

# West Ilsley News

www.westilsley.org

October 2015

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Deadline for the next publication is:  
5pm on Tuesday 27<sup>th</sup> October.

## DIARY OCTOBER

10 <sup>th</sup>	World Mental Health Awareness Day
11 <sup>th</sup>	Harvest lunch
15 <sup>th</sup>	Harrow coffee & cake morning
28 <sup>th</sup>	Harrow quiz night

## NOVEMBER

7 <sup>th</sup>	Harrow 10 <sup>th</sup> Anniversary party
26 <sup>th</sup>	Harrow Ladies evening

## COFFEE MORNING FOR MACMILLAN CANCER SUPPORT

Thank you to all who contributed either by baking or eating! We made £346 which includes the money raised from The Harrow's coffee morning. This is fantastic and it was so nice to see everyone on what was a beautiful September morning. One thing was noted though, a lack of men!! You are very welcome so let's see more of you next year.

Thank you all once again      Sue Carrington

## CommuniTEA Fund raising

Thank you to all who supported the Tuesday Tea Parties in the village pavilion over the summer. We raised a total of £204.43 for Berkshire Air Ambulance. Many thanks      Will Beaumont

## 5 Ways to Wellbeing Activities (to celebrate World Mental Health Day) Saturday 10<sup>th</sup> October      Angela Ryan

These workshops/activities (shown on the next page) are open to anybody in West Ilsley. I have organised the day to challenge the stigma of mental health, to

thank all of those who supported me and to think about looking after our mental health as much as we need to our physical health....its not any kind of therapy session or need to bare all your darkest thoughts or oddities - just turn up and enjoy these unique opportunities and have a great day!

Due to their nature some activities have a limited number of participants and are more appropriate to certain age groups (ie Tai Chi). I hope that there will be something of interest to everyone. Everything is free of charge as all the events have been sponsored by village groups so thank you to Marnie and the Panto Team for supporting the Storyteller evening, Hayley and the fete committee for the Mindfulness Walking in Park wood and to WIN Editors Andrea and Liz who have donated some of the WIN advertising revenue to fund the Tai Chi workshops. Thanks also to Sue and Louise who have agreed to do 'Tea and Chat' in the cricket club and to Andy Carrington, Pete Carlisle, Geoff Wond and the Channon Team at Hodcott Stables for leading the morning sessions to encourage us to learn something new about our lovely village and what really goes on here. On the day there will be a collection at the events in aid of the Winchester Mother and Baby Unit where I spent time recuperating last Autumn. I am hoping to help raise enough to put two raised beds in and tidy up their courtyard garden. More on this in November WIN! Thank you for your support.

Bookings will be made preferably by email to: **mark.balloon@btinternet.com** but for those of you who don't have access to a PC then a call to me on **281500** is fine.

## CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

## TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

## KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

## GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE

## BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

## WAYS TO WELLBEING ACTIVITIES

(to celebrate World Mental Health Day)

**Saturday 10<sup>th</sup> October**    **Angela Ryan**

Bookings will be made preferably by email to: [mark.balloon@btinternet.com](mailto:mark.balloon@btinternet.com) but for those of you who don't have access to a PC then a call to me on **281500** is fine.

Activity	Time	Location or meeting point	Suitability or age range!	Any other information....	5 ways to wellbeing
<b>Farm Visit and tour</b> with Pete Carlisle	9.30 – 10.30am	Rowles Farm	All ages. (15 Spaces available)	Wellies!	LEARN
<b>Hedgerow Walk</b> with Geoff Wond	10-11.30pm	Outside Village Hall	All ages (12 spaces available)	Wellies!	LEARN
<b>Bike Maintenance</b> Workshop with Andy Carrington	10.30 – 12. noon	Village Hall	Ideal for kids of any age but again anyone can come along. (8 – 10 spaces available)	Bring your bike along and learn how to keep it on the road or tracks. Bring a tool kit if you have one	LEARN
<b>Yard tour and gallop visit</b> of Hodcott Stables	8.45-11am	Meeting at the end of the stables road at the end of Church Way.	Children 10 and over and all adults (20 spaces available)	You will be taken from the yard by vehicle to see the horses working on the all weather gallops after touring the stables.	LEARN
<b>Tai Chi</b> taster sessions with qualified teacher Will Mak	1.45 – 2.30 and 2.45 – 3.30	Rowles Farm walled garden. The garden gate will be marked.	Teenagers and adults 14 years and over (15 spaces per group)	Thanks to Sandra and Peter for providing us with the perfect spot for this session. Please wear comfy clothes. We will move to the village hall if the weather is bad.	KEEP ACTIVE
<b>Mindfulness Walk</b> in Park Wood with walking leader Ian Banyard.	1.45 – 3.30pm	Please meet at the Park Wood Gate.	For anyone 14 and over. Ian is happy for babies or young children to go along in buggies or backpacks but I feel that to get the best from this unique opportunity you might like to leave your little ones in the safe hands of someone else and enjoy the time to yourself! (15 spaces available)	Wear shoes for walking and a coat. We will go ahead regardless of the weather. If you want to know more about this session have a look on Cotswold Mindfulness Walking on the web.	TAKE NOTICE
<b>Tea and Chat</b>	4-5.30pm	Cricket Club	Everyone welcome but please let us know you would like to come.	Delicious tea and cakes. Meet someone new or catch up with village friends and neighbours.	SHARE
<b>Storytelling around the fire</b> With Storyteller Julie (a chum of Marnie's so who knows, anything could happen)!	Evening	The Harrow	The first session from 6pm is for children of all ages and any adults who would like to join in. The second is from 7.30pm and is much more suited to adults and teenagers aged 14 and over.		CONNECT

# ALL SAINTS CHURCH HARVEST LUNCH

Sunday 11th October at 12 noon  
following the 11am Harvest Festival Service

West Ilsley Village Hall

Everybody Welcome

Adults £7  
Children £5  
Under 5s £3

Tickets to be bought in advance from:

Rosanne Pilditch  
T: 280553  
E: rosanne@pilditch.com

Proceeds in aid of All Saints Church, West Ilsley

## 10 YEAR ANNIVERSARY PARTY

Saturday 7th November

7:30pm till late

DJ, dancing, Canapés and champagne

Join us to celebrate our 10 year anniversary in this wonderful village and raise a glass of fizz with us!!



## LADIES EVENING

Thursday 26th November 7pm

Complimentary glass of bubbles & Canapés

"Life's Little Luxuries" will be here selling some fabulous handbags and purses

## THE ILSLEY EVERGREENS

Despite early rain our outing to Bognor Regis on 27<sup>th</sup> August proved to be another success. The weather cleared as we reached our destination, giving us an opportunity to enjoy some pleasant walks by the sea as well as a chance to explore the town's shops and restaurants.

Our September trip saw us travel to the County of Somerset, where we visited the Medieval City of Wells with its magnificent Cathedral. We moved on after lunch to the Clarks Village Outlet Shopping Centre in nearby Street.

The next coach outing is as follows:-

Tuesday, 27<sup>th</sup> October – Salisbury 9am – 4pm

Thursday, 19<sup>th</sup> November - Winchester 9am – 4pm

The possibility of a Theatre Trip, originally intended to take place in October, has been postponed. Tony Elliott has been able to make a provisional booking for 20 seats for the 2.30pm matinee performance of the Musical "Annie" at the New Theatre, Oxford on Wednesday 16th December. Members have been circulated with a view to ascertaining the numbers interested in taking advantage of this opportunity

Any non-member, wishing to join us on one or more of the trips, is very welcome. Please check with Julia Rockall on 281597 if spare seats are available.

Plans for our Christmas Lunch at the Windmill Carvery, Burford, on Saturday, 12<sup>th</sup> December have now been completed. Menus are being distributed to members during October to enable them to make their choice of meals available. Cost to members has been confirmed as being £20.00. per head.

West Ilsley Village Hall has been booked for our Christmas Fair, which is to be held on Saturday, 28<sup>th</sup> November, 2-4pm. Contributions are required for the various stalls and for the Tombola and can be left with Julia Rockall - 281597. Tables are available for hire at the Fair at a cost of £5.00 per table.

Tony Elliott's "Harvest-Time Prize Bingo Evening" held in aid of Evergreen Funds took place at Compton Village Hall on Friday 25<sup>th</sup> September. It was a most successful evening. There was a large attendance, and thanks to Tony's efforts, our funds benefited by the incredible sum of £320.00.

Jim Hughes – Secretary Tel. 01235 834487

## WHAT'S ON AT THE HARROW

### RUGBY DATES

We will be showing the following rugby games

#### Saturday 3rd October

4:30pm South Africa V Scotland

8pm England V Australia

#### Sunday 4<sup>th</sup>

4:45pm Ireland V Italy

#### Sunday 11<sup>th</sup>

4:45pm France V Ireland

### COFFEE & CAKE MORNING

Thursday 15th October

10:30am - 12 noon

Pop down for a slice of

homemade cake and a coffee. Money raised from cake sales will be donated to The Air Ambulance, so please come and support this worthwhile charity



### QUIZ NIGHT Wednesday 28th

October

8pm

Hosted by Juliet Ryder

Raising money for the Chieveley Pre-School



## ALL SAINTS CHURCH WEST ILSLEY

### October Services

4 <sup>th</sup>	Family Communion	9.30am
11 <sup>th</sup>	Harvest Festival	11.00am
18 <sup>th</sup>	*No service in West Ilsley	See below
25 <sup>th</sup>	Family Service	11.00am

\*Please see the lych gate notice board for details of other services in the benefice or go online at [www.eastdownland.org.uk](http://www.eastdownland.org.uk)

As some of you may know, we are opening All Saints' church on a daily basis during day light hours, so do please feel free to visit whenever you wish. In order to be more welcoming and to encourage people to come in, we are leaving the gates open when the church is open. Even if you don't wish to come to services, you are always welcome to come at other times if you need a quiet place to sit in peaceful surroundings. If you wish to visit but the church is locked, do contact one of our church wardens.

**Harvest** This year our Harvest Festival is at 11am on Sunday 11<sup>th</sup> October, followed as usual by Harvest Lunch in the Village Hall. Any gifts of food brought to the service will be delivered to Willows Edge Residential Home in Newbury.



Everyone is invited to the service and lunch, although you don't have to go to one to attend the other. Lunch tickets are £7 for adults, £5 for children and £3 for under 5's and can be bought from Rosanne on 280553 or email [rosanne@pilditch.com](mailto:rosanne@pilditch.com)  
Do join us for a relaxing lunch and a chat with friends.

### \*Café Church

This lively service continues on Sunday 18<sup>th</sup> October at 11am in St Mary's Church, Chieveley. It is an informal service for everyone, with live music and an emphasis on families with young children. It has proved to be very popular with all ages, so come along at 10.45am for coffee and cake beforehand.

### \*United Benefice Holy Communion

There will be the usual third Sunday United Benefice Holy Communion on Sunday 18<sup>th</sup> October at St Mary's Church, Chieveley at 9.30am. Everyone is very welcome.

### Autumn "Spring Clean"

If you have a little time to spare, please join us on Saturday 31<sup>st</sup> October from 10.00am to tidy up the churchyard for the Remembrance Day service. Help with the church cleaning would also be appreciated. Please bring rakes, secateurs, dusters, polish, etc. The top church yard is also being strimmed, so help is needed there if possible.



### Remembrance Sunday – 8<sup>th</sup> November

This year the service in All Saints at 10.55am will be attended by the Royal British Legion and will be preceded by a procession through the village, starting outside the Harrow around 10.30am. We hope you will join us in remembering and giving thanks for those who have died in action for us over the years. As always, the collection will go to the Royal British Legion.

### Contacts

If you have anyone or anything specific you would like mentioned in church prayers at services throughout the

year, or if you would like to be visited by any of the clergy, do speak to either Ian (281625) or Alexandra (281306). To receive by email a copy of the weekly pew sheet, which contains readings, prayers and notices about church events in the benefice, please contact [eastdownland@btinternet.com](mailto:eastdownland@btinternet.com)

If you would like to organise a baptism, wedding or funeral or would like to talk to a member of the clergy for any other reason, email Revd John Toogood at [edownlandrector@gmail.com](mailto:edownlandrector@gmail.com) or ring him on 01635 247566.  
*Kay and Ian Fewtrell-Smith*

### Aldworth Saturday Market

#### CHARITY STALL for

**Alexander Devine Children's Hospice**

**Saturday 10<sup>th</sup> October – 9.30 to 12 noon**

**St Mary's church, Aldworth**

**Hand-knitted baby and children's clothes  
and soft toys. Also beautifully sewn/knitted  
gifts: aprons, oven gloves, scarves, mittens etc.**

#### IDEAL CHRISTMAS PRESENTS!!

**Also at ASM: Fresh produce, cut flowers & plants,  
artisan breads, Phoenix cards & stationery,  
homemade cakes & pies,  
Fairtrade groceries, sweets etc.**

#### REFRESHMENTS

## COUNTRY NOTES

23rd September

The beginning of autumn and a time for foraging. The countryside is full of fruit, hips, haws, blackberries and sloes. There is something very satisfying about harvesting from the wild and perhaps it's the only activity that connects some to the countryside? My favourite is the sloe, the fruit of the blackthorn. The dark blue drupes are extremely sour, a bite of the raw fruit seems to suck all of the moisture out of the mouth. The easiest way to transform the astringent taste into something delicious is to make sloe gin. This is pure alchemy. Tradition has it that the sloes should not be picked until after the first frost but in my experience, if they are ripe, then they are ready. Only take what you need, leave the rest for the birds. There are many recipes, but as with a lot of things in life, the simplest can sometimes be the best. The following is a recipe from the West Ilsley Millennium cookbook, a contribution from Jo Scriven, who in 1999, had not gone metric.

#### Ingredients

1 1/2 pints Sloes

1 quart Gin

3/4 lb Sugar

2 or 3 drops almond essence

*Put all in ingredients in a jar with a stopper. Shake regularly. After 3-4 months (that will be Christmas then) strain the liquid through muslin into a bottle. Keep for as long as you can before drinking.*

I keep mine in green bottles as the light will eventually turn the beautiful ruby coloured contents brown. Drink neat as an after dinner liqueur, or put a drop in a champagne flute and top up with sparkling white wine as an aperitif. Best of all put it into a hip flask and pass it around amongst friends on a frosty day. Perdix

**Aldworth Saturday Market**  
**St Mary's Church, Aldworth**  
**Every Saturday in October**

Fresh fruits and vegetables  
 Homemade cakes, pies & biscuits  
 Fairtrade groceries & tuckshop  
 Cut flowers & plants (seasonal)  
 Refreshments and MORE!

**10<sup>th</sup> Oct. Lucie's Birch Cottage Bread & Karen's Phoenix Cards**

**17<sup>th</sup> Oct. Felicity's plants & preserves**  
**Market Open 9.30 a.m. – 12 noon**

Any queries please ring:  
 01635 578090 or 579344

ASM will move into Aldworth's NEW village hall  
 sometime in November – please check by telephone or  
 website: [www.aldworthvillage.org](http://www.aldworthvillage.org)



**UPDATE FROM THE ROYAL  
 BRITISH LEGION -  
 COMPTON, ILSLEYS AND  
 NORREYS BRANCH**

As the Legion approaches Remembrance time of the year, we are preparing to launch the Poppy Appeal locally and making plans for the **Remembrance Sunday parade and service on 8<sup>th</sup> November, this year being held in West Ilsley.** The Branch knows that this event will be well supported by members, local government representatives, youth groups and supporters – so please do come wherever you live. The service begins just before 1100hrs at the War Memorial situated in the West Ilsley church grounds. All those wishing to parade should be ready to set off from outside the Harrow Pub at 1030hrs.

As regards the Poppy Appeal, we are pleased to report that David Shepherd has agreed to become the Poppy Appeal Organiser (PAO) for Aldworth following Mel Sitch's death earlier this year.

In Compton, we are looking for a volunteer to organise and manage Poppy Appeal collections in the village. Peter Whitworth is the present PAO incumbent. The Legion is looking for someone to support Peter this year with a view to taking over from him in 2016. **Would any reader willing to consider taking up this role in Compton please contact the under signed.** The PAO does not have to be a member of the RBL but they must support the aims of the Legion – to help the serving and ex serving community.

**Our annual charity lunch, to launch this year's Poppy Appeal, will take place on Friday 23<sup>rd</sup> October.** We are very pleased to announce that Richard Benyon MP has accepted an invitation to attend as guest speaker. The event will take place at the White Hart in Hampstead Norreys gathering at 12 noon and sitting down at 12.45pm. Tickets to this event – a two course lunch and a glass of wine - will cost £17. We expect seating to be subject to high demand, so anyone wanting to reserve a place should contact one of the undersigned as soon as possible.

The Branch has recruited several new members since our last update. You do not have to be ex services (or a senior citizen!) but only supportive of the charity's objectives. The membership annual subscription is small at £16. To join, please contact one of the

undersigned. Steve Allison tel 07812 991013 email [steveallison1888@aol.com](mailto:steveallison1888@aol.com) or David Norbury TD, tel 07770 326128 email [davidnorbury@btinternet.com](mailto:davidnorbury@btinternet.com)

**West Berkshire Community Champion 2015**

*Who would be yours?*

**Do you know someone who lives within the West Berkshire District and deserves an award for their work in the community?**

**The Pat Eastop MBE Junior Citizen of the Year Award**  
**Volunteer of the Year Award**    **Community Group of the Year Award**  
**Lifetime Achievement Award**

If you would like to nominate an individual or group please visit the website:  
[www.westberks.gov.uk/communitychampion](http://www.westberks.gov.uk/communitychampion)  
 or contact Jude Thomas or Jo Watt on 01635 519083/ 01635 519242  
 email [jathomas@westberks.gov.uk](mailto:jathomas@westberks.gov.uk) / [jwatt@westberks.gov.uk](mailto:jwatt@westberks.gov.uk)  
 The closing date for nominations is Friday 23 October 2015

**West Berkshire COUNCIL**

**PARISH COUNCIL**

Read the latest Parish Council Minutes and hear how village matters are being addressed. Visit our village website at [www.westilsley.org](http://www.westilsley.org) - all the latest minutes from our meetings are available under the "Parish Council" tab.

**PARISH COUNCIL MEETINGS 2015**  
 Nov 9th.

**DEFIBRILLATOR CODE: C159**

<b>WHO TO CONTACT</b>	
<b>VILLAGE HALL</b>	Ros Duckworth-Bookings-281471 <a href="mailto:rosduckworth@btinternet.com">rosduckworth@btinternet.com</a> Rates: £10.00/hr Villagers £12/hr Non Villagers
<b>PRESCRIPTIONS</b>	Prescriptions are delivered from Compton on Tuesdays mornings at 8.30. Please collect yours from 2 Morland Close on Tuesday, Wednesday or Thursday evening between 6.00 and 7.30. Repeat forms can be posted through the letter box anytime before Monday evening for the following week's delivery. Thank you for your co-operation in keeping to the times listed. Tony Elliott
<b>PATIENT REPRESENTATION GROUP</b>	<b>Fred Carter</b> <a href="mailto:fred_kathcarter@btinternet.com">fred_kathcarter@btinternet.com</a> ..... 281621
<b>CHURCHWARDENS</b>	Alexandra Axtell 281306      Ian Fewtrell-Smith 281625
<b>TENNIS COURT</b>	Membership: Please email <a href="mailto:tennis.bookings@westilsley.org">tennis.bookings@westilsley.org</a> Play without joining - book and pay via <a href="http://westilsleytennis.jezzam.com">westilsleytennis.jezzam.com</a> or the link on <a href="http://westilsley.org">westilsley.org</a>

#### PARISH COUNCIL

##### Clerk:

Inna Fowler - [westilsleypc@gmail.com](mailto:westilsleypc@gmail.com) 280501  
Mobile: 07778093931

##### Chairman:

Dries Hagen - [dries.hagen@circlepartnership.co.uk](mailto:dries.hagen@circlepartnership.co.uk) 281855  
Sean Ryan - [Sean.ryan@sunday-times.co.uk](mailto:Sean.ryan@sunday-times.co.uk) 281336  
Jo Scriven - [Jo.clifton@tynan-darcy.com](mailto:Jo.clifton@tynan-darcy.com) 281405  
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Anna Sugden - [annasugden@btconnect.com](mailto:annasugden@btconnect.com) 281784

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[roger.stowell@ntlworld.com](mailto:roger.stowell@ntlworld.com)

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[www.rachelhandlerchiropractic.com](http://www.rachelhandlerchiropractic.com)

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