, speakers from Extinction Rebellion will share the latest climate science on where life on earth is heading, why we need to act now with urgency, and discuss what's been tried (with limited success) to halt climate change and massive biodiversity loss.</p> <p>We will explain how XR, based on social science studies of successful social change movements, offers a potential solution. You'll learn about XR's demands, how our core principles and shared values guide us, how we operate, and how you can, if you wish, get involved. This talk may not be suitable for young children.</p>
<p><b>Music at The Abbey 7.30 pm on Sunday 16<sup>th</sup> February 2020</b></p> <p>Music and Dance performance by Diana Hinds and Joelle Pappas, featuring works by Fauré and Takemitsu</p>
<p><b>Music at The Abbey 7.30 pm on Tuesday 24<sup>th</sup> March 2020</b></p> <p>Chamber Music Recital - Sini Simonen, Ursula Smith, Maya Broido and Robin Green play music by Fauré and Brahms</p>
<p><b>Springtime Log Fire, 6.30-8pm on Sunday 29th March 2020</b></p> <p>Johannes Franck will talk on The Rise of The Far Right, more details to follow</p>
<p><b>Easter Retreat, Thursday 9th-Sunday 12th April 2020</b></p> <p>The Abbey Easter Retreat runs from the afternoon of Maundy Thursday through to Easter Sunday afternoon. This retreat is a space to simply stop and be, to encourage the development of a deeper connection to inner peace and guidance in contemplative silence.</p> <p>During your stay you can connect with community around the shared experiences of silent meditation, meal-times, campfires and gentle activities like egg painting, bread making and group walking. All activities are optional, we encourage you to use your time as best suits your needs. The Easter Retreat offers a chance to reflect on the themes of this sacred time, recharge your energies and share joy in this beautiful nurturing space.</p>



### Citizens Advice can help you through relationship breakdown

There is no storm quite like an emotional storm, and the trauma of a separation from a loved one can be devastating and overwhelming. Some people say it feels as if the ground is falling away beneath their feet. It helps if you know there's somewhere you can go right away for help: Citizens Advice.

If you and your partner or spouse have decided that separation is inevitable, you should try to work out the practical details between yourselves. But bear in mind that you might eventually need to consult a solicitor as well to enshrine your agreement in law, especially if you have assets or children. Going to court should be regarded as a last resort.

Discuss with your ex-partner where you will live, where your children will live, and how to split any money or belongings. If you and your partner are too upset to talk to each other calmly, wait and talk later, or use a mediator.

If your partner makes you feel threatened, get help. Call Refuge or Women's Aid on 0808 2000 247. There is also a Men's Advice Line on 0808 801 0327.

If you have children with your partner, you are both responsible for the cost of looking after them when you separate, even if you are not married. The parent who moves out might have to pay maintenance to the parent who looks after the children.

Consider any outstanding debts or loans that you might have, and think about who needs to be informed about the separation. If you pay council tax, or receive benefits or tax credits, get in

touch with the relevant people and tell them about your new status.

Citizens Advice can help you find the ground beneath your feet so you can move on. Call Citizens Advice Adviceline on 0300 3309 042 or come and see us in person. For locations of offices and opening hours visit <https://www.citizensadvice.org.uk/local/oxfordshire-south-vale>

\*\*\*\*\*

Citizens Advice in South and Vale needs volunteers to help with:

- Reception duties in Abingdon, Henley and Thame
- Advisers in Abingdon and Didcot
- Head office administration in Abingdon
- IT support in Didcot and Thame
- Fundraising (from any location)
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We are a local charity providing free, confidential advice. Last year, our 150 skilled advisers helped over 11,000 local people from advice centres in Abingdon, Didcot, Faringdon, Henley, Thame and Wallingford.

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<https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/> Or, if you would like to discuss these volunteering roles, please email Jon Bright, Director: [jon.bright@osavcab.org.uk](mailto:jon.bright@osavcab.org.uk)

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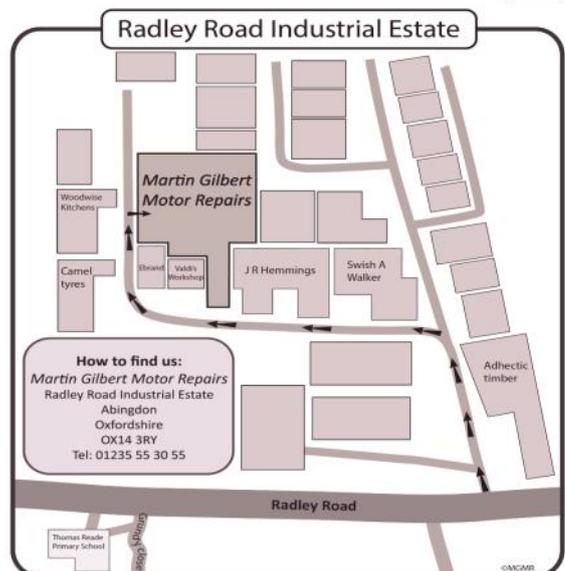
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