

TIDDINGTON WITH ALBURY & MILTON COMMON NEWSLETTER

www.tiddingtonoxon.co.uk

JUNE/JULY 2010

From the Editor

Congratulations to Alan Stratton in successfully completing the London Marathon and many thanks to him for writing about his experiences and making us feel we were there too (see p 13).

Now it is all happening in July! Abseiling for Church funds on the 4th (p 4), the Village Fete on the 10th (p 10), a barbecue on the 11th (p 16) and not forgetting the welcome return of the Daniel Smith Blues Band on the 17th (p 12).

Have a happy summer.

Zena Knight

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



BURGLARIES IN MILTON COMMON
Between Tuesday, 11th and Wednesday, 12th May, two properties in Old London Road, Milton Common, were burgled. Entry was gained to one property via patio doors and via the front door at the second property.

Over the same period there was theft of number plates and a passenger seat from vehicles in London Road.

Please be extra vigilant and report any suspicious looking people or vehicles in the area to the police on 08458 505 505.

Elaine Horne

NHW Co-ordinator M/C and Sandy Lane

Tel: 01844 279520

Tiddington

Over a period of time, several villages, including Tiddington, were subject to a number of burglaries. Thanks to the response from members of the public, the description of a car was traced to two individuals from Leicester, who have been charged with those burglaries.

If you see anything suspicious, immediately write down the details (including the vehicle number plate if available), and then contact the police. Your actions could save your neighbours from the distress of being a victim of crime.

Do remember not to leave windows or doors open to your house if you are planning to sit out in the garden during the fine weather. This is one of the ways that these opportunistic burglars are able to enter your property.

If you want more advice on keeping safe, please contact me for a Neighbourhood Watch leaflet and sticker for your window.

Chris Williams

NHW Co-ordinator Tiddington

Tel: 07710 620820

Email: meteorltd@btinternet.com

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From the Parish Clerk

This is a fairly quiet time for Parish Council matters, but 'old chestnuts' continue to give concern:

Drainage works in Tiddington - the work done on the drainage system by the Fox on the A418 seems to have alleviated the flooding problems and the forecourt of Tiddington Garage and the area outside the Fox seem to be free of the surface water which was such a distressing matter for both businesses.

Traffic vibrations on A418 - no sign yet of the 30mph roundels we have been promised for the approaches to the village in spite of my requests for these to be installed as promised. Vibrations continue to be a great worry to residents but Highways are not receptive to requests for any further action at this time. I have pointed out that the hatching is wearing away by the Ickford Road turning, which should facilitate the reinstatement of continuous white lines, which we have been asking for.

Sandy Lane - the new pipe to improve the flooding problem in Sandy Lane was laid before Christmas and the gully to finish the work was to be constructed 'as soon as the weather improves'. Nothing has yet been done by OCC, although the weather has indeed improved and we are now in a new financial year.

Footpath/pelican crossing - as previously indicated, the footpath to the bus shelter from the Station Yard development is to be reinstated 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 successfully completed the London Marathon and intends that monies he has raised will in part go towards the cost of the crossing. Well done Alan - I owe you £20!

Potholes - I said this in the last Newsletter but nothing has changed. Do make your feelings known to Highways. Some of the gaping holes in the roads around the village are really dangerous, particularly if you are on two wheels.

'Reporting of potholes to Oxfordshire Highways does not seem to result in anything being done. Heaven knows what state the roads will be in after this winter. The more we report problems, the more chance there is of something being done. If there is a particular area of concern to you, lift the 'phone!'

Finally.....

..... some local farmers have, apparently, voiced some concern that walkers are straying off footpaths. Respect for each others' rights is vital to the harmonious enjoyment of the countryside!

Ken Poyser
Parish Clerk

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	

From your Chairman

First, many congratulations to Alan Stratton for his great performance in the London Marathon and for the amount of money he raised for village causes. Hopefully he will do it again next year! While on the subject of fund raising please support my abseil on 4 July in aid of the church heating fund or better still come and abseil yourself. Entry forms from me on john@nowell-smith.com or Tel: 339650.

As far as more mundane matters are concerned, pressure continues to be maintained on both OCC and SODC to do the necessary works to Sandy Lane and Draycot Corner.

A planning application has been made by the Belfry for a large extension of 105 bedrooms. This will be considered by the Parish Council at its next meeting on 7 June. Please come so we can hear your views.

John Nowell Smith
339650

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.

From your County Councillor

Join the fight against festival fraudsters

Oxfordshire County Council's Trading Standards Service is warning consumers to guard themselves against fraudsters when buying tickets online for forthcoming summer concerts and festivals. Trading Standards has already started to receive complaints from consumers who think they may have purchased tickets from untrustworthy websites.

Top Tips to avoid festival fraudsters:

- Beware of sites selling tickets to events that haven't gone on sale or that guarantee tickets to events that have been sold out for months.
- Put the website name into an internet search engine to see what you can find out.
- Make sure the company behind the website provides a full street address for their business, not just a Post Office or mail box number and try its UK landline phone number.
- Be wary of buying from a site that only gives an email address or mobile phone number. Just because a website ends in '.co.uk', it does not necessarily mean that it is based in the UK.
- Where no limited company name and number is given on the web site, the customer should contact the trader in advance of the purchase and request true ownership details. If the trader won't give these, stay away from the site.
- Ask for details: What type of seat/ticket are you buying? What is the face value of the ticket? How much is the ticket being sold for and are there any additional charges? When will the ticket be dispatched and how will you be notified? What happens if things go wrong? What is the company's policy on refunds?
- Pay for tickets by credit card. Under the Consumer Credit Act, your card issuer is jointly liable for the failure to provide goods or services if the cash price of a single ticket is over £100.
- Visit the Trading Standards website for details of the latest scams www.oxfordshire.gov.uk/latestscams

New Ridgeway circular walk

A new circular walk in the stunning Oxfordshire Chilterns countryside east of Wallingford has just been established in time for some fine spring/summer sunshine. Starting from the small village of Nuffield, the 4-mile Ewelme Park circular walk (roughly two hours) provides glorious views of wildlife-rich countryside that was once a royal Tudor deer park. It travels through a rolling landscape of woodland and arable farmland and includes a quiet stretch of The Ridgeway National Trail.

Further information about this walk, including a map and route directions, can be downloaded for free from the 'Planning a trip' pages of The Ridgeway National Trail's website at www.nationaltrail.co.uk/ridgeway where you will find information about many other Ridgeway walks.

Boost for holiday childcare in Oxfordshire

School holiday childcare provision in Oxfordshire has received a boost after the County Council was awarded £45,000 as part of a national pilot scheme. The authority is keen to use the money to develop fundraising skills that voluntary sector childcare providers have, focusing on a small number who target vulnerable groups including disabled children and families living in disadvantaged neighbourhoods. These groups may need to gather additional funds over and above fees charged to parents. Oxfordshire County Council, which also hopes to assist voluntary organisations who provide childcare to armed service families, will contact all voluntary sector childcare providers shortly to explain how the project could help them.

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

David Turner
22nd May 2010

From the Vicar

As I write this letter our headlines are still very much dominated by the aftermath of the General Election. For the first time since the Second World War we have a coalition government. The jury is still out on how successful this will be. We have to wait and see and trust that politicians will indeed put the needs of the country above party politics or a personal desire for power and influence.

As we move into June the church enters the long season after Pentecost. At Pentecost we celebrate God's gift of the Holy Spirit. Last week our church lectionary gave us this verse from John 14:27 "peace I leave with you; my peace I give to you". This seemed especially appropriate in the context of our political situation, resulting in the need for real engagement with people of differing views, resulting in a need to compromise perhaps deeply held beliefs. In John 14 Jesus promises to send his Holy Spirit and links this specifically with his promise to give us peace. Peace is Jesus' divine gift to his followers on earth. But what does this mean?

Peace is a word I misuse quite often; sometimes to describe the uneasy truce that occurs if my children have had a difference of opinion over a particular toy and I have removed it. But of course that state is not really peace, it is merely the absence of arguing brought about by physical separation. Their previous dispute could erupt again at any minute. On a larger scale this is exactly the state of affairs that exists in a number of international conflicts once a fragile ceasefire has been negotiated. It is a better state than actual fighting but it is not true peace. Negotiators know only too well that true peace is about a lot more than the absence of war.

When Jesus spoke of peace he used the word shalom; the ancient Hebrew word for peace.

There is no English word that fully captures its meaning. Shalom means completeness, wholeness. It is used to describe a condition of society in which there is total harmony. In the bible the biblical idea of Shalom is summed up particularly well in this glorious passage from Isaiah 2:

"And they shall beat their swords into ploughshares,
And their spears into pruning hooks;
Nation shall not lift up sword against nation
Neither shall they learn war anymore"

For Isaiah this time belongs in a glorious future. Here Jesus steps beyond that vision. This peace, this Shalom is the divine gift Jesus leaves for his disciples. In so closely identifying peace with his person Jesus has added a new dimension to the concept of Shalom. The fullness of Shalom is God's gift given to us by his presence in the Holy Spirit. It is God's desire for us that we experience this peace, this Shalom, not in the future but now.

However much we desire peace in our own lives or in the world it always seems illusive. I know that personally how easy it is for my human nature to get in the way of my own best intentions. This should not stop us striving after the peace that is Jesus' desire for us all. True peace is the presence of God bringing about in us inner transformation. The more we allow the love of God to transform our lives and our relationships through prayer and worship and deeds, the more we will be agents of God's Holy Spirit, transforming the world and bringing about a long desired peace.

With best wishes
Caroline

COMING UP SOON

SUNDAY 4 JULY ALBURY ABSEIL

Please do what you can to support the adventurous people abseiling down the John Radcliffe building in aid of the church heating appeal. If you would like to sponsor someone please look at www.justgiving.com and search Albury. Alternatively please phone me on 01865 873451 or Moo Nowell-Smith on 01844 339650.

SUNDAY 11 JULY, 10.30am ART IN ACTION DEDICATION SERVICE

As ever Discantvs (the Art in Action choir) will lead our singing. This year we are also very fortunate to have a visit from the Bishop of Dorchester who will preach at the service. Please put the date in your diaries.

FROM THE REGISTERS

HOLY BAPTISM

Alfie North
Bobby Batson
Lucy McKinney

'Welcome to the Lord's family'

HOLY MATRIMONY

James Collen & Lara Chaplin

'May the Lord bless their union'

Church Services	St Helen's Church, Albury
6 June	9.30am Morning Prayer with John Nowell Smith
13 June	9.30am Holy Communion with Caroline King
20 June	9.30am Morning Prayer with Caroline King
27 June	9.30am Holy Communion with Caroline King
4 July	9.30am Morning Prayer with Caroline King
11 July	10.30am Art in Action Dedication Service at Waterperry
18 July	9.30am Morning Prayer with Caroline King
25 July	9.30am Holy Communion with Caroline King



What's new at the Maple Tree Children's Centre!

We are happy to announce that the new 'Children's Centre Mobile' is up and running! Catherine Gregg, manager of the new service, and her assistant Cheryl Scott, have been taking the vehicle out and about to visit children's centres around the county. Children's centres were invited to 'bid' for a regular weekly or fortnightly session in their local area, and these started in April 2010.

Catherine said:

"This new service, jointly developed by the Rural Children's Centre Project and the County Library Service, will help to make young families living in rural areas feel less isolated. As it is such an innovative and unique service we hope that we will be able to assist Oxfordshire's Children's Centres in extending their projects and drop-ins, with rhyme and story times, information and ICT, as well as a full library service.

It will be possible for other professionals, such as Health Visitors, to give talks and presentations as well, which will help to meet the needs of the local community. We hope that everyone who comes on to the mobile will be as excited as we were when our little one arrived, and will watch it grow with us!"

Catherine and Cheryl are able to give information and advice to parents and carers, and there are two laptops with internet access. They can also issue library books to both adults and children.

Coming soon.....

National Family Week

Family Week Picnic on Thursday, 3 June - being held at the Garsington Sports and Social Club, Denton Lane, Garsington from 12:30pm - 3:00pm. This is a nationally run event and we will be running lots of fun activities where everyone is welcome. Bring a picnic and refreshments will be available.

If you require a copy of our current programme which runs up until 23 July 2010, please contact Sarah Lowman on 07988 159041. We have lots of fun sessions running around the local community from Stay & Play, Buggy Walks, Bumps to Babies and Baby massage, so come along for a coffee and a chat while the children play.

The Maple Tree Children's Centre

Tel. 07988 159041

sarah.lowman@oxfordshire.gov.uk



Supported by



Children's Centres
for families in Oxfordshire

Waterstock & Tiddington W.I.

At the April meeting there was much hilarity when Zena Skinner related her amusing experiences preparing cookery dishes for her television demonstrations.

In May, following our discussion of the AGM resolution, we were treated to an amazing demonstration of yoga positions by one of our members, Yvonne Cartwright. She also showed us how to improve our health with gentle yoga exercises from a sitting position.

On 10 June, Simon Jones will present an Antiques Roadshow and members are invited to bring along an antique item to be discussed. The competition is for a kitchen item beginning with the letter "K".

On 8 July, we will have a "Lighthearted look at the History of Oxford University" with Alastair Lack and hope to have visitors. There will be a bring and buy stall. The competition letter is "L".

It was good to welcome over 60 members from neighbouring institutes to our Hall for the Group Meeting in April. Susan Howe's "Hysterical history" talk made for a very happy occasion.

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

Zena Knight
Tel: 339340

Tiddington Village Hall

The Village Hall Fete & Social Evening Saturday 10 July 2010

With a break from the tradition of previous years, we've scheduled this year's Fete for July. On the eve of the World Cup Football final the 2010 Fete sees some favourites return from last year plus some new additions. The Chinnor Band will once again entertain everyone and there are planned dancing

demonstrations from local schools. *Jack FM* will be bringing their giant inflatable plus there's the usual mix of Aunt Sally, Raffles, Darts, 10 pin bowling, target golf and refreshments including tea and home made cakes. The Bar will also be open all afternoon.

In the evening we will once again have the Social Evening and Presentation of the day's awards for winners of the various competitions. Please feel free to bring your own picnic if you wish or, following the success of last year, maybe you would like to take advantage of the special offer from **The Fox**. Lati from the Moti Mahal has very kindly put together a menu of Popadoms, choice of starters (onion bhajee or Vegetable samosa) main courses (Chicken Bhuna, Madras or Tikka Massalla) with plain or pilao rice all for just £7.95. Now to make this work they do need to know by 5pm on the day of the fete if you want to order and they will then serve it at the Village Hall at 8pm. To book now, please email me stratton@gmx.com or speak to me on the day.

We hope the weather will be kind, so feel free to bring a blanket and enjoy the spacious lawn otherwise known as the playing field! The bar will be open in the evening offering a fine selection of beers, ciders, wines, spirits and soft drinks.

The fete starts at 2pm and we plan to start the evening social event from about 7.45pm.

There will be a Books, CD's, Puzzles and Games stall as well as the Tombola and produce stalls. As usual we welcome any donations of 'stock' for these stalls. The produce stall (run by the WI) is looking for plants, cakes, gifts, home grown vegetables etc

If you have **anything you would like to donate** then please contact a Village Hall Committee member or call me on 339430/278534 or my mobile 07889 851588. We will also try and do a door to door visit during the week beginning 5 July. One request - **NO WHITE ELEPHANT / BRIC A BRAC PLEASE**

As I have mentioned so many times before, this event is totally reliant on people's help so if you can help in any way either on the day or perhaps making cakes, etc then please let us know. Even if it's just to give one of the stall holders 15 minutes off to look round the rest of the Fete!

Daniel Smith Blues Band

Saturday, 17 July 2010, 7.30pm

Earlier this year we had to cancel this event due to Daniel being unwell. However he's back and will be performing in the Hall on Saturday, 17 July (the weekend after the Fete). Tickets are £10 each and available by calling 01844 278534/339430 or by email: stratton@gmx.com. The bar will be open from 7.30pm with Daniel's first set due to start at about 8.00pm.

Looking forward to seeing you on the 10th & 17th July.

Enjoy the summer!

Alan Stratton
Chairman

Tiddington Village Hall Committee



As I sit writing this watching the rain on a Sunday afternoon, we can only hope for drier, warmer weather for the rest of the summer.

Members will now see how much work has been completed at the club, with our new perimeter fencing, an Aunt Sally hut to rival all others, two new storage sheds and of course, the road and car park improvements. Many thanks to everyone for such fantastic efforts. I never cease to be amazed by the voluntary work that happens at the club on so many areas.

Our darts teams were very successful at finals night, with the Ladies A winning the KO 3-0,

and also being the league pairs winners. The Ladies B were singles runners up and congratulations to Kay for achieving most wins in the season. The men's team won their pairs league and were runners up in the singles, and Ray Manning had the highest checkout in the whole league (152). Makes turning out on a cold winter's evening worthwhile!!

Aunt Sally has commenced on Wednesdays and Fridays, and all participants are looking forward to a brighter summer, particularly as we have no outside heating!!

Our youth coaching has started and we have over 50 children on a Tuesday evening and 30 on a Wednesday. Thanks to all the coaches who turn up regularly. It is fantastic to see so much involvement and enjoyment by the youngsters and not so young! We thank Stephen Bowley for his continued support of our youth academy.

Our Saturday league cricket has started well with confident performances from all teams. Our third XI are using Great Haseley Cricket Ground this season and welcome all support. We beat Cropredy in the Village Knockout and have Horspath away in the next round - again. We look forward to welcoming all members over the summer season.

Lesley Pykett
Tiddington Cricket Club

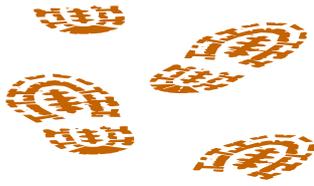
Wheatley Library

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

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

Email: wheatley.library@oxfordshire.gov.uk

Running the 2010 London Marathon



Back in January 2009 when I decided it was time to try and do something about my weight and inability to walk up stairs without feeling instantly out of breath, I never imagined where it might lead.

In April last year I watched the London Marathon as usual from the comfort of my sofa and for the first time had the confidence to say 'I can do that'. So I applied, and with a 1 in 5 chance got a ballot place. I then consulted with a personal trainer (Jo from Ickford) who put me on a plan to get me to the finish in a reasonable time.

From January this year I followed a strict 16 week training plan where the miles I ran each week increased to a maximum of a 20 mile run in early April. I knew I had to make sacrifices, events I couldn't go to, pints of cider I couldn't drink, even TV I simply didn't have time to watch! However, it was all worth it when Sunday, 25 April finally arrived. I was as ready as I was ever going to be.

The excitement starts to build from the minute you arrive at The Excel Centre in London where you register, collect your number, timing chip, eat pasta etc. We stayed in a hotel close to Trafalgar Square and to take my mind off the race took a train to Eastbourne on the Saturday to see Oxford United lose the last game of the season.

On the morning of the race I went through my ritual of porridge and strawberries along with energy bars and plenty of Lucozade Sport. We took a train from Charing Cross to Blackheath and from there it was a walk up to the Blue Start. The early rain made it difficult to keep warm but once we started at 9.45am it had stopped and we were all beginning to warm up.

It took me about 10 minutes to get across the start line so I knew I had to deduct this from

any time indicator clocks around the course (of which there were many). The organization was faultless, even people standing by speed humps shouting 'humps humps' to warn you in advance. Despite the fact that the race was going to take me about 5 hours it seemed to go quite quickly. I remember passing 10 miles and feeling almost a little disappointed that so much of the race was already over.

The crowds were amazing and combined with the audio I had playing in my ears and the telephone calls I received whilst en route there was never a dull moment. Friends and family had also positioned themselves around the course. I finally crossed the finish line in The Mall in 4 hours, 57 minutes and 33 seconds; it truly was a memorable day and one I will never forget. After the race it was time to eat, drink and be merry.

Joyce and I returned to Tiddington on the Monday afternoon and settled down to watch some TV and generally relax. Then I was talked into maybe a pint and a curry (not that I needed much persuading!). But first a drink in the Cricket Club. All seemed perfectly normal until I opened the door to find so many of you from the village turn out to raise a glass or two with me. I was completely shocked and have to thank Julie, Doreen, June, Stephanie and Kim for helping to put this together.

Now I want to thank everyone for their sponsorship support. To date (and including the gift aid money) we are looking at a total of about £5,500 across the two projects. If you haven't already sponsored me and would still like to then please go to www.justgiving.co.uk/Alanstratton for the Multi-sport play area or cheques payable to TIME for the crossing. I plan to keep running (if only to counteract the calories from the cider and Moti Mahal curries!) and hope that I will run another Marathon sometime soon and while I still can.

Thank You

Alan Stratton
07889851588

Thame & District Citizens Advice Bureau 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

**How can I keep a roof over my head if I'm
made redundant?**

Despite improvements in the economy, the risk of redundancy still remains a fear for many people. "How can I pay the mortgage?" is often the first thought in this situation. Therefore, it is reassuring to learn that measures to help people who lose their jobs hang on to their homes have been introduced.

The rules about help with housing costs for owner-occupiers on benefits have changed. You can get help towards paying the interest on your mortgage - known as Support for Mortgage Interest (SMI) - if you are on Income Support, income-based Jobseeker's Allowance, or income-related Employment and Support Allowance. Payment now starts 13 weeks after you make your claim and in most cases SMI can be paid for up to two years on loans up to £200,000.

There have also been a number of announcements with the aim of helping homeowners who are at risk of being evicted because of mortgage arrears. Some mortgage

lenders have agreed they will not start court action to repossess homeowners for at least three months and at least two have said they will not begin repossession action until borrowers are six months or more in arrears. This is so that borrowers and lenders can have time to explore other alternatives.

The government has also announced a new Homeowner Mortgage Support Scheme. It will allow borrowers who experience a significant and temporary loss of income as a result of the current economic climate to delay paying a proportion of the interest payments on their mortgage for up to two years.

Eight major lenders have agreed to support this new scheme. For more information go to the Directgov website at: www.direct.gov.uk.

There is also a new mortgage rescue scheme to help vulnerable homeowners to stay in their home. The scheme will not help you if you have taken out a second charge on your mortgage or if you are in negative equity, and there will be other eligibility conditions too. You can get more information from the Department for Communities and Local Government website at: www.communities.org.uk. If you are interested in the scheme, contact your local Citizens Advice Bureau for more information about whether you qualify.

In the meantime, a leaflet has been published about mortgage arrears. It's called 'Are you worried about your mortgage?' To see a copy, go to: www.nhas.org.uk.

For more information about mortgage arrears and contact details of your nearest CAB go to the Citizens Advice website www.adviceguide.org.uk

Newington Nurseries

Fragrant Lavender

Lavender has been grown in the British Isles since the Middle Ages and is probably one of the most used plants in British gardens. It's a versatile and adaptable plant making it a favourite in many a garden situation.

Lavandula is part of the mint family and there are over 30 species within the genus. However, whilst the French and Spanish varieties (eg. *Lavandula dentata*, *stoechas* and *latifolia*) produce rather beautiful foliage and flowers, it's the English varieties that are most suited to our climate. *Lavandula angustifolia* is the hardiest and most long-lived but *Lavandula x intermedia* (a cross between *L. angustifolia* and the more tender *L. intermedia*) is also another option. *L. angustifolia* cultivars reach around 60cm in height whilst *L. x intermedia* types will get to nearer a metre.

Lavenders can be used in traditional cottage garden designs but are also suited to block planting schemes or drifts. Lavender can also be used to make wonderful scented hedges along pathways or used as edging plants around formal borders. The fragrance of lavender is of course part of its appeal and this can be used to great effect to deter garden pests from other plants. For example, planting lavender around roses will help to fend off aphids. Lavender itself does not suffer from pests or diseases although the sight of 'cuckoo spit' (caused by the green capsid bug in spring) may initially cause some alarm but it doesn't harm the plant.

Try any one of the following Lavenders which are deemed to be the traditional hardy and reliable types. *Lavandula angustifolia* can be rather a thug in the garden unless space isn't a problem. The flower spikes can get to around a metre and a half in height and the foliage to some 60cm plus. If a smaller habit is required, try the entirely dependable *L. angustifolia* Hidcote. This produces dark purple flowers on robust stems and gets to a height of some 50 – 60cm. *L. a.* Munstead is another reliable choice producing blue-purple flowers on upright stalks. If pink or white is preferred, then try *L. a.* Rosea or *L. a.* Alba respectively. Both grow to around 50 – 60cm. A good ground cover option is *L. a.* Miss Muffet with its spikes of violet-blue flowers.

There are some rather lovely *Lavandula x intermedia* plants. Try *L. x intermedia* Edelweiss – it forms a perfect dome that is smothered in white flowers. It will reach around 75cm in height. *L. x intermedia* Grosso is a profuse and fragrant flowerer hence its use in lavender oil production. It'll also get to a height of 75cm and fan out into a giant globe. *L. x intermedia* Dutch Group (formerly Vera) has a nice, low-spreading habit and, unusually, flowers well into October.

Lavender responds well to hard pruning which should be done around August-time when the flowers are starting to fade. Ideally, remove around a third of the plant, not just the flower stalks. This can be done with either shears or a hedge trimmer. Once pruned and whilst the weather is still warm, there will be some new growth before dormancy sets in. This will leave the plants looking neat and tidy during the winter months. When pruning *L. x intermedia* Dutch Group however, cut only the flower spikes back when the blooms

are starting to fade then cut the plant itself back the following spring.

Lavenders will thrive in warm and sunny situations, in both plants beds and containers, provided that the soil is very free draining. Their natural habitat is the Mediterranean region where the soil is generally rather poor quality – stone, chalk and sand – yet they flourish in that environment so heavy, rich soils are not an ideal planting medium.

Of course Lavender is said to aid relaxation as well as physical and mental well-being. So plant some near the patio and enjoy its fragrance whilst relaxing on the sun lounger!

Newington Nurseries, Newington, nr Stadhampton, Oxon, OX10 7AW
Tel 01865 400533 www.newington-nurseries.co.uk

Oxfordshire Advocacy

Wanted! Volunteer Advocates! Help others get their voices heard.

Advocacy at its heart is really very simple. It is making sure people get their wishes and choices heard and taken into account on matters of importance to them.

This can be difficult due to comprehension difficulties, health problems, etc. However as a volunteer for Oxfordshire Advocacy, through frequent training and support, you can ensure that their voices are heard!

We run three schemes- OSTAS for people who need help with a short term issue, CAPOLD for those with learning disabilities and ADAPT for people with dementia.

Volunteers attend a training course which leads to a formally recognised qualification with the Open College Network. They also receive expenses. Oxfordshire Advocacy provides a service throughout Oxfordshire. Therefore there is flexibility over where volunteers are required to travel.

If you are interested in becoming a volunteer advocate or want more information, please contact us.
We would love to hear from you!

Tel: 01865 741200 Email: oadg@oadg.org.uk
Website: www.oadg.org.uk

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GREAT HASELEY AND DISTRICT HORTICULTURAL SOCIETY

Jobs for June, in the vegetable garden. Protect ripening fruit from birds, put matting or straw around strawberry plants to protect from slugs and to keep the berries clean. Thin gooseberries to give a larger dessert quality fruit. Thin the fruit on peaches and nectarine trees, again to give better fruit. Prune blackcurrants at the same time as picking the fruit, cutting out the oldest fruited wood. Also wall trained plums and cherries can be pruned now, cutting back to six leaves and taking out misshaped branches.

Continue to sow salad crops and herbs such as basil and coriander to give a continuous supply. Sow Florence Fennel and oriental vegetables such as Pak Choi, Mustard greens and Chinese cabbage. Early potatoes might be ready to harvest when the plants have come into flower. In the flower garden, thin out the annual seedlings sown last month and keep the weeds down in the borders. Dead head flowers as they finish and cut back plants such as geraniums when they have finished flowering. You might get a second flush of leaves and flowers in the autumn. Divide Bearded Irises once they have finished flowering, remove the old rhizome and replant a healthy looking piece, adding a little bone meal and making sure that the rhizome is sitting on top of the soil, with roots in the soil, so that it gets a good amount of sun. This will give you a good show for next year. Cut back the leaves by about one third. Sow spring flowers for next year, Bellis, Wallflowers and Violas. Prune spring flowering shrubs, Weigela, Deutzia, Philadelphus, when they have finished flowering.

A date for your diary: Saturday, 28 August for the Annual Show.

GARDEN VISITS FOR 2010

Wednesday 23 June

Rooksnest, Ermine Street, Lambourn Woodlands, Berkshire

Rooksnest is an exceptional ten-acre traditional English garden with a sunken garden that has recently been restored by Arabella Lennox-Boyd. There are terraces, a rose garden, lily pond, herbaceous borders, herb garden and an organic vegetable garden as well as many specimen trees and fine shrubs.

Coffee and cakes will be served on arrival.

Inholmes, Woodlands St Mary, Berkshire

A newly re-established ten-acre garden set within parkland and woodland. The walled gardens and formal areas around the house are distinguished by a strong sense of individuality and contemporary planting. The cutting and vegetable garden is a rich mix of plants in box-hedged enclosures with pathways running under tunnels of willow.

10.00am meet at Rooksnest (earlier start than usual as this is their NGS Open Day but we will have the garden to ourselves until 11.30am when the doors open)

From 2.30pm at Inholmes

Transport: own cars – directions with confirmation

Take a picnic lunch or there is a good pub close by called The Pheasant

Cost: £10.00 members, £15.00 non-members.

Thursday 1 July

Upton Wold, Northwick Estate, Moreton-in-Marsh, Glos.

9 acres of garden started in 1976 from a neglected estate have been imaginatively laid out with wonderful views over the Gloucestershire countryside. The garden is partly typical English country house style including rose gardens, immaculately kept hedges, wildflower meadows and so on but with occasional surprises, such as

the Hidden Garden, and filled with rare and unusual plants and plenty of water.

We will start with coffee/tea and then a talk and guided tour by the owner.

Westwell Manor, Westwell, Burford, Oxon

6 acres surrounding an old Cotswold Manor House with 20 or so garden "rooms", including a knot garden, potager, shrub roses, herbaceous borders in muted pastels and topiary, plus many areas of water, most notably twin rills lined with pleached limes. This garden continues to develop.

10.30am meet at Upton Wold

From 2.30pm at Westwell Manor

Transport: own cars – directions sent with confirmation

Lunch: picnic lunch or visit one of the many pubs between the two gardens

Cost : £20.00 members, £25.00 non-members.

Please contact Di Cawdron on 01844 278270 or di@cawdron.net for further information or to make a booking.

Map and directions on booking a place.

It pays to insulate with Oxfordshire Council's £99 deal

Local homeowners could start pocketing savings within 12 months of taking up the Council's new home insulation offer.

Under the deal, local homeowners and private tenants can get cavity wall or loft insulation fitted for a standard price of £99 each. At this price insulation pays for itself fast in reduced energy bills. The low price has been made possible by a performance related grant from central government.

The £99 deal is subject to funding and offered on a first come, first served basis. If you are 70 or over, or receive means-tested benefits, you may get the work done free.

The Council's insulation offer is being managed exclusively by Cocoon, a long standing partner of the Council. Cocoon offers a fast on-line self-referral option at www.cocoonyourhome.co.uk

To find out more, call 0800 8048 777 and ask for the 'Oxon Deal'

Energy Saving Trust

Solar is an earner with new feed-in tariff

When you get an approved renewable energy system installed you can now benefit from a Feed-in Tariff (FIT). Your electricity supplier will pay one tariff for the electricity you generate and one for any electricity you export to the grid. For a standard household Solar PV system they'll pay 41.3p per kWh generated and at least 3p per kWh exported.

FITs mean that a well sited Solar PV system can now pay for itself in as little as 12.5 years. To qualify for FITs, equipment and its installers must both be MCS approved. The Microgeneration Certification Scheme is the new guarantee of quality.

A 2.5kW peak system for a two person household could save/earn you £1000 a year and currently costs around £15,000 fitted. A new set up like this will reduce your annual CO₂ emissions by around a tonne. In terms of its positive environmental impact this is comparable to getting loft and cavity wall insulation fitted together.

FITs replace government grants for electricity generating technologies like Solar PV and wind turbines. Grants for renewable heating systems remain but are due to be superseded in April 2011 by the Renewable Heat Incentive. To qualify for a grant your home must be insulated (270mm in the loft and cavity wall filled) with energy saving light bulbs throughout.

For the latest information on renewable energy systems and incentives, **contact the Energy Saving Trust on 0800 512 012.**



A 2.5kW peak Solar PV system

Photo courtesy of cocoonyourhome.co.uk



**THAMES VALLEY
POLICE**

0845 8 505 505

The single number for non-emergency calls