

The Binfield Beacon

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



April 2024

The unexpected
fire that ended
loneliness.....

This Month

Binfield walk - page 7

Gardening Club Report - page 12

Binfield 10K - page 15

Image by Franz P.Sauerteig from Pixabay

Connecting people with Jesus, the bible and others

Church Office: 01344 421079 office@binfieldcofechurches.org.uk facebook.com/allsaintswithstmarks
www.binfieldcofechurches.org.uk Produced by All Saints' with St Mark's Churches

SERVICES & DIARY

SERVICES

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

APRIL 2024

Sunday 7th	8.15am 9.30am 11.00am	Book of Common Prayer Communion Common Worship Communion Informal All Age Baptism Service
Sunday 14th	9.30am 11.00am	Common Worship Communion Informal Service
Sunday 21st	9.30am 11.00am	Common Worship Communion Informal Service with Communion
Sunday 28th	9.30am 11.00am	Common Worship Communion Informal Service

MAY 2024

Sunday 5th	8.15am 9.30am 11.00am	Book of Common Prayer Communion Common Worship Communion Informal All Age Baptism Service
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Creative Table

(for Pre-school and Reception year children)

The creative table is available during the 11am service every Sunday (except on the first of the month) for younger children to use during the service.

PRACTICE THE PRESENCE OF GOD

This month's Practice the presence of God session takes place on **Tuesday 23rd April, 7.30pm at The Rectory**. 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.

3rd April - NO WALK
17th April - 9am meet Foxes' Den
1st May - 9am meet Foxes' Den

For more information contact:
Gisele on
07724 889169

MEN'S MONTHLY COUNTRY WALK

DATES: Saturday 6th April and 4th May

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 16th April at 12 noon
If you need a lift, please call **Beverley** on **07704 437207**

DIARY

APRIL 2024

Thurs 4th	7.30pm	Adult Choir practice at St Mark's Church
Sat 6th	7.45am	Men's Monthly Walk
Thurs 11th	7.30pm	Adult Choir practice at St Mark's Church
Sun 14th	10.45am	Whizz Kids at St Mark's Church
Tues 16th	12 noon	Silver Service at St Mark's Church
Wed 17th	9.00am 10.00am 7.00pm	Wednesday Women's Walk 3G Toddler Group at St Mark's Church 7UP at St Mark's Church
Thurs 18th	7.30pm	Adult Choir practice at St Mark's Church
Fri 19th	8.00pm	Relentless at St Michael's Church, Warfield
Sun 21st	10.45am	Whizz Kids at St Mark's Church
Tues 23rd	7.30pm	Practice the presence of God at The Rectory
Wed 24th	10.00am 7.00pm	3G Toddler Group at St Mark's Church 7UP at St Mark's Church
Thurs 25th	7.30pm	Adult Choir practice at St Mark's Church
Fri 26th	8.00pm	Relentless at St Michael's Church, Warfield
Sun 28th	10.45am	Whizz Kids at St Mark's Church

MAY 2024

Wed 1st	9.00am 10.00am 7.00pm	Wednesday Women's Walk 3G Toddler Group at St Mark's Church 7UP at St Mark's Church
Thurs 2nd	7.30pm	Adult Choir practice 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:

17th, 24th April and 1st May

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. **Christine White and Team**

Youth Groups @ BINFIELD

For anyone in school years 7-13

7UP

A café style chill space! With games, sports, tuck shop and creative zone!



WEDNESDAY EVENINGS, ST. MARK'S CHURCH, 7:00-8:30PM

RELENTLESS

A joint youth group with Warfield Church! Enjoy video games, sports and space to hang with friends



FRIDAY EVENINGS, ST. MICHAEL'S WARFIELD, 8:00-9:30PM

for more info please email: youth@binfieldofofchurches.org.uk

A MESSAGE FROM YOUR RECTOR



THE BOAT TRIP

A man was sailing in his yacht. He had been out on the ocean for a number of days, when unexpectedly his boat began to sink. He only managed to survive by clinging to a floating object. He was blown and buffeted by strong winds, and eventually he landed on a deserted island where no people or animals lived, just a few insects.

He managed to build a small box made of straw. He stayed there for several days eating fruits and fishing. He began to get used to his new life of suffering and loneliness. Eventually he lost all hope of ever being rescued and seeing his family again. Every night he lit a fire in front of his house to warm himself.

One evening as usual he lit the fire. He stayed there for a long time until he dozed off. Late in the night he was awakened by an overwhelming heat. His straw hut had caught fire. In his anger he cried out accusing and blaming God, shouting, "Oh

God what have I done to you to hurt me so, you separated me from my family to bring me to this deserted island and now you let my hut burn. Why are you so hard on me it is better to die because I am tired of living in this suffering."

At dawn, he saw a small boat coming towards him. When the boat landed he ran straight for the captain and said to him in astonishment, "Captain how did you get here? No boat can get here unless he gets lost."

"The captain replied in the night we saw fire and we thought it was a burning boat. We thought that you used the fire in order for us to find you."

The man cried fell on his knees and asked God for forgiveness. Got into the boat and went home and was reunited with his family.

Have you, like the man in the story, ever cursed God when life hasn't gone the way you hoped it would, or thought it should? The Bible says, **Many are the plans of a person's heart but it is the Lord's purposes that prevail. Proverbs chapter 3 verses 5 to 6.**

Story taken from Instagram. successXcel

Luke Taylor



For school years
1-6
Everyone welcome!

SUNDAYS
Except the first of the month!

St. Mark's Church
10:45AM


WHIZZ KIDS!

JOIN US AS WE LEARN HOW TO FOLLOW GOD!

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sports, craft, games and more...

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From the Registers:



Baptism
Charlie Philip Ucar

Funerals
Mike Moore
Joan Putting

VERSE OF THE MONTH

APRIL

"Cast all your anxiety on Him because He cares for you."

Contributed by
Rev. Phillip Watts

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

Rector:

Revd Luke Taylor
07939 526361
rector@binfieldcofechurches.org.uk
(Friday is Luke's day off)

Churchwarden:

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Sue Cledwyn-Davies - 07941 585488

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

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We are also on Facebook
facebook.com/AllSaintsWithStMarks

The Church Office is sited in St Mark's Church

St Mark's Church

Popeswood Road
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All Saints' Church

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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!

Jill Hanson	tel. 452694
Margareta Hawkins	tel. 411681
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



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.



Praying for and with you

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



The Binfield Beacon

**The deadline for Beacon Contributions
for the May 2024 issue
is Monday 8th April 2024**

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. The Binfield Beacon is produced by The Parochial Church Council of the Ecclesiastical Parish of Binfield. Registered Charity number 1149382

CHILDREN, YOUTH AND CHURCH



Hey Everyone!

We're full swing into spring now, and it's been wonderful getting into the Easter Spirit this year! We've been having loads of fun with our young people as usual, here's what we've been up to...



At Whizz Kids we've been learning about what God says love is from 1 Corinthians 13, thinking about all the ways we can show love to others like forgiving them, being generous, and being patient with each other. We discovered we all need to practice these, as we've learned sometimes it's not very easy! We had our joint Mother's Day Celebration with the whole Church, and some of our Whizz Kids wrote and shared their prayers for all the women in our lives, and they did an amazing job!

We also had our annual Easter Egg hunt after the 11am service on Easter Sunday and it was great to celebrate the resurrection with so many of you, and of course enjoy some chocolate too.



Our youth group, 7UP, has been continuing with our weekly debates, and this month's topics have included: Does social media do more harm than good? and Is it better to be rich or famous? We've had some great thoughts come out of these discussions. Over the half term break we also met up for a group social trip, and we went bowling which was a great night. The young people were far better than the leaders!

Coming up in May we will be hosting a water station for the Binfield 10k at All Saints' Church again this year, cheering the runners on and handing out water and jelly babies. The young people did such a good job last year, so we're looking forward to it again in 2024!

Our secondary school kids are also gearing up to spend a week away in summer at youth camp again, as we're returning to Satellites festival in August! This is for anyone in school year's 7-13 so if you want to join us feel free to send me an email to find out more.

We're looking forward to longer days and spending more time outside in all our groups, we hope to see you there!



**Daisy Osinaike -
Children's and Youth Worker**
(youth@binfieldcofechurches.org.uk)

The dates for April are:

Whizz Kids: 14th, 21st and 28th April

7UP: 17th and 24th April

Relentless: 19th and 26th April



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.

Walk around Wicks Green and Billingbear - 3 km

This walk includes two grassy paths which can be muddy after rain. It is not recommended for buggies. Dogs should be kept on leads in the Billingbear section.

Start at the car park on Stevenson Drive. Travelling north from the village centre on Terrace Road North pass The Victoria Arms and turn left at the roundabout onto Stevenson Drive. Follow this road round to the left and immediately after a mini roundabout the gravel car park is on the right.

On the north side of the car park (right side as you drove in) take the gravelled path past an information board and around the edge of the park to the north-west corner. Pass through a small gate and turn right along Wicks Green. Pass Wicks Green Cottages (a Grade II listed building originally built in the 16th century). Take the footpath on the left, into the field opposite the cottages, and follow the right-hand field edge almost reversing your previous direction.



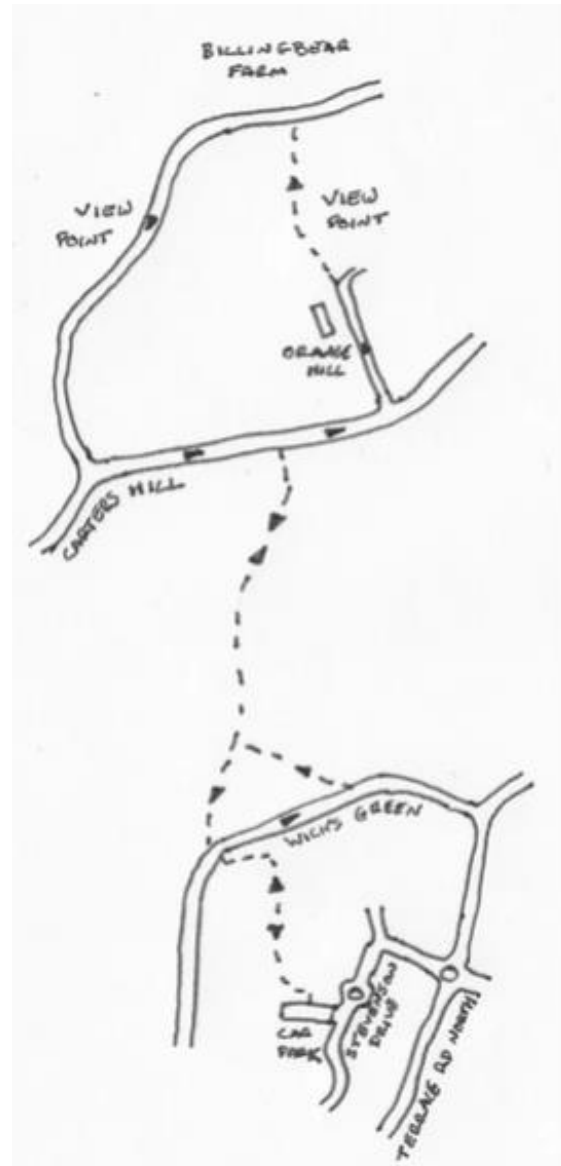
Path entrance opposite cottages

At a T-junction of paths turn right and follow the left hand edge of a much larger field up the hill. When you reach a road (Carters Hill) turn right. After a few metres look right to get a view across Binfield towards Surrey. Carry on along the road and at a drive on the left turn along it. This drive is also signed as a footpath and part of the Rambler's Route (a black arrow with three heads on a white background). The Rambler's Route is a 26 mile circuit of the countryside around Bracknell, and full details can be found on Bracknell Forest Council's website.

Walk up the drive past Orange Hill House. As the lane bears right, pass through a gap in the hedge on the left and cross the field to a gate and stile. As you cross into the next field enjoy the view to the north-east. Follow the hedge on the left to Billingbear Lane. Turn left and follow the lane through the hamlet of Billingbear looking out for views on your right across the Thames Valley to the north-west.

When the road reaches a T-junction turn left walking on the grass verge past the walled garden of Billingbear House (an 18th Century building in a lovely parkland setting) until you reach the path on the right that you came up earlier. Follow this downhill, going straight ahead when you reach the path junction in the smaller field. When you reach Wicks Green you will see the gate back into the park on your left.

This walk is taken from the Binfield Walk Pack available from <https://binfielddeg.wixsite.com/binfielddeg/binfield-walkers-pack>



Park entrance from the Car Park off Stevenson Drive

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April Eco Church Watch



As a moveable feast, Easter can fall on any Sunday from the 22nd of March to the 25th of April depending on the lunar cycle which coincides with the first full moon after the vernal equinox. Whilst the timing of Easter may be confusing, its message of renewal and rebirth gives hope in Jesus' Resurrection and in the natural Spring cycle.

Looking out the window, walking or cycling down the road, digging the allotment or sitting in the garden with a cup of tea watching the children play, you will see the twitching of twigs and fresh green feathery foliage or witness a finch or blue tit fly past with a beak stuffed with nesting material, the finest moss from your lawn or some wool strands attached to a fence post and recycled from a sheep. Warmer and longer days, heralded in by the dawn chorus of joyful birdsong, makes us all feel at one with nature. The cycle of rebirth and hope predates Christianity as does some of our Easter symbols. For example, eggs were a metaphor for the birth of the universe in Egyptian mythology and was adopted by Christianity as a symbol of optimism and continuation in the eggs we eat at Easter, whether boiled, or nicer, created from chocolate.

In gardens and allotments, April witnesses a flurry of nesting birds. The early starters, such as blackbirds and robins will either be sitting on eggs or taking care of fledglings. In fact, the first brood of young blackbirds are likely to emerge from their nest by the end of the month. The later nesters, such as the tit family and the finches, will take advantage of longer and warmer days to select a nest site and construct a comfortable and secure home to lay their eggs and bring up their family. My favourite are the long-tailed tits who takes up to three weeks to build the most beautiful and snug nest which is usually lined with lichen, cobwebs and moss. Whilst their eggs are normally laid in early April, we can appreciate the time and care taken to create such an architectural masterpiece.

This is a good month for topping up bird feeders with sunflower seeds and mealworms to help the parent birds maintain their energy levels and keep feeding their ravenous young. It also helps the chicks to have enough invertebrates to feast on within their locality. Avoid feeding peanuts, fats and bread during spring and summer. The first can cause choking in nestlings and the latter can become rancid and go off as the temperatures increase. Water saucers can be left out in a safe place away from predators and can be recycled from a charity shop or the kitchen. Check on and clean feeders and water saucers regularly. Enjoy the longer days and make the most of them!



Kate Ellison-Bourne

COMMUNITY NEWS

BINFIELD LIBRARY NEWS

Spring is officially here and I for one am pleased to see the longer days and warmer weather it puts a big smile on my face and makes me feel that anything can be achieved. So Binfield don't forget we have lots of books on allotments, gardening, and holidays to help you make the best of these extra hours.

So, what's happening this month? Well, here's a quick summary of dates for your diary:

Weekly events:

Rhyme time

Come along and join our fun (and sometimes noisy!) singing sessions for babies and toddlers on Thursday mornings at 9.30. There is a 50p charge for the singing and a £1.50 charge if your pre-schooler stays for both the singing and the following craft.

Friday afternoon craft

This fun event runs on Fridays 3.30 – 4.30pm for children in Reception to Year 6, there is a small charge of £1.50 per child to cover supplies and we ask that you pre-book to make sure there are enough materials.

Special Children's event

On the 4th April Dogs Trust is holding a workshop designed to encourage safe behaviour around dogs, it will be fun and informative hosted by Karen Hutt an Education Community Officer for West London she will be accompanied by her toy dog!

You need to book for this event as there are only 12 spaces available; parents need to remain with their children during the library workshop.

Our **community puzzle** is beginning to take shape, it's changed location and is now by the public PC's please feel free to add a piece or two next time you're visiting.

Reminiscence Group:

Is running on the first and third Thursday of the month at 11 am. There is a small £1 charge to include a cup of tea or coffee. This is an animated, friendly group who have lots of interesting memories, come along and share yours.

Derek's Quiz

This is a light-hearted quiz held on the second and fourth Thursday of the month, you'll need to get here early to get a chair it's that popular, but we can always make room for more :)

We're here to help so please contact the library for any further details on any of our events. This is your Library, so please use it. We aim to provide services and activities to meet your needs, so let us know how we are doing.

We look forward to welcoming you to the library.

Happy Easter Everyone!

*The Binfield library team
Sar Henty*



BINFIELD GARDEN CLUB

Spring is well on its way now, the snowdrops have finished and lots of daffodils and crocuses are to be seen all round village gardens. Willows are showing green and other trees will soon follow suit.

March 7th was our AGM conducted smoothly by Margaret Mackett, our chair. Alan Foster, President of the club, presented Nancy Bowen with, not just the Annual Challenge Cup for 2023, but also a prize for the winner of most points in monthly competitions throughout the year – many congratulations!

With all business successfully completed, we welcomed Rosy Hardy of Hardy's Cottage Garden Nursery. Rosy has won 24 Gold Medals at Chelsea and is a very knowledgeable and interesting speaker. Her talk was about early spring perennials and she had brought many plants from her nursery to inspire us all. At the end many people eagerly bought one or two to take home!

The competition was an arrangement of spring flowers and here are some of the lovely entries with Belinda Thornhill winning 1st place.

On April 4th Gillian Taylor will speak to us about "More colour, less work."



Very importantly, looking ahead our Annual Plant Sale will be on May 9th. This is always a very popular event so put it in your calendar, come along and buy some healthy bargain plants!

Our meetings are held at the Memorial Hall starting at 7.15pm and we always have a good raffle, refreshments and occasional gardening bric a brac. We have a variety of speakers booked for the rest of the year and also 2 outings. Come and join us!

New members, visitors and guests are always welcome, Look us up on binfieldgardenclub.wordpress.com, see us on Facebook and look out for posters on village notice boards.

"April hath put a spirit of youth in everything."

W. Shakespeare. *Sue Jeffery*

News from Binfield Parish Council



Welcome to the April 2024 edition of Binfield Parish Council News. In this edition, we are looking forward to our upcoming events over the spring months as well as sharing the latest Parish news.

April 2024

Tuesday 2 April	Amenity Committee	8pm
Tuesday 9 April	Parish Council	8pm
Tuesday 30 April	Planning and Transportation Committee	8pm

Future Events

Saturday 18 May Binfield Community Litter Pick	As part of the Binfield 10K weekend there will be a community litter pick to tidy the route in advance of the run on Sunday 19 th May. Register at the Foxes' Den and pick up a kit.	10am-12 noon Foxes' Den
Thursday 6 June D Day Celebration! Foxley Fields	80th Year Anniversary of Day D. There will be a Beacon Lighting on Foxley Fields at 9.15pm. Save the date! Further details to follow.	Beacon lighting 9.15pm

Binfield Memorial Hall - AGM – Thursday 18th April, 8pm

The Binfield Memorial Hall will be holding it's AGM on the 18th April at 8pm at the Memorial hall. Everyone is welcome to attend.

Acoustic Panels

We have recently had acoustic panels installed in the Foxes Den Café area of the Parish building. This has reduced the reverberation and echo noise around the room making it a lot quieter and much easier to hold a conversation whilst in the café. So, if you have struggled with the noise in the past then please do come along and try it out.

Grant applications are now Open – Closing date 28th April 2024

Our community grant applications are now open, applications forms can be found on our website (<https://binfieldparishcouncil.gov.uk/community-grants/>), or a form can be picked up from the office.

Litter and fly tipping!

We are currently experiencing an increase in litter and fly tipping within the Parish. We have several Sponsor a Street residents across the Parish who do a fabulous job in helping to keep the village clean and tidy. If you want to join our litter picking scheme, then please contact us. If you see any fly tipping, then please report it to Bracknell Forest Borough Council (customer.services@bracknell-forest.gov.uk). Please help keep our Parish clean and tidy.

Ceri, Amanda, Purveen, Alisa & Tracey

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

Parish Office working hours: 9.00am-1pm Monday to Friday

office@binfieldparishcouncil.gov.uk

www.binfieldparishcouncil.gov.uk

COMMUNITY NEWS



Happy Easter from the Den!

It's that time of year again! Daffodils are nodding in the sunshine (or drooping under heavy showers), the birds are tweeting away in the mornings and shop shelves are loaded up with pricy chocolate eggs... over here at the Den we are looking forward to supporting the Binfield Easter Egg Hunt that is running from Friday 29th March. We will have our egg on display and will be open for the duration for maps and toilet stops! And, of course, our fabulous toasties and milkshakes...

On the subject of food and our visitors, we want to take this opportunity to thank everyone for their patience whilst our new kitchen and servery was installed last month. Binfield Parish Council as our landlord realised that the original kitchen was no longer fit for purpose and have provided us with a fabulous, shiny kitchen that will be here for the community for many years to come. At the same time sound dampening panels have been installed in our beamed roof to help with the noisy acoustics in the café area. Huge thank you to all the councillors and their team for making these happen.

Please pop in soon to see what new items we can add to our menu and what new activities we can run thanks to these new features!
Claire & Kerrin x

@thefoxesdenbinfield 07919448254 Benetfeld Rd, 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

Who still hasn't been in to see us?

It does still happen, but not as often now: someone will come into the Den and say "Ooh, I didn't know this was here" or "I've been meaning to pop in and see what it's like in here". We always reply with a "Thank you for coming to see us – welcome to the Foxes' Den!".

And we really mean it; please feel free to pop in and see what we're all about – you don't need to buy a coffee; just come and say hello and help with the community jigsaw (if you want to!) or potter in the community mindfulness garden. We are a community hub, which means that we are here for our Binfield Community (we are a CIC which lies between a business and a charity with the sole purpose of supporting our community).

With that in mind if you have an idea of what we can do to support activities and folk around Binfield please do pop in for a chat.

We're talking mental health.

Following the Five Ways to Wellbeing can protect and improve our mental health. If you can't do all five every day, just start with one – you'll soon see a difference!



CONNECT

Good relationships help our brains produce chemicals that make us happy. They give us a sense of belonging and self-worth.



BE ACTIVE

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.



KEEP LEARNING

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.



GIVE TO OTHERS

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward.



TAKE NOTICE

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

The **BINFIELD** **10K** 10AM SUNDAY 19TH MAY 2024

Hundreds of places already gone! We are working hard behind the scenes to make this year's race even better! If you would like to run, jog or walk around our lovely village and help raise money for local charities and causes please sign up now to avoid disappointment: www.binfield_10k.co.uk/entries

On the day: On the field we will have the wonderful Foxes' Den providing coffee and cakes, as well as a great BBQ (run by the team from All Saints' with St Mark's Churches) providing bacon rolls, hot dogs and burgers. New for this year – cycle to the race – Binfield Tennis Association have come up with a brilliant plan to offer a manned bike park (open from 8am) so that we can be fully eco-friendly!

Road closures and parking restrictions: Please can we take this opportunity to remind you that there will be several road closures around the village during the race - most are just for a short time - for more information please visit: www.binfield10k.co.uk/road-closures/

Can you help? We are still in need of some marshals, so if you are able to help, please send an email to volunteers@binfield10k.co.uk. Our marshals are the best in the area and you are only needed for a few hours in the morning. The marshals provide invaluable support to our runners, so please do get in touch.

This year we are pleased to announce our main charity partner will be Thames Hospice – a charity close to all our hearts. We also want to take this opportunity to say a big thank you to all the fabulous village clubs and groups that make the event possible and so much fun! And lastly the biggest thanks goes to our sponsors, without whom this event really couldn't go ahead: David Cliff Estate Agents, Interior Resolutions Ltd, Alfa Chemicals, B W Reed & Son Builders, The Foxes' Den Café, Advantage Printroom and of course Binfield Parish Council. Thank you!

enquiries@binfield10k.co.uk www.binfield10k.co.uk



Caroline Reed **Sports and Remedial Massage Therapist – Level 5**

*Are you suffering with muscle or joint discomfort?
Injury, accident or simply everyday niggles or aches and pains? I can help you!*

My treatments include.....

- Sports Massage as part of a support package to help athletes prevent injury and enhance performance.
- A range of soft tissue therapy techniques to improve the recovery from acute and chronic injuries. Rehabilitation - I offer advice on a range of remedial exercises and lifestyle factors aimed at speeding up recovery, preventing injury as well as improving posture, performance and function.

As a comprehensive therapist I don't just treat injuries, I treat people. Everyone gets aches and pains during their life, caused by any of life's stresses. These can be helped by:

- Therapeutic massage for improved general health and wellbeing as well as alleviating symptoms relating to ongoing medical conditions.
- A range of advanced soft tissue techniques to improve joint and fascial mobility and neuromuscular techniques to improve functional movement.

Please contact me on **07810 635180** to book a consultation and your first treatment or visit www.crmassage.co.uk for more information.

Fully qualified and insured.
Binfield based. References available.



The Natural History of Binfield, Bracknell Forest and Berkshire

A talk by Mike Coker
(Binfield Environment Group)

June 25 2024, 7-30pm
St. Mark's Church,
Binfield, RG42 4AH

Entry & refreshments by donation
Register via our website:
www.binfieldcofechurches.org.uk



ECO CHURCH
AN A Rocha UK Project

All Saints' with St. Mark's Churches, Binfield
Connecting people with Jesus, the Bible and Others




Party 'Bye' The Pitch

SAVE THE DATE:
Saturday 6 July 2024
4pm – 10pm

Tickets on sale in June with more information to follow over the next few months.
www.facebook.com/partybythepitch
partybythepitch@gmail.com

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.



ClothesBank

How can you help?
Donate:

- Good quality, clean secondhand clothing/footwear (suitable for British spring/summer weather)
- NEW underwear and pyjamas (we are unable to use second hand for hygiene reasons)
- Girls socks, knickers, pyjamas
- Boys socks, boxers, pyjamas
- Ladies socks, knickers, bras, pyjamas
- Mens socks, pyjamas (we don't need any men's boxers)
- Money so that we can purchase clothes/footwear to fill the gaps we have in any of our clothing boxes

We specifically need :

New Pyjamas for children - all ages and sizes

Nearly new adults and children's trainers

Men - small and medium casual clothing
(Good condition and clean T shirts, Hoodies, Jumpers, Jeans, Shorts, Trackies)

Bags for life
(needed for clients to take away clothing)

WHEN: Any time
WHERE: Any donations can be dropped at
The Rectory, Terrace Road North, Binfield
(they can be left on the bench by front door) or
St Marks Church Office during opening hours only
(Tuesday-Thursday 9am -1pm)

All Saints' with St. Mark's Churches, Binfield
Connecting people with Jesus, the Bible and Others

We'd like to say a big
Thank you
to our volunteers!

Whether you deliver Beacons, help out at the Fete or one of our groups, carry out maintenance jobs or have added a few coins into our collection boxes, you are all part of our community and help our church and Binfield thrive!

You are invited to our drop-in Thank You event!
Sunday 5th May, 1-4pm at All Saints' Church

With refreshments, music, bell tower and history tours and activities for the kids.
We'd love to see you there!

