

# The Binfield Beacon



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

December & January 2022/23

## God answers 8 Christmas prayers

This Month

Christmas Services – page 2

Alternative Advent – page 3

Scout Post – page 9

1st My habits

2nd My child

3rd My patience

5th Spare  
me pain

4th My happiness

8th Love others as  
You love me

6th Make my  
spirt grow

7th All things  
to enjoy life

Image by Congerdesign from Pixabay

**Our Mission is to help people follow Jesus and his teachings**

# SERVICES

## SERVICES

*(All Services are held at All Saints' Church unless specified)*

### DECEMBER 2022

Sunday 4 <sup>th</sup> Dec	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service
	<b>6.30pm</b>	<b>Until We Meet Again</b>
Sunday 11 <sup>th</sup> Dec	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Communion Service
Sunday 18 <sup>th</sup> Dec	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	<b>NO Informal Service</b>
	<b>6.30pm</b>	<b>Carol Service</b>
Saturday 24 <sup>th</sup> Dec CHRISTMAS EVE	<b>3.00pm</b>	<b>Christingle Service</b>
	<b>5.00pm</b>	<b>Christingle Service</b>
	<b>11.30pm</b>	<b>Midnight Service</b>
Sunday 25 <sup>th</sup> Dec CHRISTMAS DAY	<b>9.30am</b>	<b>Christmas Day Communion (BCP)</b>
	<b>10.30am</b>	<b>All Age Christmas Celebration</b>



### JANUARY 2023

Sunday 1 <sup>st</sup> Jan	<b>10.00am</b>	<b>Common Worship Communion</b>
Sunday 8 <sup>th</sup> Jan	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Service
Sunday 15 <sup>th</sup> Jan	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Communion Service
Sunday 22 <sup>nd</sup> Jan	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Service
Sunday 29 <sup>th</sup> Jan	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Service

### FEBRUARY 2023

Sunday 5 <sup>th</sup> Feb	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service

Head to page 4 for the  
December 2022 and January 2023  
DIARIES....

## Until we meet again

*A Service celebrating the Joy and Hope of Christmas remembering Loved Ones no longer with us.*



Beautiful Carols and Christmas Music with Occasions Singers

Sunday the 4th December at 6:30pm  
at All Saints Church, Church Hill, Binfield RG42 5NS

*please contact us for more information:*

javoller@gmail.com  
07815529156

### CHRISTINGLE SERVICES

#### CHRISTMAS EVE

3.00PM or  
5.00PM

At All Saints' Church  
All are welcome to this  
popular service



### From the Registers:

#### Baptisms

Florence Nell  
Samuel Chapman

#### Weddings

Christopher Padgett & Victoria White

## Christmas Services

AT ALL SAINTS' CHURCH

Sun 4th Dec - 6.30pm -	Until We Meet Again
Sun 18th Dec - 6.30pm -	Carol Service
Christmas Eve - 3pm & 5pm -	Christingle
Christmas Eve - 11.30pm -	Midnight Service
Christmas Day - 9.30am -	Communion Service (BCP)
Christmas Day - 10.30am -	All Age Christmas Celebration
Sun 1st Jan - 10.00am -	Common Worship Communion





# A MESSAGE FROM YOUR RECTOR

## PRAYER FOR CHRISTMAS AND THE NEW YEAR.



### A Christmas Prayer

May you be filled with  
The wonder of Mary,  
The obedience of Joseph,  
The joy of the angels,  
The eagerness of the shepherds,  
the determination of the magi,  
and the peace of the Christ child this Christmas.

*Prayer by Ray Pritchard*

### A New Years Prayer.

I asked God to take away my habit. God said, No. It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole. God said, No. His spirit is whole, his body is only temporary.

I asked God to grant me patience. God said, No. Patience is a byproduct of tribulations; it isn't granted, it is learned.

I asked God to give me happiness. God said, No. I give you blessings; Happiness is up to you.

I asked God to spare me pain. God said, No. Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow. God said, No. You must grow on your own, but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life. God said, No. I will give you life, so that you may enjoy all things.

I asked God to help me Love others, as much as He loves me. God said..... Ahhh, finally you have the idea.

*A post taken from worshippverb and forwarded to Luke*

## BINFIELD WELFARE TRUST

**Do you know anyone who might benefit  
from a small sum of money, for example to  
help with winter bills?**

Please contact  
Binfield Welfare Trust

Binfield-welfare-trust@googlegroups.com  
01344 452694



## ALTERNATIVE ADVENT - BE GOOD NEWS

Once again we have the opportunity to bring good news and Christmas cheer to people through Alternative Advent.

Alternative Advent is where we purchase an extra present or two for single parents who won't otherwise receive a Christmas present this year. Many parents ensure that their children have a great Christmas, but often go without themselves. We would like to change that. This year we are hoping to give presents to 20 single mums and 15 single dads. If you would like to contribute, then we recommend gifts up to the value of £15.00. Possible ideas are, toiletries, PJs, slippers, chocolates, gloves, scarves and hats, scented candles, reed diffusers, or anything you think might make a nice gift for a single parent.

We will be collecting the presents from Sunday 20<sup>th</sup> November to Sunday 11<sup>th</sup> December. The presents can either be given to Luke in church, dropped off at the church office or left on the bench outside the front door of the Rectory. They will then be taken to the Family Intervention Team who then distribute them to the single parents. *Thank you Luke*



## HELP NEEDED WITH FOOD FOR THE SILVER SERVICE

To all people who enjoy cooking and have some time to spare.

The Silver service is aimed at the older generation and happens on the fourth Tuesday of the month, except December, when it's the second Tuesday. It takes place at St. Mark's Church at 12 noon followed by lunch half an hour later.

We are appealing for help every other month. It entails cooking a main course for 25-30 people, or sharing with another person and doing half each. We pay £30 or 2 x £15.

The food can either be delivered hot at noon or cooked for us to reheat between 1030 and 1130. Obviously the cook/cooks would be very welcome to stay for the service and the lunch. If not, we would deliver the clean dishes back to you.

The Silver Service team would be very grateful for any help offered.



*A big thank you to Jane Aylwin for cooking for us for the last 16 years or so. The Silver service started 18 years ago and it wasn't long until Jane offered to do the cooking.*

For further details please call Margareta Hawkins on  
**01344 411681**

# DIARY

## DECEMBER 2022

<b>Thurs 1<sup>st</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 2<sup>nd</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sat 3<sup>rd</sup></b>	7.45am	Men's Monthly Walk
<b>Wed 7<sup>th</sup></b>	9.00am 10.00am 7.00pm	Wednesday Women's Walk 3G Toddler Group at St Mark's Church 7UP at St Mark's Church
<b>Thurs 8<sup>th</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 9<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sun 11<sup>th</sup></b>	10.45am	Whizz Kids at St Mark's Church
<b>Tues 13<sup>th</sup></b>	12 noon	Silver Service at St Mark's Church
<b>Wed 14<sup>th</sup></b>	10.00am 7.00pm	3G Toddler Group at St Mark's Church 7UP at St Mark's Church
<b>Thurs 15<sup>th</sup></b>	7.30pm	Adult Choir practice at All Saints'
<b>Fri 16<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Mon 19<sup>th</sup></b>	5.30pm	Whizz Kids Christmas Party at St Mark's Church (see page 5 for more info and email daisyridell@gmail.com to book)
<b>Thurs 22<sup>nd</sup></b>	7.30pm	Adult Choir practice at All Saints'

## JANUARY 2023

<b>Wed 4<sup>th</sup></b>	9.00am 7.00pm	Wednesday Women's Walk 7UP at St Mark's Church
<b>Thurs 5<sup>th</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 6<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sat 7<sup>th</sup></b>	7.45am	Men's Monthly Walk
<b>Sun 8<sup>th</sup></b>	10.45am	Whizz Kids at St Mark's Church
<b>Wed 11<sup>th</sup></b>	10.00am 7.00pm	3G Toddler Group at St Mark's Church 7UP at St Mark's Church
<b>Thurs 12<sup>th</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 13<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sun 15<sup>th</sup></b>	10.45am	Whizz Kids at St Mark's Church
<b>Wed 18<sup>th</sup></b>	9.00am 10.00am 7.00pm 7.30pm	Wednesday Women's Walk 3G Toddler Group at St Mark's Church 7UP at St Mark's Church Adult Choir practice at St Mark's
<b>Thurs 19<sup>th</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 20<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sun 22<sup>nd</sup></b>	10.45am	Whizz Kids at St Mark's Church
<b>Tues 24<sup>th</sup></b>	12 noon	Silver Service at St Mark's Church
<b>Wed 25<sup>th</sup></b>	10.00am 7.00pm 7.30pm	3G Toddler Group at St Mark's Church 7UP at St Mark's Church Adult Choir practice at St Mark's
<b>Thurs 26<sup>th</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 27<sup>th</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sun 29<sup>th</sup></b>	10.45am	Whizz Kids at St Mark's Church

## FEBRUARY 2023

<b>Wed 1<sup>st</sup></b>	9.00am 10.00am 7.00pm	Wednesday Women's Walk 3G Toddler Group at St Mark's Church 7UP at St Mark's Church
<b>Thurs 2<sup>nd</sup></b>	7.30pm	Adult Choir practice at St Mark's
<b>Fri 3<sup>rd</sup></b>	8.00pm	Relentless at St Michael's Church, Warfield
<b>Sat 4<sup>th</sup></b>	7.45am	Men's Monthly Walk
<b>Sun 5<sup>th</sup></b>	10.45am	Whizz Kids at St Mark's Church



3G, a group for babies and toddlers, meets **every Wednesday during term time. From 10am to 11.30am at**

St Mark's Church on Popeswood Road, Binfield.

**DATES: 7th, 14th December and 11th, 18th, 25th January**

Come and join us for lots of fun, with toys, a story and singing plus refreshments for the little ones as well as the adults. It is an opportunity for everyone to make new friends.

You are assured of a warm welcome.

**Jan Watts and Team**

## 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 13th December and 24th January at 12 noon**

*If you need a lift, please call Beverley on 07704 437207*



## MEN'S MONTHLY COUNTRY WALK

**DATES: Saturday 3rd December, 7th January and 4th February**

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](mailto:kimswain@pm.me)**

## 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.

**7th December - 9am meet Foxes' Den**

**4th January - 9am meet Foxes' Den**

**18th January - 9am meet Foxes' Den**

**1st February - 9am meet Foxes' Den**

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



## CONTACT US: 01344 421079 [office@binfieldcofechurches.org.uk](mailto:office@binfieldcofechurches.org.uk)

### Rector:

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

### Curate:

Revd Sam Mortimer  
07505 426763  
[rev.sam.mortimer@gmail.com](mailto:rev.sam.mortimer@gmail.com)

### Churchwarden:

John Hargreaves - 07973 842624  
Sue Cledwyn-Davies - 07941 585488

### Church Office:

Hayley Fourie, Administrator  
**Office number 01344 421079**  
Office mobile number: 07719 545292  
[office@binfieldcofechurches.org.uk](mailto:office@binfieldcofechurches.org.uk)

### Office opening hours:

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

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01344 421079

### Fundraising Team

[fundraising@binfieldcofechurches.org.uk](mailto:fundraising@binfieldcofechurches.org.uk)

### Church Website:

[www.binfieldcofechurches.org.uk](http://www.binfieldcofechurches.org.uk)



We are also on *Facebook*  
[facebook.com/AllSaintsWithStMarks](https://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



### Join our mailing list!

Stay up to date with our news and events in between issues of the Beacon...

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/](http://www.binfieldcofechurches.org.uk/contact-list-sign-up/)

## 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](mailto: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](mailto:orinocco@hotmail.co.uk) /07850 799434  
or Margareta Hawkins 01344 411681



### St Mark's Church Hall Available for booking.

Please contact the church office  
on 01344 421079 or email  
[office@binfieldcofechurches.org.uk](mailto:office@binfieldcofechurches.org.uk)  
for more information or to make a booking.



### Praying for and with you

We have weekly prayer sheets — please email  
[office@binfieldcofechurches.org.uk](mailto:office@binfieldcofechurches.org.uk)  
if you would like something to be included.

## The Binfield Beacon



**The deadline for Beacon Contributions  
for the February 2023 issue  
is Monday 9th January 2023**

Please email:

[Beacon@binfieldcofechurches.org.uk](mailto:Beacon@binfieldcofechurches.org.uk)  
Claire Thomas (Binfield Beacon Editor)

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# CHILDREN AND YOUTH



Hey Everyone,

We hope you've been enjoying autumn, and the amazing scarecrow trail over the half term, did you spot the Noah's ark made by our young people?! With Christmas just around the corner we've got lots planned for our young people this month including parties, Christmas markets, acting and more!

At Whizz Kids we've been working on our very own Christmas nativity film, where the kids have been involved in everything! From deciding costumes, writing the script, choreographing dances and the acting, our little creatives have been part of every process. Once it's completed we'll be uploading it to our Facebook page for all to see, so keep your eyes peeled for some fabulous storytelling coming your way!

We also have our Christmas party returning this year on 19th December! This is open to anyone in primary school, whether you've been to Whizz Kids before or not, and will include food, games, craft, and a bouncy castle! From 5:30-7:00pm at St Mark's Church the Christmas party is just £3 per child, and £2 per additional sibling, so email Daisy to book and guarantee your place!



7UP youth group had our social last month where we went bowling and to McDonald's, and the young people put the leaders to shame with their bowling skills! We had a great time hanging out together and we're looking forward to our Christmas party on 14th December, where we're having a silent disco along with food and games. This is for anyone in secondary school so get in touch with Daisy if you're interested in joining us for festive fun! We will also be holding a stall at Binfield's first Christmas Market on 5th December, so do come along to support our youth ministry.

In addition, we have a Friday evening youth group, Relentless, which is run joint with Warfield Church. Relentless meets at 8pm at St. Michael's Church and is a space to hang out, enjoy the tuck shop, and chat about faith. If you'd like to find out more, feel free to visit the Facebook page at [www.facebook.com/warfieldrelentlessyouth](http://www.facebook.com/warfieldrelentlessyouth)

*We hope you have a wonderful Christmas and can't wait to see you in the new year!*

**Daisy - Children's and Youth Worker**  
([daisyriddell@gmail.com](mailto:daisyriddell@gmail.com))



## REMEMBRANCE WEEKEND 2022 REMEMBERING QUEEN ELIZABETH II RBL PATRON FOR 70 YEAR

Saturday afternoon the sun was shining, and we had a good turnout for the Remembrance Service, at the War Memorial at St Mark's Church. The service was opened by Reverend Luke Taylor with a welcome and prayer, then The Royal British Legion and 3<sup>rd</sup> Binfield Brownie Standards paraded in to the march of The British Legion. We then had pupils and staff from Kings Academy Binfield and Oakwood and 3<sup>rd</sup> Binfield Brownies reflect on Queen Elizabeth's Life. A poem was read by Stuart Wharphshire, Governor Of Binfield C of E School and a prayer was read by Ceri Rance from the Parish council office. Wreaths were then laid by Village Organisations. Luke read the 92 names on the Roll of Honour, which was followed by the last post, two minutes silence and the National Anthem. The service ended with a blessing. Afterwards refreshments were served in the Baxter room.



Sunday Morning was another kind day weather wise. The parade formed up in Oakmede car park, led by a piper, drummer and our parade Marshall and made their way down to All Saint's Church. When we arrived at the Church, the standard bearers from The Royal British Legion and The Royal Naval Association, and colour parties from 1<sup>st</sup> Binfield Scouts, 1<sup>st</sup> and 4<sup>th</sup>



Binfield Guides, 1<sup>st</sup> Binfield Cubs, 1<sup>st</sup> and 3<sup>rd</sup> Binfield Brownies and Beavers lined the path to the church, as the congregation arrived.

The Standards entered to "Be thou my vision" and made their way to the alter. Catherine Forrester (Headteacher) of Meadow Vale school, read from Matthew chapter 5 verses 1-12. The second reading was "The Queen's war years" read by members of 4<sup>th</sup> Binfield Guides and 1<sup>st</sup> Binfield Brownies, and prayers read by 1<sup>st</sup> Binfield Scout Group. 1<sup>st</sup> Binfield Guides and 3<sup>rd</sup> Binfield Brownies sang "Sing" a song written for the Queen's Diamond Jubilee. The Standard Bearers made their way to and from the Roll of Honour to the strains of the bagpipes, Wreaths were laid and a poppy was dropped for each of Binfield's Fallen in All Conflicts. After the Last Post was played the two minutes silence followed, and then Reville was played. The Standards were returned and a collection taken for the Poppy Appeal to the hymn ' Mine eyes have seen the glory'. After the National Anthem and blessing the service finished with the hymn 'Let there be love shared among us'.

The Binfield Branch of The Royal British Legion would like to thank all of those who took part in both services, our affiliated members for all their support and Remembrance banner, the Poppies on the pulpit and Roll of Honour provided by The Binfield WI and the banners in the porch by 1<sup>st</sup> Binfield Rainbows and Brownies and 4<sup>th</sup> Binfield Guides, and the Village for their support each year and giving so generously.

We will let you know what Binfield raised for the poppy appeal in the February Beacon

**LIVE ON to preserve the memory of the fallen  
and the future of the living**

**Karen Hatt - Chairperson Binfield Branch The Royal British Legion**

# FUNDRAISING NEWS



We have come to the end of another year feeling fortunate after two big fundraising events: the Scarecrow Trail and the Church Fete. The Church Fete, which was not a Fete, still managed to raise over £3,000, thanks to everyone who supported our raffle and online auction! We really appreciate those who enabled those things to happen, especially those who donated prizes! We are also grateful for a Match-Funding contribution which was added into the total raised.

The money raised by the Fete has been added into General Funds, which helps to cover the daily running of the church and other costs including our Parish Share contribution. The amazing Scarecrow Trail donation will go to the Church Care Project which helps pay for project work, unexpected repairs and maintenance on both our churches and also the cemetery. You can read about all this on our website: [www.binfieldcofechurches.org.uk](http://www.binfieldcofechurches.org.uk) – just click the 'Giving' link or 'Donate' button. Or scan the QR code below! We very much appreciate all the support and donations which have been made to our funds this year. Thank you!

## CELEBRATE CHRISTMAS WITH A GINGERBREAD HOUSE OR CHURCH!

Margareta Hawkins is kindly taking orders (while stock lasts) for her amazing gingerbread creations, with money raised going to church General Funds. Please email her at [margarethawkins@gmail.com](mailto:margarethawkins@gmail.com) by 15th December 2023



Max price: £12 for wrapped church

## Binfield Church Fete 2022

£3,299 raised!

Thanks for your support

RAISING FUNDS FOR ALL SAINTS' WITH ST MARK'S CHURCHES, BINFIELD

[WWW.BINFIELDCHURCHFETE.CO.UK](http://WWW.BINFIELDCHURCHFETE.CO.UK)

### Events and Activities

Copies of the lovely **Binfield Village 2023 calendar** are now available to buy at the Foxes' Den, Daphne's, The Binfield Club and at Church, or email the fundraising team to arrange delivery! Find our **Christmas cards** at the Den and church too.

A fundraising delegation is also looking forward to attending the first **Binfield Christmas Market** on Monday 5<sup>th</sup> December at the Foxes' Den/Parish Council Offices. Daisy will be there with games for the kids, Kate will be there with calendars, cards and other festive hand-crafted items, and Margareta will be selling a selection of her gingerbread creations (these are also available to order if you can't make it on the evening – see ad above!).

Thanks also go to Trudy for running her Wreath workshop!

## CHRISTMAS FUNDRAISING GOODIES!

### Binfield Village Calendars and Christmas Cards



On Sale at The Foxes' Den & other locations  
or email [fundraising@binfieldcofechurches.org.uk](mailto:fundraising@binfieldcofechurches.org.uk)

### How to make a donation:

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

- **Online:** see our updated 'Giving' pages on the website, with easy links to make a one-off donation: [www.binfieldcofechurches.org.uk/giving-page](http://www.binfieldcofechurches.org.uk/giving-page) or click on the 'Donate' link on the Home Page.
- **Cheque:** send a cheque to the church office, made payable to "Binfield PCC". Please write 'Church Care', 'General Funds', or where you would like your donation used on the back
- **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.



SCAN ME



With many thanks from the Fundraising Team:  
[www.binfieldcofechurches.org.uk](http://www.binfieldcofechurches.org.uk)

[fundraising@binfieldcofechurches.org.uk](mailto:fundraising@binfieldcofechurches.org.uk)  
[www.facebook.com/AllSaintsWithSt.Marks](https://www.facebook.com/AllSaintsWithSt.Marks)



# COMMUNITY NEWS



## WHAT'S BEEN HAPPENING AT BINFIELD CE PRIMARY SCHOOL (V.A.)?

### Binfield Remembers

Friday was Armistice day and we all gathered together to 'Remember'. Y2 - Y6 held a two minutes silence in the hall at 11a.m. and reflected on the service people have given to others. The younger children spent time remembering in class. On Sunday 13th November, three children from our school, Emily, Cooper and Elsie represented our school at St. Mark's Church. We thank them for giving up their time to do this.



### Year 4 Residential to Ufton Court

Last week our Year 4 pupils spent a few days at Ufton Court. They all had fun learning about the Romans and the Celts, whilst trying their hand at archery and building fires. Twitter is full of photos and videos of their time at this great learning venue so please visit our page. Meanwhile, please see a few snippets of the fun here.



### Maths Workshops

Last week Mr Levens and Mr Sutton held the KS1 Maths workshop, 30 parents attended and worked with their child. Some of the feedback comments we received included;

*"I found it useful to learn the different methods and tools to illustrate how maths skills can be taught to KS1 children"  
Thank you for simplifying and sharing how it's taught in the classroom."*

*I found the explanation of the terms being used in class e.g. arrays and subtilising useful. Good session, thanks!"*

*I found it useful to see so many resources, links videos, great to see different techniques and visualise how they are taught."*

### Reading Workshop

Mrs Mistry and Mrs Celliers held the first of their Reading Workshops on Thursday for our Y2/3 Parents/Carers and their children. We were delighted that 33 parents came to our Y2/ Y3 Reading Workshop yesterday. We had excellent feedback from the session and are so pleased that you found the afternoon useful. The children loved it too! Some of the feedback we received includes;

*"Really good, great structure and fun"*

*"It was brilliant - the teachers were very passionate!"*

*"It was really informative, no need to change anything. It was good to see video examples."*

*"It was really useful & practical, thank you."*

### Prospective Parent Open Mornings

If you have a child starting school in September 2023 we will be hosting one further open morning at our school. This will be held at 9.30am Tuesday 10th January 2023. To book a tour on one of these mornings please complete the google form on our website using the link below.  
<https://www.binfieldschool.co.uk/prospective-parents/>



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



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## Bag2School Collection

in aid of Binfield CE Primary School

**Friday 27th January 2023**

**Parish Council Office Car Park,  
Benetfeld Road**

Please note that we are accepting donations  
on **Thursday 26th January** from **1-4pm**  
and **Friday 27th January** from **8-9.30am**





# COMMUNITY NEWS



## Season's Greetings!



It is that time of year again! Not only are we all gearing up for festive celebrations; the beginning of December also sees us celebrating the Foxes' Den's fourth birthday.

Has it really been only four years?! They have been four very crazy years with lots of changes and many fun times, but also dealing with lockdowns and other challenges. Our wonderful customers have stuck with us through it all. We will be eating cake and raising a glass of fizz at 2pm on Monday 5<sup>th</sup> of December and looking forward to our 5<sup>th</sup> year of keeping the coffee flowing and the community doing 'stuff'.

Talking of which; as this is a double edition of the Beacon we haven't really got the space and the activities all lined up yet for both December and January, so please do pop in and have a peak at our community chalkboard or our facebook page online to see what we have planned for the coming month or two. All the usuals will be there and we will try and come up with a couple of new ones when we can.

So, we hope that you are all being good so that Father Christmas will bring you a treat or two and if you want to treat yourselves, please pop into the Den and enjoy a seasonal coffee or hot chocolate and we will see what 2023 holds!

## Christmas @ The Den

We love Christmas here at the Den and we are very excited to have several festive events to celebrate...

### Binfield Village Christmas Lights Switch on Thursday 1<sup>st</sup> December: 6pm

We are hosting the village Christmas light switch on with carols, mince pies, mulled wine and a visit from Father Christmas

### Binfield Christmas Market

Monday 5<sup>th</sup> December: 5pm – 8pm

Come along to buy your Christmas tree, Christmas presents and treats and visit Santa in his grotto.

### Silver Club Christmas Party

Sunday 11<sup>th</sup> December: 1pm – 3pm

Christmas refreshments, quiz, games and raffle

Friday 23<sup>rd</sup> December – The Den closes at 12noon for Christmas

*Merry Christmas and a very happy New Year – Claire x  
foxesden.co.uk fb.com/thefoxesdencafe 07919 448254  
Benetfeld Road, Binfield. RG42 4EW*



## FOXY LUNCHES

If you are struggling to feed yourself or your family at any time, please don't go hungry. These lunch boxes are **FREE** and we can arrange to have extra supplies delivered if you need them. Call or email me in the strictest confidence and we will make sure

that you have food on your table. Claire xx 07919448254  
claire@foxesden.co.uk



**Scouts**  
1st Binfield Air Scouts



### 1<sup>st</sup> BINFIELD SCOUT GROUP Charity CHRISTMAS POST scheme 1<sup>st</sup> – 17<sup>th</sup> December 2022

The Scout Post delivery scheme will be taking place once again this Christmas. The Scout Post is operated by the 1<sup>st</sup> Binfield Scout Group, providing a Christmas delivery service to any household with a **Binfield address**, and at the same time raising funds for the whole Scout Group.

The cost is only **40p per card**. Each envelope will be stamped with the Scout Post logo, before being delivered on Sunday 18<sup>th</sup> December.

Please post your **carefully addressed** cards, and **40p** per card, in a CHRISTMAS POST box. These will be at the following places around Binfield, between Thursday 1<sup>st</sup> December and Saturday 17<sup>th</sup> December:

**The Foxes' Den Café, Daphne's Coffee Shop,  
Lloyds Pharmacy, Binfield Library,  
and the 1<sup>st</sup> Binfield Scout Hut.**

**THANK YOU FOR YOUR SUPPORT**

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**1st December & 12th January**

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On the 1st December 2022 and 12th January 2023 from 18.00 – 20.00 a team of experienced recruitment consultants will be holding an open evening workshop at the Fox Den - Benetfeld Road, Binfield, RG42 4EW Advising on CV writing and interview tips.

Refreshments provided please come along, we look forward to meeting you and helping with your job search.

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Photo by Andrew S on Unplash



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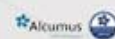
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### BINFIELD LIBRARY NEWS

It's always exciting opening boxes of new books when they arrive at the library and seeing what's new on the shelves... a bit like Christmas all year round! New adults' and children's Christmas books have arrived and some other great reads if you want to escape Christmas for a bit or beat the January blues. Make sure you drop into Binfield Library to see what's new or ask staff and our volunteers for their reading recommendations.

You can find details of all our regular and special events at Binfield Library from the library website:

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

Come along, be warm, enjoy the company of others & have fun.

#### Christmas and New Year staffed opening hours:

Christmas Eve 24 December - 9.30am-1pm  
Christmas Day 25 December - Closed  
Boxing Day 26 December - Closed  
Tuesday 27 December - Closed  
Wednesday 28 December - Closed  
Thursday 29 December - 9.30am-5pm  
Friday 30 December - 2pm-5pm  
Saturday 31 December - 9.30am-1pm  
Monday 2 January - Closed



#### Christmas and New Year Open+ opening hours:

Binfield Library will be open with Open+ access throughout the festive period.

Christmas Eve 24 December - 8am-9.30am and 4pm-6pm  
Christmas Day 25 December - 10am-6pm  
Boxing Day 26 December - 8am-2pm and 7pm-8pm  
Tuesday 27 December - 8am-2pm and 5pm-8pm  
Wednesday 28 December - 8am-8pm  
Thursday 29 December - 8am-9:30am and 5pm-8pm  
Friday 30 December - 8am-2pm and 5pm - 8pm  
Saturday 31 December - 8am-9:30am and 4pm-6pm  
Sunday 1 January - 10am-6pm  
Monday 2 January - 8am-2pm and 7pm-8pm

Information about visiting the library when it is unstaffed and registering for Open+:  
<https://www.bracknell-forest.gov.uk/libraries/open-plus>,

We wish you a very Happy Christmas and New Year from all of us at Binfield Library.

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Anne Hayward

# COMMUNITY NEWS



## BEING MINDFUL IN NATURE THIS WINTER

With autumn's sights, sounds and smells behind us, longer hours of darkness and colder weather, it can be very tempting to stay indoors. I'd like to encourage you to get out into nature in winter whatever the weather.

There is a growing body of evidence that seeing nature has a positive impact on mental and physical well-being. In the 1980s an American doctor demonstrated that patients recovered quicker from surgery if they could see trees from their room. Subsequent research has shown that observing nature with any of our senses is good for us, and that even pictures or natural sounds can have a positive impact on our moods. A study published last month showed that everyday encounters with bird-song were linked to lasting improvements in mental wellbeing. Evidence is mounting that it is even better when your time in nature is truly immersive and you are fully engaged.

The National Trust provides a helpful list of tips for spending time in nature:

- Choose a quiet time of day
- Switch off your electronic devices
- Take your time and let your feet take you wherever they want
- Use all of your senses
- Pay attention to your breathing
- Stay as long as you feel comfortable

Russ Harris, GP and author of *The Happiness Trap*, talks about paying attention with flexibility; openness and curiosity. If you are out enjoying a winter walk shift your attention from the whole (e.g. the woods) to the smallest part (e.g. a shiny berry). Be open to how you are feeling and how you are responding to the things around you. Be curious about what you are seeing, hearing, touching, smelling, tasting and feeling.

What works for one person does not necessarily work for

another. Although all of us seem to respond positively to nature, the particular aspects of nature that give us most pleasure vary. Once you have what works best for you, mental and physical benefits increase as the experience becomes more immersive and your engagement becomes more active. For example, I know that a long walk in the fields and woods around Binfield works for me, particularly when I can listen to the sounds of nature and look for the signs of the changing seasons.



Journalist Jessica J. Lee wrote *"But for all the data on the benefits of walking in nature, and for all the grand reasons why I think walking matters, I find myself coming back to a simple idea. Walking clears my mind of busy thoughts, each step forming a rhythm to quietly think with. It brings my attention to my body and to the ground beneath my feet. It is in movement that I feel most like myself and that I most like myself."*

We hope that you will be able to get out and enjoy winter in nature with all your senses.

Our next couple of events are:

- **Saturday January 21st** – Wicks Green work party. We will be finishing off tasks in Wicks Green.
- **Saturday February 18th** – Popes Meadow work party. We will be clearing round some of the important trees, planting more trees, and clearing out the ditch.

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



## FAMILY CAROL CONCERT - SUNDAY 17TH DECEMBER 4.30PM AT ST MARK'S CHURCH

Join Thames Voyces for their annual family carol concert, Christmas Celebrations, at 4:30pm on Saturday 17<sup>th</sup> December at St Mark's Church, Popeswood Road, Binfield. We have moved the concert to the late afternoon, so children of all ages can come and enjoy the music. The choir will be conducted by their Music Director, Nick Austin, and will be accompanied by Ben Giddens.

The choir will sing a selection of carols through the centuries, interspersed with seasonal readings, and carols that the audience will be encouraged by Nick to join in with. Maybe younger audience members could help provide the "band", for some of them. In the interval, everyone will be refreshed with a selection of mince pies and drinks. What better way to begin your Christmas than enjoying festive music from a local choir in a friendly family atmosphere. For more information, please check the choir's website [www.thamesvoyces.org.uk](http://www.thamesvoyces.org.uk)

**Peter Anderson**



**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.**



# COMMUNITY NEWS

## NEWS FROM THE PARISH OFFICE

(correct as of 08 November 2022)



### Binfield Parish Council upcoming meetings:

#### December 2022

Tuesday 6 December	Amenity Committee	8pm
Saturday 10 December	Councillor Drop-In Session (The Foxes' Den community cafe)	10am – 12pm
Tuesday 13 December	Parish Council	8pm
Tuesday 20 December	Planning and Transportation Committee	8pm

#### January 2022

Tuesday 10 January	Parish Council	8pm
Saturday 14 January	Councillor Drop-In Session (The Foxes' Den community cafe)	10am – 12pm
Tuesday 24 January	Planning and Transportation Committee	8pm

### Upcoming Events

Thursday 1 December	<b>Switch On of the Binfield Christmas Tree lights</b> – Come and join your community at the traditional lighting of the Christmas Tree with Carol singing and a festive treat.	6pm assemble 6:30pm Switch On followed by refreshments
Monday 5 December	<b>Binfield Christmas Market</b> – Join us for our first ever Christmas market showcasing local businesses and community groups. There will be carol singers, mulled wine and Festive music plus much more.	5-8pm

**Christmas Clothing** The parish office are collecting all Christmas clothing donations for adults, children, and pets. Donations will then be sold at the Binfield Christmas Market, with all proceeds going back into the community. There will be box for donations in the foyer of the Parish Office/Foxes Den.

**Silver Club** Following the success of Silver Sunday for the older members of our community we are pleased to offer more dates: Sunday 11<sup>th</sup> December, Sunday 8<sup>th</sup> January 2023 and Sunday 5<sup>th</sup> February. All events will now be **1-3pm (please make note of the slightly different time to previous events)** at the Parish Council Office, Binfield. There will be light refreshments, quiz and games. To reserve your free place please contact the Parish office.

**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://binfieldparishcouncil.gov.uk/members-of-binfield-parish-council/#be\\_a\\_councillor](https://binfieldparishcouncil.gov.uk/members-of-binfield-parish-council/#be_a_councillor)

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

**Community Grants closing date is the 12<sup>th</sup> December 2022** Please make sure that all applications for the community Grants are received at the office by the 12<sup>th</sup> December. Information about and forms for the grant can be found at <https://binfieldparishcouncil.gov.uk/community-grants/>

**Parish People Awards** The aim of the Binfield Parish People awards is to thank and reward those people living in Binfield and who deserve recognition for community activity, environmental achievements or in some other way contribute to the life of the Parish. The awards are presented at the annual parish meeting (March 2023, date TBC). A nomination form can be <https://binfieldparishcouncil.gov.uk/the-parish/parish-peoples-award/> or by contacting the office.

**Wishing you a safe and happy Christmas and New Year!** On behalf of the Parish Councillors and office staff we would like to send you our very best Christmas and New Year wishes. We hope that, for everyone this year, Christmas celebrations will be shared with family and friends and hope you all find some festive cheer in this year's Christmas trees at the Parish Council building, Knox Green Corner roundabout (at the village centre), the Roebuck and the Travelodge (London Road).

**The Parish Council building will close for the Christmas break at 12pm on Friday 23 December**

And reopen to the public on Tuesday 3 January 2023.

**Ceri, Amanda, Purveen, Alisa & Tracey**

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](mailto:office@binfieldparishcouncil.gov.uk)

[www.binfieldparishcouncil.gov.uk](http://www.binfieldparishcouncil.gov.uk)

## COMMUNITY NEWS



### Celebrating Christmas with Bracknell Choral Society

Bracknell Choral Society will be celebrating Christmas this year with two contrasting concerts. Firstly, we will be performing Handel's ever-popular **Messiah** on Sunday 11th December 2022 in the glorious surroundings of **Royal Holloway College Chapel, University of London, Egham, Surrey TW20 0EX at 4.00pm**. We will be joined by four exciting soloists, Elizabeth Drury (Soprano), Jessica Gillingwater (Mezzo), Richard Robbins (Tenor) and Geoff Williams (Bass). The concert will be led by our Musical Director, **Greg Hallam** with orchestra, the **British Sinfonietta**. Tickets cost £20 with programme (accompanied under 18s free).

We round off the term and welcome the festive season with a **Family Carol Concert** on **Wednesday 21st December 2022 at Newbold College Church, St Mark's Road, Binfield RG42 4AN at 4.00pm**. Tickets cost £10 to include a soft drink and mince pie (accompanied under 18s free). Tickets for both concerts can be bought via our website [www.bracknellchoral.org.uk](http://www.bracknellchoral.org.uk) or from choir members.

*Judith McLaren*

thoroughly great time was had by all. We also held our annual Trafalgar Dinner in honour of the heroic endeavours of the Royal Navy at the Battle of Trafalgar,



commanded by Admiral Lord Nelson who tragically also lost his life at the battle. Good food and plenty of chatter ensued throughout the evening which also included many toasts and the traditional tots of rum for the toasts. This year we were fortunate to also have a guest speaker, Lt Cdr Michelle Thompson (Executive Officer of the Defence Policing College). Michelle, whilst giving some insight into what she does now in the Navy, also helped ensure some of those Naval toasts and traditions were upheld on the night. As always with our events there is a team who work tirelessly behind the scenes and it was a great success and all credit to them too.

The November meeting was followed by another excellent talk by S/M Mike on the suspected identity of **Jack the Ripper**. From his own extensive research, Mike believes that the Ripper was a convict in Broadmoor who escaped in 1888, which was when the "Ripper murders" began. Famously the murders stopped as abruptly as they started, and nobody was ever charged for them. However, our escaped prisoner stayed at large for 40 years before giving himself up and returning to Broadmoor. It is believed that he travelled abroad, and this absence coincided in the murders ending in London. However, during this time similar murders in various towns and states of America began to be reported. If you want to know the true Identity of Jack the Ripper you will have to come along and speak to our Shipmate Mike, who we now feel could become a private investigator and is our very own Columbo!!

If you want to learn more about any of the subjects our speakers past and present have shared or want to know more about the Bracknell RNA, including how you can become a Member, please contact the Secretary, June Boddrell, either by email ([secretary.bracknellrna@gmail.com](mailto:secretary.bracknellrna@gmail.com)) or by telephone on 01344 311869.

We look forward to meeting you soon.

*Yours aye, S/M Marcus Carpenter*

### ROYAL NAVAL ASSOCIATION BRACKNELL BRANCH UPDATE



As we joined together this November for the monthly Meeting of the Bracknell RNA, we had time to ponder on some of the events which Shipmates were about to take on, as supporters of the great works done by our friends and colleagues in the Royal British Legion, leading up to Remembrance Day and Remembrance Sunday. As tradition dictates, at the start of every meeting, we always remember those who have given their service and lives to this great country of ours and our own Members who have 'Crossed the Bar'. It certainly re-enforces the spirit of community and friendships we have at our Branch of the Royal Naval Association.

As the formal meeting took place with 23 shipmates present our Committee Members all reported back on the Branch's activities since last time we met. Fourteen Shipmates had taken the opportunity for a second outing by the Branch to Chatham Historic Dockyard. As with the first group earlier in the year a



### ONCE NAVY, ALWAYS NAVY





# COMMUNITY NEWS

## The **BINFIELD 10K**

### NEWS FROM THE BINFIELD 10K COMMITTEE

It seems a long time ago since the 5<sup>th</sup> Binfield 10K which took place in May, and we just want to share with you how much we raised and what we did with it!

In total we raised an amazing sum of £10,634, and we are so proud to say that ALL of that money has been donated back to the community

As a committee we chose that half of the funds raised would be paid to the Thames Valley Air Ambulance, a charity very close to our heart. We were very proud to present to them a cheque for the amount of £5,300 in October, for which they were very grateful.

In addition to this, we were able to provide a sizeable donation to the following groups as a thank you and acknowledgement for their help in making the day such a big success.

- FOBS – for the loan of their gazebos, the toilets and the school buildings
- Binfield Scout group – for their services with the water station and bag drop area
- Binfield Brownies – for help with litter picking and help at the finish line
- Binfield Guides – for running the sweet stall and helping with litter picking
- Binfield Cricket Club – for the loan of their grounds for parking as well as general support
- Binfield Football Club – for running a water station
- Newbold Church – for running a water station and their amazing drummers
- Binfield Environment Group – for their amazing work litter picking the entire route of the 10K
- Binfield Churches – for cancelling their services to enable us to operate road closures and for providing a water station

Plans are underway for next year, but we do need your help. The 10K committee is made up of a wonderful team of volunteers who work hard to create such a successful event. However, we are always looking for new people to join us. If you are interested in joining the committee please email [enquiries@binfield10k.co.uk](mailto:enquiries@binfield10k.co.uk) as we would love to hear from you. Best wishes

*The Binfield 10K Committee*



## FARLEY WOOD COMMUNITY ASSOCIATION

Would you like to be involved in running the **Community Centre in Farley Wood?**

'Running' could mean:

- Having a say in where we spend our funds
- Working with the Parish and Borough Councils on bigger projects
- Hearing the desires and concerns of our hirers such as the nursery and dance school
- Responding to the desires and concerns of local residents
- Revamping our web-site

And generally helping to make sure that the Association is fulfilling the objective of providing a fantastic Centre for the Community.

**We are in need of people for the following posts in the committee, starting at our AGM in February, or any time before:**

- > **Chairman:** after over 20 years, our current Chairman is stepping down. This roll is a co-ordinator roll and not necessarily a full-on 'doing' roll! The primary task is to make sure everything (such as meetings) run smoothly, and to work with the employed Centre Manager
- > **Vicechair:** to step in when the Chair can't make a meeting and perhaps to be actively involved in some of the tasks (e.g., recently to research and source new chairs for the reception area)
- > **Secretary:** to receive and distribute as required documents from other bodies; take and distribute meeting minutes
- > **None of the above(!):** general committee members are always welcome to contribute their thoughts and ideas and perhaps take on a project

Our Centre Manager does such a great job that the Committee's time commitments are little beyond the quarterly meetings – so nobody needs to worry about needing to find endless hours for any role.

If you are interested in finding out more or would like to volunteer, please contact Paul on 07775 876 132 or [farleywood.secretary@gmail.com](mailto:farleywood.secretary@gmail.com)



# COMMUNITY NEWS

## BINFIELD PATIENT GROUP

### COVID AND FLU VACCINATIONS.

It is important to have the COVID and FLU vaccinations when offered. If you have any concerns about these vaccinations please contact the surgery for further information.

### HOW TO HELP KEEP YOUR IMMUNE SYSTEM IN TOP SHAPE:

A strong immune system will help you ward off all sorts of infections, not just Covid-19.

### The importance of fruit and vegetables:

The good news is that if you're already eating plenty of fruit and vegetables, you've made a good start. Eating whole fruit and vegetables is healthier than having them in fruit juice form – the fibre in whole fruit and veg slows absorption into your system, reducing blood sugar spikes. However, a single portion of fruit juice a day is better than an alternative sugary drink, because it does offer vitamins and minerals not found in sugary drinks. But no matter how much juice you drink, it only counts as a single portion of fruit and veg – and while the sugar it contains may be 'natural', it's still sugar.

### Look after your skin:

Your immune system is incredibly sophisticated, and there are hundreds of steps involved in keeping it working at peak capacity. Non-specific immunity is your body's first line of defence. Germs can enter through your nose, mouth or skin. Your skin is the biggest organ in your body, providing a barrier to germs. Inflamed or damaged skin makes it easier for germs to penetrate into your system, where they can multiply and cause illness. If you have dry skin, using regular moisturisers will replenish lost fluid, which helps keep the barrier intact. For more severe inflammation, your GP may advise steroid creams.

### How does diet affect your immune system?

Where diet is concerned, variety is key for your immune system. If possible, you should try to eat 30 different vegetables, fruit, nuts and seeds of every possible colour in a week. That's because each of them contains different proportions of health-giving vitamins, minerals and other micro-nutrients.

### TREATING WARTS:

Warts are small, horny growths on the skin with an uneven

surface. They are caused by a viral infection of the skin. They are only slightly infectious. They usually disappear by themselves.

### What you can do yourself:

Most warts clear suddenly and by themselves. However, it can be hard to tolerate warts on your hands or face. So try a wart remedy available from a pharmacy. Apply daily and use a pumice on the hard skin until you are sure the root has been treated, then continue for 3 more days.

Contact your GP if you are not successful in removing the wart or warts, or if a wart changes colour or starts to bleed.

### MOLES:

Everybody has moles on their skin. You may be born with some moles. Other moles turn up at puberty (teenage years) or later. Women often develop more moles during pregnancy. The moles differ greatly in form, size and colour.

Most moles are not dangerous but occasionally they can turn into hazardous skin cancers. Be aware of the danger signals listed below:

Consult your GP straight away if you notice one or more of the following danger signals with moles:

- The mole changes colour.
- The mole gets bigger or small moles appear beside it.
- The mole becomes thicker.
- The mole starts to itch.
- The mole bleeds easily.

### WHEN THE SURGERY IS CLOSED:


If you require urgent medical assistance which cannot wait until the surgery reopens, please telephone 111. Calls to the NHS 111 service are free from both landlines and mobiles. If you have a life threatening emergency then please telephone 999.

### BINFIELD SURGERY:


Further Surgery information is available on the following website: <https://www.binfieldsurgery.co.uk>

**HAVE A VERY HAPPY CHRISTMAS AND A GOOD NEW YEAR.**


*Duncan Johnston - Binfield Patient Group*




## Christmas Wordsearch



ANGEL	MARY
CANDLELIGHT	PRESENTS
CAROLS	REINDEER
CARROT	SHEPHERDS
CHRISTINGLE	SNOW
CHRISTMAS TREE	STAR
FATHER CHRISTMAS	TINSEL
JESUS	WISEMEN
JOSEPH	






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



# COMMUNITY NEWS



## BINFIELD GARDEN CLUB

On 3<sup>rd</sup> November, we welcomed Michael Holland from the Chelsea Physic Garden. This extraordinary garden was first established in 1673 by the Apothecaries in order to grow medicinal plants and learn more about their powers in healing. It occupies four acres on the banks of the Thames and has had a wide reaching impact around the globe.



Michael began by asking us to name which plants WE thought had changed the world. He then described HIS list of five.

Firstly trees. Right from the beginning there were algae producing oxygen, which led to the earth being covered by swampy forests of grasses, giant ferns and trees. Millions of years ago layer upon layer of these plants died and were compressed and covered with soil. This gave us coal which provided us with steam power giving us industrialisation and also pollution.

Michael's second plant is the poppy. From this we have valuable medicine but the dark side was the Opium wars and now the miss-use of drugs.

Thirdly is the humble pea. Gregor Mendel, a 19<sup>th</sup> Century Austrian monk experimented with certain traits in pea plants and observed the basic principles of heredity. This became the foundation of modern genetics.

The versatile maize is Michael's fourth important plant. Instead of wandering to hunt and gather, farming crops led to permanent settlements as plants needed to be looked after and places built to store for winter.

Fifth on his list are nutmeg and spices. These are so important for flavouring and helping preserve food. From ancient times, the spice trade led to discovery of new sea routes and struggles as valuable spices were transported from the east to the west and probably many a fortune was made or lost!

We all very much enjoyed this thoughtful and informative talk to end our year. Thankfully, since February, we have been able to hold all our meetings in person with an array of excellent speakers, a lovely afternoon tea in a member's beautiful garden in the heatwave, a toast to our Queen for her Jubilee and an excellent outing to Wisley Flower Show. In December will have our Christmas lunch at Mill Ride Golf Club and then the first meeting of 2023 will be a talk by Mike Coker of the Binfield Environment Group. We look forward to seeing members, guests and visitors on January 5<sup>th</sup> in the Memorial Hall. Please check our website for information.

[binfieldgardenclub.wordpress.com](http://binfieldgardenclub.wordpress.com)

The competition was for a Mosaic on a Plate and what amazing entries! Elaine won, with Liz 2<sup>nd</sup>, Jenny 3<sup>rd</sup> and Carole 4<sup>th</sup>



Well done, everyone



Happy Christmas to all, and a healthy and happy 2023. Always, remember, to plant a garden is to believe in tomorrow.

*Sue Jeffery*



## BINFIELD W.I.

At the end of October, we had an escorted Halloween Ghost walk in Windsor, fascinating Ghost stories from the past plus some very interesting history of how Ghosts from the past haunted houses, who they were and why they are still talked about today. Just as the rain arrived, we headed for a very well deserved hot chocolate, talking avidly about Ghosts.

The beautiful display of poppies hand made by the crafters from W.I. were on display in All Saints Church for Remembrance Sunday and looked amazing. This year we placed our banner in church and of course remembered the sad loss of our longest serving W.I. member, Her Majesty Queen Elizabeth.



Our November monthly meeting didn't quite go to plan, our guest speaker, (Around the World with Christmas stories and poems) broke down en route, but being the W.I. we improvised and carried on. There were some wonderful Christmas books and poems brought by members for the competition and so some of the ladies came up and read their own stories and poems, some very old. One member brought in a very cherished Christmas

book which had been a present over 60 years ago. We were transported back to Ebenezer Scrooge on Christmas Eve, it was so well done we thought he was in the room with us.

November continued with our Supper Club, coffee meets and chats, a demonstration of simple Christmas cake decorating and an alternative Christmas wreath making, as well as all the normal activities. badminton, scrabble, rummikub, walks, book club and keep fit. Our craft group are being kept very busy sewing and knitting for the Christmas market on 5<sup>th</sup> December as well as learning how to quill and do needle felting. Other ladies have been busy preparing for the Christmas Market making jams, marmalade, chutney and Christmas mincemeat as well as preparing the children's tombola

Our final meeting in December will be the long-awaited Christmas Party, the first for 3 years. A magician will wow us with close-up magic at the table followed by a stand-up show. There will be a final coffee get together on the 16<sup>th</sup> December at the Foxes Den.

Binfield W.I. wish you a very Happy Christmas and Peaceful New Year. If you would like to join us in the New Year come along to our next meeting at Binfield School Hall 6.45 for 7.15pm meeting on Thursday 12<sup>th</sup> January 2023 or email [binfieldwi@berkshirewi.co.uk](mailto:binfieldwi@berkshirewi.co.uk)

*Mary Wharphshire*  
**President Binfield W.I. Phone - 07804 189322**



# Christmas Services

AT ALL SAINTS' CHURCH

- Sun 4th Dec - 6.30pm - Until We Meet Again
- Sun 18th Dec - 6.30pm - Carol Service
- Christmas Eve - 3pm & 5pm - Christingle
- Christmas Eve - 11.30pm - Midnight Service
- Christmas Day - 9.30am - Communion Service (BCP)
- Christmas Day - 10.30am - All Age Christmas Celebration
- Sun 1st Jan - 10.00am - Common Worship Communion

Reading Minster Presents...

## THE CANDLELIT CHRISTMAS CONCERT

\* **Saturday 17th December at 5pm** \*

*with three choirs and audience carols!*

**Occasions Singers**  
**Reading A440**  
**Reading Male Voice**

*In aid of Reading Minsters Music Outreach Project*

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**Suitable for all ages - Tickets £7.50**  
**Under 16s free**

Tickets are available to buy from QR Code  
 or from [www.occasionssingers.org](http://www.occasionssingers.org)  
 or inside The Minster



**Reading Minster of St Mary The Virgin, Chain Street, Reading, RG1 2HX**

WHIZZ KIDS

# CHRISTMAS PARTY!

JOIN US FOR A CHRISTMAS PARTY WITH FOOD, GAMES, CRAFT, AND A BOUNCY CASTLE!

**For anyone in primary school**



5:30-7:00pm, 19th December  
 at St. Mark's Church  
 £3 per child, £2 per additional sibling



Please email [daisyridell@gmail.com](mailto:daisyridell@gmail.com) to book your place!

