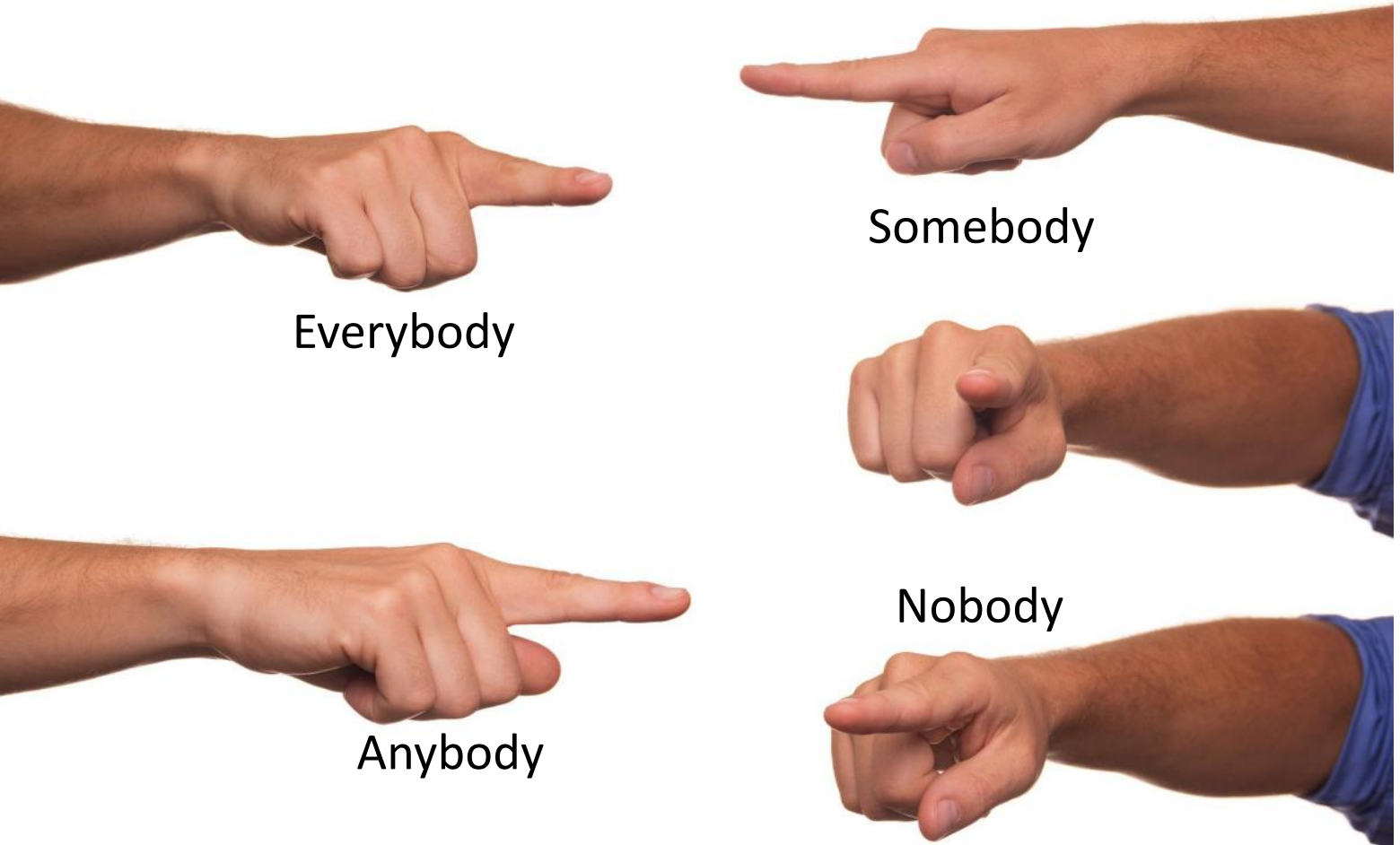


The Binfield Beacon

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



July 2022



Everybody

Somebody

Anybody

Nobody

When there is an important
job to be done...

This Month

Community BBQ - page 5

Binfield 10K- page 19

Summer Reading Challenge - page 16

Photo competition 2023 - page 20

Image by Niek Verlaan from Pixabay

Our Mission is to help people follow Jesus and his teachings

Church Office: 01344 421079 office@binfieldcofechurches.org.uk [facebook.com/allsaintswithstmarks](https://www.facebook.com/allsaintswithstmarks)

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

SERVICES & DIARY

SERVICES

JULY 2022

Sunday 3rd July	9.30am	Common Worship Communion
<i>Talk: Learning to trust God</i>	11.00am	Informal All Age Baptism Service
Sunday 10th July	8.15am	Book of Common Prayer Communion
<i>Talk: Being wise</i>	9.30am	Common Worship Communion
Sunday 17th July	9.30am	Common Worship Communion
<i>Talk: Controlling your thoughts</i>	11.00am	Informal Communion Service
Sunday 24th July	8.15am	Book of Common Prayer Communion
<i>Talk: Planning with God?</i>	9.30am	Common Worship Communion
Sunday 31st July	9.30am	Common Worship Communion
<i>Talk: Asking God for two things</i>		

AUGUST 2022

Sunday 7th August	9.30am	Common Worship Communion
<i>Talk: Two ways to live</i>	11.00am	Informal Service



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: 6th, 13th, 20th July

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**

DIARY

JULY 2022

Sat 2nd	7.45am	Men's Monthly Walk
Sun 3rd	10.45am	Whizz Kids at St Mark's Church
Wed 6th	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
Thurs 7th	7.00pm	Choir practice at St Mark's Church
Wed 13th	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thurs 14th	7.00pm	Choir practice at St Mark's Church
Sun 17th	10.45am	Whizz Kids at St Mark's Church
Wed 20th	9.00am	Wednesday Women's Walk
	10.00am	3G Toddler Group at St Mark's Church
Thurs 21st	7.00pm	Choir practice at St Mark's Church
Sun 22nd	5.00pm	Community BBQ at Foxley Fields
Thurs 23rd	7.00pm	Choir practice at St Mark's Church
Mon 25th	7.30pm	Practice the presence of God at The Rectory
Tues 26th	12 noon	Silver Service at St Mark's Church
Wed 29th	10.00am	3G Toddler Group at St Mark's Church
	7.00pm	Oasis Youth Group at St Mark's Church
Thurs 30th	7.00pm	Choir practice at St Mark's Church

MEN'S MONTHLY COUNTRY WALK

DATES: Saturday 2nd July and 6th August

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 kimswain@pm.me

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 26th July at 12 noon

If you need a lift, please call

Beverley on 07704 437207



Practice the presence of God

Our Practice the presence of God sessions take place on the 4th Monday of the month at The Rectory. (No meeting in August).

This is a time to be still and to practice listening to God and learning to recognise how he speaks to you.

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.

6th July - 9am meet Foxes' Den
20th July - 9am meet Foxes' Den
3rd August - NO WALK
17th August - NO WALK

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



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

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

A MESSAGE FROM YOUR RECTOR



EVERYBODY, SOMEBODY, ANYBODY AND NOBODY

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

When there is an important job that needs doing, are you like Everybody, Somebody, Anybody and Nobody and leave it to others to do? Or do you do, will you do, as the Bible suggests and..... **look out not only for your own interests, but also for the interests of others. Philippians chapter 2 verses 3-4.** How would you rather be known?



 **Join our mailing list!**

Stay up to date with our news and events...

Scan this QR Code:



or visit our website to sign up and see our Data Privacy Notice:
www.binfieldcofechurches.org.uk/contact-list-sign-up

Never miss an issue of the Beacon

Would you like to receive an electronic, full colour, copy of the Binfield Beacon emailed to you every month?

If so please email

beacon@binfieldcofechurches.org.uk

with your name and email address to be added to the mailing list.

Alternatively visit:

www.binfieldcofechurches.org.uk/binfield-beacon/

where a colour version of the Beacon is published online each month.



From the Registers:



Baptisms

Arthur Thomas Berrington

Funerals

Steven Scoltock



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



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

In order to be able to serve coffee every week, we need additional volunteers. Please let us know if you would like to help.

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.

The Binfield Beacon



The deadline for Beacon contributions for the August/September 2022 issue

is Monday 11th July 2022

(Please remember this is a double issue)

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

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.

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

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

Curate:

Revd Sam Mortimer
07505 426763
rev.sam.mortimer@gmail.com

Churchwarden:

John Hargreaves - 07973 842624

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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 us regarding updates, news and events from the parish please go to this webpage:

<http://eepurl.com/dtqagr>

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?

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Refreshments after the services

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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 a fantastic time celebrating the Queen's Platinum Jubilee last month, there was some amazing stuff going on round the village and it was great to celebrate together! Here's what the kids and young people have been up to recently...



At Whizz Kids we've been learning about creation, and all the wonderful things God created! We've had games, craft, and interactive activities to help us explore God's creation, as well as spending lots of time outside playing games in the sun. Whizz Kids also ran a teddy tumble stall at the Jubilee party at Farley Wood, which was great fun and helped raise money for the Church and our youth activities, so a big thank you to all the kids who came and helped with that.



Coming up in July we have a community BBQ after school on Friday 22nd July from 5pm, so please come and join us to enjoy the start of summer and some tasty food! We will also be meeting regularly during the summer holidays for games at the park. More info will follow about days and times for this, so keep a close eye on our Facebook page - 'Whizz Kids Binfield'.



At Oasis we've been looking at a news topic relevant to that week, and exploring our thoughts on the issue. We've talked about things like rulings at parliament, celebrity news, and the Royal family, and it's been great to share our thoughts and different opinions on these subjects. We also had some Oasis youth come and help run the water station at the Binfield 10k, where they filled and handed out water cups to runners, gave out jelly babies, and sprayed runners (and each other!) with water pistols!



Coming up for Oasis, we have our annual campfire and water fight on Wednesday 13th July, where we'll be toasting marshmallows and spending our final week together before we break up for summer. We are also heading to Satellites in August, a youth festival filled with music, parties, creative space and more! Please do be praying for us as we head off, that we are all safe and have a fantastic time together.



We hope you have a great month, and hope to see you soon!

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



FUNDRAISING NEWS



It's great to see so many well-loved events being run again this year and things are picking up for our Fundraising too! It was great to see so many people at the brilliant party at Farley Wood in June, marking the Jubilee of the Queen. Thank you to everyone who visited our Church stall, run by Daisy and her Whizz Kids team - we hope the teddies are enjoying their new homes!

We are currently waiting to see the results of the Quinquennial Survey which was carried out on All Saints', which will enable us to get cracking on the plans for carrying out more remedial and future-proofing work on the Church when we can. We will be balancing this with finding funds still for both the general running of the church and our youth ministry. There is much work do be done and the Fundraising team is pleased to be able to do what we can to support it, with your help too!

Events and Activities

The hot tickets of the summer are for the Scouts Party Bye the Pitch on 2nd July! Look out for Daisy and her team running the tea tent and raising funds for the Youth Groups. Any donations of cakes and bakes would be gratefully received!

We are also re-launching our annual **Binfield Calendar Photo Competition** so make sure you snap some shots of our beautiful village as you are out and about and get ready to send them in to us at the end of the summer!

Planning for the **Church Fete** is kicking off in earnest so look out for more information on this fantastic event we are excited to bring back into your diaries!



Binfield Church Fete 2022

Sunday 11th September

We are very excited to announce the return of the church fete! Put the date in your diaries!

We will be looking forward to bringing back old favourites such as:

- **The Dog Show!**
- **BBQ and Pimms Tent** and of course our amazing **Tea Tent** with fabulous cream teas.
- The **Silent Auction** and **Raffle** will be running again, so please let us know if you have any prizes you would like to donate.
- **Games stalls and Entertainment**
- We will once again be hosting a variety of **Guest Stalls** - please also send us a message if you would like to reserve a space!

We are looking for volunteers to help us make this a big success, so please get in touch if you would like to join our friendly team.

email binfieldchurchfete@gmail.com

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

MY PLANNED CARE:

Helpful information and guidance for patients waiting for a hospital consultation, treatment or surgery in England is available on the website:

<https://www.myplannedcare.nhs.uk/>

My Planned Care website gives you advice and support while you wait and helps you prepare for your hospital consultation, treatment or surgery. This includes giving you waiting times at your hospital and other supporting and local services while you wait.

This site is updated weekly and can be viewed by anyone, which means you, your family or carer as well as your NHS team can all see the latest information.

Your hospital team will be in touch with you as soon as they can. If you are looking for an update, please check this website before contacting your hospital or GP.

It is updated regularly and each region of England and local area can be studied. Here is a link to Frimley within the South East of England (Binfield Surgery's area of the NHS):

www.myplannedcare.nhs.uk/seast/frimley/

CHILD SEPSIS:

If your child has any of these symptoms you should take IMMEDIATE ACTION:

- Looks mottled, bluish or pale.
- Is very lethargic or difficult to wake.
- Feels abnormally cold to touch.

- Is breathing very fast.
- Has a rash that does not fade when you press it.
- Has a fit or convulsion.

GO TO A & E IMMEDIATELY OR CALL 999.

Sepsis is a RARE but serious complication of an infection. For more information visit the website: nhs.uk/sepsis OR sepsistrust.org

BREAST CANCER:

Most cases of breast cancer are found by women noticing unusual changes, taking the initiative and telephoning their doctor. The earlier breast cancer is found, the better the chance of beating it – so you can see how important it is to make regular checks.

Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor. Lumps are vital to look for – but there can be other important signs too. And even if you do find a lump, in most cases they turn out not to be cancerous. So stay calm – remain in control.

It's as simple as TLC...

Touch your breasts. Can you feel anything unusual?

Look for changes. Is there any change in shape or texture?

Check anything unusual with your doctor.

To find out more about breast awareness, visit www.breastcancer.org/tlc or call 0333 20 70 300.

Duncan Johnston - Binfield Patient Group



July sees a real mix of games and events. We start the month with the return of our annual fundraiser, Party Bye the Pitch, with Binfield Scouts. As I write we have sold out the entire event within one day of tickets going on general sale! Incredible proof that the residents of our village love a great community event.

On the cricket side, the Women's Hardball continue their League season, the Senior team are enjoying a week's tour of Bournemouth and the New Forest - hopefully with some cricket thrown in as well. League and junior fixtures continue in abundance. At the end of the month, one of the highlights of the year - as our Berkshire Visually Impaired team and the Help for Heroes team join us for a series of games. Seeing how these individuals have used sport to overcome various adversities, is truly humbling. If there is only one day you can join us this summer - this would be the day

Feel free to pop down at any time to watch some cricket and enjoy the facilities

Andy Bryant - Chairman

JULY HOME FIXTURES

03-Jul-22	13:00	Women's XI	Stony Stratford CC	League
09-Jul-22	13:00	2nd XI	Reading CC 2nd XI	League
10-Jul-22	13:00	Berkshire Stags VICC	Gloucestershire VICC	League
11-Jul-22	18:00	Women's Softball	TBC	Friendly
13-Jul-22	18:00	Girls U13	Slough CC Girls U13 Panthers	League
16-Jul-22	13:00	1st XI	Sulhamstead & Ufton CC 1st XI	League
17-Jul-22	14:00	Friendly XI	President's Day	Friendly
17-Jul-22	18:00	Under 9's	Sonning CC U9 Eagles	League
18-Jul-22	13:00	Berkshire CCC	TBC	League
19-Jul-22	18:00	Midweek XI	Wokingham CC	League
23-Jul-22	13:00	2nd XI	Sonning CC 2nd XI	League
24-Jul-22	13:00	Women's XI	Falkland CC	League
28-Jul-22	18:00	Girls U17	Falkland CC, Berks Girls Under 17	League
30-Jul-22	13:00	1st XI	Royal Ascot CC 1st XI	League
31-Jul-22	10:30	Friendly XI	Help 4 Heroes & Stags	Friendly

COMMUNITY NEWS



The BINFIELD 10K



Well – we did it again!! What a wonderful day the 10K was.....we had the sunshine, the marshals, and the sponsors, and we had the support of the local community. It was amazing to see the runners back out on the roads, and all of the marshals cheering them on!



Thank you to everyone that came out of their houses to join in the fun, it really was a great day. The 'aftershow' party at the pub was also a great time for everyone to get together after such a long time in lockdown and it certainly felt great to be back!

Many congratulations to George Thomas, this year's winner. It was amazing to see George win the race, especially as he was the winner of the first kids' race, in 2016 when the 10K first started. George won the race in an amazing time of 34.48, a full minute ahead of the second runner – well done George, you were brilliant!



It takes a huge amount of work to organise the Binfield 10K and it takes a huge amount of volunteers. From the mini bus drivers, to the lead cyclist, from the marshals to the volunteers on the day, from the drivers of the lead car to the committee itself, we all work so hard and we would like to thank all of you wholeheartedly. We know we cannot do it without you and the Binfield 10K is so successful because we all work together to make it so.

It's important to remember that the Binfield 10K is an expensive event to organise. We spend over £10,000 on road closures, first aid, insurance, signage, medals etc and this would be impossible without the help of our sponsors. A very special thank you to Binfield Parish Council, David Cliff Estate Agents, Bloor Homes, McEvoy & Rowley, Advantage Printroom, Orlando Attractions and B.W. Reed & Son. We hope you enjoyed the event and would love to have you back again next year!

Despite the cost, the Binfield 10K remains a huge fundraiser for the village. We are so proud to announce that this year we raised £10,100 which is a huge amount for a village event. To date, the Binfield 10K has raised over £40,000 and so with this, our 5th run we have now exceeded an amount of £50,000, ALL of which has been given back to the community, including Binfield Primary school, local community groups and a charity of choice each year. This year, we are delighted to say that we will donate £5,000 to the Thames Valley Air Ambulance and the rest of the money will be divided equally between all of the community groups that support us, including Binfield Primary School and St Marks & All Saints Church. The following groups will also receive a donation... 1st Binfield Beavers, 1st Binfield Cubs, 1st Binfield Scouts, 1st Binfield Guides, 4th Binfield Brownies, Binfield Cricket Club, Binfield Football Club, Binfield Environment Group, and Newbold Pathfinders. Thank you to all of these groups for helping us – we will be in touch soon regarding our donation to you.

Here are some fun facts about the 10K:

- Over 850 runners registered
- Over £10,000 raised
- Over 70 marshals lined the course
- Over 10 community groups involved and gave their support
- 7 company sponsors
- Over 1000 letters hand delivered
- 300 litres of water were drunk
- 30 road closed signs were put out
- 109 Binfield 10K shortbread biscuits were eaten
- 450 bananas were eaten
- Over 50 metres of bunting decorated the village
- 3000 recyclable cups were used
- 150 burgers and 150 sausages

And finally, just to confirm, we will be back next year on 21st May 2023 when we will be even bigger!! Keep the date free – registrations will open 1 January 2023!

Thank you again

The Binfield 10K Committee

Karen Williams (Race Director), Ally Wickham, Alex Bartlam, Claire Murphy, Heli Braver, Julie Nixon, James Foster, Jo Foster,



COMMUNITY NEWS



SURVEYING NATURE

I have written a number of times in the Beacon about the different forms of nature surveying that go on across Bracknell and beyond. This week I have surveyed birds, butterflies, and dragonflies. I have also done a couple of more generic site surveys and provided advice to a couple of other surveyors. This led me to wonder why people survey nature.

Some people survey because they want to learn more about nature or about a place. Some people survey because they want to see trends, or because they want to know what interventions to make to benefit nature or people. Some people survey because they want to share their knowledge with others.

In my experience surveying can be fun. It can also be educational, sociable and rewarding. A group of us have just started trying to learn to survey dragonflies and damselflies. We have already had a number of good natured arguments about what we have seen. This is not helped by the fact that there are six different species of blue damselfly that can only be told apart by the patterns on certain parts of their bodies. This in turn is very hard when they are darting about.

Surveying can be a nice way to engage with others. I enjoy showing people what I am looking at and explaining a little bit about why that flora or fauna is important. For example I recently showed some dog-walkers woodlarks on a local piece of heath-land, got them listening to their song and how it differs from the more familiar song of the skylark, and then

thanked them for keeping their dogs under control near the nests of these beautiful birds.

I find that surveying can be a relaxing and mindful experience. A pleasant walk can be enhanced by paying attention to the smaller things such as moths and butterflies. Surveying can also spring surprises. This morning's walk around Piglitttle Meadow turned up a bird that I had never seen in Berkshire before and a beautiful day-flying moth that I have never seen before.

I am increasingly convinced that anyone can survey nature. All you need is a good guidebook or app and a bit of patience. One of my friends has been away from the UK for a long time and has just set himself the task of learning common bird song, with the help of an app on his phone, as a way of re-connecting with English nature.

If you want to get involved with nature surveying in Binfield then please contact us.

On Saturday 20th August we will be walking round a couple of the survey sites in the parish to learn more about what is being found there. For more detail and to register your interest please visit the BEG website or the BEG FaceBook group.

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



THE BINFIELD BELLES

I think there was a song years ago

Oh what a night ...But oh what a day at the Jubilee 1950 Fete at Farley Wood on June 4th. The sun shone, the people came, the community groups pulled out all the stops to attend with stalls and the WI had several attractions on offer.

The Queen with her corgis and the babies in the basket, lucky dip, colouring royal pictures, biscuit decorating and name the corgi for the children. Meanwhile a tea and cake stall attracted the adults and children alike.

Before that we had the Beacon lighting in the village another well organised event by our ladies at the Parish Council and Jubilee committee. Our 3 longest serving members Marjorie, Margaret and Mavis carried our new banner with pride at the ceremony, a great community event which was well attended and enjoyed. A Platinum Jubilee to remember.

We have to thank all our members who worked before the event on creating the corgis, Gill's lovely aprons, Mary's buttery crown biscuits and the many cakes and savouries that the ladies produced. The donations for the Tombola were bountiful and many visitors enjoyed the surprises in the bag.

Our decorations in the village were popular Pom Poms were the order of the day and Ally and her husband decorated at the crossroads with silver and purple...saved me getting on a

ladder..thank you both. Red white and blue for the diamond...however the diamond disappeared to be repaired and didn't get back in time, faced with a bag of coloured knitted balls and a stake in the ground. Luckily we found some inspiration and a whirly clothes line was duly bought. Pom Poms were tied on and a spiral of bunting was added and we were in business!



Our last meeting was very successful with a saxophone player Jonathan who talked about his career in the Army Band and his many times playing at the trooping of the colour. After which we were serenaded with various songs and pieces that make the saxophone sing..such an enjoyable speaker.

The evening saw an influx of new members and visitors stream through the door who had the chance to meet old members and chat over coffee and cake and book upcoming events .

Next meeting is on **July 14th at 7.15 in the Binfield School Hall** **our speaker with be Grace Cardall who is a Tropic Skincare Ambassador giving us advice on skincare and make up with Tropic products.** I'm first in line for a makeover !!

Hope to see you there ...visitors welcome, if you need more info please contact me

Linda Willcocks

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Jump Back Up July

TUESDAY



5 Get the basics right: eat well, exercise and go to bed on time

WEDNESDAY



6 Pause, breathe and feel your feet firmly on the ground

THURSDAY



7 Shift your mood by doing something you really enjoy

FRIDAY



1 Take a small step to help overcome a problem or worry

SATURDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

SUNDAY

3 Be willing to ask for help when you need it

MONDAY

4 Find something to look forward to today

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

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COMMUNITY NEWS



The Queen's Platinum Jubilee Thank You!

We just wanted to say a BIG "Thank you" to everyone that came out and supported our two Platinum Jubilee Events over the long bank holiday weekend. We hope that you all had a wonderful time, it was great to see so many people come together to celebrate.

We would also like to say "Thank you" to all the community stall holders and volunteers that helped on the day and in the planning of both events. Without the support of our volunteers and community groups we would have not been able to make them such a success.

Summer of Fun Is Back!

Various Parish and Town councils are relaunching the Summer of Fun events after the two-year break from Covid.

We organise and run a series of free event days for families in the borough over the school summer holiday period.

This year's event for Binfield will be on Wednesday 31st August at Farley Wood Community Centre (RG42 1FW) 11-3pm.

Inflatables, crazy golf, and balloon modelling are just some of the activities that will be available on the day.

Please see the other dates taking place over this Summer for your diaries:

Wednesday 27 July Warfield, **Wednesday 3 August** Great Hollands, **Friday 5 August** Sandhurst, **Wednesday 10 August** Winkfield, **Tuesday 16 August** Crowthorne, **Wednesday 24 August** Braybrooke, **Wednesday 31 August** Binfield.

HUGE thanks to the runners and volunteers involved in the Binfield 10k!

With the Binfield 10K a few weeks ago now, we wanted to ensure we recognised all the runners and the large number of volunteers who have made this event possible. Our thanks also to the Binfield Environment Group who, with local volunteers, litter picked across Binfield ahead of the run. Please check <http://binfield10k.co.uk/> for all the post-run information and photographs.

Binfield Parish Council upcoming meetings: July 2022

Saturday 9 th July	Councillor Drop-in Session – Foxes Den	10am-12pm
Tuesday 12 th July	Parish Council Meeting	8pm
Tuesday 26 th July	Planning & Transportation Committee	8pm

Events

Wednesday 31 st August	Summer of Fun – Farley Wood	11am-3pm
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Could you be a Parish Councillor?

There is currently one vacancy 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

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COMMUNITY NEWS

The Foxes' Den



COFFEE FOOD COMMUNITY

Jumping July!

Jubilee June was fun over here at the Den, even if the weather wasn't the best on the Sunday for our big Jubilee Picnic. Still, the rain held off and the bouncy castle stayed in use all day and the Pimms was flowing! The Thursday evening official Beacon lighting was a huge success too with approx. 5-600 locals turning up to enjoy the spectacle, the choir and a few drinks

What's next?

Summer is here – isn't it?! So we are prepping our milkshake and ice cream stocks and our poor little ice machine is working over time on the iced teas and iced coffees, made as ever with our brilliant Cooper's freshly ground coffee (roasted in Marlow). We are going to help celebrate the end of term on 22nd July and the start of the summer hols with a bit of extra fun on Foxley Fields – look out for the posters!

We have also refreshed our sandwich list ready for the summer and in honour of the jubilee, Coronation Chicken is now available for both our sandwiches and our jacket potatoes – yum! Pop over and give them a go – why not try pairing them with a freshly made smoothie too?!

Have a great July! Claire x

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The lighting of the Beacon in Binfield on 2nd June for the Queen's Platinum Jubilee with singing from Binfield Community Choir.

COMMUNITY NEWS



BINFIELD LIBRARY NEWS

Summer Reading Challenge

Bracknell Forest Libraries will once again be running The Reading Agency's Summer Reading Challenge from **Saturday 9th July to Saturday 10th September** to encourage children to keep reading over the summer.

In partnership with the Science Museum Group, this year's theme is 'Gadgeteers', which aims to spark children's curiosity about the world around them and show that reading and science are for everyone. By taking part in the Challenge, with free packs from the library or resources and activities on the Summer Reading Challenge website, children will be able to join six fictional 'Gadgeteers' exploring the science and innovation behind a whole range of interests and everyday objects from fashion and technology to cooking and music.

Children will need to register at their local library to take part in the Challenge, and then read 6 books throughout the summer and visit the library 4 times. Rewards and incentives will be awarded along the way. Libraries will also run activities linked to the theme throughout the summer ranging from author visits, storytelling and crafts to coding and a visit from The Lookout colleagues.

To find out more, please visit our website

<https://www.bracknell-forest.gov.uk/libraries/library-events/summer-reading-challenge-2022>

Researching your family history

Who Do You Think You Are? has been back on the BBC! If you've felt inspired to find out if your own ancestors have secrets and surprises, then Bracknell Forest Libraries can help you get started tracing your own family tree. Experts from the Berkshire Family History Society run regular help sessions at Bracknell Library when you can just drop in with your questions or bring your 'brick-walls'. Check our library website for the latest dates

<https://www.bracknell-forest.gov.uk/libraries/library-events>.

Don't forget too - all library computers, including Binfield Library's PCs, provide free access to the family history websites Ancestry and Find my Past for access to millions of genealogy records.

Anne Hayward



Songs for a Summer Evening - Bracknell Choral Society's Summer Concert

We invite you to join Bracknell Choral Society for our popular summer concert and enjoy joyous music, strawberries and cream and a drink in the delightful surroundings of **Lambrook School, Winkfield Row, RG42 6LU** on **Friday 15th July**. This concert will round off our first successful season of concerts after a break of two years. We are particularly delighted also to be celebrating our brilliant accompanist Nick Austin's forty years with the choir.

Music will include George Shearing's lively *Songs and Sonnets of Shakespeare* and Nick Austin's fabulous song-cycle, written for BCS, *A Bunch of Flowers*. These pieces will be complemented by the tuneful melodies of Eric Whitacre's *The Seal Lullaby*, Ola Gjeilo's *The Rose* and Gerald Finzi's *My Spirit Sang All Day*, which make up a lovely programme for a summer evening. **Greg Hallam**, Musical Director, will be conducting with **Nick Austin** accompanying on piano. We will be joined for the concert by the **British Sinfonietta String Ensemble**.

Tickets cost £18 to include strawberries and cream and a drink (accompanied under 18's £5) and can be bought via our website www.bracknellchoral.org.uk or from choir members.

Looking to the future, our first concert of next season will be the Autumn concert on Sunday 20th November 2022 at **Salisbury Hall, Newbold College, St Marks Road, Bracknell, RG42** when we will be performing Rossini's *Petite Messe Solennelle*. The term will end with the society's Christmas Concert, the ever-popular Handel's *Messiah*. This will take place on Sunday 11th December, venue to be confirmed.

COMMUNITY NEWS



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

The Queen's Platinum Jubilee is celebrated in style!

Before our half-term break on Friday 27th May, the children entered into the spirit of the nation and celebrated the jubilee by dressing in red, white and blue or as their favourite "Royal".

We had a pageant around the field whilst our judges deliberated over the winners of the best outfits. This was followed by the whole school sitting down to a picnic, which including one of our pupils, Theo, playing the national anthem on his guitar.



In the days leading up to the celebration the pupils took part in many art activities on the theme of the jubilee including creating hats, their own stamps and some colourful corgis! Our children in Year 4 even managed to win a prize in the local Tesco "design a hat" competition!



The Learning continues

Our pupils have also been enjoying the weather while using the outdoor learning area for various different lessons. Our Year 4 classes have used resources in our outside area to help them increase their understanding of the essential time-telling skill, while our Year 1 children have been learning about direction and following instructions to travel around the playground.



The Year 3 children have been studying igneous rocks from a real – life volcano as part of their topic of extreme earth.



With their topic of "Explorers" our Year 2 pupils had a visit from Dr Demidoff. They enjoyed learning about her world travels! They learnt about the different countries that she had visited. Then she set the children a mission to learn about as many explorers as they can.



Sports News

Last week some of our children had the chance to experience bouldering at Oakwood Climbing Centre in Bracknell. During their visit, some developed their climbing skills whilst some of the pupils experienced this activity for the first time. Either way, the children had a great but challenging time!



Reception September 2022

We still have places available for September 2022 in Reception. Please contact the school directly if you would like to arrange a tour 01344 860106.

The video in the link below shows more of our reception area, take a look! <https://t.co/UqqjM4RzYJ>



Twitter

All of our news and events are shared daily on our Twitter page. To follow us please search for @Binfieldschool

COMMUNITY NEWS



BINFIELD GARDEN CLUB

"My aim is to spread the message about how good gardening can be for your health and wellbeing" says Annabelle Padwick.

Annabelle came to talk to us on June 2nd and amazed us all with her personal story. When young, she struggled at school, then experienced poor mental health, spiralling into panic attacks and unable to leave the house. From living in a city with no access to personal outside space, she moved to the countryside and decided to grow vegetables in containers. She owes her change of lifestyle to Andy, a really thoughtful Garden Centre worker who helped her all the way. She found growing her own food "magical" by learning that, as with people, different seeds need different growing conditions. She forged ahead, took on an extremely overgrown allotment, where people told her she was mad and would soon give up. However, Annabelle followed Monty Don on television, kept going and he is her hero to this day.

Gardening needs patience, resilience and makes you focus on the future by giving you pride in what you achieve. Annabelle began writing a blog on her progress with such nuggets as – work backwards so you only see what you have done not the enormous areas still to dig. Also she advises to set your time on tasks like working for an hour at a time then stop for a cup of tea!

Annabelle's Blog led her to YOUTUBE videos, radio shows and speaking at gardening events. She then began studying to become a psychotherapist and her pride and joy is getting a large plot to divide up into individual therapy sites. Local GPs refer patients with no self-esteem and low confidence and, working on their plots, they can forget their own pressures.

Annabelle's aim is to set up plots like this all over the country as she sees at first hand the wonderful change in people as they garden, watching their plants grow in their own safe space and realising their needs are the same as ours, food and water and the right conditions in which to thrive.

Annabelle also works in schools helping certain children that teachers refer to her. We wondered if she ever sleeps, but what an inspiration! Do look up her non-profit organisation lifeatno27.com

Our competition for an arrangement in a recycled container was won by Elaine McTaggart, 2nd Jenny Baxter, 3rd Hazel White and 4th Ros Hardy. Well done everyone, what great ideas! After our talk the corks were popped and our chairman, Ralph, proposed a toast to the



Queen. There was a great atmosphere of chatter and friendliness which only ended as many people made their way to the lighting of the Binfield Beacon.



Our next meeting on July 7th will be an evening of members telling their gardening story. This is your chance to take a couple of minutes to share your

successes or failures or to hand on tips that have worked for you. We can show photos if you have them, on the big screen from your iPad and iPhone as well as from laptops. The competition is for a vase of ravishing red and/or pink. All visitors and guests most welcome and our popular raffle will return. binfieldgardenclub.wordpress.com **Sue Jeffery**

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COMMUNITY NEWS



Royal Naval Association Bracknell Branch Update

Well, it's time to "stand easy" after all the celebrations for the Jubilee - what a fabulous thing to have been part of and many of our members celebrated in style. The Branch

Standard was paraded along with the Royal British Legion Standard and many others, at the Binfield Beacon Lighting Ceremony. The Branch also "manned" a stall at the Farley Wood event on Saturday 4th June, as part of the Platinum Jubilee Celebrations - what a great sight and brilliant support shown by our local community.



Another full programme this month with more trips out for the members this time to Chatham Historic Dockyard. Various attractions were explored,

including HMS Gannet, HMS Cavalier and Submarine HMS Ocelot, the Victorian Ropery and many more of the fascinating sights there.



Twenty-eight of our members mustered for the meeting this month. As always, a full and varied meeting took place, promptly followed by a quick recess for refreshments before the after-meeting speaker. Appropriately alongside events commemorating the 40-year anniversary of the Falkland Islands Conflict, the June meeting was followed by a very

personal, dramatic, and informative talk by S/M Ron on his own Falklands Conflict.

S/M Ron joined HMS Avenger, a type 21 frigate on 19th May 1981, as a Radar Plotter and Navigator's Yeoman. This commission nearly put in jeopardy his wedding plans to wife Julie, with the whole room watching Julie as S/M Ron regaled how he did make it to the wedding but, only after threatening to jump ship! Family plans also took a back seat as, after only 2 days Easter leave, he was recalled to his ship and after writing his first Will & Testament and finding out he was the only person on board ship with his blood type, was off to join the convoy heading to the South Atlantic. The Avenger earned the "blue ribbon" for the swiftest ship to leave home port and cross the 200-mile exclusion zone. At one stage Ron completed a 28-hour watch at a radar screen. Members were gripped as he regaled accounts of his personal Falkland experiences with the battles the ship had and the physical and mental ones he himself experienced during his time in the conflict.

On the 10 September, the Avenger, along with 2 others, was the last ship, having seen action, to arrive back in port - Plymouth Sound was awash with small crafts to welcome them home. They were escorted in by the ocean-going tugs with their fire hydrants pluming into the air, and all the warships alongside had their fire hoses jetting out plumes of water – a sight never to be forgotten. Thank you for your service, S/M Ron and a very humbling account of life at sea during this conflict.

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

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COMMUNITY BBQ

22ND July

FROM **5PM**

JOIN US FOR A COMMUNITY BBQ ON THE LAST DAY OF SCHOOL!

ON FOXLEY FIELDS



ALL ARE WELCOME!



Binfield Church Fete 2022
Sunday 11th September

We are very excited to announce the return of the church fete! Put the date in your diaries!

We will be looking forward to bringing back old favourites such as:

- The **Dog Show!**
- **BBQ and Pimms Tent** and of course our amazing **Tea Tent** with fabulous cream teas.
- The **Silent Auction** and **Raffle** will be running again, so please let us know if you have any prizes you would like to donate.
- **Games stalls and Entertainment**
- We will once again be hosting a variety of **Guest Stalls** - please also send us a message if you would like to reserve a space!

We are looking for volunteers to help us make this a big success, so please get in touch if you would like to join our friendly team.

email binfieldchurchfete@gmail.com

BINFIELD VILLAGE CALENDAR 2023

PHOTO COMPETITION



Our photo competition is back!
Send in your photos of Binfield, and the best 13* selected will feature in the popular annual Binfield Village Calendar

Send photos in by Wednesday 31st August to fundraising@binfieldcofechurches.org.uk

See the church website for full rules and details
www.binfieldcofechurches.org.uk




*12 monthly landscapes and 1 portrait front cover