

West Ilsley News

www.westilsley.org

September 2015

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Deadline for the next publication is:

5pm on Sunday 27th September.

DIARY SEPTEMBER

10 th	Harrow coffee morning
14 th	Parish Council meeting
25 th	Macmillan coffee morning
30 th	Harrow quiz night

OCTOBER

10 th	World Mental Health Awareness Day
11 th	Harvest lunch

Dear villagers,

Many of you know that I am now recovering well following a two year period of psychotic depression. I was very unwell, but due to all the friendship, support and help I had from many villagers, family, friends and professionals I have come through to the other side. One of my aims for the future is to encourage everyone to think of their mental health in the same way they would their physical health and also to challenge the stigma and discrimination that goes with it.

World Mental Health Day is promoted by the World Health Organisation and is on Saturday 10th October. It was started 15 years ago and is a way to highlight mental health and wellbeing. It is thought that one in four adults will experience mental health problems at some stage in their life - perhaps you or someone you know has difficulties with their mental health. My journey over the last couple of years has truly been a life changing one, and I would like to be able to give something back and to perhaps help others in this aspect of life.

I would like to invite you to join me in celebrating World Mental Health Day in West Ilsley.

The "Five Ways to Wellbeing" (see below) are five simple ways to assist us to either **remain well** mentally or to **help in times of difficulty**. On 10th October there will be a variety of **fun** and **free**

workshops and activities for villagers of all ages. They will follow the themes from the Five Ways of Wellbeing and may help you to **keep well** - activities include: a Tai chi introductory session, storytelling around the pub fire, mindfulness walks, learning about farming and nature, a visit to the racing stables and gallops, and a tea and talk in the village hall.

Keep an eye out for more emails to follow!

Angela Ryan

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

AUGUST'S FARMING NEWS

The harvest is on hold as we speak due to the lack of summer and much needed sunshine.

Unfortunately, the crops have been ripe and ready for some time and this delay in harvest can cause Malting Barley to deteriorate because it commences germination in the field (Malting Barley has to have 98% germination ability in a sample to qualify for malting). With this wet weather Milling Wheat can also deteriorate to feed wheat as the Hagberg Falling Number drops (this is a reference to the ability of wheat to be able to make bread). Sprouting in the wheat grains in the field reduces this germination.

We have all heard about the ongoing dairy crisis which has resulted in many dairy farms going out of business. Likewise the lamb values are also under huge pressure at present.

To overcome these problems in the livestock industry the NFU (National Farmers Union) are trying to encourage the general public to buy British which I am sure you all are! Thank you!!

Peter Carlisle

Coffee Morning in aid of Macmillan Cancer Support



25th September 10 am -12 noon

High Trees, Main Street, West Ilsley
(opposite the Old Post Office)

Come and enjoy a cup of coffee or tea
and some delicious homemade cake as
part of Macmillan's 'World's Big Coffee
Morning' fundraising event

Tel: Sue Carrington if you would like to
know more 01635 281354

PRESCRIPTIONS SERVICE

Prescriptions are delivered from Compton on Tuesdays mornings at 8.30. Please collect yours from 2 Morland Close on Tuesday, Wednesday or Thursday evening between 6.00 and 7.30. Repeat forms can be posted through the letter box anytime before Monday evening for the following weeks delivery. Thank you for your co-operation in keeping to the times listed. Tony Elliott

ALL SAINTS CHURCH

September Services

6 th	Family Communion	9.30am
13 th	BCP Communion	8.30am
20 th	*No service in West Ilsley	See below
27 th	Family Service	11.00am

Please see the lych gate notice board for details of other services in the benefice or go online at www.eastdownland.org.uk

Ride and Stride - 12th September

This takes place on Saturday 12th September between 10am and 6pm. Visit as many churches as possible by bike, horse or by Shanks's pony. Berkshire Churches Trust and All Saints will receive half the sponsorship money. Last year, our gallant volunteers were sponsored for £145 of which All Saints received £72.50. Can we do even better this year?! If you would like to take part contact Ian (ian.fewtrell-smith@keme.co.uk) for a sponsor form or to find more information visit <http://www.berkschurchestrust.org.uk/ridestride>

*Café Church

The September service at St Mary's Church, Chieveley is at 11.00am on Sunday 20th September. It is an informal service for everyone, with live music and an emphasis on families with young children. It has proved to be very popular with all ages, so come along at 10.45am for coffee and cake beforehand.

*United Benefice Holy Communion

There will be the usual third Sunday United Benefice Holy Communion on Sunday 20th September at St Mary's Church, Chieveley at 9.30am. Everyone is very welcome.

Date for your Diary

Our Harvest Festival service is on Sunday 11th October at 11am followed by Harvest Lunch in the village hall. Keep the date free! Further details coming soon.

Contacts

If you have anyone or anything specific you would like mentioned in church prayers at services throughout the year, or if you would like to be visited by any of the clergy, do speak to either Ian (281625) or Alexandra (281306). To receive by email a copy of the weekly pew sheet, which contains readings, prayers and notices about church events in the benefice, please contact eastdownland@btinternet.com If you would like to organise a baptism, wedding or funeral or would like to talk to a member of the clergy for any other reason, email Revd John Toogood at edownlandrector@gmail.com or ring him on 01635 247566. Kay and Ian Fewtrell-Smith

ILSLEY UNDER 5'S

We will be back in West Ilsley village hall every Wednesday after the Summer Holidays. This term we continue with lots of exciting events and activities including baking club, yoga for mums and toddlers, and a range of activities and outings. To find out more about our schedule of events take a look at our Facebook

page <https://www.facebook.com/ilsleyunderfives> and join our group

<https://www.facebook.com/groups/ilsleyunderfives/>

Ilsley under 5's is a well established parent and carer play group which provides a great place to play in a friendly, safe atmosphere and fun environment. We are based in the West Ilsley Village Hall between 9.45 and 11.15am on Wednesdays (running most weeks of the year). Every week we offer activities alongside the regular toys. The children have a snack and a drink mid session, with hot drinks available for mums, dads and carers. We finish the session with a group sing along or dancing session! It's a fantastic way to meet other local families and get together for some valuable play time. If you are planning a party or event remember the small tables and chairs as well as our indoor and outdoor toys are available for hire throughout the year for a donation of £10. Please contact Juliet Ryder for more information - tel: 281555

THE ILSLEY EVERGREENS

Our trip to the popular seaside resort of Bournemouth on 30th July gave members a most enjoyable day out. The weather was dry and warm. Bournemouth itself was extremely busy. The gardens as you approach the sea were beautiful. Their attraction was further enhanced by some musical entertainment provided by a local Brass Band. A visit to Harry Ramsden's Fish and Chips Restaurant was an event in itself where it proved difficult to find a waitress/waiter from the home country, but plenty from Brazil, Venezuela, Italy, France, Spain, Poland, Slovenia and the Czech Republic. We had excellent service from all of them and in some cases an affectionate greeting.

Our next outing coincides with the copy date of the pending issue of WIN, so more about this trip in the September issue. We again visit the South Coast with Bognor being the venue.

The next coach outing is as follows:-

Thursday, 24th September - City of Wells followed by a visit to the nearby Street's Retail Park.- 9am – 4pm

Arrangements regarding a Theatre Trip in October have yet to be finalised.

Any non-member, wishing to join us on one or more of the trips, is very welcome. Please check with Mrs. Julia Rockall on 281597 to see if any spare seats are available.

Plans for our Christmas Lunch at the Windmill Carvery, Burford, on Saturday, 12th December have now been completed. We are also in the process of looking at proposals for our Christmas Fair on Saturday, 28th November at West Ilsley Village Hall.

We would take this opportunity of expressing our appreciation and thanks for the generous donation recently received from the West Ilsley Show and Fete Committee. Their kind gift will be of considerable help in enabling us to maintain our programme of outings, etc., which our members enjoy so much.

Tony Elliott is looking to organize a "Harvest" Prize Bingo Evening in the next few weeks. His intention is to hold the event in Compton Village Hall.

A good number of our members went to support Tony and his family by attending Elizabeth's funeral on Friday, 31st July. It was wonderful to hear the many tributes paid to Liz and to recognise the deep affection in which she was held by so many.

Jim Hughes Secretary Tel. 01235 834487

HARROW QUIZ NIGHT 26/8/15

Wow, all the teams were on great form at the Harrow pub quiz. We had 39 participants across 8 teams, and their lively participation in addition to contribution from a villager unable to join us, raised a fantastic £130 for the Lymphoma Association. Thank you to all participants, and a special mention to the 'young uns' team who kept us organisers of the quiz thoroughly entertained with their enthusiasm. Congratulations to the winners, The Barnstormers, we can look forward to their quiz night next month.

Thanks again to Jacky, Peter & Hayley for hosting the event. June & team



WHAT'S ON AT THE HARROW

Coffee Morning

Thursday 10th September
10:30 am till 12 noon

Come and sample a slice of one of Hayley's homemade cakes and a cup of coffee



Quiz Night

Wednesday 30th September 8pm
£3 each to enter, proceeds to local/village charities

Food served from 7pm Winning team gets a round of drinks!!



County show aims to put Berkshire on the food map



The launch of Berkshire's signature dish will be a Sunday highlight at the show's cookery theatre

Lancashire has its hot pot. Yorkshire has its pudding. Cornwall has its pasties. Berkshire, on the other hand, has nothing comparable ... yet. But next month's county show is setting out to put that right by inviting local chefs to invent a tasty signature dish that puts Berkshire on the food map of the UK.

The show is inviting restaurant and pub chefs from across the county to take part in a competition to devise a signature dish that Berkshire can at last be proud of. The dish can be a main course, starter or desert. It should include local, seasonal produce

where possible, but it will be for the chefs to decide on the style.

"With top quality ingredients like pork from Berkshire pigs, Red Windsor cheese and beer from local breweries, the chefs will not be short on ideas," says Newbury & District Agricultural Society Chief Executive, Daren Bowyer. "We ask only that the ingredients are fresh and that they are sourced within the county."

He added: "Berkshire is particularly well blessed with good places to eat, from fine dining restaurants through to traditional local pubs. We very much hope that their chefs will pick up the challenge."

The process will involve each chef who registers preparing a sample of his dish for a small group of judges – including John Campbell – who will visit for a tasting ahead of the show. The winner will be notified shortly afterwards and then invited to cook his / her dish at the show on Sunday 20 September 2015, where the official announcement will be made that Berkshire at last has its own signature dish.

Other highlights of this year's two-day show include:

- World-class quad bike stuntman the *Kangaroo Kid* topping the bill in main arena
- A *Shetland Pony Grand National*
- Music from the *Waterloo Band & Bugles of the Rifles*
- Many new 'have a go' opportunities ranging from skateboarding and tractor driving to an inflatable Army assault course
- A *Family Trail* that takes children on an adventure tour of the showground, learning about farming and food. They can also spin wool, groom donkeys and pan for gold
- Over 2,000 animals competing for a place in the *Grand Parade of Livestock*
- Old memories revisited in the extended vintage machinery and countryside crafts areas.
- Alongside all of that are all the old favourites that make the Royal County of Berkshire Show a popular end-of-season event for the farming community and, given its extensive crafts and food stalls, an early opportunity to buy early Christmas presents.

There are discounts for buying advance tickets online or they are also available from local outlets. Further information from www.berkshireshow.co.uk.

MOBILE & AT HOME LIBRARY SERVICE

The library will call at Fir Tree Paddock between 2.15 pm and 2.35 pm on the following Tuesdays: September 8th and 29th.

VILLAGE TEAS

When a group of our young villagers, who are working towards their Duke of Edinburgh award, came up with the idea of tea parties in August, I thought well God bless the Duke!

The teas, as lots of you know, took place in the cricket pavilion which was decked with pretty bunting for the occasion. We received a warm welcome from our young hosts, and some of their mums, and looking at the array of cakes I felt that Tea at the Ritz might come a close second. Over the month we saw the youngest and the oldest members of the

village, and many ages in between and judging by the noise level, there was plenty of bonhomie and even more tea and cakes! Kath Carter



DISTRICT COUNCILLOR SURGERY

An opportunity to meet and discuss any local issues you may have with your new District Councillor, Clive Hooker, who will be holding a Surgery at The Harrow Public House on Friday 11th September between 12pm and 1pm.



May 21st

June 19th

August 1st-2nd

August 2nd

September 24th

October 11th

October 17th

7 events
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Thursday 24th September
7.30pm • Tickets: £10

Ticket price includes refreshments

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John Harper from the Royal
School of Church Music.



To order tickets or for more information please contact:
01635 578233 or 01491 671714
stmarysaldworth@gmail.com

PARISH COUNCIL

Read the latest Parish Council Minutes and hear how village matters are being addressed. Visit our village website at www.westilsley.org - all the latest minutes from our meetings are available under the "Parish Council" tab.

PARISH COUNCIL MEETINGS 2015
Sept 14th and Nov 9th.

DEFIBRILLATOR CODE: C159

WHO TO CONTACT

VILLAGE HALL

Ros Duckworth-Bookings-281471 rosduckworth@btinternet.com
Rates: £10.00/hr Villagers £12/hr Non Villagers

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Tony Elliott

PATIENT REPRESENTATION GROUP

Fred Carter fred_kathcarter@btinternet.com 281621

CHURCHWARDENS

Alexandra Axtell 281306 Ian Fewtrell-Smith 281625

TENNIS COURT

Membership: Please email tennis.bookings@westilsley.org
Play without joining - book and pay via westilsleytennis.jezzam.com or the link on westilsley.org

PARISH COUNCIL

Clerk:

Inna Fowler - westilsleyipc@gmail.com 280501
Mobile: 07778093931

Chairman:

Dries Hagen - dries.hagen@circlepartnership.co.uk 281855
Sean Ryan - Sean.ryan@sunday-times.co.uk 281336
Jo Scriven - Jo.clifton@tynan-darcy.com 281405
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