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# Challow News

~ 2021 ~

## September



# St. Nicholas Church, East Challow.

OX12 9SH

(Vale Benefice)

## Parish Eucharist

Sundays: 11.15am

## Family Service

Temporarily Suspended

2nd Sunday 9.30am (Monthly)

## Weekday Eucharist

Thursdays 10am



**Vicar: Rev John Durant**  
**The Vicarage, Main Street, Grove. OX12 7LQ**

01235 766484

Email: vicar@valebenefice.org.uk

**Associate Vicar: Rev Alec Gill**

07739 563894

Email: vicaralec@valebenefice.org.uk

**Curate: Rev Chris Ashton**

Email: curatechris@valebenefice.org.uk

**Licensed Lay Minister: Sue Powditch**

Email: llm@valebenefice.org.uk

**Benefice Office: Grove Parish Church, Main Street, Grove. OX12 7LQ**

Open: Mon - Fri 10.00 - 12.00

Tel: 01235 771479

Email: office@valebenefice.org.uk

## Churchwardens

Mrs Ruth Pepler: 01235 762197

Mrs Liz Belcher: 01235 763966

## Pastoral Support

To help our Vicars Revd John Durant and Revd Alec Gill in the pastoral support of the village, Liz Belcher will be acting as the local contact within the village for those who are in need of a home visit, home communion or other support that we as a church may be able to provide.

If we can help, please contact Liz on 01235 763966

## NEW SCOUT GROUP

East Challow Parish Council would like to wish the new scout group In East Challow, success with their new venture.

## PARISH COUNCIL MEETING

The next parish council meeting will take place at 7.30 pm on Wednesday 8th September 2021 in the village hall. All villagers are invited to attend parish council meetings as observers and there is a 10 minute public discussion time early in the meeting when you can raise any matter you wish with the council.

## PARISH COUNCILLORS

Vanessa Bosley: (Chair) 01235 764068, Frances Webb (Vice Chair) 01235 765176, Sarah Parker, Trevor Hayes, Paul Barrow, Wende Blowfield & Iris Game.

Clerk to East Challow Parish Council. e-mail:

[eastchallowpc@gmail.com](mailto:eastchallowpc@gmail.com).

## Solutions

C	I	N	O	T		L	I	O	M	R	U	T
I				N		O		P		A		N
T	N	E	L	U	P	O		M	U	B	A	L
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Please Quote:

1 - MTH

The Parish Council meeting takes place in the Village Hall at 7.30pm  
on the 2nd Wednesday of the month.

[www.eastchallowpc.co.uk](http://www.eastchallowpc.co.uk)

### **DOG FOULING**

Please see below from the District Council:

Dear residents,

The parish council has reported to us that there is a growing dog fouling issue across our districts. Although there are many benefits that come with owning a dog (especially during lockdown), there are also responsibilities which include cleaning up after your dog. Please be aware that it is an offence to not clean up after your dog or leave used dog waste bags anywhere other than an appropriate bin. Under the Dog Fouling of Land Act 1996, allowing your dog to foul can result in an on-the-spot fixed penalty notice of £50 and incorrect disposal of dog waste bags e.g. not putting them in the bin can result in an £80 fixed penalty notice. If fines are not paid, cases can be escalated to court resulting in fines of up to £1,000. There are some council owned litter bins within your parish. These can be used for both litter and dog waste bags – you do not need to find a specialist dog waste bin. You can also put dog waste bags in your black general waste wheelie bin so if you cannot find a bin or bins are full, please take it home. We know that most residents take a lot of pride in their local area and we encourage everybody to take extra steps in keeping your parish clean and tidy. If you have any questions please feel free to contact the waste team at [waste.team@southandvale.gov.uk](mailto:waste.team@southandvale.gov.uk)

### **PUBLIC ART**

The Vale of White Horse District Council has allocated funds to East Challow Parish Council for a Public Art project. The Parish Council is considering the idea of a “Suffolk Style Village Sign” as a central feature for the Village and two smaller features for the entrance verges, it is intended that these contain the Village name. A brief has been put together and local designers/artists are being invited to submit their ideas for the project. It is also proposed to prepare a time capsule which would be placed under the foundation of the central feature.

## VICAR'S LETTER - A PAUSE FOR THOUGHT

While on holiday over the summer, we came across several lost items inside one of our suitcase pockets. We didn't know that they were there and we had accidentally taken them on holiday with us for the last few years.

We all carry items that we need, things that might be useful and some things for those “just in case” moments.

We all carry certain things with us through life; fears and worries, expectations and experiences, attitudes and beliefs. We can be aware of factors that are shaping our thoughts, words and behaviour, while other drivers and biases lie further beneath the surface, that we aren't aware of yet they influence our daily lives.

In the Letter to the Romans we are encouraged to “*not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*” Romans 8: 2

The “*pattern of this world*” or the culture that we live in, is simply a collective understanding of the way that we do things around here. This can be positive and negative. The important first step is to become aware of the attitudes, expectations and concerns of those around us and those that are within us. Our thought patterns shape our mental, emotional, relational and physical health. As exercise is good for our bodies and minds, giving consideration to what we are carrying with us in our hearts and heads, is also very important for our wellbeing.

God encourages us that by dealing with damaging and harmful thought patterns we can bring change to not only our lives but the lives of others. The Christian principle of confession can help with this; not going and telling someone everything that you have done wrong. But being open and honest with ourselves and God about what is happening around us and inside us. To acknowledge what has been, to reflect on what is and to use these experiences to shape your life for the better with God's help.

We all carry things with us through life. It's important every now and then to have a sort out, check what might be stowed away, declutter and leave behind anything that is unhelpful and weighing us down.

God bless,

Alec

Here we are in September and with restrictions lifting further things are looking a little more settled.

It is no longer necessary to pre book for Church at Challow, we are just making a note of those attending for the record and we will continue to only hold onto the list for 3 weeks and it is then destroyed.

**Here is an exciting date to get in the diary**

Plans have started for a real traditional Harvest Festival weekend, this will take place on October 9th & 10th

The plan is to decorate the Church on the afternoon of Saturday October 9th when we can receive gifts of produce, tinned items or money, anybody is welcome to come and join us and have fun in helping.

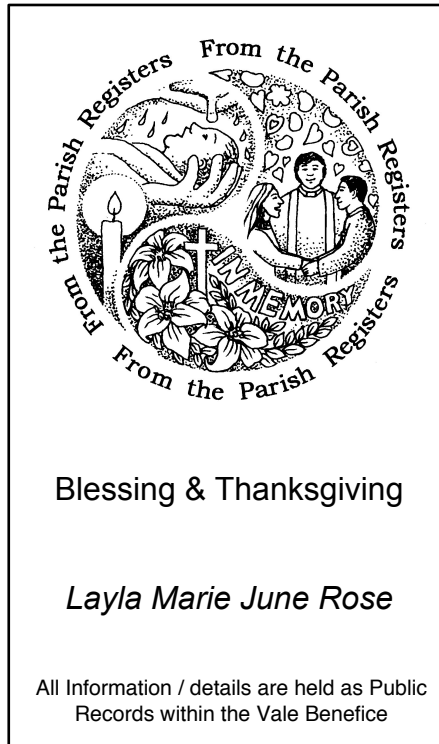
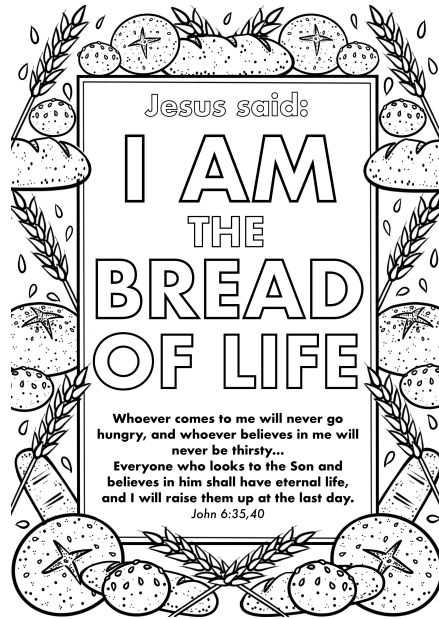
Church will then be open Sunday morning from 9.45 for coffee and cake and see the Church decorated, it will be followed by the Harvest Service at 11:15 when everyone will be welcome to attend.

It will be a non Eucharistic Service when we will sing some of the old fashioned traditional Harvest Hymns and we can give Thanks for our food. Any gifts of money will be donated to Water aid. (our chosen charity)

We continue to be on the look out for volunteers for all sorts of jobs in Church if you would like to help or be involved please let Ruth or Liz know or speak to any member of the PCC.

We thank you for your support and look forward to seeing many of you at one of our forthcoming services.

**Linda Hopkins**



## Tell us what you think of County's Household Waste and Recycling Centres

Read the story on the [Oxfordshire County Council's website](#) or below:

People who live or work in Oxfordshire are urged to have their say on the county's household waste and recycling centres (HWRCs).

Oxfordshire County Council has started a consultation process to find out the views of residents, businesses and other organisations on the service that is provided now and what they might like to see in the future.

People can have their say by visiting [Let's Talk Oxfordshire](#), the council's new digital consultation and engagement platform.

The council currently provides seven HWRCs for residents to bring household waste for disposal and recycling. The service accounts for 15 per cent of the county's total household waste.

However, some of the sites are already nearing capacity and, as the county's population grows, the council wants to ensure that its HWRCs remain affordable and help residents manage their waste in the most environmentally friendly way. The council wants to know people's views on Oxfordshire's HWRCs, how people currently use the service and their opinions on ideas for the future.

**Councillor Dr Pete Sudbury, Oxfordshire County Council's Cabinet Member for Climate and Environment, said:** "We want as many people as possible to get in touch with us to tell us what we're doing well and what we could do better when it comes to our HWRCs. The feedback we get will be invaluable in helping us move the service forward to meet the future needs of the county.

"Even if you don't use our HWRCs at the moment, we would still love you to get involved and tell us if there is anything we could do to encourage you to use them in the future."

The consultation is aimed at finding out what people value about the service and how they use it so that the council can ensure that it prioritises that going forward.

Views are sought on issues including the distance people travel to the HWRCs, what materials they take to dispose of, opening hours, permits, booking systems and vehicle restrictions. Comments and suggestions are also welcome.

### The council's seven HWRCs are based in:

- Alkerton, near Banbury
- Ardley, near Bicester
- Dix Pit, near Witney
- Drayton, near Abingdon
- Oakley Wood, near Wallingford
- Redbridge, in Oxford
- Stanford-in-the-Vale, near Faringdon



# Oxfordshire County Council - Yvonne Constance

## County Councillor for Shrivenham Division

OCC is REVIEWING the waste recycling tips again, and its really important that the Parish Councils respond to report on how useful they find them.

Its where I remember first getting involved – when OCC planned to reduce from 7 tips to only 3 which would have closed Stanford tip, and I organised a big pushback with public meeting in Uffington village hall.

In the end we saved all 7 and the strategy needs reviewing again.

**Residents, please respond and get as many tip-users to respond also.**

*Cllr Yvonne Constance*

Please see page 20 for more information >>>>>>>>>

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DATE	READER	READINGS
<b>September 5th</b> 14th after Trinity	Alan OR Ruth	Isaiah 35: 4-7a James 2: 1-10 & 14-17 Mark 7: 24-37
<b>September 12th</b> 15th after Trinity	Peter	Isaiah 50: 4-9a James 3: 1-12 Mark 8: 27-38
<b>September 19th</b> 16th after Trinity	Jenny or Jeff	Jeremiah 11: 18-20 James 3: 13-4:3 & 7-8a Mark 9: 30-37
<b>September 26th</b> 17th after Trinity	Mary	Numbers 11: 4-6 & 10-16 & 24-29 James 5: 13-End Mark 9: 38-End

**All Readers must bring their own Bible to read from**

Date	Sacristan	Sidesperson	Organist	Cleaning
05-Sep	Philip	Frances & Nigel	Ruth	Liz
12-Sep	Mary	Peter & Linda	Ruth	& Linda
19-Sep	Jenny	Jeff & Liz	Graham	Mandy
26-Sep	Nigel	Tricia & Sue	Graham	

**Face coverings must be worn or an exemption badge worn & clearly visible**

Date	Intercessions	Flowers	Thursday	Sacristan
05-Sep	Philip	Heather	02-Sep	Mary
12-Sep	Mary	Mary	09-Sep	Jenny
19-Sep	Jenny or Jeff	Jenny	16-Sep	Juliet
26-Sep	Juliet	Mandy	23-Sep	Mandy
			30-Sep	T B A

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## New Scout Group Opening in your area!

## Ready to have fun, learn new skills and try something new?

Contact:

Emma or David at [1stchallow@kascouts.org.uk](mailto:1stchallow@kascouts.org.uk)

**#SkillsForLife**

Want to learn new skills and make new friends? Why not come along to our taster session at 1st Challow.

Tuesday 21st September at 5.30pm

Open evening activities for girls and boys aged between 6 to 10 years old and parents.

If you enjoy the taster session, then the new groups will be up and running for weekly meets from the end of September.

East Challow Village Hall, East Challow, Wantage, OX12 9SR

We are also looking for volunteers! Volunteering is easier than you think. With full support and training, you can volunteer on a flexible basis. Give young people the skills they need to succeed in life and discover how being part of the Scouting family can be as rewarding for you as it is for them.



## Vale of White Horse District Council - Dr. Paul Barrow District Councillor for Ridgeway Ward

### Garden waste collection

Many of us have had problems with garden waste collection (Brown bins) in the last few weeks and it is likely to continue, so a brief summary might help.

Biffa is operating with approximately 20% fewer staff than is needed. Driver shortages is a national issue also affecting supermarkets. The increased demand for drivers means that many are tempted by more lucrative and attractive jobs than collecting rubbish. Brexit also reduced the driver pool. The issue came to a head more than a month ago when seven rounds were unable to go out which led to significant disruption. Biffa have been doing their best to try and manage the situation by a recruitment drive, staff incentives, earlier collections, weekend working and diverting supervisors. If the Vale didn't divert the garden waste resources to collect food waste, residual waste and recycling then Biffa would not be able to collect these, but they'd also struggle to catch up, which would have knock on effects.

The main queries the Vale have had are around not delivering on commitments; rebates/refunds/compensation; cancellations; lack of notice/bins already full; no direct communication with customers/Covid & Brexit not applicable. New customers have also been affected– some have had a bin but no collections.

Customers are being contacted. To prevent this situation escalating the Vale suggest pausing new subscriptions until further notice

Billing takes place every week, so customers will continue to get an invoice/DD collected until further notice. This will undoubtedly generate some further complaints. Pausing billing/collecting DDs for all customers, is relatively straightforward with cash-flow being the main (negligible) impact but there would be knock-on effects that would need working through. There is currently no contractual need to take this action as the Vale is still aiming to meet their 20 contractual obligations, but this is being kept under review with the option of giving additional collections or a free period being most likely.

***It is worth remembering that the Stanford-in-the-Vale recycling centre takes green waste at no charge.***

However, we are pressing the Vale to reconsider the issue of rebates and to explore restarting collection sooner than they had planned.

The most common questions and comments are similar to those received by the contact centre:

**Comment:** Requests/demands for refunds.

**Response:** The Vale is contacting customers individually.

**Question:** Why weren't customers given any notice.

**Response:** It wasn't always possible to give notice since on the problem Monday morning the business continuity plan was activated because there were insufficient drivers available to provide the waste service as a whole. This meant, suspending the garden waste service to prioritise everyone's food waste, recycling and rubbish collections.

We are asked to keep an eye on [www.whitehorsedc.gov.uk/gardenwaste](http://www.whitehorsedc.gov.uk/gardenwaste) for updates.

### Air Quality

A county-wide consultation on air quality is under way – please see ([www.consultation.oxford.gov.uk/policy-and-communications/new-air-quality-website/](http://www.consultation.oxford.gov.uk/policy-and-communications/new-air-quality-website/)). The deadline to submit your comments is 5 September.

### Oxfordshire Plan

The County Council is asking us to give them our thoughts on the Oxfordshire Plan 2050, particularly in relation to: how we work/transport, proposed levels of growth and how this might affect the rural landscape, housing/affordable homes, renewable energy/the move to zero carbon, communication and the source of our food. The consultation is now open for 10 weeks until Friday 8th October. See [www.oxfordshireopenthought.org/oxfordshire-plan](http://www.oxfordshireopenthought.org/oxfordshire-plan).

### A brief update on the East Challow Neighbourhood Plan

I am sure that you had forgotten about this, but we have been beaver away on it and the first draft is almost complete. Once we and the consultant are happy that it looks in good shape it will be assessed informally by the Vale and then it goes for a pre-submission.

CLlr Dr Paul Barrow

Ridgeway Ward



## AND IN THE BLINK OF AN EYE ITS ALL FINISHED

With the season now drawing to a close, and life returning to what we knew pre Covid, there's a few things that we wanted to share with you

Bar opening times through the Autumn and Winter will generally be

Monday	Closed
Tuesday	Closed
Wednesday	4pm – 7pm
Thursday	4pm – 7pm (10pm when Darts match is on)
Friday	4pm – 9pm
Saturday	Closed
Sunday	11am – 3pm

**The clubhouse is available to hire for a range of events through the 'close season' either during the day or in the evening, and makes a superb setting for your birthday, anniversary, christening or wake.**

Please contact us to discuss your function requirements, we will always look to do whatever we can to make your event a success.

Remember that everyone is welcome at Challow, membership is not required to enjoy the facilities (although it does mean we can keep you up to date with news and events at the Club)

[www.challowcricket.co.uk](http://www.challowcricket.co.uk)  
[admin@challowcricket.co.uk](mailto:admin@challowcricket.co.uk)

**01235 763335**

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## All entries for the October

**Issue of the Challow News**

**Must be submitted by 15th September 2021**

Email: [nigel.langford@me.com](mailto:nigel.langford@me.com)

## St. Nicholas Church 200 Club - Monthly Draw

### July Results

£50 - N° 80 - H. Penfold  
£20 - N° 171 - T. Evans  
£10 - N° 143 - A. Venners

### August Results

£50 - N° 63 - Dr & Mrs Penfold  
£20 - N° 149 - O. Keep  
£10 - N° 165 - R. McGill

### We are looking for more members ~ Would you like to join?

Subscriptions to the 200 Club contribute towards the £20,000 which is required annually to keep our village Church open, in good repair and available for all who wish to use it.

**The 200 Club is a monthly draw with 3 prizes each month - £50, £20 and £10**

**There is an additional prize of £100 in December.**

The draw takes place on the first Sunday of every month, during coffee after morning service.

The cost is £2 per number per month, which can be paid monthly, 6 monthly or annually, and can be paid for by Cash or Standing Order.

**If you would like to join the 200 Club, please contact Tricia Shand**

Email: [the.shandies@btinternet.com](mailto:the.shandies@btinternet.com)

Telephone: 01235 764222

## > NOTICE BOARD <

### Village Hall Committee

We are hoping to organise a work party for "General Improvements" to the Hall

**Contact 01235 764374**

if you would like to support us

### HOW SAFE IS YOUR ELECTRIC BLANKET?

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**Your safety is most important to us.**

Due to Covid uncertainty we will test your blanket but you will not be able to visit the test venue.

We will collect your blanket from your house, take it to be tested and then return it to your house (we will post you a plastic bag and label prior to our collection).

**TESTING IN OXFORDSHIRE**

**20-24 SEPTEMBER 2021**

**4-8 OCTOBER 2021**

#### BOOKING INFORMATION:

To book your collection call **01865 895999 Option 1**  
Or email: [communityengagement@oxfordshire.gov.uk](mailto:communityengagement@oxfordshire.gov.uk)

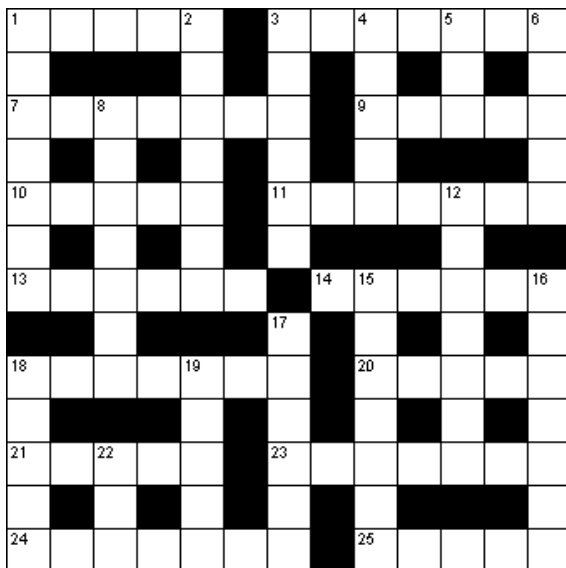
### Village Hall Committee - Vacancy

Due to the retirement of Mandy Perkins, we urgently require a minute secretary.

If anyone can help, please join us at our next committee meeting on Wednesday September 29th at 7.30pm in the Village Hall.



## Crossword Puzzle



Solutions on Page 22

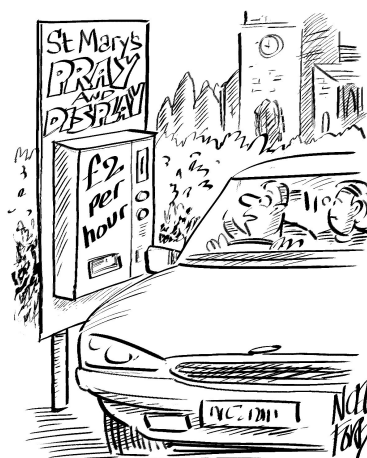
### Across

1. Goddess of love (5)
3. Revoke (7)
7. Floor show (7)
9. Oversight (5)
10. Last letter of the Greek alphabet (5)
11. Rising warm air current (7)
13. Symbol of disgrace or infamy (6)
14. Sour (6)
18. Inscrutable (7)
20. Type of snake (5)
21. Photo book (5)
23. Luxurious (7)
24. Commotion (7)
25. Restorative (5)

### Down

1. Asinine (7)
2. Satire (7)
3. Turn on an axis (6)
4. Unguent (5)
5. Mischievous fairy (3)
6. Live (5)
8. Transience (7)
12. Gruesome (7)
15. Explanation (7)
16. Forceful and extreme (7)
17. Educational institution (6)
18. Intone (5)
19. Musical speed (5)
22. Saloon (3)

## Cartoons



Yet another of the vicar's money-raising wheezes, I see



Shifting the cobwebs in the North aisle required a faculty

## Friends of St Nic's School

Friends of St Nic's are delighted to announce that over the academic year 2020-21 a staggering £5,833.90 was raised from the fundraising events held across the year. This is an incredible amount in any year but to see this much support during what has been a difficult year for everyone is nothing short of outstanding and we would like to say a huge THANK YOU to each and every one of you who supported us.

Top fundraising events included John and Michael's 'Coast to Coast' challenge raising £1100, followed by the innovative Summer Fete which brought in £591.85 and coming in third place the very creative Elf Doors competition at £520.48. This fundraising goes a long way to making a massive difference to the school, enabling them to do things or buy things for the children that wouldn't otherwise be possible.

We are pleased to share that, thanks to your support, we gave £341.97 to the new Forest School which all pupils will enjoy. Also, £950 went to subsidise the cost of the whole school trip to Marwell Zoo making it such good value for parents and a wonderful day out for the children. £300 went to cover the registration costs for DoodleMaths, a popular maths programme for at-home learning and finally £267 went to purchase a series of books called 'No Outsiders', which will be an incredible resource for the teachers working with children learning about diversity in their community and beyond as part of their PSHE (personal, social, health and economic) education.

We hope you have had a great summer and are looking forward to the next academic year. We are already making plans for fundraising this year and if anyone has an idea for something they would like to see us do, please get in touch via the school office.

Thank you again.

Friends of St Nic's

## TOPICAL TALK

### How much is that doggie in the rescue centre?

There are going to be a lot of homeless young dogs this autumn. That is because almost one in five people who bought a lockdown puppy last year are now thinking about giving up their new pet.

Research from The Kennel Club found that many owners are worried that they will be unable to give their dog a suitable home when they return to full-time work in the office. The result is a "looming welfare crisis faced by this pandemic pup generation."

The Kennel Club also found that many new dog owners want to see more places open up for dogs. Accessibility is becoming an increasing priority for dog lovers, and so the Kennel Club is calling on establishments from all sectors to become more dog friendly. The campaign 'Open for Dogs' is stressing the benefits of welcoming canines to businesses and workplaces.



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\* \* \* \* \*

contact

nigel.langford@me.com

## East Challow Village Hall

Chairperson Report: 28th July 2021 AGM

This past year has been challenging. Back in 2019 we had a catastrophic roof problem which saw all of our funds go into repairing the roof. Hall users found other venues and we were struggling to make ends meet. Then to top it all we had lockdown.

We've had changes to the committee, a new booking secretary, Ellie Hendry and a new treasurer Naomi Merritt.

Sue Swift who was our treasurer and font of knowledge left the County to set up a new home in Hereford. Bob our cleaner left after many years service and Lewis Broyd stepped into his shoes.

The hoops we've had to jump through to comply with Covid restrictions has meant that the hall hasn't been running to full capacity, but with risk assessments in place, one way systems where possible and hand sanitizer, we have tried to do our best. We have lost some of our regular hall users but our booking clerk has taken on more bookings from new users.

We managed to secure a grant from the government to help recover losses, which actually helped a great deal.

We are in desperate need of more committee members, if anyone feels they could help in any way it would be much appreciated. We are all volunteers and would love more members to share the load and come up with new ideas to promote the hall and make the most of this valuable village asset.

Helen Davidson

---

## King Alfred Patchwork and Quilters Group East Challow

WE ARE BACK- but with special measures in place.

We have all the procedures and protocols in place in line with the latest government guidelines.

### Programme for September & October 2021

1st September -Tentmakers of Cairo Talk by John Fisher

6th October - Mark Pickles The Sewing Studio

Evening meetings @ East Challow Village Hall 7pm

Visitors and New Members are always welcome. You do not have to be a member to come along to one of our talks and demonstrations, but we are sure once you have seen some of the lovely handmade items and been inspired you might want to join us to have a go.

If you would like to come along to see what we are about then please do, we are a friendly bunch and can offer help and advice, and welcome members of any level and our programme of events is varied throughout the year.

We look forward to seeing you.

For more information, please contact:

**Janice Miller 01235 771552 or Mary Wearn 0778 9888569**

## The Oxfordshire Historic Churches Trust

"Ride and Stride" takes place on Saturday 11th September.

People who take part are sponsored to visit Churches, usually on foot or by bicycle but even on horse-back..

The money raised is divided - 50% to the Trust and 50% to the Church of choice. St. Nicholas benefitted by about £100 last year. This was especially appreciated because the COVID pandemic prevented other fund-raising events taking place.

The Historic Churches Trust gives grants to Churches for building maintenance and building projects. St Nicholas benefitted from a grant for the kitchen and toilet a few years ago.

Some more "Riders and Striders" would be greatly appreciated and especially more sponsors.

If you would like to take part in this years 'Ride n Stride'

More details are available from

**Janet Parker - Tel: 01235 765209.**

## East Challow Mission

It is with sadness that Church members are announcing the  
**Closure of East Challow Mission.**

Worship began here in 1903, however the building no longer meets today's standards.

**A Thanksgiving service will be held on  
Sunday October 17<sup>th</sup> at 4pm**

to which everyone is welcome, where we will celebrate the Mission's importance to the Village and all that has been achieved over the years.



## The scammers will come after you

Do you have a new phone and new number? Be prepared: it is likely that scammers will still be texting you within just two weeks.

A Which? survey has found that of new numbers that have not been shared with anyone, still half of them receive at least one scam text message within the first two weeks.

Scammers do it by using computers to generate numbers. They then send messages out in bulk, using 'Sim farms' – devices that operate several cards at a time.

The most frequently received scam message for all of us in recent months has been a text message claiming to be from Royal Mail, usually requesting small amounts of money for a parcel to be delivered. 70 per cent of us have received that fake delivery text over the past five months.

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## Fewer wasps

Noticed how peaceful your garden is this summer? Noticed that you have been able to hold summer barbecues and picnics in relative peace? That is because the very cold and wet Spring was disastrous for our wasp population.

But while we may enjoy their absence, scientists at University College London have pointed out that wasps play an important role as nature's pest controllers, and that our countryside will be the poorer without them this year.

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## A hidden danger of junk food

Now here is something you may not have considered: if your diet includes high levels of junk food and unhealthy snacks, you could be more likely to have a car crash.

It is thought that junk food diets and unhealthy snacking contribute to high levels of fatigue, which in turn lead to dangerous driving habits.

The study was published in the journal Occupational & Environmental Medicine. The study also found that drivers who consume high levels of vegetables and staple foods are less likely to become tired while driving.

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## Children and tea-drinking

Put the kettle on. Children should begin to drink tea from the age of four, in order to combat later stress, obesity and heart disease.

So says the results of a recent study which appeared in the Nutrition and Food Technology journal. It says that green tea and the more traditional black tea contain compounds which can aid concentration and cognitive function.

As one doctor said, "Including three cups of black tea daily as a part of a healthy lifestyle could help to preserve physical and mental health in childhood... and into old age."

Parents could offer tea as a substitute for sweet and sugary drinks for children.

# Harvest Festival - 2021



**Saturday 9th October**

**2.00 pm - 4.00 pm**

Members of the congregation will be in attendance decorating and preparing the Church in readiness for the

Family Service of Thanksgiving for all ages.

on Sunday at 11.15am

If you have any donations of Fresh Fruit & Vegetables or Flowers to decorate the church with, please call in and drop them off.

We will also accept donations of Store cupboard essentials of Canned, Dried & Packet food as well.



**Sunday 10th October**

**10.00 am**

Join us for coffee, cake and a chat whilst viewing the beautiful Harvest Displays

Everyone is welcome to stay for the service even if you had only planned on coming to take a look at the displays.

There will also be Harvest Colouring Sheets for the children to do during the service or to take away.

**11.15am**

## Harvest Festival

Service of Thanksgiving