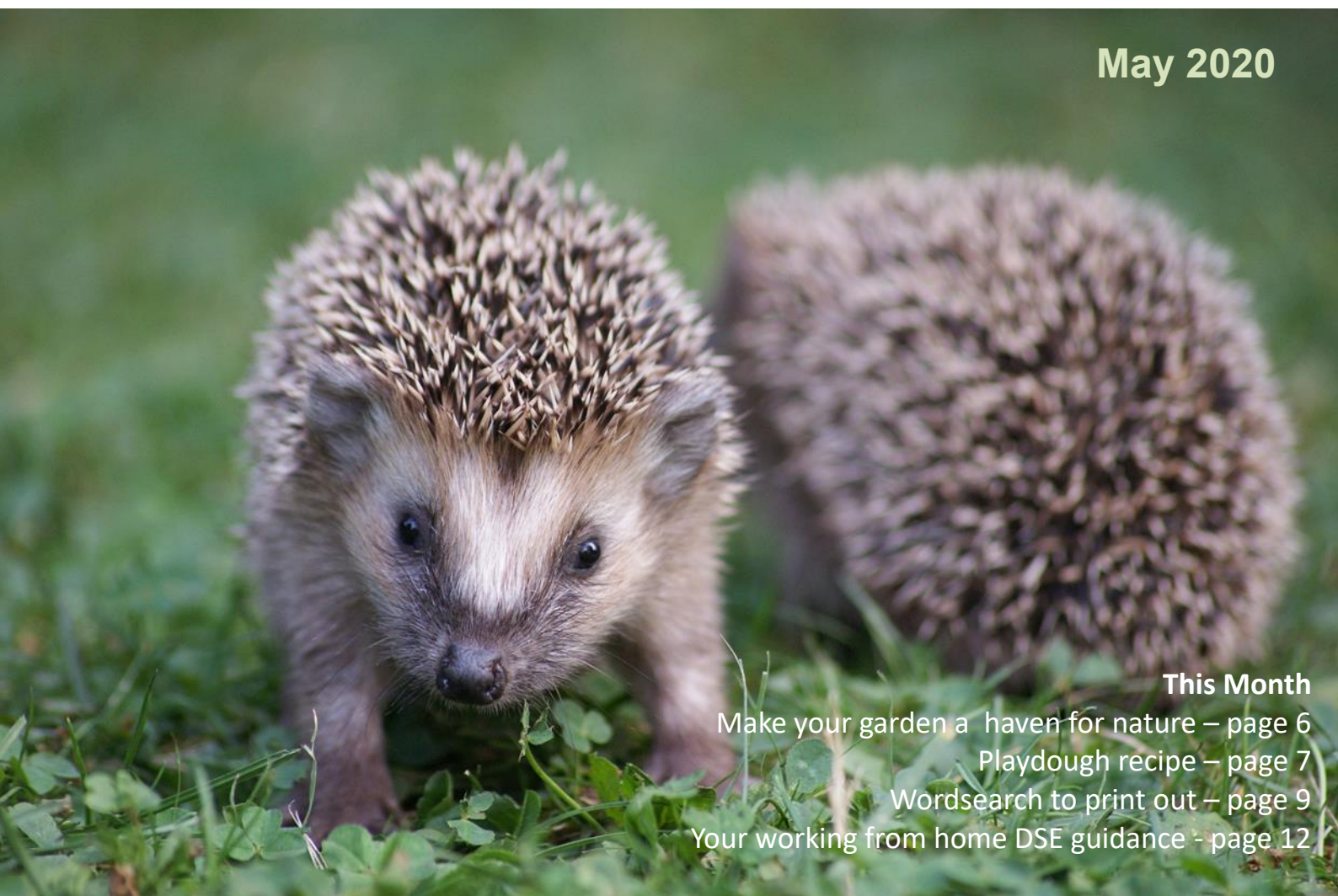


The Binfield Beacon



Your Binfield Parish Community Magazine - there's lots going on at home!

May 2020



This Month

Make your garden a haven for nature – page 6
Playdough recipe – page 7
Wordsearch to print out – page 9
Your working from home DSE guidance - page 12

Image by Jochen Liedtke from Pixabay

Our Mission is to help people follow Jesus and his teachings

LETTER FROM YOUR RECTOR



I am hoping that these two stories will be of comfort for those who are struggling with ill health, loss, separation from loved ones and loneliness, and encouragement for those of you who are finding it hard to adjust to these extraordinary circumstances.

We are never alone

Do you know the legend of the Cherokee Indian youth's rite of passage?

His father takes him into the forest...blindfolded...and leaves him....alone. He is required to sit on a stump the whole night...and not take off the blindfold until the ray of sun shines through it. He is all by himself. He cannot cry out for help to anyone.

Once he survives the night...he is a MAN. He cannot tell the other boys of this experience. Each boy must come into his own manhood.

The boy was terrified...could hear all kinds of noise...Beasts were all around him. Maybe even some human would hurt him. The wind blew the grass and earth... and it shook his stump. But he sat stoically...never removing the blindfold. It would be the only way he could be a man.

Finally, after a horrific night...the sun appeared and he removed his blindfold. It was then that he saw his father...sitting on the stump next to him...at watch...the entire night.

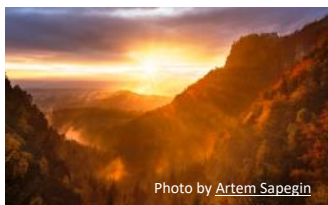


Photo by Artem Sapegin

We are never truly alone. Even when we do not know it, our family and friends are watching out for us...sitting on a stump beside us.

In this time, God is doing exactly the same thing. In **Matthew chapter 28 verse 20 Jesus said, surely I am with you always.** Just because we can't see him doesn't mean he isn't there.

The Binfield Beacon



The deadline for Beacon contributions for the June 2020 issue (which will possibly be another online only version) is Mon 11th May 2020

Please email:
Beacon@binfieldcofechurches.org.uk

Claire Thomas (Binfield Beacon Editor)

The hedgehogs

It was the coldest winter ever. Many animals died because of the cold.

The hedgehogs, realising the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions.

After a while, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth.



Photo by Tadeusz Lakota

Wisely, they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive.

The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

The Bible says:

Bear with each other and forgive one another..... as God forgave you. Colossians 3:13

Are there times when you need to be a bit more like the hedgehogs.

Luke

SERVICES

Due to the current situation with COVID-19 the Church is closed and all our congregations' services and Church activities are suspended until further notice.



During this time Luke is posting online talks and Church services on his YouTube Channel:

Luke the Vicar
(<https://www.youtube.com/channel/UCtq1gasp7Nchm6-QS4I7CYQ>)



Or on our Facebook page:
<https://www.facebook.com/AllSaintsWithStMarks/>

You can also keep up-to-date with any information on the Church website:
<http://www.binfieldcofechurches.org.uk/>

CHURCH NEWS

From the Registers:

Funerals

Lord Patrick Beresford

Patricia Goodall

Gladys Reilly

Louise Webster

Christine Jones

ClothesBank

Due to the current COVID-19 situation and restrictions currently in place, we had to cancel the Spring Giveaway scheduled for 29 April.

We do, however, understand that some clients may have an emergency need during this difficult time and we are trying to accommodate any emergency referrals as best we can through direct contact from the Agencies.

In the meantime, maybe this is a good opportunity for all of us to use some of the extra time we may have at the moment, to have a good sort through our wardrobes etc and get clothes donations ready for the next ClothesBank Giveaway which will hopefully be on Wednesday 1st July.

All pre sorted into age, size and gender if possible would be great. Thank you



Fundraising for essential repairs and updates to our historic Parish Church



Total Donations Received Since Project Launch: £ 254,736

Plus Charitable Grants: £68,099
PCC Designated Funds Spent: £36,570

Current Available Funds:

PCC funds:	£63,430
Donations:	£13,254
Expenses:	£770
Available Funds:	£75,905

Dates for the diary:

Church Fete – We are still hoping to be able to hold this year's Church Fete in Sept. Watch this space for the date

Barn Dance – Daisy has confirmed the date for this event will be Saturday 10th October (all being well), so add this to your diaries!

Please let us know if you have any more fundraising ideas or if you'd like to help with any!

How to donate or fundraise:

We would really appreciate your donation; however big or small, it will all help!

- **Cheque:** send a cheque to the church office. Please make sure it's made payable to "Binfield PCC".
Please write ARC on the back and include your name and address if you are a UK tax payer so that we can claim Gift Aid.
- **BACS:** Name: Binfield PCC
A/C No.: 80175528
Sort Code: 20-11-74
Please add **ARC + your name** as a reference.
Don't forget to Gift Aid it if you are a UK Tax Payer - this will add an extra 25% to your donation! Ask at the church office for more details.
- **Virgin Money Giving:** Fundraising website for sponsorship
uk.virginmoneygiving.com/fund/binfieldarcproject_P2
- **Facebook:** Create a 'Fundraiser' or donate
- **Ebay:** Sell your items and donate to the Project. See the ARC website for details.
- **Easyfundraising:** www.easyfundraising.org.uk
Raise money as you shop online! Search Binfield PCC to support.
- **Amazon Smile:** <https://smile.amazon.co.uk/>. Donations are made by Amazon for your purchases. Search for 'Binfield' and choose to support the PCC!

With many thanks from the Fundraising Team: fundraising@binfieldcofechurches.org.uk
www.binfieldarcproject.org.uk www.facebook.com/binfieldarcproject



The Parochial Church Council of the Ecclesiastical Parish of Binfield: Registered Charity No: 1149382

HELPING EACH OTHER

Volunteering — we'd love some help, please!



Meet people and get involved with the many projects and ministries that make up All Saints' and St Mark's Churches.

We are especially looking for help with:

- Cleaning at All Saints' and St Mark's churches
- Tea & coffee rotas for the 9.30am and 11am Sunday services
- Welcoming and reading for all Sunday services

To find out more and to offer your help, please call
01344 421079 or email the church office on:
office@binfieldcofechurches.org.uk

Praying for and with you



Prayer ministry teams are available on Sundays at the 9.30am and 11am services at All Saints' Church so if you have anything that you need prayer for, please make use of this prayer ministry at a service or if you prefer, please contact Luke.

We also have weekly prayer sheets — please email office@binfieldcofechurches.org.uk to have your prayers included each week.



Bereavement Support Team

We will all suffer loss, grief or bereavement at some time in our lives, mainly through death, but also in other ways such as relationship breakdown, loss of a job, or sudden disability. The Bereavement Support Team are not counsellors, but can offer support and companionship if you are suffering a loss of any kind.

There is no charge for a visit. All support team members are DBS checked and have ID badges.

Bereavement, Friendship and Coffee Mornings have been suspended further notice, in an attempt to minimise the Coronavirus risks to vulnerable members of our community. (Further updates will be posted on the Foxes Den Community Board.)

If you would like to talk to a member of the team, in confidence, please contact Liz Hall for more information
orinocco@hotmail.co.uk /07850 799434

Pastoral Care Visiting Team —



In All Saints' and St Mark's Churches we have a small pastoral care team, who are happy to visit and befriend the people of Binfield. So, if you have recently moved to the area and don't know many people; if your family live far away; if you are a Mum at home with a baby and would like adult company; if you find it difficult to get out or just fancy a friendly chat over a cup of tea, please get in touch with one of us. You don't need to be a member of the church; just enjoy some company occasionally!

Jane Aylwin	tel. 481692
Jill Hanson	tel. 452694
Margareta Hawkins	tel. 411681
Sarah Muller	tel. 428782
Jan Vigar	tel. 411267
Gisele Taylor	tel. 07724 889169
Dave Dawson	tel. 360389

Or contact the church office on 01344 421079 or email office@binfieldcofechurches.org.uk

CONTACT US: 01344 421079 office@binfieldcofechurches.org.uk

Rector:

Revd Luke Taylor
07939 526361
lukethevicar@gmail.com
(Friday is Luke's day off)

Churchwardens:

Dave Saunders - 07834 459672
Neil Harrison - 01344 455174

Church Office:

Hayley Fourie, Administrator
01344 421079
office@binfieldcofechurches.org.uk
The Church office will remain closed until further notice.
Hayley will be working remotely on Wednesdays only.
Please contact via email where possible.

Organist & Choirmaster:

Michael Hawkins
01344 411681

Bell Tower Captain:

Liz Harris
01344 649628

P.C.C. Secretary:

Kate Hayes
07809 736372

Treasurer:

Sarah Muller
01344 428782
Treasurer@binfieldcofechurches.org.uk

Stewardship Secretary:

Andrea White
01344 421079

ARC Fundraising Team

fundraising@binfieldcofechurches.org.uk

Church Website:

www.binfieldcofechurches.org.uk



We are also on Facebook
facebook.com/AllSaintsWithStMarks

The Church Office is sited in St Mark's Church

St Mark's Church

Popeswood Road
Binfield RG42 4AH

All Saints' Church

Church Hill
Binfield RG42 5NS

PLEASE LET US STAY IN TOUCH!

Here at All Saints' and St Mark's Churches we are looking to improve our communication with everyone in the village and congregation. To do this we need to keep our contacts database up to date. We have a new privacy policy in line with the new GDPR rules on our website and if you would like to sign up to receive emails from us regarding updates, news and events from the parish please go to this webpage:

<http://eepurl.com/dtqaqr>

PLEASE NOTE: The articles in this magazine reflect the personal opinions of the writers and not necessarily those of the Editor or Editorial Team. Furthermore the Editorial Team are not responsible for any errors of fact printed in the magazine. Goods and services advertised in this magazine are not endorsed but readers utilising these facilities retain their statutory rights. The Binfield Beacon is produced by The Parochial Church Council of the Ecclesiastical Parish of Binfield. Registered Charity number 1149382

Binfield's Lord Patrick Beresford

The loss to the UK polo and equestrian eventing community was keenly felt as a great loss to the parish of Binfield with the passing of Lord Patrick Beresford.

Lord Patrick Tristram de la Poer Beresford died peacefully at his Binfield home in March aged 85. His ashes will be buried at the Marquis of Waterford's family estate of Curraghmore, Ireland.

Educated at Eton, Patrick Beresford went on to achieve a notable military career after earning the top cadet's Sword of Honour at the Royal Military Academy Sandhurst. Service with the Royal Horse Guards for 11 years, eventually as a Lieutenant, then the Guards Independent Parachute Company, was followed by achieving the rank of Major with R Squadron 22 Regiment Special Air Service, with whom he served in the Middle East and Far East until his retirement in 1974.

This successful military life was followed by the fine horseman's involvement in polo, travelling as a member of the Commonwealth team to tournaments worldwide. Lord Patrick was awarded the Hurlingham Polo Association's Lifetime Achievement Award in his later years.

Born the younger son of the 7th Marquis of Waterford in 1934 on the 3,500-acre de la Poer Beresford estate and family seat, Curraghmore, Co Waterford, Patrick made his home in Binfield at Fairview Cottage, Wicks Green. In 1964 he married Julie Jill Williamson; the couple divorced in 1971. Lord Patrick leaves two children from the marriage, son Valentine and daughter Samantha.

The young guardsman was a onetime escort to the Queen's younger sister Princess Margaret and remained close friends with the Duke of Edinburgh and Prince Charles, who both shared his passion for polo. Beresford family-bred polo ponies have long been numbered among the most highly regarded sporting strings worldwide. A current champion breeder, Richard John Beresford, Earl of Tyrone and the future 10th Marquis of Waterford, was the nephew of the late Lord Patrick.

A commentator once described Patrick Beresford as "coming from a family of political leaders, soldiers, sailors, clergymen and sportsmen". Lord Patrick maintained close contact with former military comrades and was President of the Guards Parachute Association. As would be expected of a former soldier, he seldom missed Binfield's Annual Remembrance Parade and Service, modestly sitting in one of the rear pews of All Saints' Church.

A tall and personable man of immense charm, many parishioners will remember with pleasure their easy acquaintance with Lord Patrick Beresford.

Terry Dillway



Dear supporters

On March 11th the Party bye the Pitch organising committee met in the Vic and finalised plans for what, in all likelihood, would have been the best Party ever. How things have changed in such a short space of time!

However, all is not lost....yet.

We are reviewing the situation every few weeks and if there is any way we can run the Party on Saturday 4th July, we will. Even if it has to be with reduced numbers, social distancing or whatever guidance we get in order to keep the show on the road in a safe and healthy way and not exposing any of us or the health services to any unnecessary risk.

You can follow us on Facebook and Twitter for updates:

Please keep safe and healthy.

Best wishes
PBTP Organising Committee

 @PartyByThePitch

 www.facebook.com/partybythepitch



CHURCH FETE

We are still hoping to be able to hold the annual Church Fete in September..watch this space for more details next month....

COMMUNITY NEWS



Gardening for Nature

Many of us have been spending a lot more time in our gardens than we normally would at this time of year. Even the smallest garden can be a haven for nature and that nature can have restorative properties (author Richard Louv, coined the term 'vitamin n' for this).

Bracknell Forest Council have now launched their Year of the Garden campaign, with the following statement:

"Go wild in your garden and help the Bracknell Forest Nature Partnership to celebrate the Year of the Garden 2020!"

While we are staying home to help save lives, your garden can become a great place to improve your wellbeing and support nature. Whether you have a small courtyard or a large garden, here are some simple actions that you can take to attract wildlife:

- *Create a log pile as a haven for beetles and other invertebrates*
- *Grow a nectar bar for bees by sowing wildflower seeds*
- *Make a small hole in your fence as a hedgehog highway"*

Their website (<http://www.digforbracknell.org.uk/yog.html>) includes help-sheets that show you other things that you can do for hedgehogs, bumble bees and swifts. They are also running a Wild Garden Awards scheme to encourage us all to put more wildlife friendly features in our gardens. Even if you don't apply for the award, the application form will give you even more ideas about some of the things that you can do in your garden.

Other ideas include no-mow May, or creating a secret (butterfly) garden, and building a pond.

If you leave your grass, or part of it, un-mown for a month, especially during spring or early summer, you may be surprised by what grows. There may be wildflowers that will thrive if you don't cut the grass for a month.

The Royal Horticulture Society and the Wildlife Trusts are running a joint campaign encouraging us to make a part of our garden butterfly-friendly by planting and nurturing nectar-rich plants (<https://www.wildaboutgardens.org.uk/>).

The Wildlife Trusts have a step by step guide for building a garden pond (<https://www.wildlifetrusts.org/actions/how-build-pond>). You can also download a leaflet from this site. If you don't have enough space for a pond, then how about building a mini-drainpipe wetland (<https://www.wwt.org.uk/discover-wetlands/gardening-for-wetlands/how-to-build-a-mini-drainpipe-wetland/>)?

Some of these projects may require materials or plants that you could struggle to get hold of at this time. You could use social media to see what friends and neighbours might be able to leave on your doorstep for you. You could even try the Binfield Environment Group Facebook group.

We can be contacted by email at binfieldeg@gmail.com or on Facebook.

Mike Coker



A Bug Box



Binfield's beautiful Bluebell Woods

CHILDREN AND YOUTH



Dear Parents, Grandparents and Carers of our special 3G little ones

We miss you all and often think about you. We wonder how you are coping in these very difficult and unprecedented times. We appreciate there will be many anxieties regarding health, jobs, food, mounting bills, being cooped up at home, little ones desperate to play with others, so many worries, so much loneliness. It is a very tough time.

On the plus side we have an amazing NHS service with so many people caring for and helping others. The kindness of neighbours and even strangers is heart warming.

There are lots of people volunteering, putting the needs of others before their own, which is good news. But, how are you managing day by day?

I am writing this on Good Friday. I have listened once again to the story of the cross, the trumped up charges, the pain, the isolation, the humiliation and wondered again why Jesus, the Son of God would die for each of us. This is love beyond compare. Jesus paid the ultimate price so that we could know Him personally as Saviour and Friend.

There is an old Elvis Presley song "Put your hand in the hand of the one who stilled the waters put your hand in the hand of the one who stilled the storm". Many of us have done this and found it makes a huge difference to how we cope with life when times are tough.

Thinking and praying for you all.

Jan and the 3G Team

PLAY DOUGH

3G love the play dough. This is a fool proof recipe providing you measure accurately and include the cream of tartar which is essential for elasticity. Enjoy!

INGREDIENTS

2 cups of plain flour
1/2 cup of salt
2 tablespoons cream of tartar
2 tablespoons vegetable oil
Up to 1.5 cups boiling water (add slowly as required)
Food colouring optional
Few drops of glycerine optional but adds more shine

METHOD

Mix the flour, salt, cream of tartar and oil in a large mixing bowl.

Add food colouring to the boiling water then add to the dry ingredients.

Stir continuously until it becomes a sticky combined dough.

Add the glycerine if used.

Allow to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone.

This is the most IMPORTANT part of the process, so keep at it until it's the perfect consistency! If it remains a little sticky then add a touch more flour until just right.

Keep it in a sealed container and it will last for months.

INDOOR SCAVENGER HUNT



- Find a fork
- Find something that is red
- Find a tissue box
- Find 3 things that have wheels
- Find an orange crayon
- Find something that is very soft
- Find a plaster
- Find a key
- Find 2 socks that match
- Find something round
- Find a sticker
- Find a rubber band
- Find a pair of glasses
- Find an envelope



Contributed by: Gill Manning (Binfield Patient Group)

CHILDREN AND YOUTH



Hey Everyone,

We hope you are all staying safe and well at home, and that school work isn't too difficult to manage! I'm sure you're doing an amazing job considering the circumstances. And I'm sure you'll agree, the sunshine has been such a blessing for us in this time, helping to keep spirits up and enabling us to stay active.

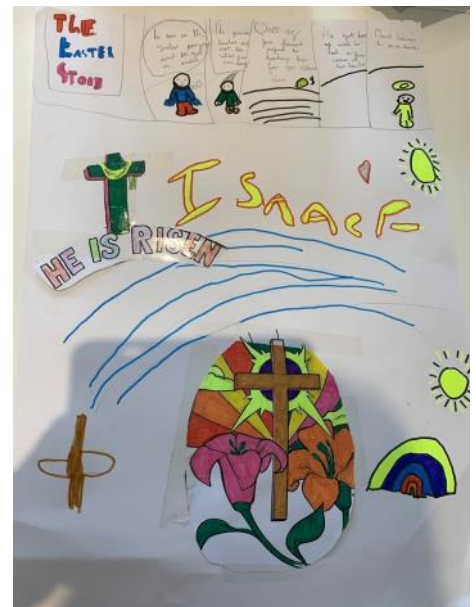
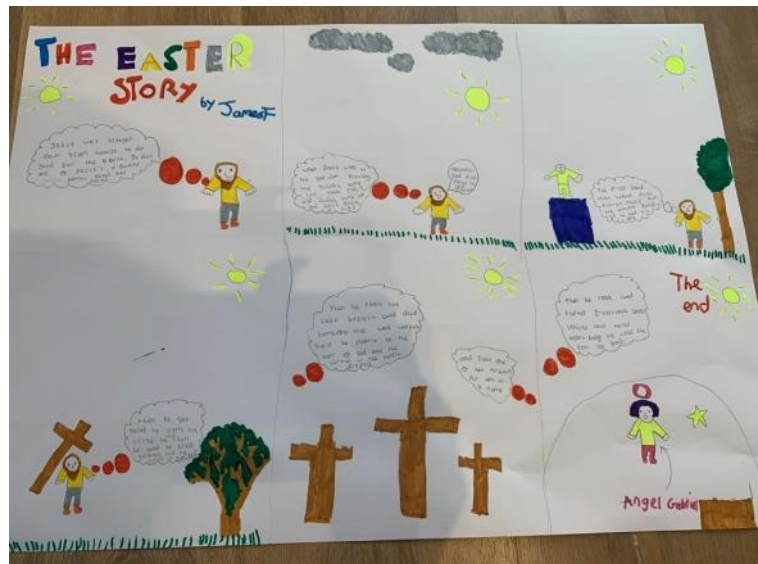
I've attached a Binfield Wordsearch to this beacon which can be printed off and filled out, I'd love to know if you manage to find all the hidden words! I also have various other activities that I'll be releasing throughout lockdown, like scavenger hunts and quiz's, so if you would like to receive these in the next few weeks please do send me an email and I'll ensure you get these activities for the kids!

We've attached some pictures of the amazing artwork we received for the art competition we held in April, where the theme was 'the Easter story.' As you can see we have a lot of talent in Binfield, with so many wonderful entries to be proud of. If you missed the info about this it was posted on the All Saint's and St. Mark's Church, Binfield facebook page (facebook.com/AllSaintsWithStMarks), so make sure you visit us for all the church info.

We're so looking forward to having you back in person to have fun together, but until then we're going to have to stick together, make do with what we have, and be grateful that we can stay safe at home!

God bless,

Daisy (daisyridell@gmail.com)



CHILDREN AND YOUTH

Binfield Wordsearch

Can you find all these places in the village?

S	Y	C	G	S	Z	R	R	G	W	S	H	M	C	F	D	V	F	V	L
Y	P	Y	P	B	I	N	F	I	E	L	D	S	T	O	R	E	S	Z	F
Y	J	F	M	T	Y	Q	H	X	Q	B	V	Y	Q	Y	S	B	H	F	G
H	A	B	U	W	O	R	I	G	D	U	K	V	O	Y	B	Y	Q	I	Q
O	C	O	B	O	A	C	M	S	M	L	N	B	L	J	H	X	K	Z	L
T	K	D	X	D	K	W	K	F	S	C	E	X	S	B	I	S	X	B	A
L	O	W	I	A	E	Z	M	N	O	L	D	A	L	R	F	F	P	C	V
F	N	T	N	E	H	N	N	Z	R	L	S	U	Y	V	L	K	O	C	S
J	E	X	C	M	Q	J	Q	O	P	A	E	O	J	E	F	K	O	R	E
P	W	N	E	S	C	H	O	O	L	B	X	S	A	R	V	O	O	R	C
A	B	O	F	E	O	I	Z	S	E	T	O	M	E	W	P	T	H	I	I
O	U	J	O	P	F	S	U	L	F	O	F	R	Z	I	C	S	T	H	F
U	R	M	Z	O	T	I	L	X	S	O	J	A	I	O	X	O	P	V	F
Q	Y	Z	C	P	G	W	P	M	W	F	S	A	D	F	O	Q	A	Y	O
Q	Q	L	F	B	O	B	A	K	E	R	Y	I	Z	R	U	V	C	B	T
U	V	E	S	O	I	L	E	M	I	E	Z	R	H	M	T	S	I	S	S
K	Y	G	D	W	I	G	N	A	E	M	F	O	B	L	K	S	E	H	O
H	O	S	F	B	Y	V	T	P	Q	R	M	T	R	F	P	L	G	C	P
L	W	P	R	K	Q	R	K	H	A	Z	C	C	S	N	M	W	U	R	J
N	K	A	X	K	U	P	X	Z	U	A	Z	I	A	T	S	L	B	U	B
Z	R	S	R	C	P	C	U	B	R	M	T	V	H	D	U	H	H	H	E
Y	L	A	B	Y	J	X	E	I	Q	M	B	Y	L	B	T	M	Y	C	G
B	P	D	O	Y	A	P	H	N	E	W	B	O	L	D	G	P	H	R	C
P	D	Y	K	F	N	O	P	M	M	B	W	W	N	U	Q	P	M	R	B

Bakery

Big Thumb

Binfield Stores

Bluebell Woods

Church

Co-op

Crema

Doctors

Football Club

Foxes Den

Jack O Newbury

Library

Newbold

Park

Popes Meadow

Post office

School

Contributed by:

Daisy -

Children's and Youth Worker
(daisyridell@gmail.com)

COMMUNITY NEWS



News from the Parish Office – May 2020

A COVID-19 Update (correct as at 13 April 2020)

Dear friends & neighbours.

I'd just like to add a few words at this difficult time.

Sadly, we've had to shut the Parish Office and The Foxes Den café to the public, but the Clerk and her team are still working and will do their best to help with the usual advice and support; on office@binfieldparishcouncil.gov.uk and 01344 454602. If you need more practical help while isolating at home, please do contact Bracknell Healthwatch by calling 01344 266911 (8am-10pm seven days a week) or at <https://www.healthwatchbracknellforest.co.uk/>. They have systems in place and plenty of local volunteers ready to help. We are also supporting Foodbank so please get in touch if you wish to make a donation.

These are difficult times for all of us, but they will pass, and we will be back to normal one day. When we do come out of this, it will be with a renewed sense of pride in the way our community has pulled together and supported each other through these dark days. I'm proud of you all. Those that have volunteered, are helping neighbours, are supporting family and friends, have become the home teacher or the support for a worn out health worker. And those that are just biting the bullet and staying at home to help fight the spread of the disease.

And finally. Please do keep up your social distancing. I know the pain of a loss at this time and I do not want anyone else to go through the same.

Look after each other and yourselves, and I hope to see you all safe and well when we come out at the other end,
Steve

Binfield Parish Council, Chairman - Steve Collett

In line with the latest government guidance Binfield Parish Council have taken the following steps:

Parks, open spaces & allotments – We thank you for following the social distancing guidance

Parks and open spaces are "open" but please follow all guidelines for social distancing

Play areas are closed, following the government advice received on 23 March 2020

The **Red Rose Allotments** remain open but are subject to the same guidance about social distancing and only leaving home for your one form of exercise a day

The **tennis courts** are closed, located at Foxley Fields, managed by Binfield Tennis Association

Parish Council & Committee meetings

All Parish Council and Committee meetings are suspended

The Council are following robust guidance from the National Association of Local Councils (NALC) to make "business as usual" decisions e.g. grass cutting. However, any new decisions are currently placed on hold.

York Road update – the next decision due was to appoint a contractor but, as no Council meetings are taking place, this appointment decision is on hold.

Events planned for May

VE Day - All activities planned to commemorate the 75th Anniversary of VE Day are now cancelled.

Binfield 10k - The Binfield10k Committee have let us know that they intend to postpone the 2020 event and it is now planned for Sunday 11 October 2020.

Further information

To read the latest guidelines, please visit the following third-party websites:

Government Guidance – what you need to do	https://www.gov.uk/coronavirus
NHS – Advice for Everyone	https://www.nhs.uk/conditions/coronavirus-covid-19/
Bracknell Forest Council Community Pack – Support for the Bracknell Forest Community	https://www.bracknell-forest.gov.uk/sites/default/files/coronavirus-info-pack-bracknell-forest-council.pdf

Ally, Amanda, Janet, Purveen & Kirsty

01344 454602 - office@binfieldparishcouncil.gov.uk - Binfield Parish Council, Benetfeld Road, Binfield, RG42 4EW
www.binfieldparishcouncil.gov.uk

COMMUNITY NEWS

BINFIELD PARISH COUNCIL ADDITIONAL SERVICES



Foodbank donations can be left at the parish office 9am to 1pm Monday to Friday or as we know it maybe tricky to time your daily exercise with work, home schooling etc, if it helps we are doing our very own version of click and collect...if you contact us we can arrange collection from your doorstep between 1pm and 2pm Monday to Friday (contact free)



Garden Waste sacks can be purchased for £1 each, hours as above, or again, we can arrange delivery. Please pop the right money for the number of bags in an envelope to minimise contact.



To arrange either of these email us at office@binfieldparishcouncil.gov.uk or call us on 01344 454602

Greetings from The Furloughed Fox!

Goodness; we live in strange times... along with all cafes, pubs and restaurants we closed our doors to the public on March 23rd. We did try and stay open for our community with a takeaway window and delivery options, but it just wasn't viable for us to continue once there was a full lockdown.

We are so sorry that many of you were looking forward to and had booked on to the events we had planned for April, and we are especially sorry for the Binfield Easter Egg Hunt organisers who had so many wonderful ideas for this year.

Let's Get Positive!

The Foxes' Den is all about the wonderful community we have in and around Binfield and while many of us have had our daily lives turned upside down, it has been great to see neighbours and neighbourhoods looking out for each other. From the amazing rush to volunteer to be there for others with the Bracknell Healthwatch in our area to the fun of the Binfield Lockdown Boogie (11am every Saturday morning in a street near you). You only have to open your front door and listen on a Thursday evening at 8pm to hear how we are all doing our bit.

Some of the Foxes' Den Crafternoon regulars have even managed a 'crafterzoom' session or two, where we have carried on with our own crafts and chat through the magic of technology.

Let's Get Crafty!

Don't forget to check out the Foxes' Den craft-along videos that I have been releasing every Wednesday afternoon while we are in lockdown. The crafts are aimed at all ages and hopefully use things that you may have around the house...available from facebook.com/thefoxesdencafe or search for Foxes Den Café on YouTube



Let's Get Ready...

We will try and be ready to 'hit the ground running' once we are allowed to open up again – we really miss all our customers and so want to be serving up a smile to each and every one of you!

*Thanks for reading! Stay well
Claire*

foxesden.co.uk
fb.com/thefoxesdencafe
07919 448254





Binfield Garden Club

With no meetings to report on and with beautiful Spring weather encouraging people of Binfield to enjoy their gardens, whatever their size, it may be a good idea to pass on some tips. The following have been offered by some of our trusty committee members.

New Gardens

If you have a new house and the builders have left a thin or rutted layer of topsoil, rake it back and ensure the subsoil is level before you start work. If there is very little topsoil, consider buying some rather than battle with what's there. It can be ordered online for delivery.

For clay soil, make deep beds with virtually no digging and top dress them with free manure from local stables.

Do keep a gardening diary to keep track of what you have sown/planted. Take photos 4 or more times a year because it is very easy to forget names and position of plants.

Planting tips

Use the black side of old compost bags to line your tubs, basket etc. Put the black side facing out and make some drainage holes.

It may be too late for this year, but don't be too eager to sow seeds outside! Carrots and beetroot sown in mid- April produce far better crops than those sown a couple of weeks earlier.

With garden centres closed, be inventive with all plants...sow any seeds you have and pack anything that grows into containers and they may be fantastic!

Roses.....Bury banana skins around your roses as they provide a range of useful nutrients



PruningAs a general rule prune spring flowering shrubs immediately after flowering eg jasmine, mahonias, winter honeysuckle.



General tips.....Don't throw out used tea bags! Put them in the bottom of pots instead of crocks leaving the pot lighter and providing a nitrogen store.

If you do want crocks, use your own broken pots broken up. Use an old scrubbing brush to clean your fork and spade after use.

Tomato food is good to use on nearly everything without buying specific bottles.

And finally for fun.....Keep witches out of your garden by growing a Rowan tree (*sorbus aucuparia*)....and to halve your workload in the garden... marry a gardener!!!!

We all look forward to putting this frightening time behind us and the day we can meet up again as a club, but until then stay safe everyone, obey all the advice and be grateful for all the thousands of people still working in all capacities to provide services for us.

On a personal note, this is my daily mantra THIS TOO SHALL PASS.

Sue Jeffery

(binfieldgardenclub.wordpress.com)

Display Screen Equipment Guidance (DSE) for home working

Many of you will now need to work from home for a prolonged period. Laptops are very useful, but there are some potential risks to your health that can be avoided by following this guidance. You may not have a dedicated home office, but here are some ideas to help you stay fit and healthy.

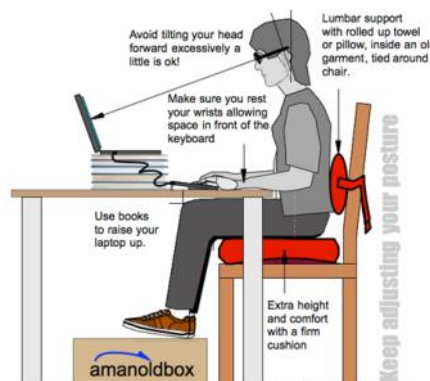
Desk and Chair

It is important to try and ensure you have a dedicated workspace and reasonable working environment, considering the following points:

Figure 1: Make sure you are sitting correctly when using a laptop computer to reduce health risks.



Figure 2: Subtle adjustments to your workspace can really help improve your comfort and health.



- Do not sit in a draft as this can be very uncomfortable and cause stiffness and muscular pain.
- Glare from lights/windows can make it hard to see the screen and negatively affect your posture.
- Keep your workspace tidy and remove non-work-related clutter for space to comfortably access your computer.
- Make sure paperwork and other items do not constrain hand movement and force a twisted posture.
- You could also use props, like books, to improve the height of your laptop, if you have a separate keyboard and mouse to plug in. Even without a separate keyboard, propping up the laptop just at the back can help raise the screen.
- If you don't have an office type chair, select a firm, upright chair, such as those used at a dining table.
- If seated upright for long periods, it is important to support your lower back. If the chair does not do this, try using a pillow, rolled up towel or small garment positioned in the small of your back (Figure 2).
- The height of the chair should allow you to rest your forearms flat on the desk and if you are seated too low, it may help to sit on a pillow (Figure 2).
- If your feet no longer can rest on the floor comfortably, try using a small box or books as a footrest.

The top of the screen should ideally be level with the seated eye height to avoid head tilting or hunched shoulders



Figure 3: Standing at a kitchen counter to work.

DO NOT put your laptop straight on to fabric as it may overheat

Laptop on your lap!

Try not to use the laptop for too long on your lap without a break, as you will find that the screen is far too low and could cause neck pain. It can help to put a pillow/cushion on your lap, with a book or tray on top to raise the screen and improve the angle of your elbows when typing. Note: Do NOT put your laptop straight on to fabric as it may overheat.

Rest breaks are important

Rest Breaks are very important whatever Display Screen Equipment you are using, and a very good way to combat musculoskeletal issues:

- Change position frequently where possible to avoid muscles and joints being in the same position for several hours. It could help to move between working locations to spread the load on your neck, shoulders, lower back and arms (Figure 3).
- Try and do some exercise or movement every 1-2 hours. Breaks of 2-5 minutes per hour can offset the risk of musculoskeletal symptoms in the workplace.
- This can involve stretching at your desk, going for a short walk or even just walking up and down the stairs a few times. Try and be creative!
- Drink plenty of water and take a dedicated lunch break.

Exercises are good for your health

Here is list of a few small exercises you can try:

1. Head Turn: Gently turn head from side to side (Repeat 3 times).
2. Lean Back: Gently extend back over backrest of chair (Repeat 3 times).
3. Wrist Stretch: Flex your wrist and hold for 5 seconds (Repeat 3 times on each hand).
4. Trunk Rotations: Gently rotate your trunk around (Repeat 3 times).
5. Shoulder Rolls: Roll your shoulder forwards (Repeat 3 times).

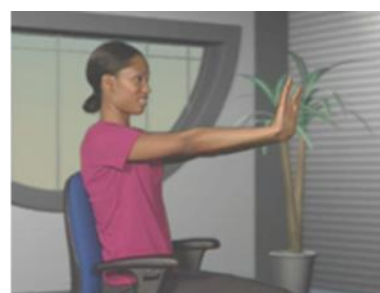
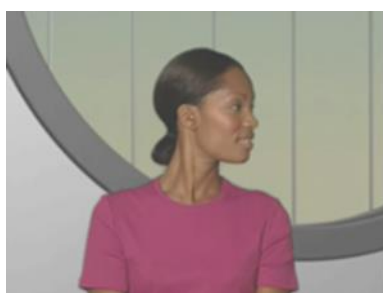


Figure 4: Some examples of exercises that you can do to reduce the risks of musculoskeletal health issues.

Guidance provided by Mike Carey and John Hargreaves from Network Rail Ergonomics. ©2020 All rights reserved.

MAY 2020 NEWS FROM BRACKNELL FOREST LIBRARY SERVICE

NEW Home Delivery Library Service FREE

Are you stuck at home and bored?

Bracknell Forest Libraries are introducing a new Home Delivery Service during the Libraries' closure period. If you register for this service, we shall deliver books to your home and collect them free of charge.

To be eligible for this delivery and collection service you must be:

- Resident within Bracknell Forest and
- Aged 70+, in a vulnerable category, or self-isolating for medical reasons.

How to register:

Call or email a library to register. We are taking telephone calls at 3 libraries so please telephone one of the numbers below:

Bracknell – 01344 423149

Bracknell.Library@Bracknell-forest.gov.uk

Sandhurst – 01252 870161

Sandhurst.library@Bracknell-forest.gov.uk

Whitegrove – 01344 424211

Whitegrove.library@Bracknell-forest.gov.uk

Please provide your full name, E+ card number and telephone number.

If you are not already a registered library customer, please state this and include your name, full address including postcode, date of birth, telephone number and email address.

You will be given full instructions on how the system works, from ordering the books to delivery/collection days for your area.

Staff will select the books that you request. Please note there will be a restriction of 5 books per person per order.

Please be aware that both the staff in the libraries selecting the books and delivery staff will be observing appropriate health and safety measures applicable at this time. All books will be quarantined for 72 hours on return before they can be released for re-issue, in line with Public Health England's guidelines.

Also, we are implementing social distancing measures and delivery staff will not be entering your properties. We shall either leave books outside your front door, or in a designated safe place, and they will be collected without any physical contact between customers and library staff. However, we are happy to chat, albeit maintaining a safe distance.

Please note if you are already registered with our Home Library Service this will continue as normal during this time and you are not required to re-register.

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Your temporary library card also gives you access to other online information resources such as the Times Digital Archive and Britannica Encyclopaedia online <https://www.bracknell-forest.gov.uk/libraries/online-information-resources>.

Once our libraries reopen your temporary library account will be deleted and you will not be able to continue to use BorrowBox, RBdigital, PressReader or our other online information resources. However, you are very welcome to visit the library to join the library again, this time for full membership.

COMMUNITY NEWS



'Virtual Shipmates' May Lighten the Gloom

Following Government and medical advice the Royal Naval Association is playing its part in the struggle against Covid-19.

All Branch and Area meetings are cancelled, together with the Summer Conference. The Welfare Seminar and Standard Bearers' competition have been postponed.

"The potential tragedy of losing even one Shipmate through the spread of the Coronavirus exists because membership generally falls within the high-risk category." So says Captain Bill Oliphant, RNA General Secretary.

But don't be alone if isolating, is the advice from Central Office. Take this chance to make new friends and contacts by becoming a *Virtual Shipmate and Oppo*, phoning, texting or emailing to keep in touch with comrades who might otherwise have attended branch meetings. If this policy can create even small groups of three or four shipmates who are keeping an eye on each other, then the effort is worthwhile.

Bracknell Branch Secretary Shipmate June Boddrell reports on the events cancelled locally including the Falkland Islands Memorial Chapel Trust whose Annual Service of Remembrance in June would have been attended by delegates from Bracknell.

Shipmates June and husband Anthony related their "nightmare" experiences extricating themselves from a Spanish holiday which would certainly have been cancelled if they had known in advance how the Coronavirus situation was poised to overtake Spain. The S/Ms Secretary and Standard Bearer also narrowly avoided being quarantined for two weeks when warned of the virus regulations affecting a planned April break in Madeira.

Bracknell Branch Shipmates are encouraged to keep in touch with one another, following national advice. And Naval stories or 'dits' to share among comrades would be welcome to help lighten the gloomy mood of the moment.

The Royal Navy's involvement in the fight against the Covid-19 pandemic will be cheering veterans as news breaks of RN and Marines Reservists joining Senior Service surgeons, GPs, nurses and medical specialists working alongside NHS colleagues across the UK.

First Sea Lord Admiral Tony Radakin said: "The Royal Navy's responsibility is to protect and defend the UK and its interests. In times of crisis we are ready to support and assist the Government wherever needed. The Navy continues its global operations keeping sea lanes safe and open and stands ready to help at home in this unprecedented pandemic." **Terry Dillway**

Once Navy, Always Navy



Advice from the Past: "Pull Together!"

They are among the most vulnerable. They are the most at risk because of their age.

But, are they not also the most inspiring examples of community spirit in the face of adversity?

Our elderly Service veterans have spoken to the generations now coping with a potentially deadly virus and are passing on their experience of how our nation stood together and "rallied around" to defy a wartime enemy.

Old soldier Mervyn Kersch was a schoolboy when evacuated to the countryside with thousands of other children at the outbreak of World War II. At 18 years old he returned to join up and took part in the D-Day Landings. Now more than 90, Mervyn says: "We are in a serious situation. It reminds me of Dunkirk when everyone was shocked.

"But as a nation we pulled together in adversity. In the Blitz and the Battle of Britain everyone stood together and people who didn't know one another rallied around. With Coronavirus, if people pull together, they will strengthen each other."

When just 17 years old, Joan Hall joined to serve in the Women's Royal Air Force while the Second World War was raging. Of the Covid-19 guidance Joan says: "I don't like the idea of staying in for months on end. My twice-weekly dance classes are my activity and they have been cancelled; but I do understand the precautions. Time spent isolated may even motivate people to keep in touch more and talk to one another. I feel especially worried about those trying to keep the money coming in, and my thoughts are with them."

Another child evacuee was Dag Pike who was sent to Cornwall, returning home to London after the Blitz.

"The good thing is that there is still a community spirit when bad events happen. I've had a note through from neighbours telling me there's always help and assistance at hand. Keeping in touch is so important."

The Royal British Legion national contact centre remains fully operational to deal with Covid-19 concerns among the Armed Forces community. The number to call is 0808 802 8080 from 8am until 8pm 7 days a week. The Binfield Legion is staying alert and communicating with members while meetings are suspended, and Branch Secretary Denise Fuller can be contacted at 01344 426885 if advice is needed.

Terry Dillway

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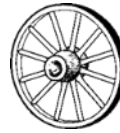
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