

The Letcombe Register



Issue 183

November 2020

VILLAGE DIARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3 Yoga with Beth 09.45-10.45am Village Hall	4 Tennis Sessions 9am & 10am Book Buffs 8pm On Zoom	5 Pilates 9.30am Village Hall	6 Dance 9.15am Village Hall	7 Tennis Cardio & Coaching 9am	8
9	10 (double volume garden waste if Subscribed)	11 Tennis Sessions 9am & 10am	12 Pilates 9.30am Village Hall	13 Dance 9.15am Village Hall	14 Tennis Cardio & Coaching 9am	15
16	17 Yoga with Beth 09.45-10.45am Village Hall PC Meeting 8pm on Zoom	18 Tennis Sessions 9am & 10am Gardening Club 7.30 on Zoom	19 Pilates 9.30am Village Hall	20 Dance 9.15am Village Hall	21 Tennis Cardio & Coaching 9am	22 Holy Communion 10.00 am St Andrew's
23	24	25 Tennis Sessions 9am & 10am	26 Pilates 9.30am Village Hall	27 Dance 9.15am Village Hall	28 Tennis Cardio & Coaching 9am Churchyard Clear-up 2.pm	29
30						

* Most Events shown in the Calendar must be booked in advance, and could, currently, be changed at short notice. Please check the details before attending.

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To submit items email:

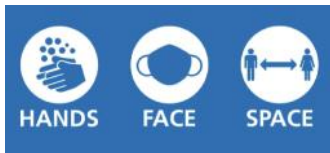
Register@oldstableyard.co.uk

(They will generally appear in the order they were received.)

IF YOU ARE NOT **ALREADY** ON THE VILLAGE EMAIL LIST AND WOULD LIKE TO RECEIVE, NOT JUST THE REGISTER, BUT ALSO UPDATES ON LOCAL ISSUES, DELIVERED DIRECT TO YOUR INBOX, PLEASE CONTACT THE PARISH CLERK: LETREGISPC@GMAIL.COM

Registers are available to view, along with much more information, on the Village Website: www.letcomberegisp.org

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Message from the Parish Council

As I write the decision on the Covid Tier that will be applied to Oxfordshire remains in the balance. Whatever the decision please be confident that the Parish Council and its amazing Volunteers are ready to support you. Irrespective of the level the PC would like to acknowledge the remarkable efforts that Letcombe Regis residents have made to follow published guidance THANK YOU. Through your continued efforts to follow sound behaviours we will hopefully avoid future problems. Additionally, with the winter months upon us, there is even more need for us all to look out for our neighbours. If you can see anything that gives you cause for concern please let us know via the Virus Support email – Letcomberegis.virusupport@btinternet.com as help can always be found. Elsewhere in this edition you will find a helpful guide to keeping your spirits high! See page 10

You will have received an email asking for help in solving the village's most bizarre crime – the theft of two massive concrete barriers that had been placed at the Windmill Hill end of Green Lane sometime before 13 October. If you do recall anything that could help trace the perpetrators please pass this information on to the Parish Clerk.

The Autumn colour in the village and surrounds are magnificent this year and many are enjoying the wonderful scenic walks. Whilst beautiful the sudden 'drop' of leaves can cause problems to some so if you have any trees overhanging footpaths, please think of others and remove the leaves to help prevent slips and trips. They will be an excellent addition to your compost bins!

Sadly due to the Covid restrictions the village Bonfire and Firework Display has had to be cancelled this year. If you are considering having your own family event please enjoy yourselves but be sure to stay safe by keeping to groups of six, and following the useful advice from OCC which appears on page 9 of this month's Register.

Please note that the many local events planned for Remembrance Sunday, 7 November, have had to be cancelled due to Covid restrictions. However in the virtual world in which we find ourselves we can all pay our respects by joining the coverage of the National Service of Remembrance on TV and observe the 2 minutes silence at 11am. The tree planted by the PC to commemorate those who lost their lives during conflict is continuing to grow well on the Millennium Green and offers a tranquil spot to individually remember those from other generations who kept us safe from other threats.

As well as this opportunity there are a number of other initiatives which have been organised by OCC to help you through the coming months, including Free IT Help; A Christmas Light Festival – with an intriguing invitation 'What would you put in an empty parking space?' -; a Virtual Oxford Christmas Market; and a number of other opportunities. All details can be found elsewhere in the Register. See page 14

For those with an interest in the business of the Parish Council the next meeting to be held on Monday 16 November, 8pm and will consider the budget for next year. All are welcome Meetings currently take place on Zoom so if you do wish to attend please let the Parish Clerk know a week in advance and you will receive the joining instructions.

We will continue to communicate any urgent changes to the Covid situation as they occur via email to ensure you remain up to date. Information can also be found on OCC Website <https://www.oxfordshire.gov.uk/council/coronavirus-covid-19>

Finally if you haven't yet managed to get a flu vaccination, in addition to the Health Centre, both Cleggs's and Boots pharmacies in Wantage are able to provide.

Please stay safe

Jeanne Lapsley
Chairman
Letcombe Regis Parish Council



Garden & Plant Design

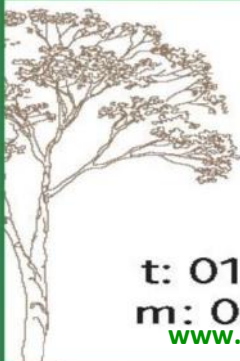
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Does your garden need re-designing?
Do you have a border that needs rejuvenating;
a shady, dry, or damp area that needs attention?
Or would you like one-on-one practical
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Whatever your gardening needs, please email:

helenajwhall@hotmail.com

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in residential homes
For help or support please call 07968983673

Sophie Sayer, Specialist Teacher, Dip SpLD

I live locally and offer 1:1 specialist lessons using a multi sensory approach, supporting learners, aged 6 – 10 years, who have specific learning differences. Areas taught include reading accuracy and comprehension, spelling, writing and numeracy.
I have a full DBS certificate and up-to-date training in Safeguarding and Child Protection.
Telephone: 07866 565881

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<https://www.facebook.com/groups/TopazDen>
tomsutherland92@gmail.com 07747535917

The Barn Tea Rooms, Court Hill Centre

Homemade cakes, light lunches.
Just off A338 on the Ridgeway - and it's all
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Registered Dietitian

Liane Reeves, BSc (Hons) Nutrition, MSc Allergy
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COMPUTER PROBLEMS?

CONVERSION TO WINDOWS 10?

A locally-based service (from Letcombe Bassett) has been helping people here for the last 15 years
Moderate Rates Same Day Service
Charles Rowe Tel: (01235) 766000 anytime
Email: ccrowe@waitrose.com

Clare Mowforth

Personal Trainer - Pre & Postnatal Exercise Classes
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clare@coreprogress.co.uk 07732 036 072
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200 Club results

Fired Spirit creates greetings cards and calendars featuring our beautiful local wildlife.

Every one of our pictures are taken on and around The Ridgeway and The Letcombes, showcasing the richness and variety of the nature on our doorsteps.

Perfect to share with friends and family all year round. 2021 calendar available soon, cards available now!



www.fired-spirit.co.uk | @firedspirit

200 Club Draw — No 8 November 2020		
205	Patrick CABLE-ALEXANDER	£50
124	Paul CAMPION	£25
54	Mike & Lyn PRICE	£15
141	Athene MILLERS	£10
131	Giles FITZPATRICK	£5
Special Draw:		
51	Karen JOHNSON	£25
147	Helen WOOD	£20
44	Karen MORTON	£10
222	Samantha NEWELL	£10
85	Loretta LIGHT	£10
197	Holly DUNMORE	£10
224	Max STEWART	£10
New Numbers draw:		
192	Lyndeale NEWMAN	£5

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Letcombe Football Club

October produced a mixed start to our league campaign. We opened with a comfortable 4-0 home win against Wallingford Town reserves, but then lost 1-0 in another home fixture against local rivals Wantage Town development, who fielded many former Letcombe players. A third home game against Highworth Town reserves ended in a goalless draw, although we missed a golden chance to win the game in the last few seconds. Both Wantage and Highworth are likely to be in the battle for honours at the end of the season, so we were pleased with our performances if not with the points gained.

Our young reserve team were top of the league with a 100% record after four games, but a 1-1 draw away to Kintbury reserves and a 3-2 defeat at Long Wittenham reserves has seen us drop to second in the table.

Home fixtures in November are :

Sat	7 th	Letcombe reserves	v	Long Wittenham reserves	2.00
Sat	14 th	Letcombe	v	Swindon Supermarine	2.15
Sat	21 st	Letcombe	v	Woodcote Stoke Row	2.15
Sat	28 th	Letcombe	v	Aldermaston reserves	2.15

Local Charity Launches Project to Help Failing River



Letcombe Brook Project

What do diggers, chainsaws and volunteers have in common? They're all helping the Letcombe Brook Project to improve a rare local chalk stream.

"We are extremely grateful to the Environment Agency for funding this important project.

With the help of our 'Friends of Letcombe Brook' volunteer team, Hanney Flood Group and local landowners, we will be able to greatly enhance our precious brook for the benefit of fish and other local wildlife." said Mark Bradfield, Letcombe Brook Project Officer.



The Letcombe Brook Project is excited to announce it is working with the Environment Agency (EA) and Cain Bioengineering to turn a flood bypass channel into a fish pass at Lower Mill, East Hanney, with full support from local landowners.

As part of this project staff and volunteers have been clearing the way for Cain Engineering and further improving the site through pollarding some of the willow trees along the banks to let more light into the channel. This will encourage riparian vegetation to grow, very important for life along the Brook.



Various blockages and features such as mills restrict fish movement along the Brook and this is one of the reasons why the Letcombe Brook fails the Water Framework Directive. The fish pass will enable wild brown trout present in the brook, as well as coarse fish such as chub and roach, to travel from the River Ock into Childrey Brook and then up the Letcombe Brook as far as Dandridges Mill, East Hanney. Fish will be able to access better habitat and spawning grounds, interbreed more widely and move in reaction to flow levels and pollution incidents. Removing obstructions to flow will also help to restore natural functioning to the river and reduce flood risk.

"A major beneficiary should be Britain's fastest declining mammal, the rare and humble water vole. We are so lucky to have them in the brook and we're hoping that numbers will increase once their river habitat has been improved." added Mark.



Street Tag is a new family-friendly game that rewards primary schools, families, individuals and communities for physical activities such as walking, running, and cycling.

Street Tag

Street Tag is turning streets and parks in Oxfordshire into a giant virtual playground. You can play to win rewards for your child's primary school, or as an individual or team of up to six people in Oxfordshire's community league.

Watch your total distance accumulate and see how you far you climb up the local leaderboard. Get ready to push yourself and start your journey to a healthy lifestyle with Street Tag.


For more info on how to play, head to www.oxfordshire.gov.uk/streettag



Wantage Market Place Pedestrianisation & Survey

Wantage Town Council have been running a survey about the Pedestrianisation of the Market Square.

The Chamber of Commerce have concerns, that although the survey doesn't highlight it, there will be a loss of some 30 parking spaces and will also have a negative impact on retail premises' ability to trade as a result.

Go to <https://wantagecouncil.gov.uk/covid-19-safer-public-spaces-market-place-pedestrianisation-survey> and select Survey  to have your say. Any questions email Richard Shepherd, Vice Chair, Wantage Chamber of Commerce - rshepherd@motorlux.co.uk

The survey closes on 31st of October.

Saint of the Month - St Andrew

Sunday, November 1st is All Saints Day when all Christian saints are celebrated, especially those who have no individual feast day of their own. However, I think our editor, very accommodating though she is, might balk a little at including all the saints in the November edition. So, it really has to be Saint Andrew this month.

The name Andrew means “manly” or “brave” and, like the name of his brother, Peter, is of Greek origin as they lived in a part of Galilee where there was a strong Greek influence. The brothers were, by all accounts, fairly tough fishermen, working the Sea of Galilee and leading the hard lives of ordinary fishermen. But that all changed one day when Jesus was walking by the shore, saw them hauling in their nets and, in the famous phrase, told them to follow him and become “fishers of men.” (I've often wondered what their father, John, thought when his two sons abandoned the boat and left him to continue the fishing business on his own.)

As a fisherman, Andrew was ideally suited to being a disciple: he was used to hardship, courageous and steadfast. He also seems to have been resourceful, able to make the most of any situation - he was the one who found the boy with the small picnic and brought him to Jesus for the miracle of the loaves and fishes.

The fisherman from Galilee became a great traveller, preaching throughout the Black Sea region and spreading the gospel along the Dnieper river as far as Kiev, from where he journeyed on to Novgorod. Hence, he became a patron saint of Ukraine, Romania and Russia.

His preaching brought him into conflict with the Roman authorities and he was ordered to be put to death by crucifixion in AD60. He asked to be crucified on an X shaped cross as he deemed himself unworthy to be crucified on the same shaped cross as his Lord. This diagonal cross (*crux decussata* in heraldic terms) is known as a saltire from the Middle French *sautoir*

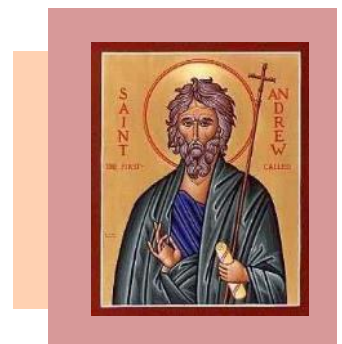
meaning stirrup. The story of how it came to be adopted as the national flag of Scotland is fascinating:

When Andrew was crucified in Patras, in Greece, his remains were preserved by the Christian community there until one night a monk called Regulus was warned in a dream that the community was about to be attacked and that he should take the holy relics “to the ends of the earth” for safe keeping. He set out with a small band of monks and nuns and, after a perilous voyage, was shipwrecked on the east coast of Scotland. He probably reckoned that this counted as the “ends of the earth” and settled there, building a chapel to house the bones.

Gradually a place of learning grew up there, to become, in 1413, St Andrew's university, the oldest of the four ancient universities of Scotland.

Centuries earlier, in 832 AD, Angus mac Fergus, king of the Picts and Scots was about to fight a battle against the Angles and Saxons at Athelstaneford, in what is now East Lothian. On the eve of the battle, Angus was praying when he heard a voice tell him that next morning he would see a saltire in the sky and that it would lead him to victory. Up before dawn, Angus gazed at the sunrise, and saw a cloud formation in the shape of a white saltire against the blue sky; (and we can be fairly certain that it wasn't caused by a contrail.) Heartened by this, he went on to win the battle and vowed to make Saint Andrew the patron saint of Scotland and to have his cross as the national flag.

At the last count, as well as our church, there were another 800 churches of the Church of England dedicated to St Andrew. With his qualities of courage, steadfastness, resourcefulness and humility, he is very much a saint for these troubled times and deserves to be celebrated, not just on November 30th.





Letcombes Gardening Club

You'd be forgiven for thinking that we had faded away but I would like to reassure everyone that we're still going strong! It is obviously a difficult time for clubs but we have been working hard behind the scenes and have found ways to overcome the problems. We held a very successful online Plant Market in the early summer where we had virtually no human contact at all!

Before I continue to explain the arrangements for this month I would like to say a big thank you to the PC for funding a Zoom licence, which is allowing us to continue with our programme of talks this season. We had a very successful talk via Zoom last month and it is, in fact, allowing us to book speakers who live too far away to come and talk to us in the usual way.

We are arranging another Zoom based talk this month for Wednesday 18 November at 7.30pm. Our topic for November is 'Monet at Giverny' and our speaker is called Caroline Holmes. In order to participate you need to be a paid up member of the club. Please do join us. Just think, you can stay in the warmth of your own house with a glass of wine by your side and be transported to wonderful gardens or exotic countries when the opportunities for real-time travel at the moment are very limited! The subscription is only £10 per annum. For details on how to pay please email meryl@dunstanlodge.co.uk. Hope to see you online on the 18th!

Topical Tips

Now November has arrived the leaves are definitely turning and, I'm afraid, dropping so I'm sure you're all ankle deep in them and raking away but lets see if I can think of some more tasks for you to do to relieve the monotony.

If you haven't yet planted bulbs for spring colour then don't despair. November is the best month to plant tulips. Planted 'en masse' these can completely transform your garden through April and into May. Even in pots they look wonderful.

As soon as we have a frost, your dahlias and cannas will turn to a 'black mush'. That is the time to lift and store them. You can try leaving dahlias in the ground but you must have them planted deep enough that the frost can't get to them.

Although you can continue to tidy your perennials, and lift and divide them if you wish, you should leave all top growth on any slightly more tender specimens like penstemons as this protects them from the winter cold.

If you're feeling more adventurous you can try taking some root cuttings. Perennial poppies and phlox work well. Get up some nice 'juicy' roots and lay them horizontally in trays of compost.

There's a little more that can be done with trees and shrubs now. Bare rooted plants become more widely available this month so if you have some gaps get buying! They're cheaper than containerized equivalents.

You can give bush roses a light prune this month to help avoid damage due to wind rock, and deciduous hedges and shrubs can also be tackled. Check that any wall shrubs and climbers are securely tied in place. Again, this will help prevent wind damage.

Why not try collecting some tree or shrub seeds and berries and have a go at sowing them?

If you are concerned about coral spot on twigs and branches then don't be. It's often just a sign of poor ventilation or unstable growing conditions and doesn't usually mean you have to dig up and throw away your precious plant.

I haven't got much space left to talk about fruit and veg but just a few quick things for you. Protect your brassicas!! Pigeons will demolish them otherwise. Also stake your sprouts and purple sprouting broccoli if you don't want them to all end up horizontal. You can continue to prune down raspberries. Remember that autumn fruiting ones should be pruned right to the ground as they fruit on the current season's growth. You can also start pruning apples and pears.

Well I hope those tasks will give you some good alternatives to raking so get out there and enjoy!

Photographic Club

The Letcombe Photographic Club December subject will be: *'Winter Approaches'*.
The deadline for submission is the 20th of November.



Please send your images (max 2 per resident) as an attachment to stevemikarics@gmail.com

Please use ONE of the following formats for your image - Bitmap (.bmp), JPEG (.jpg, .jpeg), PNG (.png) or your own camera's format.

The November photos be found on the next page 8

Autumn

December competition subject - 'Winter Approaches'



Long Leaves-Alexander Lapsley-Mika



Early Autumn Colour - Di Smith



Still Life - Kristine Hitchcock



Autumn Leaves - Nature Reserve -
Sandy Jaeger



Prairie Bed - Jane Prior



Malus 'gorgeous' - Jane Prior



Fireworks safety in Oxfordshire on 5th November

As Bonfire Night approaches, Oxfordshire County Council is reminding residents that the safest way to celebrate is to attend a professionally organised public event that is confirmed as COVID-19 safety compliant, following local and national guidance.

However, as it will not be practical for everyone to attend organised public events, particularly this year, Oxfordshire County Council Fire and Rescue Service is providing guidance for anyone having their own fireworks display:

Top safety tips for Bonfire Night:

- 🔥 Only buy CE marked fireworks from reputable and licensed shops.
- 🔥 Keep fireworks in a closed, metal box.
- 🔥 Light the firework at arm's length with a taper and stand well back.
- 🔥 Keep naked flames, including cigarettes, away from fireworks.
- 🔥 Don't put fireworks in pockets and never throw them.
- 🔥 Never return to a firework that has not gone off, and never throw used or unused fireworks onto a bonfire.
- 🔥 Never drink alcohol while lighting a bonfire or setting off fireworks.
- 🔥 Always supervise children and don't give sparklers to a child under five.
- 🔥 Keep your bonfire at least 18 metres away from houses, trees and hedges. There should be a barrier around the bonfire to keep spectators five metres away. Before lighting a bonfire, check it is stable and that there are no children or animals inside.
- 🔥 Only burn dry wood, never use paraffin or petrol on a bonfire and think about the direction of smoke travel.
- 🔥 Keep some buckets of water nearby.
- 🔥 Have consideration for those around you, including notifying neighbours who may have pets or farm animals.
- 🔥 Consider where fireworks and debris might fall, ensuring safety distances are provided for people to keep safe. Safety distances are provided on each firework label or package.

This safety advice is part of 365alive, Oxfordshire County Council Fire and Rescue Service's vision to work every day to save and improve the lives of people across the county. For more information, visit www.365alive.co.uk

Pete Mackay, Community Safety Manager from Oxfordshire County Council Fire and Rescue Service, said:

“Organised fireworks displays are more fun, cheaper and far safer than hosting your own fireworks or bonfire party, but we know there aren't as many to attend safely this year. If you are planning on using fireworks for a private event, please keep the Fireworks Safety Code in mind: www.saferfireworks.com/ as well as following the local and national COVID-19 guidance.

“Remember, only buy fireworks from a reputable retailer. Before purchasing, seek advice on the suitability of fireworks for the space available, and check that they meet current safety standards.”

To reinforce this safety-first approach, the County Council's Trading Standards team will be inspecting all firework premises to give businesses advice on the responsible sale and storage of fireworks; checking they meet the necessary safety standards.

Anyone with concerns that retailers are not storing fireworks appropriately, selling fireworks that do not display a CE mark, or selling to anyone under 18; contact Trading Standards. They can also provide safety advice on disposing of unused or damaged fireworks. Do not put fireworks into your bin: Trading Standards: **01865 895999**.

Pilates & Dance

Pilates Thursday mornings at 9.30, a small friendly class for established beginners. Great for improving and maintaining free movement and core strength.

Please call to discuss joining the class. Rachel 07801 824293



Friday 9.15am class of high intensity dance based routines to energise and lift your mood alongside an all over body workout. Pre booking essential to maintain industry safety standard of 3m spacing by restricting numbers.

Please call Rachel on 07801 824293.

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.



LIMIT NEWS

Limit the amount of time you spend on social media and checking news.



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care.



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis.



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety.



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement.



POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness.



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis.



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help.





The Letcombes Conservation Group

One of the last fruits in woodland edges and hedgerows to remain through November are the small yellow-green, rounded fruit of Crab apple trees. *Malus sylvestris* is a native tree providing habitat for many insects, and the wildlife that feed on those insects. The leaves are an important food source for the caterpillars of



butterflies and many moths, like the Emperor moth and the Common Emerald moth (left), whilst the sweetly-scented, white blossom provides early pollen and nectar that attracts bees. Other wildlife feast on the late fruits such as blackbirds, crows and thrushes as well as mammals including field mice, voles, foxes and badgers. In addition, they are one of the few host trees for parasitic mistletoe. *Malus sylvestris* has been cultivated in orchards for thousands of years and is one of the ancestors of the 6,000 plus varieties of

domestic apple. It is distinguished by its small, finely toothed, oval leaves and smaller fruit. Mature trees can live up to 100 years growing into an irregular, rounded shape of around 10m high with a wide, spreading canopy. The genus name '*Malus*' means 'evil' and the fruits taste sharp, but the trees look quite gnarled and twisted even when relatively young with flecked greyish brown bark, often covered in lichen, so the common name possibly arose by association to the adjective 'crabby'.

The wood was associated with Celtic fertility rites and festivals and the crab apples continued to be associated with love and marriage. It was said that if you threw the pips into the fire while saying the name of your love, the love was true if the pips exploded. In 'Flora Britannica', Richard Mabey mentions that Crab apple trees were often used as boundary markers and, as such, are referred to in nearly 10% of Anglo-Saxon and Welsh charters. These markers also may have been used to line up the plough when setting out to turn. The sour fruit was seen as a benefit by the Anglo-Saxons, who included them in a Nine Herbs Charm as 'a cure for the bite of another poison'.

Today the pectin-rich fruit is used for making jellies, liqueur and wine or roasted with meat, but the Elizabethan practice was to roast crab apples and toss them hot from the pan into the wassail (punch) bowl during winter. Shakespeare made several references to this practice including mischievous Puck,

*'And sometimes lurk I in a gossip's bowl, \In very likeness of a roasted crab, *
And when she drinks, against her lips I bob'

A Midsummer Night's Dream, Act II, scene 1,

and in the Winter Song at the end of his comic romance,

*'When roasted Crabs hiss in the bowl, \Then nightly sings the staring owl, *
Tu-whit; Tu-who, - a merry note, '

Love's Labour's Lost, Act V, scene 2.

So treasure these ancient trees that have been part of our landscape and culture for so very long and, as you listen to the owls now hooting regularly in the autumn evenings, perhaps look forward to wassail celebrations which customarily take place on Twelfth Night, or more traditionally on 'Old Twelvey' (17th January), the date before the introduction of the Gregorian calendar changed our year in 1752.





Friends of the Letcombe Valley Community Nature Reserve

Recently, as the Letcombe Valley Community Nature Reserve moves into its 11th year, BBOWT noted its appreciation for the work of the volunteer group in key developments. After taking on a 50-year lease, the reserve officially opened in March 2010 and, with a management plan in place, the first volunteer work party followed in July 2010. The first objectives included fencing and the creation of the access path through the main field to the inner enclosed area with the widening and resurfacing of the path through the woodland to the top terrace, several stepped sections, handrails and gates. In addition, the scrub on the bank overlooking the woodland was cleared to restore the slope to chalk grassland and benches installed. In 2011, volunteers completed another section of steps, and designed and built two more bridges to allow access to the side of the Letcombe Brook running through the middle of the reserve and its spring-fed feeders. This work was all completed over two years by local volunteers and is now a favourite walk for many visitors.

Since 2012, Gillian Taylor has written monthly posters, '*Wildlife to lookout for on the reserve*', displayed on the reserve noticeboard to inspire visitors to take a closer look at seasonal highlights on the reserve. These posters give visitors the opportunity to learn about the wildlife, in conjunction with the launch in the same year of the highly successful annual '*Discovery Day*' in summer when local enthusiasts offer a 'hands-on' experience with wildlife such as moths and butterflies, birds, bats and amphibians. Hopefully the '*Discovery Day*' will resume in 2021.

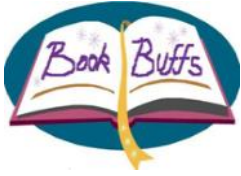
In 2016, the Environment Agency and the Letcombe Brook Project worked closely with the group to install a series of flow deflectors in the Letcombe Brook to remove silt from a narrow length of the stream base by increasing the water flow and creating a better habitat for water life. After this initial training, the volunteer group has continued to



improve the brook flow and maintain its banks. This work also involved ensuring light reached the water and digging out the fish pass around the dam. Various discarded lengths of fencing, coils of rusty barbed wire and other materials were painstakingly removed whilst standing in the water and the pass dug by hand over several years by volunteers, especially Terry Mawdesley. It was a delight to see the water rushing along the fish pass this Spring, and through the dam sluice that received attention so that it functioned properly once again. Hopefully the East Hanney fish pass will be as successful.

A new wildlife pond was dug and installed in 2018 so that visitors could closely observe water life safely. The pond has looked fantastic this year, now full of plants and invertebrates. More recently a new woodland area has been created where over 100 trees have been planted within newly fenced sections and an additional bench installed kindly donated by two residents of Letcombe Regis. This year two original gate posts rotted and have been replaced and essential work has been continued by a small band of volunteers.

During the first decade, there have been over 100 work parties with an average of 18 volunteers attending each session and over 200 people have attended at least one volunteer session with people of all ages attending. Particular thanks are due to Dominic Lamb for directing the volunteer work of the group and to Michael, for co-ordinating the team, and Sheila Bailey, for organising the Discovery Day and producing wonderful homemade cakes and hot drinks for the work parties. The core group has harnessed community spirit to achieve so much and make a success of this local nature reserve. At a time when lives have been hit by restrictions and economic difficulties, the reserve has contributed to an increased appreciation of Nature. There is a need though for a larger scale recovery so this autumn the Wildlife Trusts have launched a campaign, 30 by 30, for nature recovery across 30% of Britain's land and sea by 2030 (read more at <https://www.bbwt.org.uk/news/wildlife-trusts-launch-ps30-million-appeal-kickstart-natures-recovery-across-30-land-and-sea>).



Issue 183

Book Buffs

We shall attempt a Zoom meeting on Wednesday 4th November at 8pm. Details can be obtained from Sue Hannon (766043).

We will be discussing "Educated" by Tara Westover.

The new library book is "A Trick I Learned from Dead Men" by Ritty Aldridge, which will be delivered to all members.

Please remember to return 'Educated' to the box at the front door of Blandy's Barn as soon as possible.

Any queries to Freddie (767772)

Women's Institute

We are really sad to have to cancel all our regular meetings for the rest of the year. However, we are hoping to organise some six-people coffee mornings at the beginning of December. Look out for your invitation, and when you get it, be sure to **R.S.V.P.**

We look forward to meeting again, and let's hope things are better in 2021!



Annual Members Meeting



Finally arrived, an evening eagerly awaited by all Tennis Members, is our 10th Annual General meeting. It will be held via ZOOM (so you don't even have to leave home), on Tuesday the **17th of November** from 8 to 8:40pm. It is a chance for you to get a brief update of goings on and have your SAY on the club's future.

Please email the club to confirm you can Zoom in, (our constitution requires a minimum 10% of adult members and currently we are still 3 members short)

For any specific topics to be raised or application to join the committee, please email Jane Ellis at letcombetennisclub@gmail.com.

PS If you are unable to come but would be able to help occasionally with maintenance or to run social events etc. please ring Geoff on 762680 or email the club on letcombetennisclub@gmail.com.

Adult Keep fit Classes & Coaching

We are very pleased to be running 2 additional adult sessions on a Wednesday morning. There is a Keep Fit class from 9 am and an All Ability Stroke Clinic from 10 am.

However both sessions are running at minimum numbers and we need 2 or 3 more attendees to join up to guarantee continuation, it is great fun and very relaxed, the coach Molly will ensure it is as easy or hard as you want!!

No tennis experience necessary, it is great to exercise as much or as little as you like, in the fresh air. If from time to time you cannot make the Wednesday session, just join in on the Saturday one or vice versa.

A full range of Junior coaching (for 5 years old up to 18), is run on Saturdays from 10 am

Please ring **NTA** our resident coaching team on **0800 888 6030** to join any session or book on line via our web site www.clubspark.lta.org.uk/letcombetennisclub (>coaching > Letcombe Tennis school>Cardio / Adult Coaching).

Sunday morning MIX in SESSIONS

Will carry on all throughout the year, starting at 10 am and running to lunch time.

Everyone is welcome for a gentle knock up or a random game.

Please join us even if you are not a member, we are all local and not very good, but love the exercise and FUN.

Since May we have had loads of new members, which we would love to meet, so please POP a LONG sometime, someone from the committee will be there to greet you.

As referenced in the Parish Council Chairman's message, the OCC 'Oxfordshire All In' Group have some initiatives planned to help Communities across the region. These include:

- **IT help**
- **Christmas Light Festival**
- **Oxford Christmas Market** - 2020 version
- **Christmas Radio Station** - Heart
- Donate your **Clubcard points**
- Keep up to date through our **Facebook** group
- Link to all previous **CSG Bulletins** [here](#)

Free IT help for individuals

With the Covid restrictions, the **move of services to digital** has been inevitable.

However, we all know that some people can't access this, and this has left them even more isolated.

AbilityNet is a charity that provides **free IT support** to help older people and people with disabilities to **use technology to achieve their goals**.

They have a network of friendly volunteers (all DBS checked) who can help with most computer systems, laptops, tablet devices and smart phones.

To find out more about them go to <https://abilitynet.org.uk/at-home/request-free-it-support-home>

Take Part in a Creative Christmas Light Festival

For this year's **Oxford Christmas Light Festival**, Oxford Playhouse has teamed up with Arts at the Old Fire Station and Tandem Collective to present a mobile art **installation by artist Nor**.

They're asking people from across the city to answer the question: **'What would you put in an empty parking space?'**

If we didn't need to use this space for cars, what creative and environmentally-friendly things could we use it for? What might it look like? What might it sound like? What might it smell like? What stories could emerge there?

The organisers want your creative ideas and responses to help us create our **mobile art installation**.

You can submit ideas as words and sketches, as poems and paintings, as a sound recording and sculptures... whatever your response to the question above, they'd love to receive it.

All submissions to be sent to communi-ty@oxfordplayhouse.com by **12noon on Friday 30th October**.

Virtual Oxford Christmas Market goes live

Obviously, the **Oxford Christmas market** has been cancelled for this year.

However, an online market - bringing together **small independent traders** - has been set up at <https://www.oxfordchristmasmarket.co.uk>.

And before diving into the shopping, you can "set the mood" by a **virtual walk through the Christmas market** and a children's choir singing Jingle Bells.

Heart Xmas: Non-stop 24-hour festive radio station launches two months early

And talking about **Christmas, it has come early** today with the launch of non-stop **24-hour festive radio station**. Heart Xmas - a station playing the **greatest feel good festive hits** of all time - launched across the UK on Sunday (October 25).

THE GREYHOUND INN

LETCOMBE REGIS · OXFORDSHIRE



NEW AUTUMN FLAVOURS

Every weekday try our à la carte

Lunch for Less

2 courses £20 3 courses £24

Available 12-2:30pm Monday to Friday

TAKEAWAY MENU AVAILABLE EVERY EVENING

5:45-6:30pm

You can pre-order and pre-pay on our web site, then pop in to collect

www.thegreyhoundletcombe.co.uk

email: info@thegreyhoundletcombe.co.uk

Tel: 01235 771969

With less than 60 days to go until the big day, Heart Xmas is turning up festive feel good for the remainder of 2020 with the **'ultimate seasonal soundtrack'**.

Heart Xmas is **available across the UK on DAB digital radio** (you may need to retune your DAB radio) and on Global Player on your smart speaker ("play Heart Christmas"), iOS or Android device and at <https://www.globalplayer.com/live/heartxmas/uk/>

Every Little Helps

With food poverty being much at the forefront of people's minds and on the news at present, Tesco has revealed how shoppers can **donate their Clubcard points** to a variety of good causes, including FareShare and the Trussell Trust.



FareShare is a food distribution charity which gives out fresh food and long life products to a network of more than **11,000 charities and community groups in the UK**.

The Trussell Trust is the UK's primary foodbank charity, which provides emergency food parcels to people in need all over the country.

Find out more and donate here: <https://secure.tesco.com/clubcard/donate-to-charity>

Join our Facebook Forum for Community Support Group Organisers

Our Facebook forum continues - sharing info, ideas, resources, successes, and challenges. Please do join if you can. <https://www.facebook.com/groups/203238324315692/>

If you're not on Facebook, fear not, we'll be sharing a selection of the most useful content in this bulletin and you can always email us on community@oxfordshireallin.org with feedback and queries.



Issue 183

Letcombe Sports & Social Club

Although the weather recently has been reasonably mild, we have started to feel the benefit of the new heaters which were installed at the beginning of the year.

Friday evenings are becoming more popular around the Club, and we are also hopeful that a limited Winter Darts League will be allowed to start on Thursdays, with venues that are deemed Covid-Secure. Darts practice is still taking place on a Thursday evening, if anyone would like to join in.

Thanks to the hard-working Tennis Chairman for blowing away all the leaves from the Pavilion Car Park and from the path up to the Tennis Courts, which is helping to keep the area as tidy as it can be at this time of year.

Richard

Secretary, Letcombe Sports & Social Club

Letcombe Regis Village Hall and Recreation Ground Trust



The Village Hall & Recreation Ground Trust held its AGM on Tuesday 21st October via a "Zoom" session. The numbers who attended were slightly down on previous years. I do hope that we will be able to hold our AGM in the Village Hall in May next year.

The Annual Reports and Accounts were published in the Register in June, so if anyone wants a reminder of what was published, please go to the Letcombe Parish Council Website where archived Registers can be found.

Bookings for the Hall continue to keep us busy, and my thanks go to those who put in their time to make sure the Hall runs smoothly for the users, particularly in these uncertain times. Claire has had

a tricky time trying to fit in all the requests that we get. I suggest that if you are contemplating a booking for 2021 that you have a look at the Hall Calendar online and get your request in early.

We have a new Treasurer, Mary Harwood, who is taking over from James. The handover should be complete next month. As a reminder, the Trustees are: Richard Taylor (Chair), Karen Johnson (Vice-chair), Elspeth Horridge (Secretary), Mary Harwood (Treasurer), Jeanne Lapsley (PC), Mike Light, Paula Broad, Eddie Jenkins, James Stewart.

Richard Taylor

Chairman, Letcombe Regis Recreation Ground and Village Hall Trust



Registered charity no: 1082500

We are guided by Government Guidelines and there are restrictions on what gatherings indoors are allowed. If you need any additional information please contact me.

We have kept all bookings in place for the time being, but feel free to email me with any queries. The office is being manned, as usual on a part-time basis only, and we will respond at the earliest opportunity, but this may take a day or two.

If you are emailing about Hall Availability, then please check the Hall Calendar here - <https://www.letcomberegishall.org/availability>, which should allow you to see when the Hall is busy/free.

Alternatively, you can call the Hall mobile phone on 07434 405074, but mobile phone signal in Letcombe isn't always reliable.

Village Hall Booking

Francesca Engelmann,
 2, The Old Stables,
 Letcombe Regis,
Register@oldstableyard.co.uk
 01235 769310

The views expressed in the Register do not necessarily reflect the view of
 Letcombe Regis Parish Council

Deadline for inclusion is the 27th of each month.

Waste Calendar

November 2020						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9 ☆	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
Grey Landfill Food Waste			Green Recycling Brown Garden Food Waste			
			☆ Double Garden if subscribed			

Vale of Whitehorse Waste collection information can be found [HERE](#)