



HOLYBROOK PARISH NEWS

Serving the communities of Fords Farm and Beansheaf Farm

August 2022



I have lived in Fords Farm since 1986 and, over the last 30 years, have been involved in several community organisations: Treasurer and Chairman of The Kennet Valley Community Association, founder of the Community Craft Café and councillor for Holybrook since 2003.

It has been an honour and privilege to have been Deputy Chair of the Council for the last 12 years and now elected to Chairman by my fellow councillors. We have a great team and I very much look forward to an interesting and productive year. Specifically, I would like to see many of the projects that we have already consulted with residents on, such as the improvements to pathways and general access throughout the Parish, come to fruition (the Sharnwood Drive footpath to name but one).

Holybrook Parish was established in 2000 and creating a sense of identity and place for Holybrook has always been a desire. As with entrances to villages, I would like to install entrance signs at Fords Farm, Beansheaf and Chantry Green.

Planning and development applications, I am sure, will remain key issues for many and, whilst the Council is not a decision making authority, we work very hard to represent residents' views and maintain the character and identity of Holybrook.

Community, environment and planning are subjects dear to my heart and I very much wish to engage with residents so that we can individually benefit from green, sustainable initiatives and collectively reduce our carbon footprint to combat climate change. In addition, protection, maintenance and improvement of our green spaces, large and small, remains high priority for all to enjoy so that we have the benefit of all that urban environments can offer combined with the health and well being that nature provides.

Cllr Claire Tull,

Chairman, Holybrook Parish Council

Friends of Linear Park — Have you found the Fairy Ring?

The Friends of Linear Park continue to help maintain the up-keep of the park. The garden is looking very good with the widened back border and new hedge planting. The willow arch is now being kept under better control with it's new shape.

Have you seen the log circle to be known as the 'Fairy Ring'? The Fairy Ring is a new installation by the 'Friends' in the amphitheatre at the rear of the Beansheaf Community Centre. The logs and woodchip were all sourced from within Linear Park. Ideas for use include family and friends get-togethers, picnics or, perhaps, a children's reading circle. Do you have any other ideas – please let us know at:- folpcalcot@gmail.com. In the meantime enjoy the park - take a stroll or just sit in the shade and watch the world go by!





Berkshire Vision
Supporting The Visually Impaired

All our senses are precious, but sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes.

It is recommended that everyone get their eyes tested at least once every two years, even if no vision problems have been noticed. An optometrist can often recognise the signs of an eye condition, or even underlying health conditions, before you have noticed any changes in your vision. This early intervention can help save your sight.

Top tips for looking after our eyes

Get a regular eye test

Not just for yourself, but your children too. You are never too old, or too young to have an eye examination.

Eat well

Foods recommended for eye health include: Broad leaf greens, brightly coloured fruit and veg, oily fish like salmon, oily fish and Broccoli and Eggs.

Maintain a healthy weight and move more

Being overweight and/or lack of exercise can raise the risk of developing some of the major causes of sight loss, such as diabetes or high blood pressure.

Stop Smoking

After ageing, smoking is the biggest risk factor for developing several of the most common sight loss conditions.

Protect your eyes from the sun

Your sunglasses should have the CE mark which ensures that they are giving you the right level of ultraviolet protection. Children should spend time outdoors for healthy eye development, but don't forget hats and

If you are already living with sight loss there are lots of ways that Berkshire Vision can help you. Services range from sight loss support and befriending to a wide range of activities and sports. Visit www.berkshirevision or call 0118 987 2803 to find out more.



Citizens Advice Reading attended the Holybrook Parish Council AGM, to thank the members for their donation. Advice Services Manager, Fraser Gleave, spoke of the work our charity does and the impact our help has on our community. We were reminded that not everyone realises that we are a charity, and depend on contracts, grants and donations.

Did you know our advisers have to complete more than 80 hours of initial training?

The operational costs of the free service involve facilities, recruitment, training, management and support for volunteers, to ensure that we give professional and effective advice to our clients. We have to provide this all year and be available to see long-term client issues through to the end.

Did you know for every £1 we receive, we help our clients gain more than £10?

It's tough asking for funds – particularly when there are so many good causes making calls on the goodwill of individuals and organisations alike. We work locally and have a terrific track record of excellence in the work we do. We are a well-managed, professional organisation that is monitored externally. Everyone can be confident that a donation to Citizens Advice Reading will be spent wisely, effectively and locally.

You can donate <https://localgiving.org/charity/readingcab/> or sponsor our 10km walk <https://londonlegalsupporttrust.enthuse.com/pf/citizens-advice-reading-3a5d9>

Have you heard of Morsbags before!

If you are into sewing this could be your next project and you will be helping the environment at the same time!

The bag will be reusable, unique to you, washable and strong! For more information on how to get started, please go to <https://morsbags.com/make-a-morsbag/> or type morsbags into your browser.

Have you got a reusable water bottle!

If so, did you know that there is a Refill App to show you where to refill your water bottle when you are out and about? For further details go to <https://www.refill.org.uk/>.

Food Waste!

Did you know that by saving our food from the bin helps slow down global warming. Take action now by going to <https://www.lovefoodhatewaste.com/why-save-food>.

No access to the internet - call the Parish office for details on 0118 945 4339.

G N MAINTENANCE

No job too big or small



Call today for a free estimate

Contact Gary Nelson
 Phone: 0118 954 9347
 Mobile: 07774 103492
 Email: gjdanelson@ntlworld.com

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| All types of fencing erected | Guttering and fascia cleaning and fitting |
| Garden decking | Patios, paths and walls pressure cleaned |
| Kitchens fitted | – no harsh chemicals |
| Bathrooms fitted | Patios laid |
| Loft ladders and loft boards fitted | Shed erection |
| Electrics | Fences treated |
| Lights changed | Outdoor tap installed |
| Switches changed | Extra radiators |
| Wireless burglar alarms | Leaking taps |
| Professional car valeting service available | Blocked drains |
| Painting and decorating | Most plumbing |
| Stud work | 24hr call out for burst pipes |

For all those jobs you never have time to do – just ring and ask

STANDBY VOLUNTEER GROUP

Standby provides volunteer drivers, who use their own cars, to transport patients, to medical appointments at Health Centres, Dentists, Hospitals, etc. and the drivers will return the patients to their homes afterwards.

The office is manned by volunteers on **MONDAYS AND THURSDAYS** between 10.00 and 12 noon (outside these hours there is an answerphone). Requests are dealt with by calling the office on **01189 306419**.

This service could not function without volunteers who are prepared to use their own cars in their own free time. We urgently need more drivers who have fully comprehensive insurance.

If you feel able to help please call Jennie and Jeremy Caddy on 01189744126 to register your interest.

Low-Impact Tap with Sonia Brown

★★★★★
 "Brilliant class, such fun"
 "Delightful"
 "Full of spirit, joy and personality"

Gentle, beginner classes where JUMPS ARE BANNED!

Silver Swans Ballet & Low-Impact Tap classes offer you the opportunity to dance in a friendly, fun and relaxed setting.

Classes are suitable for all levels of experience and physical ability with adaptations on offer if needed.

Join us to have FUN, form FRIENDSHIPS and FEEL FABULOUS!

withSoniaBrown.com
 or call Sonia on 07865940125

**ANDY GILKERSON
 PLUMBING
 SERVICES**

Looking for a plumber?

- All plumbing work undertaken
- Taps, Toilets and Showers fixed
- Complete Bathroom Installations
- Emergency Repairs



No call out charge

All work insured and guaranteed

Call Andy on

07956 906061 or 0118 437 7445
 email: A.Gilkerson@sky.com



Holybrook's Community Litter Pick.

From 24 September to 02 October a wide range of groups led by The Climate Coalition will be hosting the UK's biggest ever celebration of community action to tackle climate change and protect nature and everyone's invited!

Holybrook Parish Council is supporting this event and its aims and, to mark the celebration, we will be holding a Community Litter Pick.

All equipment and training will be provided as will light refreshments.

We aim to clear as much litter as possible from the local area and highlight the importance of respecting our environment.

If you would like further details or have any questions, please

contact me on Charles.croal@holybrook-pc.gov.uk or 07855 749876 or the Parish Council on 0118 945 4339.

For further information about the Great Big Green Week and events being held across West Berkshire and Reading log into <https://greatbiggreenweek.com/find-an-event>

Clr Charlie Croal

Chair Community & Environment Committee

WHEN:

Saturday 24 September

WHERE:

Beansheaf Community Centre,
Charrington Road,
Calcot RG31 7AW,

TIME:

meeting at 10am



Have you thought about what and where you can recycle ?

The below list is by no means exhaustive and many more recycling items and locations can be found on the **Recycle Now** website (<https://www.recyclenow.com/local-recycling>)

BOOTS

Calcot

Make-up palettes

Plastic combs, balm pots and contact lens case

CURRYS PC WORLD

Reading Gate
Retail Park

Waste toner

printer cartridges

SAINSBURYS

Calcot

Batteries

Plastic bags inc bread bags

STATION CAR PARK

Theale

Shoes and bags

Electrical products

READING BICYCLE KITCHEN

Great Knollys
Street

Bike inner tubes