

Aynho,  
The Apricot Village

Christ is Risen

APRIL NEWSLETTER

wishing you a

**Happy Easter**



**CHURCH CALENDAR - APRIL 2024**  
**ASTWICK VALE BENEFICE**

**AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with STEANE**

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<b>April 7<sup>th</sup></b> 2 <sup>nd</sup> Sunday of Easter	<b>11am</b>	<b>EVENLEY</b>	Holy Communion
<b>April 14<sup>th</sup></b> 3 <sup>rd</sup> Sunday of Easter	<b>10.30am</b>	<b>HINTON</b>	Benefice Holy Communion
<b>April 21<sup>st</sup></b> 4 <sup>th</sup> Sunday of Easter	<b>10am</b>	<b>AYNHO</b>	Morning Worship (Sidespersons: G.Reynolds T.Sutton)
	<b>9.30am</b>	<b>Farthinghoe</b>	Holy Communion
	<b>11am</b>	<b>Croughton</b>	Holy Communion
	<b>6pm</b>	<b>Steane</b>	Evensong
<b>April 28<sup>th</sup></b> 5 <sup>th</sup> Sunday of Easter	<b>10.30am</b>	<b>AYNHO</b>	Benefice Holy Communion (Sidespersons: J.Pusey J. Wade)

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**Bell Ringing** – Alternate Tuesdays in April at 7.30pm

**St Michael’s Church Cleaning** – Thursday 18<sup>th</sup> April 9.45-11am

**Church Information:** about the life of our church, or enquiries about baptisms, weddings, funerals or burials – please contact the Churchwardens:  
Andrew Bellamy (01869 810847) or Kathy White (01869 810418)

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Items for **May Newsletter** by **22<sup>nd</sup> April** by email please to [Newsletter.aynho@gmail.com](mailto:Newsletter.aynho@gmail.com)

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**Stepping Back after Years and Years**

After years and years involvement in the organising of the production of the Church and Village Newsletter Mrs Sybil Stevens, at nearly 90, is stepping back from the role. She has coordinated inputs, typed them, printed them and arranged for distribution by all the willing volunteers across the village. She will be missed greatly in the amazing work she has done... but she will continue to arrange the distribution from her home at 32 Roundtown! We owe a huge debt of thanks to Sybil for her decades of tireless work on behalf of us all – thank you. She loves to see people so please continue to drop in and share your news.

**This Newsletter is issued by St Michael’s Church and includes all Village news and is locally printed in Aynho by “Ciceroni Travel”.**

**(Vol:695)**

## CHURCHWARDENS RAMBLINGS

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

The resurrection of Jesus Christ is the cornerstone of the Christian faith, signifying the fulfilment of God's plan for redemption and offering believers the promise of eternal life. It is a day of immense joy and hope, as Christians celebrate the victory of light over darkness, life over death, and the triumph of God's love for humanity. Easter Sunday itself serves as a profound reminder of the transformative power of faith and the enduring message of hope that resonates throughout the ages. It is a time for Christians to reflect on the significance of Jesus' sacrifice and the promise of eternal life.

The school holidays are here over the festive period and reaching into the middle of the month – our prayers are with those who can just have holiday fun, with those teenagers working hard for next term's important exams and for parents worrying along the whole spectrum and whose working lives constantly challenge. We have such a lovely village to be about in, and community and neighbours we can share burdens and have fun with, and we would all be better off if we made more of what we have so close by. It seems that the constant messages of mental health have some remedy around here if we get out and have apart of it. The active offerings in the pages of this Newsletter need all ages to join in and make more of the opportunities.....and we'll all be better off!

There is always a place for quiet reflection as St Michael's is open every day

**Kathy and Andrew**

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### Annual Parochial Church Meeting (APCM)

The APCM will be held at 2pm on Wednesday 17<sup>th</sup> April in the Church. All are welcome.

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## Fete – 9 June

**Purpose** – a village community event for enjoyment of everyone, friends and visitors

**Funds Raised** – any funds raised will go to Aynho Active for recreation and to the Community Fund to support other events for villagers

**Location** – On the Sports Field

**Time** – from Midday to about 4pm.

**Fun and Activities** – still making the list – but have booked “Ferret Racing” and the Banbury Rock Choir for entertainment. There will be many ‘normal’ Fete games and activities. Something for all generations

**Food** - Roman-style pizzas, bangers/burgers in buns, cakes and teas

**Stalls** – Cakes, bottles on the Tombola, Flowers, Crafts, Raffle prizes – and other offers

**Still Needed** – more volunteers and helpers to help prepare, set up, run stalls and collections, raffles, and clear up at the end. Thank you to those who have offered so far....but we need more hands to share the load. No previous experience required! Please share your time and join in – and bring your family and friends to enjoy the Fete.....and

**Save the Date!**

## IN YOUR VILLAGE HALL

(Bookings Secretary: Shirie Beaumont **Contact: 07878 430705**)

### AYNHO WRITERS GROUP **Contact: Keith McClellan at keithcarolmac@gmail.com**

Aynho Writers meet at the village hall Saturday 14th April 10.00 - 12.30. This month we had some entertaining contributions on *The Power of Music*, and *Road Ahead Closed*. Next month we have *The Teacher, or She heard a man shouting 'Get out, Get Out, Get out'. Then silence, no one came out.*

### AYNHO GARDENING CLUB 2<sup>nd</sup> Wednesday – 10<sup>th</sup> April 7.30pm.

**Contact: Annabel Bellamy 810847**

Our next Gardening Club evening will take place in the Village Hall on **Wednesday 10<sup>th</sup> April**. **Andrew Mikolajski's** talk about "**Gardening in the 2020's**" will help us adapt to a changing climate and he will also be discussing the movement away from the use of pesticides, fungicides, and weedkillers. I know he will give us loads of information on these subjects. Andrew was last here in Aynho in 2017 when he gave a wonderful talk about the garden at York Gate, Leeds. The talk will start at 7.30pm.

For any queries regarding the Gardening Club, please get in touch.

### AYNHO LADIES GROUP- 3<sup>rd</sup> Wednesday – 17<sup>th</sup> April 7.30pm

**An Open Meeting: Medical Detection Dogs a talk by Fraser Liversage**

**Contact: Jill Wightman. Tel 811206 Email: [jayrw10@gmail.com](mailto:jayrw10@gmail.com)**

At our March meeting Jonathan Clinch talked about his work at the Royal Academy of Music, the Academy's initial beginnings and an explanation of the actual tuition that is given to its students. He explained his interest in English composers and in particular his in depth research into Herbert Howell, (some of his music he played for us) and Elizabeth Poston who was able to make use of her musical talent and connections during WW2 whilst working as an agent. Thankyou Jonathan it was an excellent talk and very much enjoyed by everyone.

Our next meeting on the 17<sup>th</sup> April will be a talk by Fraser Liversage on the training of their dogs to give help to people with life threatening medical conditions giving them independence on a daily basis. He will be accompanied by one of his dogs so we will be seeing the results of the training involved. Another enlightening talk so we look forward to seeing you all in April. This again is an **OPEN MEETING** so everyone is welcome. **The entry fee for non-members is £3.** Meanwhile take care and enjoy the Spring.

This month's coffee morning is a joint one with MCC and will be **Hot Cross Buns**, **3<sup>rd</sup> April, 10.30am – 12 noon at the Cartwright Hotel. Booking is essential.**

### HISTORY SOCIETY 4<sup>th</sup> Wednesday

**Contact: Helen Mackenzie 07866 044985**

**Wendy Raybould - The West Haddon Enclosure Riots – APRIL 24<sup>TH</sup>**

We are delighted to be welcoming Wendy Raybould back to Aynho History Society to talk about the Enclosure Acts and rural unrest, especially in Northamptonshire and the village of West Haddon, where this led ultimately to riots, unrest and an uprising!

*"The law locks up the man or woman  
Who steals the goose from off the common  
But leaves the greater villain loose  
Who steals the common from the goose"*

We look forward to you joining us.

Membership is not required to attend. £3.00 entrance fee. Talk starts at 7.30 pm.

## **SHORT MAT BOWLS**

Tuesdays 2.30 – 4.30pm: New Members welcome.

The cost is £2.50 per session. Woods for bowling are available if you don't own your own.

**Contact: Carol McClellan 07398 210313 or email: [keithcarolmac@gmail.com](mailto:keithcarolmac@gmail.com)**

**TOP DANCE SCHOOL:** Latin & Ballroom Beginners Classes Thursdays 7-8pm.

For Adults IDTA Registered and Enhance DBS cleared. For more information or book a place **contact: Tizzy Jones on 0798687119 or email - [tizianajones@btinternet.com](mailto:tizianajones@btinternet.com)**

## **VILLAGE “OUTSIDE” ACTIVITIES**

**AYNHO APRICOTS CYCLING CLUB** - We meet on Saturday or Sunday mornings once or twice a month, for group rides with a stop for coffee/breakfast. We organize long and short rides, and we welcome cyclist of all ages and abilities, whether on road bikes, mountain bikes, hybrids or e-bikes.

**SOCIAL DOG WALKING** - 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 on the morning of the walk itself via WhatsApp with no pressure or regular commitment – just join us if and when convenient.

Please get in touch if you would like to join us: for all 3 of above please get in touch with:

**AYNHO RUNNING CLUB** - We usually meet on Sunday mornings at 9.0am on Portway for local runs. Routes and distances vary, but we tend to run around 5-10km on roads and sometimes trails at a pace which is comfortable for all. There is something for everyone, from experienced runners to those returning after a break, to those who are just starting out.

Please get in touch if you would like to join us. For all 3 of above please get in touch with:

**Faraz Shibli 07742 906780 Email: [faraz.shibli@oxon.org](mailto:faraz.shibli@oxon.org).**

## **WELL-BEING WALKS from The Pavilion Thursdays 10am**

**Contact: Dawn on 0792932294 or email [dawn.willis@aynho.org](mailto:dawn.willis@aynho.org)**

There are two walks led by qualified walk leaders. One walk is a leisurely stroll for approximately 2 or 3 miles and lasts just over the hour or longer if needed. We walk at the pace that is comfortable for all. The second walk is more challenging covering an average of 6 miles and lasting up to 2 hours. There is no need to pre book. We are a friendly bunch and welcome all new walkers. However, the walks are not suitable for pushchairs as we often go across fields. We meet at the Sports Field Pavilion and set off at 10am every Thursday morning, rain or shine. On returning to the Pavilion there is tea, coffee and a tempting selection of cakes for sale. There is no fee for the Health Walks but we do ask for a voluntary 50p to cover the running costs of the Pavilion. All you need is some sturdy footwear. Hope to see you there.

## **ALSO AT YOUR PLAYING FIELD & PAVILION**

### **MONTHLY MINDFULNESS WORKSHOP**

T'ai Chi Chih classes on Mondays: spaces available 11.30-12.30 and Qigong sessions Fridays: spaces available 11.30-12.30. Tea/coffee provided £8.00 pp.

**Contact: Kate Angell 07478 276891 or email: [kate@calmerminds.co.uk](mailto:kate@calmerminds.co.uk) to book a place**

## **AYNHO CRICKET CLUB**

**Contact: Oshy - 07540554721 or [oshy@ryanpont.co.uk](mailto:oshy@ryanpont.co.uk)**

With summer fast approaching, we're pleased to announce that Aynho Cricket Club is in full swing, preparing for the season ahead. Our first home fixture is taking place on Saturday 8th of June at 2pm, when we face Souldern. All support is encouraged, with a BBQ afterwards at the Pavilion.

Anybody interested in playing or just being a social member is encouraged to get in touch. All levels of experience and ability are welcome.

Following the success of last year, All Stars Cricket will run once again, providing 5-8 year-olds with a fantastic introduction to cricket. Register your interest here:

**<https://www.ecb.co.uk/news/3923524>**

## **AYNHO PARK CLUB DRAW**

This year we raised £1000 for Aynho Active by your generous donations, one winner asked for their donation to be sent to Aynho Active which meant we actually donated £1075.

Last year we had a monthly prize of £75 and the winners were announced in the Newsletter. If you want to be "**in it to win it**" then please send £18 by bank transfer to Aynho Park Club Sort code 30-11-08 Account number 00467143 with your name as the reference. If you would prefer to pay by cheque or cash please contact me by email [dixiedean1@gmail.com](mailto:dixiedean1@gmail.com) or drop round a payment to **16 Roundtown**. Thank you for your continued support and to those that have already paid.

**David Dean and Jeremy James**

## **AT THE 'CARTWRIGHT HOTEL'**

### **COFFEE MORNINGS**

**Contact: Jill Wightman 811206 Email: [jayrw10@gmail.com](mailto:jayrw10@gmail.com)**

**Wednesday 3<sup>rd</sup> April. HOT CROSS BUNS** for both **Aynho Ladies** and the **Men's Coffee Club** - cost £5. You do not need to be a member of either group but booking for this is essential.

**MCC Men's Coffee Club Wednesday 24<sup>th</sup> April**

This is an extra coffee morning for the Men's Coffee Club and is at the usual time of 10.30am – 12 noon at the Cartwright Hotel. If you would like to join us you would be very welcome. Just give me a ring or email me. The cost is £3.50.

### **SUMMER LUNCH CLUB** Thursdays 12.15pm

**Contact: Jill Wightman 811206 Email: [jayrw10@gmail.com](mailto:jayrw10@gmail.com)**

A big thankyou to Amanda for all her hard work providing tasty hot meals over the last six months they have been very much appreciated and enjoyed by all.

Lunch club now moves to the Cartwright Hotel and becomes the Summer Lunch Club! It will still be on Thursdays and at the usual time of 12.15pm. Those attending will be able to choose from the Cartwright's Market Menu which has been slightly adapted. If you are interested please contact me and I will let you have the menu choices. Orders will need to be in by Monday of that week. 2 courses will cost £17 and 3 courses £23.

### **BRIDGE CIRCLE**

**Contact: Kevin D'Silva email: [kevinds@salusinvest.com](mailto:kevinds@salusinvest.com)**

We meet one Monday and one Wednesday evening a month at the Cartwright Hotel. We are a very social group, and 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 if you'd like to come along.

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

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**CIH DOMESTIC SERVICES:**

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

Contact: **Chris Henson 07402 44969**

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**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](http://www.thesynergypractice.com)

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**TUSTAIN CARRIERS** – with village connections our local mover/carrier with Luton vans.  
Call: Jason on 07964 626325 or Email: [tustaincarriers@gmail.com](mailto:tustaincarriers@gmail.com) to discuss requirements or get a quote.

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**KATE ANGELL** Mindfulness Meditation and T’ai Chi Chih/Qigong Teacher. One to one and small group workshops and weekly classes.  
Call Kate 07478 276891 or email [kate@calmerminds.co.uk](mailto:kate@calmerminds.co.uk) for info/book.



**KATHARINE  
HOUSE  
HOSPICE**

### **Remember a loved one**

Celebrate the life of a loved one at our special Rose to Remember event this June. More than 350 roses will form part of a stunning temporary installation at popular National Trust property, Upton House and Gardens from 18 to 30 June. Each white rose will be hand-crafted especially for Katharine House by British Ironworks and dedicated to the life and memory of someone special. Find out more here: [www.khh.org.uk/rose-remember](http://www.khh.org.uk/rose-remember)

### **Start your day differently**

Looking for an unforgettable micro-adventure this year? Then join us for our Snowdon (Yr Wddfa) Sunrise Challenge this September and trek the highest mountain in England and Wales by night. An experienced mountain leader will guide the Katharine House team throughout the trek and you'll be rewarded with spectacular mountain views and lasting memories. Find out more about our brand-new fundraising challenge here: [www.khh.org.uk/snowdon](http://www.khh.org.uk/snowdon)

### **Where there's a will...**

Is making a will sitting unticked on your to-do list? Then we've got great news... We've partnered with expert online will writers, Octopus Legacy, to offer you the chance to write your will for FREE. Many people who use this service choose to give a gift in their will, but there is no obligation to do so. Gifts in wills are a vital source of funding for Katharine House. In fact, one in ten people are cared for due to the generosity of those who leave the hospice a gift in their will. Find out more about writing your free will here: [www.khh.org.uk/wills](http://www.khh.org.uk/wills)

### **Community Ambassadors**

We are delighted to now have a team of six incredible Community Ambassadors ready and waiting to represent the hospice. Our Community Ambassadors can: give talks, receive cheques at presentations, attend fundraising events and hold awareness stands. If you are hosting a community event or are part of a local group, school or business who would like someone to attend, you can now book a Community Ambassador by completing a form on our website: [www.khh.org.uk/request-a-CA](http://www.khh.org.uk/request-a-CA)

### **Having a spring clean?**

If you're having a clear out and have good quality clothes that need a new home, how about donating them to one of our seven charity shops across the area? Rather than throwing out your pre-loved unwanted items, donating to a charity shop is more sustainable and helps raise money for our hospice. Find the details for all our charity shops here: [www.khh.org.uk/retail](http://www.khh.org.uk/retail)

### **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](http://www.khh.org.uk/newsletter)