



Local Days Out Special page 13-16



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KJ Mobile Hair



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Articles:

Supplied in MS word. Please provide any photos or images including logos separately (jpeg files) that you would like in your article.

Deadline date to submit: 7th July 2021

Editor: Naomi Reddyhoff

info@windowonwallingford.co.uk

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Adverts will continue to run unless cancelled.



Can you find Walli in this months magazine?

Hi Everyone

Summer is finally upon us. Lots of us will be taking our holidays in England and looking for local days out to entertain ourselves and our families.

There really is a lot do locally, amazing how many interesting places and experiences are catering to all types of hobbies and age groups. We have put together a "Days Out" feature in the centre of the magazine to give you a taste of what is available locally and a bit further away. Some free some paid for.

Mystery Treasure Trail, The Earth Trust, Escape Rooms, Castles & Prisons and further afield a park full of crocodiles!!

As you know, we have a new Wallingford Mayor, Marcus Harris. He has written a piece for the magazine which we hope will become a monthly thing. Keeping you informed of what is going on in the town and the people who do all the hard work behind the scenes. Welcome Marcus.

As more and more clubs and facilities open, we are finally getting our usual editorial back. It truly is great to see. So thankyou and please keep your words flowing.

Check out what is happening at the Cholsey & Wallingford Railway, great things happening in December, I know that is a bit far away, but not to be disappointed, I'm giving you the heads up that you need to book!

So have a fabulous July, if you try any new experiences from our "Days Out" feature please write in and tell us all about it. I hope it stays hot and sunny.

Have fun and stay safe.

Naomi x

Maces Galore !



THE WALLINGFORD TOWN COUNCIL MACE

(Article submitted by Wallingford Government Officer Tracey Collins and Wallingford Town Mace Bearer Dave Turner)

The Wallingford Town Council Mace was made in 1650 during the time of Oliver Cromwell and was used during the reign of His Majesty King Charles II, who ascended to the throne in 1660.

The head forms the shape of the crown, which also carries the Orb surmounted by the Cross. The Crown, Orb and Cross being symbols of Royalty. Embossed around the head of the Mace four times, are the initials C.R.

Interspaced between the initials are four emblems – the Rose of England – the Harp of Ireland – the Thistle of Scotland – and the Fleur-de-Lys of France, the letters C.R. standing for Charles Rex. At the base of the Mace is engraved the Portcullis and the Seal of the Borough, the Knight in Armour.

Tradition suggests that the Wallingford Mace was used as a copy for the Mace of the House of Commons. An entry in the ledger states...



Dave Tuner bearing the Wallingford Town Mace

"The weight of this new mace for the Burrough is ninety-eight ounces and fourteen pennyweights, at seven shillings per ounce, wick comes to thirtie seven pounds, three pence, unguilt. The guilding of the mace cost nine pounds, the engraving of the armes of the towne upon the mace cost 5 shillings. Also ye case for the mace, with locke and keye to it cost ten shillings. Ye carriage of the mace from London to Wallingford cost three shillings and threepence. Making a total cost of £46-18s-3d."

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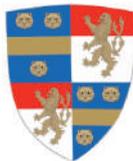
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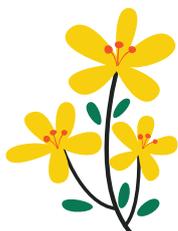
Since purchasing their flats the residents of Barnaby Court set up a Residents Gardening Club. The Gardening Club have received numerous compliments on the walls adjacent to Church Lane.

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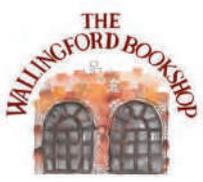
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As a part of the HENGE21 Festival in September 2021, you are invited to contribute your response to the amazing heritage sites of the Dyke Hills and the Wittenham Clumps.

You can exhibit as a budding artist, digitally, in the WW2 Pillbox (surely a first), or alternatively through creative poetry writing, with award winning poet and performer Jill Battson. In both cases your work will be included on the HENGE Festival website.

Below are details of the Art Challenge and the Writer's Workshop. Information of performance times and tickets will be on the website later. www.hengefestival.com
Instagram: [henge.21](https://www.instagram.com/henge.21) Facebook.com. [hengefestival](https://www.facebook.com/hengefestival)



The Henge21 event invites local poets, 16 and older, to participate in the festival by creating poems that relate to the circle of life themes of this year's festival. Poets are invited to join an intense, day-long workshop in the village of Dorchester on Thames on **Sunday, 1st August, (10 – 5)** led by our Henge21 resident poet, Jill Battson. In the morning we will visit the site of September's celebration – the Dyke Hills – for inspiration, gain insight on the history of Dorchester at the museum and spend the afternoon crafting and critiquing poems that will be published on the Henge21 website. Registration is £25 at: jillbattson@gmail.com

Jill Battson will perform at the Wallingford Corn Exchange on **Saturday, 31st July at 3:30PM**. Tickets available through the Corn Exchange box office at: 01491 825000



Our next event is the Autumn Show, on Saturday September 11th 2pm-4pm open to the public free of charge for viewing. Exhibitors are asked to complete staging between 8am-11am and there are categories for baking, photography, arts, crafts, needlework, horticulture, floristry and more. All ages and abilities are encouraged to enter, many categories are open to non-members. The Show Schedule is available to download from the website in early July www.wags-wallingford.com

Please get in touch if you have any questions about the event, stalls are available for hire at the show, sponsorship is available and raffle prizes are always welcome. Additionally if you can spare a few hours to help out on the day please make contact. Our Chairman and Show Secretary is Sandra on Tel 01491 836527 s.halstead2@btinternet.com

Our WAGS Garden Store is open every Saturday 11am-12 noon in Centre 70, there is parking for WAGS customers and we share the space with the Wallingford Local Producers Market. We have good levels of stock on peat-free composts, fertilisers and nutrients, weed and bug control, plants supports, plant canes, labels, grass seed, netting, membrane, fleece, ornamental bark, horticultural grit, aquatic supplies, grow bags and more. Come along and join or renew membership at £4 for the year per household. We also have the Dobies Seed and Plant catalogue available with a members discount code on seed orders.

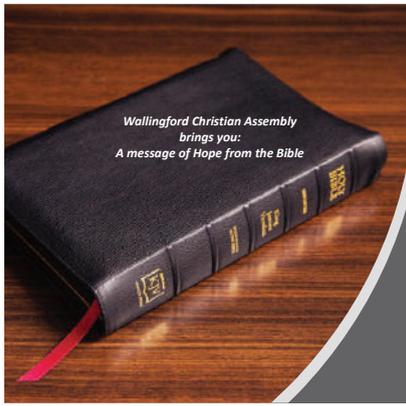
A huge thank you to all the WAGS members who supported the May 2021 Plant Sale and to the WAGS Committee who lovingly nurtured the plants in time for the sale. April-May was a challenging time for gardeners and allotment holders, temperatures were lower than we have become accustomed to in Spring time and the lack of rain in April meant many of us were watering plants. As I write this in mid-May, the rain is back but there is no warmth as yet and I look forward to June and July.

Happy Growing!

Jayne Page on behalf of the WAGS Committee

PS If you have an interest in plants and horticulture and have a few hours to spare to help out in the WAGS Store (once per month) please make contact with Sandra, as above.





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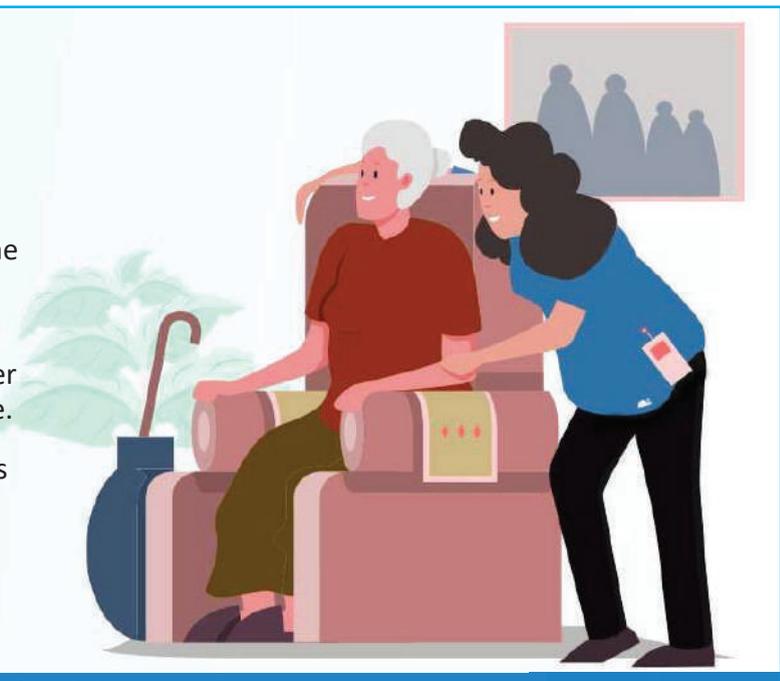
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Island Farm Donkey Sanctuary

Island Farm Donkey Sanctuary is a registered charity that cares for abused and ill-treated donkeys and other animals. Although we do not actively rescue other animals, those that have joined us in recent years include a sheep, some goats, chickens, geese, and ducks. We welcome visitors between 11am and 4pm daily. Although we do not charge an entrance fee, donations are appreciated. Dogs are allowed in the front paddock walkway on a lead. Based on current government advice, we can only allow entry to visitors who have made a booking. This may change from 21st June, check on our website www.donkeyrescue.co.uk. **To Book ring 07865 589896. The line is open every day from 11am to 5pm. Wallingford Old Didcot Road, Brightwell-Cum-Sotwell, Wallingford, Oxfordshire, OX10 0SW.**



Wallingford Museum

52 High St, Wallingford OX10 0DB, 01491 835065. www.wallingfordmuseum.org.uk. Wallingford Museum is a museum with collections of local interest, housed in a Tudor house in High Street, Wallingford, Oxfordshire. The museum has an extensive collection relating to the town's history. Displays include archaeology, Wallingford Castle, and the town in mediaeval and Victorian times.

Wallingford Castle Gardens.

Bear Ln, Wallingford OX10 8DR. The gardens were gifted to Wallingford for the quiet enjoyment of local people and offer a peaceful range of places to sit or wander. The Castle Gardens is a dog free area except for assistance dogs. www.wallingfordtowncouncil.gov.uk/town-council/council-services/parks-and-gardens

Wallingford Mystery Treasure Trail

A mystery is afoot, and it is going to take some serious super sleuths to get to the bottom of things. Are you up to it? The Wallingford Mystery Treasure Trail is waiting! **The Wallingford Treasure Trail starts at, Saint Martin's Street, Wallingford, Oxfordshire, OX10 0AL, England 01872 263692.**

Earth Trust

Earth Trust After a tumultuous 16 months, we are looking forward to summer here at Earth Trust! The wildflowers meadows on the Clumps are looking gorgeous and teeming with life. Why not download our family activity sheet to get everybody thinking while they're out and about - it includes lots to see, smell and listen out for in nature, as well as a look back in time for those local to the Clumps. <https://earthtrust.org.uk/family-trail/> But it's not just the Clumps that are worth a visit. Did you know that we look after over 500 hectares as well as community reserves in local towns? To help you explore some of the less familiar routes and sights, check out our digital map app. <https://earthtrust.org.uk/news/digital-map-app-now-available/> As we get all our activities up and running again, we need more people to help us. If you fancy trying something different, gaining experience in a new field, meeting new people or just getting out and about then have a look at our new volunteering opportunities. From conservation to fundraising and education, there's something for everyone! Check them out: <https://earthtrust.org.uk/support-us/volunteer/>

Pendon Indoor Model Village and Railways

is an excellent place to learn interesting information about the beautiful rural landscape in the 1920s and 30s using the most detailed and accurate models possible. **High St, Long Wittenham, Abingdon OX14 4QD. Opens 11AM Sat. 01865 407365 www.pendonmuseum.com/**

Riverside Pool Wallingford

Riverside Park and Pools in Wallingford, South Oxfordshire, offer a heated outdoor pool ideal for a family day out with a Splash Park for children. **Mon – Fri 07.00 – 18.00 Sat – Sun 09.00-18.00. www.better.org.uk . If interested in making a booking for the campsite, please email Riverside@gll.org or contact 01865 341035**

Bucklebury Farm & Deer Safari Park

Bucklebury Farm & Deer Safari Park is a 70-acre farm nestled in the beautiful Pang Valley in West Berkshire. The farmyard is home to a small herd of rare breed Berkshire Pigs, Pygmy and Anglo-Nubian goats, Alpacas, Donkeys, Shetland Ponies, Lambs and Chickens! The deer park is also home to Bucklebury Farm & Deer Safari Park's extensive deer herd with four different breeds including Red deer, Sika, Fallow and Axis. Tractor rides offer visitors special up-close access to this wonderful herd. **Daily Admission Season 2021 until the end of October 2021. Bucklebury, Reading, Berkshire, RG7 6RR. 0118 9714002. info@buckleburyfarmpark.co.uk**



Crocodiles of the World The UK's only crocodile zoo has one of the world's most diverse crocodile collections with 15 out of 23 species including the saltwater croc! There are daily feeds and talks and, for the brave, the opportunity to handle a baby crocodile or alligator for a fantastic photo opportunity! **Burford Road, Brize Norton, Oxfordshire, OX18 3NX, England. 01993 846353. www.crocodilesoftheworld.co.uk**

The Living Rainforest is an indoor greenhouse tropical rainforest. It is an ecological centre, educational centre and visitor attraction consisting of three glasshouses, operated, and run by the Trust for Sustainable Living. **Hampstead Norreys, Thatcham RG18 0TN. 01635 202444 www.livingrainforest.org**



Cholsey and Wallingford Railway is celebrating the opening of the restored Victorian Maidenhead Canopy with a visiting GWR locomotive throughout July. The Canopy was originally erected in the days of Brunel's Broad Gauge trains and has been completely restored and has already received nominations for prestigious National awards. The restoration, costing nearly £700,000 was funded by the Railway Heritage Trust.

For the weekend of 9-11 July there will be a "Beer Festival" at the station with several traction engines of one sort or another in steam too. Later in the year it is hoped that another steam locomotive will join our resident Sentinel loco and be running on the railway. Finally, with permission from Warner Brothers, we will be running 'The Polar Express' this Christmas (tickets go on sale 25th June). We will have a genuine US steam locomotive pulling five coaches as we steam to the 'North Pole' where Father Christmas may live, the whole event is a theatrical performance lasting over one and half hours. **5 Hithercroft Road, Wallingford, Oxfordshire, OX10 9GQ. 01491 835067**



Curious About Henley On Thames

Have fun discovering Henley-on-Thames, spotting things you've never noticed before, with two quirky treasure hunt style heritage walks - a safe, fun and affordable way to get some fresh air and exercise.

Curious About Henley visits not just the obvious places, but some unusual ones too, with hidden treasures to discover. Suitable for all ages, the walks take 1-2 hours each and are wheelchair and buggy friendly. Each 16-page booklet contains two walks, a brief history of Henley, a detailed map with two walking routes marked on, and a series of directions and clues (Hints as to where to find the answer, and the answers can be found towards the end of the booklet). You will also find ideas for things to see on the way, pictures to identify & some interesting snippets about the people & events that have shaped Henley.

Visit www.curiousabout.co.uk/henleyonthames.html then buy in printed booklet format or instant download format (you print at home, or download to your mobile device), then explore with your household.

Use code WoW15 at checkout for 15% off all purchases.

Have fun, stay safe & be curious!

Didcot Escape Rooms

Our Escape rooms are great team building exercises, which are perfect for work events, parties, families, or groups of friends. Work together in teams of 2-6 players and use your analytical skills to solve puzzles, riddles and ultimately, escape the room. **www.didcotescaperooms.co.uk. It is a bit tucked away so if you can't find us call us on: 07580103075**

Basildon Park

Our gardens, parks, cafés, shops and countryside locations are open. Advance booking for visits helps us keep everyone safe and socially distanced. When space is available, particularly on weekdays, pre-booking isn't always necessary. But to guarantee entry, please always book in advance, especially at busier times like weekends and bank holidays. Please check the property webpage before you travel and follow government guidance when you visit. **Lower Basildon, Reading, Berkshire, RG8 9NR. 01491 672382 www.nationaltrust.org.uk/basildon-park**

Stonor Park

Henley-on-Thames. Looking for a great day out? Look no further than Stonor Park in Henley-on-Thames, where you'll find a majestic stately home (open on select days) to explore and an incredible outdoor adventure play area that's perfect for little minds and bodies. **Stonor Park, Henley on Thames, Oxfordshire, RG9 6HF, England 01491 638587**

Milletts Farm Centre

The farm is home to many farmyard favourites as well as rheas, alpacas and black Dexter cattle, originating from around the world. Browse the fresh produce sold in the farm shop where you can enjoy home baked bread, some of the best local meat or award-winning apple juice. Refreshments available. Garden Centre. Seasonal events. A perfect day out for the whole family! **Kingston Road, Friford near, Abingdon, Oxfordshire, OX13 5HB, England. 01865 392200. www.millettsfarmcentre.com/**

Milletts Farm Falconry

With over 70 birds of prey to see, from huge eagles to tiny owls, and is a great place for kids to learn about these magnificent creatures. Daily events to allow you to find out what these birds are capable of and how they hunt in the wild. In the morning, there is training with young birds, followed by a flying demonstration, in the afternoon, a keeper talk, two more flying demonstrations and a chance to see vultures and wild kites being fed. Want more? The centre offers several experiences, lasting between an hour to a day. **Kingston Road, Friford, Abingdon, Oxfordshire, OX13 5HB, England. 07912 357484 www.millettsfarmfalconry.co.uk**

WhizzKidz

Our indoor play areas consist of a giant play frame, toddler play frame, sports arena, bouncy castle, cannons, giant slides, Wow Zone and so much more. There is comfortable sets for parents, together with a Coffee Shop providing hot food and an extensive range of snacks and drinks for all ages. 2 to 6 **Jefferson Way, Thame, Oxfordshire, OX9 3SZ, England. 01844 217555. www.whizzkidz-thame.co.uk**



Oxford Castle & Prison

Explore the 1,000-year history of Oxford Castle & Prison. Step back in time with our costumed guided tours and listen to fascinating stories as they are brought to life. Discover the great tales of Empress Matilda, the curse of Rowland Jenkes, and the unfortunate fate of Mary Blandy. Climb the 101 steps of St. Georges' Tower to find uninterrupted views of the dreaming spires of Oxford; descend into the atmospheric candle-lit Crypt of St. Georges' Chapel, which has ties to Arthurian Legend and the beginnings of the University of Oxford. Wander the prison corridors, taking a look inside real jail cells where notorious prisoners were once held. After your guided tour, you can explore the site at your leisure. Hear the walls talk in our interactive padded cell and enjoy learning more about our history in the exhibition space. Head outside and climb to the top of the mound, the remains of our motte and bailey castle. **44 to 46 Oxford Castle, Oxford, Oxfordshire, OX1 1AY, England. 01865 260666**

The Ashmolean

The Ashmolean Museum is Britain's first public museum and home to the University of Oxford's world class collections of art and archaeology. There is so much to discover, from paintings and statues to ancient Egyptian mummies and samurai warriors. To help you search the galleries, there is always a range of family gallery trails available at the information desk to capture the kids' interest. We have a programme of family friendly drop-ins where you can come and get arty and make something to take home. Special drop ins for under 5s are also available. **Beaumont Street, Oxford, Oxfordshire, OX1 2PH, England 01865 278015.**

Cutteslowe Park and Miniature Railway

The largest park in Oxford spans 42 acres and holds a green flag award. Pick up a map from the kiosk and go orienteering or come armed with swim gear, towels and changes of clothes and let the children loose on the paddling pool as you lap up the sunshine. **Harbord Road, Kidlington, Oxford, Oxfordshire, OX2 8NP, England. 01865 252240**



Pure Boating.

WELCOME ON BOARD! It is great to see so many local Wallingford residents coming back to enjoy our fleet of electric boats at the Boathouse pub. We have added an Edwardian replica launch at the Beetle and Wedge in Moulsoford which is also bookable online at **www.pureboating.co.uk**. Regular visitors to Beale Park may have noticed our 4-seater electric boats on the inner lake named after local waterfowl - Grebe, Moorhen, Mallard and Coot.

Wellington Country Park

You can stay over at the campsite to ensure you get to see and do everything! Ideal for families, the park is all about enjoying the great outdoors and encouraging learning through play and imagination. The adventure play areas & toddler play area have age-appropriate activities such as zip wires, balancing beams, slides, swings and climbing frames. Children will love bouncing on the giant, colourful jumping pillow and playing on the full-size snakes and ladders. Make sure you bring a bucket and spade to play in the sand pits. **Wellington Country Park, Odiham Road, Reading, Berkshire, RG7 1SP, England. 0118 932 6444. www.wellingtoncountrypark.co.uk/**

River & Rowing Museum.

Get carried away by the art and stories at this beautiful riverside Museum in Henley on Thames. Beyond its beautiful riverside location and award-winning building, the Museum's doors open onto art, history, conservation, and the international sport of rowing. The galleries include interactive displays, stories and objects of international significance, including the family-friendly 'Wind in the Willows' gallery and the UK's only dedicated gallery to local Modern British artist John Piper, which opened in 2016. The Museum hosts a lively programme of special exhibitions from partners such as the National Portrait Gallery, the Ashmolean, Seven Stories, the V&A, and the Hayward Gallery. Twice shortlisted for Family Friendly Museum of the Year, the Museum is a registered charity. Take time to include a delicious afternoon tea or lunch at the Museum's Chocolate Café, with its stunning terrace overlooking Mill Meadows. The Museum Shop sells high quality local products, supporting local artists and designers, as well specialising in children's books and games, fashion, and craft. **W: rrm.co.uk T: 01491 415600 E: museum@rrm.co.uk**

Beale Park.

SAFARI SUMMER. Beale Wildlife Park near Pangbourne is particularly well known for its huge range of wildlife – over 160 species of birds and animals – from lemurs to zebras – including several rare breeds. There is a growing family of farmyard friends, headed up by a cute team of Shetland Ponies. The 350-acre riverside site also boasts beautiful gardens, playgrounds, a new jumping pillow, narrow gauge railway, splash pool and more. An Honesty Group café recently opened and joins the long-established Peacock Restaurant. Situated in the beautiful Pavilion, it is open 10am-5pm daily for drinks (including proper coffee!), snacks and lunch – including a selection of vegan and gluten free options.

Over the school summer holidays, there will be six weeks of extra activities at Berkshire's only wildlife park. Plans are being finalised but are likely to include a bouncy castle slide, electric safari jeeps, pond dipping, bug box building, electric boats on the lake and a trail. Please check the website at bealepark.org.uk for latest information and to pre-book tickets

Beale Wildlife Park also offers plenty of other special activities for all ages, including an after-school Zoo Club, a baby and toddler group twice a week (free with park entry) and birthday parties. Every Friday during term time, children can enter the park after 3.30pm for just £5, with one free adult per paying child.

The park is grateful to the support of its visitors and neighbours over the COVID-19 pandemic. The first-hand awareness we and parks like us help to generate amongst the adults of tomorrow is vital to the long-term survival of fragile species and the wider cause of conservation. A recent study found that 48 bird and mammal extinctions have been prevented by conservation efforts, including reintroduction programmes and zoo-based conservation. Long term commitment through memberships and donations gives us certainty and helps to secure our future.

Lower Basildon, RG8 9NW. Contact: www.bealepark.org.uk. 01189 767480 or admin@bealepark.org.uk



Didcot Railway Centre. Didcot Railway Centre offer a fine collection of steam locomotives in the engine shed and depot. There is a reconstruction of Brunel's original broad-gauge railway with a replica of the Fire Fly locomotive built in 1840 and a country branch line has been created. On Steam days, there are rides on the steam trains. Follow the Archie the Engine Driver trail to find out what there is to see. **Family activities during holidays. Didcot, Oxfordshire, OX11 7NJ, England. 01235 817200. www.didcotrailway-centre.org.uk/**

Didcot Wave Leisure Pool. For ultimate family fun, head down to Didcot Wave Leisure Pool with a crazy wave machine, giant flume ride and beach area you're set for a day in paradise. **Newlands Avenue, Didcot, Oxfordshire, OX11 8NX, England 01235 819888**



Family Day Adventure

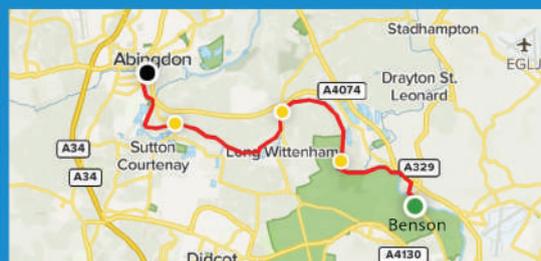
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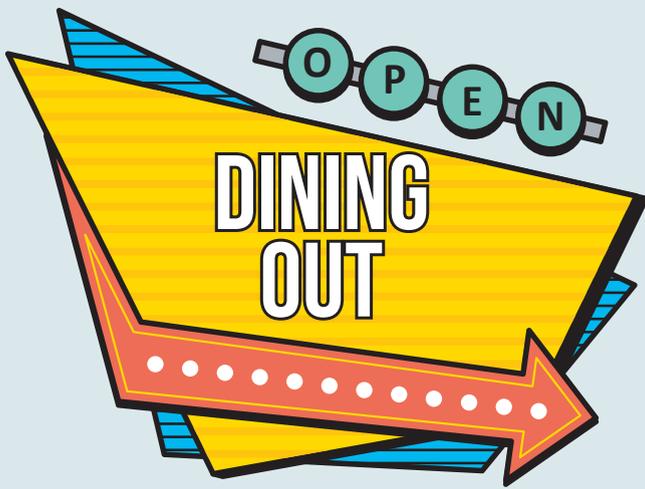
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Burn baby Burn... With summer in full swing, the air is rich with the aroma of delicious grilled food. Or thick with the stench of burnt offerings to the charcoal god, depending on your skill at the grill. National BBQ week kicks off on July 2nd this year, hopefully without restrictions on social gatherings. Started in 1997, when annual BBQ's were estimated at 9 million, popularity has increased to approximately 135 million. Last Easter, around 11 million households slapped their dinner on the outdoor grill. A trend towards home-centric lifestyles, will see these numbers increase. Drag the rusty but trusty half barrel from the shed, or order a shiny new gas-powered model online. All palates are covered, meat, fish, vegetarian or vegan. The only rules are, it must be grilled to within an inch of its life with burnt bits around the edges. It should also be enjoyed outdoors with good company (and maybe the odd tipple).

Al Fresco... For those of you that like adventure with your outdoor dining experience, then July is ideal. The whole month is declared National Picnic Month! Pack the hamper and head for the great outdoors. I love a picnic, hours of sport swatting flies and saving precariously balanced wine glasses from spilling. At least one of the kids will get bitten or stung by some hairy and hideous flying creature. Picking sand from your sarnies requires a certain level of skill too, if you are lucky enough to be on a beach for your picnic. We are blessed to live in a beautiful part of the world though, with lovely countryside all around. Choose from down by the river, up on the Clumps, or along the Ridgeway? Take a short walk from home, or load the car for a drive in the country. While the more adventurous, don their boots and go for a good old hike to build up an appetite.

You've got a friend... On the subject of special dates, International Day of Friendship, falls on July 30th. Due to the pandemic, you may have either sadly missed, or heavily relied on your friends. Vulnerable individuals were either shielding, or too distant with travel restrictions in place. And there are those that have relied on mates for help and support through the worrying times. The lucky ones should remember, not everyone has a family to constantly get on their nerves during months of lockdown and home schooling. If you haven't been able to see your friends during these hard times, then what a wonderful way to celebrate a reunion, with an al fresco nosh up! Or if you were fortunate enough to have a pals who helped you cope during the pandemic, then what better way to say thank you?

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NASIO TRUST
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Wallingford based runners Bryn Davis and Conor Rourke are no strangers to incredible challenges for charity.

Passionate supporters of the Abingdon based charity The Nasio Trust, their

previous challenges have included running 100 miles in just 24 hours in 2019, and completing a half marathon every day in May during lockdown last year.

The intrepid runners have set themselves an incredible new challenge of running 500 miles in July to raise funds for Nasio, who support vulnerable children and their communities in western Kenya. The pair will be pushing themselves to run long distances every day in July, including taking part in the 100km 'Race to the Stones' on Saturday 10th July. This is a challenging route which finishes at the iconic ancient Stone Circle at Avebury. Bryn explains that their 500 miles challenge is "by far the toughest yet".

Bryn and Conor are inviting others to join them on their runs and would love to involve as many people as possible to help fundraise. Funds will go towards the expansion of Nasio's Medical Care Centre, which provides lifesaving care to the Kenyan communities.

Local businesses in the Wallingford area are getting involved too. 'Run Wallingford' are encouraging their members to take part, while 'Runwise' are supporting the event and producing the running vests and Nasio t-shirts. The official start and finish of the challenge will be held and celebrated at the 'Cross Keys' pub, with the Mayor of Wallingford, Mr. Marcus Harris, officially opening the event.

Nancy Hunt, CEO of Nasio said: "It's easy to take accessible healthcare for granted in the UK. In western Kenya healthcare was simply not available to people in desperately impoverished communities, until we opened our Medical Centre in 2016. It provides crucial health care to the vulnerable children and families that we support, along with the surrounding community. Funds raised by Bryn and Conor's 500 mile challenge will help us to provide more lifesaving care. We are so thankful to have their incredible support and wish them luck!"

To find out more about the challenge visit thenasiotrust.org/bryn-conor. If you'd like to donate you can do so at the nasiotrust.org/bc-donate and if you would like to join in the challenge please contact chantelle.mcdowell@thenasiotrust.org.

Nancy Hunt, Bryn Davis and Conor Rourke are available for comment or interview.

For more details contact Chantelle on
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Wallingford Bookshop Review

Summer is finally here!

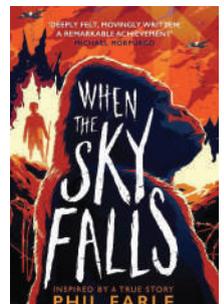
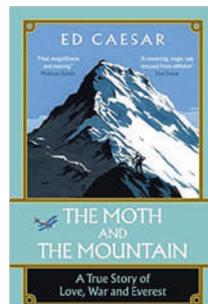
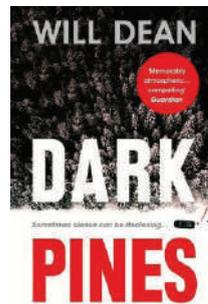
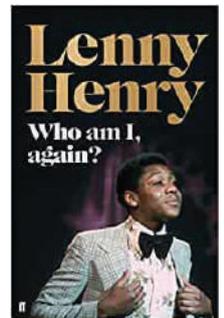
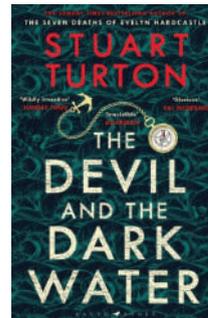
After a wet spring sitting indoors reading, we can now go and sit in the sunshine and read new books! It is lovely to have you all back in the shop and there are so many new books to browse. My favourite is *The Devil and the Dark Water* by Stuart Turton (pb, £8.99), a twisty thriller set on a ship of the East India Company heading home from Batavia when strange symbols and unexplained deaths start to occur on board. Soldier Arent Hayes must solve the ship's mystery while his friend and employer, Samuel PIPPS is imprisoned in the rank hold of the ship, being transported back to Holland for a crime no one will dare speak of. Turton's first book, *The Seven Deaths of Evelyn Hardcastle* was a country house mystery with homages to Agatha Christie and this follow up is again a Christie-esque 'locked ship mystery' while PIPPS and Arent are a new take on Sherlock and Watson.

I have also been loving *Dark Pines* by Will Dean (pb, £8.99) and the new Sarah Winman *Still Life* (hb, £16.99) has just arrived. There is a lot of brilliant non-fiction arriving as well including *The Moth and the Mountain* (pb, £10.99) about the attempt by Maurice Wilson to become the first to summit Everest by flying a Tiger Moth onto the mountain and summiting. The new autobiography by Sir Lenny Henry *Who Am I, Again* (pb, £9.99) has him telling the story of his childhood and rise to fame from his family life in Dudley to his first appearance on tv aged 16.

Our children's section is also booming! *Rainbow Grey* is the new book from Amelia Fang author Lauren Ellen Anderson (pb, £6.99) and is SO pretty while the new books from Phil Earle, *When the Sky Falls* (pb, £7.99) set in a zoo during the Second World War is beautiful.

Whatever the weather there are always new books!

Wallingford Bookshop



Wallingford Town Council has accepted a £300,000 grant offer from Historic England to restore and conserve the Remains of the College of St Nicholas in the Castle. This wall fragment is the largest surviving piece of stonework from the the once mighty castle, seats of the heirs to the throne, which was dismantled stone by stone on the orders of Oliver Cromwell in 1652.



It was first built by order of William the Conqueror, who negotiated the surrender of the English crown to him here in November 1066. It took advantage of the existing Saxon 'wall' on the north of the site, which was the huge earthen rampart first built in the time of King Alfred, c. 890 to a height of 10 metres, and made it a defence for the new castle. In the mid-thirteenth century the castle reached the height of its magnificence, with three stone walls on three sides and three water-filled moats (not all moats had water!). At no time in its existence was the castle ever successfully besieged or stormed. In the end, in 1646, holding out as the last hope of Charles I, its garrison surrendered to Cromwell on the king's orders.

The first phase of work will be a series of surveys, starting in mid-July. The project will be finished by late November 2022. There will be plenty of opportunities to follow the work on site, and to visit exhibitions in the town. Work will also be starting with volunteers from the town on clearing the ditches of the Saxon ramparts or banks in the Bullcroft and Kincroft. These ditches held flowing water until the 1970s, since when they have filled with leaf debris and other forms of rubbish. We'll also be talking about the importance of this work, so look out for the banners and invitations to events.

Cllr Katharine Keats-Rohan

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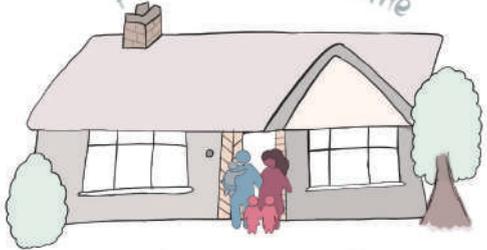
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WHAT'S ON!

Thameside (Wallingford) U3A

As you read this our Northumbria holiday will be underway, having been postponed from last year. This is followed by an outing to the Isle of Wight in July which was so oversubscribed that we have laid on an extra coach. Provided there are no further Covid 19 restrictions we are gradually picking up the threads of our normal activities.

We are continuing with our popular Zoom speaker meetings for the time being and we're checking whether our usual venue will be ready for when we can all meet up again.

Most of our interest groups are continuing their meetings on Zoom and we have proposals for eight new groups; a sure sign that our members are keen to pursue new interests.

We're also seeing an increase in new membership applications and despite the difficulties of the past year we've had the best ever rates of membership renewals.

The other highlight of the summer is the resumption of our annual Garden Party in August which is at Crowmarsh Village Hall this year. Keep an eye out on our website and newsletter for further details.

For more information on our organisation please visit our website at: www.thamesidewallingfordu3a.org which has links about joining our friendly organisation.

Neil Kelly

Music at St. Peter's - still at St Mary's

Saxophones galore!

We've had a wonderful start to the season, with a sell-out at our two shortened opening concerts at the end of May. It was great for musicians and audience alike to get back together!

So, what next?

Professor of Saxophone at the Royal Academy of Music - sounds a bit dry and dusty? Not a bit of it - local celebrity Huw Wiggin is a complete entertainer on his chosen instrument. He charmed us all with a dazzling solo display in 2016, but this time comes as part of the Ferio Saxophone Quartet. It's a varied programme from Bach and Bizet to Gershwin, and right up to date with Hugo Reinhart and Guillermo Lago. They make a great sound together - look them up on YouTube for a preview. This is on Saturday 17 July at 8pm at St Mary's Wallingford. It is part of Music at St Peter's summer season of live chamber concerts, relocated to St Mary's to give us more space. We are really hoping for social distancing will be relaxed by then - the concert will go ahead anyway but will sell out really quickly if numbers are tight!

Tickets are £16 and you'll need to book on line at www.musicatstpeterswallingford.org.uk or you can phone Jules on 07968 703079 to reserve tickets. Give me a call if you're struggling - Roger Morgan on 01491 837494.

CORN EXCHANGE CINEMA

All performances start at 7:30pm

Tickets £8 for Adults and £5 for under 15s

Thursday, 1st July, 7:30pm

Cruella (12A)

Friday, 2nd July, 7:30pm

In the Heights

Saturday, 3rd July, 7:30pm

In the Heights

Sunday, 4th July, 7:30pm

In the Heights

Monday, 5th July, 7:30pm

The Reason I Jump (12A)

Tuesday, 6th July, 7:30pm

The Reason I Jump (12A)

Wednesday, 7th July, 7:30pm

The Filmmaker's House (12A)

Thursday, 8th July, 7:30pm

The Filmmaker's House (12A)

Friday, 9th July, 7:30pm

Nashville (PG)

Sunday, 18th July, 7:30pm Young Audience Film Night

Film to Be Announced shortly

This is a new Corn Exchange initiative; a young film programmer's group in association with the British Film Institute to curate, select and market a film for 16-30 year olds. We will be showing their selection of films over the next few months and hope that it will become a standard feature at the Corn Exchange. Anyone interested in joining the film programmer's group should email us on youngfilms@comexchange.org.uk

Wallingford and District Art Club

WADC invite you to spend an evening in the company of guest artist **Paul Oakley on July 20th**. Paul is based in Wiltshire and will be painting a Landscape in Oils, his preferred medium, via an online Zoom session. Originally planned for June, the demo had to be substituted for one by Robert Dutton. So, we are delighted to finally welcome Paul and his oils. If you are interested improving your painting skills and would like to attend classes, tutored sessions in Wallingford are held every Tuesday morning and afternoon. Please contact admin@wallingfordartclub.org.uk or visit the club website www.wallingfordartclub.org.uk if you are interested in joining the club, the tutored classes or purely for the online demo. We are also planning an outdoor painting day for club members later this summer, another good reason to join this friendly creative group!

Wind in the Willows

This Summer you can see DADS' outdoor production of Kenneth Grahame's timeless classic The Wind in the Willows in two wonderful and atmospheric locations.

There will be lots of fun as we follow the adventures of Mole, Rat, Toad and Badger as they spend their summer days messing about on boats, exploring the Wild Wood, and trying to save Toad Hall from weasels and stoats.

Dorchester Abbey, Cloister Gardens 22nd to 14th July - Thursday and Friday, 7 pm; Saturday 2 pm and 6 pm

Tickets for performances in Dorchester Abbey's beautiful Cloister Garden: £7 and £4 for those aged 4 to 12 and are available from www.ticketsource.co.uk/dads.

Peel Fold, Henley 29th to 31st July - Thursday and Friday, 7 pm; Saturday 6 pm.

Performances at Peel Fold, Henley are in aid of the Kenton Theatre as part of their 'Summer Roadshow'. Peel Fold is a stately home on the banks of the Thames, near Marsh Lock and was formerly the home of celebrated actress, Lady Beatrice Lillie. The grounds are lovely and we will be performing between one of the willows and a magnificent thatched boathouse! Tickets for Henley are £15 and £5 for under 16s, available from <https://kentontheatre.co.uk/event/kenton-summer-roadshow-2021-the-wind-in-the-willows/>.



Wallingford Museum News

Join in with Wallingford Museum's Family Archaeology Day and be part of the UK's biggest celebration of archaeology, on the 24th July 2021. Come and meet our experts, bring along your special fossils and finds from gardens, allotments, fields and beaches. Plenty to do for all. Drop-in, between 1100 and 1600.



We are delighted that the museum will be open for the season—please check the web site for opening times. Our amazing new exhibit, the new Wallingford castle model will be on display.

Wallingford Museum's dedicated team of researchers have worked with architectural model maker, Ben Taggart, to create a 1:300 scale model (1.5m x1.6m) of Wallingford's royal castle as it may have been in the mid-14th century.

All planning is subject to government guidelines for Covid-19 prevention, please check the web site for confirmation www.wallingfordmuseum.org.uk. Museum admission will be free, until fully open, donations welcome.

The museum will celebrate its official 40th birthday in September.

Museum Bookshop

We have an excellent selection of good second-hand books (both fiction and non-fiction) at sensible prices. We look forward to seeing you - it's free to browse!

Town and Castle guided tours

Wallingford Museum's experienced team are now taking bookings only for historical tours of the town or castle - with social distancing in place throughout and any other necessary precautions. (Please read the essential guidance on the web site before booking)

To Book a tour

- All bookings are via email: pburton6@talktalk.net or via the website
- Request a day and time to suit you and we will do our best to arrange it.
- Request either a Town or a Castle walk.
- You will be contacted by email to confirm or adjust arrangements.

Arrangements

- Tours will meet beneath the Town Hall in Wallingford Market Place.
- You will be in a group of no more than 6 people (incl Guide) on any tour.
- Cost is £10 per head, for a tour lasting between 90-120 mins.
- Payment must be made in cash on the day.
- Exact money must be handed to the guide in an open envelope on which you have written a name and phone number for each participant, to allow compliance for Track and Trace. We shall look forward to hearing from you.
- (For General Museum enquiries please contact the curator on 01491 651127) www.wallingfordmuseum.org.uk

In the meantime we invite you to browse the new Wallingford Museum web site - www.wallingfordmuseum.org.uk to discover more about the model and the castle by checking out our video clips, some filmed on the site of Wallingford Castle.

The Wallingford Historical and Archaeological Society, Zoom talks for members. Please see the website for further details: <https://www.twhas.org.uk/meetings-programme.html>

14 July (Weds)

Steve Capel-Davies: 'The River Thames - How it Shaped our Region'

The talk will look at how the Thames has influenced settlement in the region from earliest times to present. This will include considering the role of the river as a boundary / line of defence; crossing the boundary; the working river including navigation trade and mills, followed by its use for leisure.

Sue Wright

Wally Wellbeing

"I've been getting out into nature and walking, either on my own or with dogs, to manage my bipolar disorder for years. It helps to keep me calm and physically healthy, and I love taking the time to be mindful of all the beautiful green spaces around me, even when living in a city. Watching the birds and squirrels always has a calming effect and takes me out of my own head."

National Mind

Frank Lloyd Wright had said, "Study Nature, love Nature, stay close to Nature. It will never fail you." Frank Lloyd Wright was an architect who believed in designing in harmony with humanity and the environment, a philosophy he called organic architecture.

"We must cherish the natural world because we're a part of it and we depend on it."

Richard Attenborough

Nature and what it can do for us, is phenomenal. We underestimate it hugely. We need to go back to nature in order to feel our best. If you ever feel low or rotten then go for a walk amongst the trees. It is proven that can help. It is a feeling that can improve our wellbeing.

Nature is a natural tonic, the greenery, the calming feeling it gives and the fact its natural surroundings can all bring an inner feeling of relaxation. Try it and see, if you have a park near you, or a wood or forest it can work wonders. I go regularly to the castle meadows in Wallingford and it makes me to feel rejuvenated. It helps hugely and can be so beneficial. It only takes an hour or so to spend time amongst trees, animals, grass, water in its natural habitat and the list goes on. No matter where you go, even in your back garden being in green spaces will enable yourself to feel miles better.

I know for me that if I don't go to these green spaces for a couple of days I begin to feel a bit stressed. As soon as I see the meadows coming towards me I know those stress levels are dissipating. There is something in nature that helps us to feel at ease with our bodies, our mind and our soul. It is like we have been there before and we are reminded of it. If we have been amongst concrete too much we sometimes don't realise how it makes us feel, we get lost in ourselves and subconsciously we know we need to get out.

Spending time in green spaces such as parks and meadows increase opportunities to feel better (walking, gardening, playing). This improves mental health and physical fitness in adults and children who take the time to spend time here.

Nature-friendly settings in urban areas can be useful in promoting social connections and interpersonal communication. So, going to the park in your local community can improve your life, especially if there is a café there. These sorts of situations are increasing all the time.

Contact with nature in any form enhances spiritual health with a profound insight into wellbeing with an urgency to be in it.

Children who can be encouraged to spend time outdoors have good physical and mental health. They are less prone to problems like obesity, asthma, childhood anxiety, and depression, and have more ability to be self-connected. Forest schools that have been part of the curriculum are so good for children, spending time outdoors is a wonderful thing for them. They learn gardening and bushcraft which can set them up for life.

Older adults, who have spent more time greener spaces feel more positive and hopeful.

Teenagers who have had a close connection to nature when growing up are more emotionally charged and have developed better coping skills.

The natural world is as vital as a natural cleaner. We depend on trees to absorb carbon dioxide. If we didn't have this happening we would be in great trouble in life. We need to keep trees planted regularly. Generally, the air in natural settings is cleaner and helps to keep our bodies healthier. We need this to help combat the pollution we breathe in, from our cities and being in concrete areas. We are meant to spend time in nature, it is what we originally did before modern life bit us!

Try going for a walk and spend some time in a green area near you. A park, the river, a wood or a forest. Breathe in the air, listen to the birds, look at the trees. Be mindful and be aware, this will set you up for so much positivity moving forward.



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Hello Wallingford,

We are once again at the start of a new Municipal Year, and there are a number of changes to report; not least of which is that you have a new Mayor and therefore new author of this article. I was sworn in at one of the last online meetings that we were allowed to have, and will be chairing live meetings from now on- I also appointed long time Wallingfordian and manager of KP Dan Beauchamp to be my Deputy.

Changes also in the Town Support team: Barbara Atkins has decided that after 18 years of service to the Town, to go and enjoy a well-earned retirement. As a result, Tracey Collins has been promoted to the Senior Administrator role and takes on the Senior Administrative responsibility, whilst also orchestrating all of our Civic events and keeping the Mayor organised.

More recently the Town Clerk, Paula Lopez, has decided that after seven years at the helm and having taken the council on a modernising agenda, it is time to move on to new challenges. I'm sure you will all join with me in thanking both Barbara and Paula for all of their hard work and commitment to Wallingford over many years.

Tracey alongside Michelle- our Responsible Financial Officer, the lady who excellently balances the town's books (no easy task)- have picked up some of that work load, and an interim Clerk has been appointed to ensure we keep on the legal straight and narrow. We are going through the interview process as I write this.

Rounding off our superb team in the office we have Jacqui and Emilie, our two Local Government Officers: Jacqui has thrown herself into COVID legislation in her Health and Safety role, she is building a new website and is also dealing with parking in our small Castle Yard, our River Moorings and more. Emilie will be raising and preparing agendas and minutes, responding to queries from members of the public on matters as varied as weddings and events, benches, litter, moorings, Christmas, bookings and also more!

Please give the team a call on 01491 835373 if there are any Town issues we can help with.

I was told not to go on too long, so I hope you are still with me... There are a lot of things on our agenda such as the Regal rebuild, the Town Hall refurbishment, Bullcroft development and our Castle and Saxon earthworks' renovations. In addition, we are putting together a much needed programme of renovation for all of the Wallingford Town and Bullcroft properties whose income reduce the rates significantly every year. Overall, we want to bring more life and colour back into Wallingford and see the clubs, theatre, Churches, shops, bars and restaurants flourish. More than enough for a new Mayor to get his teeth into!

Finally- at our recent meeting, it was agreed to return the benches to our historic Market Place and to formally accept the grant offer from Historic England that Katharine Keats Rohan and the team have worked so hard to achieve. Work to repair the Castle will begin soon.

OK, enough waffle- thanks for reading, and see you next month.

Marcus Harris, Mayor of Wallingford

Citizens Advice needs volunteer advisers

There comes a time for all of us when we face problems that are too stressful or complicated to sort out alone.

Last year – one of the most difficult - our 90 advisers advised 9,000 clients on over 20,000 problems. We helped four in five resolve their debt, benefits, employment and housing problems. Many of these were caused by the Covid-19 crisis.

We now need more advisers as we move into the pandemic recovery phase.

Our main offices are in Abingdon, Didcot, Henley and Thame. Since March 2020 our volunteers and staff have been advising the public from home on our Adviceline service. Recently we partially re-opened our offices, in part to train new advisers.

What will you get out of it? You will join a friendly team, meet new people, develop your skills and make a real difference to people's lives.

You'll need to have good listening and interpersonal skills, a willingness to learn and be confident with computers. Full training will be provided.

Henley adviser Amanda says: "I am proud to volunteer with Citizens Advice because they offer crucial support to those that need it most, and my colleagues, both volunteers and employees, make volunteering a pleasure."

If you have eight hours a week to spare for the next two years or more and are looking for a satisfying and stimulating volunteer role in your local community, please contact us at: www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/



Ten years and counting

Leap of faith... 2011 was not the best time to start a new business, and an estate agency was out of the question. The world was climbing out of the worst recession for many years, caused by the credit crunch of 2008/2009. To make matters worse, the housing market had nose-dived into a deep slump. Wallingford couple, John and Louise knight were un-fazed by the global financial crash though. They sold their home to raise capital, and took a giant leap of faith into the world of Real Estate. They had long dreamed of working together and building a successful business. Pooling their collective skills and experience they started JP Knight estate agency. John had many years of experience in the industry, working as an estate agent since the late 1980's, while Louise had worked in business development for an employment law consultancy. Together they opened their new office on St Mary's Street in Wallingford.

Time flies... In their first year of trading, they went from a quiet office with an empty window, to a thriving business showcasing a full display of homes for sale. As the housing market recovered, the business expanded into a team of nine. Some core staff still remain from those early days. Expansion into the lettings sector saw equal success and they now have an extensive portfolio of homes to rent in South Oxfordshire. Ten years on and they continue to thrive while providing a valuable service to the community in and around Wallingford. The team at JP Knight are looking forward to the next ten years.

To celebrate a decade in business, they want to test your local knowledge. Check out the flyer in this issue, for pictures of the JP Knight team in different parts of Wallingford. The first reader to identify all of the locations will receive £250 to donate to a local charity of their choice.

Putting people first... JP take great satisfaction in helping people through what can be a very stressful process, with the least amount of hassle. Being an independent local business, removes most of the drawbacks of dealing with a national chain. JP Knight don't load properties onto web portals and sit idly by the phone. They believe in a more proactive approach, coupled with excellent customer service. Creating a business where they put people first, has seen many former customers return to them more than once. "We love what we do, this may be a property business, but it is actually all about people", said Louise Knight. "We are so very grateful to everyone in the area who has entrusted us with the sale and letting of their homes/property", she added. If you are looking for an estate agent that actually cares about your experience, as much as the sale then contact **JP Knight**.
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Jackie & Clive Downie June 2021

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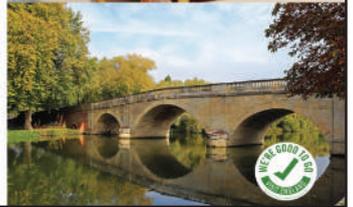
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George Hotel + Tavern Bar, Wallingford.



After we had parked our car in the Hotel car park, we wheeled our cases into the courtyard and were met by a member of staff who immediately greeted us in a friendly courteous manner. He made sure we knew where we were going, how to book our car in to the hotel car park, where to go to get our room keys and asked had we booked a table in the restaurant. I had already done this when I secured the room booking as we were meeting a business colleague for dinner.

We collected the keys and made our way to our rooms; we had booked 2 single rooms for one night. The room was bright, airy, clean with a very comfy looking double bed, tea and coffee making facilities and a bright clean bathroom.

A quick turn around then down to the hotel's Tavern Bar to meet a couple of friends. Not ready to sit inside the bar yet, it was only 17th of May, we chose a table in the Courtyard and had our drinks delivered to us there. Lovely Gin & Tonics served in large glasses lots of ice and the bottle of tonic water opened and left for us to pour, the perfect way to serve a Gin & Tonic. It was so good; we had another one!!! The Courtyard has comfy tables and chairs, large sturdy umbrella/canopies with heaters that work really well. As we started our second Gin & Tonic the heavens opened, and it absolutely poured with rain. Not one drop fell on us as we sat under the canopies, we were safely out of the rain.

We had dinner at the Bistro George, very tasty and great value for money, the special of Lobster and fries for £10 and the steak & fries were delicious. A couple of glasses of white wine and we took our coffee back in the Courtyard.

Time to retire. The bed was so comfy I was soon sound asleep and woke up in the morning feeling refreshed. Quick shower and down for breakfast in Bistro George. A friendly staff member explained what was available to us. Fruit juice, cereals, full English with a choice of how you liked your eggs cooked. I chose full English, (with a couple of things taken off), poached eggs, brown toast, coffee and tap water. It was a big breakfast which kept me going all day.

I then ordered a pot of tea to have in the Courtyard where I met another business colleague for another meeting!!

I would highly recommend a visit to the George Hotel + Tavern Bar. The staff are absolutely delightful, nothing is too much trouble, they aim to make sure you have a great visit. And we did. Whether it is for a drink in The Tavern Bar or the lovely Courtyard, a meal in Bistro George or a stay over in the comfy rooms. It has a 10 out of ten from us. We will be back.



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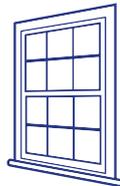
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