



Aynho

The Apricot Village

NEWSLETTER

JUNE 2023



THE TIME FOR

Cricket
and
Tennis

Holidays

Strawberries
and
Cream

BBQs

Summer
Flowers

Exams

Festivals
and Fetes

Sunshine

AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with STEANE
CHURCH CALENDAR FOR JUNE 2023

(Vol: 686)

CHURCHWARDEN'S RAMBLINGS

Whilst the Coronation weekend of concert, street parties, tea party, crown hunt, and the wonderful Peal of the Bells in celebration are, by now, all a bit of a blur in the memory, half term and the well-earned break is upon us and summer looms with cricket, holidays and it seems hot days ahead. In the Church we have moved from the end of Easter through the Ascension and thence, that last weekend of May, to Pentecost. In a sense we are set up for Ordinary Time as it is called – a period of no great feasts, just prayers and worship together as the summer and then autumn unfold. Good times and a bit of normality. No Rector yet which holds us back but we keep up the advertising campaign and ask for your prayers or support.

Of course, much will go on this month and not least the welcoming of Restoration Hardware (RH) to the village in the Park House. We have had years of their contractors restoring the House meticulously and the grounds beautifully. Now the real RH will be here and operating within the community. We welcome them as neighbours of the Church – and look forward to the links just as we have had with the various owners over time since and before the Cartwrights departed 70 years ago. We wish RH much success.

As ever, we remain your first point of contact in the village if there is anything you need - general or specific information, enquiries about weddings, funerals, and burials - contact Kathy White in Portway Gardens (810418) and Andrew Bellamy in The Square (810847).

Contact for other matters remains via the Rectory telephone in the first instance (**810903**) or by email to office@astwickvalebenefice.org.

Kathy and Andrew

BLISTER PACKS

Thank you to all those who have been recycling their empty blister packs over the past two years via the box in St. Michael's Church porch or at my home in The Butts. The Rotary Club of Banbury took these to the Superdrug pharmacies who kindly passed them on to Terracycle.

During the two years around 400 large bin bags of blister packs have been recycled in this way.

Unfortunately, Superdrug are no longer accepting them in bulk in Banbury or Bicester and there does not appear to be another local pharmacy accepting them in bulk. So, until some alternative scheme can be derived to recycle them this way, the collection box at St. Michael's will be removed and you will need to dispose of your empty blister packs in your black waste bin as previously or take them to a local pharmacy which is willing to recycle them in smaller quantities.

Again thank you for your past support and, if a similar scheme can be started again, I will advise accordingly.

Ian Calderbank

THANK-YOU

FISH & CHIPS

I am taking advantage of this small space to say a BIG "Thank-you" to all of you who purchase Fish & Chips on a Monday night. Those of us who are elderly and living alone so look forward to this hot meal being delivered to us on a regular basis. If all of you stopped buying the Van would not come.

So "Thank-you".

May the bell keep ringing and you all keep buying.

VILLAGE ACTIVITIES

ROAD CYCLING

Contact: Faraz Shibli 07742906780 or faraz.shibli@oxon.org

Following the recent arrival of our new jerseys, one can now spot members of the cycling club at 100 yards in apricot polka-dotted lycra (which friends and family assure us look very stylish and are not at all garish or embarrassing). We welcome cyclists of all ages and abilities, and all bikes are welcome, including road bikes, mountain bikes, hybrids and e-bikes. We meet on Saturday or Sunday mornings once a month for short and long group rides with a stop for coffee/breakfast. If you'd like to come along, please get in touch as above.

BRIDGE CIRCLE

Contact: Kevin D'Silva email: kevinds@salusinvest.com

The bridge circle now has enough regular members to field three tables, including a group of beginners who receive coaching from more experienced members. We meet one Monday evening a month at 7 for 7.15pm at the Cartwright. An optional sandwich supper is available by request. If you'd like to come along, please get in touch as above.

SOCIAL DOG WALKING

Contact: Faraz Shibli 07742906780 or faraz.shibli@oxon.org

Discover new dog walks and give your dogs (and yourself!) some all-important social interaction. We organise ad hoc, casual walks for dogs young and old via WhatsApp, usually on weekdays around lunchtime but occasionally at other times and on weekends. There's no pressure to join - just come along if and when convenient. Do get in touch if interested.

IN YOUR VILLAGE HALL

PLEASE NOTE:

As from **1st June**, Shirie Beaumont takes over as Booking Secretary for the Village Hall.

Contact details: Tel: **07878 430705**.

Please also note new email: **aynhovhbookings@gmail.com**

SHORT MAT BOWLS - Tuesdays 2.30-4.30pm

Contact: Carol McClellan 810346

We give a warm welcome to new members. We help each other to learn to play and Tea/Coffee and Biscuits are provided in the interval. The cost is £2.50 a week per person.

GARDENING CLUB - (2nd Wednesday of the month)

Contact: Annabel Bellamy 810847

On **Wednesday 14th June** the Aynho Gardening Club has kindly been invited to **Friar's Well**, the home of Nick Attenborough and Anne Richardson, for an evening visit to see their lovely peony garden in full bloom and the new "Menage" garden which they created a couple of years ago. You have been invited for 6.30pm. The cost will be £4 (please bring coins) which will include a glass of wine or a soft drink. Let's hope it is a lovely sunny evening.

For any queries regarding the Gardening Club, please get in touch with Annabel Bellamy (810 847).

AYNHO LADIES GROUP (3rd Wednesday in the Month)

Contact: Jill Wightman 811206 or jayrw10@gmail.com

Last month was a very busy month, as not only the Coronation with its many relevant celebrations very happily took place, despite suspicious weather, but our new group had its first official meeting when Carol McClellan gave the second part of a talk on her and husband Keith's six years living and teaching in Kenya. It was absolutely fascinating, especially as Carol showed lots of photographs making us feel part of her very exciting and somewhat dangerous journeys. So thank you Carol for sharing your experiences with us. Our next meeting on the 21st June will be at 2.30pm and is our annual Garden Meeting when we enjoy afternoon tea and more time for a good chat. It will be in Sarah Harding's garden and there will be more details nearer the time either by email or notes through doors. As before, there is information on the Aynho Ladies meetings in the display cabinet outside the Village Hall. We do hope you enjoy a sunny June and look forward to seeing you on the 21st so until then take care.

Coffee Mornings: 7th and 14th June 10.30am at the Cartwright Hotel.

HISTORY SOCIETY - (Last Wednesday 28th)

Contact: Helen Mackenzie 07866044985

Oxfordshire in the British Civil Wars

Entry £3

This month's talk by Stephen Barker, who is a renowned Heritage Advisor, will cover the Civil Wars in Oxfordshire. There are few places in the county with no connections to the Civil Wars. Oxfordshire played a significant part after Oxford became the Royalist capital in late 1642 and the county was on the frontline with parliamentary Buckinghamshire. The county's story is that of King Charles I, Prince Rupert, Oliver Cromwell, Sir Thomas Fairfax and Sir William Waller as well as a number of women who all played significant parts and whose stories are being widely told for the first time. The talk is fully illustrated with personal accounts, archaeology and what can be seen today in 21st Century Oxfordshire, and will include references to Aynho and our neighbour Chilton, the site of a fierce battle. You do not need to be a member simply come along and pay on the night.

TOP DANCE SCHOOL – LATIN & BALLROOM

Contact: Tizzy Jones on 07986837119 or tizianajones@btinternet.com

Beginners classes in AVH Thursdays – Children aged 4 to 12 years – 5.00pm-6.00pm and Adults 7.00pm-8.00pm. IDTA Registered and Enhanced DBS cleared. For more information and to book a place please call or email Tizzy as above.

AYNHO WRITERS GROUP

Contact: keithcrolmac@gmail.com or Keith McClellan 810346

Next meeting: 10.00am -12.30 Saturday, 10th June

In May we had some interesting suggestions of the "Road not Taken" and one or two about "Leaving the job to spend more time with the family". Next month's topics are "The one disc we'd choose for the desert island", or "View from a Window". Edna was contacted by an American publisher for 20 pages of her poetry. We congratulated her strongly.

CARTWRIGHT HOTEL

SUMMER LUNCH CLUB – (Every Thursday 12 noon)

Contact: Jill Wightman 811206 or the Cartwright Hotel 811885

If you would like to come along simply contact either Jill or the Cartwright Hotel direct. The dates for June are the 1st, 8th, 15th, 22nd and 29th. Booking is essential.

MCC (Men's Coffee Club) - (Wednesday June 21st 10.30am)

Contact: Jill Wightman 811206 or Email: jayrw10@gmail.com

The coffee mornings are held in the Cartwright Hotel. Booking is essential - contact Jill as above to book.

If you would like to join us please contact Jill.

PLAYING FIELD & PAVILION NEWS

"WELL BEING WALKS" (Thursday 10.00am)

Contact: Kathy White 810418

Our weekly walks are always available, starting from the Sports Pavilion at 10.00 am each Thursday. As we are coming into the Summer, numbers will vary with people being on holiday and looking after grandchildren during school holiday periods but you will always find someone to walk with. A cuppa and a cake will be waiting when you return.

If the rain stops for long enough, we have to be careful of ridges and dips in the solid fields so please keep to your sturdy shoes. It is advisable to bring a bottle of water and carry antihistamine if you think you may be allergic to grasses or insect bites. The Blandford Fly is already making its mark in this area.

MONTHLY MINDFULNESS WORKSHOP AT THE AYNHO SPORTS PAVILION

Contact: Kate Angell 07478 276891 to book a place or Email: kate@calmerminds.co.uk

PHOTOGRAPHIC SOCIETY

Always welcome new members. Contact: Killpacktreadsandthreads@protonmail.com

AYNHO PARK CLUB DRAW

April winner was 15 Michael Johnson

May winner was 63 James Belcher

We still have a number of entries paid by Standing Order for the original £12 fee, they will be in the draw until the end of November. Also the prize has increased from £65 to £75 after a significant take up in the village.

KATHARINE HOUSE HOSPICE

We've got plenty of ways to support our hospice as we head into the summer months. Whether it's visiting one of our Open Gardens, signing up for our events or organising a team to take part in our Accumulator Challenge – there's bound to be something for everyone! We've also got some great new resources on our website to share with our supporters as well as the wider community.

Upcoming Open Gardens

Once again, we have some incredible supporters opening their gardens and offering people the chance to pay a visit and enjoy the stunning outdoor spaces, all while raising money for our hospice. Make sure you get the dates in your diary. Check the website for full details of each event. www.khh.org.uk/gardens

The Accumulator Challenge is back!

Do you watch The Apprentice convinced you could do a better job than the candidates? If so, the Accumulator Challenge could be right up your street! We'll be challenging local businesses, schools and community groups to put their entrepreneurial and fundraising skills to the test by raising the most money from a starting pot of £50. Hurry – we only have 20 places available so you need to sign up quickly to guarantee your space. Find out more here: www.khh.org.uk/accumulator.

Stepping up

If you love nothing more than lacing up your walking boots and are looking to step up and take on a big challenge, then we have a few events that might fit the bill.

- Thames Path Challenge – 9 September
- Halloween Walk – 28 October

Find out about these challenges and more on our website. www.khh.org.uk/challenge

Caring for our whole community

As your local hospice, we're here to support our whole community – and that includes providing information and advice on issues around end-of-life care for anyone who needs it. It's why we're so thrilled to be launching a brand-new section of our website, our End-of-life and Palliative Care (EPiC) Resource Centre. Our hope is that patients, family members, medical professionals, carers and employers, to name a few, will find the answers to all their questions about death and dying. www.khh.org.uk/epic

Fundraising fundamentals

We're always so grateful to our local community for putting on events and fundraising to raise money for our hospice. So, to make it even easier and answer some of the commonly asked questions, we've put together a Supporter Kit on our website including fundraising ideas, ways to promote your event and what to do with your hard-earned money. Check out our Supporter Kit here: www.khh.org.uk/supporterkit.

Digital monthly newsletter – keep up to date with your local hospice

Sign up to receive our Katharine House digital monthly newsletter and keep in touch with all our latest news and fundraising events at the hospice. www.khh.org.uk/newsletter

YOUR LOCAL TRADE PAGE

N.D.M.ELECTRICAL – N.D.Mobley Brackley. Tel:01280-700905

Mobile: 07922005629

Domestic & Commercial Installation & Maintenance

SANDY BILLY (BSc.(Hons) (MChs) Private Podiatry/Chiroprody Service – Deddington Health

Centre. Tel: Mobile 07792212988 email :sandynbilly@yahoo.com HP Registered. Clinic/Home Visiting. Nail & Diabetic Foot Care & Foot wear advice. Insoles/Orthotics Corns & Callus (hard skin)

SMITHS NEWSAGENTS just ring Tel: 01295-268499. Early delivery to your door every day.

BULLS HEAD GARAGE (Souldern)Ltd.Tel: 01869-345281

Car & Light Commercial Vehicles -Repairs- Services- M.O.T

ADAM 1ST CALL HANDYMAN “When you don’t have the time or energy to tick off all those annoying jobs” call **Adam on 07768398661** email: adam1stcallhandyman@hotmail.com . Based in Aynho and covering surrounding areas – call for free no obligation quotation.

A.E.HAWKINS Decorating LTD. Est: 1983

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CIH DOMESTIC SERVICES: Commercial & Domestic window cleaning. Inside and out.

Plus gutter cleaning. **Contact: Chris Henson 07402 449969.**

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THE SYNERGY PRACTICE - Physiotherapy, Chiropractic, Sports Massage and Sports Therapy. Our team has decades of combined experience and we are here to support your health, fitness, rehab, nutrition and body maintenance. We have free parking. You can book online via the website thesynergypractice.com or phone the reception team on **01865 803066.**

CAROLINE FOOT HEALTH – Caroline Tindale DipCFHP MPSPract.

Professional foot care service including nail trimming, removal of corns and callus, ingrowing toenails, fungal nail treatment. Please call for an appointment. Home visits available. **Tel: 07899 017927**

KATE ANGELL MINDFULNESS MEDITATION TEACHER

Licensed, Insured, Full DBS. One to one sessions, small groups, talks, work place training. Learn scientifically proven techniques shown to: reduce stress, improve concentration, reduce pain plus many other benefits. Call/email me if you would like more information on: **07478276891** or **[email kate@calmerminds.co.uk](mailto:kate@calmerminds.co.uk)** .

BLANDFORD FLY – WARNING

The Blandford Fly is STILL WITH US. This fly is only 2-3mm in length but its bite packs a punch and can cause a serious reaction. Since March the larvae have been clinging onto the riverside plants of the River Cherwell cleaning the water by filtering out food particles. This river bank can support somewhere in the region of 10,000 larvae per square metre and as May approaches the newly emerging adults are ready to take wing. The males are harmless but the females need a blood meal (human and dogs seem to be a favourite) so they can mate. The bites can result in blistering, purple (haemorrhagic) lesions, high temperature and intense stabbing pain. Do not scratch as this may set up a secondary infection. They tend to fly near to the ground so legs are particularly vulnerable although they can bite anywhere. Not only will they be with us through May but in June & July as well. So cover up and slap on a good quality insect repellent.

For more information go to NHS Oxford Health website.

<https://www.oxfordhealth.nhs.uk/news/miu-update-patients-with-blandford-fly-bites>

EMAIL FROM RADIO HORTON, the hospital, health and wellbeing radio broadcasting service based at the Horton General Hospital in Banbury.

"We are a not for profit, charitable incorporated organisation (registration number: 1194152), whose objects are to:

(1) the relief of sickness, poor health and old age amongst people living in North Oxfordshire by providing a local broadcasting service for hospitals, residential homes and similar institutions, and for patients receiving community care; and

(2) the advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in North Oxfordshire.

We are undergoing a recruitment drive to try and attract new volunteers,

particularly into our operational and administrative roles, to help us further our charitable objects and increase our outreach in the wider community.

Please see the volunteer recruitment flyer for more information."



VOLUNTEERS NEEDED!

RADIO PRESENTERS 🎤
Have you always loved music and radio? Would you like to come and train with us to present your own radio show?

FUNDRAISING & CAMPAIGNS OFFICER 💰
Could you help us raise funds to help further our charity? Experience in fundraising, grant applications & sourcing sponsors would assist!

COMMUNITY EVENTS ASSISTANTS 🎧
We provide music & PA at many events across North Oxfordshire. Can you assist with setting up equipment and raising awareness?



CARE HOME COORDINATOR 🏠
This role will involve managing & facilitating relationships between Radio Horton & local care homes, coordinating our volunteers' visits.

MINUTE TAKER / BOARD ADMINISTRATOR 📅
Do you have good listening, organisational and IT skills? Could you take Minutes for our monthly evening Committee/Trustee meetings?



SCAN ME

COME & JOIN OUR TEAM!

For more information, scan the QR code or visit radiohorton.co.uk

Radio Horton is a Charity registered in England & Wales: 1194152

 HBA
HOSPITAL & COMMUNITY RADIO ASSOCIATION
MEMBER MEMBER STATION