

# TIDDINGTON WITH ALBURY & MILTON COMMON NEWSLETTER

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

FEBRUARY/MARCH 2010

## From the Editor

Skydiving, marathon running, abseiling - whatever next!

If you are into these extreme sports see pages 4 & 13 for skydiving, page 13 for marathon running and page 7 for abseiling. I expect most of you will prefer to take the less energetic way and sponsor so check out those pages anyway and support the good causes.

If you would prefer something more sedentary, perhaps duplicate bridge might take your fancy (see page 13), a Quiz Night (page 9) or a Race Night (page 10).

Whatever your interest, we look forward to the better weather hopefully on the way.

Zena Knight

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



Welcome to more new members.

In December, two tractors were stolen from Rycote Lane Farm, Milton Common.

Description as follows:

1 X John Deere 6230 Premium 40kph  
Registration Number HY08 DZZ

S/N L06230G569313

1 X John Deere 7530 Premium 50kph  
Registration Number OU09 DWZ

S/N L07530N599218

For Country Watch members: if you are offered these tractors or have any information please call the police on 08458 505 505.

Hoping we get a summer this year we will try to arrange a social event for the summer.

Dog Watch spotted a cooker that had been dumped in Sandy Lane, at the bottom of the hill. Thank you to our local farmer for moving it, as it was a hazard.

Thank you to all dog walkers and their pooches that helped with Dog Watch over the festive season.

As we are expected to have more snow at the beginning of February, please continue to look out for any of your neighbours who may be elderly or vulnerable, particularly so during these adverse weather conditions. Some people who are elderly or infirm are unable to leave their properties when there is snow and ice on the ground and may need help to purchase essentials.

Elaine Horne

NHW Co-ordinator M/C and Sandy Lane  
01844 279520

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## From the Parish Clerk

**Drainage works in Tiddington** - the recent heavy snowfall will test the renovated system as the thaw happens. We wait to see if waters will disperse without problems. In spite of a number of requests, I still do not have information concerning the camera survey, which may have shown up deficiencies in the pipeline.

**Traffic vibrations on A418-** no sign yet of the 30mph roundels we have been promised for the approaches to the village. Vibrations continue to be a great worry to residents but Highways are not receptive to requests for any further action at this time.

**Sandy Lane** - our County Councillor has been very helpful in applying some pressure regarding the problem with surface water in Sandy Lane. In the meantime, as instructed by the Parish Council, I have contacted our MP, John Howell, regarding the apparent inactivity demonstrated by Oxfordshire Highways in relation to the ongoing problems in Sandy Lane. Mr Howell informs me that he has been in correspondence with Highways and that Gordon Hunt, Drainage Engineer, should be in contact with me.

### 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	

In fact, John Howell has now emailed me as follows:

"I have now heard back from Gordon Hunt at Oxfordshire County Council about Sandy Lane. He points out that the main issue was a land drainage problem which was an SODC matter and that SODC agreed to lay a new pipe down the lane. This would then allow OCC to construct a new gully to catch the water flow. I understand the new pipe was laid before Christmas and that the gully will be constructed as soon as the weather improves."

All this appears to be good news, although it would have been helpful to have been kept informed. We now await installation of the new gully.

**Footpath/pelican crossing** - as previously indicated, the footpath to the bus shelter from the Station Yard development is to be re-instated under the S106 agreement with the developers. We continue to explore all avenues to have a pelican crossing installed for the safe crossing of the A418. David Turner, our County Councillor is very active in this matter and is exploring various approaches, including possible areas of funding. Alan Stratton is in training for the London Marathon and intends that any monies he raises will go towards the cost of the crossing. Good luck Alan.

Ken Poyser  
Parish Clerk

### 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.

**FREE!**  
**SWAP SHOP**  
**Saturday, 24 April,**  
**9.30am – 11.00am**

**Merry Bells, Wheatley**

Bring useful old stuff you no longer need;  
take away FREE stuff that is useful to you.

If you are bringing stuff it  
needs to be in the hall by 10.00am

**You can now bring (small) electrical items!**

We have a notice board to advertise items too big to carry easily.  
Bringing is not compulsory – call in and see if there is something you want to take.

**Recycling:** You can also bring used printer cartridges (not Epson, please), old mobile phones, Tetrapaks, plastic milk bottle tops, batteries and foil milk bottle tops for us to recycle.

Refreshments available (small charge)

Run by Wheatley Community Action Group  
[www.wheatleycag.org](http://www.wheatleycag.org)

Reuse, recycle and keep stuff out of landfill!

**From your Chairman**

The New Year has begun with an unusually cold spell which has caused understandable inconvenience, but the village has coped admirably.

Unfortunately one of the consequences will be further delays in road repairs and ditching and drainage work, which are already suffering from cuts in local authority funding.

Your council will continue to keep pressing to make sure we don't lose our place in the queue.

John Nowell-Smith  
339650

**THAMES VALLEY POLICE**  
**Tiddington Police Surgery**  
**Thursday, 11 February, 6-7pm**  
**Village Hall Car Park**

**LITTER**

Please take your litter home with you.  
Watch out for the dates of a litter blitz week-end in the next newsletter

**From your District Councillor**

Unfortunately the very cold weather has led to a great disruption to waste collection services. The council has worked very hard indeed to keep collections going in very difficult conditions and to keep householders informed of the inevitable changes in collection dates. It has, in my view, done a very good job. However, on behalf of SODC, I offer you my sincere apologies for the inconveniences you have suffered.

John Nowell-Smith  
339650

**New Play Facilities For The Village**

Some of you may have noticed this in last December's newsletter.

I have been asked by the Parish Council to look at developing some new play facilities in the village. There are currently various funding opportunities available and we should do everything we can to make use of them.

What I need is feedback. What do our youngsters want? What do they need? How can we make this happen? etc etc. Please encourage them (if they are not already reading this themselves) to email me their ideas ([Stratton@gmx.com](mailto:Stratton@gmx.com) or Facebook).

Perhaps it might be a multi sport hard surface fenced play area, a BMX track, training circuit etc. And remember, I'm not just thinking children; maybe the adults might like a tennis court?

Please let me know so that I can take ideas back to the Council and obtain budgets from suppliers.

Alan Stratton

## **Monthly Farmers' Markets**

**Great Haseley Village Hall – 2<sup>nd</sup> Sunday**

**Tetsworth Village Hall – 3<sup>rd</sup> Saturday**

**Thame – 2<sup>nd</sup> Tuesday**

## **Carol Evening**

The proceeds of the Carol Evening held in aid of Cancer Research UK on 14 December amounted to £342.12

Very many thanks to all who supported the evening

Anne Edwards

## **From the Vicar**

As I write this letter, we are still very much in the grip of the coldest winter for many years. Listening to local radio I heard something like this: "the snow has caused potholes to occur on many roads so please drive carefully. Meanwhile in other news, thousands are feared dead in a devastating earthquake in Haiti." Sometimes it is hard to keep a sense of proportion. As I write, the snow is still deep in our garden and the devastating effects of the Haitian earthquake are clear to see. The pictures from Haiti certainly put a perspective on our frustrations with the weather.

This year Ash Wednesday falls on Wednesday, 17 February. Of course Ash Wednesday marks the beginning of Lent and offers us a chance through prayer, worship and personal discipline to get things into proportion. We are used to thinking of Lent as a time to give something up,

a time to be extra strong in resisting temptations; but equally it is about striving to regain a right balance to our lives.

Lent gives us an opportunity to look in two different directions. We can look inwards and assess our own lives. This may lead us to give something up, such as over working, chocolate, soap operas or cigarettes, anything that controls us in a negative sense. Perhaps these changes will last longer than the forty days of Lent. Alongside prayerful introspection Lent offers the chance to look outwards and perhaps take something up. Possibly it will mean spending more time in prayer or Bible study, more time with friends, or taking more exercise. Lent is not a time to be negative and to concentrate solely on self denial and making ourselves miserable, it is a time to reassess and turn around our lives so that they are more God centred. There should be joy in our Lenten observation.

As Christians we have the life and example of Jesus to follow. This year in the church lectionary we are reading through the gospel of Luke. In Luke 4 we read about Jesus facing many different temptations and resisting them all. In verse 13 we read "and the Devil left until a more opportune time". We do not talk about the Devil very often but whatever language we use temptation is always just around the corner and waiting for an opportune moment. For my part I know I give in to personal temptation more often than I would like. This Lent if we aim to look both inwards and outwards I believe we shall be helped to see things in better proportion and be more able to follow the example of Jesus.

This Ash Wednesday please try and begin Lent by coming to worship in church. We are departing from the pattern of previous years and having an Ash Wednesday service following a simple lunch at Stanton St John Village Hall. Lunch will be at 12.00 noon on Ash Wednesday

(17 Feb) and the service will begin at 1.00pm. It would be wonderful to have a large congregation for that service. As Christians we are at our best when we worship together, pray together and eat together. We are stronger together and when we meet as Christians to worship, pray and eat together we build up the church as the Body of Christ. This is what unites us and inspires us, helping us to share each other's burdens and each other's joy and to gain a better proportion in our lives.

Caroline King

## St Helen's Church Heating Fund Abseiling Event

On 4 July there will be an **abseiling event** for local participants down the wall of the Women's Centre at the John Radcliffe Hospital. This is primarily to raise money for a new church heating system but should also be great fun.

Other people I know who have done it have thoroughly enjoyed it. I might even do it myself! It will, I suspect, be of most interest to some of the fitter (younger) of you, especially members of the Cricket Club, with whom Peter King will be in touch in due course. I should add, if you don't feel up to doing it yourself, you can always nominate a friend to jump in your place.

You must be over 18 and there is a fee of £10.00. You must also raise £150.00 in sponsorship money.

New church heating and repairs are desperately needed. During the recent cold snap the church was to all intents and purposes unusable.

If you are at all interested please get in touch with John or Moo Nowell-Smith on 01844 339650 or email [john@nowell-smith.com](mailto:john@nowell-smith.com) and we will send you an application form, giving further details.

John Nowell-Smith

Church Services	St Helen's Church, Albury
<b>7 February</b>	9.30am Morning Prayer with David Bendor-Samuel
<b>14 February</b>	9.30am Holy Communion with Caroline King
<b>21 February</b>	9.30am Morning Prayer with Richard Bainbridge
<b>28 February</b>	9.30am Holy Communion with Caroline King
<b>7 March</b>	9.30am Morning Prayer
<b>14 March Mothering Sunday</b>	9.30am Holy Communion
<b>21 March</b>	9.30am Morning Prayer
<b>28 March Palm Sunday</b>	Cluster walk from Waterstock to Waterperry



Happy New Year from the team at the Maple Tree Children's Centre! At the start of 2010 we are launching some new activities in our villages.

### Calling all childminders, aupairs and nannies.

Our childminders drop-in sessions will be run with the support of the Trio Childminding Network one a month, so if you are a childminder or thinking of becoming a childminder come along and join us with the children you look after for some great play opportunities, the chance to meet up with new

people and find out about new training opportunities and legislation. These sessions will be run each month on the 4<sup>th</sup> Monday starting from 22 February from 9.30-11.30 at Horspath Village Hall, Oxford Road, Horspath

**Family fun sessions** - following the success of this event in October, we are planning to hold a mini fun session on Thursday, 4 March from 10.00-12.00 and an Easter Family fun day in April. Look out for more details at your local stay and play, or contact Sarah Lowman on 07988 159041.

**Bumps and Babies** has moved to the Wheatley Youth Centre in Littleworth Road but still runs from 2.00-3.30pm, and we are delighted that Gerry Jewell, Health Visitor, is joining us at these sessions in addition to her regular Wednesday clinic at Morland House. Don't forget we also run a drop-in alongside the Wednesday clinic in the Barn at Morland House.

Children's Centres are one-stop shops for all young children with their mums, dads, grandparents, childminders and other carers.

For a complete copy of our programme please contact Sarah Lowman on 07988 159041 or email [sarah.lowman@oxfordshire.gov.uk](mailto:sarah.lowman@oxfordshire.gov.uk)



**Children's Centres**  
for families in Oxfordshire

## Waterstock & Tiddington W.I.

In December, John Cornwall provided some stunning photographs taken at different seasons of the year, showing the scenery and wildlife of northern Britain. He described his adventures in his motorhome, even venturing out in the winter snows. With the Hall already

decorated for Christmas, we enjoyed seasonal refreshments and exchanged presents.

Like many other activities disrupted by the weather, our January meeting was cancelled. The deadline for the AGM resolutions voting has been extended so please bring your completed forms from page 9 of the Nov/Dec edition of WI Life to the February meeting.

On 11 February we have the welcome return of Martin Way, this time to talk about horse brasses. Please bring an item from the kitchen beginning with the letter "H" for the competition.

11 March sees our annual meeting, when we review our activities of the year and look forward to a new programme of speakers. We will have a bring and buy stall and the competition item begins with the letter "I".

It is also the season for the County AGM on 24 March in Oxford Town Hall, and the afternoon is devoted to "Undressing Mr Darcy", an intriguing title! Members are invited to apply for tickets.

An advance date for your diary is the Group Meeting on 22 April. We are hosting it in the Village Hall and the speaker is Susan Howe, a well recommended after-dinner entertainer. Her subject is "Hysterical History".

What seems to have become quite an annual event with us takes place on **Saturday, 13 February** - yes a **Quiz Evening**. Tables of 8 or come to join a table on the night and bring your own food and drink. Tickets available at £5.00 from Anne Purnell (279429) or Maureen Marchant (339300).

Finally members are reminded that subscriptions are due and our Treasurer would be very pleased to receive cheques for £29.50 at the February meeting.

We look forward to seeing you on the second Thursday of the month in Tiddington Village Hall at 7.30pm

Zena Knight  
Tel: 339340

## Tiddington Village Hall

I hope 2010 is treating you well so far.

In December we held two events, both of which were a huge success. On the 5<sup>th</sup> we had the Annual Christmas Dinner and Dance and then Christmas Bingo a week or so later. Between them they raised over £800.

On behalf of the Committee, I would like to thank everyone for coming, and in particular all the people who donated and helped collect the brilliant prizes for the bingo. Once again we were overwhelmed by the generosity of the villagers. I would also like to thank Peter Bernstrom from the Belfry Hotel who arranged a special voucher for dinner, bed and breakfast at the hotel, that was auctioned on the night, adding even more to the total. Don't forget there are regular Bingo sessions in the Hall throughout the year.

In February, the Hall will once again host a *Live & Local* event supported by SODC. Following the success of their performance last year, **The Daniel Smith Blues Band** returns on **Saturday, 6 February**.

Tickets (£10 each) are still available and if you want to reserve yours, please call me on 01844 339430/278534, text me on 07889 851588 or send an email to [alan@medialane.co.uk](mailto:alan@medialane.co.uk)

Also, a reminder that this year's **Village Fete** will be on **Saturday, 10 July**. More details in the next newsletter!

With best wishes for 2010.

Alan Stratton, Chairman  
Tiddington Village Hall Committee



With the club either snowbound or waterlogged over the last few weeks, it is hard to think of a cricket season only 3 months away. We have a lot of work to do during these months to prepare the club and will be arranging a series of work parties to tackle various indoor and outdoor tasks. All help always welcome - no experience necessary!

Most fixtures are in, but as always, the eagerly awaited Village Knockout draw has yet to arrive. The planning for the season is always on-going and a new coaching committee, led by Paul Gladdy, has been formed, as this is now a very major part of the club and will oversee our junior and senior coaching sessions. We are running junior indoor coaching sessions at Ickford School, for our younger players, to prepare them for the season. Outside, junior coaching will commence on 27 April and the signing on evening will be 13 April. Senior nets will be at Lord Bill's, commencing 7 March. All details will be available shortly on our website.

The AGM will be held on 28 February at 7.30pm and all members are welcome to attend. We would love to hear from anyone interested in joining the committee. There will be a Race Night on Saturday, 27 March, 7.30pm. Tickets are £2.50 to include a supper. If you are interested in sponsoring a race, it will be £25 per race to include ownership of one horse. Horses and Jockeys will also be for sale prior to the evening. Full details in the Club.

100 Club winners are: December, Sue Pearce, Pauline Field, Adrian Purnell and Sue Smith; January, Kim Morrish, Dot Wood and Geoffrey Runnicles.

We look forward to welcoming you at the Club.

Lesley Pykett  
07762 572558

## Wheatley & Chalgrove Neighbourhood Action Group

The Wheatley neighbourhood also covers the parishes of Woodeaton, Elsfield, Beckley & Stowood, Stanton St John, Forest Hill with Shotover, Holton, Waterperry with Thornley, Horspath, Garsington, Sandford on Thames, Waterstock, Tiddington with Albury, Cuddeson with Denton, Toot Baldon and Marsh Baldon.

Overall the crime figures for the local area are down for the same previous three months of 2008. We had 20.7% fewer crimes in August, September and October than we did at the same time in 2008. We have, however, experienced a recent increase in criminal damage and burglaries across the area. The run up to Christmas is historically a time when burglaries increase as offenders know that people have presents etc at home prior to Christmas. Residents are reminded to ensure that their properties are as secure as possible and to leave electrical items such as lights or radio etc switched on when not at home, to give a potential burglar the impression that someone is in the property. You can get free crime reduction advice by calling Thames Valley Police on 0845 8 505 505.

Incidents of violence, vehicle crime and anti social behaviour have all significantly reduced compared with the same period in 2008.

As I mentioned above we did have an increase in criminal damage and stone throwing around November and early December. However this seems to have stopped. Local officers mounted a number of operations to try and combat this behaviour and catch any offenders and enquires are continuing to identify anyone who caused any damage. Local officers will continue to be vigilant when out on patrol.

There have been very few incidents of anti-social behaviour and officers have not had to seize any alcohol from any young people. At this time, other than the stone throwing mentioned above, there has been significantly less ASB in the area than in previous years.

The current local Neighbourhood Action Group priorities are:

- ✓ Speeding
- ✓ Rubbish/litter
- ✓ Parking

Local officers have been monitoring levels of litter and/or fly tipping and have the power to issue £80 fines if necessary, although we have not had cause to so far. Local officers have carried out a number of speeding and other motorist related operations during December with the following results:

86 speeding fines issued

2 vehicles were seized by police and removed from the road because the driver had no insurance

25 drivers have been breathalysed

4 drivers had received fines for or been required to have defects on their vehicles repaired.

A number of drivers were given road safety advice and warned regarding improper use of fog lights (using fog lights when it is not foggy or when visibility is not reduced is punishable by a £30 fine.)

Over 200 drivers were spoken to about drink/drive awareness and over 2000 cars were automatically checked by our ANPR systems to ensure that vehicles on the road had tax, MOT and insurance.

Our main parking problem area is around Oxford Brookes University, Waterperry Road and Old London Road. Officers have issued numerous £30 parking fines at those locations. Officers will also be at the relevant locations during early mornings as often as realistically possible to deter motorists from parking there

and we are liaising with the local council with a view to getting new signage erected to deter people from parking in prohibited areas.

Throughout the month local officers have liaised closely with our local parish councils and our local Country Watch members. Garsington primary school recently had a prize giving ceremony which local officers attended as part of our local primary school speeding and parking poster competition. In due course the winning pupil's posters will be made into signs which will be displayed across the local area to raise the awareness of speeding and inconsiderate/illegal parking.

The local area Neighbourhood Action Group (NAG) will soon be consulting with local residents about what priorities local residents want the NAG to deal with in 2010. We are looking for community consultation volunteers to assist us with this consultation and if anyone can help us or wants further information then please contact PCSO Ken Cooney on 0845 8 505 505.

Upcoming local meetings/Surgeries for 2010 are:  
Thursday, 11 February 2010: Tiddington Village Hall car park, Thame Road, Tiddington between 6pm-7pm

Saturday, 13 February 2010: Wheatley Police Office, Merry Bells car park, Church Road, Wheatley between 10am-12pm (lunchtime)  
These meetings are an ideal opportunity for local residents to speak to their local police officers and PCSO's about any local issues. No appointment is necessary, just turn up and speak to your local officers. Further surgeries will be publicised locally and on the force website at [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk).

If you want any advice or would like to contact the neighbourhood team you can call us on the police non emergency number 0845 8 505 505 or email

WheatleyNHPT@thamesvalley.pnn.police.uk.  
Please note this email address cannot be used

to contact Thames Valley Police to report crimes or for any urgent matters. Alternatively you can visit the force website at [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk) to view information on your neighbourhood.

Ken Cooney  
Police Community Support Officer



**THAMES VALLEY  
POLICE**

**0845 8 505 505**

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

#### **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

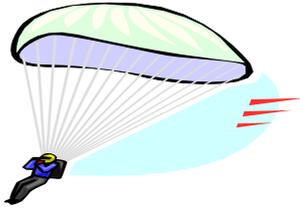
The Merry Bells, High Street, Wheatley  
Tel: 01865 875267  
Email: [wheatley.library@oxfordshire.gov.uk](mailto:wheatley.library@oxfordshire.gov.uk)

#### **Thame & District Citizens Advice Bureau Opening Hours**

<b>Monday, Tuesday, Friday</b>	9.30 - 4.00	Open door
<b>Wednesday</b>	9.30 - 1.00	Specialist debt clinic (appointment)
<b>Thursday</b>	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**



## LOCAL DAREDEVILS TO TAKE THE PLUNGE AND JUMP OUT OF A PLANE FOR BREAST CANCER!

Colette Farnborough from Tiddington and Emily Ward from Thame will be doing an exhilarating skydiving jump on 20 March in Bicester to raise funds for Breakthrough Breast Cancer. Colette and Emily plan a Tandem Jump from at least 10,000 feet, of which 5,000 feet will be freefalling at 120mph!

Breast cancer is the most commonly diagnosed cancer in the UK with nearly 46,000 women and 300 men diagnosed with the disease each year. By doing a skydive and raising much needed funds for groundbreaking research, campaigning and education work, you can help the charity to beat the disease and remove the fear of breast cancer for good.

If you would like to get involved in a skydiving parachute jump to raise money for Breakthrough Breast Cancer please call 0207 025 2426 or email:

[parachuting@breakthrough.org.uk](mailto:parachuting@breakthrough.org.uk) for an information pack containing full details and a registration form.

Colette and Emily are calling on all local people and businesses to sponsor them and join them in supporting Breakthrough. To sponsor please call Colette on 01844 339379 or mobile: 07554 313032.

Colette Farnborough



## Wheatley Bridge Club

Wheatley has a non-affiliated Bridge Club. We meet every Monday (except Bank Holidays) at Holton Village Hall from 7.00pm until 10.00pm. We play Duplicate Bridge in a relaxed friendly social style. There is sufficient competition to make our sessions pleasurable and enjoyable without being over-bearing. Our session fee is currently £2.00 per person, which includes coffee, tea and biscuits.

If you have any interest in a game of Bridge, there could be no better way of mixing with like-minded friends, so why not give it a try. We are currently seeking more members and you are more than welcome to join us any Monday for a taster session.

If you are interested and would like more information please contact Geoffrey Runnicles on 01844 338369 or Ray Southgate on 01865 872360



## ALAN'S RUNNING THE LONDON MARATHON

As many of you already know, I've set myself a very personal challenge this year and that is to run the 26.2 mile London Marathon which takes place on Sunday, 25 April.

My aim is to raise as much money as possible to help fund a pelican crossing for Tiddington. It doesn't seem to matter how busy the road is, the fact that children have to cross it to get to school or use the play area, the Council simply won't earmark any money to pay for it. So I'm afraid it is down to us to try and do something about it. Tiddington (fortunately)

does not have a bad accident record so we are not a priority. It is my belief that we need to help prevent a serious accident from happening rather than wait to become a statistic that needs addressing after the event.

Of course, to do this I am going to need as much help and support that I can get, both with the training and the fundraising. I've now got a website [www.marathoncrossing.org.uk](http://www.marathoncrossing.org.uk) and soon there will be a link from here through to the JustGiving.co.uk site where I intend to "collect" the money. The great thing about using this site is not only that money can be given by debit or credit card but we can use the Gift Aid facility. Basically, providing the money has come from a UK tax payer, the Government will give the charity another £1.93 (after fees) for every £10 pledged.

I am also looking to companies, not just locally but even internationally through my range of contacts I have built up around the world over the past 20 years. Companies who donate will become sponsors and not only will they get a mention on the website but I also hope to display their logos on my specially made running vest that I plan to wear on the day.

The first company to offer their support has been **The Oxford Belfry Hotel** who has very kindly "given" me 2 x 6-month full joint memberships for their health spa and gym. One of the pairs has already been snapped up so if you have thought about joining the gym and would like to offer me a donation then please let me know.

As well as the support I need to raise the money, I'm also looking for training support so if you fancy joining me for some of my training runs either on foot or perhaps on your bike then again please let me know.

Rather frighteningly, when the next newsletter comes out in April I will be less than 4 weeks away from completing the biggest challenge of my life.

Alan Stratton

01844 339430 / 278534

[Stratton@gmx.com](mailto:Stratton@gmx.com) or join me on Facebook

## Newington Nurseries

### Winter Blooms using Hellebores

Our gardens are probably looking a little sleepy at this time of year so how about injecting a little brightness and beauty with some eye-catching Hellebores? Appearing to strike through the surface of the ground when all else is dormant, Hellebores make an arresting sight.

Their beautiful flowers, white, cream, pink, purple or green and sometimes with lovely detailing, are a great sight during the winter. Plant in groups, ideally in threes or fives, so as to create greater impact. Even though their winter beauty provides a welcome contrast to murky skies, being evergreen, they provide structure and interest throughout the year.

Plants of the woodland margin, Hellebores are happiest where they can enjoy both sun and shade. Plant near trees in a woodland setting or in a mixed shrub border. They're tolerant of a range of soils, but prefer moist, fertile, humus-rich soils and will get off to a flying start if you improve the soil at the time of planting with leaf mould or compost.

Some classic choices for hellebores are *Helleborus niger* 'Potter's Wheel' with its large white flowers and green-eyes or *Helleborus x ballardiae* 'December Dawn' which has big white flowers (6-8cm across), flushed pink-purple. *Helleborus foetidus* (Stinking Hellebore) is so called because the leaves give off an unpleasant smell if crushed but the flowers are a fabulous green and often have the exquisite detail of being purple-margined. *Helleborus foetidus* 'Miss Jekyll' contradicts the name of 'stinking' by having lovely fragrant flowers. As a final suggestion, look out for the much loved *Helleborus hybridus* 'Peggy Ballard' with its gorgeous deep pink flowers.

These stars of the winter garden are easy to establish and require little maintenance in return for a wonderful show.

### Plus, did you know?

*Helleborus* has a rich if shady history as a 'medicinal' plant. The ancient Greeks apparently used it as an early chemical weapon. Scholars discovered that they used parts of the plant to poison the wells of their enemies. It often appears naturalised around the ruins of mediaeval European monasteries also. One interpretation of this is that the monks used it as a herbal treatment for ailments. According to English folklore, crushed hellebore leaves were used as a treatment for intestinal worms in country districts. The dosage had to be correctly administered as the leaves are known to contain alkaloids and other chemicals that could lead to poisoning (think of the Greeks). *Helleborus* was also used in the Middle Ages to ward off evil influences thought to be lurking in the house. In contrast, *Helleborus* was said to be used in witchcraft to summon undesirable spirits.

**Finally**, don't forget about the birds. You may have recently read the RSPB's report indicating that this recent cold, snowy snap will have a detrimental impact on our bird population. Frosty nights and/or long spells of rain cause birds to lose their condition. If you've been feeding them, make sure that you keep feeders clean and full. If you haven't, why not invest in some modern, hygienic bird feeders? You'll be helping populations of both local and over-wintering birds with the bonus of getting to enjoy the fun of bird table politics – so much more entertaining than the human kind.

Newington Nurseries, Newington, nr Stadhampton, Oxon, OX10 7AW

Tel 01865 400533 [www.newington-nurseries.co.uk](http://www.newington-nurseries.co.uk)

## Oxfordshire County Council Safeguarding Adults Board

Adult abuse is when a person is treated in a bad way or in a way that makes them feel frightened or unhappy, harms, hurts or exploits them - particularly by someone they know or should be able to trust.

Some adults are particularly vulnerable to abuse, such as people who have:

- dementia
- learning disabilities
- mental health problems
- drug or alcohol problems
- sight, hearing or physical disabilities

or who, through age or illness, are dependent on other people to help them or who care for others.

Anyone can be vulnerable to abuse at some time in their lives: men and women, rich and poor, from any ethnic background.

Abuse is not always deliberate. It sometimes happens that people are trying to do their best but feel stressed, or they don't know what to do because of lack of knowledge, training or understanding.

Safeguarding people who are at risk from harm as a result of abuse, neglect, exploitation or mistreatment and improving the choice and control people have in their lives are key priorities for the Oxfordshire Safeguarding Adults Board, including Oxfordshire Social and Community Services and its partners.

We are committed to:

Identifying where individuals are at risk

Enabling individuals to maintain the maximum possible level of independence, choice and control within safe and secure communities

Promoting the wellbeing, security and safety of vulnerable people consistent with his or her rights, capacity and personal responsibility, and prevent abuse occurring wherever possible

There is help available. Further information can be found on the website:

[www.safefromharm.org.uk](http://www.safefromharm.org.uk)



UK households are throwing away 8.3m tonnes of food a year, most of which is perfectly edible. A typical family with kids bins £680 worth. Equally unsettling is the environmental cost - the wasted water and energy in growing and transporting uneaten food and the methane it produces in landfill. So, how can we do better?

### **1) Send less food to landfill**

WRAP, the UK authority on waste & recycling, recommends that we plan meals, manage portions, keep an eye on 'use by' dates, and freeze surplus (See [lovefoodhatewaste.com](http://lovefoodhatewaste.com))

### **2) Compost food waste**

Over 30% of average household waste could be composted. Peelings and tea bags can be converted into rich food for your garden. Home composting doesn't starve waste of oxygen so it releases very little of the potent greenhouse gas methane.

### **3) Recycle food containers**

On average the UK resident sends 2000kg of waste to landfill every year. Why not recycle? Aluminium cans are one of the most cost effective materials to recycle. Compared to manufacture from scratch around 95% of energy can be saved. 80% of all glass sent to recycling reappears in the UK, mostly as new bottles and jars.

For more green, money saving tips, call the Energy Saving Trust on **0800 512 012**

Recycling – start them young

