

PANGBOURNE CLUB



PANGBOURNE VILLAGE MAGAZINE

Issue 6

May/June 2025



Village News
Church News
Nearby News

Local Organisations
Education
Environmental News

Parish Council News
Pangbourne History
Crossword

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

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*We reserve the rights to exclude the articles if they breach our policies - more information via email.

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T: 03333 447 510

Welcome to Our New 45-Bed Care Home in Whitchurch-on-Thames

Nestled in the charming village of Whitchurch-on-Thames, South Oxfordshire, our newly built care home offers a beautiful blend of modern comforts and classic character. Preserving the original building's lovely facade, this 45-bed residence provides a warm, welcoming place for individuals seeking a vibrant, fulfilling lifestyle with the highest quality of care.

Your Room, Your Space

Each of our spacious, en-suite bedrooms is crafted to the highest standards, combining stylish design with cozy, personal touches. Every detail has been carefully curated to ensure comfort and tranquillity, creating a place that truly feels like home.

Purposeful Living, Beautiful Surroundings

More than just a home, this residence is designed to foster meaningful connections and purposeful living. We offer spaces that encourage engagement and enjoyment, from communal lounges to quiet corners perfect for reading. Our landscaped garden is fully accessible, inviting residents to spend time outdoors, relaxing in nature or taking a gentle stroll among the flowers.

Exceptional Care with Heart

Our dedicated team, selected for their emotional intelligence and compassion, is here to provide exceptional care every day. They bring

warmth, patience, and a deep commitment to each person's well-being, fostering a supportive and joyful atmosphere where everyone feels valued and respected. We support people who live with dementia and other conditions that may need the help of a nurse and care team. Our approach is of inclusivity and support – always.

A Community of Care Partners

We believe that family is essential, and we welcome family members and care partners to visit any time. Pets are family too, so dogs are also welcome to join in the experience! Our community is a place for meeting like-minded people who share a love for life, embracing each day with enthusiasm and joy.

Dining with Delight

All our meals are homemade, tailored to suit every taste and accommodate all dietary needs. Whether savouring a comforting classic or trying something new, people (including the team) enjoy flavourful, nutritious meals prepared with care.

Live Your Way, Every Day

Here in Whitchurch-on-Thames, our care home is more than a place to live – it's a place to thrive. With inviting spaces, thoughtful design, and a community centred on great living, you can enjoy life to the fullest, in your way, every day.

Welcome home.

Hello everyone,



More and more in my life, I understand that we are deeply connected to nature, and if we want to thrive, we need to look after it. We won't survive without hearing the birds, smelling the grass, seeing the sun, and feeling the wind. Our favourite time of the year, when nature awakens, is on its way.

Pangbourne will be bustling this year with the dolphin centre offering amazing adventures for all ages (pg33). The centre has prepared a range of activities that cater to everyone, from the youngest members of our families to the most adventurous souls among us. It's an opportunity to explore the natural beauty of Pangbourne and engage in thrilling experiences.

We mustn't forget the Village Fate on the 14th of June, a celebration that brings the community together. The Fate as you know is a delightful event filled with games (kids races start at 2.15pm), food stalls, dog show (12.30pm) entertainment (NeverNevers 1.30pm, Trim 3.45pm, Bruce Springsteen Number one Tribute - East Street Band 5.30pm) and stalls from local charities, reflecting the vibrant spirit of Pangbourne. It's a day to enjoy local culture, meet neighbours, and have fun in the warm embrace of summer.

If you truly want to make this year special with home-grown goods, why not apply for a plot in Pangbourne allotments (pg20)? Cultivating your own fruits, vegetables, and flowers can be incredibly fulfilling, and the allotments provide a space for you to connect with nature and fellow gardeners. It's a wonderful way to contribute to environmental sustainability and enjoy the fruits of your labour.

When nature awakes, so does our soul. The arrival of spring and summer reminds us of the beauty and importance of the world around us. Let's embrace this season with open hearts and minds and cherish the opportunities to engage with nature and our community.

Alise Petrovska



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Pangbourne Parish Council

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

New Path installed at Pangbourne Recreation Ground

So pleased to be able to share that the first phase path at Pangbourne Recreation Ground is now in! Just in time for the sunnier weather. Thank you to everyone for their patience while the work took place and access was restricted .

Particular thanks go to our dedicated member of staff for making this happen and for whom this has been a labour of love (although she might choose different words) and who sat quite literally watching it dry to ensure that there was no damage to the surface while wet ! Thanks also to the Councillors who helped in the planning, sourcing and delivery. Who knew there was so much involved in one little path.....

Thank you also to West Berkshire Council for their generous donation of almost 42k from CIL monies (developers Community Infrastructure Levy) which has made this possible by funding the majority of the costs .

The path is intended to improve access to the sports pavilion area for visitors of all abilities and access needs . For the first time , there is also a hard surface on the access to the playground from the carpark.... No more muddy puddles by the entrance gate Peppa !

It is also hoped that over time more sections of path may be added to complete a circuit around the rec ground to provide an all weather path for recreation....

But of course that is dependent on funding.... Watch this space .

We hope you enjoy the new path !



Pangbourne Meadow and Rec Vision Talks-Come and find out more at Pangbourne Fete

You may see several of our Councillors helping out at various stalls at Pangbourne Fete on Saturday 14th June 2025.

In addition, they will be holding informal Recreation Ground and Meadows Vision talk sessions at various times throughout the afternoon.

Please do pop along to find out all the latest on what we have been up to and what we have planned at Pangbourne Meadows and Pangbourne Recreation Ground and to provide us with your all-important feedback. We are excited to share with you our plans but also want to hear your views and ideas to help us shape what we do and to hear what you would like to see at both sites....

At the current time we are planning to hold Vision talks at the Fete at the following times:

13.00, 14.30, 15.00, 15.30, 17.00 (tbc)



Please do come along and find our Pangbourne Parish Council stall and check the times on the day

WE WOULD LOVE TO SEE YOU AND HEAR YOUR THOUGHTS



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Deadline for Articles and Adverts are indicated on page 5

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PSPO – Public Spaces Protection Order-Consultation

Following on from a first stage public consultation last autumn, TVP Neighbourhood Team have now formally asked West Berkshire Council to start the application process for a Public Spaces Protection Order for Pangbourne Meadows and Recreation Ground between April and October each year. As part of this process another round of



formal public consultation is now live until 30th April. It is hoped that, if successful, the Order should be in place for most of this summer. Pangbourne Parish Council fully supports this application due to the repeated and ongoing anti-social behaviours we often experience at these locations during the summer months. A temporary Order was in place for a few days last summer which helped calm some of the behaviours and it is hoped that a permanent order will give the powers they need to keep the area pleasant and safe for all.

Do have your say!

<https://www.westberks.gov.uk/pspo-pangbourne-meadows>

REPF Grant – Energy Efficiency Village Hall

GRANT FOR ENERGY SAVING IMPROVEMENTS AT VILLAGE HALL



At the end of last year the Parish Council successfully bid for a grant from the Government's Rural England Prosperity Fund Village Hall and Community Building Grant Scheme run by West Berkshire Council. The generous grant of £6,062 has allowed us to install additional ceiling insulation in the hall and replace some of our older fluorescent lights with LED versions. The work has now been completed! The changes will make a contribution to reducing our carbon footprint at the hall and reduce running costs which we feel is a positive all round.



Youth Activities -Adventure Dolphin Centre



We are really pleased to be able to work with the team at the Adventure Dolphin Centre to help support their ambitious programme of Youth activities this coming spring and summer via a significant grant match funded by Greenham Common Trust. The Centre is also receiving other funding from various partners to enable this to operate.

For delivery of the programme, the centre has partnered with Berkshire Youth to provide varied subsidised activities as well as HAF (Holiday, Activities and

Food) programme events.

Some sessions need to be pre-booked and some will be drop in and should provide something positive and engaging for our under 18's both in Pangbourne and the surrounding areas to do over the school holidays.

Do check out Adventure Dolphin's social media pages and website for more details

Pangbourne Library- new opening hours

We are now open for longer! 

From 1 April, Pangbourne Library will stay open until 2pm on Saturdays



New opening hours:

- **Monday:** 2pm to 5pm
- **Tuesday:** 10:30am to 6pm
- **Thursday:** 9:30am to 12pm
- **Friday:** 10:30am to 5pm
- **Saturday:** 10am to 2pm

Pangbourne Library, Reading Road, Pangbourne
0118 984 4117
pangbournelibrary@westberks.gov.uk

 West Berkshire COUNCIL

Extended Opening Hours at Pangbourne Library

Pangbourne Parish Council are really pleased to be able to continue supporting the running of Pangbourne Library and this year our support grant has been used to fund longer opening hours on Saturdays. Do come along and make use of the new opening times!

From 5 April Pangbourne Library will stay open on Saturdays until 2pm, with thanks to the generous support of Pangbourne Parish Council which has provided funding for these additional hours.

Whether it's borrowing a book or enjoying our peaceful reading space, these extended hours mean more opportunities for the whole community. Families can explore our children's section and even participate in weekend activities. Visit us during our new hours and make full use of the library's facilities!

<https://www.westberks.gov.uk/pangbourne-library>



Thames Water treatment Works

Essential Upgrade Works at Pangbourne Water Treatment Works

We're carrying out essential upgrades at Pangbourne Water Treatment Works (RG8 7AY) to improve water quality and maintain a reliable supply for the local community.

What's happening?

- Upgrades to the cascade aerators to meet **Drinking Water Inspectorate (DWI) standards** and enhance long-term reliability..
- Work is due to start on **22 April 2025** and is expected to be completed by **Spring 2026**.

What to expect?

- **All work will remain within the treatment works site**—no impact on public roads or traffic.
- **Some increased noise and vehicle movements** during working hours (**Monday to Friday, 08:00 – 17:00**).
- Temporary fluctuations in water quality may occur, but your water will **remain safe to use**.

If you have any questions, please contact Thames Water on **0800 316 9800**, quoting **BB01022610**.

We appreciate your patience while we complete these essential improvements.

Councillor Vacancy



Pangbourne Parish Council
Parish Office, Pangbourne Village Hall, Station Road
Pangbourne, Berks RG8 7AN. Telephone: 0118 984 1118
Email: Clerk@pangbourne-pc.gov.uk Website: www.pangbourne-pc.gov.uk

VACANCY FOR COUNCILLOR

IF YOU CARE ABOUT WHERE YOU LIVE AND ARE
PASSIONATE ABOUT YOUR COMMUNITY,
WE NEED YOU.

JOIN US AND MAKE A LOCAL CHANGE

There are currently vacancies for councillors on Pangbourne Parish Council

The Parish Council:

* Comprises 11 Councillors

* Meets on the second Tuesday every month (except August)

There is a real opportunity to make a difference at a very local level!



Applications are welcomed.
If you are interested in becoming a parish councillor or would like more information, please contact the Clerk via the contact given above.

Want to make a difference? To help shape the village we all live in?

Have a few hours to spare?

Have a burning idea you'd like to see through?

Have skills in Land Management, Legal or Financial knowledge, Policy and Process or Project Management?

You could be just the person we are looking for...

Pangbourne Parish Council has one remaining vacancy for a Councillor. We are a medium sized first tier council, operating at a time of ever increasing devolution and a changing landscape for local government.

We own and manage:

Pangbourne River Meadows

Pangbourne Recreation Ground

Chiltern Walk

Pangbourne Hill Cemetery

Pangbourne Village Hall

Pangbourne Allotments

Toilets and Playgrounds

...and much more

Please do get in touch with the Clerk if you would like to know more...

PLANNING APPLICATIONS REVIEWED SINCE LAST ARTICLE

APPLICATION NUMBER	PROPOSAL	Recommendation
25/00047/HOUSE	First floor extension to include master bedroom, ensuite and family bathroom on the footprint of the existing single storey rear and side extension 32 Meadowside Road, Pangbourne, Reading, RG8 7NH	Objection
25/00123/HOUSE	Detached ancillary leisure building with associated landscaping Oakingham House, Bere Court Road, Pangbourne, Reading RG8 8JU	No objection
25/00208/HOUSE	Installation of free standing greenhouse. Hill Rising, Green Lane, Pangbourne, Reading RG8 8LD	No objection
25/00294/FUL	Retrospective construction of an access track to be used for agricultural use. Land North Of Pangbourne Road, Bowden Green, Pangbourne, Reading	Objection

WBC DECISIONS SINCE LAST ARTICLE

APPLICATION NUMBER	PROPOSAL	WBC Decision
24/01229/FUL	Erection of a replacement dwelling with basement following the demolition of the existing dwelling; associated private amenity and erection of front gates. Bowden Hill, Pangbourne, Reading, RG8 8PT	Approval
24/01601/FUL	Construct a timber canopy supported by timber posts, with a roof covered in corrugated metal profile sheeting similar to the existing canopy on-site. Pangbourne Delivery Office, 2 Church Road, Pangbourne, Reading RG8 7AA	Approval

WBC DECISIONS SINCE LAST ARTICLE

24/01827/HOUSE	Replacement of existing single storey volume to the south with new walls, roof, glazing and external canopy. Installation of two external canopies to the north elevation, alongside a small single storey extension to the existing entrance hall and replacement porch. Replacement windows, doors, soffits, fascias and rainwater goods throughout the property, with minor alterations to several existing openings. Installation of 4no. dormers to the north roof and 1no. rooflight to the south roof. Painted/limewash finish to the existing brickwork finish across the whole property. External landscaping including a plunge pool to the north-east of the house. Buckeridge, Pangbourne Hill, Pangbourne, Reading RG8 7AS	<i>Approval</i>
24/02289/HOUSE	Modifications to existing windows and dormer windows to front and rear of dwelling. New rooflight in lieu of dormer to front of dwelling. New aluminium framed louvered pergola to rear of dwelling. Replacement rooflights to rear of dwelling. Larkspur, 5 Breedons Hill, Pangbourne, Reading RG8 7AT	<i>Approval</i>
24/02290/LBC	Installation of replacement signs to include 2x new pictorial panels to the existing post signs, 2x sets of externally illuminated sign written house names and repainting to the exterior render and windows. The Swan Hotel, Shooters Hill, Pangbourne, Reading RG8 7DU	<i>Approval</i>
24/02287/ADV	Installation of replacement signs to include 2x new pictorial panels to the existing post signs, 2x sets of externally illuminated sign written house names. The Swan Hotel, Shooters Hill, Pangbourne, Reading RG8 7DU	<i>Approval</i>
24/02416/HOUSE	Convert the existing coach house into habitable accommodation 11 Thames Avenue, Pangbourne, Reading, RG8 7BU	<i>Withdrawn</i>
24/02451/FUL	Section 73a Variation of Condition (10) Approved Plans of approved application 22/00056/FUL: First floor extension to building with mansard roof. Minor alterations to permitted scheme shell including new and altered window positions. Churchill Island, Tidmarsh Road, Pangbourne, Reading RG8 7BB	<i>Approval</i>
24/01514/LBC	Changes to fireplace to form open hearth in Entrance Hall (RG12), together with the restoration of Study fireplace (RG01) Bere Court, Bere Court, Pangbourne, Reading	<i>Approval</i>
25/00047/HOUSE	First floor extension to include master bedroom, ensuite and family bathroom on the footprint of the existing single storey rear and side extension 32 Meadowside Road, Pangbourne, Reading, RG8 7NH	<i>Conditional approval</i>
25/00200/COND	Approval of details reserved by Condition No. 8 (Remediation Strategy) of Approved Application 23/02554/FUL : Demolition of the existing MOT testing station, together with the erection of a single storey extension to the existing aftersales facility, to be used for Use Class B2 (General Industrial) purposes, and other associated works. H R Owen, Brook House, 14 Station Road, Pangbourne, Reading	<i>Approval</i>



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The ground floor features a bright dual-aspect living room, a further versatile reception space, and a beautifully designed kitchen/family room with a feature island, integrated appliances, and French doors leading to the garden.

Upstairs, four generous bedrooms include a luxurious principal suite with a wet room, a guest suite with an en-suite, and an open-plan study area.

Outside offers a great-sized patio for alfresco dining, and the tranquil River Pang creates a picturesque setting.

With ample parking and a 10-year Build Zone Guarantee, this is a rare opportunity to acquire a property in such a sought-after central location in Pangbourne.



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What sets our Angels apart is that you get to choose who visits you! We take the time to get to know you and match our Angel to your interests, hobbies, and personality.

But the best part is, you'll get to meet them before deciding if they're the right fit to help you out. It's all about making sure you feel comfortable and happy with your care at Visiting Angels.

So, say goodbye to impersonal care and hello to a customised experience with our Angels!

Services we provide:

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CHURCH SERVICES

St James | St Laurence | St Nicholas

May

Sunday 4th

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

Sunday 11th

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

Sunday 18th

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

Sunday 25th

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

Thursday 29th—Ascension Day

7pm	Holy Communion	St James
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Midweek Holy Communion

10am every Wednesday morning in St James.
All welcome

June

Sunday 1st

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

Sunday 8th

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

Sunday 15th

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

Sunday 22nd

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

Sunday 29th

10 am	Holy Communion	St James
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A WORD FROM REVD RACHEL JEREMIAH, CURATE

As we move into May many of us feel uplifted as the days get longer, the sun comes out and nature springs to life. Many of us get a spring in our step as we spend more time outside, and enjoy early summer activities in the great outdoors after a long winter. But this is not the case for everyone: for those experiencing a bereavement the world might brighten around them, but all the while they are privately struggling to come to terms with the death of a loved one.

When someone dies there is often an outpouring of love of support, as family and community process the loss and support those nearest and dearest to the person who has died. But as time goes on that support can diminish and bereaved people often feel a gentle pressure to 'move on'.

But, of course, when it comes to grief, this is rarely possible let alone easy. So much of a bereaved person's life is impacted by their loss which will have countless emotional, practical – and even spiritual – implications to their life. It can be incredibly difficult to adjust to the 'new normal' and although the sun shines in the world around them it can be a very isolating and lonely experience, and winter can continue for them.

You might have noticed, on the church's pages in previous issues, that over the past year Pangbourne Churches have set up 'Oasis' - a bereavement support group that seeks to support those who find themselves in this position. Anyone is welcome to join who has experienced any sort of bereavement however long ago and, although it has been set up by our churches, it is suitable for people of all faiths or none. We meet in *The Trunk Room* at *The Elephant Hotel* (who generously support us with hot drinks) on the fourth Thursday of every month (2-3.30pm) for company and companionship, safe in the knowledge that everyone who attends understands something of what each other is going through. Please do get in touch if it is something that could help you.

Continued prayers for all in our community especially, this month, for those hurting following the death of a loved one.

Rev Rachel

Annual Parochial Church Meetings Sunday 11th May 2024

10am Worship in St James the Less,
Pangbourne will be followed by:

1. The meeting to Elect Churchwardens by Parishioners (3 vacancies)
2. The meeting of Electoral Roll members to receive the Annual Report and elect Parochial Church Council Members (6 vacancies) and Deanery Synod members (3 vacancies)

A chance to review the last year in the parish, look to the year ahead and elect new members to help lead us through the next year.

CONFIRMATION CLASSES

During May, we plan to offer classes for teenagers and adults who are interested in being confirmed, as well as for those who may not be ready for confirmation but would like to explore the Christian faith further. If this interests you and you'd like to find out more please email rector.ptschurches@gmail.com



BERKSHIRE CHAMBER MUSIC FESTIVAL 2025 28TH MAY - 8TH JUNE

TUESDAY 3RD JUNE 19:00
SHAW HOUSE, CHURCH RD, SHAW, NEWBURY RG14 2DR
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WEDNESDAY 4TH JUNE 19:30
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St James Café
St James Church, Pangbourne

7th & 21st May
4th & 18th June

**Coffee
&
Chat**

Drop into St James Cafe
in Pangbourne
each 1st and 3rd Wednesday
11am to 12.30pm

You're warmly invited to join us at

OASIS
Bereavement Support Group

The Parish of Pangbourne
with Tidmarsh and Sulham
St James The Less : St Laurence : St Nicholas

**Thursday 22nd May
& 26th June
2 to 2.30pm**

The Elephant Hotel

*Coffee
Company
Conversation*

Tea Tent at Pangbourne Fete Saturday, 10th June



We hope to see you at this year's fete for a cuppa and a slice of homemade cake. Drop in to the Pangbourne Churches tea tent.



WE ARE ALL SET FOR THE SUMMER SEASON!

Our summer terrace is the perfect place to relax and enjoy
a glass of prosecco or an ice-cold beer.

Our new starters and bar snacks offer a delightful range of flavours
that will tantalize your taste buds.

Moreover, we have an exciting lineup of events planned,
with full details coming soon.

Stay tuned for the latest updates and make the most of this vibrant season with us.



Upcoming Summer Events

- * Summer Menu: Enjoy a vibrant array of colours and flavours.
- * Summer Drinks: Refresh yourself with our new selections, coming soon.
- * Father's Day: Book now to celebrate this special day with us.
- * Garden Fundraiser Party: Support McMillan—dates to be announced.
- * Live Music: Stay tuned for exciting performances.

Indulge in a selection of exquisite dishes, such as our lobster thermidor crumpet,
the refreshing pink grapefruit salad, or one of our ultimate roast dinners.
Each dish is crafted with love and attention to detail, ensuring a memorable dining experience.

Much love,
Anna

To book your table at the Swan, please email info@swanpangbourne.co.uk
or telephone: 0118 984 4494

Shooters Hill, Pangbourne, Reading RG8 7DU

St Bernadette's Catholic Church

Horseshoe Road, Pangbourne, 0118-971-5350, Parish Priest: Fr Alban Hood
woolhampton@portsmouthdiocese.org.uk www.douaiparish.org.uk

Sunday Mass

9:45am Every Sunday, with children's liturgy. Followed by tea and coffee.

Second Wednesday Coffee Morning

14th May and **11th June** at **10:30 am**
All welcome for a cuppa and cake!

Charity Music Show: Saturday 7 June

Join us for our "Thank you for the Music" show on **7 June at 7:15 pm**. All proceeds to the Rainbow Trust, who support families with seriously ill children. Contact the parish office for tickets.

Young Disciples (children's group)

Every 1st Sunday of the month (except August). Bite-sized topics for 10 minutes after Mass. Followed by doughnuts.

First Holy Communion

Our next preparation course for children in Year 3+ will start in September. Please contact the parish office for details.

Confirmation

Many congratulations to our eight parishioners who will make their Confirmation on Sunday 11 May!



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Happipup wins award from Dragon's Den star Theo Paphitis.

A Pangbourne entrepreneur is celebrating after winning an award from former Dragon's Den star Theo Paphitis.

Sandra Emmons met with the small business champion at his annual Small Business Sunday event at the ICC in Birmingham on the 21st of February after he chose her puppy and dog training business, Happipup, as one of his winners.



Sandra said "To have Theo's recognition is such a boost and I was over the moon to win. When I started Happipup I wanted to create a special 'Superstar Community' where dogs and their families are supported throughout their journey. Theo is a dog lover, so I talked about this in my application. Only 1% of applicants become part of his community and what's even more incredible is that 80% of those successful businesses are run by female entrepreneurs!"

SBS began in Theo's kitchen back in 2010 when he had an idea to give small businesses a boost by retweeting their social media pages to his followers. Each week, Theo urges people to share the passion behind their businesses and chooses six winners to become part of his community which now has over 4,000 members. Theo added "We are thrilled to welcome new #SBS members every week and highlight just how important it is to support our small businesses here in the UK. My

vision is that everyone who has ever won an #SBS retweet from me becomes part of a friendly club; like-minded individuals who can share successes and learnings.

Find out more about Sandra's work at: www.happipup.co.uk

Pangbourne Fete 2025

Join us for a great family day on Pangbourne Meadow



Saturday 14th June

Live Music – Food & Drink
Kid's Events – Charity Stalls – Displays

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The Healing Power of Oxygen- Our Silent Saviour!

In the grand symphony of life, there is one element that plays a silent yet irreplaceable role in every breath we take, every thought we think, and every step we move. Oxygen—the invisible force sustaining our very existence—is so constant, so ever-present, that we rarely stop to consider just how extraordinary it is. Yet, from the moment we are born, it is oxygen that fuels our cells, powers our muscles, and keeps our minds sharp. It is the unseen guardian of health, quietly at work to sustain, heal, and protect us.



At its most fundamental level, oxygen is the key player in cellular energy production. Our cells rely on oxygen to create adenosine triphosphate (ATP), the molecule that powers everything from digestion to brain function. Without sufficient oxygen, our cells struggle to generate energy efficiently, leading to fatigue, cognitive fog, and overall diminished vitality.

Beyond its role in energy, oxygen is also a powerful natural anti-inflammatory. It helps regulate the immune response, reducing harmful inflammation that can contribute to chronic conditions like arthritis, cardiovascular disease, and even neurodegenerative disorders. Oxygen's

ability to support tissue repair is equally remarkable—it fuels the regeneration of skin, muscles, and organs, accelerating healing after injury or surgery.



Yet, despite its abundance in the air around us, not all oxygen reaches our cells effectively. Factors like stress, pollution, poor circulation, and even aging can reduce optimal oxygen delivery, leaving the body functioning below its full potential. Fortunately, there are ways to enhance this process naturally. Deep breathing exercises, regular physical activity, and spending time in fresh outdoor environments all help increase oxygenation. Nutritional choices also play a role, as foods rich in iron and antioxidants improve the blood's ability to transport oxygen.



For those seeking a deeper level of cellular oxygenation, significant research highlights the benefits of Hyperbaric Oxygen Therapy (HBOT). By delivering oxygen at higher-than-normal atmospheric pressures, HBOT allows the body to absorb more oxygen into the bloodstream, promoting faster healing, reducing inflammation, and even supporting brain health. While once reserved for medical emergencies like decompression sickness in divers, HBOT is now being used for a range of health and wellness applications, including in cancer recovery, long covid, chronic fatigue, wound healing and inflammatory conditions. Contact Formula Health to find out more.

In a world where we often search for complex solutions to health, perhaps the answer to helping our bodies thrive lies in something as simple as the air we breathe, enhanced by basic laws of physics and pressure gradients. Oxygen, our silent saviour, has been supporting us all along—it's time we give it the appreciation it deserves and do all we can to enable our bodies to optimise it.

<https://formulahealth.co.uk/oxygen-therapy/>

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

Modernisation Programme now Completed

The Trustees for Action for Pangbourne Toilets are delighted to announce that the Modernisation of the Toilet Block has now been completed.



Many of you will remember that a year ago the Gents modernisation programme had an opening ceremony with live streaming on Channel 4's 'Late Night Lycett' show to a crowd of around 200 onlookers, with free Prosecco and Burgers for all.

The reopening of the Night Toilet was a quieter affair and took place on Sunday March 23rd with our Supporters. Tony Rawlings, representing them, cut the ribbon and tea and biscuits were served to all the attendees.

The backing APT has received from many villagers who became our supporters in the campaign is quite extraordinary. Over the last 10 years since West Berkshire DC closed the block, many villagers have stepped up to help ensure the block was reopened, run and modernised, seeing the great need for it in our community.

The cost of the modernisation has been high, altogether £86,444 for the Disabled Unit, the Ladies, Gents and lastly the Night Toilet. This is in addition to the £12,500 pa to keep the toilets cleaned and maintained on a daily basis.



The current usage of the toilets is about 28,000 per year - evidence indeed that it is a great asset to the community and the health and well-being of all.

Having run the Toilets for many years and accomplished the modernisation programme such that the Toilets should need little refurbishment for the next twenty years, the Trustees of APT consider that it is now time to discuss and plan for the future. This may involve a new set of Trustees or a bigger role for Pangbourne Parish Council or both.

Pangbourne Allotment Association

By the time you are reading this, the Allotmenters will hopefully be harvesting their broad beans, planting out their courgettes and training the runner bean seedlings up their canes. We are hoping for less slugs and snails this year as last year they had a devastating effect on young seedlings. Mild wet winters



help the slugs and snails to survive, so hopefully some cold snaps this year will have controlled their numbers. Raw wool, egg-shells and beer traps are some options for protecting vulnerable



seedlings. The reward for allotmenters for their hard work and diligence is a supply of fresh vegetables and fruit. However,

the side benefits of a friendly chat and the sense of well-being which comes from working with nature, are equally important. If you would like to rent a plot, please contact the Parish Council on allotments@pangbourne-pc.gov.uk or contact the parish clerk.

Please take note of the following dates. We look forward to seeing you.

10th May 2025 Plant sale outside Garlands

14th June 2025 Plant sale and children's sunflower growing competition at the Pangbourne fete. Sunflower seedlings for sale. Final height with photo to be submitted by September 6th 2025.

16th August 2025 Open morning at the allotments with refreshments.

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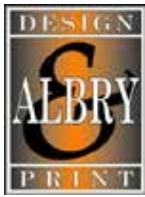


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Pangbourne Primary School News

Here are some recent highlights of the Spring Term at Pangbourne Primary School! It has been a very busy term!!!!



We had a fantastic 'World Book Day'!!!

We had a busy fun day which included:

- Dressing up as a book character- Children and staff looked amazing!!
- Sharing books with parents.
- Special assembly led by Mrs Wilson with a book quiz and MC Grammar singing!!
- Story class swaps
- Book in a box activities



Didcot Railway Centre Trip. The children were brilliantly behaved and had an amazing time with lots of learning linked to our recent study of World War Two in History. We had a safety briefing and then split into groups to find out about: locomotives and

how steam engines work; sounding the alarm and putting out fires using pass-the-bucket and a pump-hose; being evacuees filling in identity paperwork and what to pack; and taking cover in an air raid shelter including escaping through the emergency hatch. A busy but fun time!

Cllr Matthew Shakespeare (Pangbourne Ward) and Cllr Heather Codling (Portfolio Holder – Children and Family Services) visited the school. Mrs Fry had invited them to see our fantastic school in action. They were very impressed with the excellent behaviour and all the wonderful things that we are doing.



Show Racism the Red Card National Competition 2025

The House Captains did a great job organising and judging this competition.

They found it very hard because they could only choose one winner for each category (T-Shirt/ Football Boot/ Artwork/ Creative Writing). Congratulations to our four winners Godwin, Logan, Olivia E and Tymur!! They received a special gold cup in assembly today. Their entries have now been sent off for the national competition.



Uniform Cabin!!!!

We have a new pre-loved uniform cabin outside by the school reception. Mrs Fry managed to get a grant from 'Sovereign Network Group' for the cabin. Parents/ carers are welcome to come to help themselves to the pre-loved uniform anytime during school

hours. Thank you to our oldest pupil and youngest pupil for proudly cutting the ribbon and declaring the cabin open!!

Sport Success Huge congratulations to our year 5/6 hockey team who won Gold at Henwick Astro Hockey Tournament. They kept a clean sheet with no goals scored against us by any of our opposing teams in the tournament.



Whole school 'Flower Power' project.



The school art gallery of 'Flower Power' is now finished with the fantastic art work from across the school. So proud of our amazing artists!!!

Have you considered being a school governor?

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



**Pangbourne Primary School
Open Day**

25th June 10am-10.30am

Come to see our fantastic school!!!

Tel: 0118 984 2315





Hi all,

Here's a quick reminder of what we do: We are the PTA of Pangbourne Primary School.

We are a registered charity, and we aim to build relationships between parents, carers and the school, run events and raise money for the school to buy equipment, resources and offer new experiences to all the children.

Current Fund Raising Efforts

As well as the many resources and experiences we have pledged to contribute to this year, our main fundraising efforts are currently focused on playground renovations at the school.

In particular, we hope to be able to contribute towards the renovation of the Foundation Stage play area, with plans to include various sections including messy, imaginary and moveable areas.

As well as our planned events such as the village fete tombola and the main event of the year, the Fireworks Fiesta, we hope to boost our fundraising pot through our donation QR code. Please scan the QR code to find out more about our playground renovation and to make a donation. **Thank you!:**



Pangbourne Village Fete – Saturday 14th June

We have started planning for the fete, and will be returning with our very popular bottle tombola! We hope to see everyone there on the day, let's hope for good weather!

Other Ways support your local primary school

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

Have you signed up to the West Berkshire Lottery yet?

West Berkshire Lottery is an exciting weekly lottery that raises money for good causes in West Berkshire – and FOPPS is registered as one of the causes. If you would like the chance of

winning up to £25,000 AND supporting FOPPS, all you need to do is go to the site below and purchase a ticket for just £1.

www.westberkshirelottery.co.uk/support/fopps

Reduce! Reuse! Recycle for FOPPS!

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

Easy Fundraising

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

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

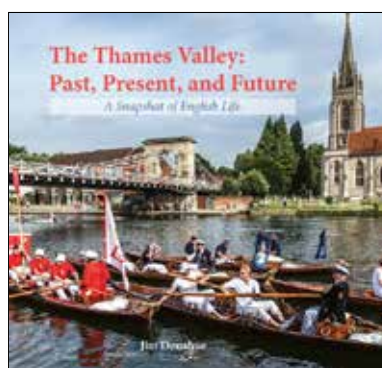
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New Members welcome in 2025

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Pangbourne College Announces Groundbreaking Changes as Part of Campus 2030 Development Plan

Pangbourne College is excited to announce a series of transformative changes that will shape the future of the College, enhance student experience, and ensure its continued success for generations to come. The Governors and Heads, both past and present, have worked extensively on developing the College's Campus Masterplan, Campus 2030, as part of the Five Year Strategic Plan. These new developments reflect the College's ongoing commitment to its future while preserving its legacy.

Full Co-Education and New Divisional Structure

From September 2025, as phase one of Campus 2030, Pangbourne College will fully embrace co-education by moving away from boy and girl Divisions (Houses) to creating four co-educational senior Divisions, marking a significant step towards a more inclusive and balanced environment. These Divisions will serve as the central pastoral hubs for all students, promoting an enhanced pastoral care system that ensures every student is supported in both academic and personal development.

New Sixth Form Centre to Enhance Student Experience

Pangbourne College is also introducing a new Sixth Form Centre, which will serve as a dedicated space for students to prepare for life beyond the College. The Sixth Form Centre will include areas for independent study, collaborative work, and social spaces, fostering a balance of academic focus and growing independence.

Indy Kaur, Head of Sixth Form at Pangbourne says, "This development will not only provide a more attractive and supportive environment for Sixth Formers but will also play a key role in expanding the Sixth Form and enriching the student experience"

Changes to Boarding Structure for Improved Experience

In a further move towards enhancing the College's pastoral care, boarding will be consolidated into

two dedicated Boarding Houses (for students in Years 7-13): Port Jackson for boys and St. George for girls. This new arrangement will provide a more enriching and dynamic boarding experience, allowing for stronger community building and more focused support for boarders. Dunbar House will become a Junior Day House, ensuring a better experience for younger pupils.

Each Boarding House will be led by a Head of House, supported by a Deputy, ensuring that every boarder receives the highest level of care and attention.

The new co-educational Divisions will ensure that all students benefit from greater equity, offering more leadership opportunities and role models of both genders. This will better prepare students for the world beyond Pangbourne by fostering an inclusive and diverse environment.

Looking to the Future

Mr Oliver Knight, Head of Pangbourne College explains, "Pangbourne College is proud to embark on this exciting new chapter. These changes not only reflect the evolving needs of our students but also demonstrate the College's commitment to providing the best possible educational and pastoral care for future generations. With a clear focus on innovation, inclusion, and excellence, Pangbourne College is preparing students for success, both within the College and in the world beyond."



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WHSmith

With the current turmoil nationally at WHSmith, a company which has some 15,000 employees, it will be interesting to see whether our branch survives. At its present site since 1937, it has a special place within the company. The Hon David Smith, a descendant of the founder and the chairman 1948-1972, lived for a time locally. He and his wife liked to visit our shop, and stipulated that it should remain open indefinitely, despite its small size.

The company was founded by Henry Walton Smith and his wife Anna in 1792 as a news vendor in London. With the railway boom starting in the 1840s, they opened news-stands at railway stations. WHSmith remained a private company until 1948.

Since the surname Smith occurs so frequently, one is mistakenly inclined to dismiss it as of little interest. So why then are there so many? The modern name recalls men who in the Middle Ages carried out a highly valued and essential craft, working in iron and other metals. Everyone, rich and poor, depended on the local smith for the most essential things of life, whether in the home, on the farm, out hunting or at war. Every community must have had a smith. The eldest son of a smith was likely to inherit his father's forge, and his skills. He inherited the name of the trade too, which he must have borne with great pride.

Modern smiths are regularly associated with horses, but in early medieval times there were more specific trades for this. For example, the surname Palfreyman, sometimes also simply Palfrey, recalls a man who looked after saddle horses for ordinary riding, palfreys, whereas the man who had the general care of all the horses in a stable was called the 'marshal'. Now the very important Earl Marshal and Field Marshal, at first he was simply a farrier, groom or horse dealer. So the Marshal family, first associated with Hamstead Marshall in the early 13th century, must have risen early and rapidly up the medieval hierarchy.

There are a number of more obvious references to horses locally. Horseshoe Road, Pangbourne, clearly refers to the shape of the road, and the frequent local Horse Leas, as at Bradfield, refers to pasture for them. Horses must have had a hard time working the land on the steep slope at Killhorse, Aldworth.

The breeding and training of horses has a long history in our area. Names like Wyld Court Stud, Hampstead Norris, are modern, but they are echoed in Stadhampton, Stodeham in 1130, which was a 'river meadow (hamm) where horses are kept'. The first recorded racing at Newbury took place in 1805, and horses have been trained for racing at East Ilsley since the 18th century.



Wayland's Smithy

Reaching right back, one comes to the White Horse, Uffington. Not far away is Wayland's Smithy, a prehistoric site associated with Wolund, able magically to shoe horses. He was a Germanic smith-god, so perhaps the name WHSmith hints at a distinguished history indeed!

Nigel Suffield-Jones

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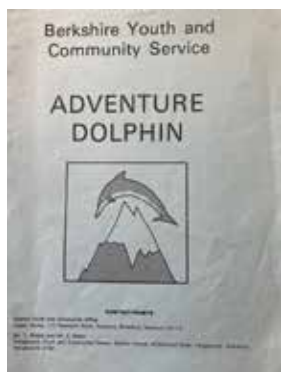
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PANGBOURNE HERITAGE GROUP

History and Heritage are different, the one being concerned with facts and evidence, the other more personal and to some extent based on interpretation. In looking at our village, there will be people of various age groups who remember Adventure Dolphin, which is a living part of our local heritage. Kevin Dennis has sent me some bullet points and a lovely description of an early visit to France, which I hope will provide recollections to any members of our community who were around at the time.



Firstly the bullet points:

Originally the Pangbourne Boys Club, built in 1959, Management transferred to Bradfield District Council, then Berks CC in 1964 as one of the first Youth and Community Centres.

Early names:

Dennis Horn, the first full time warden, who introduced canoes to the youth club

Peter Overton (more of him later)

Eric Blake, a volunteer instructor, whose father lost his life on HMS Dolphin in WW2, another reason for the naming of the centre

John Fazey, who managed the National Canoe Slalom Team

Eric Radnage, who concentrated on the Youth and Community side and had good links with the local groups

Chris Blakey and **Drew Delaney**, who developed links with local schools, and also led an expedition to the Norwegian Fjords.

The Journey to the Ardeche in France as related to me by Kevin.

I was travelling down with Eric Blake who had never driven in France before, and he was towing a trailer. When we arrived at Dover it was late at night and we were ushered on to a ferry. We ended up in Boulogne, much to our surprise as we were expecting Calais! It was very foggy and we had no map, but somehow found our way to Calais and met up with the rest of the group. All drivers decided to meet up at the Peage just

south of Paris. We had an exciting drive trying to negotiate 13 lanes of traffic going round the Arc de Triumph, towing a trailer. It is still the craziest roundabout in Europe, not bad for someone who had only been driving in France for a few hours! On our way to the Peage we saw a plane fly over and drop some parachutists, and waited for the other vehicle, a Bedford Minibus to arrive. (no mobiles in those days, this was the early 1970s) It was decided that the other two vehicles would drive to the Ardeche to the campsite, a 24 hour journey. When we arrived there was still no sign of the rest of the group, and we were low on money as that was with the remaining vehicle. We camped overnight and agreed to paddle half of the gorge, and if the others did not arrive we would have to return home as we had just enough money to get back. Thank goodness when we came off the water they had arrived and had forgotten to tell us that they had planned to stop off at another campsite on the way down. So we did get to paddle the whole gorge, and in chatting to the other group , they had also seen the parachutists. Intrepid travellers indeed. Does anyone remember being on that trip?



A note from Lesley, I was in the Ardeche coincidentally last week, and it is still a wild and beautiful place, but I was on a steam train, not in a canoe! With thanks to Kevin Dennis who gave me all this information, and continues the good work at the Dolphin Centre to this day.

Lesley Crimp

Further information: www.mistletoe-clinic.co.uk



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As we commence our exchange weekend this first weekend of May, it is inspiring to have more news of the wonderful link that has been set up with the children at St Andrews school Pangbourne and a school in Houdan village to the west of Paris. This link has been organised by Phil Bates who is Head of Modern Languages at St Andrews and a member of the Pangbourne Twinning Association.

Phil has sent us an update of how the children are progressing with their exchange of letters.



"In May 2024 I went to Houdan (twinned with Pangbourne) and met an English teacher, who was keen to set up a partnership with our school. We started with Year 7 (now year 8), writing letters of introduction. We have now rolled this out to year 6, 7 and are continuing with the current year 8.

The content of the letters links in with the topic of study of the term – so for example just before Christmas our year 7 wrote to their pen pals about their favourite books, TV shows and films. Sometimes they write in French and receive letters in English and sometimes the other way round, so they get practice reading French, too.

Younger siblings in years 5 and below are already asking when they can join in and start writing letters.

It is fantastic to see the joy on the pupils' faces as they receive something so simple, but so tactile and personal as a letter.

We will be continuing this into 2026 and beyond."

Visit from the Houdannais (from Houdan)

By the time you read this we should have welcomed the coach from Houdan as they arrive on Thursday 1st May. We are hoping to welcome about 40 people into our homes and to introduce them to the lovely friendly village of Pangbourne and the local area. We have now booked our trip

to Winchester college on Friday and a fabulous caterer for our celebration meal on the Saturday.

If you would like to find out how this exchange works or maybe you are interested in the return trip to France next year why not come and meet us all at the Pangbourne Recreation ground on the morning of Saturday 3rd May where we will be learning how to play English Bowls and Pickle Ball coupled with a great deal lots of socialising .

Why not try hosting in the future? It is great fun and very rewarding. Or come to visit Houdan next year There is no requirement to speak French. In fact, many of our visitors speak perfect English. Or if you like all things French or would like to find out more about the Association why not come along to our Annual.General.Meeting Join us for a glass of wine and a chance to find out what we do.



The A.G.M. will be held at the Dorman rooms at St Bernadettes church in Horseshoe road Pangbourne. Wednesday 21st May -7pm for 7.30pm

Pangbourne village fete

It is certainly a busy time of year for us as we look forward to the fabulously social day of the village Fete on Pangbourne meadows. As usual we will be running our popular stall selling French wine and crepes on Saturday June 14th.

Why not come along and see us there or contact us on infopangbournetwinning@gmail.com



Another great success for Pangbourne Rotary Club's Art Exhibition.

Over £2500 was raised through the proceeds of the art sale, raffles, refreshment sales and voluntary contribution as well as our sponsors (listed below) and, of course, the generosity of the public.

The other winner was Community engagement and spirit from the Schools Art exhibition, in which hundreds of primary school children from Pangbourne, Whitchurch, Englefield, Birch Copse and Brookfields School submitted entries. This was great both for the pupils enjoyment and welfare and also increased footfall as excited children dragged their parents along to view their work.

We thank Dr Christina Hill Williams for opening the exhibition and for representatives of our beneficiary charities- Tracy Underwood of Bridge for Young People and Charlotte Wilshire of Brookfields School for being present throughout the event.

And a big thank-you to the artists of all ages, who make this event so special and to our Rotary volunteers, with Paul Sampson at the helm..

PR Motors sponsored the catalogue, Reading Garage the signage, Caversham Picture Framers the schools art prizes, Green Parlour Florists the preview party and Aston Martin, Greens of Pangbourne and the Pangbourne Cheese shop the raffle prizes.

Don't forget our next fund-raising event is The Dragon Boat racing at the Pangbourne Fete on Saturday 14th June.

Still time to enter crews and for sponsorship opportunities. Contact Tony Eldridge toneld55@gmail.com for more details.

DOING GOOD

The Rotary Club of Pangbourne in partnership with The Rotary Club of Reading Abbey presents

Braeburn Lodge Care Home, with a portable multi-sensory activity toolkit(AMuSED box) for use by staff and their residents living with Dementia. The concept of the toolkit was initially developed by Emeritus Professor Rachel McCrindle and Dr Esther Olorunda as part of a PhD at the University of Reading. Following the success of the prototype evaluation in a number of care homes, the Rotary Club of Pangbourne has raised the funds to enable Braeburn Lodge Care Home to benefit from this innovative toolkit.



Pictured (L-R) Brian Davies (Pangbourne Rotary), Zoe from Braeburn Lodge and Fred McCrindle from Reading Abbey Rotary Club.

Please contact membership@pangbournerotary.org.uk if you are interested in joining us and helping run events like this.

Brian

Public Image and Publicity

The Rotary Club of Pangbourne

Brian Davies, Seymore, Blandys Lane, Upper Basildon, READING. RG8 8LY



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PANGBOURNE BOWLS CLUB

THE JOY OF BELONGING.

With the work on our green progressing very well and the Bowls season fast approaching (Mid April), our attention now turns towards the membership for the coming season and our 2nd OPEN DAY ON SATURDAY 17th MAY 2PM. As we come out of the gloom of winter and stir ourselves away from the TV sets and we start to stretch ourselves, our thoughts may turn to gentle exercise and the fresh air. Friendship, and new beginnings with new friends and maybe a new sport but where can you find this all together??. Well its on your doorstep doing something you probably never thought you would do or even like so WELCOME TO PANGBOURNE BOWLING CLUB, and whilst the club is 104 years old many residents do not know we are there. Located in the Recreation Ground via Thames Avenue near to the river and in the open air the art of bowling is open to all ages both Male & Female, and as a member you can play as often or as little as you like, it is a gentle form of exercise with the added element of competition added in ,it doesn't matter if you win or lose it's the taking part that counts plus the joy of making new friendships wherever we play. The club plays in the OTL League (mixed ladies/ Gents) the KLV League (men only over 55) Ladies Friendlies, Mixed Friendlies , Inter Club Competitions, Points, and various nights for a roll up with other members so you have plenty of opportunity to choose from with most games for League matches played on Wednesday/Thursday or Saturday/Sunday. Ladies friendlies are on a Tuesday afternoon.

So why not come along on our Open Day, its easy to get to with the new footpath come and meet our members, have a go at Bowling enjoy a cuppa ,talk to us about what the club can offer you ,the equipment is there ready for you to use ,(please wear flat shoes) the green is looking very good it will look even better with you playing on it and all the while enjoying the friendship and the art of bowling .

Of course you are welcome to visit anytime the club is open our members will be delighted to answer any questions you may have or feel free to call me on 07884136987.

Open Day
PANGBOURNE & DISTRICT BOWLS CLUB

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 **Saturday 17th May**

From 2pm

Recreation Ground, Thames Avenue, Pangbourne, Reading, RG8 7BY
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- Wear flat footwear
- Equipment provided
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The Dolphin Centre

is gearing up for the summer season, buoyed by recent good weather and a host of activities planned.

Evening canoeing courses are returning with a six-week program. Participants can choose from the Introduction to Paddling (open canoes, kayaks, and stand-up paddleboards), the Discovery Award (focusing on decision-making and practical skills for safety on the water, comparable to a 2-star rating in kayaks, canoes, or paddleboards), and the Explore Award (aimed at developing independent paddling skills in the chosen craft, similar to a 3-star level). The first set of courses begins on Wednesday, April 30th, running until June 11th. A second set will be held on Thursday evenings from June 19th to July 24th. The cost is £110 for non-members, £90 for under-18s and students, and £85 for members. Please email bookings@adventuredolphin.co.uk for details.



In an exciting new initiative, the Centre is partnering with Berkshire Youth and Pangbourne Parish Council to offer half-day holiday clubs for young people. Mornings, from 8:30 to 12:30, will cater to junior school pupils and include breakfast, while afternoons, from 13:00 to 17:00, will be for secondary-aged students and include lunch. For further information and bookings, contact jade@adventuredolphin.co.uk.

The Pangbourne Paddle Sport Club has been

preparing for the Devizes to Westminster canoe race, a 125-mile event held over the Easter weekend. The race includes four categories, with the Senior Doubles (kayak and canoe) being the premier event. Paddlers start in Devizes on Easter Saturday and paddle non-stop to Westminster Bridge in London, facing challenges such as timing their arrival with the outgoing tide at Teddington and navigating over 50 portages. This year, the club will be represented by experienced paddlers like Vicky Metcalfe and Peter Walker, both members of the DW 1000 mile club, and Donald Fisher-Jeffes, who will be competing in the senior singles for the first time. Many club members also volunteer as marshals. Membership is open to those with the Paddle UK Discover award, with sessions held on Saturday and Sunday mornings and Tuesday and Thursday evenings. Contact admin@pangbournepaddlesportclub.co.uk for more information. The club will also host its annual river clean on Sunday, June 1st, in conjunction with Paddle UK, a Summer Regatta on Saturday, June 21st, and the Annual Hasler Canoe Marathon on Sunday, September 21st.

The climbing section continues to thrive, with increasing student enrollment. The climbing team has secured grants from various local organizations, including Pangbourne Parish Council, The Good Exchange, Tesco Stronger Starts, and the Coop, to enhance their equipment. They are also supporting a young helper to become a qualified Climbing Wall Instructor.

The Duke of Edinburgh's Award program has over 80 individuals planning their summer expeditions, supported by 15 volunteers. Five Bronze teams have completed a navigation and teamwork exercise and will undertake their practice and qualifying expeditions locally. The five Silver canoe teams have completed a rescue and safety course and will have water-based training over the Easter holidays, aiming for their expeditions on the River Thames. A walking team is also participating for the first time in many years. At the Gold level, four water-based expedition teams have completed safety and rescue training. They will conduct their final training on the Thames before their 4-day practice and qualifying expeditions on the rivers Wye and Severn. The volunteering efforts of this year's participants have totaled over 2000 hours in the community. The Trustees have allocated over £1600 for assisted places, and the Reading Rotary Club has provided a £1000 grant for new tents.

Preparations for the summer have included water-based coaching sessions covering safety, rescue, and kayak rolling, along with competence assessments. Several team members have updated their first aid and safeguarding qualifications. The Trustees are supporting three team members taking their coaching exams.

As the Centre's activities expand, they are seeking new Trustees. The Trustees meet six times a

year. Interested individuals can email info@adventuredolphin.co.uk

The Centre is working to secure a lease for their building with West Berkshire Council and is in discussions with the National Trust and Pangbourne Parish Council to increase boat storage. Nino will also be returning with his coffee and ice cream airstream.

The AGM will be held on Wednesday, July 9th, at 19:30 at the Centre.



Spring into Summer at the Tennis Club

The club is now in full swing for the spring and summer. Social tennis, coaching for adults and juniors, and league matches are all happening this spring. New members are always very welcome. Adult membership for 12 months is £65, the junior fee is £25, or £135 for a family membership. If you would like to try out the club for size, or just play occasionally, we offer monthly membership for £10.

Quiz Night was a smash hit!

The tennis club quiz night held at the Parish Hall in March was a smashing success, serving up a delightful mix of trivia, fun, and camaraderie. Eighty people from the club and the wider community took part and showcased their knowledge across a wide range of topics. Last year's champions, "2024 Champions," were victorious once again by the small margin of 3 points from runners-up "No Jacket Required." A special mention to the team made up exclusively of junior members – they coped admirably with questions which were very much before their time!



Congratulations to the winning team of (l-to-r) Paul, Rob, Hilary, Fiona, Kim, Nicki and Clive.

Club Open Afternoon – Saturday 10th May

13:00 – 16:00

Come along to the tennis courts on Saturday 10th May for a fun afternoon on the courts. It's free, racquets and balls will be provided, and refreshments will be served. Just make sure you have your trainers on! You can join in taster sessions of walking tennis and pickleball and measure your serve speed. There will be drills sessions with the coach for adults and juniors (10+) and mini-tennis for the younger kids.

New to tennis and keen to get started?

Are you completely new to tennis and want to learn the basics? Start to Play is a programme designed to get you up and running quickly. This Sunday morning course will get you started in a supportive environment. The next course of 5 sessions starts on Sunday 4th May and runs to 1st June. It's limited to six participants, so book now!

What's happening on court this spring

There's a full programme of coaching for adults this summer on Tuesday evenings and Sunday mornings. This includes the popular Back to Tennis programme for players who haven't played for a long time. Junior tennis coaching is back on Friday evenings this year for children from 4 years and upwards. The course started on Friday 25th April and runs to 11th July.

After the very popular Introduction to Pickleball sessions which ran in March and April, the club will be offering more pickleball activities from mid-May. Walking Tennis is running on Saturdays at 13:00 – 14:00. You don't need to be a member to take part; balls and racquets are provided.

Join us for social doubles every Friday at 19:30 – 21:00 and Saturday afternoons at 14:00 – 15:30. Players of all levels enjoy these sessions – you just need to be able to serve and sustain a rally.

Please do get in touch to find out more about the club by emailing us at info@pangbournetennis.org or scanning the QR code.

Pangbourne Tennis Club Committee



PANGBOURNE CHORAL SOCIETY presents BETTER IS PEACE THAN ALWAYS WAR

Falkland Islands Memorial Chapel, Pangbourne College, Saturday 21ST June 2025 (7.00pm)

This concert reflects on the 80th anniversary of the end of World War II, at a time of considerable unease in the world today.

The main work will be PCS's debut performance of *The Armed Man* by Karl Jenkins. Also included will be *Five Days that Changed the world* by Bob Chilcott, which focuses on what can be achieved when mankind works together in peace for the greater good. Other items will be included to reinforce this theme and hopefully finish in a mood of optimism on a nice summer's evening!

Music Director, Sara Benbow, rounds off a season of reflective concert programmes for Easter and previously Christmas, and this mood of reflection will now be extended away from religious music into the domain of secular activities, good and bad, that underpin the familiar religious messages

Comments PCS Chairman Brian Hoskins: 'This concert will round off a season of great interest for audience and performers alike and we cannot wait to perform Jenkins' most celebrated work for the first time. And, knowing Sara, there will be other wonderful surprises in store on the night. In fact, we've just heard that we will be supported by no fewer than three military trumpeters on the night!'

Tickets (£17 – just £5 for under-18s) are available from Garlands Organic & Natural, Pangbourne, from PCS website, and PCS members, and on the door

Tony Maynard – Publicity Officer – Pangbourne Choral Society: 0118 984 5079

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Pangbourne Dementia Forum

THE THURSDAY HUB

Our February meeting was another delightful occasion filled with chat, laughter, delicious food, and brilliant entertainment. Over 30 guests were waited on by our amazing volunteers, who served



up homemade sandwiches and scrumptious cakes—a real treat! The afternoon's fascinating "PAIRS" quiz kept everyone entertained and intrigued. Was Nelson's partner Winnie Mandela or Lady Hamilton? Or was Judy's partner Punch or Richard! This month's entertainment was the incredible Derry Pope. He truly has the talent for the West End stage—so professional! With songs from Chicago, Cabaret, and The Wizard of Oz, he had the room buzzing with energy, and his sparkling sequinned jacket added to the light-hearted atmosphere. A huge thank you to everyone who helped make it such a jolly and memorable afternoon! A Very Joyful March Meeting

Whoopee! What a delight it was to see a 92-year-old lady dancing with such enthusiasm at our March meeting at The George Hotel! A total of 32 guests enjoyed a delicious lunch of sausages (generously supplied by Greens) with creamy mashed potatoes, peas, and gravy. A huge thank you to our amazing waitresses—sorry, volunteers. The talented Ashleigh Stone entertained everyone with his wonderful renditions of memorable songs—hence the dancing! We were also pleased to welcome several visitors, including Sue Butterworth, our founder and Amy from Public Health West Berks Council. We also met with the future manager (formerly known as the matron) and the customer relations officer from Cedar Lodge (previously Eastfield Lodge), a residential and care



home set to open in May. We then welcomed Kim and Louise from the tennis club, who shared the benefits of Walking Tennis—courses begin in May! (And the demonstration was injury-free!)

One Voice Community Choir



VE Day 80th Anniversary Singalong

We're performing outside The George on Tuesday, 6th May, at 11:15 AM, singing all the old-time classics to celebrate 80 years since VE Day. It would be lovely to see some of you there—come along and join us in song!

Let's make it a wonderful tribute together for all those brave souls

**"Who sacrificed their today for our tomorrow",
we thank you all.**

If you can't make it, don't worry! You're always welcome to join us every Tuesday at 10:15 AM for a cuppa and biscuits, followed by singing from 11:00 AM to 12:00 PM in The George's function room. Hope to see you soon!

Update on the Carebus Community Transport Service

1st Wednesday of the month

As you know, the Carebus made 2 trips now to Sainsburys /Cobbs, and it has been a great success! We have had a full bus each time, and everyone enjoyed a relaxing outing. There is plenty of time to browse, do a little shopping, and enjoy a cuppa before heading home. We hope the people of Pangbourne will continue to support this service. The Carebus will run a monthly route from Pangbourne to Sava Centre, specifically designed for individuals with disabilities or mobility challenges. However, it's not just for the Thursday Hub—it's open to everyone in the village. Please spread the word among your friends and chat groups! The bus will stop at key points in Pangbourne and drop off at Cobbs and Sava Centre. Don't forget the Fishman is at Cobbs on a Wednesday. It's a minimum donation of £3.00 for the return trip.

How to Book:

Seats must be booked in advance by phone ring

Di Williams on 01189 842473, leave a message

If you are interested and would like to be put on the mailing list then please email diane2473@btinternet.com subject; Wednesday Carebus

During your first booking, we'll ask a few questions to ensure the service meets your needs.

Crib



There will be NO crib on May 7th instead we are holding it on 30th April, the week before. Same Time, Same place, in the bar at The George, 2 o'clock start, no charge, just buy a drink.

Join Us for Dementia Action Week – Tuesday, 20th May

Please join us in support of Dementia Action Week at the Village Hall on Tuesday, 20th May, from 11:00 AM to 3:00 PM. Meet the people who support those living with dementia and their carers, including representatives from Age UK Berkshire, the Police, the Memory Clinic, and many others.

Dementia is often silent, with diagnosis sometimes coming late. However, there are things we can do to help—stay active, stay social, and most importantly, join in the fun! Join us for a cuppa and a cake. We'd love to see you there!

For further information regarding our events please contact either Di on 0118 984 2473 or Gill on 0118 984 1122

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



Dementia Action Week Tuesday 20th May 11-3 PM The Third Thursday Hub

invite you to a Drop In Session
Pangbourne Village Hall

*Join us for a Cup of Tea and a cake
And meet everyone*



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Chrysalis Care at Home have been providing excellent care locally for over 12 years, supporting older people living with Dementia, Parkinson's and other illnesses, as well as those living with disabilities, or needing extra support after surgery, support with taking medication, getting to appointments, or just having a comforting and healthy meal cooked, all provided in the comfort and familiarity of the client's own home. We provide a minimum of one hour call, as we are looking to provide a meaningful visit.

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Our team in the office and our carers are amazing! They really do go the extra mile, we are very choosy who we take on to the team, they must fit our ethos, and values.

We carry out all relevant checks, we pride ourselves in supporting them 24/7 giving thorough and full training, always a person for them to contact, we wouldn't be anywhere without them!

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Spring is sprung and the RBL fund raising calendar has started! We begin by commemorating VE Day (Victory in Europe) on 8th May and VJ Day (Victory in Japan) Day on 15th August. To celebrate these events, we shall be holding a "Street Party", kindly hosted by The Pangbourne Club, on Bank Holiday Monday 5th May, 2 to 5 pm. All being well and the weather gods are on our side, we shall hold the event in the car park; but our backup will be the club's main function hall should the rain decide to fall! There will be various stands with games for the children, music and food! So please come along and support the British Legion, helping to raise some much needed funds! Join in and dress up "40's style" if you like! Let's make it a fun commemoration day!

We intend, once again, to man a bottle stall at the Pangbourne Fete and in order to make it a success and raise more funds for our cause, we need to collect a plentiful supply of bottles! After all, we give a prize for every go! So this is an appeal for donations of the aforementioned bottles! Any contents are totally acceptable - orange squash, shower gel, salad dressing, WINE!! etc etc - and we have organised "drop-off" points in the village to accommodate this. We will have donation boxes housed in Pangbourne Club and The Swan. Pangbourne villagers have always been magnificent in their generosity and support for which we thank you so very much.

We shall of course be holding our usual Poppy Appeal in October/November followed by our Annual Dinner. Details for these will be in later issues of this magazine. So we look forward to seeing you at these events and hopefully parting you from your money to help support our services veterans and their families!

Many thanks Pangbourne!

For more information on the above or should you like to become an RBL member or become involved with the charity, please contact me at saunders939@btinternet.com.

Denise Saunders.
Branch Treasurer.

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

8pm	Bingo	info@pangbourneclub.co.uk Last tickets sold 7.45pm	Pang Working Men's Club
8pm-9.15pm	Church bell ringing	Len Palfrey palfrey62@btinternet.com	St James the Less
Friday			
9.30am-10.30am	Kettlebell Conditioning (All levels)	Gareth France 07853 381449, gareth.france@sky.com, www.garethfrance.co.uk	Adventure Dolphin
7.30pm-9.30pm	Social Doubles	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
8pm-10pm	Basildon Table Tennis Club	Basildontt@gmail.com	Upper Basildon Village Hall
Saturday			
10.30am	Zumba	Rachel Grocott 07885 444 510, rachelzumba4043@gmail.com	Tidmarsh Village Hall
1pm-2pm	Walking Tennis	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
2pm-3.30pm	Social Doubles	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Sunday			
10am – 12:30pm	Tennis Drills	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
10am-11am	Pickleball Coaching	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Monthly			
1 st Sunday 8pm	Jazz Night	https://www.pangbournejazzclub.com/	Pang Working Men's club
Last Sunday of the month 7pm Feb – April inc	Twinning Film Night	Steve infopangbournetwinning@gmail.com	Pang VH
1 st and 3 rd Tues 7.45pm	Natural History	Katie Jenks Jenkskatie@hotmail.com; www.rdnhs.org.uk	Pang VH
2 nd Tues 2.00pm	WI	Trish Kilgour m: 07971 442 027 email: trishkilgour@aol.com	Pangbourne Club
2 nd Tues 8pm	RSPB	Judith email: readingsrspb@gmail.com https://group.rspb.org.uk/reading/	Pang VH
3 rd Tues 2pm-4pm	Family History Sessions	0118 9844117 – pangbournelibrary@westberks.gov.uk	Pangbourne Library
Last Tues of the month 7pm	Book Club	Pangbourne.Book.Club@gmail.com	Pang Working Men's Club
1 st & 3 rd Weds 11am	St James café	Rector 0118 984 2928 or Jill Palfrey 984 2698 jill.palfrey1@btinternet.com	St James church
1 st Weds 2pm	Cribbage	Di Williams Diane2473@btinternet.com 07971 226548	The Bar, The George Hotel
3 rd Thu Various times	Thursday Hub	Di Williams Diane2473@btinternet.com 07971 226548	The Function Room the George Hotel
1 st Fri 2pm-3pm	Book club	0118 9844117 – pangbournelibrary@westberks.gov.uk	Pangbourne Library
Various			
Various	Ladies Walking	Nicki Woodward. 07768 986 799 www.purleypathfinders.co.uk	Various
Various	Bowls	Alan Copeland 01491 681471 alan@alancopeland.co.uk WWW.Pangbournebowls.co.uk	Recreation Ground Thames Ave
Various	Rainbows, Brownies, Guides and Rangers	helenguides@yahoo.com	Pangbourne VH
Various	Various	Climbing Carl: hello@borntoclimb.uk 07920 444842	Dolphin Centre
Various	Various	Purley & Pangbourne Scout Group (Squirrels, Beavers, Scouts) gsl@1stpandp.org.uk	Dolphin Centre
Various	Pangbourne Paddle Sports	admin@pangbournepaddlesportclub.co.uk www.pangbournepaddlesportclub.co.uk	Dolphin Centre

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



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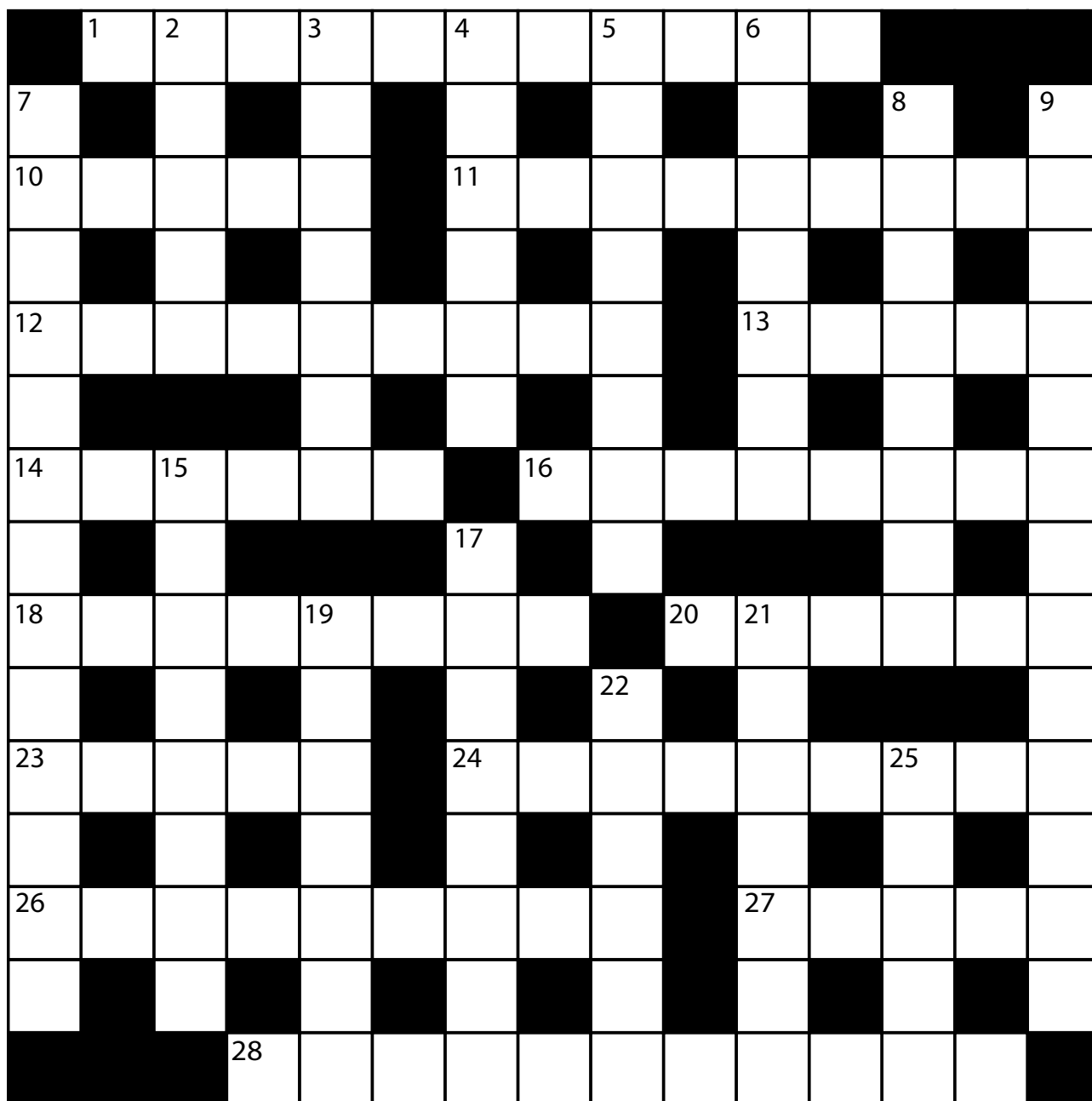
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ACROSS

- 1 Capital location for pressing news (5,6)
 10 This has close links with a birdie on course (5) 11.
 Invalidated from the start for little Edward finally (9)
 12 May describe senior citizen, advanced in years.(4,2,3)
 13 Start to ponder in this French location (5)
 14 You could hold it, take it, work in it (6)
 16 Unsurprisingly, this bird's confused by the lights (8)
 18 Hibernian wood panelling initially in decline (8)
 20 Estimate here the superiority of sibilants to vowels (6)
 23 Sounds like a former learner can surpass old self (5)
 24 Confusing with so many letters criss-crossing here (2,7)
 25 Doesn't stand for untruths - quite the opposite (4,5)
 27 A racket starts in this Breton resort (5)
 28 It's said that art is supposed to do this.
 Copy that (7,4)

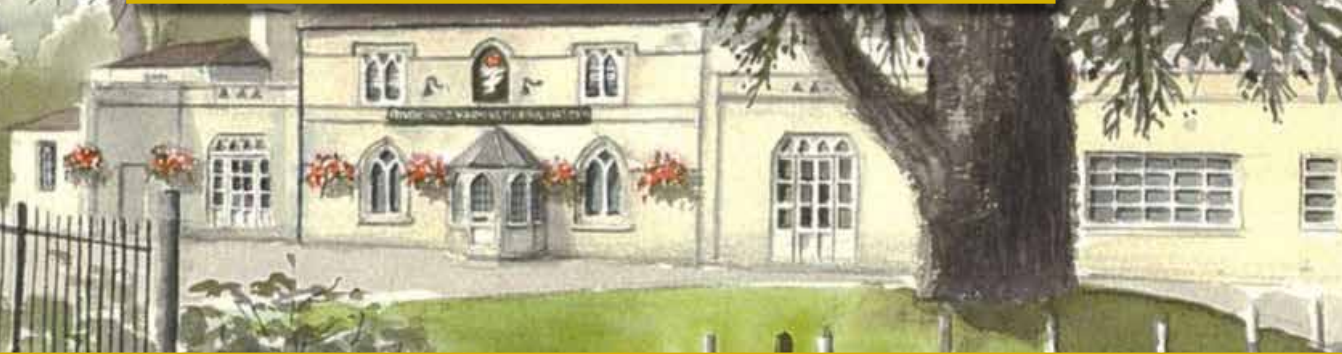
DOWN

- 2 In the dark? Not something to weigh one down (5)
 3 It's rather a sad metre reading - out on a limb? (7)
 4 Is it a government levy on grammatical immorality? (6)
 5 Can lies ever ever be justified? Here it helps to know (8)
 6 Puzzles Elgar finally resolved (7)
 7 They do come around - food for thought - at home (5,2,6)
 8 It's just youngsters playing the goat (4,4)
 9 "See ten team divers here make a splash!" That's
 publicity! (13)
 15 Winces as birds take a learner in (8)
 17 Ordinary seaman moved around and secured a fight (3,5)
 19 The fisherman has only one thing in his sights (4,3)
 21 Such a cursory survey of this footwear- appalling! (7)
 22 It has finally had its day (4,2)
 23 Even a single success may result in this (3,2)

Supplied by Ian Busby

(Answers on page 50)

PANGBOURNE CLUB



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

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

UPCOMING EVENTS

MAY

**Sun 4th of May
Jazz Night 7pm**

**Mon 5th of May
RBL VE street party
Sat 10th of May
Drag Bingo 7pm
tickets on sale now
Sat 1st of May
Entertainment from
Retro Project & Yorkie
Wrap food van**

JUNE

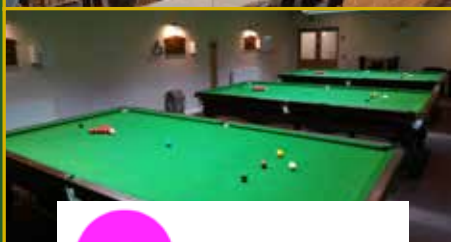
**Sun 1st of June
Jazz Night 7pm
Sat 28th of June
Entertainment by Blues
and Rock covers
Comedy night**

JULY

**Sat 12th of July
Pangbourne Club big
open day from 1pm**

**REGULAR EVENTS
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New member applications

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

New members are always welcome.

Pangbourne Club

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

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

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

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



Pangbourne and Whitchurch Sustainability News

What a difference in the village over the last couple of weeks. Sunshine following the rain has brought all the spring plants and flowers on. They are a pleasure to see in our gardens but also as we walk around Pangbourne, it's not only our private gardens which are bursting into life but also our public spaces. The daffodils in the planter outside the Police Station, a new garden by the side of the Co-op and as always, the wall around the Village Hall car park are just a few and are all a pleasure to see. There are many more. They are uplifting and give us a sense of "Pangbourne Pride" as we go about the village. Thank you to the people who give their time to make Pangbourne a pleasant place in which to live and to visit.



In March we held our Wildlife Friendly Gardening event in the village hall. It was good to see so many interested people, and as the presentation was so rich with good ideas for all of us we include the following report of the event written by Linda Joannou:

The evening was led by Emily and Mel of Branchways Gardening who presented on Wildlife-Friendly Gardening. They are local gardeners, based in Whitchurch, who design and manage gardens with wildlife in mind. Here is a summary of their advice: "What do we mean by wildlife and do we really like all of it? What wildlife do we desire in our own gardens?" We all like to encourage the 'good' wildlife, e.g. birds, butterflies, hedgehogs, but we are not so keen on the 'bad' wildlife, e.g. deer, slugs and mice. However fashions change and we are beginning to understand the important role of all wildlife: for example, wasps are good pollinators and there is even a 'good' slug - the leopard slug that eats other slugs! But there is a need for harmonious balance. The 'bullies' must be stopped from taking

over the playground and tough decisions must be made on how to control them. The first step in natural gardening is to stop using chemicals. By doing something simple as not spraying the greenfly on your roses, then other creatures such as ladybirds and blue tits will turn up and eat them. There are many alternatives to using chemicals for example: Neem Oil - mixed with a gentle soap and sprayed onto plants, this kills small soft-bodied insects like aphids & whitefly. And you can hand-pick slugs (and throw them in the compost heap!) Don't give up gardening - even in a wild garden. There will always be some maintenance, both to ensure continuity and also to avoid garden 'thugs' taking over. You will still need to clear out brambles, nuisance weeds and unwanted sycamore seedlings before they become established.

There are four basic layers to a garden ecosystem: Soil, Groundcover, Shrubs and Trees

1. Soil - It is important to determine the type of soil in your garden, e.g. sand, clay, silt. This will help you choose the plants that will grow best in your garden. There is a website called Soilscape Viewer which gives detailed information on the soil in your garden. Note - you won't necessarily have the same soil as your next door neighbour! Regularly mulching your garden will improve the soil structure, nutrient levels, retain moisture and suppress weeds. Types of organic mulching include: Bark - longest lasting Garden Compost - try to compost all your organic garden waste. Recycle sticks and twigs into a 'dead hedge'. Manure - available from various suppliers. Branchways use Apsley Farms manure.

2. Groundcover - Ground cover will add diversity, enjoyment, interest and nectar. Also, it will help to discourage weeds. It can also be used as an alternative to grass e.g. creeping thyme. Consider introducing a wildflower meadow/area into your garden. With wildflower lawns, generally the poorer the soil the better. Grow your own flowers from seeds in pots or trays and plant them into soil that has been forked over (and not fertilised). Or you can buy wildflower plugs (available from Nature Scape). Sprinkling wild flower seed onto existing grass doesn't work. Try to suppress coarse grass as this will take over and the wild flowers will disappear. Yellow Rattle is a semi-

parasite of grass and will help to prevent it from getting out of control. Notice your weeds - these are good indicators of the ecology and what will grow well in your garden. These are 'free' plants often valued for their herbal remedies and as food. All cultivated plants originated at some point from its wild ancestor.

3. Shrubs - Shrubs add diversity, space and density. A mixed hedge of fruiting and berrying shrubs will provide food and shelter for birds, insects and mammals. But all will require regular maintenance (pruning) to keep them healthy and in shape.

4. Trees - need space but will add structure, shade, colour, and all year round interest. Most gardens will have room for a tree. It will be a home for nature. A place for birds to perch, roost and nest in. However, as with shrubs, trees will require regular maintenance.

The human dimension: Plan to avoid conflicts. What do you and your family want from the garden? Try to plan for an area for leisure, play

and wildlife. Make it useful e.g. grow vegetables, flowers for the house. Share cuttings with your friends. Use neighbourhood plants as screening for your own. Finally, with wildlife, there is always something to watch and to interest the whole family - it can even become educational!

Finally as we reflect on the ways in which we can preserve and grow our diversity we need to think about how Pangbourne has changed over recent years. The increase in car ownership and usage has meant a loss of front gardens and a loss of peace in the village as there seems to be a constant queue of traffic rumbling through village. Our pavements are seriously degraded because of parked cars, and years of being dug up by various utility companies and the village is in great need of pavement repair. More flowers and green benefit our biodiversity and bring a smile to our faces, but this needs to go hand in hand with a project to improve the ground under our feet. Hopefully this is on Pangbourne Parish Council's agenda!

Heather Thorne

Forthcoming events

When	What	Where
Thursday 22 nd May 8pm -10pm	AGM	Pangbourne Village Hall
Saturday 14 th June 10am – 5 pm	Pangbourne Fete Recycling bins and a stall Need Volunteers	Pangbourne recreation ground
Sunday 22 nd June 2pm – 4pm	Join with WoTHabs for a Meadow Biodiversity Walk led by James Norman	Meet at the field entrance on the left-hand side of Sheepwash Lane, Hardwick Estate
July	Meeting with MPs. TBC	
Sunday 21 st September 2pm – 4pm	Apple Pressing Day at Whitchurch Maze	Muddy Lane Whitchurch on Thames
Saturday ? October 8pm – 11pm	Barn Dance (more details to follow)	Pangbourne Village Hall TBC
Sunday 12 th October 10am – 12 noon	Pangbourne Litter Picking Bags, gloves, and pickers available, please report to the registration desk	Chiltern Way, (near the Asda petrol station)
Thursday 20 th November 8pm – 10pm	Film Night (more details to follow)	Pangbourne Village Hall TBC
Thursday 11 th December 8pm – 10pm	Christmas Gathering	Pangbourne Village Hall TBC
Thursday 15 January 2026 8pm – 10pm	PAWS 2026 Planning Meeting	Pangbourne Village Hall TBC

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

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Reading RSPB Group Activities

On 12 March we were delighted to welcome back Peter Holden MBE for the second part of his talk entitled "Inspired by Birds", after enjoying the first part in February 2024.

In this second part Peter looked at the many ways in which artists, writers and composers have been inspired by birds from the 19th century until the present day, starting with John Gould who assisted Darwin in cataloguing the collections he brought back from his voyage on the Beagle and who produced 5 volumes on the Birds of the British Isles, as well as volumes on the Birds of Australia and Asia. All the 280,00 illustrations in his books were lithographs which were painstakingly coloured by hand which, as he himself commented "will most likely cause some astonishment." In 2008 a collection of his books sold for £1.25 million.

Poets including Milton, Coleridge, Shelley, Keats and Ted Hughes drew inspiration from birds but perhaps the one who was most obviously deeply connected with nature was John Clare (1793-1864) who described himself as the "peasant poet" and whose work as an agricultural labourer put him in daily contact with the natural world. His poem describing the song of the Nightingale is perhaps the closest anyone has come to expressing in words what the song sounds like.

Some artists have had a major impact in helping organisations such as the RSPB and WWT to promote the need for conservation. Notable among these artists was Sir Peter Scott who founded the WWT and established the Slimbridge Wildfowl and Wetlands reserve, the first of several important havens for resident and migrating wildfowl and waders. Others were instrumental in inspiring the next generation, not least Charles Tunnicliffe whose series of Brook Bond tea cards of birds were collected by many children, and many in the audience could still remember the excitement of opening a packet of tea to see whether the card was one they didn't yet have in their collection. Tunnicliffe also illustrated the Ladybird nature books.

When Tunnicliffe retired, he was replaced at the RSPB by Robert Gillmore who lived in Reading

for many years before moving to Norfolk.

Peter gave us a brief insight into some of the music inspired by birds and one particularly striking example was the BBC's first ever outside broadcast in 1927 to record Beatrice Harrison, a famous cellist who used to play in her garden in Surrey at night and found that the sound of her cello encouraged the local Nightingales to start singing. Peter played us a short section of this recording. After Beatrice left the Surrey, the BBC continued to record the Nightingales and in 1944 picked up the sound of bombers flying in and out on night missions providing a haunting background to the beauty of the Nightingale's song.

On Sunday 16th March we went for a walk round Fleet Pond, a large lake where we saw many ducks, swans and a few geese. The woods round the lake held many woodland birds with two Great Spotted Woodpeckers and a Treecreeper being highlights. In the reeds we had good views of a Great White Egret.

Tuesday 18th March saw a group of us meet up at The Lookout in Swinley Forest where we walked to Caesar's Camp and back. It was a cold sunny day, but we did see a Red Admiral butterfly along with a Chiffchaff singing, showing that Spring is coming. At Caesar's Camp we found a pair of Stonechats and could hear occasional bursts of song from a Dartford Warbler deep in the heather. We tried for a long time to spot them, only getting the odd brief sighting. So eventually we had to admit defeat and head back to the car park, but on the way a male Dartford Warbler sat on the top of a small pine against the blue sky, and we all got an excellent view of it.



Dartford Warbler by Marilyn Hockey

On 8 April group member David Massie will present a talk on a recent trip to Thailand.

Outdoor trips in April include a walk on Sunday 13 April at Aston Rowant looking for woodland and farmland birds and a visit to Blackbushe and Yateley Common on Wednesday 23 April.

May will get off to a flying start with a Dawn Chorus Walk at Clayfield Copse in Caversham on 4 May. This will be followed on 13 May by a short AGM and then a talk by Ben Andrew on his work as RSPB Picture Researcher.

On Sunday 18 May there will be a minibus trip to RSPB Pulborough Brooks in West Sussex and on 20 May there will be a morning walk at Fobney Island Nature Reserve on the Kennet.

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

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



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We shall soon be filling these bins again as Green Gym starts on Saturday 15th February after a short break. If you can help maintain our lovely churchyard please come along on either the first Thursday or third Saturday morning of each month from 9.30am to approximately 12 noon. Tools and refreshment provided. Our dedicated volunteers would be delighted to have some help.

If you have any queries please contact me by email at: palfrey62@btinternet.com



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Local artists Simon Pink and Kerry Webb invite you to their upcoming open studio event in May

West Berkshire-based artists Kerry Webb and Simon Pink continue to be inspired by the landscape that surrounds them. Walks along the rivers Pang and Bourne, or through the woodlands of the Sulham estate provide countless sources of inspiration. Their shared love of the natural world around them has fuelled a body of artwork which readers of this magazine are warmly invited to see for themselves.

For three weekends in May, Simon and Kerry will be participating in the West Berkshire & North Hampshire Open Studios event. Being part of the Open Studios West Berkshire and North Hampshire initiative allows the public a unique opportunity to access artists' studios that are normally the artist's own private workspace. The Open Studios event can offer an unusual insight into the places and ways in which artists work. It's always FREE to enter, there is no obligation to buy – artists taking part just like to see a friendly face and chat about what they do.

Simon has become well-known for his large contemporary colourful paintings. Simon works directly onto the canvas, pulling ideas from his thoughts and emotional response to nature. His works, characterized by bold strokes and vibrant hues, evoke a sense of energy and emotion. The results are energising images with hints of nature's forms and textures, a mix of excitement and calm.

Kerry is recognised for her depictions of local landmarks, rural landscapes, and vivid seascapes in oil and acrylics. She has a particular fascination with human intervention on the landscape and the resulting tension between permanence and impermanence: ancient monuments and architectural ruins being a favourite theme. Wilder's Folly on the Sulham Estate is a particular favourite subject of hers.

Hilltop is a working studio, Simon and Kerry will be painting there every weekend throughout the Open Studios event and would love to talk to you about their creative processes and show you what they're currently working on.

Hilltop will be open from 11am - 5pm Saturday & Sunday 10th/11th, 17th/18th, 24th/25th May & Bank Holiday Monday 26th May. The studio is located

at: 15B Berkshire Drive, Tilehurst, Reading, West Berkshire, RG31 5JJ

So come and visit! Simon and Kerry look forward to welcoming you to Hilltop Studio. Original paintings, prints and cards will be available to buy direct from the artists.

Further details are available at: <https://www.openstudios.org.uk/entry/2025/hilltop-studio>

Article submitted by Kerry Webb

[Captions for images. Image files provided as separate email attachments]



Autumn View – Simon Pink



The Beech Ridge – Kerry Webb

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Crossword Answers

ACROSS

1 Fleet Street, 10 Eagle, 11 Nullified, 12 Late in age,
13 Musee, 14 Office, 16 Redstart, 18 Wainscot,
20 Assess, 23 Excel, 24 An anagram, 26 Lies about,
27 Dinan, 28 Imitate life

DOWN

2 Light, 3 Elegiac, 4 Syntax, 5 Relieves, 6 Enigmas,
7 Meals on wheels, 8 Kids game, 9 Advertisement,
15 Flinches, 17 Got about, 19 Sole aim, 21 Scandal,
22 Past it, 25 Run of

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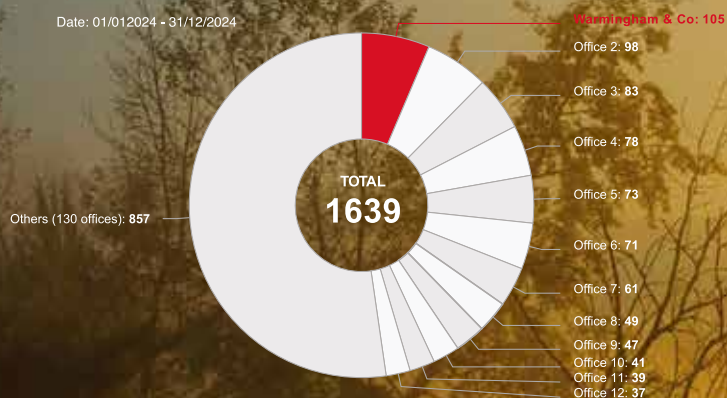
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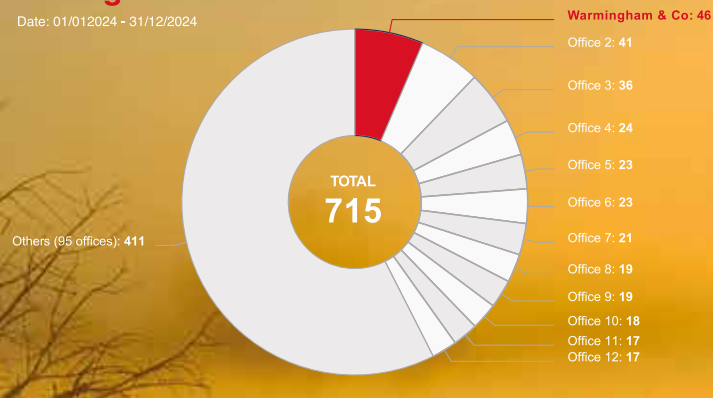
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* OX10 0, OX10 6, OX10 9, OX11 0, OX11 9, OX49 5, RG18 0, RG18 9, RG20 6, RG20 7, RG20 8, RG4 7, RG4 9, RG7 5, RG7 6, RG8 0, RG8 7, RG8 8, RG8 9, RG9 4, RG9 5, RG9 6.

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