Finstock News 116

Serving Finstock, Fawler, Wilcote, Mt.Skippett and Finstock Heath

Ags Connolly, Finstock Festival	Shop & PO, Oxfordshire Museum
Village Events	County Cllr, On-call Firefighters, London Marathon 8
Village Hall, Southill Solar walk	New Zealand Journey
Letters, Parish Council	Charlbury Patient Group
Toddler, District Cllr, Plough	Finstock and Fawler book
Countryside Conservation 6	Gardening, Oxford Together, Hogweed

Ags Connolly on Tour



In April I undertook a tour of Ireland and the UK with my friend and fellow country artist Leo Rondeau, who currently resides in Nashville, Tennessee. This was the fourth such tour I've put together for myself and a US-based artist, and it proved to be as lively an experience as the others.

Our tour started in Ireland where we played four dates across the southern and northern parts of the country, after Leo had been knocked sideways by a rather heavy first night in Dublin on Guinness and Jameson. We then headed home to start a run of 11 dates that took us from Devon up to Scotland, back down to Brighton (via an Oxford gig at the Isis Farmhouse) and finally back to Devon again, finishing with a sold out show in Plymouth. I made sure Leo saw

some sights during this time: Stonehenge, Ye Olde Trip To Jerusalem (the oldest pub in England) and, of course – like Jack Grelle, Pat Reedy and Jeremy Pinnell before him – The Plough in Finstock.

Leo very much enjoyed his time here and made a lot of new fans. His new album 'Right On Time' is getting some much-deserved attention too. After Leo flew home I had a couple of days rest before flying out myself to play at a country festival in Hamburg. This was my second time playing in Germany and it couldn't have been more fun.

Back in March – just before this hectic period began – I finished recording my new album at Woodworm Studios in Barford St. Michael. Keep an eye out for its release in the near future.

Ags Connolly

FINSTOCK FESTIVAL / FREE ENTRY FRIDAY JUNE 21st AND SATURDAY JUNE 22nd

Our Festival is almost upon us so please try and make this a great event.

We look forward to some fantastic live music! On Friday we have two great bands -Growler, playing classic rock and punk and Paradox, featuring ex-Finstock school pupil Eron Roberts.



Finstock School Summer Fête

kicks things off on Saturday June 22nd from 2pm - 4:30pm

Tombola, teddies, fun and games, flower arrangement and miniature garden competition

Draw of the Summer Raffle with amazing prizes.

See you on the playing field with the Finstock Festival and Dog Show raising money for FoFS.

Live Music will run through the afternoon with various local musicians. At 4pm Wood Green Big Band/Jazz Band/ Swing Band will play until 6.30pm. The evening brings us Mid-Life Crisis followed by our headline band The Village Idiots. I am sure you will all agree a great band line up.

FOOD

Friday - BBQ 7pm until Late, Saturday - BBQ 2pm – 4pm The Codfather 4pm - late

THE BAR

We will have approximately six real ales available, two/ three lagers and a cider. The popular Gin/Pimms Bar will also be returning. There will also be a wide selection of soft drinks, wine and spirits.

We start the build on the morning of Wednesday June 19th. Erecting the large marquees requires a minimum of twelve people, so any help that morning would be much appreciated. The build is continuous day and evening until we open at 7pm on Friday so if you can help for any amount of time at all, please come along.

Sunday is take-down day which sadly nobody enjoys! As an incentive we will give away free drinks including beer and soft drinks to anyone helping on Sunday. If anyone can't help, but fancies a cheap drink on Sunday we will charge £1 a pint until it runs out!

Finally, if the sun shines on us, bring your fold-up chairs to sit on the field festival style. Please refrain from bringing your own drinks as the bar profits are the only revenue that finances this free entry event.

Rock on Finstock Festival 2019

Colin Stringfellow, Chair





VILLAGE EVENTS





lune

12th OVO Women's Tour cycle race in Charlbury16th Father's Day

21st -22nd Finstock School Fête and Finstock Festival

21st **The Making of Chipping Norton: History and Buildings to 1750**, FLHS

21st – 23rd Tandem Festival 23rd Bridewell Open Gardens **July**

13th Southill Solar walk 17th Baby & Toddler term ends 24th Finstock School end of term 28th Bridewell Open gardens **August**

1st – 4th Wilderness Festival

Ladies, give us your support!

Give all your unwanted old bras a new lease of life and help raise money for breast cancer research. Bring them to Joy Murphy at 63 High Street. Against Breast Cancer will receive a donation based on the weight of bras we collect, so every bra counts!

Finstock Local History Society

Friday June 21st: The Making of Chipping Norton: History and Buildings to 1750, by Dr Adrienne Rosen. The medieval market town of Chipping Norton has recently been the subject of a project for which most of the surviving early buildings were surveyed. The evidence of the built environment, together with new research on documentary sources, has added greatly to the understanding of its development from medieval prosperity to early 18th century rebuilding. Adrienne was a Lecturer in Local and Social History at Oxford University Department of Continuing Education and is now an Emeritus Fellow of Kellogg College.

All meetings at 8pm on Fridays unless otherwise stated, at Finstock Village Hall, OX7 3BU. Refreshments available from 7.30pm. Entry £2.50. Follow us on Facebook at

www.facebook.com/FinstockLocal HistorySociety.

Enjoyable Drawing Courses and Workshops in local community places. For more information contact Gabriele at gabrielekern31@gmail.com or ring 880430.

Bridewell Organic Gardens - Open Afternoons

The Walled Garden and Vineyard at Wilcote (OX7 3DT) will be open on Sunday June 23rd and Sunday July 28th from 2pm to 5pm. Entry by suggested donation £5, children free.

Refreshments, plants, Bridewell produce, products and our own organic wine will be for sale. For further information please call 848238 or go to www.bridewellgardens.org.

Girl Guiding meeting times

All sections meet on Wednesdays

Rainbows - for girls aged between 5 and 7 years. This group meets from 4.45pm until 5.45pm. Contact for Rainbows is Amy Fox; 07495 064634

Brownies - this group is for girls aged between 7 and 10 years and meets from 6pm until 7.30pm. Contact for Brownies is Amy Fox; 07495 064634

Guides - for girls aged between 10 and 14 years. This group meets from 6pm until 7.30pm. Contact for Guides is Karen Williams – phoenixlights@hotmail.com; 07809 724065

Sunday June 9th at 7.30pm: ChOC at the Charlbury Festival

Exhibition on Screen: **Young Picasso** "Fascinating and refreshing documentary with such intellectual rigour. On the huge canvas of a cinema screen, this is an unforgettable experience." (Daily Express) Held at the Charlbury Memorial Hall.



Finstock Book and Plant sale raised £700!



Friends of West Oxfordshire Citizens Advice

Friends of West Oxfordshire Citizens Advice (FoWOCA) are urgently seeking at least two additional trustees to help it to achieve its objective – providing essential financial assistance to our local Citizens Advice.

FoWOCA's sole purpose is to provide much needed financial support to Citizens Advice West Oxfordshire (CAWO). Citizens Advice is not government funded. It does get a grant from the District Council, but that has been steadily reduced while demand for advice has steadily increased! It augments the regular donations it receives from its generous 'Friends' with an exciting fundraising programme of events that are open to the public as well as to people already involved in CA. It is also steadily building links with local businesses and with leaders in the community to engage them with its cause.

If you think you can help, please contact:

Tessa Farley: tfarley@alvescot. demon.co.uk or

Susie Wood: saewood@gmail.com; Mobile: 07500 110340

A learned fool is more foolish than an ignorant one. Moliere



VILLAGE HALL ACTIVITIES

Village Hall

Use of the Hall remains good with various arts, dance and keep fit classes, as well as short mat bowls on Mondays and Thursdays, darts on Wednesday evenings and dominoes once a month on Saturday evenings. Everyone is welcome! The Hall is also open for private functions; two weddings were booked in May, as well as various other functions. You can view the activities online on the Village Hall events section.

Lots of work goes on in the background to keep our Village Hall in top condition. I would like to give a special mention to Tony Cooper, our Caretaker, and our cleaners Kelly Peters and Paul Burridge plus all the Trustees. Without their efforts the Hall would not be the place it is! The best contact is villagehallfinstock@gmail.com if people want to book a slot, or view the village hall calendar online

Mike Ruse, Chair

Finstock Craft Club

Craft Club meets Every Monday except Bank Holidays from 7.30 to 9.30pm at Finstock Village Hall. £1.50 per session (first taster session is free).

Our number has again increased in the winter months as new crafters have joined us, matching their enthusiasm with ours as we are introduced to new and varied crafts. A warm welcome is always extended to anyone who has an interest in crafting, or who may be looking for guidance on starting something new or if you're having difficulty with a particular craft, why not pop in and see if we can help.

Look out for news about Finstock's Annual Arts and Crafts Fair which will be held in November this year. More details in the next edition of Finstock News.

If you'd like to know more before joining, please email me at: rosacharlesworth@icloud.com.

Southill Solar Visit

The Southill Solar lies on 45 acres of Grade 3b agricultural land owned by the Cornbury Estate, sandwiched between the railway, the road and a substation. Over 60 percent of the solar farm site is given over to landscape and biodiversity improvements, and this includes the planting of hedgerow whips, indigenous tree saplings and a 56 tree orchard, which is mostly apples of different varieties with some plums and nut trees. Hilary Stacey with Liz Reason is leading a visit to the site on Saturday July 13th for residents of Fawler and Finstock and you are very welcome to join this group and see what is being done.

To join Hilary on this visit please contact her at: fawlerparishmeeting@ outlook.com by Wednesday July 10th. The plan is to meet at the lay-by on the Charlbury-Witney road on Saturday July 13th at 11am. tinyurl.com/y39a6tdb

Finstock Woodpeckers Short Mat Bowls Club

Bowls at the Village Hall goes from strength to strength as new players are welcomed to try out this year round sport.

It is a great place to learn how to bowl in a friendly and supportive group. If you want to try, just come along any Monday or Thursday at 2pm (except Bank Holidays). The first week is free and costs £1 per session thereafter. As well as our twice-weekly informal sessions we competed in the Witney Triples event with 25 matches throughout the winter where we acquitted ourselves well, and only lost out on a £50 prize by one shot on the last end of the last game.

Several of our members now also play for Charlbury Bowls Club and two Finstock Woodpeckers, David Evans and Shaun Morley, formed half of a four that became Charlbury's first ever Oxfordshire county champions as winners of the County Fours in late April.



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Dear Editor:

Community Spirit?

During the spring half term holiday, at the end of February, the Pavilion on the playing field was broken into one evening. Suspicions were raised because empty crisp packets were scattered around, but later investigation showed that the door had been broken open with some force, and the entire bar stock for the Finstock Festival which was stored in there was taken: bottles of gin, whisky and other spirits. So effectively, the good causes and local charities for which the Festival raises money have been deprived of hundreds of pounds. That's a little sad, because it hurts the most deserving causes in the village.

Rod Ireland

Parish Council Report

The Parish Council meeting on April 23rd was the last of the current four year organisations such as the Village Hall committee, School, Church etc.

The Parish Council business of the evening was taken up by discussion of how best to deal with the nuisance caused by the recent sewage discharges from the pipes leading from Ramsden, through the village, to the sewage treatment works off the Witney road; that we should have such events with the frequency they occur is totally unacceptable and both the Parish and District councils are doing what we can to raise the profile of the problem and persuade Thames Water to make the investment necessary to solve the problem. Another niggle we dealt with was coordinating efforts to ensure that Gigaclear make good after the installation of fibre optic cables. A more pleasant development that readers might care to keep an eye open for in the next quarter will be joint work by the PC and the Wychwood project to begin the repair of the dry stone walls surrounding the Churchyard.

Finally, the Parish Council would like to recognise a debt of gratitude to two retiring Parish Councillors - Roy Townsend after 40 years sterling and selfless service and to Shaun Morley; without their efforts much that makes the Village the thriving place it is could not have been accomplished. The newly elected councillors are: Julie Stringfellow, Nettie Gregory, Julian Stewart, Hywel Davies, Graham Sutton and Mike Woodfield.

The minutes of the PC and the annual parish meeting will be published on the Finstock PC website after they have been formally approved at the next PC meeting (May 20th).

Mike Woodfield

session. It coincided with the Annual Parish Meeting - the opportunity for villagers to catch up with what's been going on in our community from the perspective not just of the Parish, District and County Council's but also from that of other

THE EDITORIAL COMMITTEE

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Plan ahead - Know the deadlines

Deadline Issue Feb/Mar First of January April/May First of March June/July First of May August/September First of July October/November **First of September** December/January First of November

Please keep articles short. As space is limited, the Editors reserve the right to shorten long pieces in the interest of balance. Finstock News does not necessarily share the views expressed in readers' letters.



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200th anniversary of John Ruskin

John Ruskin was the leading English art critic of the Victorian era, as well as an art patron, draughtsman, watercolourist, a prominent social thinker and philanthropist.

"There is no wealth but life."

Footpath/Bridleway

Horse owners, please only use the bridleways set aside for this purpose. Do not use the footpaths as noted recently on the High Street footpath to Ramsden. It is dangerous for both walkers and horses.

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Finstock Baby and Toddler Group

As you read this, Finstock Toddler Group will be starting the final half term of the academic year! We will have lots of summer-themed activities for the little ones, including a sports day session, summer solstice and Father's Day crafts. We finish the year on Wednesday July 17th, when we will have a big summer party to end the term! Quite a few of the current attendees will sadly be leaving our group as they go on to commence school on a full-time basis - we will miss them all! So we hope to celebrate in style to thank them all for coming to the group and making it such a fun place to be. We have also been lucky enough to welcome lots of new faces to the group, and meeting new babies over the year.

Over the past couple of months we have again been busy with our numbers which has been great. We have enjoyed more Music Time Sessions, as well as themed activities/sessions. We meet every Wednesday in term-time from 10-11.30am in the Village Hall. It is only £2 per family, which includes a snack for the little ones and hot/cold drinks and cake for adults. We set out a range of toys each week to cater for all ages of our attendees (0 - 4 years) including baby toys/mat area, ride on toys, role play, trains sets, building blocks, books and puzzles.

We will be back again in September! *Helen Fallows*

Dear Residents:

If I said Thames Water to you and the seeming never ending saga of the sewage running down the bottom of the High Street, your reaction unsurprisingly would be not again!

Sorry to disappoint but on Good Friday sadly it was the same old story. I was on site within 15 minutes of being told to witness the mess and the residents despair. Fortunately I was in a position to ensure within the day that it had been largely cleared-up; finished by Saturday.

I also fired off emails to Thames Water and WODC to say we need an urgent meeting to resolve this infrastructure issue and establish a plan going forward. I have received confirmation that there will be a meeting and I am waiting for a date.

I have made this my number one priority and I will not let go until we have a satisfactory end result. The environmental and health implications alone are too great a risk!

On another infrastructure matter we have Gigaclear, who have been digging up roads to lay fibre optics and causing a mess. Once again I was out to ensure the work was done with a bit more quality care assurance. A walk round was held in May to check this is carried out and done.

All of this follow through is time consuming, but it is important to follow through on promises made from contractors such as Thames Water and Gigaclear. I am proud to continue to

represent Finstock and Fawler at the District level with my colleague Liz Leffman.

Cllr Andy Graham Tel: 07908832632 <u>andy.graham@westoxon.gov.uk</u>

The Plough Success

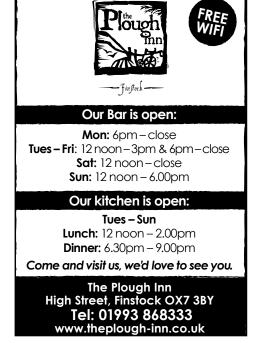
The Plough Finstock achieved second place in the Hospitality section of the West Oxfordshire Business Awards. A dinner celebrating the success of businesses across West Oxfordshire was held and enjoyed by the Plough crew as you can see. Congratulations to Guy and Jordan who have made our village pub a destination of choice for so many.

The Plough is now growing vegetables for the pub in their own garden.

There is a **Folk Night** every fourth Monday of the month starting at 8pm. The first Monday of the month continues to be a quiz night. Everyone is welcome. Tuesday remains two for the price of one on fish and chip dinners. Thursday night is Steak Night.







COUNTRYSIDE CONSERVATION

There is no cure for birth or death save to enjoy the interval George Santayana

Oxfordshire Reuses Zero Waste Festival

June 16th 12 – 3pm Oxford Town Hall

Swap shop, repair café, clothes upcycling demo, kids' upcycling workshop, food surplus café. (CAG newsletter)

Tandem Oxford's Local Sustainability Festival

Tandem is a three day festival bringing you different worlds of music, art, dance, workshops, food and eco-friendliness. Taking place at the beautiful Lower Farm, Ramsden from June 21st-23rd, Tandem is a volunteer-powered festival which celebrates culture and inspires change: what's good for your ears, eyes and dancing shoes can be good for the planet too!

A huge programme of music will be at the centre of the Tandem experience, but it will also include storytelling, crafts and workshops to introduce you to everything from yoga to bitcoin to feminism for dads. Eco-friendliness and inclusivity are at the heart of the festival, as the festival works with community groups, artists and researchers to engage audiences with environmental and social issues. https://tandemfestival.com

England's National Parks at 70 are home to some of our finest, and most celebrated, landscapes. From the iconic dry stone walls of the Yorkshire Dales, to the peaceful glades of the New Forest, and the wide skies and open water of the Norfolk Broads - our parks contain a wealth of diversity and are destinations for millions of people each year. Whether you're interested in the best walking routes, most idyllic stretches of water or must-visit locations to take the perfect photograph, you can also find out more about how passionate we are about accessibility and ensuring everyone can enjoy the great outdoors.

nationalparks.uk/visiting/outdoor-activities

The Cora Ball

Every time we do laundry, our clothes shed tiny microfibres, which go down the drains of our washing machines, through wastewater treatment facilities and into our waterways.

Everyone who wears and washes clothes is part of this pollution. Everyone who eats or breathes could suffer the consequences. Our clothing is breaking up, sending this microfiber (made of plastic and chemical-covered non-plastics) out with the drain water. We are all contributing to this problem. Protect the ocean environment with this easy-to-use laundry ball that catches microfibers shedding off our clothes in the washer. https://coraball.com

WODC Household Recycling Guide

80 percent of your household waste can be recycled.

Blue lid recycling bin: Items should be loose, not in bags and include: aerosols, aluminium foil, tins and cans, card and cardboard, cartons and Tetra paks, paper (including magazines, newspaper, and shredded paper), plastic tubs, food trays, bottles and tops. Please rinse any food waste from items before recycling. Note: No plastic bags, no bubble wrap and plastic film,

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no crisp packets, sweet and chocolate wrappers, baby, cat and dog pouches, polystyrene.

Black box for glass recycling: bottles and jars only. No broken glass of any kind.

Recycling box 2: is for anything small which has a plug, batteries or needs charging; i.e., kettles, hairdryers, mobile phones, radios, etc. Please wrap and secure cables with an elastic band or tape. Note: No to anything larger than the recycling box such as televisions or computer screens.

Garden waste recycling - £30 per bin per year.

Food waste recycling collected every week. Plastic bags can now be used to line your food waste caddy or bin.

Other recyclable items: We will also collect the following items when put out with your recycling bin on your collection day:

Textiles and shoes: In a carrier bag (clear if possible) alongside recycling bin

Cooking oil: In a separate, sealed and labelled plastic container (five litre max) alongside recycling bin

Engine oil: In a separate, sealed and labelled plastic container (five litre max) alongside recycling bin

Batteries: In a labelled, used envelope on top of recycling bin lid

Car batteries: Contact us to arrange free collection



The Codfather Fish & Chip van is by Finstock School every Saturday from 4 to 8pm

Thank you for your continued support

The Codfather van is in Charlbury at Spendlove every Tuesday and Sunday 4 - 9pm

The Codfather Shop in Witney's Thorney Leys provides gluten free fish and chips every Thursday We extend our apologies for missing the Shop article in our last issue of the newsletter.

News from the Shop and Post Office

Our regular customers will know that for some time we've enjoyed a large weekly delivery from Asda, which has meant we're able to ensure the shelves are stacked with many of those "essentials" you suddenly discover you've run out of, as well as other goodies. Every week, Asda would bring us our order in their special tote crates, and leave them so we could unpack and stack the shelves in quieter times. They'd collect those totes the following week when they delivered the new order. Now they have said they will no longer continue this practice, nor will their delivery driver wait around for the length of time it would take us to unpack. This change comes about because too many of these totes have disappeared - not from Finstock, but from other locations where they have delivered in a similar way.

Of course we're disappointed, but we're also resourceful, and have a cunning plan to ensure our shelves aren't empty. We're now going out ourselves on Thursday afternoons to bring in all the goods we need, as this is a very quiet period for the shop. Saturday, on the other hand, is our busiest day, and currently we are not open in the afternoon. We really would love to change this, to improve the service to the community, and to cater for all the summer ramblers - so we are actively seeking people who can offer to volunteer at this time. You don't even have to commit to being there every week - we want to ensure a rota of helpers. And to all those good people who indicated they would be able to help at other times of the week - we're now planning training sessions to ensure you feel comfortable and confident in your time behind the counter. Just call into the shop and talk to Karen, and we'll be glad to welcome you to the team. Remember, some village shops have dozens of volunteers. We want to be one of the best, so come and help us.

We've made some changes inside the shop, and one which has proved very popular is the introduction of a whole range of sweets from jars, just like an old fashioned sweet shop where you can pick and mix, or just choose your favourite. Mums and Dads are coming in to buy for the kids – and then buying some for them too! And a reminder that we're still operating the food bank collection. A huge thanks to all of you who donate to this each week – it's wonderful to see a full box going off every Friday, knowing it will bring help to needy families.

Rod Ireland

Shop opening hours:

Monday, Tuesday,

Wednesday, Friday
Thursday
8am - 5.30pm
8am -3.30pm
8.30am -1pm

Post Office is open weekdays only.

9am to 1pm

Oxfordshire Museum Woodstock

The Oxfordshire Museum is situated in a large 18th century house in the historic town of Woodstock and is home to the County museum collections with 10 permanent galleries and two touring galleries, a beautiful walled garden which is perfect for picnics, the Garden Café and museum Gift Shop. Admission is free and the town has free parking.

June 15th – September 8th Wonderland: A wander through the world of Alice

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July 5th - Alice's Tea Party

Fall down the rabbit hole and into the magical world of Alice in Wonderland in this interactive exhibition for families. Join the Mad Hatter's Tea Party, play croquet with flamingos and escape the Queen of Hearts. Discover the inspiration behind Lewis Carroll's

fantastic tale created during a trip down the River Isis. For more information on events and activities visit: Oxfordshire.gov. uk/museums.



Pilates at Finstock Village Hall

Would you like to join a Pilate's class at the Village Hall?

There are a few spaces available in the classes on Tuesday mornings from 12 noon - 1pm.

Pilates can help you to move better in your daily life and enjoy your activities. It helps align and strengthen the body so movement becomes more fluid and coordinated. It can improve balance and confidence and help manage aches and restrictions. It's also relaxing and fun!

It is appropriate for most ages and levels of ability.

The class is taught by Clare Nuttall, a local chiropractor.

For more information, please email Clare at info@wychwoodchiropractic.com or call 01993 700646.

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FOR MORE DETAILS EMAIL C.PARSONS@EYNSHAMHALL.COM OR CALL 01993 885 207 WWW.EYNSHAMHALL.COM

Organic Food Shop

Looking for an organic food shop in the locality, where no plastic is used bring your own container and fill it - and where a great deal of the vegetables and fruit come from nearby? Then try the Market Garden in Eynsham, open 9am-6pm from Monday to Saturday (Fridays till 6.30pm). www. themarketgarden.co.uk.

London Marathon



I completed the London Marathon this year! What an experience! The atmosphere was incredible and the support from the

crowds really did motivate me to keep going, especially when things got a bit tough around mile 21.

I finished in 5 hours 11 minutes and so far have raised almost £1,500 for Helen & Douglas House. My Justgiving page is still open for donations www. justgiving.com/fundraising/nina-gibson

Nina Gibson - Kookaburra Coffee Ltd

County Councillor Report

Driving to Woodstock the other day, I counted over 120 separate patches of rubbish on the side of the road – and that was while concentrating on driving so I am guessing that I probably missed quite a lot more! For some time now I have been concerned about the state of the verges in our area and beyond. West Oxfordshire is a tourist area, and the impression that rubbish on the roadside gives to visitors is not a good one.

I brought the appearance of our roadsides up at WODC's Environment Committee some months ago, but without much success. The responsibility for cleaning the verges lies with WODC, and of course there is a cost involved in keeping them tidy, but that should not be an excuse. Ubico, the company that collects our rubbish and recycling, is jointly owned by WODC and several councils in Gloucestershire, so it ought to be possible to provide a service that keeps our countryside looking clean. The state of the roadsides is more noticeable when the hedges are bare; the rubbish is there all year round.

I plan with my colleagues to ask the WODC to consider what several other councils have done, which is to launch a campaign using the sides of bin lorries to remind people that throwing litter out of a car window carries a significant fine. This has been successfully adopted by several other councils across the country – we need to catch up!

On the subject of rubbish, Oxfordshire was recently named as the best performing county in the country for recycling! We recycle 57 percent of our rubbish, which is way ahead of the national average of 45 percent. Even better, we put the lowest amount of rubbish by weight into our general rubbish bins, which means less going to incineration or landfill. Nevertheless, there are many items that cannot be recycled, because the facility to do so doesn't exist. I will be following up the work that I did last year with officers, trying to find ways of improving our recycling rates even further.

Liz Leffman 01608 810153 liz.leffman@oxfordshire.gov.uk

On-call Firefighters

Oxfordshire Fire & Rescue Service is looking for On-call Firefighters to join their team!

On-call Firefighters are the backbone of the fire service and anyone can be one. If you're employed full-time, are a parent, out of employment or just have some spare time, you can respond to emergency calls. On-call Firefighters are trained and paid for their time and service and on average are expected to be called out two or three times each week for about an hour at a time. This can be at night or during the day.

They are looking for anyone over the age of 18, who is physically fit (this can be worked on), doesn't suffer from vertigo, claustrophobia or dislike the sight of blood. They need good common sense, to be enthusiastic, reliable and honest. If this sounds of interest, please visit www.oxfordshire.gov.uk/oncallfirefighters.

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New Zealand Journey

We may never have chosen to visit New Zealand.....but there is nothing puts the idea into one's head better than having a close relative living there for a limited time. Our son Greg is currently in Wellington so we planned our trip to start there. Our first impression was one of surprise that, considering the distance we'd travelled, everything felt strangely familiar. Admittedly the houses appeared different, with largely wooden exteriors, but English was being spoken, there were familiar store names and cars were on the left side of the road.

Spending a week in Wellington we were able to explore the delightful parks and surrounding countryside. Zealandia Conservation Park was spectacular with a rich range of flora and fauna, including fantails flitting rapidly amongst the trees and tuataras, large lizard-like creatures that are the last of an order that died out 60 million years ago. The city itself lacks the bustle expected of a capital and has a happy and relaxed atmosphere especially along the quayside area.



N e w Zealand is relatively young in geological terms and in some areas of

the country this was clear to see. In the Waimangu volcanic valley near Rotorua we spent the day on a spectacular walk passing bubbling pools and sulphuryellowed rock faces from which steam jets were constantly rising (the last major eruption in the area was in only 1886). Some of this geothermal activity has been harnessed for our enjoyment. At Hahei in the Coromandel peninsula, the aptly (but unimaginatively) named Hot Water Beach draws hundreds of spade-wielding people (us included) daily at low tide where they dig their own Jacuzzi in the sand which fills with rising warm water. The normally goodnatured Kiwis are quite possessive of the best spots and 'Jacuzzi rage' did occasionally break out. Later at high tide, all evidence of the day's events is erased leaving a virgin landscape for tomorrow's n e w ventures.

'Take waterproofs if you're going to



Milford Sound' is the time-honoured advice...but not in our case. We were treated to a wonderful sunny day in this most famous part of Fiordland so the boat cruise along the Sound (reminiscent of the best Norwegian scenery) was truly spectacular and a highlight of our whole trip. In fact, overall we had exceptional weather (not even much wind in Wellington!) and our time on the west coast of the South Island was mild and sunny. We saw Franz Josef glacier under clear skies, with a delightful walk to the furthest point of the valley along which there were signs marking the position of the glacier in earlier decades. As in the Alps, these markers are quickly getting closer together.

The TranzAlpine Express train took us from west to east coast, a fascinating four hour journey from Greymouth through changing countryside to arrive in Christchurch; we were there just a few days after the massacre and there were touching displays of sympathy on the streets which brought home the dreadful reality. We also saw on the news that torrential storms had washed away major bridges and roads we had used in Franz Josef a week earlier, leaving many people stranded.

New Zealand has no indigenous land mammals (except bats) and many native bird species have been threatened directly over the years by rats and stoats introduced by European settlers. On many of our forest walks we saw signs warning of rat poison in the area, these drastic measures being taken to eradicate rodents and even hedgehogs in efforts to protect the birdlife.

But eventually we had to return home; our memories are of a diverse and exciting country and we were welcomed wherever we went. We had been away for five weeks so readjustment to life in Finstock has taken a while but New Zealand has a lot more to show us so who knows ...

Paul Briner

Finstock School

Following our 'Good' Ofsted report we have made further progress to make Finstock C of E Primary the best school for our community. Please look at our school website to find out more information. We still have nursery places available for children looking to join us in September (you can use your 15/30 hour free funding if eligible). If you would like to come and visit our school please call the school office on 868314. The term starts back on September 4th.

Lovely short piece of Advice

Give strength, give thought, give deeds, give wealth,
Give love, give tears, and give thyself,
Give, give, be always giving,
Who gives not is not living.
The more you give, the more you live.
(Thank you Viv!)

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Charlbury Patient Participation Group (PPG)

Missed Appointments

Between January and Easter the Practice reported 243 missed appointments. Patients are urged to cancel their appointment if no longer required, preferably giving 24 hours' notice, so that it can be offered to someone else. Please note that a missed appointment is logged onto the patient's record.

Hospital Referrals

Patients frequently report long delays in referrals especially for appointments with the MSK (musculoskeletal) service. For any concerns about the referral process, patients should ring the surgery and ask to speak to one of the secretaries, Sandra Jeffs or Julie Maxwell who will be able to advice.

Staffing

Dr Singh and Dr Slowther, both working part-time, have been welcomed to the Practice which is still recruiting for another GP. The patient population of Charlbury is expected to increase from 5,500 patients to 7,000 in the next five years.

Surgery Door

Following a comment from a patient to the PPG, there is now a notice in place to ring the bell for assistance with the door at the entrance to the surgery, if required. The request for an automatic door is on hold waiting funding.

Charlbury Pharmacy

The Pharmacy is now closed for lunch between 1:00 and 1:30.

Many over-the-counter medications such as paracetamol, aspirin, ibuprofen, and anti-histamines cost far less to buy than to prescribe. Paracetamol, for example, costs £1.49 to buy whereas a prescription costs the NHS £10. If possible, patients should be prepared to buy these medications rather than asking their GPs for prescriptions. Remember to allow sufficient turnaround time for repeat prescriptions, at least 48 hours, ideally seven days.

Some of the services which the Charlbury Pharmacy offers

- Minor ailment advice: e.g. cuts, grazes, sore throat, infected eyes
- Chronic condition advice, e.g. diverticulitis, asthma, eczema.
- Blood pressure monitoring
- Dispensing of appliances
- Inhaler technique service and inhaler recycling
- Vaccination
- Emergency contraception
- Weekly prescription delivery service to homes in Charlbury, Finstock and Stonesfield
- Advice on new medicines
- Medicine use review (MUR) ensuring the patient understands the purpose of the medication, when to take it, effectiveness and possible side effects. A copy of this consultation is sent to the patient's GP.
- Provision of Dosset boxes
- Signposting to other services within the NHS

Changes to the provision of primary care

The introduction of Primary Care Networks (PCNs) is a new government initiative that plans to link together GP practices with the aim of providing greater integration with community services at Primary Care Level. This will be operating from July 1st 2019. Charlbury Practice will join Burford, Broadshires Carterton and Bampton to form the Rural West Primary Care Network with 31,000 patients. Dr Vivienne Austin from Burford Practice will be the executive GP for this Network. In addition to Practice Nurses already in post, PCNs will employ pharmacists, physiotherapists, paramedics and social prescribers to allow GPs to focus on the sickest patients and allow longer appointments to patients who need them. The Rural West PCN plans to employ a clinical pharmacist, a counsellor, psychology services and a paramedic.

The Blandford Fly

The Blandford Fly can give a nasty bite during the summer months. They are found near water and there has been a marked increase in the number of people affected by these bites. The insects fly less than 0.5m from the ground so the bites usually affect legs and ankles and can result in large blisters and purple lesions. Local irritation, swelling, pain, joint pain and even fevers can occur. These symptoms can last for several days or longer.

To avoid being bitten: Wear clothing covering feet and ankles; Apply insect repellent especially near rivers streams and grasslands areas.

We wish you all a pleasant and bitefree summer!

Contact us at: patientgroup. charlbury@nhs.net

(CPPG as submitted April 30th 2019)





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The Finstock Local History Society front page coverage in the last Finstock News pointed to the creation of a book to be published on the two villages of

Finstock and Fawler. An extract from that publication follows along with information on how to subscribe to receive the book.

Finstock Upon Hill and Fawler Down Derry (excerpt)

Even with compulsory attendance, the family life of a predominantly agricultural community impacted upon the school. This was especially acute when work helping gather the harvest was seen as being of greater importance for many than education. School summer holidays were called harvest holidays, and their start and end was flexible, decided by the Vicar and schoolmaster to best coincide with harvest in order to minimise absence. However, on 5 August 1890 the headmaster lamented absenteeism at harvest away from Finstock when he reported that M. Baylis was '... good and regular - but absent since July 18th being taken away harvesting in Sth of England.' A. Claridge was doing the same near Windsor, while John Franklin was absent with neighbours, not parents. Both E. Holifield and W. Busby were away at harvest with grandparents. [1] The first to be absent from school for harvest were usually the last to return and were away from home for between eight and ten weeks. Three years later Powell recorded,

The annual bother about parents taking their children away harvesting in other parts of England, or lending them, has commenced. Albert Claridge & Charles Pratley are away from school for this reason. Similar reasons have caused the attendance to drop to 104. [2]

[1] Finstock School log book, 1886 to 1896, 5 August 1890, OHC, S106/1/ A1/1.

[2] Finstock School log book, 1886 to 1896, 21 July 1893, OHC, S106/1/A1/1.

Advance subscription details to pay for a copy of Two Wychwood Villages

By paying your advance subscription you will receive a numbered copy of Two Wychwood Villages and it will have your name printed under the list of subscribers. Please ensure you provide

the name under which you wish to be known as in the subscription list.

To pay in advance for your copy of Two Wychwood Villages you have three options:-

By BACS (minimum £30.00 per copy) to be paid to the following account- Finstock Friendly Society (re-enactment) Sort code 40-47-07 Account number 31567837

Please also email Mike with your name, address and telephone number to confirm that you have paid in advance for a copy.

By cheque (minimum £30) payable to: The Finstock Friendly Society (Re-enactment), c/o Mike Woodfield, Treasurer, Yew House, Well Hill, Finstock, OX7 3B

Please add your name, address and telephone number if paying by cheque.

By cash (minimum £30) to be paid at any of the Finstock Local History meetings.

In the unlikely event that we are not able to raise sufficient funds to publish this volume you will receive a full refund. Contact the email address above for postage charges if you are unable to collect your copy. We will also keep you up to date with the publication schedule if you agree to receive an email from The Finstock Local History Society. Thank you in advance for subscribing to this exciting new book.

Assisted Reading for Children (ARCh) are looking for volunteers to help them

assist young children with their reading. ARCh is an award-winning charity that trains and support volunteers to help selected primary school children develop a life-enhancing love of reading. They do fantastic work, supporting children and helping them discover the joy of reading, whilst learning an invaluable skill and bringing on confidence that they might otherwise not have. If you are interested in volunteering, or providing any kind of help you can, please do visit their website here: archoxfordshire.org.uk (Robert Courts community newsletter)

Coercive control and emotional abuse

Victims First supports victims of crime and abuse across Berkshire, Buckinghamshire and Oxfordshire. Their campaign called Know this isn't Love aims to raise awareness of coercive control and emotional abuse in relationships. The campaign focuses on early warning signs of controlling behaviour and emotional abuse to help victims identify any potential signs within their own relationships and seek support.

If you have been affected by coercive control or domestic abuse you can access support through Victims First on 0300 1234 148 or online at www. victims-first.org.uk.



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Weird and wonderful plants

Our general impression is that plants are fairly passive forms of life, for us and other animals to use as food, decorating our rooms or building our homes. Plants don't scream and run away, but some defend themselves with spines, thorns, skin irritants or even poisons. Teasels have leaves that form cups acting as a moat where insects drown, Petunias have sticky hairs where many insects get caught and potato plant's hairs glue any attacking aphid to the spot. Most children are introduced to these fascinating insect trapping plants by the Venus fly trap, but there are many other plants which trap the unwary.

Typically we are not afraid of plants, but humans love to project their own fears onto other life forms. Plant hunters came back with stories of carnivorous plants which spread like Chinese whispers, rumours of man eaters. This stimulated the imagination of writers with such as *The Day of the Triffids* stinging people to death, and the "little shop of Horrors" where a humorous talking plant, swallowed people whole.

Plants normally take in vital minerals from soil to survive and grow, but some plants are in mineral deficient soils which have water trickling away the much needed minerals. Carnivorous plants have evolved an answer to this survival dilemma, by the modification of their leaves into bizarre and beautiful structures, to catch little moving packets of minerals and nutrients, like walking vitamins pills on legs.

Charles Darwin often visited his sister in Coleman's Hatch on the edge of Ashdown Forest. Walking on the common he saw carnivorous plants of the Genus Drover (sundew) and described the mucilaginous glands (tentacles) they possessed and how they caused the leaves to curl up when stimulated. He had noticed that an insect that landed on a leaf became stuck in the mucus released by the glands and then trapped as the leaf curled around it. When the leaf unfolded, the insect was seen to have decomposed. We now know that it is hydrolytic enzymes in the glands' secretion that digest macromolecules like protein in the insect tissues.

I grow very hardy varieties that can take low temperatures down to -20C in a boggy acid area bordering my ponds, Darlingtonia with its Cobra shaped leaves and red flowers, the large trumpets of Sarracenia with their very showy red, orange or yellow flowers. Both species eat hundreds of midges which hover around the ponds in the summer.



How about trying a feature pitcher plant, hanging from the ceiling in the warm humid air of the bathroom where the air is moist to sort out any annoying flies!

Robert Bigwood

Oxford together on Climate Change

https://change4climate.uk

It has never been clearer – we need to act urgently to tackle climate change. That means action by governments, by businesses, by councils and by all of us. Oxford Together on Climate Change invites you to play your part. We've got ideas on how you can act on any of six key issues. Whether you're making your first moves or looking to step it up further, choose the one that interests you and get some ideas.

Dangers of Giant Hogweed

Giant Hogweed (Heracleum mantegazzianum) contains toxic sap that can cause severe burns when it comes into contact with the skin, and in the presence of sunlight, they cause a condition called phyto-photodermatitis: a reddening of the skin, often followed by severe burns and blistering. The burns can last for several months and even once they have died down the skin can remain sensitive to light for many years. Giant Hogweed is highly invasive and has spread throughout the whole of Great Britain, primarily favouring river banks but also other areas such as parks, cemeteries and wasteland. tinyurl.com/y3dd8lh6

The sense of living is joy enough.

Emily Dickinson



