

The Binfield Beacon

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



February 2022

This Month

Remembering Jan Vigar – page 6

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God's Pen

Our Mission is to help people follow Jesus and his teachings

SERVICES & DIARY

All services and groups are correct at the time of going to press, and will comply with government guidance, so may change depending on government advice. Any updates will be published on our website and facebook pages.

SERVICES

FEBRUARY 2022

Sunday 6 th February	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service
Sunday 13 th February	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
Sunday 20 th February	9.30am	Common Worship Communion
	11.00am	Informal Communion Service
Sunday 27 th February	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion

MARCH 2022

Sunday 6 th March	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service

DIARY

FEBRUARY 2022

Wednesday 2 nd	9.00am	Wednesday Women's Walk
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 3 rd	7.00pm	Choir practice at St Mark's Church
Saturday 5 th	7.45am	Men's Monthly Walk
Sunday 6 th	10.45am	Whizz Kids at St Mark's Church
Tuesday 8 th	12 noon	Silver Service at St Mark's Church <i>*this is the rearranged January Service</i>
Wednesday 9 th	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 10 th	7.00pm	Choir practice at St Mark's Church
Sunday 13 th	10.45am	NO Whizz Kids
Wednesday 16 th	9.00am	Wednesday Women's Walk
	7.00pm	NO Oasis Youth Group
Thursday 17 th	7.00pm	Choir practice at St Mark's Church
Sunday 20 th	10.45am	Whizz Kids at St Mark's Church
Tuesday 22 nd	12 noon	NO Silver Service
Wednesday 23 rd	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 24 th	7.00pm	Choir practice at St Mark's Church
Sunday 27 th	10.45am	Whizz Kids at St Mark's Church

MARCH 2022

Wednesday 2 nd	9.00am	Wednesday Women's Walk
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 3 rd	7.00pm	Choir practice at St Mark's Church
Saturday 5 th	7.45am	Men's Monthly Walk
Sunday 6 th	10.45am	Whizz Kids at St Mark's Church



Choir Practise - Thursdays

7pm to 8.15pm at St Mark's Church

We sing on Sundays at the 9.30 service at All Saints'.

You do not need to commit to come every week

For more information contact Michael Hawkins (01344 411681)



**Children's
Sunday Group at
St Mark's Church**
10.45am - 12.15pm

For children of school
years 1-6
Every Sunday
(during term time except the
1st Sunday of the month)

**ARTS & CRAFT, GAMES AND
MUCH MORE!**
Email daisyridell@gmail.com
for info



**Wednesday Girls'
Group at
St Mark's Church**
7pm - 8.30pm

Oasis is open to all girls in
school years 7-11
Every Wednesday during
term time

**Come along for games, craft,
general socialising and lots of
talks and activities**
Email daisyridell@gmail.com
for info



We are very sorry and
disappointed but we have
decided it is wise to delay the
start up of 3G until the peak of Omicron has passed.
The good news is that all the toys are washed and the
rugs cleaned so we are ready to roll as soon as the COVID
situation improves. When we do restart prior booking
will be required through the Church Office the day
before, by texting 07719 545292 or emailing
office@binfieldcofecchurches.org.uk as numbers will be
limited.
Jan Watts and Team

MEN'S MONTHLY COUNTRY WALK

**DATES: Saturday 5th February and
Saturday 5th March**

The Men's Monthly Walk takes place on the 1st Saturday
of each month. We start at 7.45am from the car park at
Oakmede Shops. The walk lasts approximately 1 hour.

Be ready for all weathers!

For more information contact Kim Swain
on 07884 469633 or kim.swain1@gmail.com

WEDNESDAY WOMEN'S WALK



A gentle 2-3 mile walk (which takes
about an hour) in and around Binfield
village, for women of mixed ages and abilities. Usually
on the 1st and 3rd Wednesday of the month.

The walks go ahead in all weathers and normally start at
9am from outside Foxes' Den Café and finish there
around 10am for a coffee.

2nd Feb - 9am meet Foxes' Den
16th Feb - 9am meet Foxes' Den
2nd Mar - 9am meet Foxes' Den
16th Mar - 9am meet Foxes' Den

For more information
contact either:
Gisele on 07724 889169
Claire on 07912 746289

THE SILVER SERVICE

A traditional short service designed and led by our
retired congregation members followed by a delicious
homemade lunch at St Mark's Church.

Tuesday 8th February at 12 noon
(this is the rearranged January Service,
there will be no service on the 22nd February)
If you need a lift, please call
Beverley on 07704 437207

A MESSAGE FROM YOUR RECTOR



God, Jesus and Me

Sally jumped up as soon as she saw the Surgeon come out of the operating room. She said: "How is my little boy? Is he going to be O.K.? When can I see him?"

The Surgeon said, "I'm sorry, we did all we could." Sally said,

"Why do little children get cancer? Doesn't GOD care any more? GOD, where were you when my son needed you?"

The Surgeon said, "One of the nurses will be out in a few minutes to let you spend time with your son's remains before it's transported to the university." Sally asked that the nurse stay with her while she said good-bye to her son.

Sally ran her fingers through his thick red curly hair. The nurse said, "Would you like a lock of his hair?" Sally nodded yes. The nurse cut a lock of his hair and put it in a plastic bag and handed it to Sally. Sally said, "It was Jimmy's idea to give his body to the university for study. He said it might help somebody else," and that is what he wanted.

I said no at first, but Jimmy said, "Mom I won't be using it after I die. Maybe it will help some other little boy to be able to spend one more day with his mother." Sally said, "My Jimmy had a heart of gold, always thinking of someone else and always wanting to help others if he could."

Sally walked out of the Children's Hospital for the last time now after spending most of the last 6 months there. She sat the bag with Jimmy's things in it on the seat beside her in the car. The drive home was hard and it was even harder to go into an empty house. She took the bag to Jimmy's room and started placing the model cars and things back in his room exactly where he always kept them. She laid down across his bed and cried herself to sleep holding his pillow.

Sally woke up about midnight, and laying beside her on the bed was a letter folded up. She opened the letter and it said:

Dear Mom,

I know your going to miss me, but don't think that I will ever forget you or stop loving you because I'm not around to say I LOVE YOU. I'll think of you every day mom, and I'll love you even more each day. Some day we will see each other again.

If you want to adopt a little boy so you won't be so lonely, he can have my room and my old stuff to play with. If you decide to get a girl instead, she probably wouldn't like the same things as us boys do, so you will have to buy her dolls and stuff girls like.

Don't be sad when you think about me. This is really a great place. Grandma and Grandpa met me as soon as I got here and showed me around some, but it will take a long time to

see everything here. The angels are so friendly and I love to watch them fly.

Jesus doesn't look like any of the pictures I saw of Him, but I knew it was Him as soon as I saw Him. He took me to see GOD! And guess what mom? I got to sit on GOD'S knee and talk to Him like I was somebody important. I told GOD that I wanted to write you a letter and tell you good-bye and everything, but I knew that wasn't allowed.

God handed me some paper and His own personal pen to write you this letter with. I think Gabriel is the name of the angel that is going to drop this letter off to you.

God said for me to give you the answer to one of the questions you asked Him about -- where was He when I needed him? God said, "The same place He was when Jesus was on the cross. He was right there, as He always is with all His children."

Oh, by the way Mom, nobody else can see what is written on this paper but you. To everyone else, it looks like a blank piece of paper.

I have to give God His pen back now. He has some more names to write in the Book Of Life. Tonight I get to sit at the table with Jesus for Supper. I'm sure the food will be great.

I almost forgot to let you know -- Now I don't hurt anymore and the cancer is all gone. I'm glad because I couldn't stand that pain anymore. And God couldn't stand to see me suffer the pain either, so He sent The Angel of Mercy to get me. The Angel said I was Special Delivery!

Signed with love from:
God, Jesus and Me

The Bible says this about heaven, *God will wipe away every tear from their eyes, and there will be no more death, sadness crying or pain, because all the old ways are gone. Revelation chapter 21 verse 4.* I pray you have the hope of heaven.

- Author Unknown -

Story taken from: http://godslittleacre.net/inspirationalstories/god_jesus_and_me.html

Luke

From the Registers:



Baptisms

Ellis Henry Joseph Gier-Jones
Zachary James Roger Knight

Funerals

Jan Vigar
Philip Angel

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

Rector:

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

Churchwardens:

John Hargreaves - 07973 842624
Neil Harrison - 01344 455174

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Office mobile number: 07719 545292
office@binfieldcofechurches.org.uk

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Thursday: 9.00am - 1.00pm

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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!

We would like 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.

If you would like to sign up to receive emails from

Pastoral Care Visiting Team - need a friend?



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
Gisele Taylor	tel. 07724 889169
Dave Dawson	tel. 360389

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



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 have ID badges.

Friday Morning Bereavement Group Coffee Morning

Foxes' Den Café on Fridays 10.30am – 11.30am
(term time only)

Peer to Peer support open to anyone dealing with grief. It is not a counselling group, just a friendly get together over a drink.

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
or Margareta Hawkins 01344 411681

CAN YOU HELP?

All Saints' Church Sunday Service Rotas

We are looking for help on a Sunday morning with:

Welcoming Reading Prayers

Refreshments after the services

To find out more or be added to one of these rotas please contact Hayley at the Church office on 01344 421079 or email office@binfieldcofechurch.org.uk.

**Praying for and with you**

We have weekly prayer sheets — please email office@binfieldcofechurches.org.uk if you would like something to be included.

**St Mark's Church Hall**

Available for booking.

Please contact the church office
on 01344 421079 or email
office@binfieldcofechurches.org.uk
for more information or to make a booking.

CHILDREN AND YOUTH

Hey Everyone,

We hope you had an amazing Christmas and New Year spent with loved ones!

As I'm sure was the case for many of us, some of our youth plans fell through over the Christmas period due to Covid, however we will still be able to have loads of fun together and we are now back up and running.



At Whizz Kids we completed learning the Lord's prayer as a group, and even learned how to sign it in British Sign Language. We've been having our usual fun of sports, craft and games, and we even had a special guest one week, Albie the puppy!

(He was the best behaved out of everyone!)

This term our theme is 'God is...' and we are learning about a new characteristic of God each week. So far we've found out that God is ETERNAL, which is pretty mind boggling, and that God is WISE!



Oasis

The Oasis group enjoyed our Christmas social, where we went to Reading and completed their Twilight Trail. We walked around Forbury Gardens, following their trail of illuminations, and of course stopped at the end for a hot chocolate!

This half term our series is called 'headstrong', and involves us discussing how the past two years have impacted our mental health, and what steps we can take to be more in control of our thoughts. It's helpful to chat about feelings and have a space to de-stress, and we enjoy hanging out, playing games and eating food together weekly.

We're looking forward to this year and the new opportunities it will bring us!

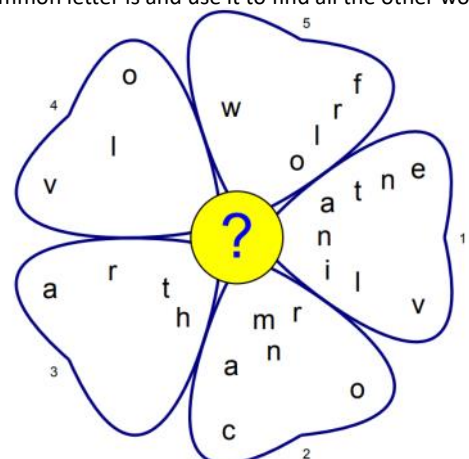


Daisy - Children's and Youth Worker (daisyridell@gmail.com)

OASIS YOUTH GROUP
For girls in school years 7-10
A SPACE TO HANG OUT, PLAY GAMES, AND TALK ABOUT LIFE AND FAITH
St. Mark's Church, Wednesdays 7:00-8:30pm
CONTACT DAISYRIDELL@GMAIL.COM

VALENTINE DAISY PUZZLE

A word is printed on every leaf of the daisy, but the letters are not in the correct order. Every word is missing 1 letter. It is a letter that all the words have in common. Try to find what the common letter is and use it to find all the other words.



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

CHURCH NEWS

Jan Vigar

September 1939 - December 2021



We celebrated Jan's contribution to church life just before Christmas as she was leaving Binfield in January to be near her daughter Laura and thank goodness we did because we were able to tell her how much she meant to us, the church and the community.

We met Jan when she first moved to Binfield with Dennis – it was after our daughter Becky's confirmation, when we had a few friends round after the service, including Owen, who was Rector and his wife Beryl. Owen asked in his usual friendly way, if this new couple who had come to church could come back with them after the service.

I gave Jan a message from Owen, who sent her his love and wished her a Happy Christmas, saying that he always really valued her friendship, saying, "Keep in touch always and God bless you."

So that small act of kindness led to Jan and Dennis becoming so active in our church. I attended a house group led by Jan and Dennis and later just by Jan for many years. She always had such a warm and encouraging manner that made it possible for everyone to join in and take an active part in the group.

Jan has given so much service to our church in so many ways but I remember well her masterminding the flowers at Mary's wedding and I couldn't help thinking how many brides have had their special day made even more special by Jan's flower arrangements. The list of jobs is never ending. As I am so pleased that I was able to say to Jan that she was indeed a very special lady and that we all valued her friendship. Thank goodness Jan and Dennis thought we were a friendly church all those years ago – for out of that small acorn of kindness shown to them what a massive oak grew. We will all miss Jan so much. Love from us all

Jill Hanson



From the first Sunday that Jan and Dennis attended All Saints' church our services were enhanced by their lovely singing! They very quickly made friends and over the years we have benefitted from having them with us. Jan had so many gifts and we all enjoyed her beautiful flower arrangements, both for Sunday services, weddings, funerals and the Easter lilies which she so lovingly prepared with the names of our loved ones who had died.

First together with Dennis and then on her own she was a constant member of the congregation, the Silver service team (it was Dennis who suggested the name for the Silver service) and of prayer groups. She arranged the belfry prayer rota for Sunday services and it was always a privilege to pray with her for members of the congregation and they felt encouraged by her strong faith and her concern for people.

Jan and Dennis led a home group in their house and Jan continued after his death. She often helped out with readings and intercessions and also with giving the communion wine. It was a privilege for me to join her in the latter, especially at the midnight services.

With her loving, caring and outgoing character Jan became a friend to a huge number of people of all ages. Many of us sought Jan out when we were going through difficult times. She was also very good at remembering people's names and I wasn't the only one who would whisper in her ear to ask for somebody's name!

Jan and Dennis were founder members of Binfield Singers and Jan was Secretary for many years.

Jan will leave a heart-shaped hole in Binfield church and in our lives. She obviously wasn't meant to leave Binfield and she never got to move into her new apartment, but we shall see her in Dennis in the new creation, where we shall be with God forever.

Jan loved God and she loved people. Let us sit on Dennis's bench at All Saints and thank God that He directed them to come and live with us for a long while.

Margareta Hawkins



FUNDRAISING NEWS



Happy New Year!

We hope you all managed to enjoy Christmas and were able to spend it as planned. Especially if you didn't, we hope that 2022 will be a healthy and happy one for everyone!

We will be regrouping and planning out the year for the new Church Care Project and fundraising for all of our church spaces. As mentioned in the last issue, once funds are in place, work will be starting at the Binfield Cemetery. We would really appreciate it if you could check out our **GoFundMe** campaign so that we can start on improvements to this place which is in need of some attention and special to so many in the village.

Events and Activities

Thank you for your support of our fundraising activities towards the end of last year.

The **Dads R Loud Christmas Party** was a great evening thanks to the brilliant band and all those who came to enjoy it! The evening raised just over £850 which is fantastic!

Our **2022 Binfield Village Calendar** has once again been fantastically supported by our advertisers, sellers and buyers! We are down to our last few copies, available only at The Foxes' Den, or email the fundraising team. Thanks to those who also purchased our new design Christmas cards.

We are hoping to get the ball rolling on more events soon but, in the meantime, please place a marker in your calendar for Saturday 12th March as the new date for our **Barn Dance**. Please check our website for more information and to purchase tickets for a great family night out!



Fundraising for the Binfield Cemetery

To find out more and to donate, please go to:
gofundme.com/f/binfield-cemetery-fundraising



SCAN ME





Barn Dance

Saturday 12th March 2022
6pm-10pm
St. Mark's Church, Binfield
TICKETS: ADULTS £6, KIDS £3
www.binfieldcofechurches.org.uk



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 '**Church Care**', '**General Funds**', '**Lighthouse**' or where you would like your donation used 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, Account Number: 80175528, Sort Code: 20-11-74
Please add **your name + a reference (as above)** if you would like to specify where your donation goes.

Don't forget to Gift Aid it if you are a UK Tax Payer - this will add an extra 25% to your donation!

Contact the church office for more details, or see the church website more information and other ways to raise money!

Shop and raise funds at smile.amazon.co.uk and easyfundraising.org.uk: search for Binfield PCC

With many thanks from the Fundraising Team:
www.binfieldarcproject.org.uk

fundraising@binfieldcofechurches.org.uk
www.facebook.com/binfieldarcproject



COMMUNITY NEWS



The Lighthouse Programme had a truly successful Christmas. Our clients all received a full Christmas Meal alongside personalised presents for the children, nuts, crackers, cheese & biscuits, candles and many, many more seasonal treats. In fact each client received 2 overflowing boxes. Thanks to everyone involved. Our clients were not only very grateful but actually quite overwhelmed with the generosity. The Morrisons

Champion programme and senior staff, at the Bracknell store, provided all the essential ingredients for the Christmas meal itself. Honeywell, Bracknell office, also donated their entire Christmas lunch provision as all the employees were asked to work from home. This allowed for each of our clients to receive 2 full roasts, there were no complaints about that!

We are starting to see a small increase in our client base, which is entirely expected at this point in the year as money becomes tighter with increased household bills. We will continue to help those in need and work directly with FoodBank to ensure the best strategic outcome.

A huge thanks to our ongoing loyal partner, Danetti, who have helped on so many levels. The continued financial support has

guaranteed that we can maintain a weeks worth of hot homemade meals per person. We are delivery in excess of 200 meals a week, in a shared effort with Newbold Church.

Items in need, that can be left at St Mark's Church porch on a Tuesday:

Wet dog food – tins only

Long life milk

Long life fruits juices

Yoghurts

Fruits

For further information

contact Amanda.thrower@hotmail.co.uk



THE BINFIELD BELLES



Happy New Year!

It's a sad start this year for our WI as we have lost Jan Vigar, she has been a member for many years and has been President and numerous other roles in the group. We will miss her lovely smile, her friendship and her contribution to our WI and our village. We send condolences and love to her family and know she won't be forgotten. RIP Jan we love you.

Welcome to your monthly WI update where you can read about the antics of our lovely group of ladies. As I write this you will have all celebrated Christmas and New Year and hopefully this time with families and friends albeit being careful still with this last variant.

The covid word is commonplace now and we are lucky to be so protected by our jabs however we had to cancel our Christmas Party as we were worried on so large a number meeting up. Before that at the end of November we were able to run our Christmas craft stall in the village outside the Foxes Den. A deliberation about in or out ensued and the usual questions will it rain, snow be freezinginside was a no go, too many people, not enough room. So outside we were, the day hailed bright and sunny and we did an early set up with crafts for Christmas preserves and cakes all produced by our members. Name the baby in the pushchair and a Christmas Raffle. We had a great day, the members did shifts and we managed to man the stall from 10-8 pm finishing



after the turning on of village lights.

I want to thank Heather whose idea it was, all the members who crafted, baked and helped on the day and you the village for supporting us. I have to say the coldest time was around 6pm but with Claire's help we got through. We raised money for our funds, the first time since covid started and we have donated a substantial amount to the Thames Hospice our charity at the moment.

After that excitement we have met for coffee mornings, walks, book and craft and chat club and are hoping this year to resume trips, lunches etc. We did manage to start our supper club in November that was well supported with a meal at the excellent Daruchini in the village, another good night, we are planning one a month this year. A trip to the Panto at South Hill Park was enjoyed and the Windsor Illuminations in December when small groups of our ladies had a fun time.

Our next monthly meeting will be on **February 10th at 7.15** in the memorial Hall our speaker Jane Fletcher will be sharing her creative journey and encouraging yours... a 3D art project I am told involving recycling, we have a competition for a recycled article as well.

Going forward we have a programme of speakers planned and visits hopefully as more venues open properly, Brooklands to see concord, a trip walking in Oxford, Theatre trips and maybe a fashion show in the coming months. It's the Platinum Jubilee this year and we are being involved, maybe a bit of tree planting as well, so lots to look forward to.

You can pop along and pay us a visit, we do have a waiting list at the moment but you may like to dip your toe in the WI water and test the temperature, you will get a warm welcome from us all. For more information contact. **Linda Willcocks**
01344 454503/07708 731294 binfieldwi@berkshirewi.co.uk

COMMUNITY NEWS

BINFIELD PATIENT GROUP

Having a stressful day or a bad night's sleep is all part of life. When this happens too often, it could become a problem. Check in with yourself, are any of these common challenges happening?

Stress that feels unmanageable

Everyone reacts differently under pressure. Building your resilience is the first step to coping.

How stress affects your mind and body:

A bit of stress is normal, like during a driving test or before a date. But when it's making you miserable, or affects your physical health, it's time to act. That can mean working on what's causing your stress as well as changing the way you react to it.

When you're stressed, your body releases hormones to help you cope in the moment – for example, by increasing your heart rate. High levels of stress, or over a long period of time, can therefore harm not only your physical health but your mental health too. So, it is important to reduce your stress where you can.

10 tips for managing stress:

- Exercise: go for a walk; it will release natural feel-good endorphins in your brain
- Reduce smoking and alcohol. Try and cut right back as they actually make problems worse.
- Eat well. Eat a healthy diet, including fruit and vegetables... and drink enough water.
- Prioritise sleep. Cut down on caffeine and screen time.
- Practise mindfulness. When you wake up focus on your breathing for a few minutes. Notice how you feel.
- Chill out. Do things that you enjoy and make you feel relaxed.
- Be your own cheerleader. Set realistic goals and reward your achievements.
- Communicate. Know when to say no to things, and don't take on too much.
- Take a break. A change of scenery can help you to relax and gain perspective.
- Seek support. Friends and family can help, or you could join a club, take a course or volunteer.

If you're worried about the effects of stress, don't be afraid to ask for help. Speak to someone you trust, or make an appointment to see your GP.

Trouble falling or staying asleep

Waking up without feeling rested can have a knock-on effect on the rest of your day. One in three people suffer from poor sleep, so here are some tips to help.

Six steps to a sound night's sleep

- **Think about how much sleep you need:** Aiming to get seven to nine hours sleep each night is about the right amount. Go to bed and wake up at the same time each day (including weekends and free days) to get into a good routine.
- **Dim the lights:** Unnatural light in the evening interferes with your body's 'sleep hormone' called melatonin. Dim the lights in the room at least two hours before you go to bed. This includes phones, tablets and laptops.
- **Make time to relax:** Stress can affect sleep. Relax before bed to help you to wind down and put aside any stresses from your day. You could try a warm bath or some light reading.
- **Adjust your environment:** Make sure your room is the right temperature for you and control any noise where you can. An eye mask and ear plugs can be a good investment.
- **Make sleep mindful:** Get into bed and lie on your back, if this is comfortable for you. Rest your hands on your tummy and take a deep breath in. Feel your tummy rise as you inhale. Breathe in and out for four counts. Repeat 10 times.
- **Actively relax your body:** Starting with the muscles in your toes, tense and then relax them. Work your way up your whole body, until you reach your forehead. Tensing all your muscles and then releasing them brings relaxation.

EMIS PATIENT ACCESS:

This internet service is available to Binfield surgery patients. Using this service you can book appointments and order repeat prescriptions. Many other items are also available. If you do not already use this service please contact the surgery on 01344 286264 for further details.

Duncan Johnston - Binfield Patient Group



Raise FREE funds
for us every time you
Shop online



Search for 'Binfield PCC' and select to support this cause!

Boiler & Heating Problems?
Family Run Established Local Company

DRAYTON BOILER SERVICES

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COMMUNITY NEWS



BINFIELD GARDEN CLUB

It had been hoped that January's meeting would be our first one back in the Memorial Hall but with the fear of the continuing virus we remained with Zoom.

Michelle Cleave, Supervisor at Savill Gardens, gave us an interesting talk with beautiful slides showing us the glories she is surrounded with in her dream job, as she calls it!

The Savill Garden is a royal haven of beautifully designed gardens and woodland which first began in the 1930s by Eric Savill. Michelle showed us round the different areas for each season. Autumn and winter provide wonderful



Japanese maples reflecting their colours on a new lakeside path followed by bright dogwoods and cornus to cheer the gloomy weather. Early witch hazels, camellias and magnolias lead in to spring. A different planting of tulips each year create a wow factor near the entrance, and of course, there are then the glories of azaleas and rhododendrons.

Michelle's favourite is the rose garden. This area began in the 1950s with a traditional layout of rose beds. This was completely redesigned in 2010 with an amazing contemporary spiral shape of walkways. Glorious



repeat flowering, scented roses have been planted with white and cream ones round the outside, then apricot varieties working towards bright colours in the centre as you walk round. It is stunning and well worth a visit. There is plenty more to see there, including resident wildlife and a super shop and café. As Michelle says, it is so good to be outside in the joys of gardens, listening to the birds.

That was a great talk to start the year.

3rd February's meeting is All about Honey Bees. Jo and Nigel Eddon produce honey by traditional methods in Henley and we look forward to hearing about that. Notice will be given nearer the time as to whether it will be in The Memorial Hall or still on Zoom



We are always delighted to have new members and visitors both to the present Zoom, then to proper meetings asap. If anyone would like to find out more, please see our website binfieldgardenclub.wordpress.com or send an email to Roland at wal1@btinternet.com for more information. The main aims of our club are -Meet Expert Speakers -Visit Famous Gardens -Free Gardening Advice -Plant Sales -Competitions -Free Friendship and Refreshments -Raffles. We look forward to seeing you. Take care, Spring is on its way (eventually!)

Sue Jeffery

The BINFIELD 10K 22nd May 2022

As the February issue of the Beacon hits our doorsteps, the countdown is now on to the Binfield 10K! With just 16 weeks to go, the committee is busy planning to ensure that it is a great day for everyone.

If you are interested in running the event, there is plenty of time to start training, or ramp up your training so that you can get a great PB. Don't forget to order your Binfield 10K T-Shirt from our website so that you can tell everyone what you are training for. We would love to see as many t-shirts as possible around the village!

After the impact of Covid on all of us we are hoping that this year's 10K will be really special. Why not get a team together and run for a local charity? Or you could just dress up and run for fun. It would be great to have fun on the run and dress up as a special character

The 10K is open to everyone in the community and we hope you will all get involved. Whether it's running the actual race and enjoying the buzz of the village and the local countryside, or by being a Marshal and cheering the runners on their way there is plenty for all of us to do.

We are also looking for more sponsors. The 10K is organised by a team of volunteers and every penny goes to charity. If you would like to help us by sponsoring the event in some way then please get in touch by emailing enquiries@binfield10k.co.uk to see the sponsorship options open to you. This year we are delighted to welcome back some of our faithful sponsors, as well as welcome on board some new faces. Sponsor options are available to meet your budget and by helping us, you are raising awareness of your business and also helping local charities that we support.

If you would like to find out more about the Binfield 10K then please visit us at:

www.binfield10k.co.uk



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The Binfield 10K Committee

COMMUNITY NEWS



News from the Parish Office – February 2022 *(correct as of 11 January 2022)*

Binfield Parish Council upcoming meetings: Covid guidelines will be adhered to for all Binfield Parish Council and Committee meetings. Please check the Parish Council's website for any guidance that members of the public should follow when attending meetings.

February 2022

Tuesday 01 February	Amenity	8pm
Tuesday 08 February	Parish Council	8pm
Saturday 12 February	Councillor Drop-In Session (The Foxes' Den community cafe)	10am – 12pm
Tuesday 22 February	Planning and Transportation Committee	8pm

Could you be a Parish Councillor?

There are currently two vacancies to be filled by co-option and we would welcome applications from any interested parties. Please visit the Parish Council website to check application criteria, find out how to apply, and more about the role of a Councillor: <https://www.binfieldparishcouncil.gov.uk/parish-councillor-vacancies>

Salt bin provision from the Parish Council for use on public roads

If we do experience freezing conditions this winter, please note that salt bins are available for you to use on public roads. This provision is part of the Bracknell Forest Highways Winter Service Plan 2021-22, which can be viewed at: <https://www.bracknell-forest.gov.uk> ('Roads, parking and transport strategies and policies' web page).

Community Grants

The Parish Council are pleased to confirm the following grants have been agreed.

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| 1. 1 st Binfield Rainbows - £390 | 9. Binfield Macular Support - £200 |
| 2. 1 st Binfield Brownies - £335 | 10. Citizens Advice Bracknell & District - £1,000 |
| 3. 4 th Binfield Guides - £500 | 11. Keep Mobile Community Transport CiO - £500 |
| 4. Berkshire Vision - £270 | 12. MS Therapy Centre - £500 |
| 5. Binfield Rackets - £740 | 13. Plus Three Nurseries - £1,000 |
| 6. Binfield Tea Club - £600 | 14. South Hill Park Arts Centre - £500 |
| 7. St Paul's Contact Centre - £100 | 15. Thames Hospice - £500 |
| 8. YouthLine - £500 | |

Grants are available twice a year and the next round will be considered in July. If you're involved in an organisation who could benefit, please get in touch with the office.

Platinum Jubilee 2022

2022 marks the Platinum Anniversary for HM The Queen, commemorating 70 years on the throne. This is a landmark milestone and, as a nation, there will be lots of celebration. A Working Group has been established by the Parish Council and we are seeking views from lots of community groups and individuals who may wish to mark the occasion. If you would like to be involved, please contact the office using the contact details below.

New Faces at the Parish Office

Welcome to Tracey and Alisa who have joined the Parish Office. Tracey will be focusing on the administration for parish communications and for the community grants and Alisa will be focusing on open spaces and allotments. Our new Parish Clerk will be joining us in February.

Major project for 2022 - The parish have agreed in principle to take on the day to day running of the proposed community at Blue Mountain facility subject to agreeing appropriate contractual arrangements with Bracknell Forest Council. More on this new facility as it is developed!

Community Consultation - The parish council have agreed to carry out a feasibility study for land to the west of the existing Binfield Cricket Club to see if new sporting pitches and facilities can be added here. This will involve extensive community consultation so watch this space for more updates.

Amanda, Purveen, Tracey and Alisa

01344 454602 Binfield Parish Council at the Parish Office, Benetfeld Road, Binfield, RG42 4EW

Parish Office opening hours: 8.45am-1pm Monday to Friday

office@binfieldparishcouncil.gov.uk

www.binfieldparishcouncil.gov.uk

COMMUNITY NEWS

The Foxes' Den

COFFEE FOOD COMMUNITY



Hello February!

We are all trying our best to get on with our lives and resume some sort of normality. With this in mind, over here at the Den we have cautiously been bringing back our community activities – here are a few highlights; please see more on our chalkboard.

Rhyme Time Mondays 9.30am-10am – this started back first as this was relatively easy to run outside, but as the colder weather has crept in, it is now back inside in the back parish room. Jenny runs this lovely 30 minute toddler sing-along and has a facebook page where you can check for updates: @rhymetimebinfield (a small donation to ARC is collected if you want to donate)

Toddler Craft Mondays 11am-11.30am – this is a FREE make and take activity aimed at those that can hold a pen and do a bit of sticking. We use the big Nook craft table at the back of the café.

Laptops and Lattes Wednesdays 8am -12noon – this session is aimed at encouraging those that work from home to try some new surroundings. We have free power points and wifi. You don't have to talk to each other if you don't want to! We use the big Nook craft table at the back of the café, but you can sit anywhere and you don't have to stick to just Wednesdays...

Adult Crafternooners Thursday 1pm-3pm – grownup crafting where we alternate bringing our own projects to work on and joining in with a group craft. The chalkboard should have more details, but do just come along as you can always just bring your own project – don't craft alone!

If you have more ideas for community sessions please get in touch!

Claire x

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

If you are struggling to feed yourself or your family at any time, please don't go hungry. These lunch boxes are **FREE** and we can arrange to have extra supplies delivered if you need them. Call or email me in the strictest confidence and we will make sure that you have food on your table. Claire xx
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Last few copies of the Official Binfield 2022 Calendar!

Literally – we have 2 left on our shelf ready to be snapped up! Thanks to the generous sponsors every penny of the £10 cost will go to looking after our 2 fabulous Anglican village churches.



This a new community group for everyone that loves Binfield and who wants to make it and keep it a great place to live and work.

First meet up of this group is on Friday 11th February at 7.30pm in the Foxes' Den.

Again, there is no fixed structure yet - the group may be one group or a loose collection of sub groups that each has its own purpose. E.g. preparing Binfield for the Jubilee, community flowerbeds, designing/ implementing Christmas decorations, litter picking, etc. The idea is some sort of 'Pride in Binfield' group where we use our skills and energy for Binfield.

If you are interested in seeing how you could get involved please come along for a wine and nibbles evening to kick things off and if no-one comes, then I'll sit there and drink all the wine by myself...!

Board Games Night is back!

Come along on the last Friday of the month with your friends/family and your favourite games (bring your own refreshments too if you want to) we will have some games. 7.30pm-9.30pm – see you there!



MEADOW QUILTERS



Meadow Quilters are a local sewing group who enjoy patchwork and quilting either by hand or machine as well as other sewing. We meet weekly at Foxes Den Community Centre, Binfield on Tuesday evenings. We hold short demonstrations and everyone can show their latest makes. We have various sewing events throughout the year held on different days.

We welcome new members to our group, from experienced to learners.

Please email julie9cl@aol.com for more information.

The Binfield Beacon



The deadline for Beacon contributions for the March 2022 issue

is Monday 7th February 2022

Please email:

Beacon@binfieldcofechurches.org.uk

Claire Thomas (Binfield Beacon Editor)



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Thank you.

COMMUNITY NEWS



What's been happening at Binfield CE Primary School (V.A.)?

Celebrating Former Pupil Success

Well done Lewis - we're so proud of your senior debut success!

Lewis Hall made his Senior debut for Chelsea on 8th January at the age of 17 and also claimed man of the match. He was a pupil at our school for 7 years and we supported him throughout his formative years with the club from about the age of 6. He also played for the school. He always worked hard and was modest about his footballing talent. Everyone is thrilled by his success and our pupils will continue to cheer him on.



Christmas at Binfield

The children wore their Christmas jumpers on the Fridays in December and the total amount raised for our charities is **£648**. Thank you to all who have donated. Our School Council will now decide which charities this money will be donated to.

All year groups were involved in a Christmas performance and these fantastic shows can be viewed on our website www.binfieldschool.co.uk

Christmas Lunch was served by our wonderful Mrs Bell, Miss Joseph and Mrs Wright-Terry to all pupils and staff on Friday 10th December. This feast included 1070 pigs in blankets and 100kgs of potatoes!



Reception really enjoyed learning about Advent and Christingle. They followed instructions to create their own Christingles and discusses its symbolic meaning. They also made beautiful stained glass windows of St Nicholas.



Sport news Badminton

On Tuesday 30th November Year 6 competed in the Bracknell Forest schools' Badminton competition. The children played exceptionally well and did themselves and the school proud. Unfortunately, we were pipped to a medal and finished 4th overall.

Cricket

The cricket coaches from Performance Sports returned last week to work with KS1. Children practised catching, throwing, bowling and batting. The coaches concentrated on the important skills needed to be successful at all of these activities and the children responded wonderfully. Children worked in pairs and teams to score points in areas such as technique and accuracy in each skill area. They had a great time and definitely smashed a '6' on the energy scoring system!



The learning fun continues!

Year 6 were locked in their classrooms on the first day of the Spring term and had to escape by solving Spelling, Punctuation and Grammar questions! Fortunately, they all managed to escape by identifying the correct 10-digit there were some attempts initially!



code, although incorrect



Year 4 enjoyed learning about 'Qu'est-ce qu'il y a dans la cuisine?' (What's in the kitchen?) in French. They enjoyed miming different actions for different



appliances in the kitchen, and then guessing what their partner was miming.

Staff Training on our Inset Day

Many thanks to ABC Medical for our First Aid training on the first Inset day of 2022! Our staff had a fun day refreshing their first aid knowledge.



COMMUNITY NEWS



Have you noticed these boxes on lamp-posts around Bracknell? They are part of a pioneering project to encourage us to swap car journeys for walking or cycling. The Eco Rewards scheme is intended to: reduce the number of car journeys; reduce local congestion; reduce pollution; reduce (the amount of) carbon released (by our journeys); and improve (our) local environment.



"Eco Rewards offers rewards and incentives for schools, businesses and communities to encourage residents and students to choose greener travel, healthy lifestyle options and reduce their carbon footprint." You can find out more about the scheme here - <https://www.ecorewards.co.uk/>

Participants can record their journeys and keep track of how much carbon they are saving. Local schools and businesses can arrange competitions and access extra incentives to promote greener transport.

At the time of writing, all of the Eco Rewards readers are located close to Bracknell town centre or the larger schools in the north and west of the borough. Hence, the focus is currently on encouraging pupils to walk or cycle to school rather than getting a lift, and on encouraging all of us to walk or cycle into town. As the scheme expands, the organisers want to encourage people to use other routes around Bracknell and they already promote The Cut Countryside Corridor.

There are also a number of locations where a QR code is displayed that enables you to access the Eco Rewards website. It seems likely that these will be locations for more readers in the future.

If you live in Binfield village you could replace car journeys by walking or cycling to school, or to town, and use the scheme to record your green miles and to estimate the carbon that you have saved. You could also walk to Tesco or to Bracknell Railway Station and tap on the Eco Rewards readers nearby.

Bracknell has a network of tree-lined paths radiating out from the town centre to places like South Hill Park, Larks Hill, and Lily Hill Park. Many of the Eco Reward reader are not far from these green corridors. Next time you are thinking about driving to one of Bracknell's green-spaces, how about walking or riding instead and hunting for some of the Eco Reward readers?

Registered participants are encouraged to use the Eco Rewards website as a shopping portal generating cash-back from many of the retailers. The registered retailers also pay a proportion of the money generated towards the management of the scheme

If you are using the Eco Rewards scheme I'd love to hear your ideas about how its use might benefit Binfield's nature.

We are in the process of preparing a survey to get feedback on what we should do more or less of in future. Please watch out for this survey and give us your thoughts.

Binfield Environment Group can be contacted by email at binfielddeg@gmail.com, via our Facebook group, or via our website <https://binfielddeg.wixsite.com/binfielddeg>

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BEGONIA

BUTTERCUP

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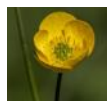
DAISY

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FORGET ME NOT

HONEYSUCKLE

IRIS



JASMINE

LAVENDER

LILAC

MARIGOLD

MORNING GLORY

ORCHID

PEONY

POPPY

RHODODENDRON

ROSE

SNAPDRAGON

SUNFLOWER

TULIP

VIOLET

WISTERIA



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

COMMUNITY NEWS



Binfield Library News February 2022

We hope you are staying well in 2022. During these uncertain times, don't forget that reading a good book

can be a great way to help feel more hopeful and positive. You could even combine stepping outside for some fresh air with listening to an audio-book. Check out Binfield Library's latest book displays, ask staff for recommendations or see which ebooks and e-audiobooks are available on the BorrowBox app <https://bracknell-forest.borrowbox.com>. We've also got books to help with picking up a new hobby, keeping healthy following new year's resolutions or self-help books to help with managing feelings.

Our usual events continue at Binfield Library:

Quiz club for adults

Second and fourth Thursday of the month at 11am (Thursday 10th and 24th February) £1. Drop in, no need to book. Everyone is welcome. Our quiz is relaxed, sociable and a lot of fun.

Knit and natter

First Monday of the month at 2pm and third Saturday of the month at 1.30pm.

(Monday 7th and Monday 21st February at 2pm, Saturday 19th February at 1.30pm).

A great way to find new friends, share tips and enjoy some company. Prepare your yarn and needles, have a cuppa ready and get nattering. Free.

Contact Binfield Library to book your place.

Book group

Last Monday of the month at 5:45pm.

(Monday 28th February) Drop-in, no need to book.

Bounce & Rhyme sessions for preschool children every Thursday at 9.30am.

Join in our friendly and fun singing and music session for babies and toddlers. 50p. Contact the library to book your place.



For Valentine's Day, we will be holding a special treasure hunt around the library and a take home craft and quiz for the week beginning Monday 14th February. Look out for details on our library website at <https://www.bracknell-forest.gov.uk/libraries/library-events>

Anne Hayward



Bracknell Branch Update

Happy 2022 to all! Can you believe another year is over and it's been quite a year for the Bracknell RNA. On Wednesday 5th January the Branch reconvened after the festive period to kick-start what we hope will be a year of growth and opportunity. No more zoom meetings and a lot more of the social elements that come from being part of the Bracknell RNA.



We ended 2021 with a small gathering of members who partook in a social event, which included a fabulous festive buffet, a few drinks and a couple of rounds of skittles, all playing for the coveted 'Norman Webber Trophy', which this year was presented to S/M Anthony Boddrell.

We also had our first opportunity in 18 months to raise some much-needed monies for the charities the Branch supports. Members rattled their bucket and even went all "Hi-tech" with a card reader to collect donations at the Warfield Tesco. Thank you to all the customers and staff for their generosity in helping us to support the Branch and other naval charities.



This month's Branch meeting laid out some of the plans for 2022 including trips to places such as Chatham Historic Dockyard, Greenwich Maritime Museum, Bletchley Park and Fort Nelson. We also confirmed our social calendar including the amazing after-meeting talks and presentations and the lovely dinners we hold - all to be finalised in the coming months. However, we would be delighted for any new members thinking of joining us to also come and experience these events. So just reach out - we would love to swell the ranks in 2022.

Also held in January was the Branch AGM where the Chairman S/M Nigel Carpenter walked everyone through the success of 2021 and the prospects for 2022. Graciously the members re-elected the current Committee Members back in post, which will hopefully help to build on the success of previous years.

For further information, please contact our Branch Secretary, S/M June Boddrell at secretary.bracknellrna@gmail.com or by telephone on 01344 311869. We look forward to meeting you soon.

Yours aye S/M Marcus Carpenter

ONCE NAVY, ALWAYS NAVY



Barn Dance

Saturday 12th March 2022
6pm-10pm
St. Mark's Church, Binfield
Music by The Scampering Rogues

BRING family & friends	BUY snacks & drinks	DANCE the night away!
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TICKETS:
 ADULTS £6, KIDS £3

Available from the Church Office or find more details on our website:
www.binfieldcofechurches.org.uk

Subject to Covid-19 restrictions. Raising funds for our churches.




Fundraising for the Binfield Cemetery

The Cemetery at Stubbs Hill belongs to all of our community.
Help us to repair and improve this special space in Binfield...

To find out more and to donate, please go to:
gofundme.com/f/binfield-cemetery-fundraising





SCAN ME



2022

There's strength in numbers



We are brand & marketing shy



My business is not making money



We want a balanced life & income





NEED HELP
WITH YOUR BUSINESS IDEA?
WHICH BUSINESS HAT, HAVE YOU BEEN WEARING?

Visit our new Business Hub at New Boundary House, London Road, Sunningdale SL5 0DJ Email gmc@gmclub.com to make an appointment during office hours.

Get the guidance you need to build a profitable business in less time and with less effort, alongside experts who can drive your business forward.

Visit our website for GMC Events www.geevesmastermindclub.com

