

The Mouthpiece

Culham's Newsletter

May 2020



Free Printable Crossword Puzzle #4
 This is the Daily Crossword Puzzle #4 for **Apr 27, 2020**

Find the solution at
<http://onlinecrosswords.net/61358>

Across

- 1. Not so much
- 5. Show the way
- 9. "War and ____"
- 14. Soothing plant
- 15. Besides
- 16. Edgar ____ Poe
- 17. Bed support
- 18. Appraisal
- 20. Plaid
- 22. Rewrite text
- 23. Caviar
- 24. Choose by ballot
- 26. Mailbox item
- 28. Let loose
- 31. Shoe bottom
- 32. "The Raven" poet
- 33. Commences
- 35. Without feeling
- 39. Colorful gem
- 41. Drink like a dog
- 42. Three musicians
- 43. Fiddling emperor
- 44. Go over again
- 47. Wind dir.
- 48. Englishman, for short
- 50. Knife or fork
- 52. Slumbering
- 55. Sound loudly
- 56. Pool stick
- 57. Surrender
- 59. Athens' country
- 63. Misleading clue (2 wds.)
- 66. Be bold
- 67. Borders
- 68. Fairy-tale fiend
- 69. Satanic
- 70. Appears to be
- 71. Fleshy fruit
- 72. Society girls

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70							71					72		

Down

- 1. Endure
- 21. Sad cry
- 46. German mister
- 2. Jazz's ____ Fitzgerald
- 25. Swiss cottage
- 49. School playtime
- 3. Skyrocket
- 27. Camping need
- 51. Required
- 4. Sofa
- 28. On top of
- 52. Farm units
- 5. Least fatty
- 29. Informal denial
- 53. Nappy leather
- 6. Raised railways
- 30. Shakespearean monarch
- 54. Shelflike rock
- 7. Plus
- 31. Capital of Minnesota (2 wds.)
- 55. Light tan
- 8. Land document
- 34. College cheer
- 58. Hard candy
- 9. Pale color
- 36. Coffee vessels
- 60. Roof overhang
- 10. Graceful tree
- 37. Short skirt
- 61. Nursery item
- 11. Watchful
- 38. Cereal holder
- 62. Congers
- 12. Narrow boat
- 40. Earring site
- 64. Dress edge
- 13. Go in
- 44. More mature
- 65. Gun lobby (abbr.)
- 19. Farm buildings
- 45. Move unsteadily

Talking Point – Rev. Canon Sue Booy

It's hard to know where to start with a letter for publication in four weeks' time because life has changed so rapidly for all of us in the last four weeks. So, first and foremost I hope that in all that has come to pass; in the upheaval and inevitable sadness, you have found some places for comfort and stability. Places to weep and laugh, opportunities to continue friendships in unexpected ways and to discover new ways of doing things that have helped you to adapt in these unusual circumstances.

Our knowledge of the past tells us that in every crisis, in every battle there are heroes – and they are often the same groups of people; first and foremost amongst them those in the medical and caring professions, those who work to put food on our tables from growers to shop-workers and delivery people. In such times the abundance of neighbourly care is always a blessing – if no surprise! Across the parishes of the Team and throughout the country there are endless examples of the stronger people in communities helping those who are more vulnerable. Two telephone conversations I have had in the last 24 hours have brought home to me what a comfort it is to relatives cut off from their frail loved ones to be able to telephone and find that yes, there are volunteers who will shop for their housebound mother – go to the post office for their vulnerable father. THANK YOU to all these people in our communities.

By and large in this part of the world we are blessed to live in communities where we know one another well. We are also blessed to live at a time when communications mean that we are not experiencing today the worry that is an even greater burden when one has no information about loved ones – only our worst imaginations. Instead, I hear accounts of some people finding excitement in mastering technologies they thought were beyond them.

Personally, I have been encouraged and supported by those who have found time and space to pray online when they could not come into Church and so, despite the huge challenges and immense sadness of this time for many people there are blessings scattered in the darkness.

On behalf of my colleagues in the Team can I assure you of our prayers. Whilst it has not been – and cannot be for a while- 'business as usual' we are still here for you at the end of the telephone or email. We remain committed to keeping our main point of contact phone number 01865340007 available at all times.

Team News

Closed Churches

It was both a shock and a sense of loss when we discovered that Churches were to be closed to parishioners, visitors and clergy alike during this 'lockdown' period. I am glad to say that deprived of our places the desire to worship and pray has not diminished. The clergy have not stopped being clergy - we're free to visit by phone and to help and pray for you. Please keep in touch as we are trying to keep in touch with you

Appointment

I'm very sad to report that the Revd Canon Mark Haworth withdrew his acceptance of the post of House for Duty Team Vicar within days of the date of his Licensing. I have met with the Bridge Group Church Wardens and although nationwide activity has been halted on appointments the Archdeacon of Dorchester has agreed that we can make the details of the post known on an expressions of interest basis. This will begin after Easter. I think it is important for people to understand that this decision was completely unrelated to the post itself or to the Dorchester Team.

And now for the good news

I'm delighted to report that the Dorchester Team is the recipient of a substantial grant from the Diocesan Common Vision fund to enable us to appoint an additional member of our ministry Team – a Youth and Families Minister. We will be working out how and when to go about this when things are clearer.

Rather unexpectedly – but with great delight – we have been offered the opportunity to train another Curate in the team from this summer. Sorrel Wood has been training at Cuddesdon and will join the Team as soon as arrangements can be made about Ordination and removal.

Sorrel writes briefly about herself below –

"I was born in Hampshire and my sending church is a rural parish in the north of the Portsmouth Diocese. I have been studying for ministry at Ripon College, Cuddesdon where I served as children's rep, student governor and social secretary. I really enjoyed the breadth and depth of training I received at Cuddesdon and am just completing a Masters in Old Testament, with a particular focus on the book of Esther. Prior to training for ministry I worked as a secondary school English and Drama teacher at schools in Surrey and Cambridge. I am engaged to be married to Andrew Shamel, who is an Episcopal priest from California. In my spare time, I enjoy playing for a local netball team, creative writing and keeping tropical fish. I am very excited to meet you all soon."

Village News

Village website: www.culhamvillage.org.uk

Thank you

A very big thank you to Rob Gibbs for his time as editor on The Mouthpiece. Despite moving away from the village Rob faithfully kept up his editorship over the past 3 years. Unfortunately for us he simply doesn't have any time to devote to it now but luckily Gordon & Joan Gibbs have agreed to step into his shoes! Thank you Gordon & Joan.

Vicar appointment

Unfortunately, Revd Canon Mark Haworth withdrew his acceptance of the post of House for Duty Team Vicar a few days before the date of his Licensing. Details of the now vacant post will be made known on an expressions of interest basis. Revd Haworth's decision was unrelated to the post itself or to the Dorchester Team.

District Councillor's Report April 2020 - Sam Casey-Rerhaye

Covid-19 and emergency/resilience planning

If you or someone you know has been identified as extremely vulnerable by the NHS and have nobody around to help with day to day tasks, like shopping please call 01865 897820 or email shield@oxfordshire.gov.uk.

Anyone that is in this situation but is not considered high risk can check to see if there are any volunteer groups nearby to help them at www.oxfordshireallin.org/local-support-groups or they can call 01235 422600 or email communitysupport@southandvale.gov.uk

These support lines are open 8.30am to 8pm Monday to Friday and 9am to 5pm on Saturday and Sundays.

For local updates on District council activities such as waste collections and help for households and business, please see:

www.southoxon.gov.uk/news-events/coronavirus-covid-19-information

All Councils in Oxfordshire are part of a Local Resilience Forum and are working closely with other organisations such as the police, NHS and fire service to deal with all the issues that are arising as a result of this pandemic. Councils are also working with all contracted services on their Business Continuity Plans to ensure as good as service as possible and the Council will update its website and send out regular communications with press etc to try and keep everyone as up to date as possible. I know many local communities and Parish Councils are getting together to offer help and support to those in isolation or who are

unwell. It is encouraging to see and hear of all the focused efforts to help each other, many in small but really significant ways. `

For up to date national advice, check the Gov.uk website (www. <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>) and the NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

For business support and information, check <https://www.svbs.co.uk/coronavirus-guidance-and-support/>

Grant money for local Covid19 support

I still have some grant money available for local groups for activities in your parishes related to Covid19 and supporting people. Please ask me for information – there is a very straightforward and simple application process and wide criteria for the grant. Call me on 01235 799489 if you want to inquire or just talk through an idea.

I must say it has been fantastic to see the number and variety of groups of people in villages and towns in the District working together to help each other in this emergency, truly imaginative and inspiring. Who said there was no such thing as society?!

Planning & other Council business

Most Council business has stopped except that relating to Covid-19, apart from Planning which the government has said needs to be ongoing. The Inspectorate which reviews Local Plans for legality and soundness is developing remote ways of working but at present we do not have any specific information on how this will affect the Local Plan 2034 Examination or the order from the Minister to adopt it by December 2020. My own opinion is that this date must be extended as it was already a very tight deadline to proceed through all the stages and give a fair hearing in public. The council leader, Cllr Sue Cooper, and (new) member for Planning, Cllr Anne-Marie Simpson, are writing to the Minister to request a general postponement of planning regulations and the 5-year housing land supply rule.

Culham-Didcot bridge, Clifton Hampden by-pass and new bridge in Didcot – HIF1 Project

Oxfordshire County Council launched a consultation on this in mid-March. The route for the Culham-Didcot bridge and the by-pass is different from previous drafts. I and a number of other councillors wrote to OCC on 17th April requesting a postponement during Covid19 emergency as we do not think it is possible to consider the proposal properly during lockdown and while people are living in such precarious and stressful circumstances.

Waste Collections

Garden waste collections have been suspended during this period so that Biffa is able to concentrate all staff on essential waste collection. We have had to suspend our kerbside collections for batteries, small electricals and textiles recycling service because the centres that would normally accept these items are currently unable to take them for processing. We ask people to keep these items until the service has resumed. Do **not** put them in the general rubbish or recycling bins because of the fire risk to bin trucks. We remind people that gatherings like community litter picks should no longer be taking place until the government guidelines allow, and until our waste contractors is able to cope with the extra waste collection

Please do not hesitate to call me or email for any information or concerns you have about any District council or Covid19 related issues:

01235 799489, or email me at sam.casey-rerhaye@southoxon.gov.uk

Upcoming Events at St Pauls

We can now confirm the plant sale and church fete has been cancelled on the 16th May.

We are aiming to rearrange the event (not in the same format) for the date of 12th September (something to look forward to in these uncertain times) we have checked with those who sponsor/ donate raffle prizes and they are willing to continue supporting this event.

We will be back in touch at a later date when all, hopefully, is returning to normality and we are able again to run events.

Keep well. Keep safe.

Roy & Jane

County Councillor's Report April 2020 – Cllr. Lorraine Lindsay-Gale



COVID-19

These are unprecedented times and we all need to take care and follow the latest Government advice. Staff at the County Council are working flat out as we cannot simply close down or ask everybody to work from home, we are there to support and protect Oxfordshire's residents particularly the vulnerable. We are prioritising our work and where possible staff are working from home. There are some areas that will see an increase in demand at a time when some of our staff will become ill with the virus. There will be some changes as we have to prioritise our work to key areas.

The main area of work in Social Care for both adults and children has to continue on a 24/7 basis protecting around 7,000 residents. We expect the number of people requiring care to increase as informal carers become ill and are unable to continue care. This work is vital as it's important we keep as many people as possible out of hospital.

We are working closely with the NHS to provide care and facilities for those patients that do not require acute care to be cared for away from hospitals or at home freeing up beds for those that most need them. This includes the group that we need to shield from the virus who are thought to be most at risk across the county.

The Government are shielding the extremely vulnerable - approx. 1.5 million across the country full details can be found on the website: [Extremely vulnerable](#). Currently those people identified by the NHS as extremely vulnerable will be contacted by the NHS by letter, email, text or all 3 to say that they need to isolate themselves at home for the next 12 weeks. They will be asked if they have any help to collect prescriptions and food, this may be supplied by one of the brilliant local groups that have been set up. If they don't have any help then they will be told to contact the council who will arrange a contact which again may come from one of the local groups. If somebody thinks they should be on the list and hasn't been contacted then they should contact their GP or hospital clinician.

To assist in the logistics across the country there are Local Resilience Forums, we are in the Thames Valley based around the Police authority area. These are where the blue light services (Police, Ambulance, Fire) link in with the NHS and local authorities to consider the high-level strategy. These then delegate down to the County

to work with SODC and other Districts to coordinate the local hubs. The Government have seconded military planners to assist in the hubs which is where all the local community groups liaise in to the local networks. This is about all working together to ensure that we do not duplicate provision or even worse miss a vulnerable resident

The organic growth of the community networks or hubs that we are seeing being set up is fantastic. These groups are providing some excellent services to local residents who are self-isolating or do not have relatives locally. It's important that they are community led but we need to avoid duplication, so the County Council and Districts are working with Oxfordshire Volunteers to list them all and provide support where needed. I have already sent out details of how groups can register and a form for them to use. Thank you to those who have already submitted information about their parishes.

If you are approached by people wishing to volunteer, they can register at:

<https://oxonvolunteers.org/vk/volunteers/index.htm>

SCAMS

Unfortunately, there are some cases of people taking advantage of vulnerable residents to cheat them into parting with money for various different bogus schemes. OCC Trading Standards are working with the Police monitoring the situation and will take action should there be a need. Should you be aware of anything please do not hesitate to contact me and I will pass the information on.

COUNTY COUNCILLOR'S PRIORITY FUND

The next issue of funds - £15,000 for each Councillor – becomes available on April 1st. If you are aware of any groups who would benefit from some financial support over this crisis period they can apply to me on line. They should apply in the usual way, making clear their urgent need and marking their application COVID-19. The County Council will prioritise any such applications to get funds to where they are most needed as quickly as possible.

MY PORTFOLIO

I am the Cabinet Member responsible for the Education Service and our Cultural Services. I am extremely proud of the schools and their staff who have shown enormous flexibility and compassion in the face of this pandemic, and our own staff who have worked night and day to ensure that families that need child care through the schools find a suitable place, together with transport and a hot meal.

Our Registration Service has had to stop all but death registrations, even new parents will have to delay the registration of their babies since it is a legal requirement that this is done face to face. All the offices across the county are closed except the Head Office at Tidmarsh Lane in Oxford. A huge temporary mortuary facility has been sourced as this county braces itself for what is to come.

Our 44 Libraries, the Woodstock County Museum, the History Service, the Resource Centre at Standlake and the County Music Service are all closed.

All waste recycling centres are closed. All our offices are closed including County Hall, for all but very essential staff.

This is a very fast-moving situation so please use the [OCC](#), [NHS](#) and [Government](#) websites for the latest information.

I would like to say a big thank you to all the residents who continue to work to help us get through this difficult time.

Above all please take care, stay safe and follow the advice.

Oxfordshire NHS & Local Authorities Stakeholder Briefing: COVID-19

14 April 2020

The Oxfordshire health and local authority partners continue to work closely together to ensure an effective response to the COVID-19 pandemic. Adjustments are being made to the way services work as national guidance and information is updated and as plans for responding are put in place.

People at increased risk

COVID-19 can make anyone seriously ill, but some [people are at a higher risk](#) and need to take extra steps to avoid becoming unwell; these people are most vulnerable if they contract COVID-19 and are sometimes called 'shielded' or 'extremely vulnerable'. This includes:

- o Solid organ transplant recipients who remain on long-term immune suppression therapy
- o People with specific cancers
 - people with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
 - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
 - people having immunotherapy or other continuing antibody treatments for cancer
 - people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors.
- People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- o People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD
- o People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell)
- o People on immunosuppression therapies sufficient to significantly increase risk of infection
- o People who are pregnant with significant congenital heart disease

The Oxfordshire list of 'shielded' residents has been created centrally by NHS England & Improvement (NHSE&I). Residents on the list should have received correspondence from the NHS, identifying them as high risk and advising them to strictly self-isolate for 12 weeks. Local authorities along with the NHS across Oxfordshire have worked with the local Voluntary and Community Sector, to develop [a simple point of contact](#) for those who have been told by government that they have been identified as extremely vulnerable, and who have no support network and would otherwise be completely isolated.

Community volunteering

There has been a fabulous response from the public across the country wanting to offer support the local authorities during this time. Oxfordshire County Council (OCC), Oxford City Council and the District Councils have received unprecedented numbers of people contacting them offering to help. Along with Oxfordshire's district councils and city council, the county council fully endorses the initiatives led by the local voluntary and community sector. Two online points of contact have been set up for local community groups and volunteers:

- o For those living in Oxford City: [Oxford Together](#)
- o For the rest of Oxfordshire: [Oxfordshire All In](#)

The county, city and district councils are also directly connecting individuals in need of support, food and other items with local community groups and volunteers. This is undertaken primarily in response to telephone or email contact with an individual, relevant local contact details can be found on each council's website. Information has also been shared with GP practices and other front line services to help them identify additional support for someone vulnerable and needing help.

New clinics to support patients with coronavirus

New COVID-19 clinics to support patients with suspected or confirmed COVID-19 are now open across Oxfordshire. A home visiting service will also become available soon for people suffering from coronavirus who are deemed suitable for this and need support in their own home. This service is supported by GPs and community staff from Oxford Health NHS Foundation Trust (OHFT).

The clinics and home visiting service will bring together clinicians and resources to support patients with coronavirus in the community. Appointments for the clinics and support are arranged over the telephone either via the patient's GP practice or via NHS111. The clinics are only for patients with a pre-arranged appointment; they are not a walk in facility.

Precautions are being taken in each clinic to reduce the risk of spreading the infection. This is to protect patients, staff and the general public.

Reducing face-to-face contact with services

Public Health England has released a useful set of campaign resources on how to access NHS services from home. It urges patients to access an NHS service online or by phone from home first (unless it is a serious or life-threatening emergency, they feel very unwell, or to attend on-going treatment and have been told to do so). The Health at Home campaign signposts the public to useful information about how to contact their GP, order repeat prescriptions, manage their well-being and existing conditions – without leaving their home.

Technology to support patients care goes live

The Oxfordshire Health Information Exchange (HIE), launched last week, gives clinicians a view of their individual patient's latest record from Oxford University Hospitals NHS Foundation Trust (OUH), together with the GP patient record. This means the most up to date information is available to support direct patient care. For example, following discharge from hospital, GPs will have direct access to test results from hospital rather than waiting for them to be sent. The tool also provides access to the Digital Care Plan and is accessible to GPs working in the COVID-19 clinics.

New 24/7 mental health helpline launched

A 24/7 mental health helpline has been launched by Oxford Health to take pressure off NHS111 for mental health advice in Buckinghamshire and Oxfordshire.

With support from Oxfordshire Mind, it will operate during the coronavirus pandemic to provide people with specialist mental health care as NHS111 receives an increasing number of COVID-19 related calls.

The round-the-clock helpline will make it quicker and easier for people in both counties to get the right advice they need for their mental health and wellbeing. It is operational 24 hours a day, seven days a week. Like NHS111, people can call when they need to find out when and where to get help and to access support from mental health professionals.

- For adults the number is 01865 904997.
- For children and young people the number is 01865 904998

People who already use mental health services should contact services directly using the numbers in their care plan.

The Mental Health Helpline adds to the range of local mental health services people can access directly.

Cancer treatment continues during COVID-19

Cancer treatment at OUH continues to be provided during the COVID-19 pandemic in line with [national advice issued to trusts by NHS England and NHS Improvement \(NHSE&I\) on 30 March](#).

NHSE&I's guidance states that:

- The NHS must ensure that essential and urgent cancer treatments must continue
- Cancer specialists should discuss with their patients whether it is riskier for them to undergo or to delay treatment at this time
- If referrals or treatment plans depart from normal practice, safety netting must be in place so that patients can be followed up
- Following the national securing of independent hospital capacity, consideration should be given to using this extra capacity for cancer diagnosis and treatment

Within OUH, multi-disciplinary teams (MDTs) of clinicians for all cancer tumour groups have used this guidance in their work.

Cancer surgery within OUH continues to be carried out primarily within the Oncology & Haematology Centre at the Churchill Hospital, a regional centre of excellence, but also at the John Radcliffe Hospital and at the Nuffield Orthopaedic Centre for specific tumours.

Additional independent hospital capacity at the Manor Hospital is being utilised and OUH is working closely with other providers within the Thames Valley Cancer Alliance to ensure that cancer patients can have their surgery in as timely a way as possible where there is spare capacity to carry this out.

DIY warning from our eye experts

During the lockdown for COVID-19, Oxford Eye Hospital, based on the John Radcliffe site, has seen an increase in the number of patients needing care for serious eye injuries.

Eye doctors at OUH are urging people to take extra care and use eye protection when carrying out DIY and household tasks.

People are being encouraged to take extra care, particularly when gardening or carrying out DIY, by wearing eye protection when necessary, and locking up household detergents and chemicals away from children as they can cause nasty chemical burns, particularly to the eyes.

[More details are available on the OUH website.](#)

Latest OUH service information

OUH provide the latest information on changes to services as a result of COVID-19 [here](#).

Dedicated hotline to support diabetes care

A dedicated hotline has been set up by healthcare partners to help people with diabetes during the COVID-19 pandemic. Designed for patients who need urgent clinical advice, it is hoped that the hotline will give reassurance to patients who are concerned about their diabetic health during COVID-19, and also ultimately help prevent admission to hospital.

The patient hotline number is 01865 857357, and is available seven days a week from 8am until 4pm. Patients can also email dsnop.ocdem@nhs.net If patients have a query out of hours, they can call 0300 3047777.

COVID-19 testing for staff

All Oxfordshire partners are clear that health and care staff must self-isolate as per public health guidelines if they, or any household contact, develop a persistent cough or fever. However, there are certain circumstances in which prompt exclusion of COVID-19 in a symptomatic staff member or symptomatic household contact would not only provide peace of mind for that individual but also enable the staff member to return to work more promptly.

Staff testing for COVID-19 has commenced across Oxfordshire. As per national guidance, the priority is staff working in critical care, emergency departments and ambulance services, and any other high priority groups determined locally. However as extra capacity is introduced testing is being extended to staff in community services, mental health, GP practices, and the wider NHS family, along with social care.

Personal Protective Equipment (PPE)

Availability of PPE has been an issue in Oxfordshire for our frontline services as in the rest of the county. Hospitals, ambulance trusts, GP practices, pharmacists, care homes and hospices have been receiving supplies issued directly to them.

Across BOB (Buckinghamshire, Oxfordshire and West Berkshire) we have put in place mutual aid arrangements to support providers wherever possible. We are using these mutual aid arrangements to ensure providers have access to PPE. We continue to monitor the situation closely to identify and address any specific supply issues.

Domestic abuse support shared by Oxfordshire County Council and partners

Domestic abuse advice is being shared by OCC and its partners in recognition that COVID-19 related movement restrictions will be having a direct impact on many individuals and families. Existing abuse can escalate because of stress, anxiety and other challenges, whilst widespread health concerns and job losses may mean some people experience or use domestic abuse for the first time.

Oxfordshire's domestic abuse services continue to offer support and can help people at risk by finding safe alternative accommodation or by increasing safety measures to enable them to remain at home. The County Council is working closely with partners to ensure those at risk of domestic abuse are able to access the help they need to be safe.

How and where to get help and support:

- Anyone in immediate danger should phone **999**.
- Or if in danger and unable to talk on the phone, dial **999** and then press **55**. This will transfer the call to police, who will assist without the caller having to speak.
- Oxfordshire Domestic Abuse Services offers free advice:
0800 731 0055 (Mon-Fri 10am-7pm). Email das@a2dominion.co.uk
- Alternatively, call the 24-hour National Domestic Abuse Helpline:
0808 2000 247.
- Anybody worried about causing harm to the ones they love can get help by contacting [Respect Phonenumber](#) - **0808 802 4040**. <https://respectphonenumber.org.uk/>

Appreciation of key workers

Our health and care people are doing extraordinary things in the face of an extraordinary challenge, and so need an extraordinary level of support. This is why nationally and locally a range of wellbeing support has been developed to care for and protect all of our people, whether at the front line or in supporting services.

The appreciation for key workers shown by the public across Oxfordshire has been encouraging for all staff working in health and social care and the other areas of public service that continue to operate. Together we are doing all that we can to support and treat patients with COVID-19.

The public have a key role to play in helping to stop the spread of the virus and our communications with the public will continue to reinforce the government's messages:

- Stay at home to protect the NHS and save lives
- Only go out for exercise, food, health care or to work if you can't work at home
- If you go out, stay at least 2m (6 feet) away from other people
- If you or anyone you live with has symptoms of COVID-19 follow the advice for self-isolation.
- Wash your hands with soap and water frequently

Your help in supporting these messages is much appreciated.

Please email occg.media-team@nhs.net with any queries and we will endeavour to get back to you.

Volunteering across Oxfordshire

Dear Residents,

It's time to celebrate the enthusiasm and passion of Oxfordshire's volunteer and community organisations. The Districts and City have been inundated with offers of help to support those residents who are and will struggle to cope over the coming weeks and months, for which we thank you all. The need for assistance has however, come further into focus as Government announced the most vulnerable in our communities will need to self-isolate for 12 weeks.

Oxfordshire has united to support the initiatives of 'Oxfordshire All In' and 'Oxford Together'. We recognise many of you are already working / volunteering in your communities but for anyone who finds that extra 10 minutes, these sites can help coordinate your effort – whether delivering essentials, putting the bins out for someone, or being on the other end of a phone, there are hundreds of opportunities available across Oxfordshire for you to get involved.

To ensure that residents know where to turn, all community groups, community organisations and local businesses are being asked to include details of their initiatives on the [Oxfordshire All In Response Map](#). If you have linked with your District or the City Council already – please do not worry we will make the link. Let's maximise your ability to spend the time helping our communities.

If you live in Vale of White Horse, South Oxfordshire, West Oxfordshire or Cherwell then please visit [Oxfordshire All In](#) who can help and have details on all opportunities across Oxfordshire.

To volunteer in Oxford City, please register your details at [Oxford Together](#)

We thank you for your incredible efforts so far and we know that together we can help support each other and keep our communities thriving through these difficult times, however please ensure you continue following government advice to stay safe and well.

For more advice and information on Covid-19, please visit [Public Health England](#).

Green Recycling Bins - The Railway Inn

Green Recycling bins are situated at the end of The Railway Inn Car Park. This is to raise funds for Children's Air Ambulance. There is also a green bin for media. All items should be bagged.



Bouncy Castle

Available for hire

£40 per day/ £65 per weekend

(Hirer to collect and return to Culham)

Contact Roy Epps stpaulsandculhamvillage@gmail.com



Experiences of A Litter Crusader by Paul Saunders

Last month I left you with a mystery to solve although a greater mystery than I had intended because I made an error; I had intended to write Chinese gooseberry and not Japanese gooseberry so I apologize. Hopefully you will have succeeded in spotting my mistake and solving the mystery. Let us begin with the boom found at Sutton Pools.

A boom is a pivoting spar that abutts the mast of a sailing vessel and to which the bottom of the sail is attached. I was immediately able to identify the boom as being from a Mirror Dinghy because my father had built one, along with 70,000 plus other aspiring sailors. The Mirror Dinghy takes its name from the Daily Mirror newspaper who promoted this hugely successful wooden dinghy kit to their readers in the early 70s. It was an affordable sailing boat, it could be built by anyone with basic woodworking skills and be transported on top of your car, including a Morris Marina and therefore negating the need to buy an expensive trailer. The Mirror Dinghy's hull was made of marine plywood and the mast and boom were of Sitka spruce.

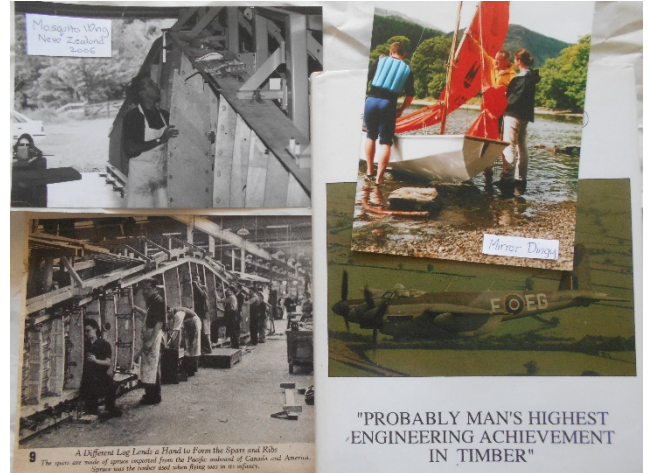
Sitka spruce is chosen for wooden masts, booms and wooden airframe structures because it has the most efficient strength to weight ratio. Seeing this Sitka spruce boom invoked memories of not only Mirror Dinghies but of New Zealand where as a wooden airframe engineer I was engaged in the restoration of vintage aeroplanes including a legendary World War 2 de Havilland Mosquito, "Probably man's highest engineering achievement in timber". The de Havilland Mosquito had 5 tonnes of Sitka spruce in its airframe and was manufactured in England, Canada and Australia. Any piece of wood used in the construction of a wooden aeroplane must be free of structural defects and a wooden airframe engineer must be able to identify these because otherwise a catastrophe will occur: The most serious of these defects is a thunder shake.

To understand what a thunder shake is; imagine a tree trunk's biological structure being a bundle of plastic straws. If you bend that bundle beyond what is called its elastic limit and then release it, the bundle won't spring back to its original shape because the walls of the straws have collapsed; they have been compressed and fractured and exactly the same happens when a tree bends beyond its elastic limit in a severe storm. Those imaginary straw like vessels can also be compressed and fractured when a tree is felled and falls upon a log, stump or rock; therefore, that part of the tree trunk where it has either struck something, or been bent to the degree where compression has occurred, will now have thunder shakes, or compression failures, which can sometimes be seen by the naked eye; they appear as jagged hairlines across the direction of grain of a piece of wood and are to be seen on the footbridge across Culham Cut.



Next time you are on the footbridge, look for the replacement diagonal/brace on the balustrading that has thunder shakes. They're easier to see after it has rained because the water seeps into the microscopic hairline cracks darkening and highlighting them. If I were to detach that piece of wood from the bridge and moderately flex or bend it, I guarantee it will suddenly snap like a carrot exactly where those thunder shakes are; there will be no splintering, just a sudden, abrupt and catastrophic break. Imagine the consequences of such a piece of wood being used for the spar of a wooden aeroplane or the boom or mast of a sailing vessel? By now you may be wondering why thunder shakes have such a name? I've absolutely no idea and even the highly respected cabinet maker and author Ernest Joyce was unsure, " The probable cause [of thunder shakes] is not thunder as the name suggests." Now, if they were called lightning shakes, then that would make some sense because their pattern is not dissimilar to that made by lightning.

If you ever find yourself making a wooden aeroplane, a sailing dinghy's boom or mast, both of which have parts of their structures that are subjected to loadings that bend the wood, take a simple precaution against unseen thunder shakes: give that piece of wood you are going to use a severe flex, or bend. Better that piece of wood break whilst your feet are in contact with the ground than when you are at sea or in the sky.



Finally, you may be interested to know that Culham resident Paul Greenway is part of the cottage industry manufacturing visors for the NHS (which includes his wife Gill who solved the Codd bottle mystery). The visor parts are printed on a 3D printer, which basically creates objects by printing them using minute blobs of hot plastic, layer upon layer, to create an object to an incredible degree of accuracy and finish. Paul is making the headband part of the visors; each one takes about 90 minutes. Once finished he posts them to a location where the parts are all assembled and the visors sterilised before being distributed to those on the front line.

N.B. The piece of wood on the footbridge with thunder shakes presents no danger. It is not subjected to loads that will bend it and it would only break if given a very hard kick.

The Mouthpiece

Please note that any opinions expressed in this newsletter are those of the contributors and not necessarily those of the editors. We accept contributions and advertisements in good faith and cannot be responsible for errors therein.

Please send contributions for the June issue of the Mouthpiece by May 15th to:

generalmouthpiece@gmail.com

Anne Churchill Stone <i>Editing Jul/Aug, Oct, Dec/Jan, Mar issues</i>	21 High Street Culham	Tel 01235 533011
Gordon & Joan Gibbs <i>Editing Jun, Sep, Nov, Feb, Apr issues</i>	32 High Street, Culham	

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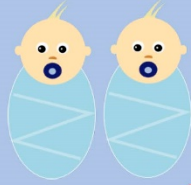


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Andrew Steele	a.steele@culham-pc.gov.uk	27 High Street, Culham	01235 534910
Adrian Morris	a.morris@culham-pc.gov.uk	5, Manor Farm Barns, Culham	
Philip Owen	p.owen@culham-pc.gov.uk	6, The Green, Culham	01235 555223
CLERK TO PARISH COUNCIL			
Lucy Dalby	clerk@culham-pc.gov.uk	76 Evenlode Drive, Didcot OX11 7XQ	01235 817464
DISTRICT COUNCILLOR			
Sam Casey-Rerhaye	Sam.Casey-Rerhaye@southoxon.gov.uk		
COUNTY COUNCILLOR			
Lorraine Lindsay-Gale	lorraine.lindsay-gale@oxfordshire.gov.uk	Nut Tree Cottage, The Green South, Warborough OX10 7DR	01865 858976
ST PAUL'S CHURCH			
Associate Team Vicar:	Vacancy	Enquiries to Dorchester Abbey	01865 340007
Ordained Local Minister	Revd. David Haylett	familyhaylett@yahoo.com	01865 407382
Hon. Treasurer:	Andrew Churchill Stone	churchillstone27@gmail.com 21 High Street, Culham	01235 533011
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ST PAUL'S & CULHAM VILLAGE RE-ORDERING COMMITTEE			
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generalmouthpiece@gmail.com			
Editors:	Anne Churchill Stone	21 High Street, Culham	01235 533011
	Gordon & Joan Gibbs	32 High Street, Culham	
Advertising Manager:	VACANCY		
	advertmouthpiece@gmail.com		
Distribution:	Maggie Graham	8 Tollgate Road, Culham	01235 525901
	maggieg30@gmail.com		