

Upton News



October 2022

Church Services

The online services will continue on Sundays at 10.30am. Login after 10.00 to chat before if wished. Access the Churn Churches website for login details on how to join:

<https://www.churnchurches.co.uk/services-this-week/sunday-service.php>

The link for the service is published in the weekly Churn, which can be downloaded from this page: <https://www.churnchurches.co.uk/resources/Weekday-evenings-Compline-at-8.00pm-for-10-minutes>. Access via Churn Churches website above.

If you would like to be added to our weekly mailing list to receive the Churn, please contact Elaine on 01235 850267 office@churnchurches.co.uk

Services at St. Mary the Virgin

You are always welcome to enter the church even if the service has commenced!

2nd October

9.15am

9th October

9.15am

23rd October

9.15am

30th October

11am

4pm

16th Sunday after Trinity

Traditional lay led prayer service

17th Sunday after Trinity

Harvest Festival

Bible Sunday

Parish Eucharist

ALL SAINTS' DAY

Pet service

**BENEFICE ALL SOULS SERVICE at St Michael's
Blewbury**

Recent Baptism at St Mary's

11 September

Callie Elizabeth and Arthur Louis Hall, St Mary's, Upton

Recent funeral at St Mary's

6 September

Freda Smith, aged 91, St Mary's, Upton

May she rest in peace and rise in glory

The Drop-In Coffee Morning

Every Wednesday 10.30am to 12noon, Benefice Centre Blewbury

All welcome to drop in for coffee & a chat. Run by the Churn Branch of the Mother's Union

Home Communion is available to anyone who is unable to get to church through sickness or frailty, either for a short time or on a long term basis. If you, or anyone you know, would like to receive Holy Communion at home, please contact The Revd Louise Butler on 07837 009730.

Full COVID precautions will be followed.

Churn Benefice

All Souls' Service

St. Michael's Blewbury 30th October 4pm

Remembrance List

All are very welcome at this service, which includes the lighting of commemorative candles and reading out of names of those to be remembered. Anyone who would like to have a loved one remembered at this service is invited to let Elaine de Ridder in the Benefice Office know if they wish to add name(s) to the list.

Calling singers from across the Benefice!

The combined choir of singers within the Churn Benefice will be starting rehearsals for the upcoming Benefice Advent Carol Service.

We rehearse in St Michael's Church, Blewbury on Mondays at 6.45pm for one hour. More singers always welcome!

The whole Benefice is invited to a

Church Flowers Demonstration by Anna Steven

Saturday 8th October 10.30 -12 noon, St Michael's Church Blewbury

Come and learn all about flowers. This is not just for arrangers! Everyone welcome. Please bring your friends.

Coffee/Tea and cake from 10.30 am. £5 Donation to Flower Fund

You can contact the clergy & staff on: -

Revd Jason St. John Nicolle 01235 850267 office@churnchurches.co.uk

Revd Louise Butler 07837 009730 revlouiseb@aol.co

Elaine de Ridder 01235 850267 office@churnchurches.co.uk

The Benefice Operations Manager, Elaine de Ridder, is in the office from 9.00am - 2.30pm Monday to Friday.

The Church and Healing

On the 18th of October, the church celebrates the life and work of an early Christian called St. Luke. As well as being the author of the Gospel of St Luke and, very probably, of the Acts of the Apostles, St. Luke was a doctor and a disciple of St. Paul. Perhaps unsurprisingly, St. Luke has become the patron saint of doctors and surgeons; he has also become the patron saint of artists.

Many churches use the feast of St. Luke as a time to pray for everyone involved in providing health care. We think of doctors and nurses, of course; but there are so many other people who play key roles in our medical system, and we pray for them as well.

There has always been a close connection between the Christian faith and the provision of health care. Christians believe that God cares about our health – not only the health of individuals, but also the health of our societies. Health needs to be seen in its widest sense. It's not just about the absence of illness. It's about fullness of life: and this means mental and spiritual health, as well as physical health.

God wants to bring healing: to heal us as individuals, and to heal our communities. Sometimes, this healing requires medical care: we go to a doctor, and the doctor prescribes a particular drug. But sometimes the healing process does not involve a doctor or a hospital at all. For example, it might be that we feel isolated or overwhelmed, and we are restored to good health through the support of our friends.

For some, care for the environment is a natural next step in the Christian ministry of healing. Many might say that our relationship with the environment has been broken by human selfishness and greed. The natural world groans with pain, and we need to put this right: we need to bring health and wholeness to a wounded planet.

I wonder: where might we need healing in our own lives? And where might we need healing in the lives of our communities? How might we pray about this? What practical steps might we take to help to bring about the healing which we seek?



- *Father Jason*

The Churn Churches Climate Action Group

You may remember COP 26 (the UN Climate Change Conference) which was held in Glasgow last November. This meeting gave us stark warnings of what action is needed to limit increases in global temperature and the consequences of failing to achieve these targets. Most people will be aware that greenhouse gas emissions are the main contributor to global warming. Although we obviously need the governments of the world to

take leadership for both reducing greenhouse gases and mitigating the effects of climate change, we can all make a direct contribution ourselves. It may seem that our contribution is too small to make a difference, but if we all take positive steps it can add up to a significant difference. The purpose of the Churn Churches Climate Action Group is to encourage conversation and action within the communities served by the Churn Benefice to reduce the impact of climate change.

The purpose of this notice board is to provide useful information on a regular basis of how you can reduce your carbon footprint, possibly save money and most importantly help save the planet. Carbon Dioxide (CO₂) is a greenhouse gas and contributes significantly to global warming. So if we can reduce emissions of CO₂ we can help reduce the harmful effects to the planet.

Over the coming months we'll cover how you can reduce your carbon footprint, and potentially save money, with topics covering Homes, Transport, Food and Clothing; we're starting with Loft Insulation

Did you know that approximately a quarter of the heat from your home is lost through the roof if you don't have loft insulation? Modern homes are likely to be better insulated due to the requirements of building regulations, but even a modern home may benefit from adding further loft insulation.

The recommended thickness of loft insulation is 270mm. So, if yours is less than this, you may like to consider topping it up. If you have an older property with little or no insulation, it's definitely worth adding insulation now. Most people will be able to carry out the insulation themselves; it's easy to do if you are physically mobile. If not, there are many specialist companies who can do this for you. The link below provides more information regarding loft insulation and may be useful to find suitable installers. www.energysavingtrust.org.uk

As an example of installation costs, savings in heating costs and savings in CO₂, the Energy Saving Trust (www.energysavingtrust.org.uk) suggest for the average detached house it would cost £680 to install, would result in



£580 savings per year and result in 1300kg per year less CO2 being released to the atmosphere. It doesn't matter if your house isn't detached, you'll still make significant savings with the optimum loft insulation.

You may find you qualify for assistance with the cost of loft insulation: for people on means-tested benefits it is likely to be free. To check if this applies to you, try following this link, www.gov.uk/improve-energy-efficiency

Next time we will be looking at other ways to insulate your home - walls, windows, doors and so on. There are many DIY window and door insulation, and draft proofing solutions available, most of which are very easy to install and cheap! More on this next time!

If you don't have access to the web links shown above, or would like further assistance, please call 01235 814892

Parish & District Council News

Chilton Road Cycleway

Work commenced in on 30th September on the A417 and Hagbourne Hill crossings and the Chilton Road Cycleway works. Complaints about the diversion due to the Station road closure and the need to exit right across the A417 from Prospect Road have resulted in this response:

'We will set up 4 way traffic lights up at London Rd with a traffic light head positioned in Prospect Road to allow uninterrupted access to the right turn for those leaving Prospect Road.

This will increase traffic build up on London Rd but we will try to alleviate this by the use of Multi Way Auto Green Smart Lights. Our supply chain is currently liaising with the Traffic Management Company regarding setting these up.

The option of no right turn was reviewed, but due to the long diversion and bus turning this was not an option.

When the works are completed on the Station Rd junction phase including telematics, junction realignment, drainage and power crossings we will investigate the possibility to relocate on the Chilton Rd side of London Rd. (3 weeks into program)

A Traffic Regulation Notice (T10920) to cover a maximum of 5 consecutive days has been issued to facilitate the reinstatement of all road markings including centre lines and rumble strips on Hagbourne Hill. This will operate between 09:30 and 15:30 starting on 21 November 2022 and result in closure of this road.

Similarly there will be a Temporary Road Closure (T10691) and "No Waiting" restriction in Upton, on the A417 London Road, to facilitate resurfacing of the carriageway and the subsequent reinstatement of all road markings and

lines. This will operate between 19:00 and 06:00 from 18 November 2022 up to and including 19 November 2022.

Play Area

The safety inspections are now being carried out by ROSPA. They have advised that the chains on the main swings are seriously worn. These swings will therefore be taken out of use pending maintenance work.

Signage in the area is due for replacement.

Fly tipping

There have been several instances of fly tipping of late (several in Chilton Road) all of which have been promptly cleared by Biffa services working for the VOWHDC.



If you see anyone fly tipping please take vehicle details and report it to the police.

If you have just seen the results report it to VOWHDC or direct to Biffa. Contact details on the Vale website.

Waste Bin in the Children's Play Area

In the August issue of the Upton News we reported that the bin in the children's play area is not being collected any longer by the District Council's Contractor due to budget cuts and being outside of the service level agreement that they hold with Biffa to collect only waste from within the bins at the roadside.

Upton Parish Council has undertaken a project to seek ways of removing the waste on a consistent basis without relying exclusively on the goodwill of residents. Eight commercial organisations were approached but only five replied in writing and only one was prepared to quote. [Organised Grime.co.uk](https://www.organisedgrime.co.uk) services this specific need for the surrounding area of Oxfordshire and their proposal was accepted. They will now ensure that the playground is kept tidy and that any recyclable waste is actually recycled (which is not always the case at present!).

Bin Collections

Do not forget that from week commencing 10th October, bins will be collected on Fridays.

Dates for your diary:

Next year's Annual Parish Meeting for Upton has been arranged for Wednesday 26th April 2023.

The next ordinary Parish Council Meeting will be on 23rd November 2022 at 7:00 pm. in the meeting room of the village hall. Villagers are always encouraged to attend.

Didcot & Villages Healthcare update

Our Vale of White Horse District Councillors, Hayleigh and Sarah joined patients from the three Didcot GP practices at a public meeting held at the Didcot Civic Hall on Monday 12th September. The meeting was organised by the Patient Participation Groups of the three medical centres, in order to provide an in-person update on the latest healthcare news in Didcot. Below is a summary of the key points.

Dr Alex Hart, Clinical Director for the Didcot Primary Care Network, gave a comprehensive overview of the multiple challenges currently facing the local GP surgeries. This includes funding pressures, a national shortage of GPs affecting recruitment, and a combination of new medical conditions, altered thresholds for treatment and increasingly complex treatment options.

Dr Hart explained how the structure of healthcare has changed in recent years. Historically we are all used to being able to phone our GP surgery and speak to a receptionist who then makes an appointment for us to see either a GP or a nurse. Nowadays the staffing structure at a GP surgery is much more complex and includes GPs alongside a set of associated specialists such as physiotherapists; often an appointment with the relevant specialist is therefore more appropriate than simply meeting with your GP.

Dr Rachel Ward from Woodlands Medical Centre introduced Social Prescribing as a new treatment method. This takes a holistic view of a patient and their lifestyle and seeks ways to address underlying causes of conditions. For example, traditionally a GP would prescribe only medication to a patient with diabetes, whereas Social Prescribing considers factors such as stress and poor diet and suggests how these can be improved through additional support. Social Prescribing can help alleviate pressure on GP surgeries by addressing some of the root causes of the current high demand for services.

Dr Ward emphasised that Social Prescribing can be easily accessed by anyone who feels they would benefit, and patients can be referred in a number of ways: via any member of the Didcot Primary Care Network team, or after hospital discharge, or via housing associations or schools. Patients can also self-refer via the local charities SOFEA and Age UK Oxfordshire, who are working closely with the Didcot Primary Care Network - see their websites for more information on Social Prescribing.

Local COVID and flu vaccination clinics will also include a team of social prescribers present who can provide more information and resources, particularly relating to the current cost of living crisis. On the note of COVID, an update was provided on an upcoming autumn booster which will be provided by the Didcot Primary Care Network to the highest priority patients, including those in care homes or who are unable to leave their homes due to illness. The booster will otherwise be available through community pharmacies and the Kassam stadium.

The new GP surgery planned for Great Western Park was also discussed. Dr Alex Hart provided an overview of the historical decisions relating to the site and the current complex situation involving the Oxfordshire Clinical Commissioning Group (now the Berkshire, Oxfordshire and Buckinghamshire - BOB -Integrated Care Board), Woodlands Medical Centre, the Vale of White Horse District Council and the developer. Please see our (Hayleigh and Sarah's) report from July 2022 for more details on this.

The meeting concluded with a discussion and Q&A around the current pressure on the Didcot GP services, and the projected increase in demand in coming years as the local population continues to grow. Dr Hart stated that the three key ways that patients can assist with lobbying for more support is by writing to the BOB Integrated Care Board, Healthwatch and the local MP. Patients are also encouraged to join the Patient Participation Group (PPG) for their GP practice, as the PPGs work closely with patients and the practices to provide feedback and try and address issues such as access to appointments. More details about the PPGs can be found on their websites below:

<https://www.woodlandsmedicalcentre.com/patient-participation-group>

<https://www.didcohealthcentre.com/get-involved>

<https://www.oaktreehc.co.uk/about-the-patient-group>

First Sunday of October- do not miss it!



Sunday October 2, 10.30am

Meet outside the village hall.

Upton Nature Garden

Big Green First Birthday Party

with

a walk and talk led by

**Oxford Botanic Garden's
Kate Pritchard**

Join Kate to explore the delicate balance of plants, soil, wildlife and climate in our village nature garden and beyond.

Coffee and birthday cake

This event is supported by Oxfordshire County Council as part of the Great Big Green Week initiative.



Climate Action Oxfordshire
your choices matter

Blewbury C of E Endowed School

The new school year has begun and we have welcomed 20 new children and their families into our school community. All the children have settled quickly into school routines and are enjoying their learning. Details of what they are learning can be found on the school website by selecting the class and then selecting curriculum. An example is O'Keefe class (reception / year 1) who are learning all about Changes including Transition, All about me and Harvest. Banksey (year 5/year 6) who are learning about The Legacy of Ancient Civilisations - How have they influenced our lives? Those who are interested can delve into further information as to what children are learning in each individual subject.

Governors are holding their first meeting this week and are already receiving information about the children's learning. There continues to be a Governor vacancy and we are looking for someone with financial or HR skills. The school is the local school for children living in Upton and so a villager would be particularly welcome. Anyone who is interested should contact Ann Parham, Chair of Governors aparham@blewbury.oxon.sch.uk.

Astons Online

Computer users - free and friendly advice on Tuesday 18 October 10:00 to 12:00 in Astons Village Hall (OX119EQ). Astons Online helps people be confident, safe and effective users of the internet, email, social media etc. For our first in-person event since the pandemic, please tell us, if you can, that you're going to join us so we can have helpers available. Also please bring a mask so we all stay Covid safe. Contact by email theastonsonline@gmail.com or 07780958249 if you can't email. Website is www.astonsonline.uk.

Free and friendly help for computer users will continue to be available every Tuesday morning from 10:00 to 12:00 remotely using telephone, Facetime, Skype, Zoom, Teams, WhatsApp or whatever is best for you. **Book** a 30 minute appointment using email above.

Bruno Brunskill (On behalf of Astons Online)

theastonsonline@gmail.com 07780 958249
www.astonsonline.uk

Drop In

The village Drop-In is up and running again on alternate Thursdays at 3.00pm It is open to all villagers so please come along if you want to have a nice friendly chat over a cup of tea or coffee.

Please email me at richmondbinov@gmail.com if you're interested and to find out the venue for the meetings.

Richard Burrow

Upton Wine Club AGM and September meeting

This month saw the 17th Annual General Meeting of our highly popular club. Ian Langley presented the accounts before thanking Susan Ryan for her many years of service, who is standing down from the committee. Ian then welcomed Di Rabbetts, who is joining the committee in the role of treasurer and membership secretary.

The theme of the evening was Wine Awards, and every wine tasted had won some form of award whether a medal, a high number of points, or been commended by a wine professional in the press. The wines were presented by Ian together with Brian Rippon.

To accompany the AGM, members were treated to a 91 point Graham de Beck Blanc de Blancs (Majestic, £15.99), a biscuity traditional method sparkling chardonnay from South Africa, which had a slightly mixed reception. However, all of the following wines met universal approval of the members. The first white of the evening was a crisp Villa Noria Picpoul de Pinet (Strictly Wine, £10.99) which Jamie Goode rated at 90 points. Members thought it was an extremely good and pleasant example of a Picpoul - a wine from a very small appellation of which 65% is exported, more than half of that coming to the UK. That was followed by a fascinating but equally delicious 'mountain' blend, Terra Alpina Organic Bianco (Majestic, £10.99) made with grapes from Hungary, Italy and the Pyrenees.

Although most examples of Falanghina come from Campania in southern Italy, the next wine was an organic example from Puglia, Bella Verità (M&S, £9). It showed the usual delicious characteristics of citrus blossom aromas and apple and pear flavours. The final white was a Marcarini Roero Arneis (Majestic, £12.99), a lovely and complex version of the Arneis grape from the Roero hills in Piedmont.

The reds started with a lovely Pinot Noir from Chile, Matetic Estela Lunar (M&S, £12 - but found in Didcot at £9, reduced to clear!). Awarded 92 points by Decanter, this was a delicate wine with notes of cherry and sweet spice. Matetic regularly win awards for being one of the top 100 wineries or producing one of the top 100 wines in the world, so this was an absolute bargain - especially considering that their wines tend to sell for twice this price. The next wine was even more of a bargain - a Montepulciano d'Abruzzo from the Tesco Finest range. This has won gold medals, the Montepulciano trophy and the Great Value Red Wine trophy. Normally £7, it was on offer in September at £5.25 when you buy 6 bottles of wine.

Brian then presented a red from Strictly Wine, a Tikveš 'Cuvee Methodius' Vranec (£8.99) from the Republic of North Macedonia. This is a deeply coloured red wine revealing vibrant aromas of blueberries and blackberries, with hints of chocolate and cocoa - winner of a silver medal at the International Wine Challenge. Finally Ian showed an unusual wine from Portugal, an Alicante Bouschet (M&S, £8). This grape not only has a red skin but also, unlike most red grapes, a red pulp -called a teinturier. Although now virtually unheard of, it was until the start of this century the 12th most planted red wine grape in France! Decanter gave it 91 points and (alongside Matthew Jukes) recommended trying it with lamb.

The evening was enjoyed by all, who commented on the quality of the wines. Perhaps there is something to wines that have received an award after all...

Our next meeting is on 19th October, when we welcome Grape Minds to show some of their wines in a Tour de France. If you're interested in joining us, please drop us a line at contact@uptonwineclub.com .

Blewbury Post Office news

Our opening times are back to normal for Mondays to Fridays. Please note that Royal Mail have more industrial action planned, so we will be unable to accept large parcels due to lack of storage.

Remember to find all those old style £20 & £50 notes, bring them in and pay them into your bank account.

Amazon customers will very soon be able to choose us to have their parcels delivered straight to us, and you can collect them at your convenience, we'll also hopefully have Amazon gift cards in stock soon too.

Karen, Maggie & Andrew

Upton Village Fête – Saturday, 3rd September

Many thanks to everyone who helped make the fete both a success and fun for everyone who attended. Whether you ran a stall, served teas, baked cakes, put everything up and packed it away again or contributed in any other way, your help was invaluable and it just wouldn't have been the same without you!

The money has now all been counted, expenses totted up and a summary of the takings from each source of income is attached. After deduction of expenses (the band, Morris dancers, publicity etc) the net profit, to be distributed equally between the village hall fund and the church, is £1,883.81. That's a drop from the past couple of years because a lot of people were away so we had to adjust what we could offer accordingly, but a very healthy sum to each organisation nevertheless. Many thanks to Brian and Giulia for dealing with the finances (plus the cakes, set-up etc., etc,!).

When we look towards next year, we'll think about the date in relation to the school holidays, which undoubtedly had an impact on the attendance and takings this year, and we welcome any thoughts and suggestions for future activities and events. In the meantime, thanks again for all everyone did to create a great day!

Paul Batho

Pictures from the day follow





United Charities
of the Ancient Parish of Blewbury

HELP WITH RISING COST OF LIVING

With the current rise in the cost of living and energy, you may find yourself struggling financially. We are a local charity which supports people of all ages living in Blewbury, Aston Upton and Upton, and have the funding to give a helping hand during these difficult times.

From the weekly food shop, clothing and equipment for the new school year, to energy bills and other living costs, we can provide one off payments to help you, or someone you know in need.

There is a short application form to complete which can be picked up from the Post Office or requested by email to unitedcharities@outlook.com.

We can help you fill in the form. Please don't be reluctant to ask for help, all applications are dealt with confidentially.

United Charities of the Ancient Parish of Blewbury

Registered Charity No: 203538

Upton Christmas Play Reading

Upton Village Hall, Saturday 26th November, 18:00-20:00

The Adventure of the Christmas Pudding: a Hercule Poirot Mystery

In the week before Christmas, world-famous Belgian detective Hercule Poirot is summoned to Whitehall for an urgent request to assist with a challenging mystery. A priceless ruby has been stolen from an Egyptian Prince in scandalous circumstances and a reluctant Poirot is enlisted to help. Join the Upton Christmas Readers for murder, mayhem and Christmas pudding as Hercule Poirot's little grey cells are pitted against a dastardly criminal mastermind over a traditional English country Christmas holiday.

After a two-year hiatus, the Upton Christmas Readers are back with a lively adaptation of a festive story by the Queen of Crime and Wallingford local, Agatha Christie.

Tickets £6 (£5 concessions) available on the door or in advance from Karibu, High Street, or Finches, Stream Road. Refreshments are included. Raffle tickets will be available on the night.

All profits will go to the St Mary's Church Building Fund.

Didcot & District u3a

As we enter the second month of Autumn we are pleased to advise the Didcot and District u3a continues re-establish the numerous Interest Groups providing a host of subjects that may interest retired and semi-retired individuals to continue to 'Learn, Laugh, Live!' Now that monthly meetings and Interest Groups are no longer solely on 'Zoom' the opportunity to meet in person and exchange ideas with like minded individuals is most welcome and that includes, **ukulele, languages, gardening, walking, family history and many, many more!**

In addition, there are the monthly meetings held on the **3rd Tuesday of every month** starting at **2:30** in the **Didcot Civic Hall** where we have a Guest Speaker followed by tea, biscuits and a chat with fellow members and Group Leaders, the upcoming Speakers and dates are as follows;

18 October: 66 Men of Grandpoint 1914 - 18 by Liz Woolley looking at the lives of some of the men names on the Grandpoint War Memorial in Oxford.

15 November: Birth of Hoaxes in the 18th Century by Ian Keable into a hitherto hidden world of history, mystery and hoaxes!

20 December: A Christmas Event featuring the Didcot Divas in aid of the Helen and Douglas Hospice charity

17 January: 10th Birthday Tea Party - afternoon tea with homemade cakes and featuring our very own Ukulele Group! (This is a ticketed event - £5 per ticket)

21 February: Where do novelists get their ideas from? - Bobbie Derbyshire

21 March: Cheltenham Racing Heroes - Peter Gill talks about famous jockeys living in and around Cheltenham.

For much more information on your local u3a just use Google or the search engine of your choice for 'Didcot & District u3a' and you can see the Interest Groups, News, Events, etc, alternatively you can contact the following:

Chair - chairman@didcotu3a.org
Secretary - Secretary@didcotu3a.org

Contributions for Upton News

For those submitting news items, will you please send them to me at neilthorp@btinternet.com.

A few days beforehand I will send a reminder of the deadline day to all regular contributors but early submission will always be welcome. Anything received past the deadline (usually 28th of the month) may NOT be included - if this causes a problem please contact me.

Neil Thorp, Editor