

The Binfield Beacon

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



What people often regret when reflecting back?

May 2022



This Month

Help with Hayfever - page 7

Countdown to the Binfield

10K - page 12

Queen's Platinum Jubilee

celebrations - page 14

Image from Pixabay

Our Mission is to help people follow Jesus and his teachings

Church Office: 01344 421079 office@binfieldcofechurches.org.uk facebook.com/allsaintswithstmarks

www.binfieldcofechurches.org.uk Produced by All Saints' with St Mark's Churches

SERVICES & DIARY

All services and groups are correct at the time of going to press, any updates will be published on our website and facebook pages.

SERVICES

MAY 2022

Sunday 1st May	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service
Sunday 8th May	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
Sunday 15th May	9.30am	Common Worship Communion
	11.00am	Informal Communion Service
Sunday 22nd May	8.15am	Book of Common Prayer Communion
	9.30am	NO SERVICE DUE TO BINFIELD 10K RACE
Sunday 29th May	9.30am	Common Worship Communion

JUNE 2022

Sunday 5th June	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service

DIARY

MAY 2022

Sunday 1st	10.45am	Whizz Kids at St Mark's Church
Wednesday 4th	9.00am	Wednesday Women's Walk
	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 5th	7.00pm	Choir practice at St Mark's Church
Saturday 7th	7.45am	Men's Monthly Walk
Sunday 8th	10.45am	Whizz Kids at St Mark's Church
Monday 9th	7.30pm	Annual Parochial Church Meeting at St Mark's Church
Wednesday 11th	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 12th	7.00pm	Choir practice at St Mark's Church
Sunday 15th	10.45am	Whizz Kids at St Mark's Church
Wednesday 18th	9.00am	Wednesday Women's Walk
	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 19th	7.00pm	Choir practice at St Mark's Church
Sunday 22nd	10.45am	Whizz Kids at St Mark's Church
Tuesday 24th	12 noon	Silver Service at St Mark's Church
Wednesday 25th	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thursday 26th	7.00pm	Choir practice at St Mark's Church
Sunday 29th	10.45am	Whizz Kids at St Mark's Church

JUNE 2022

Wednesday 1st	9.00am	Wednesday Women's Walk
	10.00am	NO 3G Toddler Group Half Term
Thursday 2nd	7.00pm	Choir practice at St Mark's Church



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



3G, a group for babies and toddlers, meets every Wednesday during term time at St. Mark's Church, Popeswood Road, Binfield, from 10.00 am to 11.30 am.

DATES: 4th, 11th, 18th and 25th MAY

This is a wonderful opportunity to meet other Mums and Dads, Carers and Grandparents over coffee and cake, also with refreshments for the little ones. There are lots of toys for the children to play with plus singing and a story.

We assure you of a very warm welcome and a fun time for all.
Jan Watts and Team

MEN'S MONTHLY COUNTRY WALK

DATES: Saturday 7th May and Saturday 4th June

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 07894 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.

4th May - 9am meet Foxes' Den
18th May - 9am meet Foxes' Den
1st June - 9am meet Foxes' Den
15th June - 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 24th May at 12 noon
If you need a lift, please call
Beverley on 07704 437207

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

A MESSAGE FROM YOUR RECTOR



If I had my life to live over

Interviews with the elderly and the terminally ill do not report that people have regret for the things they have done but rather people talk about the things they regret not having done.

I'd dare to make more mistakes next time.
 I'd relax, I would limber up.
 I would be sillier than I have been this trip.
 I would take fewer things seriously.
 I would take more chances.
 I would take more trips.
 I would climb more mountains and swim more rivers.
 I would eat more ice cream and less beans.
 I would perhaps have more actual troubles but I'd have fewer imaginary ones.
 You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.
 Oh, I've had my moments and if I had it to do over again I'd have more of them. In fact, I'd try to have nothing else. Just moments. One after another, instead of living so many years ahead of each day.
 I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.
 If I had it to do again, I would travel lighter next time.
 If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.
 I would go to more dances.
 I would ride more merry go rounds.
 I would pick more daisies.

What would you do if you had the chance to live your life over again?

The Bible says, **"Teach us to number our days that we may gain a heart of wisdom."** Psalm 90, verse 12.

What's stopping you? Don't wait until you are 85, why not start now?

Nadine Stair (age 85)

Taken from, *Chicken Soup for the Soul*, by Jack Canfield and Mark Victor Hansen. P280 **Luke**

The Binfield Beacon

The deadline for Beacon contributions for the June 2022 issue is Monday 9th May 2022

Please email: Beacon@binfieldcofechurches.org.uk
 Claire Thomas (Binfield Beacon Editor)



WOULD YOU LIKE TO HELP DELIVER THE BINFIELD BEACON IN THE VILLAGE?

With lots of new housing and changes over the last few years we are currently reviewing the delivery of the Binfield Beacon.

If you would like to help with delivering the Beacon to a street near you please **email your address to beacon@binfieldcofechurches.org.uk**.

We currently need a deliver for Matthews Chase and Munday Court

Alternatively, we sometimes need cover when people are unable to deliver their normal round, so if you would be happy to be on a list and contacted to occasionally cover someone please do let us know.

Thank you



Baptisms

Baptisms are taken within the **11am Service on the 1st Sunday of the month, at All Saints' Church** and everyone is welcome to attend.



Baptism is available to anyone who lives in the parish or is on the church electoral roll and a regular worshipper.

For full details on how to book please contact Hayley at the Church office- office@binfieldcofechurches.org.uk or 01344 421079

From the Registers:



Baptisms

George Alberto Ucar

Funerals

Joan Perfect

ANNUAL PAROCHIAL CHURCH MEETING (APCM)

Monday 9th May 2022

7.30pm

St Mark's Church

Everyone welcome



Environmentally aware—The Binfield Beacon is printed in the UK on paper manufactured to ISO14001 standard in a European Mill. The paper is FSC approved, ECF acid and chlorine free, biodegradable and sourced from a UK Merchant who is part of the Woodland Trust which helps plant more trees to reduce carbon footprint. Printed using vegetable oil based inks. Please do your part to help the environment by passing on your magazine to others or recycling it responsibly. **Thank you.**

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

Church Office:

Hayley Fourie, Administrator
Office number 01344 421079
Office mobile number: 07719 545292
office@binfieldcofechurches.org.uk

Office opening hours:

Tuesday: 9.00am - 1.00pm
Wednesday: 9.00am - 1.00pm
Thursday: 9.00am - 1.00pm

Binfield Beacon Editor:

Claire Thomas
beacon@binfieldcofechurches.org.uk

P.C.C. Secretary:

Kate Hayes
07809 736372

Organist & Choirmaster:

Michael Hawkins
01344 411681

Bell Tower Captain:

Jan Glen
07840 104455

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!

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



Hi Everyone,

We've arrived in May after a wonderful time celebrating Easter and a well deserved break. Our kids and youth have been busy during April, this is a snapshot of what we've been up to...



Whizz Kids had an amazing Easter Egg-stravaganza during the school holidays, with games, sports, and lots of interactive faith activities. We made a timeline of the Easter story, decorated biscuits, and of course had an Easter egg hunt in the Church grounds! We also had our annual Easter egg hunt on Easter Sunday at Church which was wonderful to do again after a 2 year break! It was a great morning celebrating with our Church community.



On June 4th there is going to be a community party to celebrate the Queen's Platinum Jubilee at Farley Wood, and we will be involved in the fun by running a few stalls at this event. We'd love to see you there, and we will be needing some willing Whizz Kids to help run the stalls too, so if you'd like to help please let Daisy know.



Oasis

Our youth at Oasis have spent the last term looking at mental wellbeing and some helpful coping strategies for when we feel overwhelmed. We've had conversations about stress and feelings of anxiousness, and come up with activities for us to remember when these feelings arise.



Before breaking up for Easter break we of course had a Easter egg hunt at Oasis too. This was inside the Church and got very competitive, which was not a surprise to the leaders!

One of our regular leaders, Cat, is expecting her first baby, so we threw her an Oasis baby shower to wish her luck! Complete with games like 'guess what's in the nappy', we had a great time celebrating Cat and all she does for us.



On May 22nd we have the return of the Binfield 10k, and our young people will be manning the station at All Saint's Church with water and jelly babies ready for the runners! If you'd like to help at this station, please let Daisy know asap, as we need several willing volunteers. We look forward to seeing you next month with more updates from the kids and youth work!

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



BINFIELD LIBRARY NEWS

Jubilee Quiz at Binfield Library

Plans are underway for Binfield Library's celebrations to mark the Queen's 70 year reign, including a just-for-fun quiz with no teams, no rivalry and no losers! If you've ever met Derek, our Binfield quizmaster, you'll know how friendly and fun his quizzes are, and if you've a fondness for royal trivia and facts about Her Majesty, then you're going to love Jubilee Quiz. Come alone or bring a friend to Binfield Library on **Thursday 26th May at 11am (£1 charge)**. There's no need to book and we can promise lots of fun.

Please check the library website

<https://www.bracknell-forest.gov.uk/libraries/library-events> for details of all our special Platinum Jubilee events at Binfield Library and libraries across the borough. For example, poetry lovers won't want to miss an afternoon of poetry, tea and cake at Bracknell Library on 23rd May.

We would also like your jubilee photographs. Bracknell Library will soon be hosting an exhibition of photographs and articles celebrating the Queen's Platinum Jubilee. If you have any digital images of Jubilee celebrations or royal visits to Bracknell over the years, we would love to see them. Suitable

images can be emailed to bracknell.library@bracknell-forest.gov.uk or photographs can be brought into Bracknell Library where we can scan them while you wait.

Code Club volunteers needed!

Bracknell Forest Libraries would like to restart running code clubs for children aged 8-13 and we're looking for volunteers that have an interest in coding to help run our clubs. Code Club <https://codeclub.org/en> is a nationwide network of free volunteer-led coding clubs which help children learn programming skills in a fun and creative way. Each week children undertake an activity that teaches them how to program computer games, animations and website, starting with Scratch, and then going on to HTML, CSS and Python.

It's easy to get involved because Code Club provides the projects and guides for volunteers to use in their clubs with step-by-step instructions for learners to follow. You don't have to be a "coding genius", just confident with using computers and willing to learn. For information about the role and to express an interest in volunteering with code clubs please check the library website <https://www.bracknell-forest.gov.uk/libraries/volunteer-your-library/code-club-volunteer-role-description>

Anne Hayward

FUNDRAISING NEWS



Cemetery Work Progress

If you haven't stepped through the gates into the Cemetery at Stubbs Hill before, now is a good time to have a little look. With the planned (and unplanned thanks to the recent storms) works recently completed, it's looking much better down there! A huge thank you again to our donors who made this possible and have helped make a big difference. There is further work to carry out, so the GoFundMe campaign remains open for the time being.

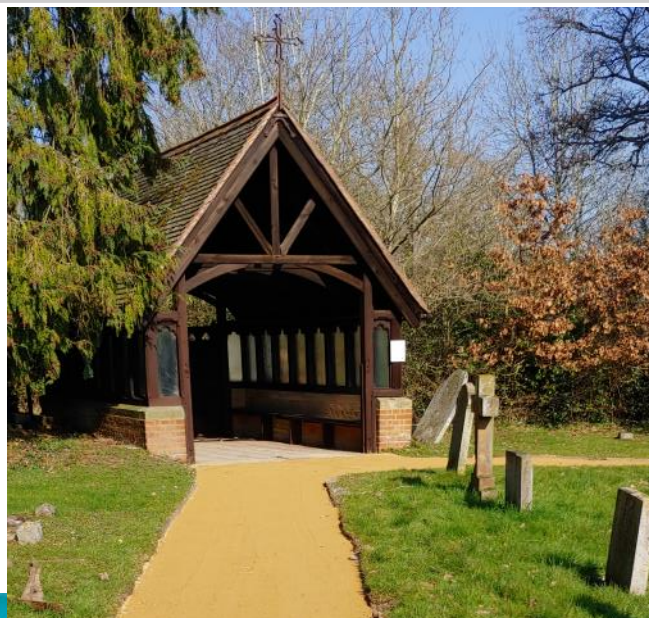
We appreciate every contribution made to our fundraising, which helps us to ensure that projects such as these can happen and that our community spaces are being cared for.

Events and Activities

April has been a great month for fundraising. At the time of writing, the **Easter Plant Sale** is well under way at the Foxes Den Café. We were very fortunate again to have been donated some fantastic plants to be able to offer to our buyers. Thanks to all those who have donated and to Amanda for making it happen.

We also hope that the **Binfield Doorstep Sale Trail** successfully took place and that we'll be able to update you on that in the next Beacon issue.

The team are aiming to have a fundraising presence at both the Parish Council Jubilee celebrations in June and at the very welcome return of the Party By the Pitch event in July. If anyone is able to spare some time to help us at these, or our Church Fete in September, please let us know!



Fundraising for the Binfield Cemetery

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

goFundMe



SCAN ME

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.binfieldcofechurches.org.uk

fundraising@binfieldcofechurches.org.uk
www.facebook.com/AllSaintsWithSt.Marks

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



COMMUNITY NEWS

BINFIELD PATIENT GROUP

SLEEP:

Sleeping well can feel like a bit of a superpower. Have you had one of those days after a good night's sleep when you feel you could tackle anything? Even that never-ending to-do list?

On the flip side, the day after a bad night's sleep can feel like a totally different beast. The day after a run of sleepless nights even more so...

Sleep is not an optional extra:

It is an essential part of day-to-day life and keeping yourself fit and well in the long term. In short, the better you sleep at night, the better you can function during the day.

Research shows that most adults need between 7 and 9 hours sleep per night. Think back to your last week, how many hours do you think you were getting?

The reasons why sleep is so important include:

It supports your brain function.

It protects your mental health.

It fights against chronic disease.

If you are not sleeping properly, here are some tips and tricks you can try out tonight to try and get your sleep back on track:

1. **Prioritise sleep. No television or computer for 1 hour prior to going to bed.**
2. **Go to bed and get up at the same time every day. Be time consistent every evening and morning.**
3. **Clock your caffeine intake. No tea or coffee or any drink or food containing caffeine, including chocolate. Switch your afternoon coffee for herbal tea.**

COUGHS, COLDS AND SORE THROATS:

Prevention...

- Wash your hands! (This may be why doctors get fewer viral illnesses than many people!)
- Keep your hands away from your face.
- Use paper tissues and then bin them

You are unwell...

You may have a runny nose, sore throat, hoarse voice, cough. The virus may attack the whole of your respiratory track from nose to windpipe, leading to these familiar symptoms.

You can improve the way you feel:

Adults over 16 years of age only:

Regular paracetamol or ibuprofen lowers temperature and will help aches and pains. Always read the instructions contained in the paracetamol and ibuprofen packs before taking these tablets, particularly the amounts to take.

For **child** medical advice, please speak with your local pharmacy.

Drink lots of fluid.

Avoid strenuous exercise.

Duncan Johnston - Binfield Patient Group

MESSAGE FROM DOCTOR PLATT

HAY FEVER:

Spring is here, and so is tree pollen. Many people will have symptoms of hay fever at this time, and those allergic to grass pollen will only be spared until June.

There are three drug treatments for the symptoms of hay fever. Most are available over the counter.

I feel that the most effective is **antihistamine tablets**. No one type is more effective than any other, although people often have a favourite. **Loratadine** and **cetirizine** do not often cause drowsiness, and are the active ingredient in pharmacies and supermarkets own brand of antihistamines. These drugs are not recommended in pregnancy.

The older types, **chlorpheniramine (Piriton)** or **promethazine (Avomine)** are safe in pregnancy, but will cause drowsiness.

For nasal symptoms, consider **Beconase**. Possibly better are **Nasonex**, or **Pirinase**. They should be taken regularly for best effect. They do not work immediately but provide longer term relief.

If you have itchy eyes, it is worth using eye drops. Several brands have the active ingredient **sodium cromoglycate**. **Azelastine** and **lodoxamide** are also available. It must be said that my observation is that no eye drops will completely abolish the symptoms, and they are no substitute for antihistamine tablets.

Most of the above named treatments are available without prescription and are for adults over 16 years of age only. Your pharmacy will tell you if a doctor's prescription **IS** required. Please ask your pharmacy for guidance on **child** treatments.

Dr J. Platt.



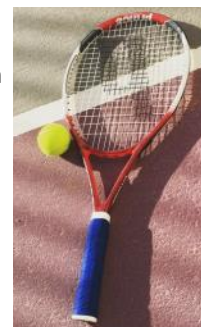
Binfield Tennis Association

Are pleased to announce that, in partnership with Binfield C.E. Primary School, we are running a 5-week coaching programme after Easter which will involve years two through to six. Each class will have a daily coaching session for a whole week on the tennis courts adjacent to the school.

The BTA alongside the club's Head Coach Tony Williams of CTC Tennis, who is a level 4 LTA accredited tennis coach and has extensive experience of organising such programmes are passionate about all children being encouraged into the world of tennis.

The BTA offers a community accessible club for all age groups and abilities, for further information please visit our website:

<https://clubspark.lta.org.uk/BinfieldTennisAssociation>



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DANCE
DANCE

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Acrobatic Arts (BATD)
Adult Ballet
Adult Tap

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Binfield Pre-school



"Where your child never stops learning"

Binfield Pre-school has been providing quality childcare in the local community since 1982. We have friendly qualified staff to help young children explore and learn through play in our well-equipped settings. We welcome children aged between 2 and 5 Years

Ofsted approved and Good Rating
Member of the Early Years Alliance (EYA)
Registered for Funded Children
Registered Charity No. 1020270

For more info contact info@binfieldpreschool.net
www.binfieldpreschool.net

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ACTION FOR HAPPINESS WORDSEARCH

Everyone's path to happiness is different. Actionforhappiness.org have identified 10 keys that they say can help to make life happier and more fulfilling spelling...**GREAT DREAM**

G iving	D irection
R elating	R esilience
E xercising	E motions
A wareness	A cceptance
T rying Out	M eaning

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

Looking forward to spring days and light mornings the dawn chorus wakes us early and our thoughts turn to what's in store for us in May. Our WI members are also thinking about May when we will be holding our first meeting in the Binfield School Hall having unfortunately outgrown the memorial Hall where they have met for many years.

Our group has become so popular and new recruits will be welcomed at that meeting to enjoy being part of our friendly village WI. A new committee and President headed up by Mary Wharphshire are looking forward to a busy few months.

As our Queens Platinum Jubilee event gets ever nearer Binfield's Party on Saturday June 4th is taking shape when we look forward to welcoming our village community and wider to Farley Wood where the stage is set... 50's style with Fete stalls and games for the children, a great swing band to dance and sing to, stalls selling refreshments and tombola's and games for the children. As always befits the WI... we are running the tea tent ..that vision from years ago set in a scout tent with big teapots and cake galore, slightly more refined now.

Our fifties dressed ladies with frilly aprons and all will be offering teas, coffee and cold drinks along with an array of sweet and savoury goodies to tempt you all the way through the event. You can sit on our tables and chairs and enjoy vintage china, along with a cream tea or takeaway drinks and a takeaway cream tea. Our home made efforts can be wrapped and taken home for later and corgi biscuits will be

iced by the kids to take away. We have bag a bag .. a type of tombola and a jubilee dip for the kids to enjoy ...might be a Winnie or 2 in there. Guess the weight of our beautiful platinum cake and sit back and enjoy this special day.

A Fish and Chip lunch was enjoyed last month, a group afternoon with other WI friends and numerous meet ups with Badminton, walks, keep fit, book club, craft and scrabble and coffee's at our favourite venue the Foxes Den. Looking forward to supper at the real Greek soon and a cream tea at Riseley tea rooms to follow. Our Faberge Trip in May to the V and A and summer trips to Bournemouth and a ride on the Thames to Hampton court.

We are also involved with Hospital bags which we supply to Royal Berks Hospital filled with flannel, soap, toothpaste and brush, comb and razor as needed to give to A&E patients and those with out overnight bags. We also supply knitted toys, hearts, blankets etc all received with open arms. **Our next meeting is: 12th May in Binfield School Hall at 7.15pm (welcome from 7pm) our speaker are Mary and Ali 'Where are our Camels' talking about their charity walk in the Sahara.**

An invitation for our new members at this meeting and any other visitors who may want to dip a toe in WI waters or the sand on this occasion. You won't be disappointed .. you can pay us 3 visits before you decide to join us. Lots to look forward to in 2022.

If you need more information please contact me Linda Willcocks 01344 454503/07708731294 or email binfieldwi@berkshirewi.co.uk

Linda Willcocks

COMMUNITY NEWS

The BINFIELD 10K

Only 3 weeks to go!
Sunday 22nd May 2022 10am

Its only 3 weeks to go until the 5th Binfield 10K and we are so excited!

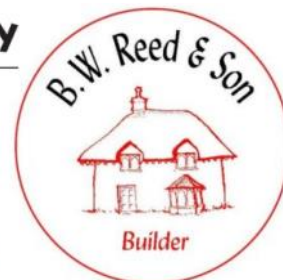
- 850 runners signed up
- Over 70 marshals lined up to guide the runners on their way
- Committed sponsors helping and supporting us
- Road closure order in place and confirmed
- Kilometre signs currently being printed
- Pacers ready to help the runners meet their personal best
- First Aid confirmed
- Over 15 community groups ready to help us on the day
- 5 water stations organised for refreshments around the route

- The Swing band and the Newbold drummers ready to provide musical entertainment
- The Foxes Den is ordering extra cakes and biscuits
- BBQ confirmed for bacon butties, sausages baps and cheeseburgers
- Fresh bananas for every runner
- Sparkly 10K medals for all our finishers
- Binfield 10K shortbreads are being made by the dozen
- Lead cyclist raring to go
- Tail runner confirmed and committed!

So much going on, and so much more to mention.....but in a nutshell.....We are ready – are you?! We can't wait for this year's Binfield 10K. Come and join us, whether you are running, walking, spectating or marshalling – come out and help us make this the biggest event yet. Its going to be great and we can't wait to see you!

enquiries@binfield10k.co.uk

www.binfield10k.co.uk



CRICKET IS BACK.....

Spring is back and so is cricket! After a successful winter nets season we are looking forward to welcoming everyone back to the club. This year we see a greater number of Colts teams including our ever-expanding girls teams with fixtures across all age groups, more Softball Festivals and

our Women's Hardball 1st XI being promoted for a second year running. Aside from the various games at home in May, we are delighted to have been invited to host a Berkshire 2nd XI match - it is testament to our facilities that we are being constantly requested to host some of these more prestigious matches.

With an abundance of games and various training each night of the week, please feel free to pop down, soak up the atmosphere and indulge in some liquid refreshments, should the fancy take you.

Here's to a great cricketing summer !

Andy Bryant
Chairman Binfield Cricket Club

Sat 30 Apr 2022	1st XI	White Waltham CC	12.30pm	Friendly
Sun 01 May 2022	Friendly XI	Gentlemen Of West London CC	1.00pm	Friendly
Sun 01 May 2022	Women's Super 8s	Wargrave CC	1.00pm	League
Sat 07 May 2022	1st XI	Reading CC 1st XI	13:00	League
Tue 10 May 2022	Midweek XI	Finchampstead CC	6pm	League
Wed 11 May 2022	Under 15's	Valley End CC Under 15 A	18:00	Cup
Thu 12 May 2022	Under 13's	Emmbrook and Bearwood CC Under 13 Bears	17:45	League
Sat 14 May 2022	1st XI	Sulhamstead & Upton CC 1st XI	13:00	League
Sat 14 May 2022	2nd XI	Bagshot CC 2nd XI	13:00	League
Sun 15 May 2022	Under 9's	Royal Ascot CC U9 BYCL Raccoons	10:00	League
Sun 15 May 2022	Friendly XI	Sandhurst CC	1.30pm	Friendly
Mon 16 May 2022	Women's Softball	TBC	6pm	Friendly
Tue 17 May 2022	Under 15's	Finchampstead CC Under 15 Eagles	18:00	League
Wed 18 May 2022	Midweek XI	Farley Hill CC	6pm	Cup
Thu 19 May 2022	Girls U15	Falkland CC, Berks Girls Under 15	18:00	League
Sat 21 May 2022	1st XI	Cove CC 1st XI	13:00	League
Sun 22 May 2022	1st XI	Village KO R3	1.00pm	Cup
Sun 22 May 2022	Friendly XI	TBC	1.00pm	Friendly
Sun 22 May 2022	Women's Super 8s	Crowthorne & Crown Wood CC	1.00pm	League
Wed 25 May 2022	Under 11's	Valley End CC Under 11	18:00	League
Thu 26 May 2022	Girls U13	Wargrave CC Girls Under 13	18:00	League
Sat 28 May 2022	2nd XI	Royal Ascot CC 2nd XI	13	League
Sun 29 May 2022	Friendly XI	Three B's	1.00pm	Friendly
Mon 30 May 2022	Berkshire CCC	Oxfordshire CCC	11.00am	League
Mon 30 May 2022	Girls U15	Henley CC Girls Under 15	18:00	League
Tue 31 May 2022	Midweek XI	Eversley CC	6pm	League

COMMUNITY NEWS



Merry May Mayhem!

We are just about recovering from the madness that was the Easter holidays and the fabulous Binfield Easter Egg hunt – thank you so much to everyone who joined in or put up with the craziness while we catered for all the extra demand. It was so lovely seeing the village buzzing and even glimpsing the magical Easter bunny as it popped up here and there...

What's next:

FABULOUS FASHION – Thursday May 12th - We are very excited to be hosting our first charity fashion show! There will be local businesses, a catwalk, refreshments and proceeds go to BEAT: an eating disorder charity. Tickets are selling out fast!

THE BINFIELD 10K ROAD RACE – Sunday May 22nd – the start and finish of the race are here outside the Den. There are 850 runners signed up and it seems like the whole village gets involved – please cheer them on if you can!

If you have more ideas for community activities please get in touch!
Claire x

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



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Claire xx **07919448254** claire@foxesden.co.uk

The Shop in the Nook

Over the past few months we have been restocking and coming up with new lines to put in our little gift shop in the Den. Recent gorgeous additions have been wooden crafted items made by a lovely local lady and her little company: Hugo's Workshop. She makes a lot of personalised wooden items including chopping boards and hammers.

The ones we have chosen for the Den are the fabulous 'I love Binfield' and 'London, New York, Paris, Binfield' coasters and some fun running themed medal hangers and plaques. Pop in to have a look!



Board Games Night is back!

Come along on the last Sunday 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!



BINFIELD GARDEN CLUB

For our April meeting we welcomed Richard Ramsey of Withypitts Dahlias Ltd. This is a family firm in West Sussex whose flowers are much sort after for prestigious events and Richard gave us many hints for how to grow our own beautiful specimens.

Set down the tubers in February/early March and shoots will emerge in 2-3 weeks. Tubers will send out multiple stems and you can take cuttings of these. Plant out when no risk of frost and put a stake in as you do so you don't damage roots later on. Water in and begin feeding 10-15 days later, then every 4 weeks. Always keep deadheading and prune spent growth. At the end of the season, ideally wait for a frost to blacken the leaves then cut the stems to 15 cm. Lift, avoiding damage to the crown and store upside down. When all has dried off, clean the tuber and store in a cool location inspecting every 3-4 weeks and dust with sulphur powder. Richard said a wine cellar is the very best place for storing! Who has one in Binfield??

He gave good advice for when you cut your beautiful flowers. Cut the stems at a 45 deg angle under hot water which keeps the stem clean. Remove all leaves, change the water every day, trimming the stems each time.

Richard brought a bag of individual tubers to sell and also 25



cuttings for our Annual Competition. Hopefully in September, the members who took these cuttings will bring their results back to show us or if they've grown too big, a photo! If you have one of these cuttings, when it gets 5 to 6 pairs of leaves, pinch out the top to make growth in side shoots. Pot on in loam based compost and put outside in May/June. Don't let it dry out and feed every 3-4 weeks. Good luck!

As always we had an excellent raffle which included wine and some lovely plants. The competition of a cactus or succulent was won by Elaine Mactaggart, (see photo) with Carol Frazer 2nd and Ros Hardy 3rd. Well done.



May 5th is to be our Annual Plant Sale. Do join us at the Memorial Hall to stock up your garden and enjoy tea and cake.

A look ahead and June 2nd will be an evening with Annabelle Padwick, a professional gardener and radio personality. She aims to tell us how gardening can change lives both physically and mentally. The competition is an arrangement in a recycled container. There will be a raffle and hopefully, by then we can also serve tea/coffee and biscuits. Guests and visitors are always welcome, so please come along and see how friendly we all are! All being well, we may resume an outing or two in summer/autumn. How wonderful that will be!

More details on binfieldgardenclub.wordpress.com and on Facebook

Sue Jeffery

COMMUNITY NEWS



News from the Parish Office



*Join us to Celebrate
The Queen's Platinum Jubilee*

Thursday 2nd June 2022

With the lighting of the Beacon at 9.45pm at Binfield Parish Office. The Foxes' Den will open from 8pm serving outdoor refreshments. There will be a piper leading a procession and the choir will sing 'A song for the Commonwealth' as the Beacon is lit. All are welcome.

Saturday 4th June 2022

1950's Jubilee Party at Farley Wood 3-9pm

1950's dress, red, white and blue, Live Band, Disco, Licensed Bar, Community Fete Stalls, Balloon Modelling, Activities for everyone!

Tickets are free – Book on Eventbrite: [Binfield Platinum Jubilee Summer Party Tickets, Sat 4 Jun 2022 at 15:00 | Eventbrite](#)

Binfield Parish Council upcoming meetings:

May 2022

Saturday 7 May	Councillor Drop-In Session (The Foxes' Den community cafe)	10am – 12pm
Tuesday 10 May	Annual Council Meeting	8pm
Tuesday 24 May	Planning and Transportation Committee	8pm

Future Events

Sunday 22 nd May	Binfield 10K – Sold out but still require volunteers/marshals	8am-12noon
Saturday 4 th June	1950's Platinum Jubilee Party -looking for community groups/	3-9pm

Community Governance Review

We would encourage as many residents as possible to take part in the consultation.

If you would like to know more about the review or would like to submit comments to Bracknell Forest Council, please visit <https://www.bracknell-forest.gov.uk/elections-and-voting/community-governance-review>

Alternatively, please pop into the Parish Office and have a chat with us.

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>

Ceri, 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 green and gold plant, shown in the picture above, is important for our native wildlife. At least 35 species of insect totally rely on it and more than 80 other insects use it as a significant food source. Friends of the Earth have called it the UK's seventh most

important nectar-producing plant. One of the species that

relies on it is the cinnabar moth, whose distinctive yellow and black caterpillars are also shown in the picture.

The caterpillars ingest an alkaloid from the plant making them distasteful to some of their potential predators.

However, the adult cuckoo has evolved to eat a range of poisonous caterpillars including the cinnabar moth caterpillar. In some parts of the country, cinnabar moth caterpillars can form a significant part of the cuckoo's diet.

This plant is an important part of our idealised image of a British wildflower meadow in summer especially when combined with the sight of swallows feeding on the insects and the sound of cuckoos calling. Poet John Clare wrote about it, an enterprising west-country farmer used to sell it in his shop as "summer gold", and Manx exiles have adopted "Cushag" as an emblem, albeit possibly satirically.

This super-plant is common ragwort and it has a dark side.



Common ragwort is one of a number of plants that contains alkaloids that are poisonous to horses and other livestock. Alkaloid poisoning is a particularly horrible way for a horse to die and the damage to a horse's liver can cause a range of nasty side-effects even if it doesn't kill them.

Common ragwort does not taste good to horses and they will not eat the growing plant unless there is nothing else for them to eat. Unfortunately, although the poison remains when common ragwort is accidentally included in hay, horses find the dead plant more palatable. Ragwort shouldn't be a problem for anyone who is looking after their horses well.

Common ragwort is one of only six plants covered by the 1959 Injurious Weeds Act and has sections dedicated to it on the websites of the UK government and each of the devolved administrations. The blunt language used on all of these websites reflects a concerted campaign by some high profile horse-owners. Unfortunately, this campaign has resulted in a focus on just one source of the poisonous alkaloids and downplayed the importance of good horse husbandry.

Despite what some people believe, it is not illegal to have common ragwort on your land but it is illegal to pick common ragwort (and any other wildflower) without the permission of the landowner.

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>

Mike Coker



Royal Naval Association Bracknell Branch Update

Well, what a month it's been for the Bracknell RNA.

Once again some of our members were able to venture "out" on a fabulous day trip with, yes, a naval connection.

Twelve Shipmates travelled to Greenwich and visited the National Maritime Museum, enjoying the many galleries and wonderful exhibits. The Queen's House with its lovely architecture (including that amazing tulip spiral staircase) and fabulous works of art was also explored. Several S/Ms ventured down to the Riverside to view the Cutty Sark and all the local sights. It was a great day out and Shipmates are now looking forward to their next outing in May to Chatham Historic Dockyard.



Committee members updated all the members on Branch activities from the previous month. We had been represented at another Armed Forces Veterans Hub at Whitley Wood Fire Station. Bracknell Branch is part of RNA district 'Area 6', one of the 12 districts that the UK's RNA is divided into. Area 6

stretches from Swindon in the west to Peterborough in the north. S/M Anthony with his DNCM (Deputy National Council Member) "hat" on had recently attended a National Council Meeting by zoom, which was hosted by the new National President, V-Admiral Duncan Potts. Social Secretary Lynne also reminded the group about our up-and-coming St George's Day Dinner in April.

The second half of this month's session, as always, saw members enthralled by our after-meeting speaker. This month's presentation, by S/M Mike Daley, was like an episode of "Who Do You Think You Are", revealing he was a direct descendant of Henry VIII. The talk focused on the famous Welsh bridge builder **William Edwards** (another ancestor), who was responsible for many architectural wonders but, most famously, the Pontypridd Bridge. The bridge still stands to this day and is depicted on a soup tureen (part of a Wedgwood china dinner service) ordered by Catherine the Great, who admired the bridge as the "8th Great Wonder of the World".

All in all a busy month was enjoyed by members, and with three new Shipmates joining, it's a great time to come along and join in with the comradery and fun.

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



THE CIRCUS IS COMING TO BINFIELD!

SAVE THE DATE:

SATURDAY, 25TH JUNE 2022

FOR MORE INFO, KEEP AN EYE ON
WWW.PTA-EVENTS.CO.UK/FOBS






BAG 2 SCHOOL COLLECTION

DATE: THURSDAY, 5TH MAY 2022
WHERE: PARISH COUNCIL OFFICE CARPARK, BENETFELD ROAD

FOBS are holding a Bag2School Clothing Collection to help **YOU** declutter and at the same time raise money for **Binfield C of E Primary**.

Please bring your items already bagged between **8am and 10am** on **Thursday, 5th May 2022** to the **Parish Council Car Park on Benetfeld Road**.
To adhere to current COVID-19 safety guidelines, you will need to unload your bags into the designated area yourself, please maintain social distancing and do not attend if you are displaying COVID-19 like symptoms.

Bag2School accept the following 'good quality' items only for re-use:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats and Belts
- Bags
- Scarves and ties
- Jewellery
- Lingerie and Socks
- Soft toys (no plastic please)
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillow cases and duvet covers)

They DO NOT accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

They reserve the right to refuse any unsuitable items.

Thank you for your continued support




Binfield Cricket Club and 1st Binfield Scouts' Annual Fundraiser at the Cricket Club is back!

Party 'Bye' The Pitch

Saturday 2nd July 2022

4pm – 10pm

**** Please help us to win a £1000 fundraising boost by voting ****
for Party Bye The Pitch at:
<https://www.ticketsource.co.uk/community-event-fund/>

Tickets go on sale on Wednesday 1st June

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