



Challow

NEWS

~ October 2026 ~

Blessing & Thanksgiving Service

To celebrate the Birth of a Child

A special church service, different from a christening, can be used as a way to say thank you to God for your child.

**It's possible to have this service instead of a christening
if you decide that now isn't the right time
to have your child baptised.**

You might also choose this service when your baby is just born, or if you have adopted a child into your family and you simply want to celebrate this with special words said by a vicar in church.

Whatever the reason, your vicar will be delighted to talk to you about this service.

Rev Miriam Jones - 07474 095190

vicarmiriam@valebenefice.org.uk

'Challow News' is the Community Newsletter of St. Nicholas Church, East Challow



Main Street, East Challow.
OX12 9SH

Churchwardens

Mrs Liz Belcher: 01235 763966
Dr. Jeff Penfold: 01235 763173

Vicar: Rev Alec Gill

07739 563894

Email: vicaralec@valebenefice.org.uk

Associate Vicar:

Rev Dr. Miriam Jones

07474 095190

vicarmiriam@valebenefice.org.uk

Licensed Lay Minister: Sarah Shackleton

07587 776609

Email: SarahLLM@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



Details of all Services and Festivals
can be found on the

St. Nicholas website page of

A Church Near You

**www.achurchnearyou.com/
church/5811/**

East Challow Parish Council

clerk@eastchallowpc.co.uk

Cricket Club - 01235 763335

R B L Club - 01235 763430

Village Hall - bookings.ecvh@gmail.com

Challow News - nigel.langford@me.com

Mably Way Health Centre

Church Street - 01235 770245

Newbury Street - 01235 639521

Emergency Defibrillator Locations

The Old Red Telephone Box

The Village Green, Main Street. OX12 9SR



Entrance Doorway

Challow & Childrey Cricket Club

Vicarage Hill. OX12 9RR

3 - Digit Numbers

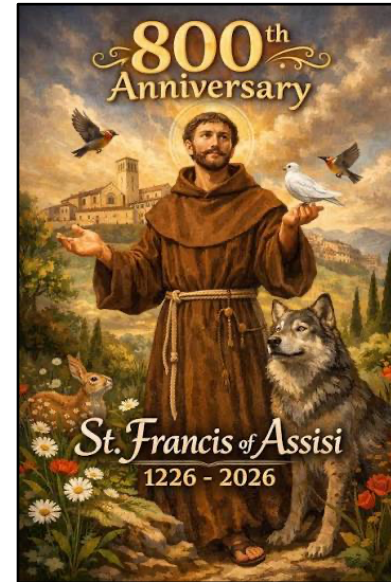
999 - Emergency

111 - NHS (non emergency)

101 - POLICE (non emergency)

105 - NATIONAL POWER CUT
SERVICE

Remembering St Francis of Assisi



Eight hundred years ago, on 3rd October 1226, St Francis of Assisi, the Italian friar, deacon and mystic, died. One of the most venerated religious figures in Christianity, he founded the Franciscan Order.

He died at the age of about 44 of severe illness, including eye disease, malaria and exhaustion, possibly following a 40-day fast. He was declared a saint by Pope Gregory IX two years later.

Francis' father was a wealthy silk merchant, Pietro di Bernardone dei Moriconi, and his mother a noblewoman from Provence. He was one of seven children – called Francesco by his father,

who was an enthusiast for France. At first, he behaved as a typical son of a wealthy merchant, but several things changed his attitude – one of which was his capture and imprisonment for nearly a year after fighting in a war against Perugia.

He also had visions and underwent a change in character leading him to a strong commitment to help the poor – an attitude which led to estrangement from his father, whom he eventually renounced.

He aligned himself strongly with the poor, on one occasion begging with them at St Peter's Basilica in Rome. He also spent times in lonely places, seeking divine illumination, and was said to have received the stigmata during an angelic vision.

Often pictured wearing a plain brown habit tied with a rope of three knots, symbolising poverty, chastity and obedience, St Francis is one of the most honoured people in Christianity. He is a joint patron saint of Italy with Catherine of Siena, and in 2013 Archbishop Bergoglio of Argentina chose the papal name of Francis in his honour, becoming Pope Francis.

Many pilgrimage routes lead to the tomb of St Francis in Assisi, and he is honoured by many churches, including Lutherans and Anglicans.

Hello Everyone...

Well, what a summer we had, I really can't remember it being so hot and dry for such a long time in this area. Even 1976 didn't seem as

extreme as this summer, or perhaps because I was younger and I could cope better, I enjoyed that one. With October preparing us for winter I wonder what weather we have to come, I will probably soon be complaining about the wet and cold.

I know it was back in August, but I hope you were able to witness the solar eclipse. I thought it was amazing, the strangest thing, was when the birds stopped singing while it was happening then started again when it was over. Then at the end of August there was a lunar eclipse, which we got up early for and watched, it was equally amazing. I was so pleased that the sky was clear, and we could see it so well.

There has been a lot happening in the churchyard, the Lych-gate has been repaired, spruced up and looks and functions so much better. The gate into the carpark is also due for some TLC and is on the agenda.

We had a lot of trouble with the Church clock over the heatwave, but I hope this will soon be rectified and back to normal, I for one missed it chiming. It isn't just the Church clock it's the village clock paid for by the local community back in 1911 to celebrate the coronation of King George V and Queen Mary.

It's remarkable, that from the parched, crisp, dry, straw-coloured landscape we had this summer, after some rain how quickly the green returns.

There were lots of blackberries this year, but the apples were scarce, so I couldn't make much jam with them. It seems a shame not to use the blackberries, but I feel they need something with them to make the most of them, apples or pears. The damsons were plentiful earlier, so we do have damson jam in the store cupboard. I also made some blackberry and crab-apple jelly, from fruit that I collected while out with Roxy. It was successful, but you don't get a very big yield for a lot of fruit. I can understand why my mum made jam not jelly.

In an enthusiastic moment I decided to make some blackberry sorbet, which was a very messy, long procedure and although the end result was alright, I won't be repeating it, and I'm sure the stains will fade in time. An ice cream maker would have made it a far less traumatic experience, but I don't possess one.

I am trying very hard not to pick any more blackberries even when they look so inviting, plump, black, shiny, juicy and almost begging me to gather them. I must resist.

October 18th celebrates the feast of Saint Luke the Evangelist. Although he probably never met our Lord himself, he was a friend of Saint Paul and some of the Apostle's. He was born a Gentile Jew between 1AD and 16AD in Antioch Syria, through Paul he embraced Christianity. Luke was a physician and travelled with Paul throughout his ministry healing both the body and the souls of people he encountered. Their travels are documented in the Act of the Apostles. Saint Luke's Gospel is often referred to as the Gospel of Mercy. He tells us of the parables of Christ, the Good Samaritan, showing us love without prejudice, the Prodigal Son which teaches us forgiveness, and the lost sheep whose return represents celebration in Heaven. Mary our Lords Mother is also detailed with accounts of the Annunciation, the Visitation and the Magnificat. Saint Luke is the patron saint of doctors, nurses, caregivers and artists. Give it again, it's a good read.

In Christian art St Luke is represented by a winged ox a symbol of sacrifice, and strength. Tradition has it that he died aged 84 in Thebes.

I will let you know how our Harvest Festival went in our next issue as we will have gone to print before we have had the service.

Talking of Harvest Festival, a few years ago we decorated the church as usual on the Saturday before and everything looked beautiful with fruit, vegetable and flowers displays everywhere, even in the entrance hall. The church was locked up as usual in the evening, and all was ready for the big event the next day. It is one of my jobs to open the church door in the mornings, and so I went round as usual on the Sunday at about 7.00am and the door was stuck, after a shove it opened, the draught excluder behind the door was in shreds explaining the difficulty opening it. Looking about I found a hedgehog hiding under the display in the entrance, rolled up in a tight ball, the poor little thing had been trapped inside all night. He must have smelt the fruit and vegetables and come in looking for food. Obviously, he had shredded the draught excluder in a desperate effort to get out when the door was locked. With the aid of gloves I carried him outside, put him down, stood back and after a few minutes he unrolled and scuttled away at quite a rate of knots. Bless him. I expect he had some explaining to do when he got home.

Don't forget the clocks go back by an hour on 25th so we gain an hour.

That's all for now so hopefully I will see some of you out and about while I'm walking Roxy.

So as always stay safe for yourself and others.



East Challow Parish Council

www.eastchallowpc.co.uk

Can you help to reduce speeding in our Village? Community Speed Watch Volunteers needed.

Thank you to the residents who have volunteered to become part of the CSW team, this will be an important part of reducing speeding in East Challow.

Training for the volunteers has taken place and we need 1 more volunteer to complete the first CSW team.

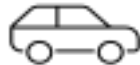
PLEASE CAN YOU HELP?

Community Speed Watch is a volunteer-led initiative where residents work with Thames Valley Police to monitor and report speeding in their areas.

- Volunteers are trained to use speed detection devices and report vehicles exceeding the limit.
- The training will be online via a link supplied and will involve watching a few short videos and answering some questions.
- You would become part of a team; we estimate the ongoing time commitment will be 2 hours per month.

The goal for drivers? Education, awareness, and long-term change – not punishment.

**If you are interested and could be part of the CSW Team,
please email clerk@eastchallowpc.co.uk**



Dog Fouling

With increased usage of the recreation ground for sport, please can I remind you that Under the Dogs (Fouling of Land) Act 1996 a person who is in charge of a dog must clean up after it when it fouls any footpath, highway, verge or other open space to which the public have access. Please clean up after your dog.

Parish Council Meeting

The next Parish Council meeting will take place in the Village Hall at
7.00 pm



Wednesday 14th October 2026



You are welcome to attend, minutes are available to view on the
Parish Council website.

Autumn Clear Up

It's the time of year when we are all tidying up our gardens for the winter. Please could we remind villagers to cut back any vegetation overhanging public rights of way.

Reminder

The Parish Council Car park adjacent to St Nicholas school is locked at night at 9.00 pm or dusk whichever is sooner.

68 Bus Service

East Challow Parish Council are sorry to confirm that the 68-bus service will no longer be coming through the Village of East Challow from this September.

The Parish Council are disappointed that there has not been any consultation regarding this decision from Oxfordshire County Council. This decision has been made to simplify the route and allow higher capacity vehicles to be used.

Parish Councillor Vacancy

We have a vacancy for a Parish Councillor.

The Parish Council represents and serves the whole community of East Challow and is responsible for maintaining the local environment and amenities. If you are interested in joining the team please contact the clerk for more information.

clerk@eastchallowpc.co.uk



100 years of Winnie-the-Pooh

One hundred years ago, on 14th October 1926, the children's book *Winnie-the-Pooh*, by A A Milne, was published.

It was set in the Hundred Acre Wood, an innocent world described as "largely Edenic" but based on Ashdown Forest in East Sussex, which the Milne family often explored from their home in nearby Hartfield. It came about through the encouragement of E H Shepard, Milne's

colleague on the humorous magazine *Punch*, who provided the beguiling illustrations.

Alan Alexander Milne was firstly a playwright and occasional mystery story writer who, again with Shepard, wrote the book of children's verse *When We Were Very Young*, which contained the seeds of *Winnie-the-Pooh* and its sequel, *The House on Pooh Corner*, all of which proved extremely popular.

It was apparently during a family visit to London Zoo, where Christopher Robin encountered a tame bear called Winnipeg, that the book was conceived. Winnie's literary friends, such as Piglet and Eeyore, were originally toys of the real Christopher Robin.

Sadly, the book eventually had an adverse effect on the Milne family. The author said that he felt "amazement and disgust" at the fame his son had had thrust upon him: "I do not want C R Milne to ever wish that his name was Charles Robert." Nevertheless, the son did become estranged from his parents, especially following his marriage to his mother's niece.

The effect of the book on others has been happier. A plaque at Ashdown Forest declares that Milne and Shepard "captured the magic of Ashdown Forest and gave it to the world".

Despite creating a kind of Eden, Milne, who was a pacifist, said little about religion. But he did say on joining the Home Guard that "in fighting Hitler we are truly fighting the Devil, the Anti-Christ ... Hitler was a crusader against God."

The four Winnie-the-Pooh books went on to sell more than 50 million copies worldwide. The first book became the first-ever foreign-language book on the *New York Times* bestseller list.

Stoptober 2026

Did you know that if you can stop smoking for 28 consecutive days, you are five times more likely to succeed in stopping for good? And that could give you years more of life to enjoy.

Along with the health benefits, cutting out smoking will save the average smoker more than £38 a week, or more than £2000 a year.

Since its launch in 2012, Public Health England's campaign 'Stoptober' has so far encouraged more than 2.5 million people to make a real attempt to quit, and thousands more are expected to take up the challenge this month.

The campaign breaks down the quitting process into manageable chunks, and presents it as a 28-day programme – offering a lot of support to smokers who want to stop.



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5:30pm & 7:00pm 7:30am & 9:00am
Monday Saturday

Old Mill Hall (Dixon Suite), School Lane, Grove, OX12 7LB

4:00pm, 5:30pm & 7:00pm, Tuesday

Consultant : Becky 07359 531030

Find me on Facebook for more information & special offers,
even better, come join us, it could be the best week of your life!!

* Price shown is RRP. Visit slimmingworld.co.uk/offers for terms and conditions.



Community Notices

King Alfred Quilting & Textile Group Monthly Meetings

Are you creative? Do you like textiles, hand sewing, or machine sewing?

Come along to the King Alfred Quilting and Textile Group in East Challow. We're about much more than just quilting; we turn our hand to all sorts of textile arts and needlecraft and a bit of mix media. Whether you're a lifelong maker or a complete beginner, there's always a warm welcome waiting for you.

We meet on 1st Wednesday evening of the month where we have speakers, or demonstrations. The 3rd Wednesday of the month is a sewing day where you can hone your skills and get advice and chat.

Wednesday 7th October:

19.00 hours: @ East Challow Village Hall. Our speaker is Gill Towell – Simple Quilting Designs
www.gillymacdesigns.com

Wednesday 21st October:

10.00am: Sewing day @ Challow & Childrey Cricket Club.

Come along to see what we are about and join our friendly group. You can come to a day or evening events or both.

Visitors are welcome for all events.
(fees apply)

For more information visit our website

www.kingalfredquilters.org.uk

Helen on 07763 923000

Janice 07786 333497



East Challow Community Warm Spaces

Join us for a Hot Drink and friendly conversation at

Challow and Childrey Cricket Club
from 11.00 am

Friday 9th October

Friday 23rd October

ACCOUNTS FOR EAST CHALLOW VILLAGE COMMUNITY EVENT SUNDAY 7th JUNE 2026 AT CHALLOW & CHILDREY CRICKET CLUB FUN DAY (NOT FOR PROFIT)			
	£		£
Amount brought forward		Cash	596.01
		Money held in ECPC A/C	150.19
			<u>746.20</u>
Expenditure (December 2025)	31.98		
2 x Battery Lights for Village Christmas Tree			
Battery Pack x 2	<u>14.97</u>		<u>46.95</u>
			<u>699.25</u>
INCOME (June 2026)	£		
Raffle	217.00		
Cake Stall	121.10		
Lucky Dip	173.00		
Donations	30.00		
Ice Lollies	<u>5.00</u>		<u>546.10</u>
			<u>1,245.35</u>
EXPENDITURE (June 2026)			
Event Insurance	114.60	Paid from ECPC	150.19
Event Flyers	<u>38.29</u>	A/C to clear	<u>2.70</u>
	<u>152.89</u>	Cash	
			<u>1,092.46</u>
Amount carried forward to next event			
Main expenses kindly donated by East Challow Parish Council			
OFFICER:	<i>L. Webb</i>		
SECONDER:	<i>W. Brown</i>		

Community Notices



Help save our Village Hall - committee volunteers are needed.

Our Village Hall is the heart of the community, it's busy, well used and we want it to remain that way, but our small management committee is currently stretched too thin.

At present we have a small team meeting bi-monthly who look after the day to day running of the hall, without new volunteers we will struggle to keep the hall running, maintained and open for regular bookings / local events.

We are looking for volunteers to help with small but vital tasks:-

Building Support:

Checking on maintenance needs and helping to co-ordinate local trades.

Admin and Technical Support:

Assisting the Bookings Clerk / Treasurer, tracking bookings, bookings payments, paying basic utility bills.

You do not need prior experience, just a desire to support our Village. Meetings take place in the Village Hall, and any time that you can spare to assist us will make a massive difference.

Our next meeting is on Monday 28th September - 8.30pm

at the Village Hall, Main Street, East Challow.

Please come along and meet the team.

The Parish Church of
St Nicholas
Notices

~ St Nicholas Churchyard ~



3rd October

Mr N. Page

17th October

Mr G. Parker

Sunday 8th Nov

Remembrance Day

Charitable Offerings
will be taken in aid of the
Royal British Legion



~ Thank you for your generosity ~

~ St Nicholas Churchyard ~

Black Land Fill Bin

Could visitors to the
churchyard please refrain from
putting dead flowers and
grass etc in the **BLACK BIN**
as this is for Non Recyclable
Waste only



Please place all organic
garden waste in the

Brown

Recycling Bin

Situated beneath the Yew Tree near
the Village Hall

~Thank you for your co operation~

Parish Church of St. Nicholas - Service Information & Rotas

Sunday	1st Reading	2nd Reading	Gospel	Coverings
4th October Eucharist Rev Miriam Jones Trinity 18	Isaiah 5: 1 - 7	Philippians 3: 4b - 14	Matthew 21: 33 - end	Green
11th October Eucharist & Baptism Rev Miriam Jones Trinity 19	Isaiah 25: 1 - 9	Philippians 2: 1 - 13	Matthew 21: 23 - 32	Green
18th October Eucharist Rev Miriam Jones Trinity 20	Isaiah 54: 1 - 14	1 Thessalonians 1: 1 - 10	Luke 13: 31 - 35	Green
25th October Eucharist Rev Alec Gill Last after Trinity	Leviticus 19: 1 - 2 + 15 - 18	1 Thessalonians 2: 1 - 8	Matthew 22: 34 - 36	Green
1st November Morning Worship Jeff Penfold All Saints Day	Revelation 7: 9 - 17	1 John 3: 1 - 3	Matthew 5: 1 - 12	White

	Date	Sacristan	Sidesperson	Prayers	Readings	Organist
1st Sunday	4th October	Ruth	Frances / Nigel	Linda	Ruth	Ruth
2nd Sunday	11th October	Claire / Louise	Linda / Noel	Louise / Claire	Graham	Ruth
3rd Sunday	18th October	Jenny	Liz / Jeff	Jenny	Fiona	Graham
4th Sunday	25th October	Nigel	Trish / Sue	Nick	Claire	Graham
~ If you are unable to attend please arrange cover for your week ~						

Thursday	Sacristan
1st Oct	Mandy
8th Oct	Jenny
15th Oct	Heather
22nd Oct	Mandy
29th Oct	No Service

Cleaning		Flowers	Coffee
28th Sept - 4th Oct	Linda	Heather	Mandy
5th - 11th Oct	Claire	Claire	Jan / Hilary
12th - 18th Oct	Savita	Jenny	Val
19th - 25th Oct	Mandy	Mandy	Linda, Janet, Sylv
	Sue & Trish	Linda	Sue, Trish, Frances

St. Nicholas Church



September

~~~~~

£50 - N° 90 ~ Mr R. Godfrey

£20 - N° 66 ~ Mrs M. Butler

£10 - N° 72 ~ Mrs J. Pert

~~~~~

Would you like to join?

For further information please contact

Tricia Shand - 01235 764222

the.shandies@btinternet.com

Be nice to your knees

Osteoarthritis is the main cause of knee pain in people over 50. Here are some tips that may help:

Be aware of the several major groups of muscles that support your knees. They include the quadriceps at the side and front of your thighs, the hamstrings at the back, and your calf muscles. If you can give these muscles regular exercise that keeps them strong, they will help protect your knees.

Be aware that your knees like and need to move. Using them less is one of the worst things you can do, because it only weakens them. If you have bad osteoarthritis, then ask your doctor for alternative ways of exercising them, instead of walking.

Be aware that knees do better when you lose weight. Just losing one kg of body weight will bring down the compressive force on your knees by as much as 4kg with each step. That will help preserve your knee cartilage.

It seems that doctors disagree over the value of taking supplements such as glucosamine or turmeric, but they say that if you find they work for you, then certainly keep taking them.

Dirty Oven?

I'm here to help...

I'm Tom, your local Ovenu expert. I can bring your cooking appliances back to a showroom shine using 100% eco-friendly, odour free products. I professionally refresh ovens, hobs, extractors and microwaves, giving you more time to savour the moments that matter.



01235 239 938

oven valeting service ovenu.co.uk/south-oxon

All entries for the **NOVEMBER** Issue of the Challow News

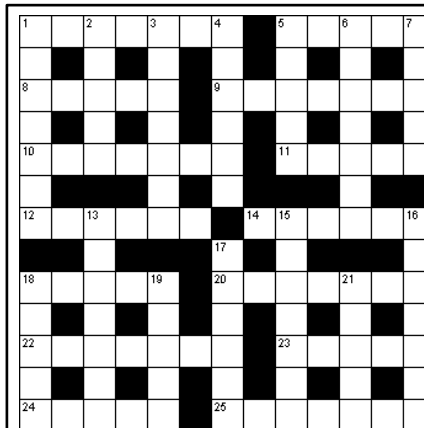
Must be submitted by

10th OCTOBER 2026 *

Email: nigel.langford@me.com

Please note

*** NEW MONTHLY PRINT DEADLINE**



Across

1 Extend (7)

5 Go over it again (5)

8 More competent (5)

9 Full (of food) (7)

10 Rubbish (7)

11 Fast (5)

12 Haphazard (6)

14 Reversals of direction of travel (1-5)

18 Derby venue (5)

20 Dig up (7)

22 Maybe (7)

23 Domain (5)

24 Shouts (5)

25 Enticed (7)

Down

1 Pompous gait (7)

2 Monarch (5)

3 Violent whirling wind-storm (7)

4 Thrown violently (6)

5 Yorkshire racecourse (5)

6 Less expensive (7)

7 Devoutness (5)

13 Nasal aperture (7)

15 Mathematical proposition (7)

16 Plotted (7)

17 Reddish brown (6)

18 Vacant (5)

19 Wherewithal (5)

21 Respond (5)

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 For more details

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 on the 3rd Thursday
**Everyone
 Welcome**

Challows RBL Club



Call in and see all that
 the Club has to offer

Socialise over a drink
 from the Bar
 or enjoy a game of Darts,
 Snooker or Pool

Saturday Night Entertainment

~ ~ ~ ~ ~

October

T. B. A.

~ ~ ~ ~ ~

14th November

Locarno Beat

~ ~ ~ ~ ~

8.30 pm

Admission £10.00

[Cash on the door]

~ ~ ~ ~ ~



Opening Hours

Monday - Thursday

7.00 pm - Close

~ ~ ~

Friday - 6.00 pm - Close

Saturday 1.00 pm - Close

Sunday 1.00 pm - Close

Sunday Night Cash Bingo



(Eyes down at 8.00pm)

Monday Night Poker



**Friday 9th
 October**

Meat Raffle

8.00pm

£1 per ticket.

Thames Valley Police and Crime Commissioner

Waste crime knows no boundaries

We have seen the huge impact of large scale waste crime here on our doorstep with the massive illegal dump near Kidlington which has cost the Environment Agency millions of pounds to clear up. More arrests have already been made in this case and the investigation into others continues.

It is not just these huge waste sites that are the problem though. Each year across the country there are over a million incidents of fly-tipping and many of these have serious consequences for victims. Often landowners, large and small, are left with the clean up costs and the problem of disposing of someone else's waste.

In Oxfordshire the problem has only been exacerbated by the changes made to our local tips. The County Council's new policy for our local household waste recycling centres is making it harder for many residents to legitimately get rid of their waste, and that can play into the hand of organised criminals.

Thames Valley Police regularly work with local authorities and with the Environment Agency on joint operations to tackle waste criminals. Sometimes operating as seemingly legitimate businesses - some even have waste carrier licenses - these criminals are not just responsible for fly-tipping, but are often linked to other forms of organised crime.

They operate across borders, and so must the enforcement. Thames Valley Police's Rural Crime Taskforce frequently operates in London and neighbouring counties to identify and apprehend those responsible for fly-tipping, rural crime and other offending locally across Oxfordshire.

The impact of fly-tipping can be significant. It is not just an inconvenience but can land the victim with a bill for thousands of pounds to safely remove someone else's waste. In the coming months I hope to be able to announce a pilot project across Vale of White Horse and South Oxfordshire that will allow victims to claim support to deal with some of the costs of the clear up.

This will help victims financially as well as helping to protect our local environment. The intention of the scheme is to increase reporting of fly-tipping incidents and increase the chance of catching those responsible.



Matthew Barber

Listening. Serving.
 Taking Action

www.matthewbarber.co.uk

Club Membership is NOT a requirement to attend any events here

CHALLOW & CHILDREY



CRICKET CLUB

OUR AUTUMN OFFERING

SKY & TNT Sports

now shown LIVE

Bar opening times through this period will generally be

Monday	4pm - 9pm
Tuesday	4pm - 9pm
Wednesday	4pm - 9pm
Thursday	4pm - 9pm (11.00pm when Darts match is on)
Friday	4pm - 10pm
Saturday	11.30am - 6.30pm
Sunday	11am - 6pm

If you would like to join the club as a member it's just £20 for the year

Remember that everyone is welcome at the Cricket Club, 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
admin@challowcricket.co.uk

01235 763335



Swansea Minster to host Gaia - Luke Jerram's giant Earth installation

Swansea Minster will host Gaia, a touring artwork by UK artist Luke Jerram, from 12th to 31st October.

Gaia is a six-metre sphere created from detailed NASA imagery of the Earth's surface. The huge installation will be suspended inside the Minster, offering visitors the experience of seeing the planet floating in three dimensions.

Jerram has aimed to evoke the Overview Effect - a phenomenon first described by author Frank White in 1987 - in which astronauts experience a profound sense of the Earth's fragility, the interconnection of all life, and a renewed sense of responsibility for the environment.

The Minster will also host a programme of cultural and religious events around the installation during its three-week run.

More details at: SwanseaMinster.org.uk.

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Letcombe Hill, East Challow
Wantage, Oxon. OX12 9RW

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How to stop your children becoming a pain in the back

This month (5th to 11th October) is Back Care Awareness Week – a good time for parents to think about the challenges of simply picking up their children.

For no matter how much you love them, there is no doubt that babies and young children can be a real pain in the back – literally. Pregnancy, carrying them, and then pushing them can all lead to severe back pain. So here are some tips for all parents on how to avoid straining your back:

1. Choose a buggy with a handle height that allows you to keep your head, neck and back in correct alignment.
2. When pushing your buggy, keep your shoulders down and relaxed, your elbows in.
3. Choose a buggy that will let you swing your legs fully in front when walking.
4. Opt for a light buggy, if you are going to be lifting it in and out of the car a lot.
5. When lifting your child, do not to bend over. Instead, bend your knees and squat down. Hold your child close to you, and then straighten up from your knees.
6. If you pick up a toddler, put one foot in front of the other, bend your knees, and encourage them to 'walk' up your front leg.
7. Avoid carrying your child on one hip – instead, carry them in front of your body with their legs around your hips.
8. When carting around all your baby gear, use a well-designed backpack that spreads the weight evenly over your shoulders. Forget single-strap sling bags!

Why it is easy to break the law in your own garden

You would be forgiven for thinking that tidying up your own garden is about the most harmless thing you can do. But – beware – there are a few things which may bite back!

Pruning trees is a necessary job. But any tree with a TPO (Tree Preservation Order) on it can be downright scary: legally, you need permission from your local council to carry out any work on one, or you may face fines up to £20,000.

Then there is the tree that grows in your neighbour's garden, but which has branches jutting into your garden. What do you do with it? What can you do it? The law says you are not allowed to cross into their garden to take any action. But if their overhanging branches are causing an issue in your garden, you are allowed to cut them back to the point at which they cross your boundary line. But – wait for it – the branches that you have cut off are not yours – they must be given to the neighbour, if they want them. Otherwise, it is your responsibility to dispose of them.

As for any fallen fruit from the overhanging branches from the tree in your neighbour's garden? The law says that it is still their fruit, and you must offer to bring it around to them if they want it. But bizarrely, you cannot simply throw it over the fence, or they could 'do' you for littering or even fly-tipping! And without their permission, you must not eat the fruit of their tree, because it is a criminal offence under the Theft Act 1968, Sections 1-6.

As for your hedge? Be careful of it between March and August, as the RSPB (Royal Society for the Protection of Birds) warns that "It is an offence under Section 1 of the Wildlife and Countryside Act of 1981 to intentionally take, damage or destroy the nest of any wild bird while it is in use or being built, or to intentionally kill, injure or take chicks or adults, or intentionally take or destroy any eggs."

After all that, you may decide it is safest to sit in the shade with a drink and a good book...

This is just a light-hearted look at things, and before you get into any difficulty with your garden or neighbour, please consult a professional for help.

*"Thank you for putting the colour into my
once black-and-white world."*

Life Coaching

and

Neurodiversity Coaching

Orchard House Clinic
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Proud to be a member of
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**BRITISH
SUMMERTIME
ENDS**

CLOCKS GO
BACK BY 1
HOUR



25th October



Open Doors and the persecuted church

"With God all things are possible." - Matthew 19:26

At this time of the year, we give thanks for 'all good gifts around us', in harvest services and thanksgiving meals, adding our contributions to food banks, church and charity collections. But here's something even simpler you can do that will produce a great harvest from your goodness (2 Cor 8.10 ERV). Add your signature to the Open Doors Arise Africa petition. What's the Arise Africa petition? It's part of a global campaign by Open Doors in response to a request from the leaders of African churches and here are six key things you need to know.

Why

On average, 12 Christians are killed for their faith every day in sub-Saharan Africa. Nobody is talking about it. "We feel ignored, forgotten. Like we are in the dark," says Pastor Barnabas, speaking from a displacement camp in Nigeria after narrowly surviving a violent attack. It's not just Christians in Nigeria who live in fear for their lives. Across sub-Saharan Africa, 16.8 million Christians are displaced by violence and conflict. By signing the petition, you can show that you've heard their call and don't want them to be ignored. Play your part in calling for a stop to the violence and a start to the healing.

What

The African church is calling upon the global community to ensure that Christians and other vulnerable individuals in sub-Saharan Africa are treated with dignity and respect through:

• Protection:

Providing robust protection from violent militant attacks

• Justice:

Ensuring justice through fair prosecutions of the attackers

• Restoration:

Bringing healing and restoration to all affected communities.

The Arise Africa petition is designed to make sure their voice can't be ignored.

Where

The aim is to present 1 million signatures on this petition to the African Union, United Nations, EU and national governments around the world in 2026. As I write, there are over 766,000 signatures on the petition, with more than 187,000 of them signed in the UK & Ireland. The numbers are growing all the time. Go to the Open Doors website to find the latest figures, in real time.

How

A representative group of spokespeople for the persecuted church in Africa will be standing outside 10 Downing Street in November, ready to hand in the petition to our Prime Minister, Andy Burnham. We are very privileged in this country to have a direct line to those who lead us. Not all Christians around the world can say that. Please make the most of the opportunity that you have to play your part by drawing attention to the injustice, trauma and pain experienced daily by our brothers and sisters in Christ.

When

There are a diminishing number of weeks and days left. Make sure you sign by 2 November. Thank you.

Who

Pastor Michée in Burkina Faso also has a story of violent attack upon his family. (You can find his story on the Open Doors website www.opendoorsuk.org and in the Open Doors magazine and prayer diary.) "Listen! Thousands of Christians are being killed across Africa," he says. "We are talking about it. Will you join us?" To sign the petition, go to the website or pick up a card at St Nicholas' Church, East Challow.

Thank you for reading this. Please pray and petition God, too, for a fruitful harvest from this campaign and that you may be used to bring justice, love and mercy to our world, for 'With God, nothing is impossible'.

If you have any questions about the Arise Africa campaign, Open Doors, or the persecuted church, please speak to Nick or Claire Page.

Waste & Recycling Information



Tuesday 6th October	Green + Brown + Food
Tuesday 13th October	Black + Food
Tuesday 20th October	Green + Brown + Food
Tuesday 27th October	Black + Food
Tuesday 3rd November	Green + Brown + Food
Tuesday 10th November	Black + Food



Please ensure your Waste & Recycling Bins are placed on the kerbside before

06.00 am to ensure your bins are emptied

* * * * *

Please return your bins to your property ASAP after collection to ensure they are not blown onto the road causing an obstruction or damage to other vehicles

Please help to keep our Village Tidy and free from Fly Tipping

From 14 January 2026 you will need to **book a time slot** before every visit to our Household Waste Recycling Centres.

You can book up to **two weeks** in advance or **30 minutes*** before you visit.

*Subject to availability

The booking system will help manage demand and make your visit quicker and easier.

oxfordshire.gov.uk/hwrcbooking

Unable to book online?
Call 01865 519800 Monday to Friday.

OXFORDSHIRE COUNTY COUNCIL



Please take any Large Items to the Waste & Recycling Centre at Stanford in the Vale

Faringdon Road, SN7 8LD

There is an Air Ambulance BLACK Recycling Bin for Clothing situated in the Parish Council car park on Canal Way

There is also a GREEN Recycling Bin for Shoes etc. situated in the car park at the Cricket Club on Vicarage Hill



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- Friendly Service
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- Collection & Delivery Service available



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PPE - Hoggs of Fife Country Clothing*



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