

Finstock News 140

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

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"In early June the world of leaf and blade and flowers explodes, and every sunset is different" - John Steinbeck



After what seemed like an interminable winter and soggy spring, we can now look forward to the lazy, hazy days of mid-summer, with long daylight hours to maybe take a break from our work or our other routines and spend time marvelling at the world around us. That world will be filled with fetes, festivals and fantastic events in huge numbers, including our very own home-grown events outlined below. Some of the marquees have been up already for the very successful Coronation celebration on May 7th, that was so well attended by many of you, together with other family members. Local events really do inject a sense of community identity into busy lives, much of which may be spent outside the village – do try and support them, whatever else your summer may bring you!

FINSTOCK FESTIVAL & SCHOOL FETE

Friday and Saturday – June 23rd and 24th

Bands for FRIDAY - 7.00pm-12.00
midnight

7.00pm Our local **Ukulele Band**
9.00pm The exciting **Growler**,
returning to Finstock once more.

And for SATURDAY - 2.00pm-12.30am

The Annual School Fete (see below), followed by the evening kicking off at 7.30pm with **Spectrum**, a three-piece covers band followed at 9.00pm by **The Replays**, a full covers band playing punk, mod, rock, swinging 60s, through to popular 21st century. Our final act at 11.00pm is **Katrina** – a wonderful mix of Rocky blues.

FOOD

Friday & Saturday evening we have an Asian Fusion van. We are also doing our very own Barbecue on Saturday from 2.00pm -- 6.00pm.

BAR

A fully stocked bar with our usual spread of Hook Norton Ales and three wonderful cask ales from Little Ox brew. Not to mention our Pimms & Gin bar!

Don't forget this is a free entry event. We really need your support to make this a success - The bar is the primary source of revenue to cover the considerable cost of staging the festival.

Looking forward to seeing you all -
Rock On Finstock Festival!

Colin Stringfellow, Chair

Finstock Summer Fete

Come and join us as part of the Finstock Festival for a fun filled afternoon! There will be the usual fete favourites with plenty of games and entertainment, refreshments and shopping - something for everyone and we hope lots of you can come and support us.

We would also be really grateful for any donations of the following (which you can leave in the school main entrance):

- *Teddies/soft toys
- *Bottles of any kind (unopened and in-date) e.g., wine/beer/soft drinks, even bubble bath!
- *Children's toys/games/activities (unopened or in good condition)

It would also be amazing if there are members of the local community that could help us on the day with running a stall/game/serving refreshments - half an hour or more would be brilliant - please contact us on **fofsfinstock@gmail.com**. Thank you for your support!

Supporting your village school - please follow FoFS on Facebook for updates on what we have been up to,

plus activities/resources we have been able to fund which the children all benefit from.

An ongoing way to support us is through Easy Fundraising (www.easyfundraising.org.uk) - it's easy to sign up and raise donations with your online shopping, at no cost to you! Search for us: Friends of Finstock School - Chipping Norton and you can start donating straight away. Thank you for your support!

**FINSTOCK
SUMMER
FETE**
SATURDAY 24TH JUNE
2PM - 4.30PM

**FINSTOCK PLAYING
FIELD**

JOIN US FOR LOTS OF FUN!

- **bouncy castle** •
- **games & tombolas** •
- **live entertainment** •
- **market stalls** •

- **bbq & bar** •
- **CAKES** •
- **BIG Raffle draw** •
- and much more!**

FRIENDS OF FINSTOCK SCHOOL
Registered charity no. 1047546

For more info visit Facebook/Friends of Finstock School

DURING THESE MONTHS

June 1st 1926 – Marilyn Monroe was born in Los Angeles (as Norma Jean Mortensen).

June 4th 1989 – The Chinese government quashed unarmed protest in Tiananmen Square, with accounts of the death toll varying greatly. Following the massacre, over 1,600 demonstrators were rounded up and jailed, with 27 being executed.

June 24th, 2010 - Labour Party deputy Julia Gillard became Australia's first female Prime Minister. She was born in Wales and moved to Australia as a child.

July 10, 1991 - Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

July 17th 1997 - F.W. Woolworth, the original "five-and-dime store" that started in 1879, announced that its last 400 stores would close.

July 23, 1952 - Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

Letter to the Editor

Reading your March/April newsletter took me back to January 1940 when I first started to tread that same path. At 6.30am Leonard Pratley started out from his home on the High Street, a little further down Harry Pratley (no relation) joined him and a little lower down I did the same - and then at the top of the Well Hill we met up with Earnest Hutt and Leslie Hitchcock and all proceeded to the walled gardens together, doing the return journey at 5pm.

Later on, Leonard and I decided to cycle to his sister on the heath, leave our cycles at his sister's cottage and then walk down past the keeper's cottage, through the forest, linking up with the other route at what used to be the Kennels.

A route I took every weekday morning until 1943 when I enlisted in the Royal Air Force and on demobilisation new horizons beckoned.

Henry Boddington

hello
TO
Summer

THE EDITORIAL COMMITTEE

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Photographs thanks to team members and others.

Contact us as above, e-mail the Editor, or write to us at 53 High Street, Finstock, Oxon OX7 3DA.

Plan ahead – Know the deadlines

Issue	Deadline
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.

FOSTERING
IN OXFORDSHIRE

We're looking for more foster carers in Oxfordshire to provide a safe and secure home to a child when they are unable to live with their parents. It may be for a short period of time, or they may stay with a foster family long term.

The dedicated website explains the steps
www.oxfordshire.gov.uk/residents/children-education-and-families/fostering

Our foster carers receive:

- A welcome payment of £1,500
- Generous fees, paid in addition to the child's allowance.
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- Access to professionals, support groups and specialised training.

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<https://service.oxfordshire.gov.uk/fosteringenquiry>

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Sumer is Icumen in, Loudly Sing, Cuckoo!

It hardly feels spring-like as I write, let alone summer. The rain continues to fall and it is much needed. Our spring migration of birds is now well underway and we look forward to hearing, if not always seeing, birds that are aiming to land in our fields, hedgerows and gardens.

Quite surprisingly, we had a Cuckoo calling from the Longcut last summer. It didn't stay long and was very hard to spot, being quite a flighty bird. But if you are lucky enough to get a close view it is a delight to see, with barred chest and long wings; it could easily be mistaken for a bird of prey. I hadn't heard it in our village surrounds for several years so it was a welcome return. I know that some villagers dislike the bird due to its rather brutal breeding behaviour. It travels all the way from the rainforest of the Congo to our patch and stays for such a short time. Listen out and delight in its call.

To quote Edward Thomas:

*That's the Cuckoo, you say. I cannot hear it.
When last I heard it, I cannot recall; but I know
Too well the year when first I failed to hear it*

And the title piece? Type this into YouTube and hear a thirteenth century round originally written in middle English and as delightful to listen to as the Cuckoo's call. Let's hope we hear this fabulous bird call in the village surrounds this year. Cuckoo! Cuckoo!

Vicus

"University of the Third Age"

Are you recently retired? Have you stopped working full-time? Are you looking for new interests? The **u3a** is a national, non-religious, non-political organisation of almost half a million people, and a great way to make new friends and learn new skills.

The **Witney branch** has over sixty special interest groups. Brush up your language skills with the French, German or Spanish groups. Learn to play canasta, or bridge, or Scrabble, maybe even table tennis, or croquet. Indulge in some wine tasting, or a trip to the theatre. Or learn about archaeology or local history. There's lots more besides – something to suit all tastes.

Prospective and new members meet up at regular get-togethers in the coffee bar of the Methodist Centre, High Street, Witney OX28 6HG at 2.00pm on the first Monday in each month.

Upcoming dates are **Monday 5th June, Monday 3rd July, and Monday 7th August.**

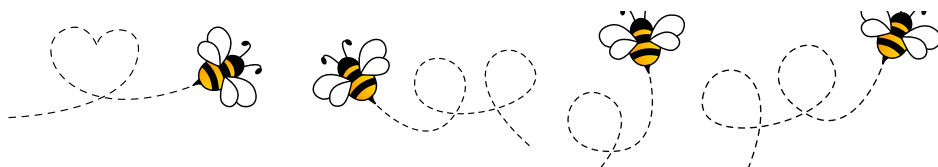
For more details please email: new.members.witneyu3a@gmail.com.

Witney u3a's popular **speaker meetings** are held at the **Methodist Centre** on the **first and third Thursdays of each month at 2.00pm**. They cover a wide and diverse range of topics, and a bookstall and coffee bar are open before and after each speaker meeting.

Not sure if the u3a is for you? You're welcome to try it out by attending two group or speaker meetings free of charge. For an invitation please email: infowitneyu3a@gmail.com or call **07732 597087**.

Witney u3a is part of the Thames Valley Network of u3a branches. Details of additional events run by the Network are on the website, <https://u3asites.org.uk/witney/>.

You can also view the Finstock News, in colour, at www.finstock.org.uk/the-finstock-news.



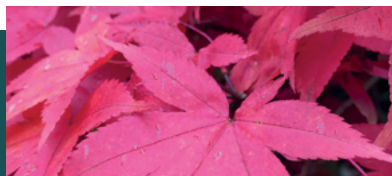
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FINSTOCK VILLAGE HALL

Finstock Craft Club are very excited to be bringing the Finstock Arts & Crafts Fair back to life following a rather long intermission due to the pandemic. Places for stallholders are filling up fast. Artists and Crafters who are new to us in Finstock include: Blue Acorn, Engravers in wood, Fatmagul Aaltonen, with her beautiful glass work, Bespoke knitting from Wendy Morris and Apple juice and jams from Conrad Collings to name but a few. Contact as follows: rosacharlesworth@icloud.com or tel: 07733 296388

Rosa

**Finstock Arts
and Crafts Fair**
Saturday 17th June
10am to 4pm
Entrance £1.50
Children free

Finstock Village Hall
Light lunches/soup/yummy cakes
& refreshments

Quilting-Sewing-Knitting-Card Making-Decopatching-Crochet-etc...

For info on Exhibitor tables etc contact:
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Finstock Baby and Toddler Group

We have been enjoying some warmer weather at last and some themed activities in our group sessions, including a spring hunt around the hall and decorating crowns for the King's Coronation! We set up different toys, books and activities and the children have been having tea parties, dressing up, racing cars and building towers amongst other things!

Our group meets every other Wednesday in Finstock Village Hall (during term-time) from 10 - 11.30a.m. We provide a snack and drink for the little ones plus hot drink and cake for the adults, all for only £2 per family. Follow us on Facebook for regular updates and reminders for when the group is meeting - our dates for the remainder of the summer term are 14th June, 28th June and 12th July then we will break up for the summer holidays and return on Wednesday 13th September. We look forward to seeing you soon! Thank you,

Helen & Tammy

Pop Up Thai

Nuak! held our first ever Thai food pop-up at the Village Hall on May 13th and it was a great success. Thanks so much to everyone who came along and supported us. We served up over 200 meals and completely sold out of food with hundreds of you enjoying curries, Pad Thais and kids' meals! We will be back on July 8th from 5-11pm, with more food, a well-stocked bar (with a separate queue) and quicker ordering! We are already working on the menu for next time, hope to see you there!

Chris Skerrett & Noah Derrington

TreeDwellers Update

We have suffered some painful and unforeseen delays which are out of our hands, which means the site won't be ready as we had expected. The issue has pushed our opening back until August at the earliest.

Therefore, the Open Day that was scheduled for May has been postponed until later in the summer – we'll notify a date as soon as we can tie it down!

Tim, CEO and Founder

School News

In Oak Class this term, we have been learning all about the past through our topic School Days. We have experienced a Victorian School Day and enjoyed playing with and writing all about different toys from the past. In Science, we have learnt all about plants and animals and investigated how to care for invertebrates. Our favourite activity this term has been designing and creating a supermarket sandwich. It has been fun developing cutting and chopping skills, and the children particularly loved tasting their creations! A huge well done to all the Year 2 children for working so hard and doing amazingly in their SATs, and the Year 1s for their brilliant work in the Phonics Screening Test!

The children in Cedar are loving their "Britain at War" project. They have dressed up as evacuees, tried ration recipes and attempted wartime dances as part of their memorable experience. The children looked fantastic and had a wonderful time. Many thanks to all who supported us in this event, it was a great success!

Following on from this, we have analysed why men volunteered to fight; the causes of the First World War; what life in the trenches was like; and the development of weapons. More recently, we have started our "make do and mend" DT project. During this, we have attempted to fix clothes through looking at how they are constructed and stitched together; studied and practised different types of stitches; and finally made new items from the old. This mini project has been highly interesting and a great challenge!

After the half term, we will start to investigate WW2 in greater detail, including a local history study. Again, if you have any information about Finstock during the war, please do get in touch via the office. We look forward to hearing from you!

Miss Dixon

*"Rice is great when you're hungry and
you want two thousand of something"*
– Mitch Hedberg, quoted on Mashed

THE FINSTOCK ALE – The Team at Work on your behalf

Saturday April 1st saw the Finstock Ale team embark on their latest research mission to find the finest beers from the West Midlands. We continue to search for eclectic ales of all descriptions in our mission to provide beers you won't find in local pubs (nor at most of the run-of-the-mill local beer festivals). More than ten breweries, brewery taps and historic pubs were visited, and there are some wonderful examples of classic pub architecture to be found in the Black Country area.

We started at The Great Western in Wolverhampton. Once voted Britain's national pub of the year, it is home to the full range of Holden's Ales (and a pint of their nutty Mild still sells for less than £3!). The team set to work to sample the six ales on handpump, as well as lining our stomachs with good pub grub (Faggots, Mash and Peas for just £6 anyone?). Then it was back on

the minibus on a circuit which took in gems such as The Beacon Hotel, Sedgley (home to the famous Sarah Hughes Dark Ruby Mild at 6%), The Old Swan at Netherton (one of only four home brew pubs in the whole country in the year CAMRA was founded, 1971), and the Vine at Brierley Hill, home to the legendary Batham's brewery.

Make sure you have the dates for the 2023 Finstock Ale in your diary: **Friday September 1st and Saturday**

September 2nd. Once again, entry will be £5, which will include a pint glass, a glossy, informative (and waterproof) programme, and importantly your first beer. And that £5 will get you in for both Friday and Saturday, so there'll be no excuse not to reward the team's hard work by trying as many of the beers they have sampled on your behalf as you can manage. If you'd like to join the team on future adventures, you'll be more than welcome.



The Vine at Brierley Hill is home to Batham's Brewery



The Great Western, Wolverhampton, was once Britain's national pub of the year



The research starts - Simon Cole, Colin Stringfellow, Ged and Jenni McKenna, Rod Ireland and Alan Johnston sacrificed their time for your future pleasure



*Is it the beer...?
No, The Crooked House really does lean because of mining subsidence*



Unfortunately, the attractiveness of much of Oxfordshire makes it a target for speculative residential and commercial development. Over the years, we've learned the hard way that it's vital to stay informed about proposed developments. Unless you're aware of what's being proposed in your area, you will find it difficult to examine whether they're in the best interests of your community and the environment. Read the full article on the website, for "top tips" for how to do that. <https://tinyurl.com/4as2p4xa>

Events

North Wessex Downs Walking Festival 2023

June 2nd - 11th - tinyurl.com/y7ref3h6

ffennell festival at the Hill End Centre, Eynsham Road, OX2 9NJ

Saturday June 10th, 11.00am - 4.00pm

Environmental displays and activities, part of Great Big Green Week. Booking essential – £5 adults aged 16+, £2 aged 3-16 - tinyurl.com/k7p7jyt4

Free resources

"Chelsea flower show gardens to rebrand weeds as 'hero' plants" Guardian, Jamie Grierson, 25 Apr
"Think like a beaver, create a pond" - and lose the cat: seven ways to rewild your garden Guardian, Isabella Tree, 29 Apr



A Summary of Reserves Round-up, with Toby Swift, Countryside and Reserves Manager

April came in like a lion but showed no sign yet of leaving like a lamb. The weather was changeable with plenty of showers and rain. Hopefully the river systems, water courses and aquifers are refilling after last summer's drought. The seasonal stream in Foxburrow Wood is running well. Unfortunately, it is not reliable enough to support a population of amphibians but future plans for the site include wetland creation, so that might change over the next few years.

At Foxburrow, the work parties have been dismantling the old signage in preparation for the new interpretation boards. The site is now over 10 years old, and it is time to update the information available to visitors, as well as the worn-out infrastructure.

Wigwell at Charlbury has been a hive of activity this month. Work on the path was undertaken by the Wigwell Friends volunteers, levelling it off and attempting to remove most trip hazards. As it is a country walk, we don't want to sanitise it but we have tried to make it as easy to use as possible.

The WFT special interest groups continue and when one stops, another starts - the flora group is well into its monitoring programme, supplying valuable information to the Thames Valley Environmental Records Centre about various rare plants that can be found in our area and the walling group have nearly completed the wall at Cogges and will be free to begin work on the entrance at Foxburrow soon.

Bird, reptile, butterfly and invertebrate surveys are all planned for the upcoming months, and the results will be shared with you in the autumn.

TOBY'S TIP:

I have another suggestion to try to help our beleaguered wildlife. No Dig Gardening. It's not a new idea but one that has remained on the sidelines for many a year. If you're growing your own veg (and if you're not, why not?!) try no

digging. By keeping soil disturbance to a minimum, the structure and make-up of the soil remains largely intact. This is fantastic for retaining its natural properties as well as supporting lots of natural activity in the soil. There are many books that showcase this technique, and websites that have film clips as well as information expanding on the basic methods. Fertility can be built up in the soil using green manures, and a variety of different beneficial plants can help with drainage and moisture control. Digging turns over the soil which releases carbon into the atmosphere, so many large-scale farmers and landowners are trialling the No Dig method of farming to help reduce emissions. We can all do our bit in a small way.

Thank you!

Wychwood Forest Fair - tickets now on sale!

Wychwood Forest Fair 2023 will be on 9th July at Foxburrow Wood
www.wychwoodforesttrust.co.uk

BOOK TICKETS NOW

We are starting to get excited about this year's Wychwood Forest Fair. Only six more weeks to go!

With live music, amazing food, local beer, rural skills and demonstrations, conservation and nature groups, falconry, ferret racing, donkey rides, axe-throwing and lots of stalls and displays, this is a great day out for all the family.

Proceeds from the Forest Fair support our work to conserve wildlife and landscapes in the historic Wychwood area. Tickets are now on sale through our website, so book yours now.

Don't forget, there is free admittance for children under 14 and free parking at Witney Rugby Club!



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Household Waste Recycling Centre Strategy 2023-2043

Oxfordshire County Council has seven Household Waste Recycling Centres (HWRCs). These centres are very popular, with around one million visits every year. They take in 40,000-45,000 tonnes of waste, and 65.5% of this waste is recycled. The HWRCs are an important part of the Oxfordshire Resources and Waste Partnership's plan to reduce waste, increase recycling, and decrease the amount of waste that goes into landfills. OCC are reviewing their waste centres to make sure they can work with any new laws and can adapt to the growing population of Oxfordshire. They want to provide people with places where they can give things to be used again, recycle things easily and safely, and throw things away in the right way. The goal is to fix and reuse more of the things we throw away and follows the idea of the circular economy.

The conscientious citizens of Tokyo handed in ¥3.99 bn (£24.5m) in lost cash to police last year, beating their previous record of ¥3.84 bn!

– quoted in The Week

Finstock for Nature

Finstock for Nature (FfN) have been busy, with the submission of a plan for the Community Orchard to the Parish Council, to be presented at the PC meeting in May. Residents will have the chance to comment on the plan in the next Village Survey, due at some stage soon, followed by a full consultation organised by FfN. If everything goes to plan and approval is granted, we will prepare the ground and plant with a variety of heritage trees this coming winter! We will need a small army of volunteers to help with planting and, in the first two or three years of establishment, with watering the new trees.

We are also going ahead with plans for the restoration of the roadside verge along the High Street. In the old days the verge was open grassland, an increasingly rare but ecologically important habitat characteristic of the Cotswolds. The plan is to restore some of the verge with a wildflower mix but to retain important areas of scrub and any significant trees (although many are ash and may be vulnerable to ash die-back). Again, there will be a consultation with residents to ensure that we get the right mix of open grassland and scrub. Establishing a wildflower verge is quite challenging

– any advice gratefully received! As part of the project, we are also keen to repair the stone wall. Wychwood Forest Trust may be able to help, as they did at the Well Site but we would also need to find a source of new stone for much of the wall.

Finstock for Nature was also represented at the Earth Day in Charlbury, organised by the Evenlode Catchment Partnership. Finstock children were in attendance, carefully guided by Kath Lucas and others in how to weave dragonflies from willow wands. There were some great creations and lots of enthusiasm!

Geoff Griffiths



“According to a new study, night-flying moths are more efficient pollinators than bees”.

The study by the University of Sussex focused on ten bramble patches in southeast England. Co-author of the study, Prof Fiona Mathews states:

“sadly, many moths are in serious decline in Britain, affecting not just pollination but also food supplies for, e.g., bats and birds”.

The study also highlighted the importance of bramble patches – which are often regarded as unsightly and cleared away – as a source of food for moths and as critical for night time pollinators.



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WYCHWOOD FOREST TRUST

Photo Competition

We are thrilled with the response so far to our 2023 photo competition. We've had some amazing entries, from wildlife portraits to landscape studies. Who knew there were so

many talented photographers out there!

The closing date is not until midnight on 31st July, so there's still plenty of time to enter. The

theme is 'My Wychwood' and you can interpret this in any way that makes sense to you. All the details are on our website at <https://www.wychwoodforesttrust.co.uk/photo-competition>



Note from the Parish Council

As the April Parish Council was the last of the current four-year electoral cycle, the 'old' council reported on progress over the past year/s. The main business related to settling outstanding financial matters, wrapping up loose ends and considering outstanding issues: voting the funds needed to continue the on-going programme of work to repair and maintain the Adventure Playground and inviting interested villagers to a 'tidying up' working party (14th May) to spruce it up for the summer – weeding and spreading chippings; continuing to promote traffic calming – footpath signs have been received and will be erected in the near future, the 20 mph speed limit should be introduced during the summer; it was agreed that the village notice board – currently outside the shop – will be refurbished and relocated

in a more visible location across the road from the Village Hall.

In order to avoid setting up work for the new council before it comes into existence in May we didn't start 'new' tasks in April – so some possible new work items that would otherwise have been on the April agenda were deferred until the May PC meeting.

The PC meeting, at 7:30 on the 22nd May, was the Annual Parish Council Meeting. As this follows on from the election it was a longer affair than usual because we welcomed the newly elected (uncontested) Cllrs who came to post on Tues 9th May, elected a chair, allocated officers to jobs and assigned responsibilities. As a part of that process, we formally adopted the various policies that ensure transparency and public accountability; these include: standing orders (regulating the

procedures to be followed), financial regulations, our code of conduct, data protection, a risk assessment and planning. When these administrative chores were done, we could finally get down to work!

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County Council News

The County Council is now into a new financial year, and we are looking forward to implementing some new policies such as our new verge policy which aims to encourage biodiversity on our roadsides without impeding visibility. Instead of cutting all of the verges several times each summer, we will leave the verges to grow between March and September and then again between October and February. 10-20% of the verge will be left as an uncut refuge for insects and spiders. We will leave cuttings in place as homes to wildlife. However, we will be cutting grass at junctions, to maintain safety.

The County Council Cabinet has also recently approved a new highways management plan. This plan aligns highways policy with new transport and environment policies and sets out the rules for work on the highways,

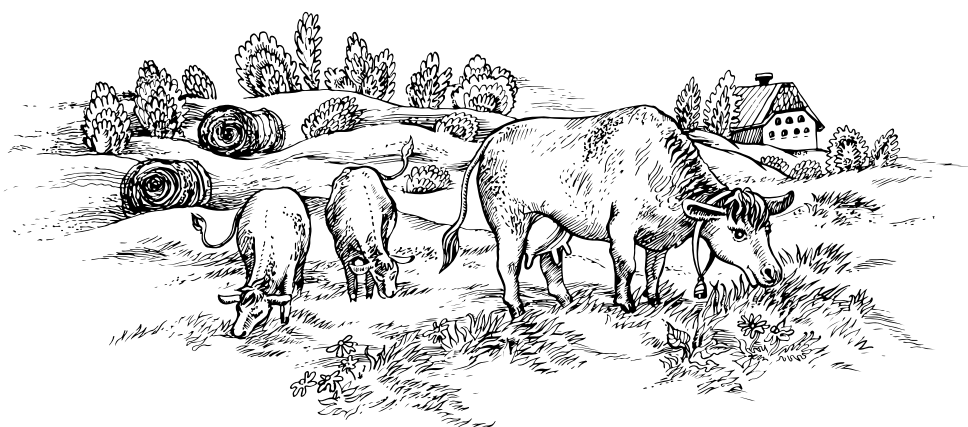
including increased fees and fines for utilities. It also aims to reduce inappropriate use of minor roads by HGVs. The Council has also started the process of reviewing the highways maintenance contract which is up for renewal in 2024/5.

With regard to highways maintenance, I am very aware of the poor state of our roads. The potholes this year have been absolutely atrocious, and the subject of much comment. The very hot period last summer, followed by heavy frost earlier this year and torrential rain in the past 6 weeks has led to more than usual potholes opening up, and they can't be filled if they are full of rain. Government gives Oxfordshire £15 million a year to manage our roads – we need £45 million just to stand still. We have allocated £15 million from council tax but that still leaves a shortfall

of one third of what we need. Earlier this year the government announced a £200 million fund to “tackle potholes”. That amounts to just £3.7 million for Oxfordshire. The potholes have been marked up with white paint which means they will be filled and I have seen some work happening since the weather has improved. Please report any potholes, or other road defects, on Fix My Street, or send me an email at liz.leffman@oxfordshire.gov.uk.

I am very pleased to say that I will have a new Councillor Priority Fund for the new financial year, which allows me to make small donations to local organisations. Last year I was able to help the primary school and the village shop. If there is something that you think I can help with please do let me know.

Liz Leffman 07741 073088,
Liz.leffman@oxfordshire.gov.uk



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CHARLBURY MEDICAL CENTRE NEWS

Spring Covid vaccination programme

Charlbury medical centre will offer booster vaccinations to eligible patients this spring. As you know the practice has no control over when the vaccines will become available, but as soon as they know, patients will be contacted. Eligible patients include people who are:

- are aged 75 (you are 75 on or before 30 June 2023), or aged over 75
- live in a care home for older adults
- are aged 5 or over and have a weakened immune system

Please do not phone the surgery to enquire about your booster vaccination. They have no information at the moment. Eligible patients will be contacted as soon as the vaccine becomes available and clinic dates are organised.

Staff changes at CMC

You may be aware that there are new members of staff at CMC. Ben, the advanced paramedic, assesses all calls requesting a consultation. Patients are phoned back by reception and offered an appointment with the appropriate clinician. Other than in exceptional circumstances, this should negate the need for the sometimes upsetting and frustrating "please phone back after 2pm to make an appointment".

The Rural West Primary Care Network of which Charlbury is a part, has appointed a mental health nurse. Sasha comes to CMC one day per week and is able to spend more time with her patients than the GP. If you would like to speak to Sasha, please ring reception to discuss your request.

There will be more new faces at the practice over the next few months. It is hoped that there will be a full complement of staff by mid-summer.

Susan Smith,

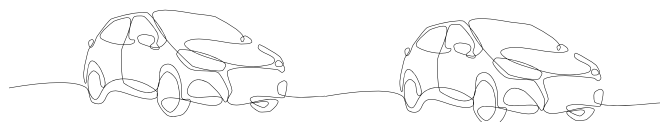
Charlbury Patient Participation Group

Is your vision roadworthy ?

- Three million people are driving without perfect (included aided) vision
- Glasses or contacts **MUST** be worn to meet the standard for driving
- You must be able to read a number plate at 20 metres and the police can test you immediately after an accident, or if they are concerned about your driving.
- If you are stopped, you must be wearing your glasses or lenses.
- Police can inform the DVLA immediately and if you fail your licence can be instantly revoked and it is illegal to drive.... even to get home.
- There is a very sharp increase of revocations after the age of 70
- Police are currently running a campaign to do roadside tests with publicity
- You must have a visual acuity of 6/12 (third line from bottom of opticians' chart)
- You must have an adequate field of peripheral vision
- Lorry and bus drivers have higher standards
- Any sudden change in vision.... you must go to the optician immediately, as 90% of all information when driving is visual
- Older people's sight may gradually deteriorate
- Many older people avoid driving at night
- 10% of drivers do not meet the legal requirement
- Everyone should have a test every two years

Advice

- Think about every surface.... clean windscreen inside as well as outside!
- Clean your glasses daily! Some people don't clean them for weeks!
- Do not use yellow filters, they let less light through
- Sunglasses ...category 4 (very dark) are not safe for driving
- Polarised sunglasses or clip ons are ideal ...can be flipped up when suddenly going into a tunnel
- When sun is very low in the sky...e.g., mid-winter...a cap or visor is ideal and it can be easily twisted round
- Any change or concern about vision...visit the optician as soon as possible and don't drive.



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Meeting of Finstock Unplugged, April 2023

At our April meet, we Finfolk were delighted to welcome more newcomers, including Veronica and her partner, who led us in some great songs, and Ian Page, whose voice and concertina were much appreciated. Although a couple of our regulars had sent apologies, after temporarily removing a large table, we comfortably filled the front bar. We enjoyed our usual mix of traditional, new, British music and Americana, but this month we also heard some great songs by our regular singer-songwriters. Colin Pitts joined us on one of his periodic visits from Evesham, and with Rachel Chai of Chippy Folk, he performed a beautifully melodic new song that gently mourned the way our seashores are becoming increasingly polluted. Pete Joshua also made fine contributions to the evening with his songs, and at the end of the evening I was delighted to get hold of a copy of *River and Road*, the CD Pete has made, with Heather Ninness contributing as a fine vocalist. A pleasure to hear! I've got it playing now as I write.

As ever, Brock and Kim (of Turning Signs) were their excellent selves, Kim Hobday treated us to a gentle original song as well as lovely versions of some Sandy Denny tracks, and our own Rachel Fox performed two of her songs, one of which poignantly explores the effect of the creeping housing estates on our local environment. Lest this makes the evening sound rather serious, it was great that Gordon led us in an enthusiastic singalong of 'Hey, what's going on', Ian Ralph Huckin contributed some entertaining rhymes, and Veronica reminded us that the good traditional songs should not be neglected, leading us in her rendition of 'Scarborough Fair.'

There were too many present to name everyone individually; suffice it to say it was a happy and relaxed evening. As usual, some samples of the evening will appear in due course on the Finstock Unplugged FB group page. Meanwhile we continue to be very grateful to Guy for giving us houseroom, and to fellow locals in the other bar who were thoughtful in letting us be.

Ginnie



News from Oxfordshire Museum

Women & War: From the Fringes to the Front Line is a new exhibition opening on 3rd June to 10th September 2023 at Soldiers of Oxfordshire Museum in Woodstock.

Women & War will explore the diverse experiences of women who have been involved with all aspects of military life, from the 'fringes' of history to those now taking on front line roles in the armed forces today.

Using unique, personal stories, pen portraits of women in historical and modern roles feature throughout.

Museum Director, Ursula Corcoran, explains: "This new exhibition is a wonderful opportunity to mark and commemorate those women who have lived through and served in conflict. The objects and stories on display give a voice to women who are often not centre stage when we think of war. There are stories not only of suffering and loss, but also of duty, innovation, friendship and love. We are extremely grateful to all of the organisations and individual women who have contributed so generously to the exhibition."

A number of objects, on loan from individuals and organisations that have also shared their stories for the exhibition, will go on show at the Soldiers of Oxfordshire Museum for the first time. These include an Air Transport Auxiliary jacket which belonged to Mary Watkins of Leafield, Oxfordshire who

took her flying lessons in Witney. She was the youngest pilot in the county when she began in 1937. Her story will be told with thanks to Maidenhead Heritage Centre and ATA Museum.

Women continued to play a vital role after the war and over the last two decades, women have taken on more jobs in the British Army. Since 2018, all Army roles have been open to them. This includes combat roles in the infantry and special forces units.

Members of the First Aid Nursing Yeomanry (FANY), founded in 1907, most famously played significant roles in the Special Operations Executive during the Second World War, but remain active today. Members of the FANY have seen service in Iraq and Afghanistan, as well as providing vital support during disasters, terrorist attacks and crises at home in the UK.



WAAF Women with Barrage Balloon



Image courtesy of Jessica Lakin, FANY

"I wonder what it would be like to live in a world where it was always June".

– Lucy Maud Montgomery



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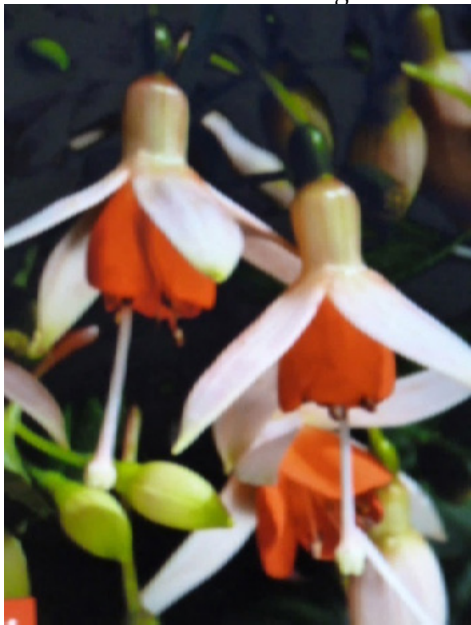
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Garden Corner



Bring cheer into the garden with colourful Fuchsias

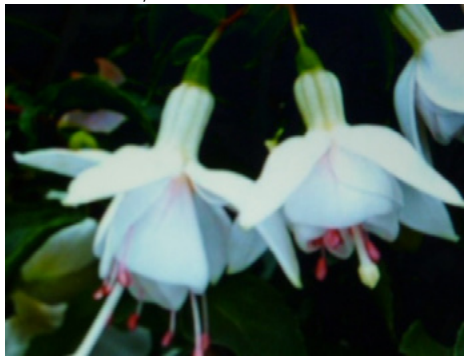
A fond recollection of my Grandparents' front garden in Bristol, was a neatly cut hedge of fuchsia plants, covered with large flowers of deep red and purple. I was about five years old and fascinated by the flowers visited by the bees and moths. My grandfather had come to Bristol from Devon, where hedges using hardy fuchsias such as 'Riccartonii', were common. A quick early spring trim and the fresh growth will make an attractive hedge.



Fuchsias will thrive and blossom more abundantly if you fertilize fuchsias in spring and summer using an organic fertilizer such as Vitax, and pinch back as new growth appears. When a branch has finished blooming, clip it back with clean garden shears. Fuchsias are the easiest plants to take cuttings. Just fill a pot with free draining compost and cut a four-inch shoot from a donor plant, remove the lower pair of leaves and place in a hole made by a pencil at the edge of the pot, insert the cutting firming the compost, water and cover

with a clear polybag or put in a propagator. Place on a shelf but not in full sun and in about 3 weeks you have a new plant.

Coming in thousands of varieties and colours, blossoms hang and droop beautifully from baskets, planters, and pots. Flower shape is also a key attraction. Some are doubles, others slender single bells, leaves are mainly mid-green, but there are variegated and golden cultivars to add extra interest to your container or border. Fuchsias love lots of filtered light and best in dappled shade and daytime temperatures well below 80°F/27°C.



Wild fuchsias are native to Central and South America, growing profusely in the Andes where temperatures are cool, and the air is moist. Hardy fuchsias are bushy varieties that are generally regarded as being frost tolerant and left out in the garden all year round. I find most of my less hardy trailing varieties with beautiful large flowers that I use in planters or hanging baskets can be overwintered in a cold greenhouse or shed. When the first frost is forecast, I bring them in and allow them to dry out, and in late March when the weather gets warmer, I bring them out of their dormant state by giving them some water.

The flowers are edible and the plump red berries are sweet and tasty. Use the petals as a salad, garnish, or frozen inside ice cubes for a pretty party drink! Berries make a good spreadable jam. You can bake them into scones, muffins and cakes. Top them over pancakes or ice cream or add them to a fruit salad. Their mildly tart-sweet flavour brightens up meat dishes as a chutney. They also are great for just eating out of hand as a gardener's handy snack! – enjoy!

Robert



Garden Tasks for June & July

- Lift and store tulip bulbs after flowering
- Give wisteria its summer prune, cutting all the long side shoots back to 20cm, to promote flowering next spring
- Tie in new stems of climbing and rambling roses horizontally to supports, to encourage more flowers
- Give container displays and hanging baskets a liquid feed every few weeks to encourage flowering
- Fill any gaps in borders with pots of tall bulbs, such as fragrant lilies, to add instant colour
- Feed, water and deadhead summer bedding regularly, in pots, borders and hanging baskets
- Take softwood cuttings from shrubs such as pyracantha, cotinus, hydrangeas and spirea

"Everybody talks about the weather, but nobody does anything about it"

Mark Twain,
quoted in the Cape Cod Times



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