

# TIDDINGTON WITH ALBURY & MILTON COMMON NEWSLETTER

[www.tiddingtonoxon.co.uk](http://www.tiddingtonoxon.co.uk)

AUGUST/SEPTEMBER 2010

## From the Editor

Quiet moments to come during August but still activities particularly for the children at the Maple Tree Children's Centre (page 8-9) and Wheatley Library (page 13).

Details of the Great Haseley Annual Show on the Bank Holiday Saturday appear on page 12 . Have fun ferret racing at the Old Rectory on 11 September (p.6) following a ride and stride (p.7), both events in aid of Church funds.

Zena Knight

**Milton Common NHW  
(West Side) and  
Sandy Lane**



At the September Parish Council Meeting, we hope to have two speakers, Malcolm Wills, Crime Prevention and Reduction Adviser and Chris Williams talking about the advantages of CCTV. This is open to everyone in the Parish. Please be extra vigilant and report any suspicious looking people or vehicles in the area to the police on 08458 505 505.

We need more dog walkers to join Dog Watch

Elaine Horne

NHW Co-ordinator M/C and Sandy Lane

Tel: 01844 279520

## Tiddington

**Rogue traders** - be aware that rogue traders operate by selling goods door to door.

As part of Rogue Trader weeks the Police, Trading Standards and the Environment Agency conducted joint patrols in Oxfordshire. From 102 companies checked, three persons were arrested for various offences (2 in Sonning Common) and 29 offences were found against individuals, mainly to do with driveways, gardening, roofing and selling goods door to door.

**Good news** - a man from Milton was arrested in connection with a series of burglaries, including 9 offences of burglaries including Clifton Hampden Village Hall.

**Purse bells** - to reduce theft from the elderly and vulnerable the South Oxfordshire Community Safety Partnership has funded the purchase of several hundred purse bells. The purse bells are available upon request at police stations, libraries and town halls, or One Stop shops in Didcot, Henley, Thame and Wallingford.

"Never leave your handbag unattended, or in a shopping trolley, and always securely fasten your handbag, with the opening zip or flap next to your body."

*Continued on page 3*

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## From the Parish Clerk

**Drainage works in Tiddington and vibrations on A418** - at last some good news! Work on the drainage problem in Sandy Lane, together with some attention to potholes, is due to commence on 9 August, with Sandy Lane being closed except for access, for one week from this date.

As regards the A418, work to amend the road markings and to put down the 30mph roundels should be done during July. Let's hope that vibration problems caused by traffic will at least be alleviated.

**Potholes** - as previously stated, I have contacted Highways regarding the numerous and dangerous potholes around the village, but nothing seems to have been done yet. I shall continue to make representation to Highways.

**Planning application by the Oxford Belfry** - at the July Parish Council meeting, an application from the Oxford Belfry, described as "major", was considered. The proposal is for 105 additional bedrooms and increased car parking facilities. A number of interested parties attended the meeting and expressed their concerns and objections.

### Tiddington with Albury Parish Council Members

Chair	John Nowell-Smith	339650
	Econ.development, businesses	
Vice Chair	Elaine Horne	279520
	Planning, highways and Milton Common	
Councillor	Cheryl Draper	339347
	Environment, conservation, recycling waste	
Councillor	Ken Field	339671
	Housing, planning, building & controls	
Councillor	Zena Knight	339340
	Planning; recreation, arts, grants	
Councillor	Brian Price	339977
	Health & safety	
Clerk	Ken Poyser	339216
	Rosewood, Ickford Road, Tiddington	
	Email: twaparishcouncil@googlemail.com	

The Council raised formal objections to the proposal on planning grounds and a letter setting out these points was sent to SODC following the meeting.

I understand that the application is likely to be considered by the Planning Committee on 28 July, although at the time of writing I have received no formal notification to this effect. Representatives from the Parish Council intend to attend in order to voice concerns.

Ken Poyser  
Parish Clerk

## From your Chairman

First a bit of trumpet blowing (not the World Cup!). Moo and I and some 26 supporters of the church successfully abseiled 100 ft down the wall of the John Radcliffe Hospital in aid of the Church Heating Fund. Bill Brown supplied us with first aid cover throughout and would have loved to have jumped too! The abseil raised over £8,000 in all and the fund has reached nearly £50,000 against its total of £70,000. Congratulations to the Village Hall Committee for such a successful fete, very well attended and much enjoyed by all concerned. The new date should, I think, become a feature.

Two bits of village news. By the time you read this the Planning Application by the Belfry to build over 100 further bedrooms, to which the Parish Council has expressed strong opposition, will have been heard by the SODC Planning Committee.

Also, we have heard from the County Council that work will take place at the beginning of August on Sandy Lane which will hopefully cure the worst of the flooding problems - watch this space!

John Nowell Smith  
339650

<b>August Bank Holiday Refuse Collection</b>	
<b>Normal day</b>	<b>Revised day</b>
<b>Monday 30 August</b>	<b>Tuesday 31 Aug</b>

## From your District Councillor

With all the bad weather over winter causing large potholes, I can appreciate your concern about the state of roads in the area. However, I would like to clarify that the District Council is not responsible for maintaining roads and fixing potholes. This is in fact the responsibility of Oxfordshire County Council. I understand how confusing it must be having parish/town, district and county councils all looking after different services. Hopefully though, through the residents magazine, Outlook, the new website to be launched in the autumn and articles in parish magazines such as this, it will become clearer who is responsible for different services and what you should expect for your council tax.

John Nowell Smith  
339650

## Neighbourhood Watch - Tiddington

*Continued from page 1*

**Report it** - if you see anything unusual or suspicious, then immediately contact Thames Valley Police on **08458 505 505**. (Make a note of this number so you know where it is when you need it).

**Neighbourhood watch window sticker** - please contact me Chris Williams, for a sticker and leaflet (provided by the Community Action Against Crime).

Chris Williams  
NHW Co-ordinator Tiddington  
Tel: 07710 620820  
Email: [meteorltd@btinternet.com](mailto:meteorltd@btinternet.com)

## From your County Councillor

**Recycling permits will tackle illegal trade waste.**

A new permit scheme to tackle illegally deposited trade waste at household waste recycling centres is set to be introduced by Oxfordshire County Council. The authority is

proposing to issue free permits to drivers of vans and certain size trailers, in a bid to restrict access of commercial vehicles while not preventing genuine householders from accessing and depositing waste at the site. Current estimates suggest around five per cent of all waste tonnage entering Oxfordshire's Household Waste Recycling Centres is illegally deposited trade waste. This equates to up to 5,000 tonnes each year at a cost to the taxpayer of up to £250,000. In addition to helping reduce these costs, the permit scheme will also reduce the amount of traffic on site, cutting queueing times for householders using the sites legitimately. It will also free up site staff to direct members of the public to the correct skips for their waste.

### **Have a go at being a firefighter.**

Oxfordshire County Council's Fire and Rescue Service is holding an activity day in July to show local people what it is like to be a firefighter and boost numbers of new recruits. The *Have a Go Day* event is being held on Saturday, 31 July at Didcot Fire Station. It aims to give potential recruits an insight into what it is like to be a firefighter and to let them know how they can join the fire and rescue service. The event will give people a chance to try some of the selection tests that potential recruits must complete in order to join. It will also be an opportunity to meet some of the people who actually do the job and talk to them about their experiences as firefighters.

### **Museum prepares to be invaded by superheroes**

The history of what led to the creation of well-known comic book characters will be revealed in an interactive exhibition at the Oxfordshire Museum in Woodstock. The show - *Superheroes* - at the County Council run museum in Park Street will look at a range of characters, including Superman, Spider-Man, Iron Man and The Incredible Hulk, and reveals fascinating facts and information about them and the powers they possessed. It will also

focus on how different countries reacted to many of the comic book superheroes who emerged from America in the 1960s when the publications they appeared in hit their shores and how they influenced the creators of subsequent comic genres and characters. **Test your superhero knowledge.** Visitors to the free-to-enter exhibition can also test their superhero knowledge by seeing if they can match theme tunes from television, radio and big screen adaptations to particular characters and if they have the know-how to pair them with their worst enemies and alter egos through interactive exhibits. People can find out just how speedy Superman famed for travelling faster than a speeding bullet is and play a game using touch to discover if they have anywhere near the same heightened senses as those he possessed. The exhibition is open until 12 September.

#### **The Oxfordshire Big Debate.**

Public sector bodies are facing a number of difficult decisions around cutting spending from their budgets on a scale not seen in generations. The County Council is keen that residents and staff are given a genuine voice in this process, and in the tough budgetary decisions it faces as an authority in the years ahead. On Monday, 12 July the Council launched The Oxfordshire Big Debate, a programme aimed at ensuring that everyone in the county has a chance to have their say about which services they value, where they think there is red tape or savings it could make, and what their priorities for Oxfordshire are.

Please feel free to contact me about County Council issues that concern you. My contact details are as follows:

Address: David Turner, 50 Hardings,  
Chalgrove, Oxford, OX44 7TJ.

Home Telephone: 01865 891169

Email: [david.turner@oxfordshire.gov.uk](mailto:david.turner@oxfordshire.gov.uk)

David Turner  
19 July 2010

### **Freedom of Information Act Publication Scheme**

Residents of the Parish can see the records of the Council held by the Parish Clerk or learn where they may be accessed. Records include minutes, financial information and responses to planning consultations.

Application can be made to the Clerk (Tel: 339216) and documents viewed by appointment.

Any copies required will be charged at 10p per page.



We have had almost 11 percent fewer crimes in March, April and May 2010 than we did during the same time in 2009.

Incidents of burglary and anti-social behaviour (ASB) have all decreased compared with the same period in 2009. Robberies, vehicle crime and violence have increased slightly compared with the same period last year.

In July we have not had to seize any alcohol from any young people or deal with any significant incidents of ASB.

One 16-year-old boy and two 15-year-old boys have been charged in connection with arson. These young men have been bailed pending the outcome of the investigation. They have also been issued with Acceptable Behaviour Contracts (ABCs).

Two local young men were identified as being responsible for a large amount of graffiti in the Wheatley area around early June. These two young men made a full admission when spoken to by Police officers and officers from your local Neighbourhood Police Team have been escorting these young men around the village as they attempted to remove the graffiti.

On 16 June an operation was carried out by local officers regarding drivers using mobile phones whilst driving or not wearing seatbelts. Eight drivers were stopped and warned regarding their use of mobile phones whilst driving or lack of seatbelts. Using a mobile phone whilst driving can attract a penalty of three points on your driving licence and a £60 fine and not wearing a seatbelt can attract a penalty of a £60 fine.

Speed enforcement and monitoring will continue throughout the area with Speed Indicator Devices (SID) being used as appropriate. During June local officers deployed with the SID and will continue to do so.

### **Community Messaging**

Thames Valley Police have a community messaging system which allows us to send messages to members of the public via email or fax or recorded telephone message. These community messages can contain crime reduction advice, information on local police meetings and requests for information or assistance as well as information on local crimes. If anyone wants further information or receive messages then please visit the following website:

<http://www.tvpcommunitymessaging.org/rmwebportal/startup.aspx>

If you do not have internet access and would like more information or would like to receive community messages then please contact PCSO Ken Cooney or PCSO Dawn Hunt on 0845 8 505 505 for further information or assistance.

### **Police Volunteers**

A wide range of roles are available to members of the public who would like to support the work of Thames Valley Police by becoming a volunteer. The volunteer support team will work with you to find a role which will be interesting and rewarding.

The roles vary in different areas depending on the needs of the force and community.

Those interested in a future career with the police service can gain a valuable insight into

the workings of the force by becoming a volunteer.

Suitable training for volunteer roles will be provided where required.

If you are interested in becoming a volunteer for Thames Valley Police and/or would like further information then please contact PCSO Ken Cooney or PCSO Dawn Hunt on 0845 8 505 505.

### **"Have Your Say" meetings**

- Tuesday 10 August, Wheatley police office, Church Road, Wheatley, between 11am-1pm
- Thursday 26 August, ASDA, London Road, Wheatley, between 2.30pm-4pm.

These meetings are an ideal opportunity for local residents to speak to their local police officers and PCSOs about any local issues, no appointment is necessary just turn up and speak to your local officers. Further meetings will be publicised locally and on the Force website at [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk).

Ken Cooney  
Police Community Support Officer

### **From the Vicar**

James Watson, the Team Rector writes...

It is with a considerable tinge of sadness that I announced that I shall be leaving the Wheatley Team after seven very happy and fulfilling years. I have much enjoyed getting to know the congregations in the twelve churches and I have cherished the rich diversity of their characters, whether when taking evensong with only a handful in the congregation or leading worship at a Team service.

My reason for moving on is that Rebecca was appointed to a post based in Cambridge in February of this year, and in order for the family to have some semblance of normality, it became obvious that I would need to find a post in that part of the world. As I have much enjoyed my involvement with the local school

and the opportunity it gives for making a difference to young people's lives, I was attracted to the idea of being a school chaplain. So I am delighted to have been appointed Chaplain and Head of R.S. at Old Buckenham Hall, a school near Lavenham in Suffolk which is a lovely part of the world.

The Wheatley Team extends over a large area and it has been a considerable achievement for such geographically distant parishes to work together, yet at the same time to maintain their own independence. I think this is a cause for celebration because we have been able to come together for confirmation preparation, training events, learning programmes and joint services but have also through the identification of team vicars with their own cluster of parishes been able to maintain a traditional community-based pattern of pastoral ministry. In an age when villages have been losing their post offices and pubs, this is something of which we can be proud.

There will be a service to say farewell on Sunday, 29 August at 10.00am in St. Mary's, Wheatley. Please do join us. In the meantime, as a family we are looking for accommodation as the school has none available at present, so please do remember us in your prayers as we try to find a suitable place to live. For my part I shall always look on my time in the Wheatley Team with the greatest affection and you will continue to be in my prayers.

With my best wishes and prayers  
James

Thank you to those brave people who joined in the Albury abseil, it was a great effort. The final figures are not in yet but we think it made about £7000.

**Don't Miss!**

Saturday, 11 September from 12.30pm  
Ferret racing, games and refreshments at The Old Rectory, Albury.

With best wishes  
Caroline



**SPONSORED RIDE & STRIDE  
SATURDAY 11th SEPTEMBER 2010**

10:00 a.m. TO 6:00 p.m.

**BICYCLE OR WALK AROUND OXFORDSHIRE  
TO RAISE MONEY FOR  
YOUR CHURCH**

and for the  
**OXFORDSHIRE HISTORIC CHURCHES TRUST**

Sponsor forms available from  
Anne Edwards  
Tel: 01844 339794

Church Services	St Helen's Church, Albury
1 August	9.30am Morning Prayer with Caroline King
8 August	9.30am Holy Communion with Caroline King
15 August	9.30am Morning Prayer with Caroline King
22 August	9.30am Holy Communion with Caroline King
29 August (5 <sup>th</sup> Sun)	10.00am Cluster Service at Wheatley: Farewell service for James Watson
5 September	9.30am Morning Prayer
12 September	11.00am Annual Team Service in Horspath
19 September	9.30am Holy Communion
26 September	9.30am Holy Communion



### **\*Update\***

Hello again from all at the Maple Tree Children's Centre. We have been enjoying the fantastic weather and our team have been busy with lots of activities this month....

### **First Aid and Accident Prevention Workshop:**

We had a great response to this workshop - parents who attended learnt about early year's first aid and accident prevention and hazards to young children in the home. Parents commented that the workshop was "*Super useful!*" and feel that they are better equipped to deal with accidents in the home. We will be running more workshops over the coming months so please contact us if you would like to book a place.

Thank you to everyone who came to see us on our stand at the Asda store in Wheatley on 14 July. We met lots of new families and look forward to seeing everyone during the summer.

### **Coming soon.....**

We will be running activities over the summer and will host additional Stay & Plays in Horspath Village Hall as well as Tiddington Village Hall. All dates, times and locations are listed in our programme.....please request a copy!

### **Maple Tree Centre holiday w/c 16 August:**

We will still be running our Outreach Service and Baby Cafe during w/c 16 August and our office will be open for phone queries. Please note, however, there will be no Buggy walks / Bumps to Babies, Stay & Plays and Children Centre mobile that week.

**National Playday:** We will be organising a National Playday event on 4 August, to

celebrate children's right to play. Look out for further information at our sessions.

Over the summer don't forget to come and visit the Children's Centre Mobile which will be visiting Tiddington on 12 and 26 August, which will also include a Stay & Play session. The CC mobile offers themed stories and rhymetime for our families to enjoy so please come and visit us!

A complete copy of our programme can be requested by calling 07988 159041 or emailing [sarah.lowman@oxfordshire.gov.uk](mailto:sarah.lowman@oxfordshire.gov.uk).

Children's Centres are a one stop shop for all young children, their parents, grandparents, childminders and other carers. As well as running **free** and low cost play events for families, we also provide a range of information and advice about local children's services, including health and education and outreach home support. Please contact us for a programme or further information on 07988 159041 or email [sarah.lowman@oxfordshire.gov.uk](mailto:sarah.lowman@oxfordshire.gov.uk)

The Maple Tree Children's Centre  
Tel. 07988 159041  
[sarah.lowman@oxfordshire.gov.uk](mailto:sarah.lowman@oxfordshire.gov.uk)



Children's Centres  
for families in Oxfordshire

**Waterstock &  
Tiddington W.I.**



Several members brought interesting antiques to the June meeting for Simon Jones to describe and value during his Roadshow. He

also gave us an amusing insight into the life of a fine arts auctioneer.

Alastair Lack's return visit to us in July, this time talking about the fascinating history of Oxford University and its more eccentric characters was very welcome and we shared his knowledge with several visitors from the village and also some members of Wheatley and Thame WI's.

This year we have a meeting in August, on the 12<sup>th</sup>, when Kate Bradford will help us to "Make the most of your memory". A kitchen item beginning with the letter "M" is the competition and that in September the letter "N".

On 9 September Catherine Hitchins' talk is entitled "Family history and the Registration Service". We also have a bring and buy stall.

Some of our members enjoyed a Summer Lunch with Sydenham WI in a lovely garden at Chalford, joining friends from other neighbouring institutes. We are also looking forward to a "Magical Pudding Club" evening organised by the County Federation - it sounds rather intriguing.

News of our members - we are sorry that Joan Wood has been having a difficult time following her ankle break and likewise Rosemary with a fractured hip. Now Pam has damaged her kneecap during a WI coach trip visit to Chatham Dockyard and is stranded in Gillingham having had an operation to repair it. They say things happen in threes and let's hope that is right!

We look forward to seeing you for our monthly meetings on the second Thursday of the month in Tiddington Village Hall at 7.30pm and new members would be sure of a warm welcome.

Zena Knight  
Tel: 01844 339340

## Tiddington Village Hall

### Tiddington Village Hall Fete & Social

On behalf of the Village Hall Committee I would like to extend my thanks to everyone in the village (and beyond) who gave up their valuable time to help make this year's fete another great success! It was fantastic seeing so many helpers turning out on the Saturday morning to make sure we were ready to welcome the crowds in the afternoon. Last year we had the threat of rain. However this time we were blessed with near perfect weather. The Chinnor Silver Band kicked things off at 2 and by 3 the field was full of people enjoying the various games and stalls. The afternoon was also made special by the choir from Ickford School and Tanya's School of Dancing who put on a great display in the sunshine.

Despite the current economic situation I am pleased to say that we still managed a profit of something in the region of £1,700, a little down on last year but still great all the same. The money will go to further hall improvements.

The social evening finished the whole day off nicely as we were able to sit outside and enjoy a beautiful sunset while enjoying various picnics, fish & chips or Mohti Mahal Curries.

You can see pictures of the day (thanks to Tracey Smith) by visiting

[www.tiddingtonoxon.co.uk](http://www.tiddingtonoxon.co.uk)

### Daniel Smith Blues Band

On Saturday 17<sup>th</sup> July the hall played host to Daniel Smith and his Blues Band for the second time. This was a re-arranged date from earlier this year. Another great evening of boogie woogie blues played by a fabulous group of musicians. We look forward to welcoming them back again next year.

### Bill Brownsill

After more than 15 years Bill has decided to retire as caretaker at the hall. On behalf of the committee, villagers and all the hall users I'd like to thank him for his great dedication and the effort he has put in to ensuring the



hall is in such brilliant condition. I know his talents will be missed but we look forward to still seeing him at various events where he can enjoy himself safe in the knowledge that he doesn't need to clean the gents' toilets the next day!

Alan Stratton  
Chairman

Tiddington Village Hall Committee  
01844 339430 or 278534



We are at the halfway point of our cricket season and we have been very lucky with the weather for our senior and junior sides. All our senior sides are sitting comfortably in the top half of their respective tables in the Saturday leagues. We aim to run two teams on a Sunday to encourage all, regardless of ability to enjoy a game, and there have been some enjoyable successes.

All our teams contain cricketers who have come through our youth system and this is valuable to the future of our club. The senior presentation evening will be on 9 October at the Club.

The junior sides have had good success at the younger ages and this should have a good effect on the older age groups in coming years. This is the first year we have run an under 9 team and so far they are unbeaten. This includes a few 7 and 8 year olds and show they are never too young to start. We have some great talent to come through.

Our youth coaching programme has been very successful, with in excess of 100 children attending on Tuesdays and Wednesdays. Coaching will continue on Tuesday evenings

during the summer holidays. Our Summer Academy, which is a week of coaching for juniors is on 16 August and numbers are reaching capacity. Our youth presentation evening will be on Friday, 10 September, with a barbecue and raffle.

All our work on the ground and surroundings has paid off and we have received many compliments from visitors from around the counties.

The Aunt Sally teams are competing with enthusiasm and varied amounts of success and we look forward to success with all our Tug of War teams who are training hard twice a week. We will be pleased to welcome them for a pre tug supper and also the traditional supper on the Monday after the pull.

Please enjoy the summer and drop in to see our youth or senior sides in action and enjoy a drink from the bar.

Lesley Pykett  
Tiddington Cricket Club  
07762 572558

#### Wheatley Library

<b>Monday</b>	Closed
<b>Tuesday</b>	2.00pm - 7.00pm
<b>Wednesday</b>	9.30am - 1.00pm 2.00pm - 5.00pm
<b>Thursday</b>	2.00pm - 5.00pm
<b>Friday</b>	9.30am - 1.00pm 2.00pm - 6.00pm
<b>Saturday</b>	9.30am - 1.00pm

The Merry Bells, High Street, Wheatley  
Tel: 01865 875267

Email: [wheatley.library@oxfordshire.gov.uk](mailto:wheatley.library@oxfordshire.gov.uk)



We have lift off! Wheatley Library are ready to launch children into orbit for an intergalactical adventure that will keep them reading throughout the school summer holidays...with *Space Hop*, the 2010 Summer Reading Challenge.

It's all free and fun, which is out-of-this-world news for parents!

The Summer Reading Challenge adventure runs throughout the summer holidays. Join Finn, Jessie, Nabil and Safiya - the crew of the *Ex Libris* - as they embark on their mission to set up the first lunar library. But watch out for those dastardly Spacekatz who might lead them into the nearest black hole.....

When children register at the library, they are given a fold out poster and holographic membership card. They then embark on their mission to read 6 books. There are three stages: Blast Off!, Space Race and Lunar Landing, each with great prizes and scratch and sniff stickers. New this year are glow-in-the-dark spinners and buzz cards. When children complete their challenge, they are awarded with a rainbow pencil, certificate and medal.

An interactive *Space Hop* ([www.spacehop.org.uk](http://www.spacehop.org.uk)) website has also just launched, linking children with top authors and illustrators, and giving them space to talk about their favourite books and to share reading ideas.

Look out for great new books, Space Hop puzzles, and activities at the library too! (*Put*

*dates and times of your specific activities if needed)*

Wheatley Library  
Merrybells  
Wheatley



### Thame & District Citizens Advice Bureau Market House, North St, Thame OX9 3HH

#### Opening Hours

Monday, Tuesday, Friday	9.30 – 4.00	Open door
Wednesday	9.30 – 1.00	Specialist debt clinic (appointment)
Thursday	9.30 – 1.00	Telephone advice

Advice line: 01844 214827  
Appointments line: 01844 217186

A Drop-in session is held at the offices of the United Reformed Church, Crown Square, Wheatley on Monday mornings from 10.00am-1.00pm

## Thame & District Citizens Advice Bureau

### The Budget and Benefits

Not sure whether you will be affected by any of the proposed changes to benefits announced in the budgets? Here's a handy summary for you:

- child benefit will be frozen for the next three years
- single parents will be required to look for work when their youngest child goes to school
- housing benefit will be limited to a maximum of £280 per week for a one-

bedroom property and £400 per week for a four-bedroom house

- a package of cuts to housing benefit from April 2011
- support for mortgage interest (paid with income support, income-based jobseeker's allowance and income-related employment and support allowance) will be paid at the level of the Bank of England's published average mortgage rate from October 2010
- health in pregnancy grant will be abolished from April 2011
- sure start maternity grant will be restricted to the first child only
- from 2013, a medical assessment will be applied to new and existing disability living allowance claimants
- the increase in state pension age to 66 will be accelerated
- benefits and tax credits, except for state pension and pension credit, will rise in line with consumer prices rather than retail prices
- from April 2011, basic state pension will rise in line with earnings, prices or a 2.5 per cent increase, whichever is the greater

If you are unsure about what benefits you are entitled to, you can contact your local CAB for a free benefits check or go to <http://www.adviceguide.org.uk>



**THAMES VALLEY  
POLICE**

**0845 8 505 505**

**The single number for non-emergency calls**

## **GREAT HASELEY AND DISTRICT HORTICULTURAL SOCIETY**

We look forward to our Annual Show on Saturday, 28 August and hopefully it will be a great success and fun for all.

Then will come September when supplies of fruit, vegetables and flowers exceed demand so harvest and store, freeze, make jams and chutney and give away any spare to friends and family.

Dig main crop carrots and potatoes and store. Harvest marrows, squash and pumpkins, remember the Haseley Pumpkin Show. Late tomatoes can be taken indoors to ripen, or make chutney. Burn or bin any potato or tomato plants affected by blight. Weed around winter vegetables such as parsnips, leeks, cabbages and broccoli and sprouts.

Pick apples and pears and store in a cool dark place. Pick blackberries, and cook with windfall apples, for jelly, jam or for storage in the freezer for a warming winter pie. Sow herbs in pots for a winter supply.

In the flower garden clear summer bedding when over. Keep picking dahlia and chrysanthemum, for a prolonged display. Buy and plan planting spring bulbs with spring bedding plants, such as wallflowers, forget-me-not and sweet william.

Pot up prepared hyacinth bulbs for a show at Christmas, keep them cool and dark until tips appear.

Cut down perennials as they die back, keep some seed heads for winter display and for the birds.

Clear weeds and move self seeded plants like foxgloves and hellebores to better spots.

Enjoy the rich glowing colours in the low late summer sun and the turning leaves and berries.

## NHS Oxfordshire

Being physically active is one of the best ways of protecting our health. Regular exercise can lower our risk of getting serious conditions, such as stroke, heart disease and certain cancers. It can add years to our lives, but most importantly, it keeps us happy and helps us maintain our independence as we age.

NHS Oxfordshire is working to develop an active aging network, and wants to commission (purchase) an older people's exercise, health and wellbeing service for the benefit of Oxfordshire residents. The service will support and develop a network of opportunities ranging from community based exercise and healthy living programmes such as:

- health walks
- dance and exercise to music sessions

or, more specific, structured interventions such as:

- a defined course of postural stability to improve balance
- strength training
- aerobic training to support rehabilitation following a stroke or a fall.

As part of this we want to know how active people are, what they do already to keep active, if they don't do anything why not and what kinds of things would be of interest to keep fit and active. We have developed an online survey so people can tell us their views. The survey is available to fill in online at the NHS Oxfordshire website:

<https://consult.oxfordshirepct.nhs.uk/consult.ti/activeagingnetwork/consultationHome>

The closing date is 11:59 pm on 22 August 2010 and should take about 10 minutes to complete.

## What has Water got to do with Energy?

The short answer is... plenty! About 70% of global freshwater is used in agriculture - this provides us with our food energy. Hydropower provides some 20% of global electricity.

On average each person in the UK uses 150 litres of water a day. According to Waterwise, this rises to 3400 litres a day when you add the water used to produce the goods we import. Moving this lot around takes energy.

We're lucky - we get rain in the UK, but as summer hosepipe bans imply, we should not take water for granted. There are many easy ways to use less:

- Keep showers short - especially if you have a power shower
- Reuse water - bath water is fine for watering plants
- Have a water meter fitted - on average metered homes use 15% less water
- Modify your toilet to give you a reduced or graduated flush
- Fix dripping taps

Also note that 30% of the average UK gas bill goes on heating water, so insulating your hot water tank and using less hot water will save you money.

For further information, visit [www.cocoonyourhome.co.uk/saving](http://www.cocoonyourhome.co.uk/saving)

