

PANGBOURNE CLUB



PANGBOURNE VILLAGE MAGAZINE

Issue 4

January/February 2025



Village News
Church News
Nearby News

Local Organisations
Education
Environmental News

Parish Council News
Pangbourne History
Crossword

Rosewood Hall, Whitchurch Road, Pangbourne, Reading, RG8 7BS

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QUIZ NIGHT

Saturday 15th February 2025 at
7.00pm

Pangbourne Village Hall

£15 per person including Fish & Chip supper
Teams of six

Call 0118 984 3368 or email sbillyeald@aol.com
by 31st January to book your team's place.

Let us know of any special dietary requirement.

Bring your own salt, vinegar & ketchup
(and knife & fork if you wish!)

There will be a bar for wine, beer & soft drinks

*All proceeds to PCC of Pangbourne with Tidmarsh & Sulham
to help maintain our three beautiful churches*



Meet new friends in Pangbourne
Come along to one of our fun events:

Wits and Wagers
Bet on quiz answers
Wed 6 November, 7.30pm

Elephant Hotel
Church Road
Pangbourne
RG8 7AR

Ho! Ho! Ho!
Christmas quiz
Kick start your celebrations
Wed 4 December, 7.30pm

Members £2
Guests £3

Sounds interesting?...contact Richard on
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Hello everyone,

And just like that one more year has gone. Our village community is shining year after year and is always lovely to see everyone to come together for Remembrance Day and Christmas open evening, hopefully we can make this year with more gatherings for everyone to come together.

With some amazing memories, strengthened bonds and some heartache I can smile with a tear in my eye and am ready to move on to 2025.

In this issue you can read in depth actions Sarah Chant has taken to save our River Pang (page 42) with the help of other local organisations such as ARK (page 45) who already have undertaken positive action at Sulham Estate.

We also have some news from Pangbourne Parish Council (page 6) regarding the project for Recreation Ground which would improve the access and use of the ground.

With the new year comes new ideas and I will be starting a new content Legends of Pangbourne which will investigate long living families of Pangbourne Village and their lives. If you know someone worthy to be called Pangbourne Legend email me and I will arrange the interview.

As always you are welcome to send me your input to improve the magazine. Happy reading!

Alise Petrovska

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Pangbourne Parish Council

Tel: 0118 9841118 Email: Clerk@pangbourne-pc.gov.uk Website: www.pangbourne-pc.gov.uk

Happy New Year 2025

As we enter a new year, Pangbourne Parish Council would like to send New Year's wishes to all residents in what we hope will be a happy, healthy one.

We would like to take this opportunity to thank all residents, businesses and community support services in Pangbourne who have worked tirelessly throughout the last twelve months or who offer their time as volunteers in a wide variety of roles.

Best wishes to you and all your families.

*From all Councillors and Staff at Pangbourne
Parish Council
Serving the local Community*



Future Visions - Pangbourne Meadows and Recreation Ground

Some of you may be aware that Pangbourne Parish Council has been undertaking several projects focussing on reviewing and better understanding the land that it manages.

For Pangbourne River Meadows, we have secured seed funding from the MEND THE GAP body for biodiversity assessments of the land, to review its heritage as a main Thames towpath and its overall accessibility, and to consider what appropriate land management looks like into a future that requires all councils to improve biodiversity and tackle the impact of a changing climate. For Pangbourne, our main focus will be on this sensitive and iconic riverside location. Numerous stakeholders, including the National Trust, Public Rights of Way, Thames Path Trail, Environment Agency, West Berkshire Council Planning and others, will all need to be consulted. Perhaps more importantly, proper consultation with residents is vital to ascertain what they would like to see in this much loved and protected piece of land. Importantly, further funding needs to be secured to make any improvements, so this is very much at a scoping stage to establish what could and should be done. A huge variety of suggestions have already been thrown into the mix. For example, more boardwalks, better family and disability access, bat boxes, and reviewing flood plain and wetlands management. Also, the simple action of different mowing regimes, particularly at the far eastern end with the longer grass, to allow native species to flourish and reduce invasive species. Improvements to the track are also under consideration, both to allow better pedestrian access to the further reaches of the Meadows, and to improve vehicle accessibility and security. There has also been a suggestion of re-introducing cattle grazing as was once the case until c 1970s! Some of these suggestions will be more appropriate and realistic than others, no decisions have yet been made and time will be taken to properly consult and assess.

For the Recreation Ground, our focus is more concerned with enhancing recreational facilities in line with the charitable intentions of the land as given to the Parish over a hundred years ago. Biodiversity improvement is again important where possible, but so are accessibility improvements for residents such as (we believe) an all-weather path to connect all the facilities and that can be used for parents

with prams, very young children on scooters or to learn to ride their bikes, or for a dry, walkable / mobility accessible route for when the Meadows are in flood. It is the intention to provide a safe off-road all-weather space and to increase access for all on what is otherwise uneven and muddy ground.

Furthermore, we know that safe, dry, level access to the sports Pavilion for those older members of the community who might want to play bowls or engage in walking tennis or disability tennis is also needed to encourage and support all residents in their recreation. Both sports clubs are working hard to offer this type of activity.

Improvements to parking provision, which we know is at a premium in the village, and the future of the much-vandalised toilets are also under consideration.

Similarly, we would like to hear residents' views on other facilities in the form of padel courts, skate parks, pump tracks, playground or exercise equipment and so on.

The first phase of the path to the Pavilion has secured funding and planning consent and it is hoped to deliver that by the summer 25. Everything else is up for consideration!

WE NEED TO HEAR YOUR VIEWS AND WILL SOON BE LAUNCHING A SERIES OF PUBLIC CONSULTATIONS IN THE NEW YEAR... WATCH THIS SPACE AND MAKE SURE YOU HAVE YOUR SAY!

The concept plan below is indicative of some of the ideas under consideration. Each option can be thought of independently from the others, but are by no means finalised or decided at this exploratory stage....



Senior Circuits – Everyone Active



Senior Circuits Now Running!
Run by Everyone Active and WBC

Specifically designed with low impact moves, achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you real results.

10.00 - 11.00 on Fridays at Pangbourne Village Hall
£3 per session - first session free! All ages welcome

Remembrance Sunday Parade

Thank you to all the volunteer marshals, Royal British Legion, volunteers, community groups, scout/guide groups, uniformed services, Neighbourhood Police, Pangbourne Parochial Churches team and Pangbourne Parish Council for helping organise the Parade and Service once again this year. Special thanks of course to the Pangbourne College Band for leading the parade and to all who came along.



Village Christmas Evening -Fri 6th Dec 2024

The Village Christmas Evening at the beginning of December was once again a great success despite the weather, bringing the whole community together.

Pangbourne Parish Council once again be provided the festive lighting on street lamp columns for the Christmas season. These were newly refurbished and extra bright this year.

The Parish Council also donated the 6m Nordman Fir Christmas tree sited on the forecourt of the George Hotel with kind permission of the landlords.



New Parking Fees-Station Road and River Meadows Carparks

As previously consulted on last year, West Berkshire Council have introduced a new fee structure for the two Pangbourne Carparks which they operate: Station Road Carpark (in front of the front of the village hall) and River Meadows Carpark (by the Dolphin Centre). These new fees include weekend and evening charges and came into force in November.

Mon-Sun 8am -6pm

Up to 1 hr £1.00

Up to 2 hr £1.50

Up to 3 hr £2.00

Up to 4 hr £2.50

Over 4 hr £6.00

An evening charge of £1.00 now applies

Vandalism -Recreation Ground Toilet Block

TOILETS CLOSED DUE TO VANDALISM

We are working on getting the toilets reopened
Sorry for any inconvenience caused

Alternative public toilets can be found on Station Road, RG8 7AN
Pangbourne Parish Council

Unfortunately due to continued and repeated vandalism , the toilet block at Pangbourne Recreation Ground is currently closed. This is a vital and much used facility for residents and visitors alike, however the repeated and senseless nature of the vandalism is making their continued operation very difficult. Expensive repairs are now required and until these can be assessed and a decision taken regarding what works to instruct, unfortunately these facilities will remain closed.

We apologise in advance for any inconvenience caused and for the repeated nature of this issue. The block was closed for almost the entire summer holiday and October half term periods and at the time of writing looks set to be closed as we head towards the Christmas break.

SPO – Public Spaces Protection Order

Thank you to everyone who completed the recent TVP consultation which closed at the beginning of December.

As many residents will know , Pangbourne Meadows can become extremely popular in the summer months and during good weather , drawing in people from a very wide area. Whilst we welcome people coming to enjoy themselves , it does lead to an increase in ASB both on the meadows , for the village centre retailers and on the route from the station. This includes instances of drug use, littering, dangerous behaviours in the river and around the bridge, motorbikes etc and noise issues as well as threatening behaviour.

We have been working with the local police team to address these issues and they have now applied for a PSPO order to give them more powers to be able to do more to tackle these.

This consultation was the community's opportunity to help feedback their experiences , concerns and issues around this issue which is part of the application for such an order.

The Pangbourne Neighbourhood Policing Team are working in partnership with Pangbourne Parish Council and West Berkshire Council to tackle regular issues of Anti-Social Behaviour at Pangbourne Meadows, by exploring the possibility of obtaining a Public Spaces Protection Order (PSPO) for the area.

Public Spaces Protection Orders were introduced as part of the Anti-Social Behaviour, Crime and Policing Act 2014 to deal with a particular nuisance or problem in a specific area that is detrimental to the local community's quality of life. The Order introduces restrictions that apply to everyone within the restricted area. They are designed to ensure the law-abiding majority can enjoy public spaces, safe from anti-social behaviour.

We will post updates on this application for an Order in future editions of the magazine



Community Survey - Pangbourne Meadows

Thames Water Quality Monitoring



Thames 21 is a campaign group working towards improving water quality standards in rivers across the country. They have recently secured bathing water designation status via DEFRA for the area known as Wallingford Beach. Over the summer they undertook regular sampling of the Thames through Pangbourne.

Citizen Science Training

In May 2024, 20 citizen scientists were trained in water quality monitoring, in order to take part in a sampling programme between Pangbourne and South Stoke on the River Thames.

Sampling Locations & Frequency

Weekly sampling was carried out by trained citizen scientists at 6 sampling points along the River Thames during the bathing water season (15th May - 30th September 2024). A total of 20 samples was taken at each location and analysed by an accredited lab. All samplers followed an aseptic sampling protocol developed by TH Environmental Ltd for The Rivers Trust. The 6 locations sampled were:



- Point A - Opposite Withymead nature reserve, South Stoke
- Point B - Don Giovanni at the Leatherne Bottel
- Point C - Ferry Lane, Goring
- Point D - Beale Wildlife Park, Lower Basildon
- Point E - Pangbourne Meadows
- Point F - Sulham Brook, Pangbourne

Water Quality Results 2024

Overall, most sample points saw pretty good water quality throughout the monitoring season. The only exception is sample point F, which may be impacted by Pangbourne Sewage Treatment Works which is located upstream.

Heavy rain in September caused a dramatic spike in both bacteria at all sample points. This is depicted in the graphs below, but this sampling date has been left out of overall bathing water status calculations for each sample point. This is because, as with Environment Agency sampling methodology for bathing water quality, samples taken during an 'abnormal situation' are disregarded, as they are seen not to reflect the conditions that people would likely be using the river in.

This monitoring programme contributes much-needed data to the understanding of river health on this stretch of the Thames, which is frequently used by swimmers, paddlers and rowers.

You can see the report in full and find further information here:

<https://storymaps.arcgis.com/collections/4bb4dcb61b36411686e82362987c42bf?item=5>

Flooding - Be Prepared

With heavy rain already causing issues in the village this year,



The Parish Council and Pangbourne Flood Wardens are reminding residents to be prepared for flooding.

To check whether your property is in a flood risk area go to <https://www.gov.uk/check-long-term-flood-risk>

If your property is at risk of flooding you should:

1. Sign up to get free flood warnings by phoning the **Floodline at 0345 988 1188** or visiting www.gov.uk/sign-up-for-flood-warnings. You will receive a warning by text, email or phone call (your choice) if your local river has risen to a level where flooding may happen. If you have a disability or need extra

help you can ask for flood warnings to be sent to a friend or relative on your behalf. **ADVANCE WARNING** is your best defence. It gives you time to take steps to minimise your risk. There are three warning levels:



**FLOOD
ALERT**

PREPARE

- Prepare a bag that includes medicines and insurance documents
- Visit [flood-warning-information.service.gov.uk](https://www.gov.uk/flood-warning-information)



**FLOOD
WARNING**

ACT

- Turn off gas, water and electricity
- Move things upstairs or to safety
- Move family, pets and car to safety



**SEVERE
FLOOD
WARNING**

SURVIVE

- Call 999 if in immediate danger
- Follow advice from emergency services
- Keep yourself and your family safe

2. Ensure that you have YOUR OWN FLOOD PROTECTION. This should include your own sandbags or similar (e.g. compost bags), heavy duty plastic to put behind them (they are fairly ineffective otherwise) and air brick covers as a basic minimum. They are relatively inexpensive and usually quick to fix in place. Floodsax (www.floodsax.co.uk) are compact, lightweight bags filled with water-absorbing granules that offer an alternative to traditional sandbags. These are easy to store until needed and can be emptied out into the garden after use as the granules are biodegradable.

Please note that West Berkshire Council (WBC) and Pangbourne Parish Council do NOT provide sandbags. Sandbags are only provided by WBC in exceptional circumstances to protect public buildings and to help the vulnerable. Any sand bags held by the Parish Council are designed to be used to protect a strategic area to reduce flood risk for a number of houses – not for individual property protection. **You need to HAVE YOUR OWN FLOOD PROTECTION AVAILABLE PRIOR TO A FLOOD SITUATION.** If you leave it until the property is at risk, you may find that the suppliers have no stock. Please be aware that sandbags will not provide any protection if flood water comes up through the floors of your house.

For more information on flood protection products go to www.bluepages.org.uk/ and check out the website of the National Flood Forum: www.nationalfloodforum.org.uk

3. Make a Personal Flood Plan. Keep a list of all your important contact numbers (e.g. insurance, gas, electricity, friends and family). Know how to turn off your gas, electricity and water supply at the mains and where the stop cocks are located.

4. Prepare a Flood Kit containing basic essential items such as a torch, copies of your insurance documents, bottled water, a first aid kit and warm blankets/waterproof clothing.

The government website www.gov.uk/help-during-flood offers useful information on actions to take to prepare for flooding and what to do if your property does flood.

Please report any instance of blocked or overflowing road drains to West Berkshire Council at: <https://westberks.highway-iams.uk/Live/PBLC/PIP/?cg=Drainage> You can zoom in on the map to identify the location of individual drains.

The Pangbourne Flood Group and the Parish Council are continually developing their own Flood Plan to ensure that we are prepared and can act quickly to keep the impact of future flooding to a minimum. However, we can never know quite how the next flood situation will develop. Please help us and help yourselves by ensuring that you have your own property level protection in place and your own Flood Plan and Flood Kit.

If you think you might need help in the event of a flood, possibly to move furniture upstairs, turn off stop cocks, or for any other reason, please drop a note to the flood wardens or the Parish Council. Your details will be confidential and for the use of the Flood Group or Emergency services only.

Pangbourne Flood Wardens

Kay Lacey: laceykay50@gmail.com 07889 231136

Stephen Billyeald: stephenbillyeald@btinternet.com 0118 984 3368

Ed Penney: ed.penney@fastmail.net 07756 432946

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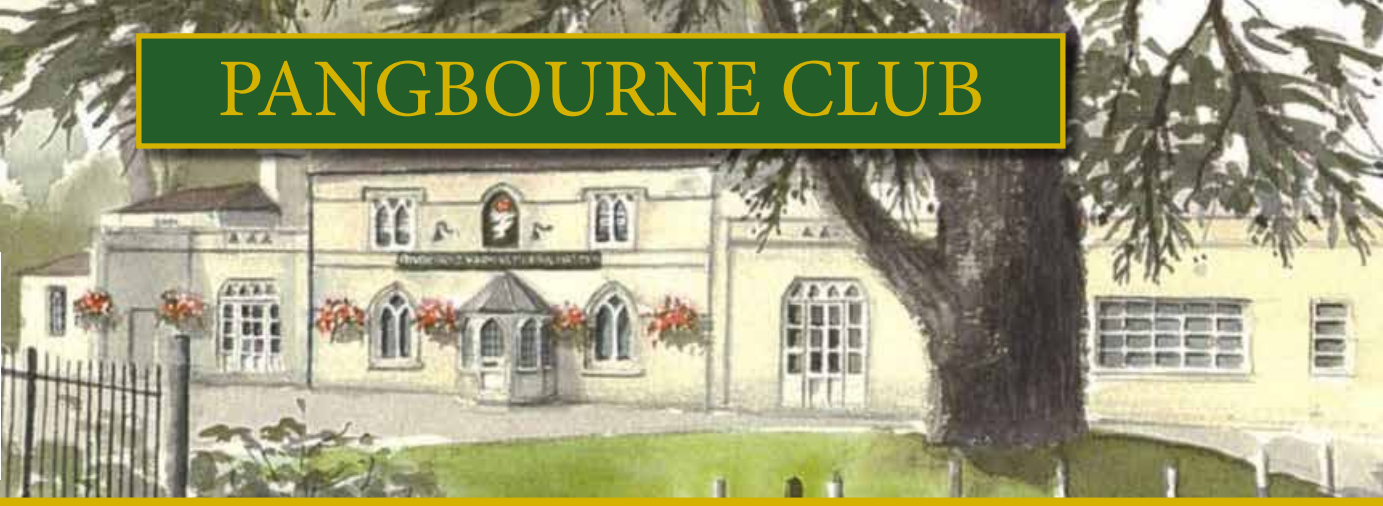
PLANNING APPLICATIONS REVIEWED SINCE LAST ARTICLE

<i>APPLICATION NUMBER</i>	<i>PROPOSAL</i>	<i>Recommendation</i>
24/01908/HOUSE	Installation of an EV charge point 45 Kennedy Drive, Pangbourne, Reading, RG8 7JP	Objection
24/02296/MDOPO2	Request under section 106A subsection (1)(a) to modify the planning obligations within the section 106 unilateral undertaking dated 30th March 2023 in relation to planning permission 21/02767/FULMAJ. Proposed modification: Schedules 3 and 4 to be omitted and a financial contribution towards affordable housing to be secured. Dental Care, Clifton House, 17 Reading Road, Pangbourne Reading RG8 7LU	Objection
24/02224/HOUSE	Single storey side extension 4 Breedons Hill, Pangbourne, Reading, RG8 7AT	No objection
24/02240/HOUSE	Proposed Carport and Shed Hadleigh House, Courtlands Hill, Pangbourne, Reading RG8 7BE	Objection

WBC DECISIONS SINCE LAST ARTICLE

<i>APPLICATION NUMBER</i>	<i>PROPOSAL</i>	<i>WBC Decision</i>
24/01047/HOUSE	Section 73 Application for variation of condition 2- Approved Plans, of previously approved application 22/01054/HOUSE: Construction of a 1.5 storey Kitchen/Diner Wharf House, Ferry Lane, Pangbourne, Reading RG8 7DW	Approval
24/01283/HOUSE	Single storey side extension Fairbanks, Riverview Road, Pangbourne, Reading RG8 7AU	Approval
23/02868/FUL	Erection of a single detached dwelling Land at Rear Of Hillcrest, Courtlands Hill, Accessed by Green Lane, Pangbourne, Reading	Refusal
24/00290/LBC	Changes to previously approved Kitchen layout (Room RG05) Bere Court, Bere Court, Pangbourne, Reading RG8 8HT	Approval
APP/W0340/W/23/3334497 (appeal) 23/00803/FUL (original application)	First floor rear extension to existing HMO Pages Gardens, Reading Road, Pangbourne, Reading RG8 7JE	Appeal allowed Planning permission granted
24/00850/HOUSE	Erection of double storey wrap around extension 25 Thames Avenue, Pangbourne, Reading, RG8 7BY	Refusal
24/01707/HOUSE	Proposed replacement outbuilding and first floor dormer South Stonehams Cottage, Bere Court Road, Pangbourne, Reading RG8 8JY	Approval
24/01778/HOUSE (adjacent parish)	New Porch, Single storey rear extension, roof extensions, gable dormers and internal alterations. Ridgeway, Newtown, Upper Basildon, Reading RG8 8JG	Approval
24/01674/HOUSE (adjacent parish)	Detached garage including utility and store room. Summer Place, Newtown, Upper Basildon, Reading RG8 8JG	Withdrawn
24/01756/LBC	1 No. replacement window and double door and frame. The Coach House, Fernbrook, The Square, Pangbourne Reading RG8 7AG	Approval
24/01561/HOUSE	Single Storey Side extension River Pang Cottage, Tidmarsh Road, Pangbourne, Reading RG8 7AY	Approval
24/01498/COND	Application for Approval of Details Reserved by Condition 4 (Flooring) of planning permission 19/02413/LBC2- Repairs, replacement and alterations to existing basement and ground floors after Asbestos removal works and insertion of access hatch and stair to basement Bere Court, Bere Court, Pangbourne, Reading	Approval

PANGBOURNE CLUB



Pangbourne Club comprises a cross section of the whole of the community within the village and the surrounding area.

The club houses many activities and sub-clubs: darts, snooker, crib, bingo, quiz nights and live entertainment. We have large screen televisions and projector screens with most sporting channels available.

UPCOMING EVENTS

JANUARY

**Sun 5th January
Jazz Night 7pm**

FEBRUARY

**Sun 2nd February
Jazz Night 7pm**

**Sat 22nd of February
Move it 8.30pm**

**Find the Joker
restarts in February
(more information
coming
nearer the time)**

REGULAR EVENTS

**FIND THE JOKER •
BINGO • MEAT RAFFLE •
POKER**

See our website for details



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air conditioned bars.*

Club News

We are hiring!

We are looking for talented and enthusiastic staff to join our friendly team.

See our website for details

www.pangbourneclub.co.uk

Annual Pangbourne Club Christmas Market

Friday 6th December from 5pm onwards

If you wish to have a stall, email:

info@pangbourneclub.co.uk

Our facilities include:

- Air Con throughout
- 3 full size snooker tables
- Pool Table
- Large projector screens and TV's
- SKY Sports
- Conference Facilities
- Function Room for hire with kitchen facilities and licenced bar
- Free parking for members
- Free WiFi

New member applications

Drop into the club or fill in our online membership application form.

New members are always welcome.

Pangbourne Club

Rosewood Hall, Whitchurch Road, Pangbourne, Reading, RG8 7BS

Keep up to date with events and entertainment by visiting our website

www.pangbourneclub.co.uk • Visit us on Facebook

e: info@pangbourneclub.co.uk • t: 0118 9842885



CHURCH SERVICES IN ST JAMES | ST LAURENCE | ST NICHOLAS

JANUARY

Sunday 5th

10am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 12th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 19th

9am	Joyful Noise	St James
10am	Holy Communion	St James
11.15am	Family Worship	St Nicholas

Sunday 26th

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

FEBRUARY

Sunday 2nd

10am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 9th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 16th

10am	Holy Communion	St James
11.15 am	Family Worship	St Nicholas

Sunday 23rd

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

A word from Revd Dr Rachel Jeremiah, Curate

There is a tradition within some parts of the Christian Church that dates back to the Middle Ages of seeking God's blessing on homes at this time of year. Epiphany – the celebration of the Magi arriving to worship the new-born baby Jesus – is celebrated on January 6th and, in various parts of the world, sometimes marked with the time-honoured tradition of "Chalking the Doors". The traditional chalking reads simply: 20 + C + M + B + 25 and is written on the front of the home – somewhere near the front door. The numbers are taken from the year, the crosses represent the cross of Christ, and the letters C, M and B stand for Caspar, Melchior and Balthasar, the three wise men who we remember visited the holy family. These letters also abbreviate the Latin phrase *Christus mansionem benedicat* which translates as 'May Christ Bless this House.' A prayer is said, and together it is a request for God to stay with those who dwell in the home throughout the entire year.

Such traditions have largely disappeared, although you can sometimes see these mysterious markings outside churches and homes – and I enjoy spotting them in often surprising spots with my children! Yet the start of year still seems to me to be a wonderfully appropriate time to ask God to walk alongside us as we anticipate the activity of the year ahead. And what better place to start than asking for God to be present and active in our own homes, in our own families? With that in mind, I find "Chalking the Doors" a wonderful way to start the year, and as relevant today as it might have been to those in the Middle Ages as we ask Christ to bless our homes with love and light.

Whether you have ever joined in with this tradition or not, we continue to pray for every blessing to you and your household for all of 2025.

Rev Rachel Jeremiah

The Parish of Pangbourne with Tidmarsh and Sulham
www.pangbournechurches.org



Please help heat St James church.

We urgently need new heaters to ensure a warm and welcoming space for all.



To donate scan this QR code

Every donation, small or large, will make a difference.



✓ We need 30 heaters

✓ 1 heater costs £150

✓ To heat the church for one service costs £20

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BECOMING MORE INCLUSIVE
SEMINAR 2025

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www.pangbournechurches.org/becoming-more-inclusive



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“There are shortcuts to happiness, and dancing is one of them.”

So said author Vicki Baum in her 1958 book 'Ballerina' - and the experiences of attendees at Pangbourne's local Zumba classes would seem to agree!



Zumba is a dance-based fitness programme, accidentally created when Colombian aerobics instructor Beto Perez forgot his usual music for a class, and improvised using his own collection of Latin-based music. Twenty years on from this happy episode of forgetfulness, Zumba is a global phenomenon. 14 million people regularly take part in Zumba in more than 160,000 locations in 185 countries – and Pangbourne and its surrounding areas are most definitely in on the action. I have been doing Zumba for over thirteen years, and now teach three weekly classes to a community who have found fitness, friendship and fun through Zumba. Obviously, I'm somewhat biased in making this claim, but thankfully science backs me up. Here are the magic ingredients:

MOVEMENT. Dance is meditation in movement; it grounds you in the present moment, and in your body. Exercise releases endorphins, our bodies' natural mood boosters, making you feel simply great (as one of my regular attendees says on dark rainy days when we definitely need a dancing boost: "let's endorphin ourselves up!"). And of course it has a multitude of health benefits, improving cardiovascular health, muscular strength, endurance, co-ordination, flexibility, balance and spatial awareness. It can increase the size of your hippocampus, a key part of your brain in learning, memory and navigation. One study showed that a 30 minute salsa class boosted spatial working memory by 18%; another showed dance was the only physical activity that lowered participants' risk of dementia. Dancing is also a hugely powerful way to safeguard and improve your mental health, reducing stress, anxiety and depression, and improving your self-esteem and confidence.

You can work out at your own level in Zumba - there are low options for everything, in both intensity of the exercise and complexity of the dance moves. Or you can add in energy and intensity to make it a hugely effective workout. But you don't need to be at the level of a Strictly finalist: there are no 'mistakes' at Zumba, nor any scoring (and no-one gets voted off at the end).

MUSIC. Music can reduce pain, anxiety and blood pressure; it can improve mood, memory, mental alertness and sleep quality. Or to put it another way, music is part of what makes us healthy and human.

At Zumba we dance to a mix of Latin and world rhythms, including some pop and rock songs that you will most definitely recognise (singing along always encouraged). The music will make you move and give you a great workout of course, but even more importantly it will uplift you.

COMMUNITY. An Oxford University study showed that moving in rhythm with others significantly increases participants' feelings of social bonding. It's this connection that's the real magic: moving in harmony, connected in enjoying the music and the moves, the chats that happen before and after class, the shared joy, the communal laughter when I bring in a new routine that might challenge the co-ordination a little... these classes connect people. I remain so proud and happy that our Zumba community danced together through lockdown, online from our kitchens and living rooms, and later outdoors on a local school playground (shout out to the adjacent allotment holders for joining in!) And now back in real life, we have a steady stream of fun events with themed classes and socials (you haven't really celebrated Halloween until you've pretended to be a zombie with a load of other grown-ups in fancy dress....)

Zumba has been transformative for me personally, giving me a way to express myself, to make my body stronger, but also to make my spirit feel free. I know from my community that many other people feel the same. If you'd like to join us in 2025, you would be very welcome to our friendly and welcoming classes. In the meantime.... keeeeeeeep dancing!

All class details are at:

bookwhen.com/HappyDanceRachel, or email me at rachelzumba4043@gmail.com if you have any questions.

You can also search for other local classes, including the lower-intensity Zumba Gold, at www.zumba.com.

References / more reading at: <https://www.healthline.com/health/fitness-exercise/benefits-of-dance>

<https://www.bbc.co.uk/programmes/articles/1Hpr6R1f4M7f8Qc6fPGH2hg/why-dancing-is-the-best-way-to-enhance-your-brain-and-fitness>

<https://inspirseniorliving.com/senior-living-resources/importance-music-and-dancing-brain-and-body>



Rest Easy: Formula Health's Guide to Sleep Health

High quality sleep is essential to overall health, yet many people struggle with sleep disorders like insomnia, sleep apnoea, and restless leg syndrome. Functional medicine, which emphasises understanding and addressing the root causes of health issues, offers a personalised, holistic approach to improving sleep; by identify lifestyle factors, biochemical imbalances, and underlying conditions that may be interfering with restful sleep. **Common causes of poor sleep include:**



Nutrient deficiencies or imbalances in neurotransmitters can significantly impact sleep. In the UK it is estimated that nearly 60% of the population have below optimal levels of vitamin D in the winter months. This is because you need sunlight to synthesize vitamin D – so less sunlight means less vitamin D. Low vitamin D levels can cause you to feel more tired and can reduce sleep quality.

Magnesium is a crucial mineral for sleep, as it helps relax muscles and calm the nervous system. A deficiency in magnesium can lead to difficulty falling asleep and staying asleep. Increasing magnesium intake through foods (like leafy greens, nuts, raw cacao and seeds) or supplements if a deficiency is identified. Studies have shown that magnesium supplementation can improve sleep quality in people with insomnia, particularly older adults. (As always, please check with your functional medicine practitioner before taking supplements to ensure they are appropriate and safe for your specific needs and for advice on the most bioavailable forms).

Hormonal imbalances can disrupt the body's natural sleep-wake cycle. Key hormones affecting sleep include cortisol, melatonin, and sex hormones (like oestrogen and progesterone).

Blood sugar fluctuations affect hormones, particularly insulin and cortisol, which are intricately linked with the body's sleep-wake cycle. High or low blood sugar levels may disrupt the normal rhythm of cortisol, which helps regulate energy and alertness throughout the day. Disrupted cortisol rhythms can lead to poor sleep quality, frequent nighttime awakenings, and difficulty in falling back asleep.



Cortisol, the primary stress hormone, is meant to follow a daily cycle - highest in the morning and gradually declining by evening. However, chronic stress or poor lifestyle habits can disrupt this cycle, leading to elevated cortisol at night, which can prevent restful sleep. Stress-management practices like mindfulness, yoga, or specific herbs and ingredients (such as valerian root, skullcap, chamomile, CBD, passionflower, L-theanine, tart cherry) depending on the individual, can be beneficial to reduce elevated cortisol levels.



Changes in oestrogen and progesterone levels can lead to sleep disturbances in women . Low levels of progesterone, in particular, are associated with increased insomnia. In order to provide the correct treatment plan, our Functional medicine practitioners use testing such as the DUTCH Plus, a comprehensive dried urine and saliva test that maximises the available information from adrenal and sex hormone production and metabolism.

Sleep is a complex and dynamic process, vital for various neurological, healing and detoxification functions. Advances in our understanding of the circadian rhythm thankfully mean there are numerous ways to help you optimise it.

Gemma Fisher M.Ost Med. – Director Formula Health Ltd

Minibuses now available to local groups from local community transport provider

Carebus, the affordable, accessible, volunteer-driven community transport service for Pangbourne and the other parishes in the Eastern part of West Berkshire, has two minibuses seating up to twelve passengers which are often available to local clubs, societies, schools, retirement homes etc. for trips of all kinds...social, sporting, charitable, community service and so on.

Carebus Community Transport was founded over 40 years ago. All volunteer drivers are DBS checked, and are fully insured. A contribution is requested to help cover fuel and running costs, currently £1 a mile, from and back to the Carebus depot near Theale..



The website www.carebus.org includes further details about seat layouts, accessibility etc under the Minibus tab. There is also an Enquiry Form under the Book a Trip tab.

Carebus also has two accessible cars designed to take people who need to travel in their own wheelchairs to medical and social appointments. Other volunteer drivers use their own cars to provide a similar service to elderly people who are unable to drive and where public transport is unsuitable or unavailable.

**Further details: www.carebus.org
info@carebus.org 0118 930 4837**



Each year, St James Church holds a Christmas tree event where local organisations decorate one of 12 small trees that are displayed inside the church. In December 2024 the theme was Christmas carols. Several members of the Pangbourne

Allotment Association came together with a variety of different garlands, baubles, bells, poinsettias and dried chilli peppers grown by allotment holders to represent our chosen carol entitled 'Calypso Carol'. If you are interested in knowing more about Pangbourne Allotment, please contact:

alanheighway@gmail.com



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Pangbourne Primary School

Here are some recent highlights of the Autumn term!!!

Primary Maths Challenge We were very proud to our PPS Year 5 maths team to The Oratory school for a Primary Maths Challenge competing against several local schools. The children were all impeccably well behaved and were Maths Super Stars.



FOPPS Firework Fiesta This was a huge success with over 2000 people onsite. The Fireworks team led by Tom Wicksteed did an excellent job organising the event which raised £12,500!! Thank you everyone who attended and supported the school, it is much appreciated!!

Sport There have been lots of sports events including our girls football team getting into the the area finals of the ESFA (English Schools' Football Association) league and West Berkshire Cricket Foundation coming into school to give a day of cricket inspiration!!

Pudsey Bear – Children in Need The Year 6 school council ran a Pudsey shop and everyone took part in our stripes/ spots day! We raised £325.36 for Children in Need!! We had lots of fun including a surprise visit from Pudsey!.

Remembrance Day Our 'House Captains' did an excellent job selling the poppies around the school. Year 6 made red clay poppies and the school had a special remembrance assembly.

Black History Month Competition!! The 'House Captains' found it very hard to choose the winners of our competition, as the standard was really high. Everyone who entered received a certificate and a special multi-coloured pencil in assembly.

The winners received a gold cup and a special certificate!!

Christmas Fun

This was a time of lots of Christmas fun in the classes but also we enjoyed all the following events:-

- Carol service in St. James the Less,
- Mend the Manger A fantastic KS1/FS nativity assembly of Mend the Manger was enjoyed by the school and parents.
- Christmas Dinner as a whole school.
- Christmas Jumper Day for 'Save the Children'
- Lantern making for 'Newbury Festival of light'
- Fry's Pies- Mince pies for parent and carers with Mrs Fry listening to the choir sing festive songs with Mrs Wilson.
- Dick Whittington Corn Exchange Theatre Trip – the whole school thoroughly enjoyed this fantastic show.

Whole school 'Portrait' project.



The whole school has been looking at 'Portraits' in art lessons and we put together a fantastic Portrait Gallery in KS2 with every child in the school represented.

Have you considered becoming a school governor?

Would you like to shape the future of the next generation? Do you have valuable/ professional skills you can offer? Are you committed to contributing to your local community? If YES to any of the above please get in touch: office@pangbourne.w-berks.sch.uk We welcome anyone who is interested in school governance and full training and support will be provided.

Merry Christmas and a happy new year from all the staff and children at Pangbourne Primary School.

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@ Pangbourne Village Magazine
Would you like to buy or sell items?
magazine@pangbourneclub.co.uk

FOPPS Who are FOPPS? Friends Of Pangbourne Primary School

FOPPS is the PTA of Pangbourne Primary School.

We are a registered charity and we have three goals:

- Build closer relationships between the school and parents and carers
- Run events for the local community, bringing people together to have fun
- Raise money to buy equipment and learning resources and offer new experiences to all children at the school.

A huge thank you to everyone in the community who supported us in 2024, and we wish you and your families a Happy New Year!

FOPPS Committee Update

We would like to say a huge thank you to Steph Greenwood and Chloë Mandy for all their hard work over these last few years in their roles as treasurer and secretary respectively.

A new team was elected at the AGM in September, with Jason Howell continuing as Chair, Carrie Gadsby and Kevin Booysen taking on the Treasurer role and Ally Heath and Megan Perkins sharing the Secretary role.

Where are funds raised heading this year?

We have committed to funding over £15,000 of items and experiences this academic year, including:

- IT Resources
- Sports equipment and kit
- Contribution to school panto trip and funding Didcot Railway visit
- Class spend/class crafts
- Subscriptions – Doodle, Oodsizzi, Science magazine
- SEN Resources
- Library books
- Contributions to Yr4 & Yr6 residential trips
- Exercise & CGP books

Additionally, we are also looking at playground renovations for both FS and KS2 areas of the school.

Pangbourne Fireworks - Saturday 2nd November



Our biggest fundraising event was a fantastic success, raising a record amount of nearly £12,400! We would also like to thank Tom Wicksteed, the Fireworks Committee and all the amazing volunteers who

donate their time for free, to make this event what it is. From parents and children at the school, to locals and associations, without them nothing would happen!

What are we planning?

Aside from the wheels being in motion for this year's Fireworks Fiesta already, we are busy planning and working away on ideas and events. At the time of writing, we are set to launch our Christmas raffle and 'My Child's Art' Christmas cards will have been sent!

In 2025, we plan to run school discos and will be at the summer fete with our popular tombola. We are also hoping to have some additional events and fundraisers, so please do get in touch if you would like to help and find out more about how you can support your local primary school.

Easy ways to help raise funds for your local primary school:

Reduce! Reuse! Recycle for FOPPS!

We have a *textile recycling bank* just inside the school playground, so if you need to dispose of old clothes, shoes or other textiles please do drop your things into the collection bank at the Reading Road school entrance

Easy Fundraising

Did you know you can raise money for the school when you do your Christmas shopping? By purchasing through Easy Fundraising a % of your normal purchases can be donated to the school. Use the below link and search for Friends of Pangbourne Primary School.

<https://www.easyfundraising.org.uk/panel/>

We recently received over £100 from this so it really is worth doing

West Berkshire Lottery

Help give our fundraising a boost by playing the West Berkshire Lottery, which raises money for good causes in West Berkshire.

Tickets cost just £1 a week, chances at cash prizes every week. Sign up here: <https://www.westberkshirelottery.co.uk/support/fopps>

If you would like more information, or would like to get involved, help or donate to your local primary school please contact us at info@fopps.org.uk.

Happy New Year from PVPS!



Hello 2025! All of us at Pangbourne Valley Pre-School wish our wonderful community a very Happy New Year! We're incredibly grateful for the support and kindness you've shown us throughout the year.

Together, we've built a warm, nurturing space where children thrive, learn, and laugh.

Festive Fun and Christmas Cheer

December was a month to remember at PVPS! Our Christmas Fayre was a huge hit, filled with festive activities that brought smiles to little faces!

The children had so much fun decorating gingerbread men, getting glitter tattoos, and creating festive crafts. Families enjoyed delicious chocolate cones, cakes, and warming drinks while trying their luck at the sweet & book tombola's. And, of course, Father Christmas made a very special visit, spreading joy to all!

Our Christmas raffle was a roaring success, raising much needed funds for the pre-school. This was only possible thanks to the amazing prizes donated by local businesses and individuals. A massive thank you to everyone who joined in, donated, or volunteered. You made it all possible!

Looking Ahead: What's Happening in 2025?

We've got some exciting events lined up for the Spring Term:

March: Helen's Head Shave – Our very own Helen is going all in and shaving her head at the **Pangbourne Club** to raise funds for PVPS! The evening will also feature a silent auction and a quiz—don't miss it!

April: Reading Half Marathon – Cheer on our superstar manager, Emma, as she runs the half marathon to raise money for PVPS.

April: Duck Hunt – Back by popular demand! Our annual rubber duck hunt along Pangbourne High Street is always a family favorite.

April: Par-Tee Tots – A fun day in partnership with Goring and Streatley Golf Club. Perfect for little ones and their grown-ups!

About Us

PVPS has been part of the Pangbourne community for over 25 years. We're a charity-run, not-for-profit

childcare setting with a small, family feel. Our goal is to provide free-at-point-of-access childcare for eligible children, creating an environment where everyone can learn, grow, and shine.

Ofsted Says We're "Good"!

We're proud to have been rated 'Good' by Ofsted in **March 2023**. Here's what they had to say:

"Children thoroughly enjoy their time at this warm and welcoming pre-school." "Staff provide a nurturing environment."

This recognition reflects the hard work of our dedicated team, who ensure every child feels valued and supported.

Spaces Available for September 2025!

Looking for high-quality childcare? We currently have spaces available and offer:

- **15/30 hours of fully funded childcare** for eligible 2, 3, and 4-year-olds
- Acceptance of childcare vouchers

pvpg.enquiries@gmail.com 0118 984 1661 www.pvpg.org.uk

Get Involved

Want to support PVPS? Here are a few ways you can help:

Join Our Committee: We're always on the lookout for enthusiastic new members to join our team and help shape the future of PVPS.

Fundraise with Us: Visit our website to find out how you can support our work: www.pvpg.org.uk/fundraising

Pangbourne toddler group: we currently run the toddler group on a Monday in the village hall. Please come along and join us 9.45 - 11.30. suitable for babies right up to school age!



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George Hotel

The **George Hotel** has an interesting history. In 1783 the landlord was the indomitable Tom Johnson, who, aged 82, rode in a race non-stop from Carfax, in the centre of Oxford, to Pangbourne, the exploit even being reported in *The Times*. In 1839 the Hotel was the site of the first Pangbourne postal service, with letters arriving at 9.00am by mail gig – a light two-wheeled one horse carriage – and despatched at 5.00pm. The service remained based there until our first post office was established on the site of the current Triangle Travel in 1869. The handsome Georgian coaching inn was gutted by fire in 1923, and the 1920s building we see today has been damaged by fire again since then.



*George Hotel in 1880.
Courtesy of Heritage Group.*

The hotel's name must have been chosen to honour an early Hanoverian king, probably George I, who became King of England in 1714. His accession was the impetus for the widespread use of the name, which derives from Greek *georgos* ('farmer').

The name George took on religious significance to followers of early Christianity with the supposed martyrdom of Georgios in AD 303. Very little is known about his life, but it is thought that he was a Roman officer of Greek descent who was martyred for his Christian faith in one of the persecutions preceding the adoption of Christianity by the Roman Emperor Constantine in AD 312.

In England, the earliest dedication to the saint in England is a church at Fordington, Dorset. In the early Middle Ages George's popularity was probably boosted by crusaders returning from Palestine, but he did not rise to the position of Patron Saint of England until the 14th century.

The legend of Saint George and the Dragon was first recorded in the 11th century. In it, a fierce dragon was causing panic in Silene, in Libya. To placate the dragon, at first it was given two sheep, but, when these were not enough, the sacrifices became the children of the citizens. One day the king's daughter was chosen in the lottery. She was dressed as a bride and chained to a rock beside a lake. George saved her by slaying the dragon with a lance. The king was so grateful that he offered

him treasures, but George refused them and instead gave them to the poor. The people were so amazed that they all became Christian. In the medieval accounts of George's encounter with the dragon, the lance was called *Ascalon*, the name used by Winston Churchill for his personal aircraft during World War II.



Dragon Hill.

The Middle Eastern core of the Saint George story did not stop an 18th century myth that Dragon Hill, Uffington, a hillock below the White Horse, was where St George slew the Dragon. The bare patch of chalk there was claimed to be where the blood from the Dragon's wound poisoned the ground, and no grass has ever grown at that spot since. Two hundred years later, for whatever botanical reason grass still does not grow well there. The top of the hillock has been suggested as some sort of Iron Age ritual site associated with the nearby White Horse.

Dragons as a concept start with the story of a hero slaying a giant serpent, which occurs in almost all Indo-European mythology. The word 'dragon' derives, via Old French, from Latin and Greek, where it refers to any great serpent, not necessarily mythological. These are generally depicted as having voracious appetites and living in an underground lair or cave, or in rivers. Might folk memory be alluding here, not to a giant lizard, but to a man-eating crocodile?

For Anglo-Saxons, dragons were a very real phenomenon. The *Anglo-Saxon Chronicle*, which essentially details the history of Anglo-Saxon England, describes as fact how in AD 793 "immense whirlwinds and flashes of lightning, and fiery dragons, were manifest over Northumbria and greatly terrified the people". In reality, these were probably the northern lights.

It would be nice to imagine that in 1783 Tom Johnson was racing home from Oxford to slay a dragon at the George Hotel, but as far as I know the building was not constructed on top of a dragon's lair. However, there is a dragon in Pangbourne. Residing on the roof of a house in Reading Road is a dragon made of fired clay, but it is a bit small to be worthy of St George's attention.

Nigel Suffield-Jones

Pangbourne- Mythical Creatures and where to find them

Apologies to JK Rowling for misuse of one of her book titles!

Clues:

1. The open book on the village sign
2. Down by the riverside
3. Marmalade sandwiches at Buckingham Palace



Firstly suspending reality, such as in the ability of children to accept stories about little animals dressed up in Edwardian outfits and having picnic lunches of egg and cress sandwiches and ginger beer. Referring of course to the Wind in the Willows, written by Kenneth

Grahame. There is one chapter which goes deeper into the mythical world of riverside life. The Piper at the Gates describes a trance like experience brought upon by hearing the musical pipes of the Great God Pan, a symbol of the power of the Natural World, and an incomprehensible Higher Being briefly transforming the lives of Ratty and Mole. Secondly, a dolphin is not a mythical creature, but the building by the River Thames that bears the name of the founder of the Centre rather than that of the aquatic mammal of sea going tendencies. John Dolphin lived at Whitchurch Mill in the 1950s and allowed a group of boys to form an Athletic club in one of the large rooms. Rowing practice was the main activity, but it became necessary to move to more suitable surroundings in 1960, and John Dolphin as chairman set in motion an appeal for £5000 to erect the shell of a clubhouse on NT land (the River Meadow). Half the money was raised by

grants and the other half through donation and fund raising. By 1961 the club house was ready for use, and in 1965 Berkshire County Council took over management and it was renamed the Pangbourne Youth Centre and County River Training Centre. By 1966 girls were able to join and a mixed Youth Club was started. The name Dolphin was never forgotten, and the association with its founder remains, even though the Centre has now been rebuilt and now includes a Climbing Wall, lift, activities such as the three levels of D of E awards and Paddle Boarding. Adventure Dolphin was officially opened by Prince Edward in 2010. The final Mythical Creature stretches local geography a tad, as it concerns the Great Western Railway line from Pangbourne to Paddington, and the Peruvian Bear of story and film.



The connection is the author, the late Michael Bond who was born in Newbury and regularly used the GWR line to London. He is quoted as saying that the bear being found on Paddington Station with Aunt Lucy's label round his neck was a reminder of evacuees and refugees he saw there during and after WW2. Paddington bear appears in various places at the station, and can also be seen sitting on seats outside shopping centres in Reading and Newbury. The image of the latest Queen having tea with Paddington Bear, and producing a marmalade sandwich from her handbag will never be forgotten.

***A Happy New Year to everyone.
The Heritage Group Committee***

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The THURSDAY HUB

Hoorah! We have started again!

On Thursday 19th September, the function room at The George Hotel was positively 'hubbling'! 36 guests enjoyed a 'Ploughman's lunch' of pork pies, quiches and sausage rolls from Green's of Pangbourne, cheese boards courtesy of Pangbourne Cheese Shop served with salad, chutney and pickled onions. It was wonderful to see faces we have not seen for ages and several new ones and the noise was great!

After lunch, about an hour was spent playing games - skittles, large and small versions of 'snakes and ladders', 2 tables of 'Pelmanism' (invented in 1898), also called 'pairs' - a great game for memory training.



As a child I used to lose to my grandmother. Now I lose to my grandchildren! One table started to play 'Trivial Pursuit' but the surrounding buzz was so great they could not hear the questions so they changed to quots. 'Connect four' was also very popular. A fantastic 'baker's dozen' of volunteers were there to help, chat and supervise, ensuring there was no cheating !!

The new managers of The Corner Chemist, Sharon and Neil, popped in to assure everyone of their support for their customers. They informed us of the Flu and Covid vaccines and other services which they are offering and of their free prescription delivery service. They were very well applauded as we thanked them for turning the chemist around and wished them well for the future.

Several birthday cards were delivered and a special birthday announcement for Rosemary Hannah who would have turned 100 yrs old on the 1st Oct, we sang happy birthday and raised a cuppa in the hope that she heard us from across the rainbow bridge.



"One Voice Community Choir"

We did really well with our first morning back after our break, we welcomed all our friends back and a few new faces to the group. We have some lovely songs to sing in readiness for our Christmas performance, we will start the seasonal songs about October time, I think that's time enough after all we can't sing Christmas carols in September

For anyone who would like to join us you will find us in the function room at The George, 10.15 for a cuppa and biscuits followed by singing at 11 o'clock. As we always say "It doesn't matter if you say you can't sing" every note has its place and when we all sing together it is melodic so together, we hit the right notes.



Big welcome to our new guests at the Cribbage club which is held every 1st Wednesday of every month, no booking necessary just turn up ready to play at 2 o'clock, you will find us in the bar at The George, no cost just buy a drink at the bar.

For further information regarding our events please contact either Di on 0118984 247 or Gill on 0118 984 1122

Many thanks, as always to Kiren Sharma, Greens, The Cheese Shop and Devarshi for their help and ongoing support.

GRAVITY PERSONNEL
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Richard Anderson's Polio Plus Journey.

In 1979, Rotary International began a worldwide drive to eradicate poliomyelitis. What follows is the amazing story of a member of the Rotary Club of Pangbourne, Richard Anderson, in Richard's own words.

In 2010, I volunteered, along with fellow Rotarian Jerry Wilson, to take part in the immunization campaign in India. It was a week and I was based around Lucknow, in northern India, an area I had a real interest in.



Jerry (left) and Richard (right) in the trilbys, in India

I was also the club Polio Plus officer and had watched the progress of the campaign but to try and make India Polio free seemed like an impossible task.

My interest in polio stemmed back to my childhood. I had visited a ward full of people in iron lungs at a hospital where my grandfather was the Secretary. As a very small boy I was terrified and convinced these people were being eaten by some horrible monster. I eventually found out that my monsters were in fact saving these peoples lives.

Our trip to India was to give children their polio drops - we had an Indian nurse with us who

actually gave the drops, our job was to find the children and take them to the nurse.

We visited some very isolated villages in the far North, and the system worked well; we were able to immunise large numbers of children each day. It was also a total education for Jerry and me to see India in its 'raw' state.

Sitting in the aircraft, on my way back to Blighty I decided I had to do more. I have an interest in unusual antiques and my thoughts were to see if I could go around clubs doing 'What is it?' a 'guess what the antique was for' type quiz. I tried it out on my own club, it seemed to go down really well.

I put the word out and suddenly the bookings came flooding in. I actually agreed with my wife that I would only do two quizzes a week but on top of my usual Rotary night this was a lot of nights out. Then each booking resulted in two or three more bookings and so the word spread; I was very busy!

The money came in fast and at each venue I would pass a tin around to raise a bit more cash. As soon as I got home we would empty the tins on the kitchen table and count all the coins, we became quite expert at it. My Rotary Club were also very generous and always made a substantial donation every year. Also the Bill Gates Foundation would then double match fund all we raised.

From quizzes, I progressed to talks, first about the Zulu Wars – a long-term interest of mine – then on to 'Naughty Women', a series of talks from Eva Braun to Wallis Simpson. I spent hours when not at work or giving a talk, reading every book I could get my hands on. For Wallis Simpson I think I read over twenty books before I gave my first talk. It was much the same for Edwina Mountbatten.

As November 2023 approached, I realised that my crazy goal of raising £100,000 was nearing its target! I worked out which talk would take me over the total and my wife came along and presented me with a bottle of champagne. I had made it!

The total number of talks was 374 and this meant that the average club had donated just over £100.

It had taken over 6 years to achieve I had met some great people. Thanks are really due to the Bill Gates Foundation for their amazing contribution and thanks to all those organisations who were brave enough to book me.

Editor's note: Richard's efforts were honoured by Rotary, making him a Member of the Paul Harris Fellowship which acknowledges individuals who raise substantial contributions to the Rotary Foundation. In fact, Richard has received this honour twice – a Sapphire Award. And the thanks of the entire world go out to people like Richard and Rotary International for their fight to eradicate Polio.



One of Richard's 374 performances

Lest we Forget

On Sunday, 10th of November, over forty parishioners attended the Remembrance Day Service at St Stephen's, Upper Basildon on 10th November.

The service was conducted by Rev. Jen Green and the Roll of Honour read by Clive Williams, OBE.

Wreaths were laid on behalf of the Shrievalty of the Royal County of Berkshire, Basildon Parish Council, the Fallen of the Parish, St Stephen's Church and the Rotary Club of Pangbourne



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On Court this Winter at Pangbourne Tennis Club

Welcome to 2025!



There is lots of tennis during the winter at Pangbourne Tennis Club to keep everyone playing for exercise and fun! You can join the club at anytime and your membership will run for 12 months from the date of joining. The membership fee for adults is just £65 and

we offer family memberships for £135 and junior membership for £25, with discounts for siblings. There's also a monthly membership option if you want to give the club a try or have access to the courts occasionally. Monthly membership is £10 for adults and £20 for a family. Visit <https://pangbournetennis.org> or scan the QR code for all the information about the club and how to join.

2024 – A Year of Firsts

2024 was a momentous year for club; members, their families and friends took the opportunity to celebrate a year of firsts at the special awards ceremony and party which followed the now traditional fun American Tournament held just before Christmas.

2024 was the first year we:

- Won the LTA National Club of the Year – an amazing accolade for a village club
- Entered seven teams in the Newbury and District Summer league and three in the winter league
- Three teams won their league divisions this summer – The Men's B won Division 4, the Men's C won Division 5, and the Mixed A won Division 4. All are looking forward to promotion next season
- Have a junior boys squad playing in the Berkshire LTA Winter Youth League
- Ran club championships for under-16 and under-19 players along with the usual adult categories

- Worked with students from the Avenue School Special Needs Academy
- Trialled Pickleball and Walking Tennis.

Tennis with The Avenue School Special Needs Academy.

The club has been delighted to work with The Avenue School to offer the opportunity for their students to experience tennis as part of their physical development lessons. Sessions, run by our coach Damian Lane with group of volunteers from the club, ran in both the summer and autumn terms. The students enjoyed learning physical strategies to play tennis by practising ball and racquet skills including catching, throwing and rallying. It was delightful to see the children enjoy their time on court and grow in confidence in their abilities. At the end of each term, their achievements were celebrated with medals and certificates.

(Note to editor – Insert the two images called The Avenue School Image 1 and The Avenue School Image 2 here)

Interested in Walking Tennis?

Have you heard of Walking Tennis? Along with Walking Football and Walking Netball, there's now Walking Tennis! In this version of the game, doubles are played on a singles court, the ball is allowed to bounce twice, and no running is allowed!

It's a great way to continue to play tennis as one gets older. If you have played tennis in the past, maybe Walking Tennis is the way to get back on court. It's also very useful to get back on court after sustaining an injury or if you are a beginner. The club is keen to provide Walking Tennis sessions in the spring would like to hear from you if you are interested in taking part. Depending on the interest, sessions would be during the day or in the early evening. Please email us at info@pangbournetennis.org or scan the QR code to go direct to the website and use the Contact Us form to register your interest.

Winter Tennis

There's lots of tennis on offer over winter, whether you are looking for social play, sessions with the coach or competitive matches. There are ladies' socials on Monday and Wednesday mornings, and mixed social doubles on Friday evenings (7:30pm – 9:00pm) and Saturday afternoons (2:00pm – 3:30pm).

Winter coaching - starts on Tuesday 7th January

From January to the end of March the club is running sessions for adults led by coach Damian Lane on Sunday mornings and Tuesday evenings. Juniors who are confident playing with adults are welcome too and we offer a junior discount on the fee.

Sundays: Skills and Drills (11:00 – 12:30) designed for intermediate and stronger players looking to have a good workout on court and practice their match play. The 90-minute sessions are £10 per session for members and £15 for non-members.

Tuesdays: Winter Drills (17:30 – 19:00) for improvers and intermediate players looking to keep playing over winter. The drills will keep you warm on winter evenings whilst improving your game.

Tuesdays: High Energy Drills (19:00 – 20:30) for confident players looking to raise their heart rate and improve skills and movement around the court. There's lots of running and you will hit heaps of balls!

These 90-minute evening sessions under lights are limited to eight players to keep everyone moving. The fee is £13 for members or £20 for non-members. Scan the QR code to make your booking on the website and pay by card to secure your place. Places are limited – book now!

If you have any questions about the club or just want to find out more, scan the QR code to take you to the website or come to one of the social sessions.

The club is located between the river and the railway on the Recreation Ground, and we share the club house with Pangbourne Bowls Club. You will receive a very warm welcome!



Pangbourne Tennis Club Committee

PANGBOURNE ART GROUP

We are coming up to the end of another very busy year for our Art Group.

As mentioned in my previous article, we were getting ready for our Annual Art Exhibition at Pangbourne Village Hall. This took place over the weekend of 12th/13th October. Most of our members exhibited artwork that they had done over the past year, making a very comprehensive display. We also exhibited in the Small Hall where greetings cards, and some crafts were on display. Also as last year, a few of our artists were painting in situ in various mediums for visitors to observe



Although we didn't sell so many paintings this year{probably a sign of the times} we still managed to make a healthy profit, with in particular refreshments doing extremely well. There was very positive feedback from visitors with comments of the high standard of work. We also greatly improved our advertising this time, particularly with promotions on Facebook. Everyone involved worked very hard over the whole weekend with special thanks to Donald MacDonald who organised it along with all members of the Committee. We will be making some changes next year, as we feel some updating is needed. Watch this space!

We were hoping to have a painting Plein Air day, but as the weather wasn't very conducive to outdoor painting it was abandoned. Hopefully next year. It was decided that it would be a very good idea for some of our members to undertake training in First Aid, and four of

our members completed this with St. John's Ambulance in October and found it very helpful and enjoyable. They will need a follow up in three years time. We feel this will be a great advantage to have people who are skilled in first aid if it is needed at any time.

As we are now getting to the end of this year, we have our Christmas Lunch organised, this year going to the Butt Inn in Aldermaston at the beginning of December. The following week{ the last meeting of the year} we have a Christmas Party with a quiz, music and food. We will be having our annual Christmas card competition to pick the most popular one voted by all present. There will also be a presentation of a bottle of wine to the most voted for painting by everyone to visit our Annual Exhibition.



Looking forward to next year we have a provisional booking in February for a painting workshop with a renowned local Artist Howard Birchmore

which our Social Secretary Margharita is organising. So this will be something to look forward to in the dark days of Winter. We all look forward to another productive year in 2025.

If you are interested in joining our friendly Art Group which takes place every Wednesday afternoon 1pm-4pm please get in touch with either Chairman Debbie Hildred on 07591 505707 or Alison Bourne, Secretary on 07776 252605 or alternatively our website on pangbourneartgroup.com

Elizabeth Ford November 2024.

The Pangbourne Band



By the time you read this, Christmas will be a distant memory, but we had a very busy and happy time.

Our focus now is on learning and perfecting the test piece for the Brass Band Area Contest in March. We have extra rehearsals booked in February to make sure we do our best.

We already have a booking in May so if you would like to book the band, do please let us know in good time to avoid disappointment.



Booking enquiries can be directed to our events coordinator, Claire Holliday, by sending an email to claireholliday23@gmail.com. Alternatively, you can contact the band secretary, Helen Pierce, by calling 07790557572 or email to pangbourneband@gmail.com.



We rehearse on Wednesday evenings at Pangbourne Village Hall and always welcome new players of all ages. Do come along at 6.45pm in term time for the All-Comers Band if you are a learner (or trying a different instrument). Please come at 7.45pm for an 8pm start for the Silver Band if you are a more experienced brass player.

David Paine

The Pangbourne Band



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Pangbourne Twinning Association.



Since our last article we have enjoyed two wonderful film nights. Spending one Sunday evening with The Three Musketeers as they swashbuckled (a difficult word to translate into French) their way through France duelling with their swords and their incredible fighting skills. Next we enjoyed the artistry of the very beautiful Coco Chanel. The film depicted the incredible life of Gabrielle Chanel before she became known as Coco. I am sure the audience will agree this fabulous tale left us all with a warm glow having witnessed the trials and successes she experienced in her life.

December was of course a busy month, decorating our Christmas tree at St James the Less. The theme this year was Carols and choosing a French Carol to illustrate was a little tricky. Did you recognise which one it was? We continued with our occasional walks with our walk and talk French group or Marcher et Parler. One walk included a lovely Christmas lunch rendezvous at the Englefield tea rooms

Next comes Epiphany with our celebration of the Fete des Rois or twelfth night feast on Friday 10th January at the George. We celebrate this because the Epiphany is more of a tradition in France than it is here. Many families enjoying the Galette des Rois cake and the fun of hiding what used to be a bean but is now a tiny china figurine in the cake. There are of course other less well known traditions with children receiving small gifts from the Magi or Three Kings. It is also the beginning of carnival season which culminates with the Mardi Gras and the eating of crepes.

2025 also sees the second half of our French film season This takes place every last Sunday of the month

until April at Pangbourne village hall Doors open at 6.45pm The film starts at at 7.30.

The film on the 26th of January will be

La grande Vadrouille-The Big Stroll



Originally released in the UK as Don't look now we are being shot at

A group of amiable Frenchmen and unwitting Germans aid a British bomber crew make their way across occupied France to safe territory.

Followed by

- 23rd February Hidden
- 30th March Demoiselles de Rochefort
- 27th April Sarah's Key

We also look forward to our fundraising Art cafes in Whitchurch in the New Year and of course the visit of our friends from Houdan. The dates have changed very slightly with the 1st of May (labour day) falling on a Thursday. This means that the French will have a bank holiday so they will arrive that evening. Most people in France will take a "pont" day off on the Friday to bridge the gap to the weekend so they will return home on Sunday the 4th of May. We will have activities to keep them busy on the Friday and tennis and bowls to play on the Saturday this year.

Please do contact us if you would like to host this May or if you would like to join in with any of our activities. Membership is free and open to people of all ages. You do not need to speak French

We hope to see you at one of our events soon.

Infopangbournetwinning@gmail.com

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Social Calendar

Monday			
09.30am-12pm	Tai Chi and Qigong	Karen: 07867 954 786 info@karenpounds.co.uk, www.karenpounds.co.uk	Dolphin Centre
10am-12pm	Hand bell tune ringing	Len Palfrey, palfrey62@btinternet.com	Whitchurch Art café
10.30 am	Adapted Pilates (Chair Based)	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
12.45pm-2.45pm	Art Courses	Jeanette 07500862025, art-courses@hotmail.com	Pang VH
2pm-4pm	Coffee & Craft	0118 9844117 - pangbournelibrary@westberks.gov.uk	Pangbourne Library
6.30pm	Zumba	Rachel Grocott 07885 444 510, rachelzumba4043@gmail.com	Pangbourne Primary School (VH in school hols)
7pm	Crib	info@pangbourneclub.co.uk (When the League is on)	Pang Working Men's Club
7.15pm-9pm	Duke of Edinburgh Awards	dofecoordinator@adventuredolphin.co.uk , www.adventuredolphin.co.uk , 0118 321 7206	Dolphin Centre
7.30pm	7-a-side Football	Laurie 07793680999	Pangbourne College
7.30pm-9pm	Badminton	www.pangbournebadminton.club (Term time only) A friendly non-league club. See website for session dates etc.	Pangbourne College Sports Hall
7.45pm	Adapted Pilates Mat Work	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
Tuesday			
8.45pm-9.45am	Circuits	Alex 07555 148 024	Dolphin Centre
10am-1pm	Pangbourne China Painters	Margaret broadbentm462@gmail.com	Dorman Rooms St Bernadette's Church
11am- 12pm	Yoga Yoga	www.walkingthepath.co.uk, bara.cechova@gmail.com www.walkingthepath.co.uk / bara.cechova@gmail.com	Dolphin Centre Dolphin Centre
10.15am-12pm	"One Voice Community Choir"	Di, Diane2473@btinternet.com 07971 226548 Cuppa/Chat 10.15 Singing starts at 11am	The George Hotel
5pm-8pm	Tennis Coaching	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
7.15pm	Poker	James Blandy 07766333221, james.blandy@icloud.com	Pangbourne Club
Wednesday			
1pm-4pm	Pangbourne Art Group	pangbournartgroup.com Debbie Hildred on 07951505707 Alison Bourne on 07776 252605.	Pangbourne Village Hall
6pm	Seated Yoga	Kate 07706357801 kate.wiggins@getberkshireactive.org	St Bernadettes Church
6.20pm	Zumba	Rachel Grocott 07885 444 510, rachelzumba4043@gmail.com	Adventure Dolphin
6.30pm-7.45pm	All Comers Band	Stewart Lewins 0118 9425076, email@pangbourneband.org.uk	Pang VH
7pm	Table Tennis	info@pangbourneclub.co.uk (When the League is on)	Pang Working men's club
7.30pm-8.30pm	Yoga class	Laura 07766335176, peaceilyyoga@hotmail.com www.peaceilyyoga.co.uk	Dolphin Centre
7.30pm	Dance Fitness Class	Andrea turners.the@icloud.com, 0771 7023 007	Pang Primary
8pm	Camera Club	Alan-01491 681471, alan@curiosities.co.uk www.wotphoto.co.uk	Whitchurch VH
8pm-10pm	Pangbourne and District Silver Band	email@pangbourneband.org.uk Facebook.com/pangbourneband, Helen Pierce 07790557572, Stewart Lewins on 0118 9425076	Pang VH
Thursday			
8.45am-09.45am	Circuits	Alex 07555 148 024	Dolphin Centre
10.00am-12.00pm	Art Courses	Jeanette 07500862025, art-courses@hotmail.com	Pang VH
10.30am	Adapted Pilates (Chair Based)	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
12.45pm-2.45pm	Art Courses	Jeanette 07500862025, art-courses@hotmail.com	Pang VH

7.30pm-8.30pm	AC Pilates, Mat work	Anna Cotgreave 07754598627 actraining@hotmail.com	Pang VH
7.45pm	Adapted Pilates Mat Work	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
8pm	Bingo	info@pangbourneclub.co.uk Last tickets sold 7.45pm	Pang Working Men's Club
8pm-9.15pm	Church bell ringing	Len Palfrey palfrey62@btinternet.com	St James the Less
Friday			
9.30am-10.30am	Kettlebell Conditioning (All levels)	Gareth France 07853 381449, gareth.france@sky.com, www.garethfrance.co.uk	Adventure Dolphin
7.30pm-9pm	Social Doubles	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
8pm-10pm	Basildon Table Tennis Club	Basildontt@gmail.com	Upper Basildon Village Hall
Saturday			
10.30am	Zumba	Rachel Grocott 07885 444 510, rachelzumba4043@gmail.com	Tidmarsh Village Hall
Sunday			
10am – 12:30pm	Tennis Coaching	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Monthly			
1 st Sunday 8pm	Jazz Night	https://www.pangbournejazzclub.com/	Pang Working Men's club
Lat Sunday of the month 7pm Feb – April inc	Twinning Film Night	Steve infopangbournetwinning@gmail.com	Pang VH
1 st and 3 rd Tues 7.45pm	Natural History	Katie Jenks Jenkskatie@hotmail.com; www.rdnhs.org.uk	Pang VH
2 nd Tues 2.30pm	WI	Trish Kilgour m: 07971 442 027 email: trishkilgour@aol.com	Pang VH
1 st Weds 2pm	Cribbage	Di Williams Diane2473@btinternet.com 07971 226548	The Bar, The George Hotel
3 rd Thu Various times	Thursday Hub	Di Williams Diane2473@btinternet.com 07971 226548	The Function Room the George Hotel
1 st Fri 2pm-3pm	Book club	0118 9844117 – pangbournelibrary@westberks.gov.uk	Pangbourne Library
Various			
Various	Ladies Walking	Nicki Woodward. 07768 986 799 www.purleypathfinders.co.uk	Various
Various	Bowls	Alan Copeland 01491 681471 alan@alancopeland.co.uk WWW.Pangbournebowls.co.uk	Recreation Ground Thames Ave
Various	Rainbows, Brownies, Guides and Rangers	helenguides@yahoo.com	Pangbourne VH
Various	Various	Climbing Carl: hello@borntoclimb.uk 07920 444842	Dolphin Centre
Various	Various	Purley & Pangbourne Scout Group (Squirrels, Beavers, Scouts) gsl@1stpandp.org.uk	Dolphin Centre
Various	Pangbourne Paddle Sports	admin@pangbournepaddlesportclub.co.uk www.pangbournepaddlesportclub.co.uk	Dolphin Centre
Various	Bowls	Alan-01491 681471, alan@alancopeland.co.uk www.pangbournebowls.co.uk	Rec Ground Thames Ave
Wed, every other, 8pm	Camera Club	Alan-01491 681471, alan@curiosities.co.uk www.wotphoto.co.uk	Whitchurch VH
Every 2 nd Wednesday 10.30am to 12pm	Coffee Morning	Kathryn (parish office) 0118-971-5350	Dorman Room at St Bernadette's Church
School holidays	Tennis	To apply for membership please contact Andy.Crossley@pangbourne.com.	Pangbourne College

*** Please contact Di Williams on Diane2473@btinternet.com
for additions, updates or changes to the information***

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poker

Do you play or would like to learn to play Poker?

*If the answer is – YES to either of these questions,
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Venue: Pangbourne Club

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1st, 2nd & 3rd places take the pot!

For further info, please contact James Blandy on email:



james.blandy@icloud.com

or mob: 07766 333221

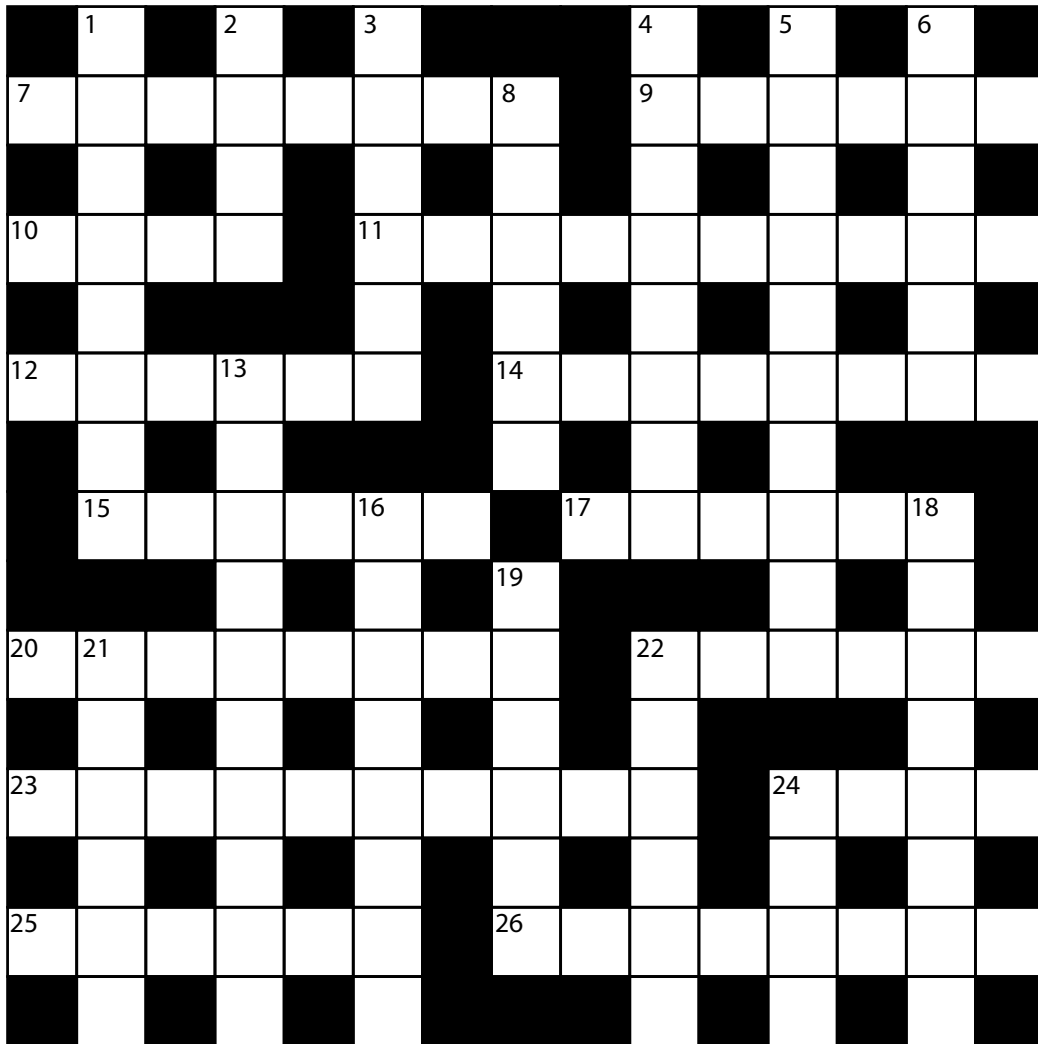


**The Poker game is £5 per buy-in per session with the proceeds
going the game's winner, 2nd and 3rd places.**

Whilst it's not obligatory to be a member of the club to join Poker Night, why not become a member
and enjoy all the benefits available with membership?

At just £20 per annum plus an initial £5 application fee, it really is worth joining!

For more information, please contact James Blandy at
james.blandy@icloud.com



ACROSS

- 7 In a word, it's agreeable to see NASA in reverse mode (8)
- 9 Qualities with which Tessa's well endowed (6)
- 10 When it's due might you shed a tear - or get the needle? (4)
- 11 Might errant Scouts be brought back on track by following these? (10)
- 12 What makes lumberjacks cry? (6)
- 14 So well qualified to be an MP - to lie with such bilge (8)
- 15 Finally really goes on about such allowances (6)
- 17 A well known cooker-up of not just culinary mysteries (6).
- 20 Stay on track here - don't be tempted to branch off (8)
- 22 Thrilled to bits! The answer came in the late delivery (6)
- 23 Initially deceive such a rival from the insect world (10)
- 24 Still an old fighter even if now lacking in fire it had a point (4)
- 25 Not a hunter to go off track (6)
- 26 Grand project - AI to race round this country's great houses -trust me (8)

- 2 Blessed figure already has a higher degree (4)
- 3 I'm leaving Reading - the place poses such a potential threat (6)
- 4 Expressing some hesitancy about initial gesticulation on water? (8)
- 5 We'll survive, or we'll at least keep his novel special flower aloft! (10)
- 6 It's where Mabel Lucy sourced her water (6)
- 8 Little Edward worked so hard he really needed lubrication (6)
- 13 Lightning cerebral inspiration? Did It came in a flash? (10)
- 16 16 Old friends of. Pearl's across the years - quite inseparable (4,4)
- 18 A dream for so many over the years - just oceans away (8)
- 19 The answer is really to tear in, but equally to hold on (8)
- 21 "At Flores in the..somewhere.or other.", Help! Tennyson gone off course (6)
- 22 You may live on one, in one, or just leave one...or not (6)
- 24 Bovine water transport (4)

DOWN

- 1 All I'm saying is it's a matter of distilling. -eg, all gin is a spirit (8)

(Answers on page 50)

Supplied by Ian Busby



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Pangbourne and Whitchurch Sustainability News

It was really inspiring to read in the Environment News in the last edition of Pangbourne Village

Magazine an article from the RSPB and a heartfelt article about the sorry state of the Pang river. In addition the Parish Council News focussed on Flooding-Be-Prepared.

Why inspiring? Because so many local people take an active role in stewardship of our local natural world, speaking on behalf of our beleaguered bird and water creatures and of course helping to protect life in the face of the deluge.

Locally, I think many people individually are responding to the threat of climate change. Delivering leaflets this week around my local area in Pangbourne I noticed many more electric cars, plug-in charging points and so many windows and doors replaced with substantial triple glazing. Even though the cost of EV's is still high, and the charging infrastructure a bit haphazard, fossil free choices are being made. Better draught management in homes reduces the need for fossil fuel sources of heating. I know of several people who have taken the plunge and invested in air source heat pumps even though it is still expensive. It would be good to hear from those who have made big changes in their life styles as to what their main motivation has been. Drop us a line at pawsg.com and if you wish to share your ideas we can include them in the next PAWS article.



One such person was Andrew McAlistair Hood, an active member of PAWS. Very sadly Andrew died suddenly in October from sepsis. This has been of great shock

to his family and those who knew and worked with him on the Hardwick estate in Whitchurch. Andrew was a sculptor who took inspiration from living closely with nature. In his inspiring talk to us in July he described his life of living simply on and

off the land attempting to achieve a healthy co-dependence with nature. He was able to reflect this in his paintings and sculpture. He described feeling fitter, healthier and happier in his 'small is beautiful' world. He recognised how little we need to be happy - but of course this is a challenge to our present world of wanting more, more, more.

This tendency was very evident at the recent COP29 which failed to provide a workable mandate for a fossil-free world. Wealth aggregation, power domination and insular political concerns make committed joint action impossible. Although we know that around the world action is already being taken to reduce CO2 emissions, we can see that the pace is far too slow.

Despite overriding evidence of the natural disasters affecting all parts of the world it seems that personal pride and commitment to the growth of wealth will prevent the concerted effort needed to protect us from climate change.

So we do need to be prepared to take care of our own communities and it was good to have the information on flood preparation in the last magazine.

In October we hosted a memorable evening at our 'Flooding in the Pang Valley' talk led by two members of PAWS: Peter Worsley, Professor Emeritus in Quaternary Geology at Reading University and Nigel Arnell, Professor of Climate System Science at Reading University. The two academics were joined by our indefatigable Flood Warden, Kay Lacey. Together they presented a fascinating picture of the geology and changing geography of our local area and the course of natural change and man-made changes to our local river systems.

Kay updated us on the present day situation and concerns about the potential for flooding in the



Pang valley. With our new understanding of how generations of farmers had forced rivers into narrow channels we were able to see how rising water levels and fast running rivers present a flood threat. Much of the work of the Pang Valley Flood forum which was established in

2013, covering the ten parishes through which the Pang flows, is to find ways of slowing the flow of the river. This is being done in several places by natural dams and by encouraging wet land areas which enable water to find its own course at a much slower pace.

Kay and her fellow wardens are surely our local heroes in that they work as volunteers to prevent flooding events but also are the first on call to organise rescue in flood situations. In addition they have enabled the interactive Pang Valley Flood Forum website with live action cameras positioned at various places on the Pang. Around 70 people attended this excellent meeting as of course the potential for climate driven flooding is of concern to us all.

Our November film, 'Wilding' ended on just this theme as Isabella Tree, doyen of Knepp Rewilding Project, and her team discussed the future plans for her farm. They hope to concentrate on allowing the water courses on their land to choose their own meandering directions away from the man-made banks of their present state. They know from experience of other projects that this will lead to an increase in biodiversity and the development of carbon holding plants and much improve the soil.

They hope to introduce beavers more widely onto the land to naturally manage the flow of water.

What was evident from this film is that change can take place, it will be challenging and it will all take time to work through the paperwork to achieve licenses for their new ideas, but that in the 25 years of the project so far they have seen species of birds, butterflies, insects, larger mammals return to their land and most importantly their soil has moved from impoverished, chemically damaged to rich humus, full of insects and providing a carbon sink. The film explored the change from man controlled environment to the beauty of free species rich fields and woods.

Do try to see it: 'Wilding', documentary film directed by David Allen, about Charlie Burrell, Isabella

Tree and their rewilding project Knepp Wildland in West Sussex.

This has been a full and exciting year for PAWS. Each event attracts more and more people, both at outside events and at talks. More people come forward at each meeting to offer help and ideas.

There is an energy in our two villages for action and ideas for creating a resilient and purposeful future for the next generation. Please check out the website for more information and do join us for our planning meeting on January 16th 2025

Heather Thorne

Forthcoming events

When	What	Where
Thursday Jan 16th 2025 8-10pm	Planning meeting for 2025	Pangbourne Village Hall

Join our Facebook group: PAWS (Pangbourne & Whitchurch Sustainability) or visit pawsg.com



Concern for the Health of the River Pang: Update.

In the last article I wrote for the Pangbourne Residents Association magazine, I expressed my sorrow about the state of our iconic chalk stream. Whilst I still have concerns, I have learned through my research that I am not a lone voice and that there are a number of positive actions taking place to rectify the problems facing the Pang. In my article, I urged people to take notice of our river and to defend it by undertaking the following series of manageable actions:

- Write to your M.P. Olivia Bailey voicing your concerns and asking for her support. olivia.bailey.casework@parliament.uk
- Put pressure on the government to clean up our rivers and waterways. The consultation has closed but look out for petitions to save our chalk streams: <https://www.bbowt.org.uk/save-our-chalk-streams>
- Volunteer with ARK (Action for the River Kennet and the Pang) www.riverkennet.org
- Volunteer Coordinator: Anna Forbes anna@riverkennet.org
- Join the Rivers Trust: <https://theriverstrust.org/key-issues/state-of-our-rivers>
- Support the work of your local environment group, PAWS.
- Attend any meetings about the river.

Well, I followed my own advice and I thought it would be interesting for you to hear the results.



Research has shown that one of the most powerful actions we can take is to lobby government in the form of petitions and

by taking to the streets. On November 3rd, my sister, husband and I joined the 141 organisations and 15,000 people who took to the streets in London to demand clean water. There were some notable speakers – such as the WI's Chief Executive, Melissa Green who pointed out that her members had been voicing concern about water since the 1930s. The WI launched a clean rivers campaign

in 2023 to raise awareness amongst communities and it has been tirelessly lobbying politicians. Other speakers included the young man fighting to save Lake Windermere, Matt Staniek, Chris Packham and the Olympic rower, Imogen Grant. It was encouraging to see so many people exercising their democratic right to peaceful protest. For many folk, it was the first time that they had taken to the streets. People came from all over Great Britain and Northern Ireland to draw attention to the disgraceful state of our waterways.

There were some powerful speeches and although much of the information we were given about the state of our rivers, lakes and shores was depressing, it was uplifting to be amongst others who are fighting to effect change. The secretary of state for the environment, Steve Reed wrote to those of us taking part stating that water was a priority for him and he wished us well for the march. We hope that these are not empty words and that the government listens to our concerns.

On the march, I met James Hubbard from ARK (Action for the River Kennet and the Pang) seen here on the left. James has specific responsibility for the Pang. Since I wrote my first article, I have joined ARK and attended Mud spotting training and hope to help out



as much as I can when there is a call for volunteers. Please do look up this wonderful organisation (details listed below) to see what it is doing on our behalf to help the rivers within West Berkshire. If you do not have time to volunteer, perhaps you could join the group as a supporter and / or donate funds to help projects. For my part, in addition to joining ARK, I have set up a subscription to the Rivers Trust to support its work and its admirable efforts to lobby government on our behalf.

I have learned from past experience that there is strength in numbers. Through my involvement with ARK, I have met another tireless environmental campaigner, Dr. Richard Coates who as well as working with the Purley Sustainability group, has co created an organisation called Bioregional Thames. I have really enjoyed joining in with Zoom meetings concerning the health of the Thames as well as other iconic British rivers.

I have also been in touch with PAWS and am better informed about the wonderful work going on to protect and preserve the environment in and around Pangbourne plus to prepare for possible flooding.

My sister met Peter Devery from The Tidmarsh Fly Fishing syndicate and found out more about what this group is doing to restore the health of the Pang. Members have real concerns about the effect of sewage and farm run off entering the river higher up but the news is not all depressing. Mr Devery explained that the syndicate is no longer stocking rainbow trout but rather ensuring that wild brown trout have the chance to survive and multiply. They are removing any American crayfish and enacting areas of rewilding along the banks of the river to encourage biodiversity and the return of native species such as water voles. The exciting news is that they have found evidence of otter spraint. Members have been recording fish on the Pang from the meadow bridge to the pumping station. In addition to brown trout, they have seen grayling, chub and gudgeon. Watch this video and read the article to get an idea of what the syndicate has been doing.

<https://youtu.be/jNntKhMvxxk0?feature=shared>

<https://www.newburytoday.co.uk/news/anglers-pressure-thames-water-for-pang-clean-up-9389423/>

I have been in conversation with Henry Scutt who manages the Sulham Estates which encompasses the meadows bordering on the river banks. The estate is doing its bit to help the river. He told me that,

“The fields belonging to the Estate that adjoin the Pang are extensively grazed with zero inputs. We have recently installed additional water troughs in order to avoid the cattle drinking from the river, which can cause sedimentation. I would never claim that we couldn’t do better, but in broad terms our fields adjoining the Pang are being managed for nature, rather than for productivity.”

He also has concerns about sewage discharges and agricultural run off further upstream but he reassured me that the ranunculus is recovering upstream so let’s hope that this important and beautiful water weed recovers soon in our stretch at Pangbourne. Henry sits on the Pang Flagship Chalk Stream Restoration group, in representation of the Lower Pang and Kennet farm cluster so he is another valuable voice for our river. The Sulham

Estates are instrumental in the creation of the new wetlands by the railway. If you are interested in this exciting nature recovery project then a good place to keep abreast of things is here: <https://www.biocap.org.uk/post/sulham-woodmeadows-project>

Finally, I wrote to Olivia Bailey, MP for Pangbourne constituents and received a detailed encouraging reply. I have her permission to make it public. This is what she said:

“I share your concern about the state of the River Pang and more broadly the state of our rivers and waterways across Reading West and Mid Berkshire and beyond. I am campaigning both locally and in Parliament for extra protections for our iconic chalk streams like the Pang. I was pleased to hear the Government’s commitment to these cherished habitats when I spoke in a debate on tougher protections for chalk stream in Parliament on 8 October.

While we are incredibly fortunate to enjoy beautiful countryside locally, after fourteen years of the Conservatives, Britain is now one of the most nature depleted countries in the world. This will change as the Government is committed to delivering for nature, taking action to meet our Environment Act targets and working in partnership with civil society, communities and business to restore and protect our natural world. What’s more, it is absolute clear that our water system needs fixing. The Conservatives let the water companies like Thames Water dump sewage into our rivers damaging biodiversity. During the election campaign I visited the River Pang downstream from Compton Sewage Works along with Steve Reed, now Secretary of State for the Environment, where we tested phosphate levels along with members of the Angling Trust. Unsurprisingly, they were three times higher than they should have been. I was therefore really pleased that the Angling Trust received a commitment from Thames Water, at a recent West Berkshire Council Scrutiny meeting, to review their decision not to strip phosphate from the outflow at Compton Sewage Works.

I am also pleased that the Government’s Water (Special Measures) Bill will introduce a tough new regime for water companies like Thames Water including:

- ***Strengthening regulation to ensure water bosses face personal criminal liability for lawbreaking.***

- Giving the water regulator new powers to ban the payment of bonuses if environmental standards are not met.
- Boosting accountability for water executives through a new 'code of conduct' for water companies, so customers can summon board members and hold executives to account.
- Introducing new powers to bring automatic and severe fines, and
- Requiring water companies to install real-time monitors at every sewage outlet with data independently scrutinised by the water regulators.

Additionally, the Government announced in the last couple of weeks, the launch of the Independent Water Commission, the largest review of the sector since privatisation. At a local level I have met with statutory and voluntary organisations who have a responsibility or an interest in protecting the Pang, including Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust and the Angling Trust and will continue to put pressure on Thames Water, West Berkshire Council and the Environment Agency.

While multiple agencies and landowners have responsibility for the management of the ecology of a river, the Environment Agency have an overarching view, and I have written to them on your behalf with your specific questions in relation to the River Pang. I will come back to you once I have received a reply."

I will keep fighting and helping out whenever and wherever I can. Once again I make a plea – do not leave it to others



because they may be doing the same. We can all make a difference. Act now to save our rivers but especially, speak up for our river, The Pang.

Sarah Chant.

- Websites you may find interesting and helpful:
- <https://riverkennet.org/>
- <https://theriverstrust.org>
- https://www.westberkscountryside.org.uk/volunteer_groups.html.
- [Wild trout trust report.pdf](#)

- <https://www.thewi.org.uk/media-centre/blog/blog-listing/2024/the-wi-joins-15,000-at-march-for-clean-water-in-london>
- <https://www.savewindermere.com/campaign-films>
- <https://www.westminsterinsight.com/insights/top-5-tips-for-successful-political-lobbying-in-the-uk/>
- olivia.bailey.casework@parliament.uk



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ARK's mission to revive the River Pang

Seeing Sarah's article 'The Sorry State of the River Pang in Pangbourne' in October's edition felt a timely call to arms, and a chance to share some of the positive actions, alongside the very real challenges the Pang faces.



As the Project Officer for the River Pang working for our local rivers trust Action for the River Kennet – ARK – it was a pleasure to protest alongside Sarah at the March for Clean Water, and to have her join us on MudSpotter days as a volunteer. Like her I feel a personal connection to the river through my parents who are lucky enough to live directly on its banks at Hampstead Norreys.

While much of the wildlife is still there (our volunteers often spot otter signs in Pangbourne, and Little egrets have moved into wet fields by the river) I have also seen stream water crowfoot die off downstream of waste water treatment works, and river beds that should support spawning trout choked with sediment.

Fixing these issues takes coordinated action, and the Pang Flagship Chalk Stream partnership brings together people who care about, or have a responsibility for the river and the land around it – ARK, the Pang Valley Flood Forum, the Environment Agency (EA), Thames Water, landowners, farmers, residents and anglers, amongst others, are working together to bring about meaningful action. Over the last two years we have been building evidence and identifying solutions to restore the Pang and Sulham Brook. The group have developed a strategy as well as a list of opportunities to improve and understand the whole river, targeting improvements in water quality, flow, habitat creation, and education. We look forward to discussing how we can bring these to fruition, working with landowners and the wider community.

Work has already begun. Over autumn ARK worked together with Sulham Estate to dig the new Sulham wetland, creating valuable new habitat and capturing sediment before it reaches

the river. It has already been visited by lapwings. In Spring we look forward to working with volunteers to plant thousands of wetland plants. Many of you have joined water vole surveying, MudSpotting and Riverfly Surveying and we look forward to building the team of local volunteers. Meanwhile, the Pang Valley Flood Forum has created several Natural Flood Management initiatives using leaky dams to slow the flow and improve habitat for wild trout. Plans are already in place for many more projects to improve the Pang, from wetlands at Hampstead Norreys to large scale river restoration at Englefield.

Due to existing EA, UKCEH and Thames Water programmes, there is a significant network of monitoring on the Pang. Further to this, ARK monitor water quality through a testing programme led by Professor Mike Wilson, one of five volunteers testing for a host of chemical and bacteriological measures. The picture so far is not a good one – it's no surprise to hear from Sarah of algae growing above Pangbourne as our citizen science testing regularly picks up on phosphate levels higher than the Water Framework Directives 'Good' standards we should be aiming for.

Source apportionment modelling estimates that Sewage Treatment Works account for around half of phosphate pollution, but it is estimated almost a third comes from septic tanks. Making sure you know if you have a septic tank and how to manage it can make a meaningful difference to the health of the river, and the risks for people and wildlife in it as our monitoring has found spikes in E.coli up to 100 times higher than the target for 'good' bathing water status! Follow this QR code to find out more:



In 2023 we saw a total 83 untreated spills from Hampstead Norreys Sewage treatment works totalling 1,295 hours. This has decreased substantially to 67 hours up to November this year following improvements, but concerningly Compton has already spilled untreated for over 1000 hours this year. We continue to campaign for a further reduction in spills, and for the introduction of phosphate stripping at the top end of the Pang catchment.

To complement existing sampling by the EA and ARK, Thames Water's ecologist is undertaking a programme of baseline ecological monitoring including invertebrates and fish. The fish survey

in July on the Pang found nine species across two sites: brown trout, grayling, chub, dace, gudgeon, minnow, bullhead, stone loach and 3-spined stickleback. Brown trout, grayling and bullhead are especially sensitive species which require clean, unsedimented gravel substrate and good water quality for spawning and survival.

On the Sulham Brook, 12 species were recorded across two sites: chub, roach, dace, common bream, silver bream, perch, bleak, minnow, bullhead, stone loach, 3-spined stickleback and 9-spined stickleback. Ten of these species were recorded close to the confluence between the Sulham Brook and the river Thames showing movement between the two rivers.



A grayling surveyed on the Pang (Thymallus thymallus)

ARK will be hosting a Progress on the Pang event at the Pangbourne village hall (23rd January, 7pm) open to everyone interested in knowing more about the river. This will be a chance to share findings and plans, to meet and talk to others who care about their river, and (if you would like) to get involved with local organisations like PAWS, PSG, and ARK to improve the Pang!



If you are interested in learning more about the Pang and our involvement in the catchment, please scan the QR code below, and reach out to anna@riverkennet.org if you would like to join our team of volunteers, or james@riverkennet.org for questions relating to the Pang.






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Reading RSPB Group Activities

On Tuesday 12 November Nick Martin gave a talk entitled Secrets of a Wildlife Garden. Nick has worked in conservation for over 20 years,

mainly in Nature Reserve management, including reserves on the Somerset Levels and in the Forest of Dean and he was instrumental in setting up the Middleton Lakes reserve near Tamworth in Staffordshire. He started taking photographs of wildlife mainly as a hobby but, when offered a one-month sabbatical by the RSPB, he spent it photographing the wildlife in his own garden in Solihull. This revealed the astonishing wealth of wildlife that a small suburban garden can support.

Nick's modest garden backs onto a strip of land with trees and a small brook running through it. When he first moved there the garden was little more than an area of lawn hemmed in by leylandii. Although not an experienced gardener, Nick set about improving the habitat for wildlife by replacing the leylandii with a mixed hedge, allowing daisies and dandelions to grow up in the lawn and giving the sandy front lawn over to wildflowers. Red ants on the front lawn attract green woodpeckers, and Jays in the back garden spread their wings to encourage black ants to spray them with formic acid which kills parasites on the bird's feathers.

Through his experience over the years developing his own garden, Nick showed simple steps we can all take to benefit wildlife, such as putting up nest boxes, leaving areas of mud which House Martins need to build their nests and supplying bird food throughout the year. The bird feeders attract a wide range of birds including Bullfinches and Siskins, while overwintering Redwings and Fieldfares are attracted by apples.

The creation of a pond was an immediate magnet for dragonflies and newts and a Kingfisher, which had been spotted on the brook several times, even landed on the shed roof to inspect the pond. Badgers brought their cubs into the garden and a fox was a regular visitor. Flowers were chosen to attract a range of butterflies and moths, buff-tailed bumblebees and other insects. The steep decline in the abundance of insects over recent years means that birds struggle to find the insects needed to feed their young and gardens can play a very significant role in providing much needed sources of nectar for a wide range of invertebrates.

It was heartening to hear that evidence of otters living in the brook helped to save the strip of land behind the house from development. We were left with the impression of a real sanctuary in the middle

of an urban landscape.

The weekend of 14th to 17th November saw sixteen members of our group spend a long weekend in Norfolk, our first weekend away since Covid. We stayed at The White Pheasant hotel just north of Norwich, which was a nice old-style hotel with great food and within easy reach of the reserves we wanted to visit. We visited a number of RSPB reserves - Titchwell, Ouse Washes, Lakenheath Fen, Strumpshaw Fen and Buckenham Marshes, as well as Holkham Beach. Waders, shorebirds and geese abounded and there were many great highlights such as Snow Buntings, Pink-footed and White-fronted Geese, Marsh Harriers,



Snow Bunting by Marilyn Hockey

Whooper Swans and, for a lucky few, Shorelarks on Holkham Beach. The group total was an excellent 87 species recorded.

On Wednesday 20th November we stayed local for a walk round Dinton Pastures Country Park. We enjoyed very pleasant sunshine and saw numerous overwintering ducks including Teal, Wigeon, Gadwall and Shoveler. We also saw some Snipe and Lapwings and the highlight for most people was a Kingfisher flying about Sandford Lake. A nice morning walk and we recorded 46 species of birds.

The last meeting of 2024 will be on 10 December with short talks by members of the group followed by festive eats.

On Sunday 15 December there will be a morning walk at Staines Reservoir and on Tuesday 17 December there will be a walk on Watlington Hill looking for raptors and farmland birds.

Our 2025 programme starts on 14 January with a talk by Jon Mason on Wildlife in the Chilterns. On Sunday 19 January there will be a walk at Wiltstone Reservoir near Tring to look for wintering ducks and on Tuesday 21 January there will be a walk at Bray Gravel Pits.

On Tuesday 11 February there will be a talk by award-winning photographer Tom Way on Exciting Wildlife around the World.

Outdoor trips in February include a minibus trip to Rainham Marshes on Sunday 16 February and a morning walk at Hosehill Lake on Wednesday 19 February.

All indoor meetings are held in Pangbourne Village Hall starting at 8pm. Visitors are very welcome. There is an entrance fee of £5 for non-members, juniors half price. New members are always welcome with annual membership set at a modest £15 (£10 for juniors).

For more information visit group.rspb.org.uk/reading

PURLEY PATHFINDERS – Walking Group for Ladies

As the end of 2024 approaches I reflect on the year of walks gone by. 2024 has been a special year for Purley Pathfinders as earlier in the year we celebrated our 25th Birthday and also our 1,000th walk! Amazing when I think it was just a plea in the local Parish Magazine for someone to walk with me now and again, mainly for safety reasons, that started it all off. With an incredible response to my request it was obvious there were many other ladies like myself who didn't feel comfortable heading into woodland or along isolated footpaths on their own, so Purley Pathfinders was born and continues to flourish!

We walk every week but on a different weekday each week so that, even with the odd commitment on a certain day, walks can be fitted in during each month. Lift shares have enabled non-drivers to attend, as well as cutting down the number of cars on the roads. Being a sociable group, catch-ups can begin even before we start walking! There are, of course, numerous beautiful areas to walk in the local area, which we embrace, but by travelling, perhaps within a maximum of about half an hour drive, the countryside opens up with its extensive network of footpaths.

Four times a year we board a coach which takes us further afield such as into the Cotswolds, the New Forest, Stratford upon Avon, Bath, and even the wonderful parks to be found in London. We walk in these different areas and explore them further with sometimes a visit to a National Trust or a boat trip or steam train ride. The experiences we encounter are varied and all enjoyable. This year,

for example, we have walked on Rodborough Common in the Cotswold before visiting the Slimbridge Wetland Centre; Sailed across to Brownsea Island to walk around this special place, finishing our day by the seaside in Bournemouth; Walked part of the Cotswold Way in Chipping Campden and visited Broadway Tower; and our fourth trip was to the New Forest, walking at Beaulieu, exploring and taking a boat trip at Bucklers Hard, finishing up at Lepe Country Park. Of course there is the Purley Pathfinders' tradition that these trips end with a Cream Tea!

Each year the walks and trips are geared around a theme. The 2024 theme has been Walks with a View which doesn't mean we have been constantly walking up hills! We have enjoyed beautiful views along rivers, canals, across meadowland, and, yes, sometimes from the top of a hill! As a great believer in taking time to Stand & Stare, as well as enjoying views I encourage the group to take time to wonder at signs of Nature, whether that's wild flowers, fungi, a beautifully shaped- tree, flitting butterflies, gambolling lambs or, if we're lucky, a herd of shy deer. As you can imagine, we return from our walks with the feel-good endorphins racing!

The theme for 2025 walks will see us Celebrating Colour and planning is well under way to fill the programme with suitable walks and trips. If you would like to join us then do get in touch and I can send you all the details you need to enjoy a year of glorious countryside and wonderful friendship and support.

From myself and all the Purley Pathfinder ladies, we wish you a Happy, Healthy & Fitter New Year!

Nicki Woodward. 07768 986 799

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Purley Barn Bridge Club – the Social club that plays bridge

How many times have we heard people say “in the New Year I must do so and so” and then with the best of intentions reel off a list of those ‘must dos’ many, if not all of which, are soon forgotten? Well, It’s never too late to take up a new hobby especially if it gets you out and about, renewing existing friendships and making new friends from Purley, Pangbourne and surrounding areas. So, why not break that habit by making a resolution to play bridge and join Purley Barn Bridge Club the nearest official bridge club to Pangbourne? It’s just a mile up the road at The Barn, Goosecroft Way, Purley.



The club continues to thrive with our informal Friday morning sessions at the historic Barn – a splendid building once part of a fine Tudor manor house - becoming increasingly popular. Start time is 9.40 a.m. and we play until 12.30 with a break for a cuppa, biscuits and a chat. No partner is needed - just turn up and play relaxed bridge with a variety of partners, none of whom takes the game too seriously and all of whom play in a friendly spirit. Free coaching may be available and your first two sessions are also free!! Some experience of card play would be useful but is not essential. We are here to help.

For those interested in a more competitive form of bridge we play duplicate bridge on line every Tuesday evening at 7 p.m. You’ll need a partner for that but we may be able to provide one. On line bridge is very popular – just log on, see and chat to your colleagues and the software does the work as you relax and play with your favourite refreshments to hand. No need to venture out in the wet and windy winter weather

The benefits of bridge are many but include Getting out and about, Mixing and meeting, Making new friendships, Developing common interests, Improving memory skills, Enhancing problem solving

A lot of people play bridge....come and join them

So take the plunge, make that resolution, cross the bridge and join the club. For more information call me, **Martin**, on **07746 680183** or visit <https://www.bridgewebs.com/purleybarnbridge/>



Adventure Dolphin Pangbourne

What3words undertook. resonated.shocking

The Trustees and our amazing team of volunteers believe that there are many people in our village who don’t know who we are and are not aware of all the activities that we offer. We want to share our fantastic facilities with you.

There are so many activities that are available on your doorstep.

The Adventure Dolphin building is next to Whitchurch Bridge. Our centre provides a wonderful opportunity for all ages to take part in water sports on this beautiful stretch of the Thames. We have an 8 metre tall indoor climbing wall with climbing courses suitable for beginners to intermediate stage.

In February half term and Easter School holidays Wild Adventure is offering fantastic activity days based here at Adventure Dolphin.

Starting in the first week of May we will have early evening canoe, paddle board and kayak lessons.

Climbing courses are available all year.

Numerous sports and social club activities take place here too. They are listed in this magazine

If sporting activities are not for you but you need a quiet space to work, we have workspace and meeting spaces to hire.

There is so much more information on our web site www.adventuredolphin.co.uk

To book half term and school holiday course visit www.wildadventures.uk

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 Stephen Billyeald..... 01189843368
 Ed Penney 07756432946

Crossword Answers

ACROSS

7 PLEASANT, 9 ASSETS, 10 RENT, 11 GUIDELINES, 12
 TIMBER, 14 ELIGIBLE, 15 GRANTS 17 AGATHA,
 20 MAINLINE, 22 ELATED, 23 CONTESTANT, 24 SPIT,
 25 FERRET, 26 NATIONAL

DOWN

1 ALLEGING, 2 MAST, 3 DANGER, 4 WAVERING,
 5 ASPIDISTRA, 6 ATWELL, 8 TOILED, 13 BRAINSTORM,
 16 TWIN SETS, 18 AMERICAN, 19 RETAIN, 21 AZORES,
 22 ESTATE, 24 SCOW=

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*OX10 0, OX10 6, OX10 8, OX10 9, RG7 5, RG7 6, OX11 9, RG18 0, RG18 9, RG9 5, RG8 0, RG8 7, RG8 8, RG8 9, RG20 6, RG20 7.

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