

# Upton News



Vol 5 No.38

September 2019

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## St. Mary's Church Services

- Sun. 8th September 9.00am Sung Eucharist.  
Sun. 15th September 9.00am Sung Eucharist.  
Sun. 22nd September 10.30am Harvest Festival, All Age Service\*.  
Gifts of food will be collected for the Food Bank  
Sun. 29th September 9.00am Morning Prayer.

\*Refreshments served after this service.

Please see porch notice for weekday services.

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## Upton 50 Club

Prize Winners in the August draw were as follows:-

- |     |     |        |                |
|-----|-----|--------|----------------|
| 1st | £25 | No.96  | Mike Hardy     |
| 2nd | £20 | No.28  | Yvonne Collins |
| 3rd | £15 | No.43  | Sarah Carter   |
| 4th | £10 | No.142 | Angela Burt    |

Congratulations to the winners

*Jacqui Reid*

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## 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 12.00pm. Meetings this month are back in the Village Hall on the 5th and the 19th, please come along and join us.

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## Ride and Stride

This year's sponsored event that raises money for Oxfordshire Historic Churches Trust will take place on Saturday 14th September. Sponsor forms are still available from Jessie West 851206.

Church sitters are required to sit in St. Mary's to sign in visitors on the day, if you can spare an hour please let Jessie know.

## Parish Council

Thanks to all those who helped remove the kick wall from the Recreation Ground, it was in a dangerous condition. Please take care when using the multi-play equipment. It has been temporarily patched up, and we are looking into more substantial work in the play area.

There has been some interest in forming a volunteer Speedwatch group for the village. If anyone else would be willing to put their names forward for occasional speed gun duty, please let the Parish Clerk know as soon as possible - [parish.clerk@uptonvillage.co.uk](mailto:parish.clerk@uptonvillage.co.uk)

*Jo Fidgen*

## District Council

We hope that everyone has been enjoying the warm weather and a well-deserved summer holiday break. August has been a relatively quiet month for council business, with fewer meetings to attend, however we have still been enjoying taking part in community events, including eating jammy scones at the Upton Afternoon Tea. As we write, we're looking forward to the Upton Village Fete on Saturday 7th September - please do come and say hello if you see us there, and let us know if there are any local issues we can help you with.

The Chairs of both district councils have organised a quiz night to raise funds for the Earth Trust, a local charity that they are supporting this year. The quiz is open to everyone and takes place in Fison Barn at Hill Farm, Little Wittenham from 7.00pm on Wednesday 4th September. The event costs £5 per person and you can enter a team of up to six people. You can register and pay to attend via the [Earth Trust website](#).

If you're a cyclist, make sure you complete the [Oxfordshire Cycle Survey](#) and don't forget to help spread the word in your community too. The survey asks what you like or dislike about cycling in Oxfordshire and about any problems you encounter. The survey will support the production of the first 'local cycling and walking infrastructure' plans for Oxford, Bicester and Didcot and is open for comments until 6th September.

Great Western Railway has a fund that communities in our area can access. They are now accepting bids for delivery between April 2020 and March 2021 and they have over £750,000 available. Applications must be submitted by 5.00pm on 8th September. You can find out more information on their website [www.gwr.com/CCIF](http://www.gwr.com/CCIF).

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](mailto:hayleigh.gascoigne@whitehorsedc.gov.uk) and [sarah.medley@whitehorsedc.gov.uk](mailto: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: [@hayleighhelium](#) and [@SarahMedley91](#).

*Sarah and Hayleigh*

## County Council

Over the past couple of months, I have attended meetings of the Full Council and the three main committees of which I am a member. These are the Joint Health Overview Scrutiny Committee (JHOSC); the Performance Scrutiny Committee (PSC); and the Planning and regulations Committee. I also carry out duties as Deputy Chairman (Back Benchers).

Additionally, I sit on several sub-groups which have also met several times during the same period: the Transport Cabinet Advisory Group; the Transformation group of the PSC and Audit and Performance Committees; and the Task and Finish sub group of JHOSC which I chair. I also continue to support local events and organisations within my eight parishes by contributing my time and business expertise as well as participating in and attending fund raising events for local charities. It's always a pleasure to meet you at these. I have much admiration for the enthusiasm and generosity of those who support their community's efforts.

One major success at the July Meeting of the Full Council was to pass a motion to demand that the OCC Directorate responsible for the adoption of infrastructure on new housing developments used ALL the powers at their disposal to ensure the contractors delivered on their infrastructure responsibilities as soon as possible after completing the housing.

Other items of interest include:-

The electric car revolution is set to continue in Oxfordshire thanks to a successful county council bid for a slice of a £37m government fund. Oxfordshire is set to host two major initiatives to provide more charging points for electric vehicles.

Since 2011 more than 6,000 new places have been created in Oxfordshire secondary schools, including Aureus School and UTC Oxfordshire, in Harwell Parish. Further planned changes in the 2020s will see the overall number of secondary school places created since 2011 rise to around 8,000.

Free school transport for young people with special education needs and disabilities will continue to be funded by Oxfordshire County Council, following a recent decision by Cabinet members.

If you have any County Council problems please contact me on 07393979510 or [MikeFox-Davies@Oxfordshire.gov.uk](mailto:MikeFox-Davies@Oxfordshire.gov.uk)

*Cllr Mike Fox-Davies*

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## Upton Village Fete

Everyone's welcome to the village fete which this year will be at the recreation ground on Saturday, 7th September starting at 1.00pm.

As ever, it will be a 'proper' village fete with plants, books, home-made produce and 'White Elephant' for sale, plus a barbeque, pizzas and magnificent tea and cakes, a raffle, tombola and a special fun zone for kids.

## Rector's Note



### Taking the Long View

I wonder what's on your mind at the moment. Are you worried or annoyed about something? Sometimes we worry about really important things, but at other times we can allow ourselves to get wound up over something which is actually neither here nor there.

Sometimes we can add to our worries by wanting everything to happen as quickly as possible. We can put pressure on ourselves or on others to perform in double quick time, which adds of course to stress levels. And it can also make it harder for us to be good stewards of the natural world. Many actions that are good for the environment involve taking the longer-term view. If we

are focussed solely on results in the short term, many environmentally friendly practices become an irrelevance or a burden.

Taking a long-term view can make our lives so much more interesting and satisfying. It can also help to make us less selfish. We can be faced with a decision, and think to ourselves: what's in my best interest at this particular point in time? Or we can think to ourselves: if I imagine myself in 20 years looking back to the decision I am making now, what might a good decision look like? The more we look into the future, the more we think about the needs of the next generation, and the generation after that. How can we live our lives now in such a way that the generations to come will have at least the same opportunities as we have had in our lives?

And how long might the "long term" be? Different people will give different answers to this, depending on their various perspectives and the nature of the specific situation which is being considered. For me, one of the strengths of the Christian Church is that it can take a "long term" view. The Church has been around for a couple of thousand years. There have been church communities and physical church buildings serving our village communities for approximately a thousand years. The buildings themselves and patterns of worship and service have developed over the years and continue to develop. And so, in church life, the issues of the moment - important as they are - need to be considered within this bigger context.

For in the words of Psalm 90, in God's eyes, even 1000 years is "like yesterday when it is past, or like a watch in the night".

*Fr Jason*

### Benefice Office Support

Sometimes help is needed in the Benefice Centre Office to cover the Benefice Administrator's absences. We are looking for someone who would be willing to be introduced to the office systems so that they could be called upon on such occasions. Work undertaken can be remunerated.

If you are interested, please talk to Sue Lay (Blewbury) in the first instance.

## **United Charities of the Ancient Parish of Blewbury**

Two new opportunities to work in support of the charity have arisen:-

### **Clerk of the Trustees**

The Charity is seeking someone to undertake the role of Clerk to the Trustees which involves administration and bookkeeping for a few hours per month. A competitive honorarium is offered.

### **Guardian of the Almshouses**

The Charity is also looking for someone who would be directly responsible to the Trustees for managing and co-ordinating the maintenance and upkeep of the two almshouses in Blewbury. Reimbursement would be in the form of an annual honorarium or a one-year fixed term contract.

Applicants for both posts must demonstrate and maintain integrity, impartiality and confidentiality; be able to work independently, organise time, manage deadlines and maintain accurate records

A full list of duties for both posts is available from Sheila Loy:  
[sloy24@gmail.com](mailto:sloy24@gmail.com), 01235 850537, 24 Grahame Close.

Applications for the posts to be with Sheila by Sunday 15th September, the intention is to hold interviews in October.

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## **Astons Online**

Free IT advice for Upton computer users is available on Tuesday 24th September from 10:00 am to 12:00 noon in Aston Tirrold and Aston Upton Village Hall. At about 10:30 there will be a short talk "How to search the Internet for the information you want."

Astons Online helps people be confident, effective and safe users of email and the Internet. Our free-of-charge events cater for all types of computer and user issues in a friendly and informal atmosphere, see [www.astonsonline.uk](http://www.astonsonline.uk) for more information.

Tell us that you're coming if you can, especially if you want one-to-one help ([theastonsonline@gmail.com](mailto:theastonsonline@gmail.com) or phone 07780 958249)"

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## **Swap Shop**

- 1) Gas BBQ in exchange for donation to St Mary's Building Project.  
Clair Lightfoot 850486
- 2) A substantial, home-crafted set of book shelves. Free Malcolm Wright 850705
- 3) An exercise bench. Free Malcolm Wright 850705
- 4) 3 rolls of eco bubble wrap - perforated card that does the same job as bubble wrap (2 x 50cm and 1 x 100cm wide) - Free - Kieron. - 07971009603
- 5) Canon EOS 300D digital SLR with 18-55mm lens, bag, spare batteries, charger, and lots of editions of Digital SLR magazine. Takes large CFDs. Great camera, ideal for a serious starter. - Free - Kieron - 07971009603

## Village Produce Association

We are now well into summer and I hope you are all reaping the rewards of your labours in the garden or allotment with abundant supplies of fruit, flowers and vegetables. The summer has certainly meant plenty of watering and my arms feel 2” longer carrying watering cans on my allotments, but it has been worth it - my sweetcorn’s are delicious!!

The next VPA event will be in the autumn - it’s our Annual General Meeting on Wednesday 6th November in the Vale Room of Blewbury Village Hall, 7.00pm for 7.30. The Didcot and District Woodturners Club will be giving a demonstration of the wonderful things they can do with a lump of wood. We would be very pleased to see as many of you as possible so that we can tell you first hand the future plans the Committee has for the Village Produce Association.

Don’t forget to put Saturday 7th December in your diary - its our Annual Social at Upton Village Hall. It is a very popular event and hopefully this year will be no exception. There will be a few surprises in store plus the usual tasty food.

More details of these events will be in the next issue of the Upton News.

**Did you know?** Minnie Aumonier (N.D.) wrote: “When the world wearies and society fails to satisfy, there is always the garden.”

Happy Gardening

*Eileen*

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## Yoga

Catherine Watsham will be re-starting her Yoga classes in the week commencing the 9th September in the Upton Village Hall. Mixed ability classes will run every Monday morning, 9.30am till 11.00am. Catherine teaches traditional Yoga which includes a combination of postures, breathing practices, relaxation and meditation. The class is also available on Monday evening 7.15pm to 8.30pm at Blewbury School.

Classes every Wednesday morning, 9.30am till 11.00am, have a more therapeutic, healing approach and are particularly useful for those suffering a current health condition.

On a physical level yoga has been shown to improve flexibility, strength and posture and to enhance the immune system. Emotionally it teaches how to stay present in the moment and helps release long-held patterns of tension and stress, creating a deep sense of well-being. The great thing about Yoga is that it’s really simple and yet with regular practice it can transform the way we feel about ourselves and the way we live in the world.

Catherine, who can be contacted at [yogawithcath@live.com](mailto:yogawithcath@live.com), 07786210177, also offers individual appointments to address individual health needs.



### 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



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Oxford's award winning local  
Independent Garage  
MOTs from 6.00am by appointment  
Vehicle Servicing and Repairs  
Tyres, Clutches and Exhausts  
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[enquiries@scotlandsashgarage.co.uk](mailto:enquiries@scotlandsashgarage.co.uk)



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### N Drum



Landscaping, Fencing  
and Maintenance  
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Tel. 01235 859229 or 07922701634  
[n drumlandscaping@gmail.com](mailto:n drumlandscaping@gmail.com)

### Qualified Chef

Do you need a starter, main course,  
dessert or any combination  
prepared for dinner parties,  
suppers or just something for  
tonight's meal?  
Contact Ros on 07538 605188 or  
[dinnerdelivered365@gmail.com](mailto:dinnerdelivered365@gmail.com)  
Local Authority Food Hygiene rating 5



### 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](mailto:uptondogdays@hotmail.com)  
Facebook: Upton Dog Days



## **Blewbury Post Office**

Thanks to everyone for being very patient while I was poorly, thankfully I am much improved, and the Post Office is back to its normal opening hours, 8.30am to 12 noon Monday to Friday, 9.30am to 12 noon on Saturdays, afternoons are 2.30pm to 5pm on Monday, Tuesday, Thursday and Friday.

We have more pretty stamps in stock, currently available are British Landscapes, there are some Elton John ones on sale soon, and British Navy Ships available late September.

We have lots of lovely "Kitty's eggs" on sale, all profits go to the pre-school, and lots of local honey too.

Surface mail deadlines for Australia, New Zealand and the Far East for Christmas Post are at the end of September and early October.

*Karen and Maggie*

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## **Didcot U3A**

The University of the Third Age (U3A) offers the opportunity to share your knowledge, experience and talents with other like-minded individuals with over 35 Interest Groups to choose from! Membership is £25 per year, visitors are welcome to attend one meeting as a taster before joining. Each month we have an interesting Guest Speaker followed by tea/coffee and biscuits where everyone is encouraged to stay and chat and make new friends.

This month's meeting is on Tuesday September 24th. Start time is 2.00pm, early arrival is recommended. The guest speaker, who is yet to be confirmed will be talking about The National Arboretum.

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## **Business School**

From 7th to 11th October a free PopUp Business School will be held at the Viscountess Barrington Memorial Hall, Shrivenham from 10.00am to 3.00pm, to give practical advice on how to get a business idea off the ground through a series of hands-on workshops.

The informal workshops help give people the vital skills they need to help them make money doing what they love, and everyone is welcome to attend all week or just turn up to the workshops they feel are most useful.

People can register to attend via <https://www.popupbusinessschool.co.uk/shrivenham.html>

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Submissions for *Upton News* should be sent to

[kameki39@btinternet.com](mailto:kameki39@btinternet.com)

Deadline for the October edition is

**Thursday 26th September**