Upton News







We wish you all a very Merry Christmas!





St. Mary's Church Services

Sun. 1st December 9.00am
Sung Eucharist*.
Sun. 8th December 9.00am
Sung Eucharist
Sun. 15th December 9.00am
Sung Eucharist.

Sat. 14th December 4.00pm Carol Service and Readings.

Sun. 22nd December 9.00am Sung Eucharist

Tue. 24th December 4.00pm Crib and Carols—suitable for all Ages*

Wed. 25th December 9.00am Christmas Day Sung Eucharist.

Sun. 29th December 9.00am Morning Prayer.

Please see porch notice for weekday services.

Royal British Legion Poppy Appeal. 2019.

Thank you so much to all the Poppy Appeal collectors and all who contributed to this year's Poppy Appeal. We have raised £638.96 for the Royal British Legion.

Helen Weston (Poppy Appeal Organiser for Upton.)

Drop In

The Drop-In is an informal gathering to enjoy a cup of tea or coffee and a pleasant chat, meetings take place every other Thursday from 10.30am to 12.00 noon. The next two meetings will be on 19th December and 2nd January as the hall is being used for some other event on our next scheduled date of the 12th December. Please come along and join us.

^{*}Refreshments served after these services.

Parish Council

Your Parish Council continues to look for new councillors to add energy and expertise to their work on behalf of the community. Please consider if you can spare a few hours a month to help with the work of the Parish Council which currently includes:-

Creating an overflow car park at the village hall.

Creating a new toddler play area and decommissioning the existing play area.

As well as reviewing planning applications and ensuring the council remains up to date and compliant with all the rules and regulations.

Please contact the parish clerk on <u>parish.clerk@uptonvillage.co.uk</u> for more information including eligibility criteria or speak to one of your councillors.

District Council

£10,000 available for festivals and events

The district council still has £10,000 available in our festival and events grant scheme, which is open until 28th February 2020. Ideal for any local Christmas or New Year events, groups can apply now - their event will need to be open to the local community and allow at least 100 people to attend. You can find out more about the scheme on our website or by contacting the grants team via <a href="mailto:e

Free parking in the run up to Christmas

Every year the councils provide special free parking days in the run up to Christmas to encourage people to shop locally for their Christmas presents. We agree the free parking days in each area with the individual town and parish councils based on which day would best suit local traders. Drivers will be able to park without needing to pay for or display a ticket on the following days:-

Didcot - Mondays 9th, 16th and 23rd December.

Abingdon - Saturdays 7th, 14th and 21st December.

Wantage - Saturdays 7th, 14th and 21st December.

Wallingford - Thursdays 5th, 12th and 19th December.

General Election 2019

Those who registered to vote before 4th November, should have received their poll card around 18th November - anyone who hasn't received it should call our Elections team on 01235 422528 to make sure they are still registered. Anybody who registered to vote between 4th November and the cut-off date of 26th November should receive their poll card by 6th December. Everybody who applied for a postal vote should receive their ballot pack by 6th December - if it doesn't arrive by this date people should contact Elections on 01235 422528 to request a replacement. Postal votes are reliant on the mail being delivered on time, therefore, if anyone is likely

to be away after 6th December, they should consider applying for a proxy vote instead to guarantee their vote. The deadline to apply for a proxy vote is 5pm on 4th December. To find out more residents should visit

whitehorsedc.gov.uk/votebyproxy.

Remember, if you have any queries or issues you'd like to raise with us, please do not hesitate to get in touch - our email addresses are hayleigh.gascoigne@whitehorsedc.gov.uk and sarah.medley@whitehorsedc.gov.uk. We have also now set up a dedicated councillor Facebook Page: Cllrs Hayleigh Gascoigne & Sarah Medley. To stay up to date with the latest news, please Like our Facebook page and Follow us on Twitter: @ahayleighhelium and @SarahMedley91.

As 2019 is drawing to a close, we would like to take the opportunity to wish all the residents of Upton and the wider parish a peaceful and restful Christmas break, and a very happy New Year

Sarah Medley and Hayleigh Gascoigne

County Council

Council backs proposals for integrated health and social care system Proposals for a new 'integrated care system' (ICS) for Oxfordshire designed to improve health and social care services were welcomed by the county council's Cabinet. The new joined-up health and care system will also cover Buckinghamshire and Berkshire West. A draft of the five-year plan for an integrated care system has been published and been submitted to NHS England. In the draft plan, the NHS and local authorities in the three areas have committed to planning health and care services around individual needs. Health and care organisations will work collectively to help people enjoy better health by focusing on preventing illness and improving care for those who need it.

The principle of 'local first' has been established, with community-run services a vital part of the integrated care system. GP practices will become part of 'primary care networks' that serve communities of around 30-50,000 people. By working together, GP practices will offer access to a wide range of local services, such as NHS and social services, as well as services provided by voluntary groups.

These care networks will also be part of larger 'integrated care partnerships' - one for each of the three county areas, including Oxfordshire. The partnerships will join up local hospital and mental health services with council and community services.

Oxfordshire backs ambitious regional transport and connectivity plan Oxfordshire County Council has endorsed the development of a strategy which sets out a vision for a regional zero-carbon transport network by 2050. England's Economic Heartland is currently engaging on the first stage of a region-wide strategy which sets out a vision for the development and

investment in 'connectivity' - the ability to travel and communicate - across an area which stretches between Swindon and Cambridgeshire.

The strategy will be out for full public consultation in 2020 and will set out the region's strategic infrastructure needs to both Government and the private sector.

Oxfordshire communities invited to bid for £1m fund to provide youth services Voluntary and community organisations are being invited to bid for a share of Oxfordshire County Council's new £1m Youth Opportunity Fund. The fund is aimed at groups that can provide activities and opportunities for young people between the ages of 11-18, and 11-25 with special educational needs.

Feedback from Oxfordshire residents points to strong support for improving community-run youth services. This new fund is available to help existing projects expand and new ones get started. Grants of up to £70,000 are available.

Health and care providers working together to manage winter pressures

Health and social care professionals from across Oxfordshire, including hospitals, GPs, social services, ambulance services, mental health services and charities will be working together to deliver responsive and joined-up services throughout the winter season.

Winter is a high-pressure season for health and social care services, with the colder temperatures and harsher weather conditions leading to increased demands on GPs and Emergency Departments as flu season begins.

By building on last year's collaborative working, the system-wide team will help provide safe, effective and sustainable care for people across Oxfordshire. The team will also work to improve quality and performance of emergency and urgent care in the area.

The key messages of the campaign include:

- People are urged to have a winter plan for themselves and their family so that they know what they need to do to keep as well as possible, what they can do if they become unwell, and how they can look after their elderly neighbours who may not be able to look after themselves.
- GP practices will contact those patients eligible for the free flu jab to attend vaccination clinics which are taking place over the next few months in Oxfordshire. The flu vaccine is an effective way for people to keep well and healthy over winter.

If people are worried about an urgent medical concern over the winter period, they are advised to call 111 to speak to fully trained advisors available 24 hours a day, seven days a week.

And I wish you all a very Happy Christmas and a great start to the New Year. Mike Fox-Davies

mike.fox-davies@oxfordshire.gov.uk

Rector's Note



A Favourite Carol

Yes, it's that time of year again - mince pies and presents, Christmas jumpers and Christmas music. I wonder: do you have a favourite carol?

Some carols are very popular, while others are heard only occasionally. One of my favourite carols is a hymn originally written in Latin back in the 4th Century. The author was a Spanish Christian poet called

Prudentius, who took to writing poetry in his retirement. The first line of the usual English translation is "Of the Father's Love Begotten". There's a great tune, which matches the words and sentiment of the hymn beautifully - it also happens to be easy to sing, which is an added bonus!

"Of the Father's Love Begotten" is not one of the more famous carols - in fact, you can easily go through the whole Christmas season and never hear it played. So why is it one of my favourites? It's something about the tune, which has a joy and depth to it. It's something about the words - the author, Prudentius, was a skilled poet, and although he wrote his poetry in Latin all those centuries ago, the poetry definitely comes across in the English translation.

But it's also something about the meaning of the words we're singing. Prudentius goes to the heart of the celebration of Christmas. For the Christian, Christmas is all about God's Love and God's Plan. God's Love, in that He cares enough about the world to send His own Son to help us human beings to live lives of love and meaning. God's Plan, in that God didn't send His Son on a mere whim. He sent His Son as a key point in an over-arching plan for the whole of the Universe. The first part of the Bible, the Old Testament, gives us an outline of God's over-arching Plan; the second part of the Bible, the New Testament, shows how the Plan is being fulfilled in the birth, death and Resurrection of God's Son, Jesus Christ.

For me, "Of the Father's Love Begotten" is a carol that has it all: a great tune, beautiful poetry, and words full of meaning.

May this Christmas time be a time of blessing for us all, a time of love given, and love received, a time of joy and peace.

Merry Christmas!

Fr Jason

Wine Club

The nights are drawing in and you can feel the rapid advancement of Christmas in the air. There was definitely some high spirits at the November Upton Wine Club meeting on the 20th of November. The evening was hosted by Ian and David, who took us through a comparison of blended wines from both New and Old world wineries. Wine makers blend grapes to create some "complexity" in the wine they are making, developing new and different tastes that are reflected in the many thousands of wines we can choose. Blended wines could be as simple as mixing 2 or 3 grape varieties or, as in Châteauneuf-du-Pape, up to 13 different grape varieties.

Over the evening we compared several blends, two wines at a time, with similar blends from both the New World and the Old world. First, we looked at sparkling wines with classic Pinot Noir, Meunier and a touch of Chardonnay blend. From the Champagne region Drappier Premier Cru and from South Africa Graham Beck Brut. There were less "toast and yeast" notes that you might have expected from a champagne in the Drappier and the Graham Beck proved a good alternative to a prosecco if you fancy a change.

The next set of whites compared was Château Recougne Blanc, a white Claret (Yes you can get some white wines from Bordeaux) and Parcel Series from Australia's Margaret River region. Both based on Sauvignon Blanc with significant blend from Sémillon. General consensus was that it was best to stick to reds when selecting wines from Bordeaux!

Our first set of reds were based on a blend of "GSM" (Grenache, Syrah and Mourvèdre). From the Old world we looked at Gigondas Carobelle 2018, a very typical wine from the Rhone valley region in France and Yalumba Strapper from Australia. Both were very good wines with strong flavours of black fruit, followed by blackcurrant, thyme, liquorice and tobacco characters. Both wines would go well with your winter stew!

To finish we went back to Bordeaux and selected a better known Cabernet Sauvignon and Merlot blend wine, Les Ormes Sorbet and compared it with Capaia One from South Africa. Again, both good wines but if there was a standout wine of the evening it was the Les Ormes Sorbet 2007. If you are looking for a very good value red for Christmas day, that will go with your duck and (if you have any leftover) your cheese later in the day, then this is highly recommended. At around £15 per bottle (we sourced this one from Majestic) and are in favour of toasty, spicy red fruit notes then you will be hard pushed to get better value!

Next month is our Christmas meeting on the 11th December and is one of the most favoured meetings of the year. A chance to kick-off the Christmas season with some of your village friends and with some great food and wine. This year, attendees will have a chance to win some very special prizes to make your festive season even more special! As a member or someone who just wants to come along and see what we are all about this is a great meeting to attend. If you are interested please see our website (https://uptonwineclub.com/) or contact Ian (lan.langley@yahoo.co.uk). At just £12 for members and £14 for non-members, this is a chance to try some amazing wine if you are still looking for something special for your celebrations this year.

Have a great festive season. Ian (Chairman.)



Foot Care

A Mobile Foot Clinic for Upton Treatment provided in your own home for Routine Foot and Nail Care Toenail Trimming Corn and Callous Removal Diabetic Foot Care Contact Jill Allen DipFh MCFHP MAFHP Foot Health Practitioner

07767763441 or 01235 815917



Gary Cuddon

9 Harwood Road



Tel. 01235 510680 or 07827752904

garycuddon@aol.com

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Family Nursery, Florist, Gift and Farm Shop Visit Savages this December to discover our range of premium English Christmas trees, home grown plants, flowers, festive giftware and foods The Nurseries, London Road, Blewbury 01235 850352

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For Strength and Flexibility, Mixed ability. Monday 9.30am-11.00, Upton Village Hall and 7.15pm-8.30pm, Blewbury School.

Therapeutic Yoga

Gentle self healing practice. Wednesday 9.30am-11.00, Upton Village Hall Private sessions also available. Contact Cath Watsham Yoga teacher/therapist, Dip. Tel. 07786210177



Upton Dog Days

We walk, rest and play Doggy Daycare



Dog Walking Pop-In Service

VoWH Licensed Boarding No 20362 Tel. 01235 850549 or 07753635038

Email: uptondogdays@hotmail.com Facebook: Upton Dog Days







Village Produce Association

Our Annual General Meeting took place on Wednesday 6th November and the following is an extract from the annual report.

At a Committee meeting in October the members seriously considered closing the Village Produce Association. The general consensus was that peoples' attitude to gardening and gardening clubs has changed over the years and rather than 'growing your own' people rely on the quick fire method of a trip to the garden centre and buying 'ready-made' plants for the garden. It's accepted that people have less time to spend in the garden given the numerous activities available for families these days. However, it was agreed that the Annual Show still appears to be a popular event and therefore, the committee agreed to continue to run the Show and thus the VPA will remain operating for the foreseeable future. We will also continue to have a selection of garden tools available for use by residents for a donation. Details of the tools and who to contact will be listed on the notice board at Blewbury Post Office and Maggie's notice board at Toad Hall, Upton.

We hope that residents of both Blewbury and Upton will continue to support the Annual Summer Show and the date for next year's event is the 4th July so please pop the date in your diary. Show Schedules will be available after the New Year to give everyone plenty of time to plan what they want to exhibit.

I have been asked to continue our monthly news in the Upton News and hopefully we will have outings next year which will be advertised together with any other VPA news. Also, I'll keep you posted via my aimless ramblings about my allotment on New Road, Didcot. Did you know I have hens? Yes, they have got names - I'll let you know what they are next month.

To end 2019 our Annual Social takes place on Saturday 7th December - 7.00pm at Upton Village Hall. Our theme this year is "Around the World with the VPA". Food, quizzes and indoor games are the order of the evening with great fun for a family night out. Full details and tickets available at Blewbury Post Office, or you can telephone and book your ticket with Margaret Maytham - 01235 850126 or Eileen Bracken - 01235 510095. Please advise of any dietary requirements you may have, at the time of booking your ticket which must be booked by Sunday 1st December at the latest.

DID YOU KNOW? Hawthorn, an extremely common site in our hedgerows and gardens and home for all sorts of wildlife, is regarded as providing the hottest firewood. It burns superbly even when green and makes first rate charcoal that gets so hot it can melt pig-iron. It is thought that Christ's crown of thorns was made from hawthorn.

Happy Gardening Eileen

Charmian Whitmell (1938 - 2019)

Charmian passed away peacefully after a short illness on 3rd November. A Thanksgiving Service was held at St. Michael's Church, Blewbury on 19th November.

Charmian and Derek Whitmell moved to Blewbury in 1965 as a young married couple with their baby Clare, who was their first child. They stayed there for 23 years, increasing their family with three more children (Nick, Andy and Anne) and then moved to Upton in 1988 where they have lived for the last 31 years. Charmian split her loyalties between the two villages. She sang in the St Michael's Church Choir for 42 years right up until her short terminal illness prevented her from continuing a few weeks ago. In her earlier days in Blewbury her excellent soprano voice was put to good use in five community operas in St Michael's Church. She also served as a foundation governor at Blewbury School for many years, was involved in the Churn Benefice Pastoral Care team, helped as a volunteer training young people at Style Acre Café, and in her Grahame Close years utilised her nursing skills to offer treatment for minor injuries for the children of the Close from her kitchen work-surface and washing machine. In Upton, she was known best for the annual playreadings and her support behind the book stall at the annual fete.

Charmian was originally an Essex girl, living in Brentwood and Wickford, before going off first to boarding school in Eastbourne after her parents divorced, and then later to train as a registered sick children's nurse (RSCN) at the Children's Hospital at Great Ormond Street in London. She remained there working as a staff nurse before moving to Addenbrookes Hospital in Cambridge, where she obtained her SRN qualification and met and married Derek. Years later after her children had all started school she returned to nursing ,working at Didcot Hospital for 16 years, and then at Winterbrook Nursing Home in Wallingford until her retirement in 1995. After her retirement she worked for 15 years as a volunteer at Basildon Park, where among other things she helped with the arrangements for the filming of Pride and Prejudice. One task she seemed to have particularly enjoyed seems to have been showing Colin Firth around the National Trust property, and was quoted in the Oxford Mail as having said that he was just as gorgeous in real life as he was in the films!

Charmian was very well liked by a wide range of people, and was well known as a very caring, thoughtful, funny, gentle and sociable woman. She had a very deep Christian faith and her commitment to expressing that through her life and work was unstinting. She contributed a great deal to the wider community of Blewbury and Upton and will be sorely missed by many.

Derek and her family want to thank all the many people who have sent cards and letters of condolence to them in the period since her death.

Upton 50 Club

Prize Winners in the November draw were as follows:-

1st	£25	No.171	George Paxton
2nd	£20	No.167	Liz Evans
3rd	£15	No.156	Rosemary de Wilde
4th	£10	No.110	Ian Sykes
Jacqui Reid			

Friends of St Mary's Annual Carols and Christmas Readings

Don't miss this lovely Christmassy event which will take place at 4.00pm on Saturday, 14th December in the church. There will be carols and every kind of Christmas reading to delight young and old and put us in the mood for the big event a couple of weeks later. And to round things off there will be mulled wine, soft drinks and mince pies.

There's no charge - just a collection in aid of the Gatehouse charity for the homeless in Oxford.

See you there!

Paul Batho

Astons Online

Microsoft ceases supporting Windows 7 on 14th January 2020 This means no security updates after that date with the consequence that W7 computers will be vulnerable to cyber criminals and malicious internet based software. Users will also find their W7 computers working increasingly inefficiently over time.

Free advice for Upton computer users is available on Tuesday 3rd December 10:00am to 12:00noon at Astons Village Hall, Thorpe Street, Aston Upthorpe, OX11 9EQ or from Astons Online email theastonsonline@gmail.com; phone 07780958249).

Carol Singing in Upton

We will be carol singing door-to-door in Upton on Tuesday 17th December, from 6pm - this will be festive, friendly and fun! We will be singing hopefully recognisable traditional carols - if you would like to take part in singing please email me at: john_haworth@hotmail.com. I suggest a get-together to agree and run through the music on Sunday 8th December at 5pm.

Please also let me know if you particularly would like a visit from the carol singers on the 17th, so we can plan which houses we visit! Mince pies or mulled wine for particularly excellent singing will be appreciated!!

John Haworth

Bake Up

Next meet-up has an Italian flavour: it's a fresh pasta masterclass with Giulia Rippon on December 6th, 11.30am at Autumn Leaves, High Street. Giulia will be demo-ing how to make ravioli from scratch - and naturally we'll be taste testing! If there's time she'll also be training us in the fine art of Christmas truffle decoration.

Everyone welcome - give me a shout at kieronhumph@gmail.com if you plan to come so we can get the quantities right.

Kieron

Hagbourne's Treefest

The Annual Christmas Tree Festival will light up St Andrew's Church, East Hagbourne, from 7th - 20th December. Over 30 real Christmas Trees will be beautifully decorated by local clubs, businesses, groups and individuals. Come and enjoy the trees, mull over your favourite whilst enjoying refreshments from the Christmas church café and then vote for your favourite tree. The festival runs until 20th December and is open daily from 10.00am - 5.00pm, except on Sundays when it opens immediately after the church service at 12.00 noon. Entry is free but donations are welcome. Monies raised will be divided between Didcot Emergency Foodbank and St Andrew's Church. The festival is sponsored by AYR Landscaping & Construction, the Fleur de Lys and Larkmead Vets. More information and programme of festival events can be found at www.easthagbourne.net and Hagbourne St. Andrew's Events page on Facebook.

Helen Stutley

Romeo and Juliet

Blewbury Players will be staging Romeo and Juliet from 15th to the 18th of July at the Orchard Dean Garden Theatre under the direction of Christopher Staines.

Auditions will be held at Blewbury School on the weekend of 1st-2nd February. Please contact us by e-mail blewburyplayers@gmail.com to book an audition or call Sheila on 01235 850537 for more information. Please do still contact us if you are interested but not available to audition on those dates. We are looking for a cast aged from 16 upwards. Rehearsals will take place over weekends in June and July and possibly two individual weekend days before then.

Babysitter

My name is Daisy Tibbetts and I'm 14 years old. I am a student at Didcot Girls School and would like to offer babysitting services in the village either after school or during evenings or at weekends. Please contact me on 01235 851474.

Didcot U3A

As 2019 draws to a close the Didcot & District U3A is delighted to declare that, 7 years since it's inauguration, it is truly 'up and running' with in excess of 300 members and over 35 Interest Groups, this is the organisation for any newly retired or semi-retired individuals looking for further learning and interests. Indeed, 2020 looks to be 'more of the same' as in addition to the many varied Interest Groups, there are also several day trips already scheduled for current members in the first few months and these include 12th February - the Birmingham Jewellery Quarter Museum, 23rd March - National Memorial Arboretum and 23rd April - Black Country Museum.

The monthly meetings are held on the third Tuesday of each month in the Didcot Civic Hall commencing at 2.00pm, this month's meeting, on 17th December, will be our Christmas Lunch plus Christmas Music with the Didcot Divas.

Blewbury Post Office

We have lots of Christmas stamps in stock, and some very pretty alternative 1st class ones too, Gruffallo, Forestry Commission, plus the new Star Wars ones. Please remember to have your letters and parcels already addressed, a return address, airmail stickers and customs label already written before you get to the counter, we also need to know what's in the parcels.

Last posting dates for abroad start on the 9th December for the Far East and Hong Kong, Australia and New Zealand are the 10th, USA and Canada are the 12th, with Europe a couple of days later. For this country 2nd class mail is the 18th and 1st class is the 20th.

Our posties are not on strike, but they are working to rule, as are we. Post Office Ltd was described last week as behaving like a Victorian factory owner towards us sub postmasters, we are not happy bunnies!

Christmas opening times are as usual, Christmas Eve is the morning only, closed for the 25th and 26th, and open mornings only until Monday 6th. Emergency electric, gas, mobile top-ups, or if you've got a parcel sitting here, then ring or text my mobile 07825154842 and I'll pop round. It's so quiet on those days.

Don't forget the Blewbury and Upton village post, just 25p to either village, last post is Friday 15th, post boxes in the church and the George and Dragon, thanks to Jessie and Clare for organising the Upton deliveries, money going to the church projects.

Happy Christmas and Seasonal Greetings to you all.

Karen and Maggie

Submissions for *Upton News* should be sent to kameki39@btinternet.com

Deadline for the January edition is

Friday 27th December