

ASTWICK VALE BENEFICE AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with STEANE CHURCH CALENDAR FOR FEBRUARY 2024

NO SERVICES IN AYNHO CHURCH

February 4th	10.30am	Benefice Holy Communion	HINTON
February 11 th	9.30am 11.00am	Holy Communion Morning Worship	EVENLEY CROUGHTON
February 14 th Ash Wednesday	7.00pm	Benefice Holy Communion	FARTHINGHOE
February 18 th 1 st Sunday of Lent	10.30am	Benefice Holy Communion	CROUGHTON
February 25 th 2 nd Sunday of Lent		Holy Communion Morning Worship	FARTHINGHOE HINTON

Bell Ringing – No Ringing in February

No Church Cleaning at Aynho during February (Big Clean Up when Heating Work is all finished)

Items for March Newsletter preferably before or by February 19th To: Sybil at 32 Roundtown, Aynho. Tel: 01869-810692 or email syban@btinternet.com

This Newsletter is issued by St Michael's Church and includes all village news and locally printed in Aynho by "Ciceroni Travel"

(Vol:693)

Churchwarden's Ramblings

Thank goodness that cold snap in January is behind us and most of you getting yourselves and your children ready for school are having better starts to the day. There is much to look forward to this month – half term, Valentine's Day (and Aynho is full of romantics!) and then pancake day, Shrove Tuesday, as we head into Lent on the Church calendar and begin the progress to Easter and the holidays. It is once again a time of preparation in all sorts of ways – for better things to come. Two dates for your diaries – Mothering Sunday at St Michael's in which we can all thank wonderful mothers for all they are doing and did for us - a gift of flowers means so much. It is also the date that St Michael's will be open again, and in it the promised new heating. Please share an hour at the Church in celebration.

The second date is for saving – **The Fete will be on Sunday 9th June**. It will be a big one after these years without one, but we need to energise the helpers and organisers to make it happen. Could you volunteer for the team – please?

We are here as your first point of contact in the village if there is anything you need - general or specific information, enquiries about weddings, funerals and burials. Our personal contact details are Kathy White in Portway Gardens (810418) and Andrew Bellamy in The Square (810847). You can also leave a message at the Rectory behind Aynho Court, or telephone 810903, or email office@astwickvalebenefice.org.

Kathy and Andrew

Village Hall AGM

The Committee of the Village Hall invites residents to attend the Annual General Meeting on Monday 26th February at 7pm in the Dame Mary Cartwright Room.

Attendees will be provided with the annual accounts for 2023 and a review of the finances as well as an update on activities and the state of the building going into 2024. A short Agenda will be published.

VILLAGE "OUTSIDE" ACTIVITIES

AYNHO APRICOTS CYCLING CLUB Contact: Faraz Shibli 07742 906780 Email: faraz.shibli@oxon.org

We meet on Saturday or Sunday mornings once or twice a month for short and long group rides with a stop for coffee/breakfast. We welcome cyclists of all ages and abilities whether on road bikes, mountain bikes, hybrids or e-bikes. If you'd like to come along, please get in touch as above.

SOCIAL DOG WALKING Contact: Faraz Shibli 07742 906 780 Email: faraz.shibli@oxon.org We usually meet on weekdays around lunchtime (but occasionally at other times and on weekends) for dog walks with fellow villagers. We arrange a time and place to meet 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.

AYNHO RUNNING GROUP Contact: Liz Hadley 07788379829 or <u>liz.hadley@live.co.uk</u>
We usually meet on Sunday mornings 9.0am at Portway. Routes and distances vary. We tend to run around 5-10km on roads – sometimes trails - at a pace comfortable for all. Something for everyone – experienced runners – those returning after a break – or those just starting out. Please get in touch if you would like to come along.

<u>WELL BEING WALKS</u> Contact: Dawn on 07929 322949 or <u>dawn.willis@aynho.org</u>
These commence from the Playing Field 10.0am each Thursday morning for short or long walks, and refreshments are provided by Dawn on your return.

AT THE CARTWRIGHT HOTEL

MEN'S COFFEE CLUB: Wednesday 21st February 10-30am – 12noon
LADIES COFFEE MORNINGS: Wednesdays 7th & 14th February 10.30am – 12noon
If you would lie to join us you would be very welcome – just give me a ring of email me.

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

BRIDGE CIRCLE - We meet one Monday evening a month at 7 for 7.15pm. We welcome players of all abilities including complete beginners, for whom casual coaching is available. A sandwich supper is also available upon request.

Please get in touch with Kevin D'Silva Email: kevinds@salusinvest.com

IN YOUR VILLAGE HALL

Bookings Secretary: Shirie Beaumont Contact details: Tel: 07878 430705

<u>TOP DANCE SCHOOL</u> – Latin & Ballroom Beginners classes on. Thursdays – Adults 7.0pm-8.0pm. IDTA Registered and Enhanced DBS cleared. For more information and to book a place please call. **Tizzy Jones** on **07986837119** or **Email: tizianajones@btinternet,com**

SHORT MAT BOWLS Tuesdays 2pm - 4.0pm

New members are welcome. The cost is £2.50.

Contact: Carol McClellan Email: keithcarolmac@gmail.com

AYNHO GARDENING CLUB On Wednesday 14th February Lottie Newitt, who is a new speaker to the Aynho Gardening Club, will be giving a talk about 'The Scented Seasonal Garden'. Lottie has been providing talks, demonstrations, and workshops for over 10 years. She is a full member of the Garden Media Guild and writes articles and blogs as well as having a YouTube channel. A font of information! Lottie will also have some plants for sale so do bring some money. The talk will start at 7.30pm. Meryl Rimmer is kindly doing the 'seed swap' again this year – so do bring some cash for that, too.

It was good to see so many of you, along with some new Members, at our January meeting when Tom Duncan gave a wonderful talk about the gardens in the Dordogne. Huge thanks to him. For those of you who were unable to make the January meeting but would like to join the AGC, please come along with your £12 subscription – you will be added to the Membership List and will receive your membership card with the 2024 programme. Guest £3.

AYNHO LADIES GROUP Wednesday 21st February **Contact: Jill Wightman 811206** 2.30pm in the Mary Cartwright Room at the Village Hall Email: jayrw10@gmail.com Our first meeting of the year was a Murder Mystery, a little delayed from last year but definitely well received as it gave us, despite the subject being murder, a great chance to have a laugh and 'let our hair down' while getting our detective skills polished-up! In fact it was popular enough to consider arranging another one, so be prepared. It was also wonderful to meet in the afternoon on a very cold January day and go home in the daylight. Our next talk is on the 21st February from local resident Kate Angell who has been with us before. This time she will be explaining the origins of Tai Chi and Qigong and offering us the chance to get a 'feel' for some of the movements - seated or standing. She will gauge the feelings of those present and tailor these movements accordingly. Thank you to all those who renewed their subscriptions and we look forward to seeing you all next month and remember, we are another month nearer Spring. Take care and keep warm. Please note the time for this meeting is 2.30pm

COFFEE MORNINGS - 7th and 14th February, 10.30am – 12 noon at the Cartwright Hotel

HISTORY SOCIETY Contact: Helen Mackenzie 078660449

The History Society begins its 2024 programme in March with the rescheduled talk from Pippa Gwilliam on Woodstock. Pippa is a longstanding guide at Blenheim Palace and has a considerable depth of knowledge about this area. The talk promises to be both informative and amusing! Some of the speakers who will be attending include Laura Malpass, Jon Paul Carr, Wendy Raybould and hopefully a return visit from the highly entertaining Richard Smith. A programme of speakers will be provided at our first meeting. Please do join us. There is no

membership cost just a £3.00 entrance fee. We look forward to your company.

WINTER LUNCH CLUB (dates Thursdays 1st 8th 5th 22nd 29th)

Dame Mary Cartwright Room in the Village Hall 12.15pm -1.30pm.

W.L.C is an opportunity for any villager to come along to the Mary Cartwright Room in the Village Hall, enjoy a simple homecooked meal from a choice of soup, baked potato with filling, pudding, tea/coffee, at very reasonable cost during the winter months.

There is no club membership, whether a regular returning or a new face you will be given a warm welcome. I run W.L.C. for the community, any profit made this coming winter (after hire of hall and ingredients expenses) will go to supporting our Village Hall.

Payment is by CASH only. To book your place (max numbers are 22) please telephone Amanda on 01869 810341 before 12 noon on the Monday of the relevant week, (leave a message on my answer phone if I am out) or you can sign up for the following week when at a lunch. I need to know numbers by Monday midday so that I can go and buy sufficient ingredients! If you book a place but find that you are no longer able to come please let me know.

AYNHO WRITERS GROUP 2nd Saturday 10th February 10.0am-12.30pm

Our January meeting was well attended and we had many interesting descriptions of members' favourite Cities. This month we shall have some very short Valentine pieces followed by a presentation by local writer, Kevin O Reagan.

Contact: Keith McClellan at keithcarolmac@gmail.com

IN AND FROM THE PLAYING FIELD AND PAVILION

MONTHLY MINDFULNESS WORKSHOP at the Aynho Sports Pavilion Contact: Kate Angell 07478 276891 to book a place or email:kate@calmerminds.co.uk

THURSDAY MORNING WALKS - see Well Being Walks

ADDERBURY & DEDDINGTON PHOTOGRAPHIC SOCIETY welcome new members to our society nights on the 1st Wednesday of each month. For more information contact Addphoto.co.uk

ABILITY BUS SERVICE

Trouble getting to the Shops or even fancy a Day's Outing – then why not try:

ABILITY BUS SERVICE is your local community bus service. The bus is open to all and we accept concessionary bus passes, non-bus pass holders will be charged a mileage fare. Our range of membership options include home pick-up and drop-off service plus shopping carried to your front door. Call us today to see how we can help with your transport needs.

Tel:01327 604123 (Mon – Fri 9.00-2.00, voicemail facility after opening hours www.abilitycic.org.uk

admin@abilitycic.org.uk

KATHARINE HOUSE HOSPICE

What a wonderful success the Tractor Run was. It raised almost £50,000 for the Hospice with the extra route round Banbury Cross. A good crowd followed it through the lower part of our village, after its entrance was welcomed by a lovely firework display. Next year we must have a "Collecting Tin".

YOUR LOCAL TRADE PAGE (Cost of Advert £3 per month)

KATE HUME AESTHETICS – 'The Natural Beauty Nurse' medical facial aesthetics & prescription skincare – advanced nurse practitioner and independent prescriber with nearly 2 decades of experience. 15 Blacksmith Hill– www.katehumeaesthetics.com – WhatsApp 07837503421

NDM ELECTRICAL – N D Mobley, Brackley Tel:01280 700905 Mobile: 07922005629 Domestic & Commercial Installation & Maintenance

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Deddington Health Centre. Tel: Mobile 07792212988 Email: sandynbilly@yahoo.com
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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.

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

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CIH DOMESTIC SERVICES:

Commercial & Domestic window cleaning. Inside and out. Plus gutter cleaning.

Contact: Chris Henson 07402 449969.

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 www.carolinefoothealth.co.uk

BULLS HEAD GARAGE (Souldern) Ltd. Tel: 01869 – 345281 Car & Light Commercial Vehicles – Repairs – Services – MOT

KATE ANGELL MINDFULNESS MEDITATION TEACHER, Accredited T'ai Chih Chih Teacher and Shibashi Qigong Session Leader. Tel: 07478 276891, Email: kate@calmerminds.co.uk. Weekly classes, one to one coaching, small group talks/ workshops. Licensed, insured and Full DBS. Please call/email for more info/ book classes.

MINDFUL GARDENING – General Garden Maintenance – hedge trimming – lawn mowing Planting – Weed control – Pruning- Garden waste removal .

Contact: David Icke. Email: daveicke6578@gmail.com or Mobile:07714402900

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TUSTAIN CARRIERS – with village connections our local mover/carrier with Luton vans. Call: Jason on

07964626325 or Email: <u>tustaincarriers@gmail.com</u> to discuss requirements or get a quote.

THE SYNERGY PRACTICE Our team at the synergy practice has expanded to include medical aesthetics (e.g. Botox and fillers) and Swedish massage. We are here to help if you are in need of physio, sports therapy, massage or aesthetic services.

Call 01865 803066 or book online www.thesynergypractice.com

