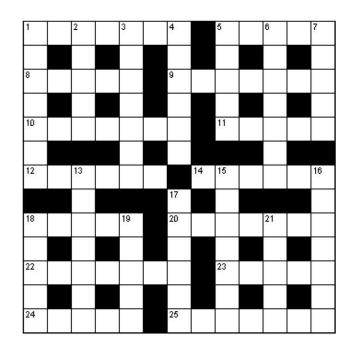
# **The Mouthpiece**

## Culham's Newsletter

## July/August 2020



Chamomile in Culham



#### Across

God of wine (7)
 Author of The Iliad (5)
 Highways (5)
 Malicious retaliation (7)
 Lifting device (7)
 Kings of the jungle (5)
 Liverpool's river (6)
 Large gun (6)
 Performed in a play (5)
 Marine mammal (7)
 North African country (7)
 Plant fibre used for making rope (5)
 Disreputable (5)
 Female siblings (7)

#### Down

1 Ennui (7)
2 Professorship (5)
3 Antagonistic (7)
4 Industrial action (6)
5 Slum dwelling (5)
6 Seasonal wind of the Indian Ocean (7)
7 Scottish dances (5)
13 Went to bed (7)
15 Books of maps (7)
16 Flummox (7)
17 Accessories (3-3)
18 Media (anag) (5)
19 Rot (5)
21 Overly eager speed (5)

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### Talking Point – Rev. Caroline King

**Dear Friends** 

#### So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. 1 John 4.16 NRSV

It is impossible and simplistic to sum up the Bible in one verse, but for me this verse from 1 John comes quite close, because it sums up our call to love each other, and also my faith that we if can somehow live out that love then it will be reflected in our earthly structures. In that sense the core of my personal faith is very simple; living it out is a lifelong challenge. The words of G K Chesterton are always in my ears; The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried." It sums up how difficult it is to live out something that at its core is simple.

I am writing this letter at a time where it seems the headlines are dominated by global strain and catastrophe. At the start of the year barely anyone had heard of Covid 19, it has now changed the world beyond recognition. Here in the United Kingdom the official death toll stands at 40,000+ the actual death toll is possibly a third higher than that. Each one of those numbers is not a statistic but a name, a life lived, someone special, someone loved by friends and families, someone created in the image of God, loved by God and infinitely precious to God.

Alongside this I have been profoundly shocked by the killing of George Floyd in Minneapolis, and the subsequent reaction to it and the #Black Lives Matter campaign. My initial reaction to this was to say there is no need because all lives matter. Unfortunately, as the disproportionate figures of the effect of Covid-19 on BAME have shown and the undoubted prejudice that many people from BAME communities experience it is simply not enough for me just to say all lives matter. It has to go further.

I write as a person of privilege, I am white, I have received an education (much of it at tax payers expense), I have a roof over my head, food on the table and money in the bank. Within reason I can go about my daily tasks without interruption or suspicion. #Black lives matter has forced me to see that these freedoms and privileges are not enjoyed by everybody and that this is counter to our Christian faith and the gospel of love and inclusion I seek to preach. 'God is love and those who live in love live in God'.

There is still much work to do until we truly live out a faith which displays this central truth. Recently Bishop Steven wrote very succinctly when he said '

This seems a very good moment to say to all our BAME colleagues and neighbours in the Diocese of Oxford how much we value you and need you, how much you add to our richness and diversity as a society and as a church and how much as members of Christ's Church we take our stand against all forms of racism. These are days to pray and work for a just world, free of any form of discrimination, and to reach out with words of kindness and love.

With best wishes to you all Caroline

# Village News

Village website: www.culhamvillage.org.uk

## Culham Parish Council (CPC) notes – Jun 2020

Held online

The reports from OCC and SODC councillors should appear elsewhere in the Mouthpiece and on the CPC website.

The Thame lane speed survey has been carried out and the report is being chased

The CPC change of bank account is in hand.

The CPC has not had a response from the Diocese about the rental agreement for the recreation ground. The item is currently on hold.

The discarded barbed wire close to the new mooring site by the donkey bridge has been reported to Morrells. **Local Plan**- A barrister has been appointed by SCGB to represent CPC at the up-coming EIP which will be held online, commencing 14 July 2020.

The Oxfordshire 2050 plan has been given a new timeline. There is now an open consultation held online at: <a href="https://twitter.com/oxongrowthboard/status/1270377613803085825?s=12">https://twitter.com/oxongrowthboard/status/1270377613803085825?s=12</a>

**Culham Neighbourhood Plan** – The members are currently defining the area the Neighbourhood Plan will cover – it cannot be the Parish boundary due to the boundary passing through the CSC site, and the adoption of the CSC master plan. Although we are out of time for the grant application, SODC will look favourably on the CPC request for the grant.

A grant total of £600 is held by the CPC for use in the current Covid 19 pandemic

#### Next meeting

Tuesday 14<sup>th</sup> July 2020 at 19:30. This will almost certainly be an online meeting.

As ever all villagers are welcome to attend - please come along even if you have no specific items to present/discuss.

Village website address:

https://www.culhamvillage.org.uk

The CPC website address:

https://www.culham-pc.gov.uk

## District Councillor's Report June - July 2020 - Sam Casey-Rerhaye

I do hope you are all managing during this really worrying time. While we can all agree there have been benefits in terms of less pollution of air and noise, for many of us it has been miserable, scary and lonely, and for many families and groups of friends they have lost someone dear to them. I offer my sincere condolences to anyone who has lost someone to Covid-19 or an issue related to this pandemic.

#### Coronavirus response

The newly established Community Hub at SODC has been extremely active in supporting vulnerable residents over the past couple of months. Activity levels have now started to reduce and are much lower in recent weeks, which very much reflects the way that local groups have established strong support networks for their own communities. The Hub's new opening hours are 9am to 6pm, Monday to Saturday and closed on Sundays.

As you can appreciate, these tasks are new to many of the staff at SODC, and some of the technical systems have had to be redeveloped to cope (e.g. the business rates system is set up to take money in from local businesses, not to send funds the other way). All of these new tasks also had to be absorbed at the same time as Council staff were being moved to home-working, having to deal with their own personal situations (home-schooling, self-isolating etc) and maintaining existing services such as planning and waste collection.

#### **Business Support Grants**

June 17<sup>th</sup> was the deadline for businesses to apply for the latest discretionary grants. Whilst the number of applications has steadily been increasing as the deadline approaches, as things currently stand it looks like we may still have some money left. If that remains the case after the closing date, we will look into running a short, second round of applications. In the meantime, businesses should go to South and Vale Business Support website for guidance, help and advice: <u>www.svbs.co.uk</u>.

#### Local Plan

I have asked the Inspector to speak at the Examination in Public in sessions addressing Grenoble Road, Culham, greenbelt, spatial strategy, infrastructure, Didcot Garden Town and Berinsfield. I am currently working through all the new documents added since submission of the Plan in March 2019 and writing statements for each of the sessions outlining my objections and issues. The first session is on 14<sup>th</sup> July 2020 and will run for four weeks, online. Many people have questioned whether this should be still be going ahead online in a national emergency, including me. However, as we know, the government supports this Local Plan process being completed by December 2020 and John Howell, MP has indicated his support for the Examination in Parliamentary questions. I have asked that it is live streamed and have heard that it is their 'intention' that it will be -it could hardly be said to be 'in public' otherwise, even if it is recorded and made public later.

#### **Planning Applications**

Just to recap from my last report, planning committee meetings are now taking place online, and a new system for considering applications has been set up for 6 months, when it will be reviewed. The new system is as follows:

- If Parish Councils object to a Minor application, a planning officer will contact them to explain the likely recommendation and seek to resolve their planning concerns, but can determine the application, unless the ward members calls it in, in which case it will go before Head of Planning + Chair+ Vice Chair+ Ward member to resolve, and they will decide if it should go to planning committee or not for a decision.
- If Parish Councils object to a **Major** application it will go to planning committee for a decision if the planning officer recommendation is for approval.
- 'Other' applications (householder) e.g. extensions is unchanged do not go to planning committee if the parish/town council objects, **unless the ward member calls it in**, or the planning officers decides it should go to committee.

The statutory time limits remain unchanged as 13 weeks for major development and 8 weeks for all other types of development (unless the application is subject to an Environmental Impact Assessment, in which case a 16-week limit applies).

The public consultation period for an Application is 21 days (from the date the letter/notice is posted), and if there is a significant change to the Application following amended plans, a further public consultation period, usually 14 days, is undertaken. The Application can be called in to a Planning Committee by a district councillor with planning reasons up to 28 days from registration.

#### Adapting our roads to accommodate safe cycling and walking for social distancing

I and my fellow Cycle Champions across Oxfordshire sent a second open letter to Cllr Constance at Oxfordshire County Council regarding Oxfordshire's first tranche of emergency active travel measures:

We are the cycling champions for the City of Oxford, Vale of White Horse, South Oxfordshire and West Oxfordshire. While we welcome Oxfordshire's moves towards responding to the Covid-19 crisis and the reduced use of public transport and the need for people to give each other space, we are writing to urge the County to take more ambitious and effective measures and to do so quickly. We wrote to you on 6 May calling for urgency and a month later, and following the announcement of 5 June, we are repeating our call. The Department for Transport will provide funding only if it makes a material change to the amount of space available to people walking and on bicycles. The measures announced so far amount mostly to the maintenance of existing cycle lanes, including vegetation clearance and line repainting, and to some creation of modal filters on some side streets mostly in the city. This is not in the spirit of the DfT instructions and nor will it create the space we need for people using active travel as the schools return and shops reopen. Other parts of the country have already put in place pop-up lanes to make space for people on bikes and foot. We need urgency before motor traffic builds to previous levels. We are offering to work with the County to create immediate and ambitious measures in our districts. Yours sincerely,

Cllr Louise Upton, Walking & Cycling Champion, Oxford City Council

Cllr Dan Levy, Walking & Cycling Champion, WODC

Cllr Eric de la Harpe, Walking & Cycling Champion, VOWH

Cllr Sam Casey-Rerhaye, Walking & Cycling Champion, SODC

There is also a website called <u>www.widenmypath.com</u> where **you can submit a suggestion** for improvements to be made to an existing pavement or cycle path. Apparently, it is monitored by OCC, so worth using!

#### Car Parking Charges re-introduced

With the gradual re-opening of shops and other facilities, car-parking charges have been reintroduced from 8<sup>th</sup> June in SODC-owned car parks. This is necessary as the Council was already not covering costs of running the car parks and so will go some way to restore some of the Council's lost income. **NHS staff and care workers who display a national COVID-19 pass can continue to park for free**. To claim a pass they need to contact their employer who will issue a permit to park in council car parks.

To avoid having to touch the payment screen make sure you download the Connect Cashless app – connectcashlessparking.com and pay online instead (if you have a smart phone).

#### Oxfordshire 2050

This is a county-wide strategic plan being developed for infrastructure and development in the county and it is worth contributing your ideas on how you would like to see Oxfordshire's future for living, working, connectivity and climate change - <u>https://www.oxfordshireopenthought.org/</u>

As always, please contact me if I can help you in any District matter: 01235 799489 or email sam.caseyrerhaye@southoxon.gov.uk

## **Upcoming Events at St Pauls**

We are aiming to rearrange the Plant Sale (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

## **OCC – information**

#### Support for extremely vulnerable people and self-isolating residents

Information for people who have no support network and need help.

If you or someone you know been identified as extremely vulnerable there are <u>local dedicated helplines</u> offering priority support for residents to call if they don't have a support network nearby.

Oxford city

- Call 01865 24 98 11
- Visit oxford.gov.uk/CommunityAssistance
- The service is open between 8am and 5pm.

#### Oxfordshire

- Call 01865 89 78 20
- Email shield@oxfordshire.gov.uk.
- The service is open 9am to 6pm Monday to Friday. 10am-2pm on Saturday. Closed on Sunday and Bank Holidays'.

If you have received a letter from the NHS identifying you as an extremely vulnerable person you need to <u>register</u> on the government website.

#### Find community support near you

If you're having to self-isolate and don't have a support network nearby, visit <u>Oxfordshire All In</u> or <u>Oxford Hub</u> (for Oxford residents) for more information on community support available near you.

Good Food Oxford is continuously updating the <u>Oxfordshire food access map</u> and <u>database</u> to support signposting the most vulnerable in our communities to community food services such as foodbanks, community kitchens and food surplus cafes.

#### Mental health and wellbeing

Having good mental health and wellbeing is especially important at this time, and there is a range of support and advice to help you look after your mental health and wellbeing.

- <u>Public Health's mental wellbeing page</u> has information and support to help you look after your mental health and wellbeing.
- What we eat can have a big effect on our mental health and <u>Oxfordshire Mind</u> have eight tips on what sorts of foods can help lift the spirits, as well as those which might contribute to lower moods.
- <u>NHS mental health and wellbeing advice website</u> has self-assessment, audio guides and practical tools, if you are experiencing stress, feelings of anxiety or low mood.
- If you have been struggling with mental health problems for several weeks and it is affecting your daily life, please contact <u>NHS 111 online</u>, or call NHS 111 if you have no internet access.
- If you are already in contact with mental health services, you can access <u>comprehensive guidance</u> <u>provided by Mind</u>. For local support, visit <u>Oxfordshire Mind</u>
- The <u>Help Hub</u> is a free service provided by qualified therapists who are there to listen and support individuals who find themselves with limited contact due to COVID-19.
- <u>The Oxford Mindfullness Centre (OMC)</u> is offering weekly online mindfulness sessions, open to those who feel they would benefit. These sessions are completely free and open to the general public, meaning you do not need prior mindfulness experience or practice to take part. Each session will also be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again.

#### Stay in touch

Staying in touch has never been so important, there are lots of ways you can stay in contact with family and friends.

- <u>Find out how to make video calls</u> with older relatives and friends who may not already have access to video-calling technology.
- You can set up a free 40 minute <u>Zoom</u> party or coffee morning with family or friends using Zoom a video conferencing service. Please check you are happy with the terms and conditions of use before using the service.
- Oxfordshire Family Support Network's mission is to support families of people with learning disabilities through information, advice and training, and to ensure that their voices are heard by those who provide services.
- <u>Age UK Oxfordshire</u> has launched a new telephone support service for older people and carers providing a friendly weekly telephone call and opportunity to troubleshoot any issues you may have. Telephone 01865 411288.

#### Exercise and activity

Moving around for even a few minutes can lift your mood, give you more energy and improve your health. Even at home there are still ways we can build activity into our day. The less time we spend sitting the better. Things like gardening and climbing the stairs are all great ways to keep moving and there are lots of works online too.

#### Ideas to help you stay active at home

- Join the <u>stay in work out</u> movement from Sport England. They offer really good advice online for home workouts, including activities for older people and children.
- The NHS has free and easy <u>10-minute workouts</u> as well as <u>Gym free workouts</u> and there are other home exercise videos on the <u>NHS Fitness Studio</u>.
- Join <u>'The Body Coach' Joe Wicks'</u>, he has hundreds of free workouts for all fitness levels. These fun workouts can be done at home with no equipment.
- <u>Active Oxfordshire</u> have put together their own guide on staying active at home with links to loads of activities for all people of all ages and abilities.

- If you're missing your weekly aerobics session <u>Groove Lite</u> is now available online for you to work out at your own pace at your own time.
- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Walking can be for any age or fitness ability. <u>NHS walking for health</u> has lots of tips and advice to get you started.
- Age UK Oxfordshire's Generation Games have a range of low-impact <u>home exercise videos</u> to help older people stay active.

#### Getting active with kids

- Joe Wicks (the body coach) is doing a <u>'PE with Joe'</u> workout every weekday at 9am for kids and their adults. These are live on his YouTube channel and will be free for people to access.
- More than a million kids do yoga, mindfulness and relaxation with Jaime on the <u>Cosmic Kids YouTube</u> <u>Channel</u>. Parents and teachers report significant improvements in self-regulation, focus and empathy. But the videos are brilliant fun so kids love doing them!
- <u>Change4Life</u> have created some Disney-themed indoor games and activities that are bundles of fun and will get the kids moving. Check out the 10 minute shake up games as well.
- <u>Football coach Robert Francis</u> is offering at home coaching live on Facebook and YouTube designed for boys and girls of mixed age ability.

#### Gentle exercises designed for older people and people with health conditions

- The NHS website lists some popular activities you can do at home. These resources are suitable for everyone but particularly good if you're older or have health conditions. There are <u>easy, low-impact</u> <u>exercises</u>, exercises <u>you can do sitting down</u> and guides to exercising for <u>strength</u>, <u>balance</u> and <u>flexibility</u>.
- Age UK Oxfordshire's Generation Games have a range of low-impact <u>home exercise videos</u> to help older people stay active.
- <u>Move it or Lose it has created a series of fitness videos for older people.</u>

## **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.





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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 September issue of the Mouthpiece by August 15<sup>th</sup> to: <u>generalmouthpiece@gmail.com</u>

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