



£2, free to Members

Barkham Newsletter

Issue 152 Summer 2025
from the Barkham Village Residents Association



Leopard 3 Bus service Improvements

<https://www.reading-buses.co.uk/services/>



Find out about the Easter Egg Hunt on Page 12



Taming the rhododendrons in the Coombes! Page 11



Solar Panels for Village Hall, Page 2

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Editorial



I hope you have been enjoying the sunny dry weather even though the east winds have been cooling.

In this issue, for the first time, I have included an item on Page 5 about the Aborfield Green community. I hope to receive more in the future.

The Borough Council is going to move the 30mph speed limit on Bearwood Road from the foot of the hill to the top just beyond the cross-road with Sandy Lane and Coombes Lane. In fact, I understand that, the Parish Council wanted to push it further along Bearwood Road to just beyond Highland Avenue. The reason for this is that there are plans for a 'greenway' link from Highlands Avenue to Coombes Lane so as to encourage walkers and cyclists and it was thought a reduced speed limit there would be beneficial.

The Leopard 3 Bus service frequency has increased from hourly to half-hourly. This is a very welcome improvement. See the front page for a link.

There is an article on Page 7 about defibrillators following the Parish Council's latest addition.

Sorry, I had to postpone the next instalment of the Detectorists, for lack of space, see the next issue!

Solar Panels for the Village Hall

Solar panels have recently been installed on the roof of the village hall, partly funded with £7,000 support from Barkham Parish Council. The cheque was handed over on a sunny morning and note the beautiful cherry blossom.



Barkham Village Hall Going Green

The BVH team is pleased to announce that this Easter saw Solar Panels fitted on the Hall.

The roof is an excellent position for such a site, being both south facing and unshaded.

The 30 Panel Photo Voltaic system will supply 12kW of power, that's 12,000 kWh/yr.

This is calculated to supply 80% of the Hall's electrical needs, and, during the summery months, feed the national grid.

An extra battery is being installed in anticipation of further work aiming for complete power self-sufficiency.

All exciting developments – Watch this space

Allan Wrobel (Chair BVH)

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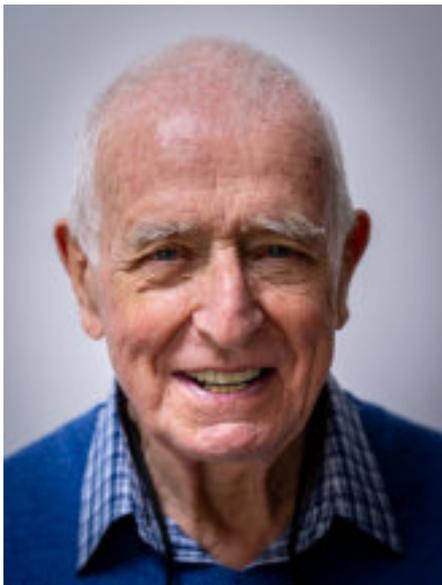
Email Updates

As well as our newsletter we are increasingly using email to keep in touch with members. It is important we are kept up to date with your details. If your details have changed or you aren't getting emails from us, use our member details form on the website https://barkham.org.uk/member_details to advise us.



We will confirm any request you send to us. Also to ensure you receive our emails please add barkham.org.uk to your safe senders list. If you are unsure how to do this, please email webmaster@barkham.org.uk for advice.

DevWatch Update



At the time of writing there are a number of important matters in the pipeline:

- Progress on the draft Local Plan which is sitting with the Government's Planning Inspectors for approval: Wokingham Today recently reported on the large proposed development on the University land at Hall Farm known as the Loddon Valley garden Village. This is in the draft Local Plan but the paper stated that the Planning Inspectors had written to Wokingham Borough Council expressing concerns as to when critical (and multi-million) infrastructure would be completed in the context of evidence being needed as to the milestones that would be needed before the first homes could be occupied - suggested for 2026/7. The proposed development is very contentious and strongly opposed by a lot of residents.
- The outcome of the appeal on the substantial - and strongly contested - application for residential development at Evendons Land / Blagrove Lane is awaited. This site is not, of course, in the draft Local Plan proposals. We are also waiting for the decision on the appeal that

was heard on the application to site caravans on Bluebells Farm on Commonfield Lane.

- Will the School land closure as a throughway between the roundabout at Arborfield Village and Langley Common Road be made permanent? Wokingham Council have postponed a decision on this until the 14th May - after the deadline of this issue.

What residents may view with concern is:

- A new application ([250735](#)) has been made on land off School Road, Arborfield - this time for 70 houses. A previous application had been made for 95 houses on the site which was refused by the Council

- An application ([250733](#)) has been made for 135 houses on land off Eversley Road, at the edge of Arborfield village.

- An appeal has been lodged against the Council's refusal to grant planning consent for 60 houses on the land behind the Leathern Bottel with means of access to be considered but with the suggestion of a new access road on to Barkham Road to serve this proposed development as well as the Leathern Bottel itself.

None of these sites was proposed for development in the draft Local Plan

And finally - Wokingham Borough Council are going to extend the 30 mph limit on Bearwood Road up to just north of the Sandy Lane/Coombes Lane crossroads. We understand that Barkham Parish Council had been pressing for the speed limit to be taken just to the north of Highlands Avenue which would have been logical but that is apparently not to be - at least for now.....

Dennis Eyrie

HELP NEEDED!

Membership Admin

We are looking for someone to help with the administration of BVRA membership.

Key points are:

- Maintain the contact database
- Manage the payment of subscriptions mainly through the Direct Debit scheme
- Provide distribution lists for each quarterly magazine distribution
- Attend committee meetings

If you feel you could help then please contact

chairman@barkham.org.uk



Barkham Village Hall Treasurer

Barkham Village Hall Committee are seeking a Treasurer

Are you a person with financial skills looking for a role where you can support a local charitable organisation? Barkham Village Hall is a popular and well used facility at the heart of the local community, and we are seeking a Treasurer to take over financial transactions, provide reports to the committee, attend committee meetings held every other month, and become part of a supportive and friendly team. The outgoing Treasurer will be available to offer a thorough handover of the role, and the position comes with a small salary.

For further information please contact Chair, Allan Wrobel, on allan.wrobel.bvh@hotmail.com or 07912-656689



Update from Barkham Parish Council

Planning

Several significant planning applications affecting Barkham and nearby areas are currently under consideration by Wokingham Borough Council (WBC) or the Planning Inspectorate:

- **Land North of School Road:** An outline application for up to 70 dwellings has recently been consulted on by WBC. Barkham Parish Council submitted a formal objection to the proposal, raising concerns about the impact on local infrastructure, traffic, and the character of the area. We now await WBC's decision on the application.

- **Land Behind the Leathern Bottel, Barkham Road (West of Limmerhill Road):** Wokingham Borough Council previously refused permission for development on this site. However, the applicants have lodged an appeal against that decision. The Parish Council has submitted its objections to the appeal, and we now await confirmation of the hearing date and its eventual outcome.

- **Ducks Nest, Adjacent to Eversley Road, Arborfield:** An application for 135 dwellings on agricultural land known locally as Ducks Nest has recently been consulted on. The proposal has attracted significant public interest. At the time of writing, the Parish Council had not yet discussed the application, but it is scheduled to be considered at the May meeting. We now await WBC's decision.

Residents are encouraged to remain engaged with local planning matters and can view or comment on applications via the [Wokingham Borough Council Online Planning](#).

Update on the Arborfield and Barkham Neighbourhood Plan

We're starting the process of updating our Neighbourhood Plan to keep it relevant and effective in guiding local development.

The Arborfield and Barkham Neighbourhood Plan, which was adopted in 2020 following a community-wide referendum, has played a vital role in shaping local planning decisions and protecting the distinctive character of our villages. However, with changes in local development pressures, national planning policy, and emerging proposals in Wokingham Borough's Local Plan, it is now timely to begin the process of updating the Neighbourhood Plan.

Both Arborfield and Barkham Parish Councils have agreed to undertake a formal review of the Plan. This update will allow us to ensure the Plan remains current, continues to reflect residents' priorities, and strengthens our ability to influence future development in ways that benefit the community.

The review will involve reassessing key policies, such as those on housing design, green spaces, infrastructure, and biodiversity. Importantly, we will also be looking to incorporate new evidence and reflect any changes in legislation or planning guidance.

During the review, we will be keen to hear from residents, local businesses, community groups, and other stakeholders throughout this process. A public consultation will be held in due course, giving everyone the opportunity to have their say on what matters most for the future of Arborfield and Barkham.

For more information, please contact the Parish Clerk

Annual Litter Pick – A Community Success!

The annual Barkham Parish Litter Pick took place on Sunday 23rd March 2025, with over 30 enthusiastic volunteers turning out between 10am and 12 noon to help spruce up our parish.

It was wonderful to see such a great mix of families with children, couples, and groups of friends all coming together to support the community.



Volunteers gathered at Barkham Village Hall, where they were assigned areas to cover. On returning from their litter-picking missions, they were rewarded with well-earned refreshments - including bacon butties, a variety of biscuits and cakes, and plenty of tea and coffee.

Thanks to everyone's efforts, approximately 47 bags of rubbish were collected, along with some unexpected items including four 25-litre oil cans found in a ditch, two car tyres, two shopping trolleys, and numerous hubcaps! Larger fly-tipped items and hazardous waste were reported to Wokingham Borough Council for safe removal.

A huge thank you to all who took part - your time and effort make a real difference to the environment and community spirit in Barkham.

Community Governance Review

Barkham Parish Council has responded to the Community Governance Review, and its response is available on the website <https://barkhamparish.gov.uk/notices/barkham-parish-councils-response-to-the-community-governance-review-consultation/>



Arborfield Green Development

Sainsbury's

The Construction of the new Sainsbury's store has commenced with part of the steel frame and roof already in place. It is hoped the new store will be open by the end of 2025.

Sports Pavilion

Work is due to commence to demolish the existing sports pavilion to make way for the construction of a new and upgraded pavilion.

History Books

The "Barkham A History" book can be obtained from the Clerk at £8.50 each or from Henry Street Garden Centre. These will make ideal presents for anyone who is new to the area and does not already own one.



Arborfield Green Progress

I recently received a copy of the Newsletter sent to residents of the Arborfield Green development by Crest Nicholson, the developer.

You might be interested to know that the much-anticipated Sainsbury supermarket is taking shape and is expected to be ready for use by the end of 2025, see below.



I also include a copy of the Engage notice showing activities taking place that might interest you. If you would like to know more then here are some contact details.

Phone: 07577 987130, Website: www.arborfieldgreen.co.uk,
Email: community@arborfieldgreen.co.uk



WINNERS OF COMMUNITY PROJECT AWARD 2024

ENGAGE

UPCOMING EVENTS

2025

1st June - Car Boot Sale 9-1pm
(Arborfield British Legion)

23rd July - School's Out Kids Disco 5-7pm
(Community Centre)
(Ticketed event)

16th August - Arborfest 12-6pm
(More information to come)

25th October - Oktober FoodFest 4-8pm
(Arborfield British Legion)

13th December - Holly Jolly Disco 5-7pm
(Community centre)
(Ticketed Event)

Join us here on facebook for more information on upcoming events and tickets



Update from our Borough Councillor



Marathon Man!



Writing in early May, I am struck by how quickly 12 months have passed since I was elected as a borough councillor for Barkham and Arborfield in May 2024, and wrote my first article for this newsletter a few days later.

As a borough councillor I do my best to promote the interests of all the residents and parishes within the area. Whilst the scale of change in the south of Barkham Parish due to development in the former Arborfield Garrison takes a lot of my attention, with help from local residents, Barkham Parish Council and BVRA I am regularly able to help resolve issues across the Barkham village area.

I also have a role to play in difficult decisions affecting the borough as a whole, most prominently where to accommodate the new housing which Wokingham is required to build to meet nationally set targets. Whilst we all regret that loss of some countryside that this entails, I am proud that the council I am a part of is increasing the proportion of social and affordable housing which developers must build and requiring higher environmental standards. Approval of our long-term 'Local Plan' will give us the ability to stop the multiple small speculative developments in unsuitable locations which we have been subject to since 2022.

Last month, along with all the local parish councils, I submitted my views to a review of the boundaries of parishes in the borough. All inputs will be reviewed by a committee of elected borough councillors over the coming weeks and there will be a public consultation on the recommendations in the second half of the year. I think there are opportunities to improve the parish boundaries in the new developments in the former garrison area where 4 parishes are currently involved, and I look forward to seeing how this can be achieved.

More houses inevitably means more people wanting to travel, and peak-time congestion on the Barkham Road is a problem I am working on. Improvements to our Leopard 3 bus to a half-hourly service plus evening and weekends starting this month will help relieve pressure, as will the arrival of new facilities in Arborfield Green this year. I'm working for safer speed limits, the first of which are now being delivered.

Some of the most damaged sections of Barkham Road are scheduled for surface dressing to reduce the occurrence of potholes, but much more is needed, on roads, pavements and improving cycleways after more than a decade of government cuts.

I look forward to the next 3 years in my elected term and to continuing to serve residents across the area and hopefully many more years thereafter.

You can contact me at adrian.betteridge@wokingham.gov.uk or 07985 088298.

I am delighted to report that Barkham resident, Gurprit Singh, completed two half-marathons recently, impressive at the age of 65, to raise vital funds and awareness for *Crohn's and Colitis UK*.

Here he is near the start and later, reduced to near walking pace up a hill near the end. But he made it. Well done, Gurprit!



These conditions affect half a million people and their families in the UK. Despite progress, much remains to be done in terms of research, support, and finding better treatments. Every single contribution, big or small, helps fund critical research and support for those battling these debilitating diseases. You can donate through this [Justgiving link](#)



Defibrillators in Barkham Parish

Access to emergency medical equipment can mean the difference between life and death in critical situations. Barkham Parish Council has taken significant steps to ensure that defibrillators are readily available to residents and visitors, demonstrating its commitment to public safety.



What is a Defibrillator?

A defibrillator, also known as an Automated External Defibrillator (AED), is a life-saving device used to help individuals experiencing sudden cardiac arrest. It delivers an electric shock to restore a normal heart rhythm and can be used by anyone, even without medical training, as most modern AEDs provide clear, step-by-step instructions.

Defibrillators in Barkham Parish

Barkham Parish Council has actively worked to install and maintain defibrillators across the community. There are currently three publicly accessible defibrillators located at:

Barkham Post Office A well-known central location, ensuring quick access for residents and businesses nearby.

Barkham Village Hall Installed in partnership with Barkham Village Hall Committee, who are responsible for its ongoing maintenance. This ensures the

device remains operational for visitors and event attendees.

Arborfield Green Community Centre The latest addition, enhancing coverage for residents in the growing development.

The Parish Council routinely checks defibrillators to ensure they are in working condition. In March 2024, the Council replaced expired pads in the defibrillator at Barkham Post Office to maintain its readiness. Meanwhile, the Barkham Village Hall Committee oversees the upkeep of the AED at the hall, ensuring it remains available for use when needed.

Community Involvement and Awareness

A survey conducted by the Barkham Village Residents Association in 2022 revealed strong community support for expanding defibrillator availability. As a result, the Parish Council continues to explore funding options and potential locations for additional AEDs.

If residents have any suggestions for other locations where a defibrillator may be beneficial, they are encouraged to contact the

Parish Clerk, who will assess the feasibility of installation.

Finding a Defibrillator Near You

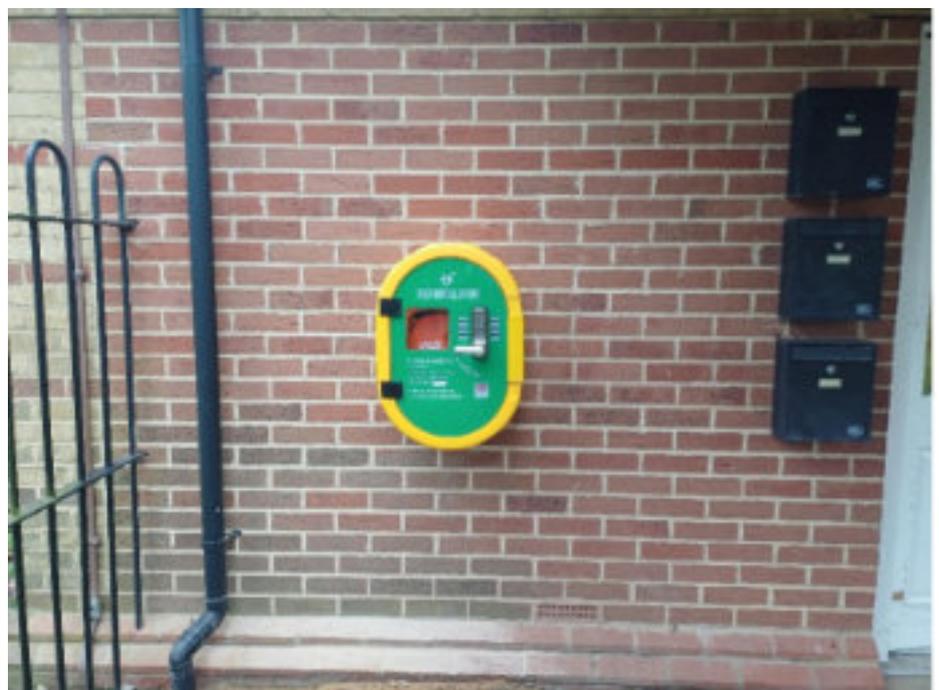
Residents can locate the nearest AED using the Defib Finder tool (www.defibfinder.uk), which provides real-time information on available defibrillators.

How You Can Help

- Learn CPR and How to Use an AED – Many local organisations offer training sessions.
- Support Defibrillator Installations – Donations and fundraising efforts help expand access.
- Spread Awareness – Knowing where the nearest defibrillator is can save a life.

Conclusion

Barkham Parish's commitment to public health and safety is evident in its ongoing efforts to provide and maintain defibrillators. With three strategically placed AEDs, including one maintained through a partnership with Barkham Village Hall, the community is well-equipped to respond to cardiac emergencies, ensuring help is always within reach.





Burglary Prevention Advice this Summer

Home

- Lock all doors and windows at night and when you are out. Ensure all sheds and garden buildings are secure when unoccupied. If you have a UPVC door, remember to lift the handle and lock it with the key.
- Keep all valuables and keys, including car keys, out of sight and out of reach of windows and letterboxes. Double check your vehicle is locked too.
- Ensure all gates are locked to prevent access to the sides and rear of your property. Move bins away from side walls and fences.
- Keep ladders and tools stored away. Don't leave them outside where they could be used to break into your home.

Away

- Going on holiday? Use a timer switch to make your house look occupied, even when it isn't.
- Don't advertise that you are going on holiday on social media – wait to upload your snaps until you get home!
- Consider installing a video doorbell and ensure it is fully charged.
- Ask someone you trust to keep an eye on your home while you are away.
- Don't leave spare keys in obvious places such as under doormats or plant pots.

2025 Thames Valley Police Community Policing Awards

The 2025 Thames Valley Police Community Policing Awards are now open for nominations!

Is there an outstanding officer, staff member or volunteer who has made a significant contribution to your community?

Make sure to vote for them, helping us to recognise this year's community champions: <https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/au/about-us/awards-events/community-policing-awards/>

Nominations close on Friday 18 July



You can find out your local neighbourhood policing priorities on our website: <https://www.thamesvalley.police.uk/area/your-area/>



A Rising Spiritual Hunger – And a Place to Explore It



St James' Barkham

A Surprising Shift Among Young Adults

In January 2025, a YouGov poll revealed something unexpected: a marked increase in spiritual curiosity among young adults in the UK. A significant number of 18-25 year olds expressed a desire to reconnect with spirituality - even if they weren't sure where to begin. One book-seller reports that sales of the Bible are soaring. It seems that more and more people are asking life's big questions: Who am I? Why am I here? If God is there, can I really know him personally?

A Welcoming Place to Start

At Barkham Church, we believe these questions matter. And more importantly, we believe they have

answers - real ones that satisfy not just the mind, but the heart.

That's why every week, we gather as a church family to open the Bible and explore what it has to say to our lives today.

Our aim is to be a church where people from all walks of life can come as they are. Whether you're full of faith, full of doubt, or just cautiously curious, there's a place for you here. You won't be expected to know anything or believe anything before you arrive. Just bring yourself.

Faith That Makes Sense of Life

Each Sunday, we take time to reflect together on what the Bible says and ask honest, practical questions: What does this mean for my Monday morning? How does this shape the way I see myself, my relationships, my work, and the world? We also believe that community matters - and that church should be a place where you can find both truth and friendship.

Explore Christianity Through the 321 Course: on-line or in person
If you're looking to explore the Christian message, the 321 Course is a brilliant place to begin. Designed with care, it helps you reflect on God, the world, and your own story through engaging

videos and thought-provoking illustrations.

The course is available for free on-line (or as an app). Just search for 321 Course. There are no hidden costs - just sign up and start exploring. In our experience though, the most enjoyable way to explore these questions is to do so with others who are on the same journey. We hope to run a course at Barkham in the autumn - why not join us?

You're Always Welcome

So if you've found yourself wondering if there's more to life than what you see - or feeling a quiet tug toward something deeper - why not come along one Sunday, or ask us about the next 321 course? You're always welcome at St James's Barkham.

For more info visit www.abch.org.uk or join us any Sunday at 10am or 6pm

Julian Bidgood, Minister of St James's Church, Barkham



The Quiz

In the light of recent events I thought I might test you on papal history but I relented!

So instead, this quiz is about people with working names that are different from their real names. Most are celebrities of some sort who chose an alternative name which they found more pleasing or catchy, however one chose their working name for a different reason. Can you identify the odd one out and why they did so?

By what name are the following better known:

1. Robert Zimmerman
2. Marion Morrison
3. Stefani Germanvotta
4. Norma Jean Mortensen
5. Farrokh Bulsara
6. Mary Ann Evans
7. Reginald Dwight
8. Caryn Johnson
9. Stevland Judkins
10. Gordon Sumner

Answers on Page 19

Where in Barkham?

Do you know where this post box is located?



Neighbours

Serbia has land borders with eight countries. Can you name them?

Wild About the Coombes

Did you know that we have migrants in the Coombes? I'm not referring to people who arrived on small boats or anything like that. We have plenty of birds that fly south for the winter, but I'm not talking about them either. My topic is path migration.

There are numerous well-worn paths through the Coombes that show the most popular routes that people take when enjoying our wonderful woodland. Some have been around for decades, others are relatively new. Most of them are unofficial and have changed along their way according to how the woodland evolves.

Extended periods of wet weather often lead to route changes. When the paths get particularly mucky, people tend to pick a way off to one side where the ground is firmer. They may make a bigger diversion to avoid the mud. When the ground dries out, a path's users may stick with the changed route. The abandoned way can grow over and merge with the landscape through which it used to pass.

From time to time, trees feel the need to lie down. They may be unwell, dead even, or simply unable to stay upright in a high wind. They are rarely discerning about where to take their rest and can end up blocking an established path. As people do for mucky paths, they find a way around such blockages, and new stretches of path become established.

There are two Public Footpaths through the Coombes. Measures are taken to keep these passable, even following periods of rain. It is particularly wet around the area where these paths cross, and boardwalks have been provided to save pedestrians from having to wade through the worst of the mud. If trees block the official footpaths, contractors are brought in to restore a way through. You may recall that I wrote in the last issue about the removal of a tree that had fallen and

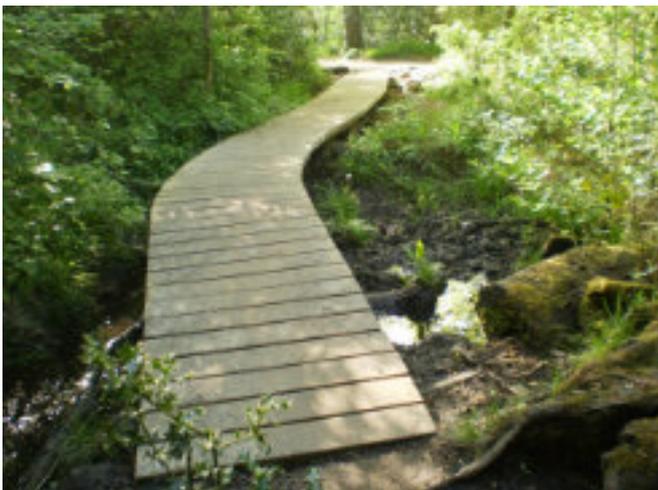


blocked a footbridge over a stream on one of these paths.

The invasive nature of rhododendrons, introduced into Britain during the 1700s, has had quite an impact on the network of paths. There used to be a well-used path through one region, crossing a bridge over a stream. The rhododendron infestation has long since made that path impassable to all but the most determined but the bridge is still there.

Now that the bulk of the Coombes is Parish Council owned, volunteers have made a start on reducing the impact of the rhododendrons on the original balance of nature of our Ancient Woodland. **Ed:** see opposite. An area of rhododendrons, which had established itself alongside one of the public footpaths, was cleared in April. I was fascinated to see that this had exposed the line that the path had previously taken down a slope. I realised that that was the way that I had regularly walked with my children in the 1990s, helping to wear an indentation in the ground since taken over by the rhododendrons.

Joe Wild



An Afternoon with the Coombes Volunteers **Controlling the spread of non-native rhododendrons**

A band of volunteers help maintain the Coombes woodland acquired for the village. There have been two sessions since the last issue in March and April. Here is a before and after from the March session.



In April nine of the volunteers gathered in the Coombes woodland for the second rhododendron management session. The site chosen for this session is located on the steep bank of one of the shallow valleys which give the Coombes their name. Over the course of about three hours, working with loppers and saws, the team opened up a visually interesting corner with a view across to the opposite bank, restoring a panorama which hasn't been seen in a good number of years.

The work even revealed a very serviceable garden spade which had somehow been lost in the undergrowth, not to mention various items of plastic and metal rubbish, which will be duly recycled. Once cut down, the branches were cut into smaller lengths and gathered into piles and a dead hedge formed to delineate the course of the footpath. These will slowly decompose and will gradually be absorbed into the forest floor.

The woods are lovely at this time of year, with the air full of birdsong and the ground carpeted with a visual feast of bluebells, lesser celandine, violets, greater stitchwort, and wood anemones, to name a few. Managing the spread of rhododendrons, which are



non-native to the UK, provides more opportunity for our native species to re-establish themselves and boost the natural ecosystems. It is not yet known what dormant plants might be waiting to emerge now that the canopy has been opened up, letting in more light. Who knows, amongst the more common species, there might be native wild orchids waiting to emerge!

Do you fancy getting involved? New volunteers are always welcome. For more information contact: clerk@barkhamparish.gov.uk

Jeremy Towler, Volunteer

BVRA Social



As I write this we have been having a few days of really very warm, sunny weather - has Summer arrived early we ask ? Sadly not, because the cold northeasterly winds that have bothered us for weeks are forecast to return shortly!

However, the first event of 2025 was the children's Easter Egg Hunt on Sunday 20th April, and although some rain had been forecast it didn't materialise, and we had a dry, if cloudy afternoon. Even the wind had calmed down so we were in fact very lucky.

35 children took part, a few less than previously (other Easter Egg events across the Wokingham area were also taking place, so this might have been the reason), but it was the usual very keen dash from the starting line for many youngsters to find the hidden tokens. The little under 5s had a separate calmer area to hunt for their tokens, and it was so lovely to see how delighted they were when they returned to exchange their tokens for little chocolate eggs.

The parents and grandparents etc had been encouraged to buy raffle tickets for the 'Big Egg' and other chocolate prizes, and the winner of the first prize was Alison, who was very happy (see photo), and I'm sure her son was very happy too, even though he seemed rather camera shy and had made off with his friends!

The Social Team have other events booked for 2025 - the Family Skittles Evening on Saturday 17th May will have taken place when you receive your Summer Newsletter, so a report will appear in the next Autumn Newsletter.

- our very popular Annual Quiz is on Saturday 18th October, at the Village Hall - 7:00 for 7:30pm with a Fish & Chip Supper.
- Annual 'Carols in the Park', always enjoyed by families, will be on Friday 12th December at the Junipers Park.

More details of these will be in the Autumn issue, but please put the dates in your diary now.

We are always looking for more people to join our friendly



Social Team, so please contact Gill Powell if you think you might like to join us, or want more information, by emailing social@barkham.org.uk

In the meantime have a lovely Summer with hopefully great weather.

I hope to see as many of you as possible at our events - they are always fun and a great way of meeting people, especially if you are new to the area.

Shirley Warner

BVRA and Social Team Committee Member

Ed: Our first, second and third prize winners are shown opposite

Health is not an accident

If you're reading this, you will likely be making deliberate lifestyle choices to support your health. Perhaps you restrict some foods, walk daily, or go to bed at a regular time. You're helping your body to keep its systems running smoothly, and you might be able to do more and feel good about it.

We often have our favourite topics and reasons we ascribe to good health. It's all about diet, this food I eat every day, or it's about a positive mental attitude.

I work in the NHS for half of my week. And the nature of that work means that most people referred to me have a long-term health issue, and my role is to help them reverse it, recover from it, or manage it more effectively.

In working with hundreds of patients, I can share that there isn't one thing that works for everyone. It's almost always a combination of several things.

There are principles, of course. In earlier editions of this newsletter, I've shared my pillars of health – diet, movement, sleep, emotional skills, relationships, meaning, minimising harmful substances, and the environment for each.

I often wish I'd started working with my patients a few years earlier, perhaps when there were signs of what was on the horizon, or even before that. In many cases, they could have made changes and prevented or at least delayed the onset of the reason for the referral.

Many of us aren't actively thinking about prevention, or at least, not enough. I don't think it's a surprise to appreciate that the complex systems that keep everything working efficiently lose some of their effectiveness as we age. But if we can set them up for success, making their job easier, their reduced effectiveness becomes much less of an issue.

I'll use the example of inflammation. It's a process of our protective immune system, highlighting areas for

increased blood flow and drawing in other immune system processes, a bit like using a highlighter pen to identify parts of a document that need correcting.

Inflammation (often measured using a blood test, for example, you might see hsCRP in blood test results) can be an early warning sign that we need to make changes, perhaps it's persisting longer than required, or activating when not needed. When connected with ageing, it's sometimes called inflammaging. We want this process to work optimally and well into our senior years, so how can we help it?

Most of the pillars of health are relevant, all contributing to the environment for an optimally functioning immune system. And the wonderful thing is that the activities that help your body use inflammation efficiently also help the other systems in your body, supporting, say, heart and brain health, so there's a positive cascade.

Two health-promoting behaviours include mindful eating and regular physical activity. For example, try to avoid overeating by stopping before you feel full. Choose unprocessed foods instead of ultra-processed options and aim to eat at least five portions of different fruits and vegetables each day - think "eat the rainbow."

In addition, make movement a regular part of your day. Strive to exceed the exercise guideline of 150 minutes of moderate weekly activity, such as brisk walking, cycling, swimming, chair aerobics, or even carrying groceries. Aim for about 30 minutes of activity at least five days each week, which you could do in two or more blocks of 10 or 15 minutes.

Most of us know what to do to help our bodies but aren't always doing it. How about adding one more health-promoting behaviour to your daily routine? Your body will thank you.

Mark Quirk MSc CertLM,
www.PrimaryPrevention.co.uk

Easter Egg Hunt winners



Girl Guiding In our Community

Girl Guiding was first founded in the UK in 1908 and now more than 100 years later in 2025, Guiding is still supporting girls and young women to be the best they can be. Girlguiding is the UK's largest youth organisation dedicated completely to girls. The Guiding mission is:

“Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community”.

Girl Guiding is doing well in the Wokingham Division, we have just under 600 members spread across 24 units covering central Wokingham, Winnersh, Woosehill, Finchampstead, Arborfield and Barkham. Girls can join the Rainbows if they are aged 4-7, Brownies aged 7-10, Guides aged 10-14 and Rangers aged 14-18.

Girlguiding reports a 20% increase in young membership since 2021 and are seeking new adult volunteers to allow us to continue to offer spaces to as many girls as possible. Sadly, we do have some waiting lists for units in our area and would love to talk to you if you could spare a few hours a week and join one of our unit teams.

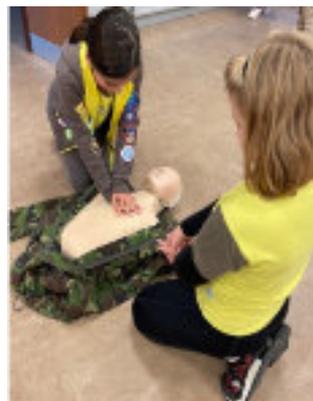
Volunteering for Girlguiding has many benefits, with opportunities to meet new friends, share and gain transferable skills and take a break from everyday routines to spend time having fun and be inspired by incredible girls and young women - making a difference to the lives of girls in their local communities.

2nd Barkham Brownies meet in the Barkham Village hall, they are a friendly unit of 30 Brownies aged 7-10 - they like to have

adventures, play games and enjoy working towards badges - recently they have worked on the Bee challenge badge and they learnt so much from a local bee keeper who came to visit, they were also involved in the Division event, where 150 brownies went bowling in Bracknell - great to see so many brownies altogether. We were lucky to also have the First Responders give up their time and come and do the First Aid Skill builder badge with them - many of you may agree a vital skill to have. The girls also supported our local community by visiting Tesco and donating to the Local Food Bank. This term we are going to Longleat to celebrate Thinking Day with other Girlguiding members from around Berkshire and Hampshire - taking the opportunity to remake our promises and think of others. We are also taking over Legoland for the weekend with over 2,000 Girlguiding members visiting to experience the fun. Each term we enjoy a variety of activities and adventures.

Also in the local area, there are Rainbow, Guide and Ranger units. Do you like the sound of these sorts of activities? Could you join our team? Do you have a skill or hobby that you would like to share with the girls one evening – like our bee keeper and the First Responders - we would love to hear from you, please email:

divcomm.guidingwokingham@outlook.com



Barkham Little Library

Did you know that Barkham now has its very own *Little Free Library*?



Sandy Lane Little Library is a free book sharing box with a simple premise; take a book, leave a book. It's always open and has something for everyone from gripping mysteries and literary fiction to classics and children's stories. Just pop by, choose a book you like the look of, and donate one in its place if/when you can. Be sure to also grab a bookmark and leave a message in the guestbook when you visit!

Find the *Sandy Lane Little Library* at 8 Sandy Lane. Use <https://www.instagram.com/sandylanelittlelibrary> Instagram to see the latest stock.



35 Years Ago

In Issue 12 we see mention of the very first Easter Egg Hunt. My kids were young then and in those days the foil-covered eggs were

dispersed along the paths in the Coombes! We also ran barn dances with barbecues.

I notice we tried to start up a cricket club; I wonder what

happened to that initiative.

The Council used to deliver skips to the hammerhead in the Junipers. How times have changed on that front!

BV
RA

BARKHAM VILLAGE RESIDENTS ASSOCIATION

NEWSLETTER

SUMMER 1990

ISSUE 12

CHAIRMAN'S REPORT

You will all have read the "Spotlight on your Community" article in the Wokingham News on May 17 when Barkham was featured. Although classified as "unobtrusive" and "without a centre" there is, through the many different organisations, an immense and wide ranging number of activities that are undertaken by the village community. It is hoped that the publication of the Newsletter serves as a medium to promote these activities and to keep everybody informed as to what is happening within the community.

John Adams (793802)

FORTHCOMING EVENTS

July 14 Barn Dance and Barbecue

Sept 29 Tramps Ball
8 pm Barkham Village
See Post Office details

BARN DANCE AND BARBECUE

Saturday 14 July
Barkham Village
£4 for adults £2.50 for children including food. Music by "Parsons Derby Ride" Tickets are

available from Barkham Post Office - please book early, tickets for this event go very quickly!!

BARKHAM VILLAGE CRICKET CLUB

Calling all cricketers!!! At least those of you who know one end of a bat from the other! Do you wish to participate in reforming the BVCC? If so contact John Adams on 793802 for further information.

EASTER EGG HUNT

A first for Barkham; the Easter Egg Hunt was promoted to re-ignite our community, both young and old of one of our greatest beauty spots, The Coombes, and to be fun for the children of Barkham on Easter Sunday afternoon.

ns Farm: Developments and Planning Application submitted by ARC Properties as expected, firmly rejected by Wokingham District Council earlier this year but, not surprisingly, ARC appealed. A decision will now be held.

RUBBISH SKIP

Starting on the 26 July, there will be an additional skip for the collection of household rubbish. The skip will be sited at the top of the hammerhead close in "The Junipers". It will be there every fourth Thursday in the month and will be removed by the District Council on the following day.

Ola and John Adams along with supporting friends and relations organised the competitors on the trail of the "Golden Egg". All entrants were given a raffle ticket and a plastic bag and had to find 15 of the mini chocolate eggs hidden down either side of a stretch of bridleway 2. The first forty children to collect 15 mini

Alan's Patch

In my previous issue I wrote "It's been a grey winter, little sunlight and plenty of wind and rain". Since then, we have had scarcely any rain. Plenty of sunshine but usually accompanied by a cold easterly wind. It seems that abnormal weather patterns have become the new normal!

The leaves on my ash tree have only just emerged, long after the oaks nearby. The old folklore that *'Ash before oak, we're in for a soak – oak before ash, we're in for a splash'* suggests we are going to have a drought this summer.

Earlier in the spring I acquired some spare bamboo canes from my son. They are super heavy duty and long. I have assembled them into a frame to support my various climbing beans, a great improvement on previous versions which were prone to get damaged in windy gusts later in the summer

and autumn, when the frame will hopefully be heavily laden with crop and foliage.



Blossom on the fruit trees was wonderful this year. At the peak



the winds seem to drop extending their life. I love apple blossom.

The first fruit to crop was rhubarb, turned into a fine crumble on Easter Sunday after a barbecue.

One of my gooseberry bushes was attacked badly by the dreaded sawfly, stripping its leaves while I was travelling for a few days. However, by a week or so later, a new wave of leaves has grown to largely replace those lost.

The greenhouse and cold frame are busy with crops too tender to put outside just yet - there is a slight risk of frost until towards the end of May. The potato seeds sown over Easter have emerged in about two weeks, which is very quick. I will need to keep an eye on them for the rest of the month.

I am still eating spinach from last year's plants, as they run to seed. But soon this year's crop will be ready to eat!

Now I must go to sow more peas!

An advertisement for Soteria Planning. The background is a photograph of a family (a man, a woman, and a child) walking in a park. The text is overlaid on a dark, semi-transparent background on the left side. The Soteria Planning logo is at the top left. The main headline asks "When was the last time you reviewed your Will?". Below this, it says "Speak to Leah Rickwood, Your Soteria Planning Advisor". At the bottom left, there is a circular profile picture of Leah Rickwood and her contact information: email (lrickwood@soteriaplanning.uk), phone (07735 587 456), and website (www.soteriaplanning.uk). On the bottom right, there is a QR code with the text "SCAN THE QR CODE TO BOOK A MEETING WITH ME".

SOTERIA PLANNING
YOU • FAMILY • BUSINESS

For You.
For your Family.
For your Business.

When was the last
time you reviewed
your Will?

Speak to **Leah Rickwood**
Your Soteria Planning Advisor

PROTECT WHAT MATTERS

Get in touch:

lrickwood@soteriaplanning.uk
 07735 587 456
 www.soteriaplanning.uk

SCAN THE QR
CODE TO BOOK A
MEETING WITH ME

Coombes Primary School History

Following the success of The School in a Wood (the history of the Coombes Infant School) Barry Salter and I are writing the history of Arborfield, Newland and Barkham Church of England (now Coombes) Primary School from the time of its inception in 1873 from a national school after the Education Act of 1870 until the present day.

I intend to draw from the Arborfield Local History Society Archives, newspaper reports and memories of anyone attached to the school as well as chronicling the Education Acts that were passed during that time and any other social and political events that might affect the school including wars. For me, the most important contribution will come from the memories and I am approaching all past pupils who are willing to share theirs. Is there anyone in Barkham who was a pupil at the school who is willing to share their memories? If printed the authorship will be acknowledged with full name or initials according to the wish of the writer or not at all if the writer wishes to remain anonymous. I am particularly anxious to receive memories from the 1940s and 1950s.

Such memories could include method of getting to and from the school, playtimes, discipline measures, lessons, teachers' names, dinnertimes, rewards for good behaviour or achievement, the effect of war and any other pertinent aspect that will appeal to future readers. Of course, it would be not only pupils who have memories - what about teachers, cleaners, managers/governors, dinner ladies, lollypop controllers, parents?

Contributions can be sent to me by email to juneonthames@yahoo.co.uk, or by post to 44 Attwood Drive, Arborfield RG2 9FE. I intend to be at some of the Friday Lunchtime Club sessions in the Arborfield Village Hall to chat with potential contributors and write down memories or simply to collect those already written. If I am not present then I am sure Paul will be willing to collect them and hand them over when he next sees me.

With the Liberal Democrats well-known interest in education I will be approaching our own Member of Parliament in the hope that he will write a Foreword for the book. We will also be working with Mr Luke Henderson, the present headteacher and hope to accept essays from the current pupils.

So, indulge yourself in a little reminiscing and contribute to the book. We will be very grateful.

June Durant

A Love of Learning Grows Here...

At The Coombes, we offer a truly unique educational experience, which is a result of our high quality curriculum and our caring and nurturing pastoral environment.

Our Values

- Respect
- Responsibility
- Perseverance
- Forgiveness
- Wisdom
- Compassion

Our vision is to equip children with the skills they need to make positive choices in everything they do. Ofsted, SIAMS and academic results are important, however, The Coombes offers so much more - an environment where children grow and flourish.

KEYS
Academy Trust

www.thecoombes.com

Barkham Hookers support VE Day in Wokingham

If you managed to pop into the town centre on Thursday you would have been greeted with the sound of 1940s music, the sight of World War II vehicles and the usual enticing smells emanating from the market vendors, as locals and visitors joined the Wokingham Poppy Appeal and Town Council in a celebration of the end of VE Day in 1945 as well as a Remembrance service for all those who fought and served during the war years.

At 12pm the Mayor and locals

assembled near the balcony of the Town Hall to honour the national 2-minute silence, before which a lone trumpeter performed a moving rendition of the Last Post to the watching spectators below.

Wokingham Poppy Appeal raised over £3,000 and were supported by several local businesses as well as The Barkham Hookers Charity Group who sold their bespoke military and vintage Poppy brooches

Gaynor White

Ed: See opposite too



Make a Difference in Your Community: Volunteer with The Link Visiting Scheme

Loneliness is a silent epidemic affecting many older adults in our community. The Link Visiting Scheme, a local charity based in Wokingham Borough, is dedicated to combating this issue by providing companionship and support to those who need it most. But we can't do it alone – we need your help!

Volunteering with The Link Visiting Scheme is a rewarding experience that not only enriches the lives of those you visit but also brings joy and fulfilment to your own life. By dedicating just a few hours a week, you can make a significant impact on someone's life, offering them friendship, a listening ear, and a sense of belonging.



Our volunteers come from all walks of life, united by a common goal: to make a positive difference. Whether you're a student, a working professional, or retired, your time and compassion can help brighten someone's day. No special skills are required - just a willingness to connect.

Join us in our mission to alleviate loneliness and build a stronger, more connected community. To learn more about volunteering, visit our website or contact us directly. Together, we can ensure that no one in Wokingham Borough feels alone.

www.linkvisiting.org

or call our office 0118 9798019



We ladies, over 20 of us, are still meeting each month and enjoying a range of different events and speakers with various interesting topics.

At our March meeting we were told so much by Peter Burford about the Frogmore Paper Mill, the birthplace of Industrial Paper. Many of us remember Basildon Bond writing paper from the days of actually writing and sending letters to each other.

The Mill is still very much involved with the production or specialist paper items.

We all enjoyed an 'in house Supper' at our April meeting - a Lasagne and Salad supper, followed by a 'Quiz on Flowers'. This proved to be a great hit and much discussion and hilarity arose when the answers were given!

'Nature and Wellbeing' was the topic from our speaker Ailsa at our May meeting. She confirmed that spending time in nature, alone or with friends, amongst trees and plants, near water and coastal areas and listening to the many birds songs is the way for us to relax and have a healthy lifestyle.

Most of us who lead busy lives will agree with this sentiment I'm sure.

Diane, our Programme Secretary, has arranged another year of interesting speakers and topics, and in June we will hear about a Limb care and Amputee Charity. In July we have an evening of

Guitar music when Allan James will be retuning to entertain us with his wonderful talent, and we get the chance to sing along too!

August then brings us to our Annual BBQ when husbands and friends etc are all invited too, and we hope for great weather to eat outdoors.

In September our speaker will be talking about 'Birds of the Ascension Island.'

We meet every first Wednesday of the month at Barkham Village Hall at 7.45pm.

We always welcome new members to join us, especially any new ladies to the area.

We enjoy friendship and a varied monthly programme of speakers and topics, and events with refreshments, and from April to October one of our members organises monthly walks, usually with lunch afterwards, in the local area.

For more information about us and joining our group please contact:
Shirley Warner, Chairperson on 0118 9789124 or 07949234085, or by emailing shirleyannwarner@gmail.com



Gaynor with Clive Jones our MP! See opposite.

Quiz Answers

1. Bob Dylan
 2. John Wayne
 3. Lady Gaga
 4. Marilyn Monroe
 5. Freddie Mercury
 6. George Eliot
 7. Elton John
 8. Whoopi Goldberg
 9. Stevie Wonder
 10. Sting
- The odd one out is the 19th century female novelist, George Eliot, who in a male-dominated literary world, chose a male name to ensure her work would be taken seriously and to avoid potential prejudice against her as a female author.

Where in Barkham?

Alongside the Bull and by the entrance to Sparks Farm, well hidden by foliage!

Neighbours

1. Bosnia and Herzegovina
 2. Bulgaria
 3. Croatia
 4. Hungary
 5. Kosovo
 6. Montenegro
 7. North Macedonia
 8. Romania
- Serbia has eight neighbours:



CROWTHORNE Symphony ORCHESTRA

A stirring performance of the Saint-Saëns Organ Symphony ended CSO's Spring Concert in March on a high - and the capacity audience clearly enjoyed it judging by the lengthy applause and positive comments: "The orchestra was on top form" "So dramatic when the organ came in!". It was a lovely opportunity to use the organ at All Saints church in this concert, impossible at our previous venue.



Continuing a busy season for the orchestra, we will be holding our workshop for string players on May 17th at St John's Church in Crowthorne. This annual event is a great opportunity for string players young and not-so-young, to spend an afternoon studying music written specifically for a string orchestra. This year the pieces are Grieg's 'Holberg Suite' and Samuel Barber's 'Adagio for Strings' which will also feature in our next concert – see below. Under the tutelage of Susie Henwood, we get the chance to improve our technique whilst getting to know a work that we don't often get the opportunity to play. The workshop is always open to all competent string players, whether or not they are members of the orchestra, with the added pleasure of homemade cake in the interval!

Our Summer Concert, at All Saints Church in Wokingham is on Saturday 5th July and celebrates works by some popular American composers, Gershwin, Copland, Barber, and Bernstein; and to bring everything thoroughly up to date, John Adams. The concert will open with Leonard Bernstein's Overture to his operetta *Candide*, based on a novel by Voltaire. Probably best-known for his musical 'West Side Story', Bernstein (1918-1990) wrote music in many genres and has been described as "one of the most prodigiously talented and successful musicians in American history". He was a conductor, composer, pianist, music educator, author, and humanitarian. The overture 'Candide' is a joyous, lively and tuneful piece full of interesting rhythms and it leaves a smile on one's face!

George Gershwin was born at the very end of the 19th Century, and his name and music are probably the most familiar of these composers. Amongst his most popular works are "An American in Paris", "Rhapsody in Blue" and his opera, "Porgy and Bess" (which includes the well-known song, "Summertime"). Gershwin was influenced by early 20th Century French composers including Ravel, but the success and popularity of his music is largely due to his ability to blend Jazz and Classical styles in a way that was unique at the time. Sadly, Gershwin's life was cut short when he was only 38, when he died from a brain tumour in 1937. His Piano Concerto is a good example of his use of jazzy rhythms and great melodies, and we look forward to pianist Daniel King Smith joining us again as soloist in this wonderful concerto.

Aaron Copland's music is unmistakably American in style, though very different from Gershwin's. He lived from 1900-1990 and composed many popular works of which "Fanfare for the Common Man" is probably best known and is used at the inauguration of US presidents. Copland was another whose music was influenced by French composers, particularly Fauré. Many of his works evoke the vast American landscape, as does his beautiful, pastoral "Appalachian Spring". On the other hand, "Billy the Kid" and "Rodeo" (we will be playing the latter) conjure up the pioneer spirit and the atmosphere of the 'Wild West'.

Samuel Barber (1910-1981) was only 26 when he wrote his 'Adagio for Strings' as a movement in a string quartet; then in 1938 it was premiered by the legendary conductor, Arturo Toscanini, as the composer's arrangement for string orchestra. Barber later arranged it as a choral piece 'Agnus Dei' and in one version or another it is probably one of the best-known pieces of classical music. Considered by some to be very sad music, and indeed often used in funeral services (including President Roosevelt's memorial service in 1945) it is a very gentle and melodious piece with beautiful harmonies.

Perhaps the least familiar work we will be playing is 'The Chairman Dances' by John Adams who was born in 1946. His most well-known composition is probably 'Short Ride in a Fast Machine'. Adams is usually thought of as a composer of 'minimalist' music (another is Philip Glass). This modern form of music is characterised by phrases and rhythms that are repeated many times, usually going through many transformations. Composed in 1985 the piece is described as a 'foxtrot for orchestra' and though not actually included in his opera 'Nixon in China' it was written when he was working on it and purportedly depicts a young Chairman Mao dancing a foxtrot with

his mistress (later to be his wife). Quite an image to have in your mind's eye when listening to the music! I confess that when I first heard this piece, I wasn't very keen on it but now find it quite mesmeric and enjoyable! With so much repetition though, it takes a lot of concentration to stay in the right place when playing it.

Tickets are available from our website - under-19s free as always. The orchestra has about 70 regular members and rehearses weekly on Mondays in term time from 7.45-10pm at St Crispin's School, Wokingham. Our website has information about concerts, past and future, so do sign up for the orchestra's eNewsletter if you don't already receive it, as you will find more about us, our concert programmes and workshops, as well as special offers on tickets.

www.crowthorneorchestra.com

Chris Gadsby



The logo for the Wokingham Choral Society features the letters 'wjs' in a stylized, red, cursive font. Below this, the words 'Wokingham Choral Society' are written in a bold, red, sans-serif font.

Wokingham Choral Society's Summer Concert will be held on Saturday 21st June at 7.30pm in All Saints Church, Wokingham. It is titled "And All the People Rejoiced" and will include a programme of wonderful uplifting choral pieces some of which have been associated with coronations. Mozart's small Mass in C Minor was named the Coronation Mass after becoming the preferred music for royal and imperial coronations as well as services of thanksgiving. Zadok the Priest was composed by Handel for the coronation of George II and has

been sung prior to the anointing of the sovereign at the coronation of every British Monarch since its composition. Parry's wonderful anthem "I was Glad" was composed for the coronation of Edward VII and has recently been sung at the coronation of Charles III. Works by Brahms and Haydn complete this exciting concert. The choir will be conducted by George de Voil and accompanied on the organ and piano by Ben Giddens.

Tickets are available from [ticket source.co.uk](http://ticket.source.co.uk) and the Wokingham Choral Society website

www.wokingham-choral-society.org.uk



The advertisement features a background image of a diverse group of people singing joyfully in a singing group. The text is overlaid on this image. At the top left, it says 'local PAYG singing groups for fun and wellbeing'. In the center, large white letters spell out 'SING' with musical notes. Below this, it says 'for your self'. A large red speech bubble on the left contains a testimonial: "I never imaged a singing group could be so uplifting; I have found a renewed joy for life and made so many friends." To the right, a red circular callout contains two smaller photos: one of a woman smiling and another of a woman holding a baby. Text next to these photos says 'With bags of enthusiasm, Soph creates a welcoming environment of fun and trust in every session' and 'check out our baby-friendly sessions!'. Below the testimonial, it lists 'no judgement', 'no pressure', 'no performances', and 'no expectations'. At the bottom, it says 'Everyone is welcome!' and provides contact information: 'for contact details & to find out more about our sessions, follow us online: sing.for.your.self.group, @sing.for.your.self, soph@singforyourself.co.uk | www.singforyourself.co.uk'. A QR code is in the bottom right corner with the text 'scan me with your camera'.

BVRA COMMITTEE



Vacant, currently rotating Chair
chairman@barkham.org.uk



Cathy Whittington
Treasurer
treasurer@barkham.org.uk



Alan Edwards
Newsletter Editor
newsletter@barkham.org.uk



Dennis Eyrie
DevWatch Coordinator
development@barkham.org.uk



Dave Clements
Webmaster
webmaster@barkham.org.uk



Vacant
Secretary
secretary@barkham.org.uk



Gill Powell
Chair of Social Team
social@barkham.org.uk



Shirley Warner
Social Team
Liaises with Barkham Village
Hall



Vacant
Membership Admin
membership@barkham.org.uk



Louise Goldring
Distribution Admin
membership@barkham.org.uk

Newsletter Contributions

We welcome contributions to this newsletter either on a one-off basis, occasional or regular. We are keen to publicise any charity or events that may be of interest to Barkham residents. Please send them to the Newsletter Editor at newsletter@barkham.org.uk by the deadlines shown below.

Issue	Deadline	Distribution
Spring	15 th February	early March
Summer	9 th May	early June
Autumn	8 th August	early September
Winter	14 th November	early December

These are the second Fridays in February, May, August and November

Advertising

The newsletter is produced quarterly. The Spring issue is sent to 800+ households in Barkham, and the other three to the households who are paid-up BVRA members, which is currently 500+.

We offer four sizes of adverts which are shown in mm. The prices below are cover a whole year's advertising in our four issues.

Format	Advert size	Internal Pages	Back Page
Credit Card	60 x 50	£20.00	£30.00
Quarter Page	124 x 104	£50.00	£75.00
Half Page	190 x 130	£100.00	£150.00
Full Page	190 x 270	£200.00	£300.00

Please contact the Newsletter Editor to discuss your needs and supply your copy to newsletter@barkham.org.uk by the deadlines above.

Membership

Membership of the BVRA costs £3 per year and entitles you to receive four issues of this magazine.

To join please make your payment using one of the following ways:

1. By Direct Debit: set up using the link below

<https://barkham.org.uk/bvra/bvra-membership>



All direct debits are fully covered under the UK Direct Debit scheme.

2. By Bank Transfer: email us at membership@barkham.org.uk for details.
3. By cash, drop off your payment at one of our collection points around the village. Contact us at membership@barkham.org.uk for details.

Website



Facebook



BVRA EVENTS

Quiz Evening - 18th October @ 19:00
Barkham Village Hall

USEFUL CONTACTS

Barkham Parish Council

2nd Tuesday @ 19:30, no meeting in August
Held at Arborfield Green Community Centre
clerk@barkhamparish.gov.uk

St James Church, Barkham

<https://www.abch.org.uk>

Arborfield Gardening Association

Jan Heard
janaheard@btinternet.com

Bearwood Primary School

<https://www.bearwood-pri.wokingham.sch.uk/web/>

The Bull at Barkham

0118 304 2029
<https://bullatbarkham.com/>
Currently closed

The Coombes CE Primary School

<https://www.thecoombes.com>

Crowthorne Orchestra

<https://www.crowthorneorchestra.com/>
secretary@crowthorneorchestra.com

Finchampstead Flower Club

4th Monday @ 20:00
Held at California Ratepayers Hall
<https://bbandoflowers.org.uk/clubs/finchampstead/>

Loddon Valley Ramblers

Walks on Sundays, Tuesdays & Thursdays
<https://www.lvra.org.uk/>

Sing for your Self (term time)

Tuesdays @ 12:30
Arborfield Village Hall
www.singforyourself.co.uk

Trinity Concert Band

<https://www.trinityband.co.uk>

Please contact the editor to add or change the information on this page newsletter@barkham.org.uk

The **BVRA Privacy Policy** can be viewed at the foot of the Home page of the website, www.barkham.org.uk. Email addresses provided by members will be used only for BVRA communications or to provide a receipt of their annual subscription.

Contact the Webmaster to view the details we hold, to amend them, or opt out at any time. Email: webmaster@barkham.org.uk

The views expressed in this Newsletter, unless signed by a BVRA committee member, are not necessarily those of the Barkham Village Residents' Association.

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BARKHAM VILLAGE HALL

Bookings <https://hallbookingonline.com/barkham>

Art Class

Wednesdays @ 19:30
Kay Young - kaycatlady65@gmail.com

Jean Kidwell - jean.kidwell@outlook.com
0118 9629076, 07952 416383

Barkham Ladies Social Club

1st Wednesday @ 19:30
Shirley Warner 0118 978 9124
shirleyannwarner@gmail.com

Barkham Pre-School

Tues-Fri @ 08:30
<https://www.barkhampreschool.net/preschoolbarkham@gmail.com>

Bonsai Club

2nd Wednesday @ 19:30
www.berkshirebonsai.co.uk

Brownies

Wednesdays @ 17:00 (term time)

Dinton Walking Group Social

2nd Tuesday @ 19:30 (not June or December)
dintonwalkinggrp@yahoo.co.uk

Dog Training

Mondays @ 18:30
Lesley Slade 07885 899073

Home Educational Teens

Tuesday @ 14:00 - 16:00
Paul Bagley
Paulbagley@rocketmail.com

Martial Arts Class

Thursdays @ 19:00
Combat Academy UK
Andy Holmes 07783 206737
<https://facebook.com/CombatAcademyUKBarkham>

Pilates Class

Mondays @ 10:00 and
Thursdays @ 18:00
Vicky's Pilates 07729 783240

Rainbows

Tuesdays @ 16:30 (term time)

Simply Fit

Saturdays @ 08:30
Melissa Buckle
melissa@simplyfitberkshire.co.uk

The Sun Room Band

1st, 3rd & 4th Tuesdays @ 20:00
Keith 07771 974796
keith.hayden.uk@ntlworld.com
www.lemonrock.com/thesunroomband

Sunday Club

Sundays @ 09:00
Julian Bidgood
office@abch.org.uk

U3A Music Groups

Group 1: 2nd & 4th Mondays @ 14:30
Group 2: 1st & 3rd Mondays @ 13:30

Youth Club

Fridays @ 19:00
Rev Iain Lingwood
iain.lingwood@abch.org.uk

Arborfield Tree Care

The Tree Company Others Look ^{Up} To



office@arborfieldtreecare.org 0118 976 1000

Arborfield Log Supplies

The Household Name For Firewood



info@arborfieldlogsupplies.co.uk 0118 976 1156

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Phone Mike on 07973 759091
woodchiptwo@gmail.com

Vicky's PILATES Body Control

"Pilates is the body conditioning class
suitable for all abilities and ages"

*By improving posture, reshape your body
relieve tension and create
a general feeling of well-being.
Pilates is medically recommended
to help relieve back pain and stress*

Call Vicky on 0118 989 2571 or 07729 783240



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Charities, community groups: do you need extra help now we're coming out of the pandemic? Your group has done so much to support your local community and maybe now you need some assistance. If you're part of a local group in Wokingham Borough or Bracknell Forest, you can get free help with funding, recruiting volunteers, growth of your group and recruiting new Committee Members or trustees. We also run a wide range of training in both areas, suitable for your volunteers and employees.

invOLve Community Services are there for any not-for-personal-profit organisation that needs those sorts of support. Contact us without obligation via 01344 304 404, reception@involve.community or look at <https://involve.community/>