

# KBS NEWS

The Kingston Bagpuize with  
Southmoor Village News

DELIVERED MONTHLY TO EVERY HOUSE IN THE VILLAGE

Serving the community collaboratively with the  
village website: [www.kbsonline.org.uk](http://www.kbsonline.org.uk)

Volume 51

Number 11

December 2024

## Remembrance Sunday



More than two hundred residents attended the Remembrance Service at the Millennium Green on Sunday 10th November. Starting at 10.20am, the Rev. Catherine Schneider led the service and Pat Clamp offered prayers.

Following the service the attendees paraded along the Oxford Road to the Memorial Green for the Act of Remembrance including the Last Post, Two Minutes' Silence, and the Reveille. More residents were already on the Green awaiting the parade.

*Continued on p.16*

## December 12th Gingerbread Decorating Day



Gingerbread decorating day is also known as National Gingerbread House Day. It's a day for people of all ages to get creative and enjoy the traditional treat of gingerbread. Hidden somewhere inside the News is a picture of a gingerbread house. Can you find it?



*The KBS News team would like to thank everyone who contributed to and was part of our News over the past year! A big thank you as well to all our readers for your support and feedback. Wishing you all a **Merry Christmas and a Happy New Year!***



## Village Lunch

**Monday 13<sup>th</sup> January 2025**

Please come and join us in the Village Hall at 12.30pm. To book your place, cost £5 per person for a two course hot meal and good company, please contact, by Thursday 2nd January, Hazel Brennan (821358), or sign up with Audrey at the KBS Café. We look forward to hearing from you!

**We'd be grateful if you'd let us know if having booked you are unable to attend to save wasting food.**

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## KBS News Team

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**Committee Member:** Kathy Fletcher



*KBS News is produced by a team of volunteers and printed locally by Artisan*

**Copy date for next issue: before 4.00pm**  
**Monday 20th January for the February edition**

Please send all non advertising contributions to: [editorkbsnews@gmail.com](mailto:editorkbsnews@gmail.com) or leave items with KBS News Secretary - Claire Wheeler, 7 Acacia Gardens, Southmoor, OX13 5DE (email: [wheelerc36@gmail.com](mailto:wheelerc36@gmail.com)).

For all advertising please contact Roy: [advertskbsnews@gmail.com](mailto:advertskbsnews@gmail.com). Please ensure all photographs have permission of all concerned and all copy is supplied with contact name, address & phone number. KBS News reserves the right to alter, omit, shorten or edit any submissions if necessary where space is at a premium. We are also not responsible for grammatical errors and spelling, nor take responsibility for comment, opinion or advice of anything printed in the News or advice given by any of its advertisers.



### KBS NEWS is created using



### Adobe indesign

Industry leading page design and publishing software.

### But we need HELP in February

to fill the space left by our editor who will not be able to give us the time needed for building the March 2025 KBS News edition.

### Please Call 07780 793616

## Chairman's Chat

Unfortunately we were unable to attend the Remembrance Day service in the village as we were on the High Seas on the 10th & 11th of November. A very moving service was held on board with two-minutes silence throughout the ship followed by the committal of the wreaths to the waters of the Atlantic in memory of all those who died at sea.

Clear-sighted readers will have noticed on page 10 of last month's issue, at the foot of the Exagen concept map of the proposed Willowfields Energy Park, some small print stating that 'We will seek to maintain agricultural use through sheep grazing around the panels'. I put this idea to a well known local farmer and asked him whether he had received positive reports of successful sheep grazing on other solar farms throughout the country....He looked me straight in the eye, raised his eyebrows and slowly shook his head... I would like to take the opportunity to wish the Editor, all those involved in the production and distribution of the News, together with all our readers, a very happy Christmas and a prosperous New Year.



**Find Extra KBS copies at the  
One Stop shop, Hinds Head  
and Southmoor Co-ops**

## Vicky's After School Club

### Playworker Vacancy for Breakfast and / or After School Club at John Blandy Primary School

Do you enjoy working with children and having fun? Are you a good team player and do you love to support children in their learning and development just by playing? If the answer is yes this could be the job for you.

Vicky's after School Clubs are privately owned and Vicky will ensure you receive the training you will need to succeed in your role and encourage you to be the best you can be.

We are seeking engaging, reliable, caring, and enthusiastic Playworkers to work with children between the ages of 4 - 11.

You will be working in a fun and engaging environment as part a fantastic team.

Hours Monday to Friday 7:30 - 8:45am Breakfast Club and or  
Monday to Thursday 2:30 - 5:30pm Friday 2:30 - 5:00pm After School Club  
(This position could be a job share and is flexible)  
Time term only (Holiday work available)  
Salary dependent on experience and qualifications.  
Minimum age 18 years (Ofsted requirement)

**Please note that an enhanced DBS check will be undertaken as part of the recruitment process.**



If you are interested and would like further information please contact contact:  
**Vicki Hickman Tel No: 07887 711 454**  
**Email: [info@vickysafterschoolclub.co.uk](mailto:info@vickysafterschoolclub.co.uk)**  
**Website [www.vickysafterschoolclub.co.uk](http://www.vickysafterschoolclub.co.uk)**



# Village Diary

















Village Hall Booking Details - email: [southmoorvillagehall@yahoo.co.uk](mailto:southmoorvillagehall@yahoo.co.uk)










Day/ Date	Time	What & Where (KBSVH = Kingston Bagpuize & Southmoor Village Hall)	Page
DECEMBER			
St John the Baptist Parish Church, Kingston Bagpuize Services. – See full details on the Church Pages			5 & 28
Sunday	1 <sup>st</sup>	3.30pm -5.30pm St John the Baptist Parish Church, Messy Christingle KBSVH	5
Monday	2 <sup>nd</sup>	6.30pm Parish Council Monthly Meeting – Swallow Room, KBSVH	10
Tuesday	3 <sup>rd</sup>	7.15pm Southmoor & Kingston Bagpuize Gardening Club, Christmas Supper KBSVH	13
Thursday	5 <sup>th</sup>	Longworth Hist Soc. Christmas meeting “Cotswolds Christmas” Sean Callery KBSVH	12
Saturday	7 <sup>th</sup>	10.00am Father Christmas Trail around Kingston Bagpuize and Southmoor	6
Monday	9 <sup>th</sup>	10.30am – 12.45pm Festive Block Printing Workshop KBSVH	
Tuesday	10 <sup>th</sup>	7.30pm Apple Blossom Women’s Institute annual craft evening creating charming pom pom decorations KBSVH	23
Thursday	12 <sup>th</sup>	10.00am John Blandy School Year 5/6 children sing carols at the KBS Café	24
Friday	13 <sup>th</sup>	7.00pm KBS Film and Music Night. The Royal Ballet’s ‘The Nutcracker’. St Johns Church	14
Thursday	26 <sup>th</sup>	2.30pm Village Boxing Day Walk at the Millennium Green	26
JANUARY 2025			
Tue	7 <sup>th</sup>	7.15pm Southmoor & Kingston Bagpuize Gardening Club Timothy Walker ‘Plant Hunting in Australia’.	13
Fri	10 <sup>th</sup>	7.00pm KBS Film and Music Night. ‘Breakfast at Tiffany’s’, with Audrey Hepburn and George Peppard. St Johns Church	14
Mon	13 <sup>th</sup>	12.30pm Village Lunch Kingston Bagpuize & Southmoor Village Hall	1
Mon	13 <sup>th</sup>	6.30pm Parish Council Monthly Meeting – Swallow Room, KBSVH	10
Between	15 <sup>th</sup> – 30 <sup>th</sup>	Loan a “Thermal Camera” from kbsenvironmentgroup@gmail.com	6
Monday	20 <sup>th</sup>	4.00pm Last Date / Time for copy to KBS News for the February edition	2
Friday	31 <sup>st</sup>	KBS News February Edition Publication Day	
Friday	31 <sup>st</sup>	6.00am & 8.00pm YELLOW PERIL a film shot in and around Marcham in 1989	21
FEBRUARY 2025			
Saturday	1 <sup>st</sup>	6.00am & 8.00pm YELLOW PERIL a film shot in and around Marcham in 1989	21
Saturday	1 <sup>st</sup>	7.00pm ‘Dance for Life’ An entertaining Evening of Belly Dancing Southmoor Village Hall	25
Wednesday	26 <sup>th</sup>	White Horse Medical Practice Closed from 13:00-18:30	8
REGULAR EVENTS - Please check with the event organiser to confirm			
In Kingston Bagpuize with Southmoor Village Hall		In Scout Hut, Faringdon Rd (Term Time Only)	
Apple Blossoms W I	2nd Tuesday each month 7.30pm		1st Longworth Beavers Monday 6.00pm - 7.15pm
Apple Quilters	2nd & 4th Monday Each Month 10am – 2pm New Members always welcome		1st Longworth Cubs Tuesday 7.00pm - 8.30pm
Clubbercise	Monday 8.00pm – 9.00pm		1st Longworth Explorers Wednesday 7.30pm - 9.00pm
French for Fun	Wednesday (Term Time only) 9.30 – 11am		1st Longworth Scouts Thursday 7.30pm - 9.00pm
KBS Badminton Club	Improvers & Above Saturdays 9.00 – 10.30am		At The Bowls Club, Oxford Road, Kingston Bagpuize
	Improvers & Returners Wednesday 6.30 - 8pm		Bowls Clubs Roll Up Tuesday & Thursday 1.30pm
KB Drama Group	Intermediates & Above Monday 6.15 – 7.30pm		At Millennium Green Oxford Road, Kingston Bagpuize
	3 <sup>rd</sup> Tuesday at 7.30pm & when it occurs		Junior Park Run Sunday 9.00am
KBS Cafe	5 <sup>th</sup> Tuesday 7.30pm		At Jubilee Sports Field, Edward Strauss Park
	(see Church Hall for other days)		Kingston Bagpuize Cricket Club Junior Training Friday 6 – 8pm
KBS Gardening Club	Thursdays 9.00am - 12 noon		In St John the Baptist Church Hall
KBS Pilates	1st Tuesday monthly 7.15pm for 7.30pm		KB Drama Group 1st, 2nd and 4th Tuesdays in the month at 7:30pm (see Village Hall for other days)
KB & S Tennis Club	Thursdays 1.30 – 2.30pm See KBS News Ad		KBS Art and Craft Friendship Club Alternate Mondays 9.30am - 12.00 noon
Longworth & District History Society	Tuesday 9 - 11am Men’s Open		Village Voices Men - Alternate Mondays 9.30am
Southmoor Baby & Toddlers	Wednesday 6.30-8.30pm Ladies Open		Ladies – Alternate Tuesdays 9.30am
Table Tennis (Over 55’s)	3 <sup>rd</sup> Thursday every month at 7.00pm		In Longworth Village Hall info at longworthvillage.org.uk
Currently No Vacancies	Friday (Term Time Only) 10.00 -11.30am		IYENGAR Yoga class (Term Time Only) Monday 7.00pm – 8.30pm
Yoga Classes	Tuesday 11am – 12 noon For Info email: bobsouthmoor@hotmail.com		Tuesday 11.45am – 1.15pm
Village Walk	Tuesday 6.00pm - 7.00pm (intermediate)		KARATE Little Ninjas (3-5yrs) at 4pm - 4.30pm
	Wednesday 10.30am - 11.15am (seniors)		Kids Class (6-12yrs) 4.35pm - 5.25pm
	Thursday 6.00pm - 7.00pm (beginners)		Mixed Class (6yrs+) 5.30pm - 6.30pm
	Last Thursday every month 10.00am (Not Dec)		PILATES Tuesday 9.15am & 5.45pm
	In Hinton Waldrist Village Hall		Thursday 9.15am & 6.30pm
Cedar Community Club	Tuesday & Wednesday 9:30 - 3:00pm		ZUMBA Thursday 10.30am

## DECEMBER BIN COLLECTION

(late changes will be updated by Email to readers who have joined the KBS News Information email service)

Wed 4th	Food Bin / Green Bin Collection/Brown Bin + Textiles & Batteries in a separate bag on top of the Bin	 +  +  + 
Wed 11th	Food Collection / Grey Bin Collection & Small Electrical Items	 +  + 
Wed 18th	Food Bin / Green Bin Collection/Brown Bin + Textiles & Batteries in a separate bag on top of the Bin	 +  +  + 
Fri 27th	Food Collection / Grey Bin Collection & Small Electrical Items	 +  + 

## JANUARY BIN COLLECTION

Fri 3rd	Food Bin / Green Bin Collection/Brown Bin + Textiles & Batteries in a separate bag on top of the Bin	 +  +  + 
Thurs 9th	Food Collection / Grey Bin Collection & Small Electrical Items	 +  + 
Wed 15th	Food Bin / Green Bin Collection/Brown Bin + Textiles & Batteries in a separate bag on top of the Bin	 +  +  + 
Wed 22nd	Food Collection / Grey Bin Collection & Small Electrical Items	 +  + 
Wed 29th	Food Bin / Green Bin Collection/Brown Bin + Textiles & Batteries in a separate bag on top of the Bin	 +  +  + 



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## Kingston Bagpuize with Southmoor Church

[stjb.churchinsight.com](http://stjb.churchinsight.com)

### SERVICES IN DECEMBER AT ST. JOHN THE BAPTIST

<b>Sunday 1st</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
	<b>10.30am</b>	Children's Church	<b>3.30pm</b>	Christingle Messy Church in the Village Hall
<b>Sunday 8th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
<b>Sunday 15th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
	<b>6.00pm</b>	Prayer and Praise in the Church Room		
<b>Sunday 22nd</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Village Communion
	<b>4.00pm</b>	Carol Service in grounds of Kingston Bagpuize House		
<b>Tuesday 24th</b>	<b>4.00pm</b>	Crib Service	<b>11.30pm</b>	Midnight Communion

**Christmas Day 10.30am Family Communion**

**Sunday 29th 9.00am Holy Communion 10.30am Café Church in the Church Rm**

### DECEMBER HIGHLIGHTS

**Sunday 1st December** Christingle Messy Church 3.30-5.30pm in KBS Village Hall

**Wednesday 11th December** Carol Singing around the village, see back page for details

**Sunday 22nd December** Christmas Carols at Kingston House 4pm please bring a chair or rug to sit on

**Sunday 24th December** Crib Service 4pm children may come dressed as a nativity or other character

### Services in January 2025

<b>Sunday 5th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
	<b>10.30am</b>	Children's Church	<b>6.00pm</b>	Prayer and Praise in the Church Rm
<b>Sunday 12th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
<b>Sunday 19th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Morning Worship
<b>Sunday 26th</b>	<b>9.00am</b>	Holy Communion	<b>10.30am</b>	Village Communion



*Coffee and biscuits after all our services – a good time to chat and make new friends.*

### YOUR VILLAGE CHURCH IS HERE TO HELP

If you'd like to find out more about our services and resources, or discuss spiritual matters, contact:

Catherine email [vicar.kbs@gmail.com](mailto:vicar.kbs@gmail.com)

#### FYFIELD BAPTIST CHAPEL

**Morning Service & Sunday School**  
**Sunday 11.00 am**

Communion monthly 2nd Sundays  
location: (south side of main village)  
Digging Lane, Fyfield OX13 5LY  
more information:

[www.fyfieldchapel.org.uk](http://www.fyfieldchapel.org.uk)  
[info@fyfieldchapel.org.uk](mailto:info@fyfieldchapel.org.uk)  
01865 769473

#### ROMAN CATHOLIC CHURCH

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The Presbytery, 1 Coxwell Road, Faringdon SN7 7EB.  
Tel: 01367 358895 Email: [cconde@portsmouthdiocese.org.uk](mailto:cconde@portsmouthdiocese.org.uk)

Church fully open for Sunday Mass at 10.00 am



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## VILLAGE VOICES

Send your views to [editorkbsnews@gmail.com](mailto:editorkbsnews@gmail.com)

### November Litter Pick



Another successful litter pick took place on Sunday, 3rd November. Many thanks to the willing volunteers. Again, it felt like there was less litter to be collected around the village apart from near the shops. All very promising and thanks to everyone for helping to keep our village tidy.

### Out & About in Morocco



Sheila Richards in the Atlas Mountains Morocco



Send your photos from all corners of the World or an interesting location to [editorkbsnews@gmail.com](mailto:editorkbsnews@gmail.com)



### Message from Father Christmas



**7th December (Saturday) • Santa's drive around Kingston and Southmoor**

I'll be resting my reindeer while I drive around Kingston and Southmoor with my helpers on Saturday 7th December, inviting you to bring me gifts of food for local families who will need to rely on food banks this Christmas, and new unwrapped toys for The Salvation

Army Children at Christmas Appeal.

You will be able to find me at 10am outside Petypher House, before I ride around Orchard Gate, and then to Kingston Park, The Kitchen Depot from 10.45 -11am, Latton Close, One Stop/ Munch from 11.15 to 11.25, Ridgeway View, The Paddocks/Northmoor, John Blandy Estate and The Village Hall from 12.20 to 12.30pm, finishing at 3 Rimes Close for some mulled wine and a mince pie.

Please be generous and make it a happier Christmas for children and families who have very little to look forward to this year.

### Is what you spend on heating being lost through leaks? Help is at Hand

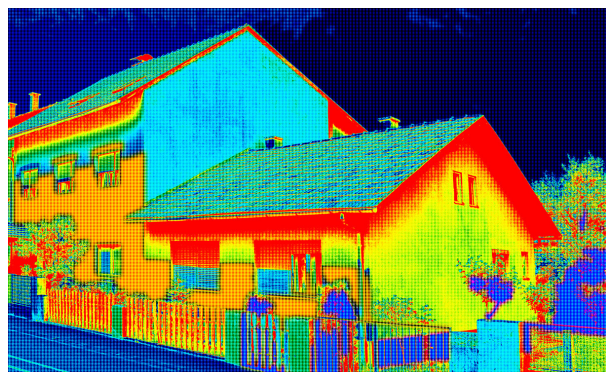


**15th - 30th January • Thermal Camera Monitoring**

As announced here last month The Environment and Climate Group have secured the loan of a Thermal Imaging Camera to help villagers reduce their heating costs and 'save' the planet at the same time. There has been a great response already to this idea and so we will be going ahead in January when dates will be offered on evenings between 6pm & 9pm from the 15th to the 30th.

This initiative is entirely free and is offered as a community activity by the village. There are no hidden catches and it is hoped lots of people will take advantage of it. If you wish to book a time slot please send an email with the subject line "Thermal Camera" to [kbsenvironmentgroup@gmail.com](mailto:kbsenvironmentgroup@gmail.com) and include your name, location and contact details - someone will get back to you to arrange a time.

All image monitoring will be done from outside and a brief report will be provided afterwards. Heating in the home will need to have been switched on for an hour before the check to ensure there is at least a 10 degree difference with the outside. More details will be provided when booking.







## KBS Café



Every Thursday 9am to 12pm  
• Southmoor Village Hall

**Thursday 5th December** – “Village Voices” (ladies choir) are coming to sing.

**Thursday 12th December** – Years 5 & 6 from John Blandy School are coming to sing Carols.

**Thursday 19th December** – There will be a Raffle and Christmas cake and mince pies.

**Thursday 26th December** – CAFÉ CLOSED

**Thursday 2nd January** – CAFÉ CLOSED

**Thursday 9th January** – CAFÉ OPEN

This is a very friendly Café whether you live in the Village or not. We welcome everybody whatever their age. It is a great place, if you are new to the Village, to get to know other people, and learn about what goes on in the Village.

We serve tea (including different flavoured teas), coffee (including Latte and Cappuccino) and hot chocolate, orange and blackcurrant squash, homemade cheese scones and homemade cakes. We have a few gluten free options as well.

- A mug of tea or coffee is £1.00
- A piece of cake or a cheese scone is £1.00
- A glass of squash is 10p

We are looking for more people to make cakes for the Café. We would only ask you no more than every 5 to 6 weeks. We are more than happy to pay for the ingredients.

If you can help, please contact Caroline on 07984 523955 or Ruth on 07775 994589. We look forward to seeing you. Caroline Ashby



### Kingston Bagpuize and Southmoor Bowls Club

All Welcome from age 8 to 80+ years

See our Website at: [kbsbc.co.uk](http://kbsbc.co.uk)

# Locally Grown Christmas Trees

Collins Farm, Kingston Rd, Frilford  
OX13 5NX

All trees are grown right here on Collins Farm and freshly cut for sale.

The farm will be open for sales on the following days:

Sunday 1st Dec: 10:30 - 16:00

Saturday 7th Dec: 10:30 - 16:00

Saturday 14th Dec: 10:30 - 16:00



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## Marcham Road Health Centre PPG

**Are you a patient at this practice? This article is written for you.**

The Health Centre has a newly-formed Patient Participation Group (PPG), which is working with practice staff to ensure patients' needs and suggestions are heard. The PPG members are all volunteers and patients at the surgery. Their purpose is to ensure patients are involved in decisions about the range and quality of services provided by the Practice, across non-clinical areas.

One of their roles is to provide a channel for patients to communicate their views on matters that interest or affect them including the clarity of information provided to patients by the Practice.

The PPG will relay information about patients' views and needs to the Practice and provide information to patients about any planned changes. We are keen to hear from patients who would like to communicate with us or who may even be interested in joining the PPG to expand our team.

For more information, or request to be involved, please contact: [MRFHC.PPG@nhs.net](mailto:MRFHC.PPG@nhs.net), [www.marchamroadhealthcentre.co.uk](http://www.marchamroadhealthcentre.co.uk) and search for PPG. Or if you prefer, please drop a note into reception marked: For the attention of the PPG, with your contact details. **PPG Group**



## White Horse Medical Practice - Faringdon

**I recently wrote to the Practice Manager at the White Horse Medical Practice to express my frustration at the poor information they put out to me and other residents in the Village.**

On a recent Monday I received an email telling me to open a message on Engage Consult. I did and was advised that my prescription was ready for collection. This was as expected. Later that day I happened to see a message on one of the three KBS Village Facebook sites advising that the Surgery would be closed on the Tuesday afternoon. That was a bit lucky as it saved me a wasted round trip to Faringdon.

The point I made to the Practice Manager was that if I had not seen the Facebook message I would have wasted a round trip to Faringdon. I also pointed out that there are three main Facebook sites read by residents so why only post on one and not all three. I also suggested that not everyone looks at any of the three Facebook sites so what about all those residents who don't. I also offered to include closure dates in the KBS News Village Diary if the Surgery advises us when the closures will happen.

I received a thank you reply and a promise to consider using all the 'Village' Facebook sites in the future and the KBS News. The next closure date is 26th February 2025 and the Surgery will be closed from 13:00-18:30. In the response, they did get my name wrong but hey ho, I've been called worse.

**Roy Wolfe**



**We are looking for a new cartoonist! If you're interested in contributing to KBS News with your cartoon illustrations, we'd love to hear from you!**





## Builders & DIY Projects

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## News from The Parish Council



**Full Council Meeting 2nd December (Monday) and 13th January 2025 (Monday) at 6:30pm • Swallow Room, Southmoor Village Hall**

**Parish Council Website:** [kbsParishCouncil.org.uk/](https://kbsParishCouncil.org.uk/)

**Parish Clerk email:** [clerk@kbsParishCouncil.org.uk](mailto:clerk@kbsParishCouncil.org.uk)

The Parish Council met in the Village Hall on 4th November and the draft minutes are available on the Parish Council boards and online.

**Present:** Cllr Robert Barnett, Cllr Oyebola Bello, Cllr Natalie Clements, Cllr Brian Forster, Cllr Virginia Grant (Chairman), Cllr Kim Kousari, Cllr Behnoosh Sabah, Cllr Steve Smith, and Cllr Dianna Swale.

**Apologies** from District Cllr Jill Rayner.

Minutes of the meeting and appendices on <https://kbsparishcouncil.org.uk/document-category/minutes>.

**Planning Applications:** P24/V2199/HH. 7 Norwood Avenue, Southmoor OX13 5AD. Proposed front extension and single storey side and rear extension. Raise roof above existing front and side flat roof. The council voted no objection.

**Engagement of Planning consultant** to advise on (expected) application to develop land north of Springhill: Council considered the engagement of MDP Planning Consultancy at a fee of £1200 - £1500 when planning application submitted to VWHDC. Council voted to accept the proposal. NB: please see additional information below.

**Recreation and Play Facilities:** Playground upgrade: Council considered the 6 submitted tenders and the proposal from the recreational facilities committee (RFC) as to their preferred bidder considered with criteria scoring and report from Michael Carver at Sports & Play Consulting. The council voted for Wicksteed in agreement with the RFC's recommendation. Details on progress will be given at Parish Council meetings.

**Road safety:** Feasibility study for the Springhill and on the A415 Witney Road to inform on the most appropriate traffic calming/ speed prevention measures and what is most urgent. Quote for £2,250 from MJA Consulting (recommended by OCC Highways) was considered and accepted by the Council.

**Neighbourhood Development Plan:** The Steering Group was ratified by Council. Settlement Boundary agreed in principle. Council agreed to the application for a grant (up to £10,000) to cover professional costs of drafting the NDP. The next meeting is on Monday 25th November at 6.30pm in the Tearoom of Kingston Bagpuize House.

**New and future Planning applications:** P24/V2357/O On November 6th the Parish council received notification of the application by Nicholas King Homes to build up to 249 houses on land north of Springhill. This new application is not on land allocated for development. Despite the PC objecting to at least 6 large planning applications in the village between 2012 and 2022, each was successful, the most recent being the Lioncourt development on land allocated in the VWHDC Local Plan 2031 part II.

The Parish Council believes that it best serves the interest of residents by securing the expertise of a planning consultant to provide an informed, professional and expert response to major planning applications for large housing developments. At the Parish Council meeting on November 4th it was proposed and agreed that when this application was made KBS Parish Council would seek advice from a planning consultant. MDP Planning consultancy has now provided a draft report for submission to the VWHDC Planning committee.

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## Kingston Bagpuize with Southmoor Village Hall

You may or may not have noticed that the village hall has had little bit of a face lift over recent weeks. The external safety lighting has been renewed and the car park lighting has been converted to more energy efficient LEDs.

There is a new noticeboard outside the main doors with a temporary display of photos of user groups with the regular users group times, hall rates and booking details.

The internet within the hall has had a significant upgrade to the hardware so there is now high speed Wi-Fi throughout.

The hall has a new enquiry/emergency phone number 07394 531280. This is not for bookings, they should continue to be made on-line via the [southmoorvillagehall@yahoo.co.uk](mailto:southmoorvillagehall@yahoo.co.uk)



**We have continued to struggle to find a new secretary and bookings clerk. Therefore, we are considering making this a paid position.**

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**email to [southmoorvillagehall@yahoo.co.uk](mailto:southmoorvillagehall@yahoo.co.uk) expressing your interest and the Chair will arrange to have a chat with you.**

**Neil Oastler Chair of the Managing Trustees**

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## Nature Notes

The KBS News team would like to express our heartfelt thanks to Peter Pool for contributing the Nature Notes column to the village news for nearly 20 years!

We hope someone new will step in to continue sharing exciting nature updates with the village in the future.  
Thank you and best of luck, Peter!



## Longworth & District History Society



5th December (Thursday) at 7pm  
• Southmoor Village Hall • Sean Callery  
"Christmas in the Cotswolds"

Our final meeting for this year is our Christmas evening on Thursday 5th December, with buffet food and drinks together with our guest speaker, Sean Callery, who will tell us all about "Christmas in the Cotswolds". We look forward to seeing you all there! If you haven't got your ticket yet (price £10), please contact me – [prwoodward@btinternet.com](mailto:prwoodward@btinternet.com) As usual, the meeting will be in Southmoor Village Hall, 7.00pm.

Best wishes to everyone for a very happy Christmas! Pam Woodward



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**3rd December (Tuesday) at  
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Hall • Christmas Supper**

**7th January (Tuesday) • Timothy  
Walker • 'Plant Hunting in Australia'**

**After an enjoyable cheese and wine evening / AGM in November, our next event is also a social one and is coming up very soon! Our annual Christmas Supper is on Tuesday 3rd December at Southmoor Village Hall.** Following the same format as last year, we'll be having a two-course sit-down meal with festive music, games and prizes. Last year's do was somewhat chaotic but a lot of fun! Tickets are £15 each and are available to members and non-members. You need to bring your own drinks, but everything else is provided. If you want to come and don't yet have tickets, you need to contact us urgently!

We have a great programme in place for 2025 and are now taking payment for membership. This remains very reasonably priced at £15 for the year – an ideal Christmas gift! Membership will entitle you to free entry to our 8 speaker meetings with complimentary refreshments, free entry to members' open gardens and the opportunity to join us for various visits which will take place during the year.

Our next talk takes place on Tuesday 7th January 2025 and is entitled 'Plant Hunting in Australia'. Timothy Walker, previously Director of Oxford Botanic Gardens, is one of our favourite speakers and will be giving us an account of his plant-hunting trip to Australia.

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## Kingston Bagpuize Village Art and Craft Club



16th December (Monday) at 9:30am • St. John the Baptist Church Hall

With October being a busy month, November was more relaxed as we concentrated on our own projects, looked at the dates for 2025 and chatted about things we would like to do in the new year.

The club is intended as a meeting place for making new friends, with crafting skills not a necessity as there is a range of hobbies that other members are happy to share. If you are interested in arts and craft, or you would just like to meet people who are, why not come along to one of our meetings. We now have a Facebook page 'KBS Village Art and Craft Club' for anyone wanting to see things members have made. The club meets on alternate Mondays throughout the year in the St. John the Baptist Church Hall, Kingston Bagpuize, starting at 09.30 and finishing at midday with the first meeting being free.

Our next meeting is Monday 16th December 2024 and will be the last for the year. We look forward to welcoming new members in 2025. *Jean Allsworth 07397 530144*



- KBS Village Art and Craft Club



## KBS Film and Music Night



13th December (Friday) at 7pm • Church Room •

'The Nutcracker'

Our next Film Night will be on Friday 13th December in the Church Room when we will be showing The Royal Ballet's The Nutcracker, which is the quintessential Christmas ballet. When her nutcracker toy comes to life, the young Clara is transported by the magician, Drosselmeyer, to a magical world of excitement.

Even if you don't know the story, you will probably know the dance of the sugar plum fairy! Do join us for spellbinding stage effects and of course Tchaikovsky's iconic music.

On Friday 10th January 2025, we will be showing Breakfast at Tiffany's, starring Audrey Hepburn

and George Peppard. This is a classic film that won two Oscars and was described as, "the romantic comedy that sparkles like diamonds!"

These are free evenings organised by members of St John the Baptist Church and tea, coffee, popcorn and chocolates will be provided from 7pm with the film beginning at 7.15pm. For the last three months, we have actually had more people than Church chairs. Therefore, we do ask you please to let either Peter Beer or Margo Evans know if you will be joining us so that we can ensure there are sufficient chairs for everyone. We would hate to have to turn anyone away. Many thanks.

*Peter Beer 01865 820805 or Margo Evans 01865 820900 or margoevans@mac.com*



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## Remembrance Sunday

The attendees, representing organisations were:  
Jane Cranston: Deputy Lieutenant for Oxfordshire (representing HM The King).

**From the Army:** Capt. Gary P Vincent-Pink and Major Blair Thomson with ten soldiers from 4 Regiment Royal Logistics Corp at Dalton Barracks.

**From the RAF:** Squadron Leader Ross Thompson from Brize Norton.

**From the United States Air Force:** Colonel Smith (from Fairford US Visiting Forces).

**District Councillor:** Jill Rayner.

The Rev. Catherine Schneider, Pat Clamp – prayers.

Members from St. John the Baptist Parochial Church Council.

Kingsmill Bond – trumpet player for the last post.  
Kerry Hastings – provided the sound system on Millennium Green.

Ruth Hastings – singing on Millennium Green and Memorial Green.

1st Longworth Scouts, Cubs and Beavers.

Members of the Kingston Bagpuize with Southmoor Parish Council.



## LIGHTLY SPICED CHICKEN WITH ALMONDS AND APRICOTS

*Menu submitted by Jenny Charlton and Kathy Fletcher. This was a favourite recipe of our dear friend Pat Dando. Every time we cook this we think of her.*

### Ingredients (Serves 6-8)

- 1 tbsp sunflower oil
- 2 large onions sliced
- 1 tsp ground turmeric
- 1 tsp ginger
- 1 tsp cinnamon
- 4 chicken breasts, cubed
- 500 g / 1 pint chicken stock
- 250 g / 1/2 lb dried apricots, halved
- 25 g / 1 oz chopped or sliced almonds

### Preparation

1. In a large pan, cook the onion in the oil until soft. Add the spices and chicken and stir to coat evenly. Add the stock.

2. Cover and bring to the boil, simmer for 20 mins, stirring occasionally.

3. Add the apricots and simmer for 20 mins.

4. Remove lid and simmer for 10 mins until the sauce thickens. Add more stock if necessary.

5. Place in a serving dish and sprinkle with the almonds.

This can be served with couscous, rice, or roast potatoes and vegetables of choice. Then enjoy!



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## Restaurant Review



### The Carpenters Arms, 132 Newland, Witney, OX28 3JH



After a bit of research to find somewhere a little bit different, my buddy came up with the Carpenters Arms, which re-opened in 2019. Previously a Morrell's pub, it has now been refurbished as a Cambodian restaurant, the first of its kind in the UK.

It is 11 miles from KBS, skirting around Witney (about 25-minute drive). It is open Tuesday – Sunday from 1700-2200 (2300 on Friday and Saturday). There is minimal parking at the back of the restaurant, but there are spaces available on the road – free after 1800.

We were welcomed with a smile and shown to our pre-booked table. The restaurant is smartly decorated in a modern, artistic way with a green plant theme. There is a separate section for larger parties, making the main part of the restaurant more intimate, offering a pleasant ambience with genuine Cambodian staff. We liked the atmosphere.

The menu is extensive with lots of vegan, vegetarian and gluten-free choices. It lists a selection of curries and stir fries and some interesting starters. The only desserts were ice cream or rice pudding, so clearly not a feature! We had some very nice Cambodian coffee.

There was an extensive wine list with other drinks available at the bar. The meals are prepared in the kitchen using fresh ingredients, fresh herbs and vegetables, accompanied with home-made sauces.

I had Amok Kmer (fish curry) and my friend had Vegan Cambodian Kari (curry with chickpeas). The sauces were remarkably similar, very tasty with a mix of spices such as lemongrass, basil, star anise, lime leaves, chilli, and coconut milk. Our starters were Thai prawn crackers.

The restaurant seemed to do a good trade in takeaways. It has a shop in Witney in the Market Square selling oriental foods and ingredients – the Sue Shop.

*We hope you enjoy reading the Restaurant Review. Feedback, through the KBS News, is welcome. Please let us know of any other venues you would like us to visit. By Wilrich, two KBS foodies*



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## KBS Tennis Club

### PHIL JONES - A TRIBUTE

As members of KBS tennis club and village friends now sadly know, Phil died on 13 October of lymphoma and his funeral took place on 21 November at his village church in Aston.

He was, for some twenty years, a keen member of our tennis club and regularly attended our men's evenings, Tuesday morning sessions and Sunday mixed sessions. He was well liked by us all and many of us have happy memories of playing with and against him, both in our weekly sessions and at club tournaments. He had an impish sense of humour and enjoyed the on-court banter/teasing, not least with his male friends. To some of us, his affectionate nickname was "Jones the Electric", given his former professional job in the electrical industry. Some years ago, it was Phil who upgraded the lights in our clubhouse.

I am personally still finding it hard to accept that he is no longer with us and it goes without saying that he will be greatly missed.

On behalf of his many friends, I should like to extend sincerest sympathy to his wife, Carole, his daughter, Lauren and his stepsons, Nic and Jonathan.

*Nigel Shaw, President, KBS Tennis Club*



The Picture shows Phil, in the sun glasses with Jake Moon, and Nigel Shaw behind



## Tip of the Month from The Climate & Environment Group

Some of the cheaper ideas to help us be snug and warm at home during the winter.

### Radiators:

Fit reflective foil behind radiators to reflect the heat back into your room, with a typical pay back of under 1 year. Check they are working efficiently, full of water with no air gathered at

the top. Turn down radiators in rooms you are not using.

### Stop draughts:

For doors, windows and loft hatches fit draught excluding tape, have fabric draught excluders at the bottom of doors and fit door brushes to your letter box. Cover doors and windows, especially patio doors with thick curtains and close curtains at dusk.

### Heating:

If your chimney is no longer used, fit a chimney balloon or simply use an old pillow. Santa can use his special word to magically pass through any chimney obstacles!

### Insulation:

Fitting a new insulating jacket on your hot water tank can save you roughly £30 a year in costs and reduce your carbon emissions by about 110kg. Hot water pipes can be insulated too using foam or lagging.

The healthy minimum temperature for our homes is 18o C, Comfortable is between 19 o C and 21oC. Unless you have a health condition 22 o C - 24 o C is generally considered too warm. According to Uswitch, if you turn down your thermostat and hot water thermostats by just 1oC you could save over £100 a year. More advice and details of possible financial support can be found at the **Better Housing Better Health** website [www.bhbm.org.uk](http://www.bhbm.org.uk)

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## Julian Broad



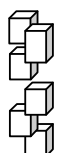
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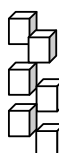


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## Magnus Macfarlane

### The defensive walls of Oxford

**By the end of the Black Death, half of the population of England had died. At this time, the church owned one third of all the land in the country. It was necessary to educate more leaders and administrators for the church and so New College was founded by William of Wykeham.**

Nestling between New College and the eastern wall, there was still a small slum area mostly occupied by highwaymen, footpads and ne'er-do-wells. William made a deal with Oxford council that he would clear these unsavoury characters from this area if he could use the land. The council acceded on the condition that New College would be responsible for the maintenance of their section of the defensive walls. Even today, every three years Oxford City Council formally inspects the defensive nature of the walls and, if they are in good condition, New College may continue to use the land.

Today's most accessible parts surround the magnificent, landscaped gardens of New College with the imposing mound in the middle. The latest inspection was on the 23rd of October. Council members gather at the Town Hall, progress up St Aldates, along the High Street and then up Queens Lane to the non licet (not permitted) gate of New College. The Mayor and the previous mayors wear red gowns, current councillors wear maroon gowns. The



The procession along High Street

parade is led by the sergeant-at-arms carrying the ceremonial mace of Oxford. Upon arrival at the gate, the sergeant knocks on the door three times with a miniature mace and calls out "The Lord Mayor of Oxford and the city councillors seek permission to enter, to inspect the city walls". The porter from the inside relays the request to the Warden, who then gives permission, and the door is opened wide to let the procession in. The delegation mounts the stone steps to the parapet and proceeds along a section of the walls (aligned with temporary Health & Safety scaffolding!).



The procession begins

Once the Mayor has inspected one of the bastions, he is able to announce that the walls are indeed in good defensive condition and that New College may continue to use the land. The inspection party, the fellows and the choristers then retire for refreshments. The choristers sing after toasts have been exchanged.



Bastion Inspected

It was most enjoyable to tickle the character of Oxford and observe this ancient, arcane ceremony joyously re-enacted.



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## Kingston Bagpuize & Southmoor Bowls Club



**Roll Up Session every Tuesday and Thursday at 1:30pm • Bowls Club**

In November we held our Annual Dinner and Presentation evening at Marcham Village Hall. Trophies were presented to the winners and runners up in the following competitions: Don Woodward men's singles, Ladies four wood singles, Archer mixed singles, Irene Underhill Ladies two wood singles, Beeson pairs, Davidson never Won singles, Gordon Cobb mixed pairs, Syd Ilott Memorial Trophy, Fox Inn Triples and the Meg Plass Short Mat Cup. Well done to all the winners.

The Autumn Triples outdoor competition continues until December, with the Winter madness competition starting in January. The short mat team who compete in the Oxfordshire short mat division one afternoon indoor league are holding their own and at the time of writing are in 5th position, having played six and won four. Their latest result to hand was a win by 38-12 against Drayton Wasps, gaining the maximum eight points.

We still welcome new members to join us, please contact [kbsbc.hon.sec@gmail.com](mailto:kbsbc.hon.sec@gmail.com).

The Bowls Club would like to thank the KBS News team for their continued efforts in producing the Village News each month and we wish them and the readers a happy Christmas and a successful 2025.

**Mick Fuller 01865 820818.**





## KBS Badminton Club



Every Monday, Wednesday and Saturday • Southmoor Village Hall

Amazingly, we'll be managing to run sessions every Saturday morning and every Monday evening in December, although the Wednesday group will be taking an evening off on Christmas Day to let their dinner go down.... We'll also be playing every Saturday morning and every Monday evening in January. As I write this copy, I'm not sure if there will be a Wednesday session on New Year's Day so, if you were thinking of coming along for the first time as one of your New Year's Resolutions, then best get in touch with Jenny first.

All of our sessions take place at Southmoor Village Hall and we play for fun rather than for serious competition. Unfortunately, we're not able to take complete beginners but, if you've played in the past and are thinking of getting back into it, Winter is a great time. Wednesday evenings from 6.30pm – 8pm are the best way to ease back into things without injuring yourself. If you're after a slightly faster game then the Saturdays or Mondays are a good bet. The Saturday sessions start quite early running from 9am – 10.30am, but you still have the rest of the weekend in front of you and can go home feeling pleased with yourself for working up a sweat so early in the day. The Monday evenings (6.15pm – 7.30pm) are a great stress-buster at the end of the day.

The club is run on a not-for-profit basis and is very reasonable. Please contact either [sharon@cherrytree21.plus.com](mailto:sharon@cherrytree21.plus.com) (01865 820399) (Sat or Mon sessions) or Jenny [jenny.frame@live.co.uk](mailto:jenny.frame@live.co.uk) (Wed sessions) before coming along to check that there is still space available.

**Sharon Cooper**



## Over 55s Table Tennis Group

The table tennis group has reached its maximum capacity therefore we are unable to accommodate further players at this time.

If you are interested in joining the group please email me at [bobsouthmoor@hotmail.com](mailto:bobsouthmoor@hotmail.com) with your name and contact number. We will then add you to our waiting list and contact you when a space becomes available. **Bob Cox**

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## Oxford Flower Club



**Fourth Thursday each month at 12pm**  
• Cumnor Village Hall

October was our Annual General meeting. After the Administration Team had covered accounts and events for the year, we welcomed a guest speaker.

Michael Bowyer MBE gave us a fascinating talk about three remarkable women: artist Rachel Ruysch, paper collage and embroiderer Mary Delany, and ceramic artist Clarice Cliff. These three inspirational women were linked with a deep love of nature. It was interesting to hear how these very talented women, through adversity, had achieved so much in their lives.

The Administration Team discussed what was scheduled for the forthcoming year. We look forward to a range of professional demonstrators, workshops, a trip to Salisbury Cathedral for the 'Spirit of Water' flower festival and a summer afternoon tea.

If you're looking for a new interest and would like to know more about joining Oxford Flower Club, call Karen on 07967 555750. We meet on the fourth Thursday afternoon of the month in Cumnor Village Hall. Annual membership is £40 or visit as a guest for £8.



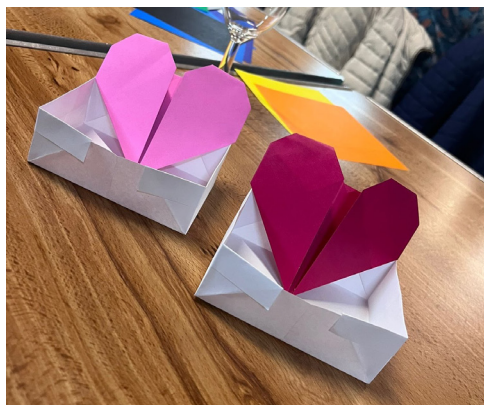
## Apple Blossoms WI



**10th December (Tuesday) at 7:30pm**  
• Southmoor Village Hall • Pom pom decoration making

***"There are no strangers here; Only friends you haven't yet met"***  
*(William Butler Yeats)*

We absolutely love an interactive evening, and our November meeting was no exception! We were thrilled to welcome Peter Buchan-Symons, an origami designer and artist from Oxford with over 20 years of paper-folding expertise. Peter took us on a fascinating journey through the history of origami—who knew it had such ancient roots? Under Peter's expert guidance, we even tried our hand at paper folding ourselves!



Looking ahead, December's meeting promises to be just as delightful with our annual craft evening. This year, we'll be creating charming pom pom decorations. For just £5, you'll receive three craft kits to make on the night, plus a glass of mulled wine, mince pies, and shortbread. Tea and coffee will also be available as always.

Join us at the Village Hall on Tuesday, 10th December at 7:30pm. Visitors are warmly welcomed for a small charge of £5 per visit, plus



– Apple Blossoms WI



– apple\_blossomswi



– Toni Briggs, appleblossomswi@oxfordshirewi.co.uk

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## John Blandy Primary School

We had a fantastic Open Morning on 7th November, when we welcomed in the parents and carers of prospective reception children for our September 2025 intake. If you were unable to make this date, or have just moved to the village, please contact the office and a visit can be arranged [office@jbl.cambrianlt.org](mailto:office@jbl.cambrianlt.org).

It's been a great start to the new term with lots of enrichment activities for the children throughout the school along with many sports competitions and festivals too:

### Diwali Celebration

Reception class's topic this term is Shining Bright. They started after half term, learning about Diwali, the festival of light which was celebrated by some of our families during half-term. The children loved having a go at cooking in the Indian home corner, dressing up in saris and making divas (small pots that hold candles) from glittery playdough. They also enjoyed listening to, and acting out, a traditional Indian story linked to Diwali. Tasting samosas and poppadoms was a real highlight and treat which was provided very kindly, by one of our Oak class parent visitors, who also came and talked about how and why Diwali is celebrated. The children were very lucky to go home with their very own little Diwali gift from our visitor.

### World War 1 Experience

In Year 5/6, we had our World War 1 experience day. We had two workshops. For the first workshop we had an acting soldier from the war who came and taught us about drills, signing up to the army and life in the trenches. Next, a woman from 1914 came and described life at home during the war. We learnt about the roles women played and the jobs they took over. The Suffragettes were a group of women who fought for women's rights. We also got to hold some replica artefacts. In the afternoon, we did some cooking. We made biscuits that soldiers would have eaten in the war. They were delicious! After that we created clay poppies. Sometimes the clay would stick to the rolling pin and you had to repeatedly flip it over in between rolling it. Once the clay had dried, we then painted them. It was a great day!

### Sports News

On Wednesday this week, our Year 3/4 and Year 5/6 boys' teams represented The Cambrian Learning Trust at the Cross Country Vale Finals held at Tilsley Park. The courses are tough and all the boys performed brilliantly well. Our Year 3/4 boys were outstanding and finished joint first! They now qualify to represent the Vale at the County Finals to be held in March - an amazing achievement. Jacob gave the stand out individual performance, finishing 3rd place overall in a very competitive field. All the boys represented the school and the Trust incredibly well and we are very proud of all of them - well done boys!

Next stop is Christmas! Come and see our Year 5/6 children sing carols at the KBS Café on Thursday 12th December at 10am. You're in for a real treat!



### Village Beavers

It's been a busy term already for the 2 Beaver colonies at 1st Longworth. We kicked off this new year with a joint trip to Youlbury Scout Camp in Boars Hill. The Beavers had a fantastic day with zip wiring, go-karting, games and even some hot chocolate. We were pleased the weather stayed mild and dry for us. We also had a great time trying Tennis with Coach Tom at the KBS courts, kindly offered to the Beavers following their efforts litter picking around the village last term. We are so lucky to have this facility with welcoming coaches on our doorstep, lots of them left excited to return for more lessons!

We hope you've enjoyed the display of poppies the Beavers created on the railings for Remembrance day. The children made us and all their families proud with their parade at the Memorial Stones where they looked smart and stood with great respect as we remembered all those who have fought on our behalf. We also learnt about the roles the Scouts and Guides took on during WW2.

Still to come, we have a paramedic visit to help us with our badge work but also teach us about the importance of First Aid and being a first responder and of course there will be lots of Christmas fun too! If you're interested in joining any of our active Scout groups either for your children or as a volunteer yourself, please get in touch. Details here: [1stlongworthscouts.org.uk](http://1stlongworthscouts.org.uk)

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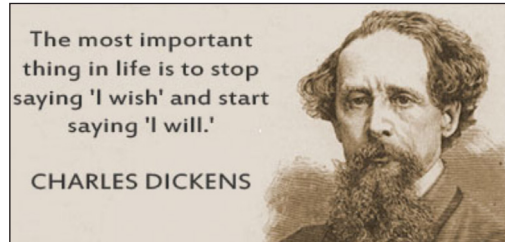
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## The Lighter Shade of Pale

Sue Lacey Bryant

Recollecting that last Christmas we enjoyed a magical performance of 'A Christmas Carol' by the marvellous Creation Theatre company, I idly wondered whether I could unearth any direct link between Charles Dickens and Oxford?



Fancifully anticipating an association with the Debtors Tower at the now defunct Oxford Prison in Oxford Castle, or an encounter with a vicious schoolmaster, the truth is much more pleasing. Instead, the only link I have uncovered is that Dickens, who was an extraordinarily energetic man, always on the move, once rowed from Oxford to Reading. With thanks to travel writer Tom Chesshyre, I learned that Dickens described the journey as "more charming than I can describe in words. I rowed down last June, through miles upon miles of water-lilies, lying on the water close together, like a fairy pavement".

These days any one of us can hire a rowing boat or pedalo for a leisurely trip from The Magdalen Bridge Boathouse. Best suited for a spring or summer idyll in my view, a walking Ghost tour of Oxford seems more in tune for a bleak midwinter evening. We joined one of these a few years back. I recall feeling very cold in a dark alleyway and, later, pleasantly warm in a nearby pub.

Nestled in KBS, I realise we could make very much more of the opportunities to learn about the history of Oxford. I'm contemplating taking a History of Medicine tour from Uncomfortable Oxford in the Spring – when this winter's eternal cough has passed! This tour blends two preoccupations: a fascination for history and advances in medicine. I imagine that a canter through mediaeval plagues, moving forward to the triumph of the first trials of penicillin, will remind me how fortunate we are as we head towards 2025. I hope the organisers will bring medical history up to date to include the remarkable achievement of the University of Oxford, working with AstraZeneca, which by July 2024 had released more than two billion doses of the COVID-19 vaccine to more than 170 countries.

This Christmas the magic of Pantomime is coming to Cornerstone Arts Centre in Didcot, in the shape of Cinderella ("Oh Yes it is!"). There's a further treat in store with Hansel and Gretel at The North Wall, where Creation Theatre promises bewitching characters, mystical spells and more winter magic. To quote Dickens: *"There is nothing in the world so irresistibly contagious as laughter and good humour."*  
Sue

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## Keeping well in Winter Months



Google searches for Seasonal Affective Disorder (SAD) go up by 500% at this time of year. Whether Christmas is part of your life, or if it's happening around you, it can have a big impact on our overall wellbeing.

All of us are familiar with the things we do daily to look after our physical health (assuming you've brushed your teeth today!). Like toothbrushing, there are practical things we can all do to look after our mental health. Different things help us at different times, depending on our preferences, situation and how we're feeling. The important part is to find a few tools that work for you.

At Oxfordshire Mind we recommend the Five Ways to Wellbeing as a good place to start:

**1. Connect** - Connecting with others can help us feel close to people and valued for who we are. Being social means different things for different people - Online, sending a Christmas card or chatting at the bus stop, how we choose to connect is up to us.

**2. Get Active** - Studies show getting active can help us sleep better, improve moods, and reduce feelings of stress, anxiety and racing thoughts. This doesn't have to mean running a marathon; a stretch or a walk often works just as well.

**3. Take Notice** - Reminding ourselves to take notice can help us to be aware of how we're feeling. It can also help us understand what triggers our feelings of stress or anxiety.

**4. Learn** - The feeling we get when we learn and develop boosts our self-esteem. Try a new recipe, or maybe research something you're curious about, take the time to learn something new.

**5. Give** - There's lots of research into the effects of taking part in community life. Studies show people who help others are more likely to rate themselves as happy. Fortunately, we live in a village that gives us lots of opportunities to get involved. Or it can be as simple as making a cup of tea for someone. Whether it's one at a time, or finding an activity that includes all five, it's a great place to start. We must all get better at proactively looking after our minds in the same way we do our bodies.

If you are struggling this winter, Oxfordshire Mind is here for you. No one should have to face a mental health problem alone. For free, confidential support call our Information Service – 01865 247 788.

*Mackenzie Aspell – Oxfordshire Mind*



Waiting times for mental health services for children and young people in Oxfordshire are at an all-time high.

**1 in 5 children will experience mental health problems.**

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## **“Are you ready for Christmas?”**

If you're one of those organised people who do all their shopping and have presents wrapped by the beginning of December, together with any cards written, please don't ask me that! I'm more of a last-minute person, known to go into the shops on 24<sup>th</sup> for last minute stocking ideas and to join the frenzied hunt for brussel sprouts. I love the Christmas season, but the preparations have to be carefully managed so that I'm not too exhausted for when it finally arrives – maybe you can relate to that.

So this year, I'm going to try a plan of action to make sure I get everything done. For Christians, December is a season in itself – Advent – the season of preparation for the coming King, who arrived as a vulnerable baby, and who will come again at the end of time (as well as for opening the doors on our Advent calendars). I always try to find some time to dwell on the quiet wonder of Christmas, but with all the extra activity that can be hard.

Still, Mary and Joseph didn't have much peace and quiet either in the run-up to Jesus' birth. They travelled the distance from here to Wales through hilly and hostile terrain to get from Nazareth to Bethlehem, with Mary nine months pregnant riding a donkey each day for around a week, only to arrive and find that they were not welcome and there was nowhere for her to have the baby, except a shelter where the animals were kept.

In comparison with that, my preparations for Christmas fall into perspective. My hope for us this season of Advent in the run up to Christmas, is that even in the busyness we don't lose sight of Mary and Joseph and the hardships faced by so many in difficult circumstances around the world, and that we would know something of the joy and wonder of the safe arrival of the Son of God when Christmas finally arrives – God with us – as we spend time with those we love and who love us. Wishing you all a very happy, and blessed Advent and Christmas season.

From Catherine and all at St John the Baptist Church.

## **Christmas with St John the Baptist Church**

**Wednesday 11<sup>th</sup> December:** Carol singing at 6pm at Petypher House, in the Waggon and Horses at 6.45 - 7.15pm, then more Carol singing around the Ridgeway and Fallowfield estates.

**Sunday 22<sup>nd</sup> December** 4pm Carols by candlelight in the grounds of Kingston Bagpuize House, bring a chair or rug to sit on.

**Tuesday 24<sup>th</sup> December** 4pm Crib service, children may come in fancy dress

**Tuesday 24<sup>th</sup> December** 11.30pm Midnight Communion

**Christmas Day** 10.30am Christmas Family Communion, bring your favourite Gift to show everyone.



**MERRY CHRISTMAS**  
&  
HAPPY NEW YEAR