

The Binfield Beacon



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

March 2026



This Month

Mothering Sunday - page 3

Quiz Night - page 5

ClothesBank help needed - page 11

Easter Services - page 16

Connecting people to Jesus the Bible and others

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

SERVICES AND DIARY

SERVICES

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

MARCH 2026

Sunday 1 st	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal All Age Baptism Service
Sunday 8 th	9.30am	Common Worship Communion
	11.00am	Informal Service
	7.00pm	Informal Worship at St Marks
Sunday 15 th	10.00am	Altogether Service - see page 3

MOTHERING SUNDAY Informal Service with Communion

Sunday 22 nd	9.30am	Common Worship Communion
	11.00am	Informal Service
Sunday 29 th	9.30am	Common Worship Communion
	11.00am	Informal Service

APRIL 2026

Thurs 2 nd	7.30pm	MAUNDY THURSDAY
Friday 3 rd	2.00pm	GOOD FRIDAY HOUR AT THE CROSS
Sunday 5 th	8.15am	Book of Common Prayer Communion
	9.30am	Common Worship Communion
	11.00am	Informal Service

EASTER SUNDAY

(followed by Easter Egg Hunt)

DIARY

MARCH 2026

Wed 4 th	9.00am	Wednesday Women's Walk
	10.00am	3G Toddler Group at St Mark's Church
Thurs 5 th	7.30pm	Adult Choir practice at St Mark's Church
Sat 7 th	7.45am	Men's Monthly Walk
Wed 11 th	10.00am	3G Toddler Group at St Mark's Church
Thurs 12 th	7.30pm	Adult Choir practice at St Mark's Church
Tues 17 th	12 noon	Silver Service at St Mark's Church
Wed 18 th	9.00am	Wednesday Women's Walk
	10.00am	3G Toddler Group at St Mark's Church
Thurs 19 th	7.30pm	Adult Choir practice at St Mark's Church
Mon 23 rd	7.30pm	Practice the presence of God at The Rectory
Thurs 26 th	7.30pm	Adult Choir practice at St Mark's Church

APRIL 2026

Wed 1 st	9.00am	Wednesday Women's Walk
Sat 4 th	7.45am	Men's Monthly Walk



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:

4th, 11th, 18th March and 22nd, 29th April

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**

MEN'S MONTHLY COUNTRY WALK

DATES: Saturday 7th March and 4th April

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 17th March at 12 noon

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

WEDNESDAY WOMEN'S WALK

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

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

4th March - 9am meet Foxes' Den
18th March - 9am meet Foxes' Den
1st April - NO WALK
15th April - 9am meet Foxes' Den

For more information contact:
 Gisele on
 07724 889169



PRACTICE THE PRESENCE OF GOD

The next month's Practice the Presence of God session takes place on

Monday 23rd March 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.

INFORMAL

WORSHIP

and Prayer evening

Sunday 8th March

7.00PM - 8.00PM

St. Mark's Church

A time to gather together and seek God through praise, worship, and reflection. These evenings offer a peaceful and uplifting opportunity to connect with God and one another.



A MESSAGE FROM YOUR RECTOR



OLD EDDIE

It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean. Old Ed comes

strolling along the beach to his favourite pier. Clutched in his bony hand is a bucket of shrimp. Ed walks out to the end of the pier, where it seems he almost has the world to himself. The glow of the sun is a golden bronze now. Everybody's gone, except for a few joggers on the beach. Standing out on the end of the pier, Ed is alone with his thoughts....and his bucket of shrimp.

Before long, however, he is no longer alone. Up in the sky a thousand white dots come screeching and squawking, winging their way toward that lanky frame standing there on the end of the pier. Before long, dozens of seagulls have enveloped him, their wings fluttering and flapping wildly. Ed stands there tossing shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, 'Thank you. Thank you.'

In a few short minutes the bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place. Invariably, one of the gulls lands on his sea-bleached, weather-beaten hat - an old military hat he's been wearing for years. When he finally turns around and begins to walk back toward the beach, a few of the birds hop along the pier with him until he gets to the stairs, and then they, too, fly away. And old Ed quietly makes his way down to the end of the beach and on home.

If you were sitting there on the pier with your fishing line in

the water, Ed might seem like 'a funny old duck,' as my dad used to say or 'a guy that's a sandwich shy of a picnic' as my kids might say. To onlookers, he's just another old codger, lost in his own weird world, feeding the seagulls with a bucket full of shrimp. To the onlooker, rituals can look either very strange or very empty. They can seem altogether unimportant....maybe even a lot of nonsense. Old folks often do strange things, at least in the eyes of young folk. Most of them would probably write Old Ed off, down there in Florida.

That's too bad. They'd do well to know him better. His full name: Eddie Rickenbacker. He was a famous hero back in World War II. On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. They were hundreds of miles from land and no one knew where they were. They needed a miracle.

That afternoon they had a simple devotional service and prayed for a miracle. They tried to nap. Eddie leaned back and pulled his military cap over his nose. Time dragged. All he could hear was the slap of the waves against the raft. Suddenly, Eddie felt something land on the top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal - a very slight meal for eight men - of it. Then they used the intestines for bait. With it, they caught fish, which gave them food and more bait.....and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued after 24 days at sea.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first lifesaving seagull. And he never stopped saying, 'Thank you.' That's why almost every Friday night he would walk to the end of the pier with a bucket full of shrimp and a heart full of gratitude.

Who is it you say thank you to? How do you say thank you? The Bible encourages us to, *Give thanks in all circumstances....1 Thessalonians 5:18* When we say thank you, we should do it like Eddie, in all circumstances and with a heart full of gratitude.

(story from Max Lucado, In The Eye of the Storm, pp.221, 225-226)

Luke Taylor

Mothering Sunday Service 10am - 15th March

On Mothering Sunday on the 15th March we're looking forward to an altogether celebration service at 10am

We warmly invite all congregation members to join us for an informal gathering. We expect the service to last about 45 minutes with communion included.

After the service, we will have refreshments available, providing an opportunity for everyone to socialise



From the Registers:



Baptisms

Leo Alex Deller

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

Curate: Revd Lucy Bowley
curate@binfieldcofechurches.org.uk

Churchwarden:
Sue Cledwyn-Davies - 07941 585488
Adrian Hinton - 07734 517626

Assistant Churchwarden:
John Hargreaves - 07973 842624

Church Office:
Administrator: Emilie Creasey
Office number 01344 421079
office@binfieldcofechurches.org.uk

Office opening hours:

Term Time:

Monday: 9.30am - 1.30pm
Wednesday: 9.30am - 1.30pm
Thursday: 9.30am - 1.30pm

Safeguarding Officer:
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07922 663904
steve_elaine_whatley@hotmail.com

Binfield Beacon Editor:
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beacon@binfieldcofechurches.org.uk


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Michael Hawkins
01344 411681

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07456 249605
Treasurer@binfieldcofechurches.org.uk

Stewardship Secretary:
Andrea White
01344 421079

Fundraising Team
fundraising@binfieldcofechurches.org.uk
Church Website:
www.binfieldcofechurches.org.uk

 We are also on *Facebook*
facebook.com/AllSaintsWithStMarks

The Church Office is sited in St Mark's Church

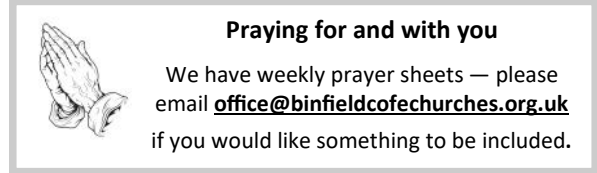
St Mark's Church	All Saints' Church
Popeswood Road	Church Hill
Binfield RG42 4AH	Binfield RG42 5NS



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www.binfieldcofechurches.org.uk/contact-list-sign-up/



Praying for and with you

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



Bereavement Support
Friday Morning at Foxes Den

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
Margareta Hawkins 01344 411681



Baptisms

BAPTISMS ARE TAKEN WITHIN THE 11AM SERVICE ON THE 1ST SUNDAY OF THE MONTH, AT ALL SAINTS' CHURCH AND EVERYONE IS WELCOME TO ATTEND.

BAPTISM IS AVAILABLE TO ANYONE WHO LIVES IN THE PARISH OR IS ON THE CHURCH ELECTORAL ROLL AND A REGULAR WORSHIPPER.

FOR FULL DETAILS ON HOW TO BOOK PLEASE CONTACT HAYLEY AT THE CHURCH OFFICE - OFFICE@BINFIELDCOFECHURCHES.ORG.UK OR 01344 421079



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. 01344 452694
Margareta Hawkins tel. 01344 411681
Gisele Taylor tel. 07724 889169
Dave Dawson tel. 01344 360389

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



The Binfield Beacon

The deadline for Beacon Contributions for the April issue is:

Monday 9th March 2026

Please email:
beacon@binfieldcofechurches.org.uk

Claire Thomas (Binfield Beacon Editor)



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.

FUNDRAISING NEWS



The Church Care Project:
Funding large building projects and ad-hoc maintenance work on our church spaces



General Funds:
Supporting the ongoing costs of running our churches and services, including the Parish Share payment and Youth work

Upcoming Fundraising Events

Saturday 21st March: Quiz Night @ St. Mark's Church, 7:30pm.
Monday 4th May: Eco Nature Fun Day @ St Mark's 11-3pm
Sunday 17th May: Binfield 10k
***New Date* Sat 6th June:** Spring Plant Sale @ The Foxes' Den

Update

We can't wait for our **Quiz Night** coming up on Saturday 21st March. Teams are booking in fast, so if you'd like to join us, head over to the church website, book your tickets and drop us a message with your team name before it's a sellout!

The early May Day will see the return of one of last year's wonderful Eco events, with our **Nature Fun Day** taking place at St. Mark's. Another joint venture between the Binfield Environment Group and the church will bring an exciting day for all the family full of fun and learning. The bats will even be paying us a visit again too!

We're looking forward to supporting the **Binfield 10k** with refreshments at the BBQ and on the All Saints' water station. If you would like to help us, please let us know as we love to see more faces on the teams.

Please note the date change for our **Plant Sale** which will be returning – this time for one day only. Last year's sale offered many amazing plants to those looking to spruce up their homes and gardens with some extra greenery. We were really blessed to receive some amazing donations of plants and seedlings and we'd love to hear from you if you might have some to offer too!



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 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 - Please contact us for the BACS details to make a bank transfer and to specify where your donation goes.**

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

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

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



SCAN ME



With many thanks from the Fundraising Team:

fundraising@binfieldcofechurches.org.uk

COMMUNITY NEWS



March-ing Into Spring!

March has arrived and with it the first signs of spring! Longer days, brighter mornings and the perfect excuse to pop in and treat yourself at **The Foxes Den**.

Of course our classic coffee is always ready and waiting. However if you fancy trying something a little different, why not give one of our **chia or matcha drinks** a go? And for those already dreaming of warmer days, our **iced coffees and teas** are at the ready for anyone who can't quite wait for summer.

No coffee stop is complete without something sweet. Our **classic bakes and cakes** are always here to perfectly accompany your drink, whether you're catching up with friends, meeting neighbours or enjoying a quiet moment to yourself. With Mother's Day falling this month, we hope everyone enjoys a very lovely day celebrating the mums and mother figures in their lives.

We're also proud to be a place where the community comes together. Whether you're popping in after the school run, stopping by during a lunchtime walk or meeting friends for a catch up, **The Foxes Den is always happy to welcome familiar faces and new ones alike**. It's these everyday moments that make our space such a special part of Binfield. We look forward to welcoming you in and sharing many more cosy coffees, friendly chats and brighter days ahead. Happy March everyone!

Kerrin & Niamh x
foxesden.co.uk @foxesdenbinfield 01344 305500
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** to Binfield Parishioners and we can arrange to have extra supplies delivered if you need them. Call or email in the strictest confidence and we will make sure that you have food on your table. Kerrin 07377048429 hello@foxesden.co.uk

SAFETY FIRST... We love all our customers and want everyone to have the best experience whilst in the café - with that in mind please can we remind parents and carers to not let their children run around the café. We have had some close calls with hot drinks and we really don't want to upset our little visitors by calling them out on it in front of everyone else..



DVORAK'S STABAT MATER

For their Spring concert, Bracknell Choral Society is delighted to be performing Dvorak's **Stabat Mater**, a moving oratorio for choir, orchestra and soloists, and Dvorak's best-known and most-often performed sacred work.

The work is a setting of a medieval Latin hymn on the sorrow of Mary, mother of Jesus at the Crucifixion and was composed by Dvorak as a personal response to the tragic deaths of his three young children. The rich choral melodies and beautiful orchestral passages take the listener from Mary's deep sadness to a tranquil and hopeful conclusion.

The concert takes place **on Sunday 22nd March** at **Newbold College Church, RG42 4AN at 6pm**. The choir will be led by Musical Director **Greg Hallam** and orchestra, the **British Sinfonietta**. We will be joined by acclaimed soloists, **Juliette Ashman** (soprano), **Martha McLorinan** (alto), **Thomas Elwin** (tenor) and **Geoff Williams** (bass). Tickets cost **£20** to include a programme (accompanied under 18s free) and will be available from our website www.bracknellchoral.org.uk or from choir members.



VERSE OF THE MONTH MARCH 2026

**A river watering the garden
flowed from Eden;
from there it was separated
into four headwaters.
The name of the first is the Pishon;
it winds through the entire land of
Havilah, where there is gold.**

Genesis 2 : 10-11

Contributed by Amanda Morris



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.**

BINFIELD MEMORIAL HALL

AGM AND OPEN EVENING
with refreshments

Tuesday 17th March 7.30pm

AGM starts 8pm



The Memorial Hall is a charity run by voluntary Trustees as a community facility for hire for the benefit of Binfield residents.

The AGM will review 2025 and outline on-going plans for the future of the hall.

There are 3 vacancies for elected trustees if you would like to put yourself forward for election at the meeting.

Please email binfieldmemorialhall@gmail.com If you would like more information.

Trustees value your feedback and ideas so please come along to meet Trustees over a coffee or glass of wine, have a look round and share your views of the hall and your hopes for its future.

We look forward to welcoming you

Binfieldmemorialhall.co.uk

Mindful March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

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BREEZE	NATURE
BUDS	NEST
CLOUDS	RAIN
EQUINOX	RENEWAL
FLOWERS	SHOWERS
FRESH	SPRING
GARDEN	SUNSHINE
GREEN	WARMTH

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

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CHURCH NEWS



EASTER LILIES



Each year at Easter, we have a display of lilies in All Saints' Church, and the names of family and friends that are no longer with us, displayed on a scroll with the flowers.

Inspired by the late Jan Vigar, this poignant way to honour our loved ones, is continuing as Jan's legacy.

Easter is a time when we think about how the resurrection gives us hope. God has promised us eternal life and He has prepared a place for each one of us in His kingdom where we will meet our loved ones again one day.

If you would like to include the name of a loved one who has died, please email Emilie in the Church Office office@binfieldcofechurches.org.uk by Tuesday 31st March latest.

Each year we will create **a new list of names**, so even if you have had people on the list before, please make sure you let us know, otherwise they will not be included.

Voluntary donations would be very much appreciated and will be put directly into the flower arranging budget.

Donations via BACS: Sort Code: 20-11-74

A/C Number: 8017 5528 A/C Name: Binfield PCC Ref: Flowers
Cash donations can be dropped off at the office,
(Please add a note that it is for FLOWERS)

If you require any more information please contact
Liz Hall 07850 799434

ClothesBank

SPRING GIVEAWAY APRIL

YOU CAN HELP BY DONATING:

- **GOOD QUALITY, CLEAN SECONDHAND CLOTHING/FOOTWEAR**
- Money so that we can purchase clothes/footwear to fill the gaps we have in any of our clothing boxes

We specifically need - BRAND NEW

- Mens PJ's Vests, Boxers and Socks -S/M/L/XL
- Womens PJ's, Socks and Bralets - S/M/L/XL
- Girls PJ's and Knickers-all ages
- Boys PJ's Boxers and Socks-all ages



For hygiene reasons we can't give away second hand clothes for any of these items so all need to be BRAND NEW please

We are also need **Shoes particularly Trainers** for all adults and children - *these need to be new or nearly new.*



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
(Monday, Wednesday, Thursday 9.30am -1.30pm)

THANK YOU

On 3rd February we had our winter giveaway and would like to say a huge thank you to all those that helped make it such a success. Thank you to everyone who donated time, money and clothes, we really couldn't do it without you. We were able to help clothe 77 clients.

Thank you to Newbold College for the loan of their minibus which enables us to transport clients without transport from Bracknell to St Mark's. Also a big thank you to the CoOp who so generously provide food for our clients at the giveaway.

Help Keep Our Churchyard Beautiful

The churchyard at All Saints Church is a valued part of our local community – a place of peace, memory, and welcome. We are looking for a few volunteers to help by cutting the grass during the mowing season.

- Flexible timing
- Around 2 hours a year
- Mower provided (or you're welcome to use your own)

A small commitment that makes a big difference, helping care for a place enjoyed by many.

To find out more:
Andy Voller - avoller1@gmail.com
07503 161210

Thank you for supporting All Saints Church and our Community



ECO CHURCH WATCH

A Welsh friend and I were comparing the weather and signs of Spring in Wales and England. Having been drenched by the rain, Marilyn's mood lifted when she spoke about the yellow flowering plants on her daily walk; crocuses, daffodils and gorse brazenly proclaiming their brightness to the world.

As a child, like many others, I was drawn to Ladybird's 'Seasons' books. The illustrations came alive. Spring green tones ranging from Cuckoo Pint's sheath's subtlety to its darker, angled leaves contrasted with Autumn's russet-gold ferns. 'How' and 'Why?' I wanted answers!

Colours in nature serve several purposes. They communicate warning of prey that is poisonous or unpleasant to eat such as the poison dart frogs native to Central and South America, ranging in colours from combinations of black and yellow to black and blue. Colours are used to protect animals from being preyed upon by blending into their environment such as stick insects disguised as twigs or chameleons changing their colour and skin pattern. Other creatures use camouflage as deception to catch their prey such as crab spiders who blend in with the flowers they sit on ready to pounce on their unsuspecting prey. Another example of colour usage is for signalling and communicating such as used by male birds of paradise to attract their mates. Not only do they have bright coloured feathers,

but scientists have proved that they are biofluorescent emitting a bright green-yellow glow whilst absorbing ultraviolet and blue light. Plants use bright colours to attract insects and animals for pollination and to encourage animals to eat



their fruit and so disperse seeds. Brightly coloured petals of yellow, blue, purple, red and white attract insects such as the yellow flowers of Birdsfoot Trefoil, purple of knapweed and the white and yellow of ox-eyed daisies. Birds consume the



berries of cotoneaster and blackberries and the seeds are deposited, hence why cotoneaster and blackberries often come up through the hedge as they have in my garden.

The most amazing thing I discovered was the green pigment of chlorophyll in plants as chlorophyll, as we learnt in school, is essential to

photosynthesis and photosynthesis is essential to life on Earth. After I learnt about sunlight being absorbed to enable photosynthesis by the conversion of carbon dioxide and water into oxygen and glucose, giving energy to plant growth and oxygen to our atmosphere, I discovered its antioxidant properties for our health. It is now thought that the antioxidant protective agent in plant cells neutralise toxins within the body. More than ever, those dark green, rich in chlorophyll, plants such as spinach, kale, parsley and asparagus, should be the stars in our diet.

Other important pigments found in nature are that of the reds, yellows and orange colours produced by carotenoids and found in fruit, vegetables, leaves and flowers such as carrots, tomatoes, kiwi fruit, basil leaves as well as marigold flowers. What is particularly interesting is the commercial importance of carotenoids in such diverse areas as agriculture and cosmetics for example. In cosmetics, carotenoids' strong antioxidant, anti-inflammatory and photoprotective properties are harnessed for anti-aging and sun screening products thereby protecting skin cells from environmental damage and improving skin hydration. In agriculture, carotenoids improve crop stress tolerance and yield as well as acting as a source of vitamin A for human and animal feeds. Carotenoid antioxidants are also important for maintaining good health as they help to protect us from such diseases as cancer and cardiovascular disease.

Back to Marilyn's yellow flowers. The answer is 'yes,' there are carotenoids in yellow crocus species, yellow daffodils and gorse. They are what gives them their vibrant yellow colouring! Enjoy the beauty of Spring around you, especially the yellow daffodils!

Kate Ellison-Bourne



COMMUNITY NEWS



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BINFIELD ENVIRONMENT GROUP

ALL SAINTS WITH ST. MARK'S CHURCHES
BINFIELD

MONDAY 4TH MAY

ECO NATURE FUN DAY

11-3PM ST. MARK'S CHURCH

LOCAL ENVIRONMENT GROUPS,
CHILDREN'S ACTIVITIES AND QUIZ ON
SITE, REFRESHMENTS, ICE CREAM,
BARBECUE AND BATS!

SCAN ME

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Binfield Church Fete

Join us for a day of community, cake, and just a little bunting.



11:00 AM - 3:00 PM

SEPT 13, 2026

St. Mark's Church, Binfield

More Information:
www.binfieldchurchfete.co.uk

Binfield Church Fête is back on Sunday 13 September 2026, and the village is invited to come together once again for this much-loved annual tradition.

A day of community, cake, and just a little bunting, the fête promises a relaxed and joyful afternoon filled with stalls, sweet treats, and the simple pleasure of spending time with neighbours and friends. It's a fantastic community event and a celebration of everything that makes Binfield such a special place to live.

📍 St Mark's Church, Binfield
🕒 11:00am - 3:00pm

For more information, visit
www.binfieldchurchfete.co.uk

If you'd like to be part of bringing the fête to life, we'd love to hear from you. From helping on the day to joining the organising committee, many hands really do make light work – and every contribution, big or small, makes a difference.

To get involved or find out more, please email
binfieldchurchfete@gmail.com

News from Binfield Parish Council



Welcome to the March 2026 edition of Binfield Parish Council News. We are looking forward to sharing the latest Parish Information.

March 2026 Meeting

Tuesday 3 March	Amenity Committee For the agenda pack please visit our website Minutes and Agendas Binfield Parish Council	8pm
Tuesday 10 March	Parish Council For the agenda pack please visit our website Minutes and Agendas Binfield Parish Council	8pm
Wednesday 18 March	Annual Parish Meeting <u>Binfield Community Centre, Wood Lane, RG42 4EX.</u> There will be refreshments and an opportunity to talk to your Councillors as well as hearing from our grant recipients and the ceremony of the Parish Peoples' Awards. We hope you can join us!	7pm Refreshments 7.30pm Start
Tuesday 24 March	Planning and Transportation Committee For the agenda pack please visit our website Minutes and Agendas Binfield Parish Council	8pm

Upcoming Events

Coming Soon!	Blue Mountain Allotment Site Opening Spring 2026! We are excited to announce that the new allotment site on Blue Mountain will be opening this Spring. To celebrate the launch, we will be hosting a special Open Day. This will be a great opportunity to explore the site, meet fellow allotment holders and ask any questions. Full details will be announced shortly so please look out on social media and the village noticeboards. All plots have currently been allocated and there is a waiting list. If you wish to be added please email office@binfieldparishcouncil.gov.uk We look forward to welcoming you and seeing our new allotment community flourish.	
Sunday 3 May 2026	May Day Celebration—Sunday 3rd May, 12-4pm on Foxley Fields. Join us for a joyful afternoon as we celebrate May Day on Foxley Fields. This traditional community event is back, bringing together music, nature, tradition and plenty of family fun. There will be traditional maypole dancing, stalls hosted by community groups and the Foxes' Den will be open for delicious refreshments throughout the day. We will be hosting a flower crown competition for children, with further details to follow. We are putting a special spotlight on nature and biodiversity and encourage everyone to walk to the event. Please keep an eye on social media and local noticeboards for further information.	12pm - 4pm
Sunday 17 May 2026	Binfield 10K is back on Sunday 17 May 2026. Registration is open and there are still spaces. For any additional information please look at their website www.binfield10k.co.uk If you would like to help with any volunteering please email volunteer@binfield10k.co.uk	10am

News from Binfield Parish Council



**Bereavement Support
Coffee Morning**

Binfield Community Centre, Wood Lane,
RG42 4EX

Every Tuesday 10.00am-11.30am

If you've experienced the loss of someone close and would appreciate gentle understanding and company, please join us for our new bereavement support coffee morning. This is a friendly volunteer-led group (not run by professionals), offering a relaxed and supportive space to chat, listen, or simply sit with others who understand. There's no pressure to share, just come as you are.

Free parking in the shared car park with Binfield Surgery or an overflow car park a short walk away.
Please do pop down and see us.

For further information please email events@binfieldparishcouncil.gov.uk or pop in and see us at the Parish Office.

Binfield

Annual Parish Meeting
Wednesday 18th March 2026
at Binfield Community Centre, Wood Lane,
RG42 4EX

7pm refreshments, for a 7.30pm start.

Main presentation: Community Infrastructure Levy (CIL)

- What is CIL - short explanation of how it is received and the rules for spending it.
- CIL income and expenditure to date. Showcasing completed projects.

We are pleased to announce the meeting will feature a small preview celebrating the history of Binfield. Including photo's and articles, that will be on display.

Meet your Councillors. Grant recipients and the winners of the Parish Peoples' Awards.

We hope you can join us!

The Great British Spring Clean and Great Big School Clean -13 March to 29 March 2026

The Great British Spring Clean and Great Big School Clean is back, and we are calling on all local litter heroes to get involved! Between 13 and 29 March, people across the country will be making a simple pledge: to pick up a bag of litter and help keep our communities clean and green. We would love you to join this fantastic nationwide effort. Whether you can spare ten minutes or an hour, every bag collected makes a real difference. To make it easy, we have litter pickers for adults and children and bags available for residents to borrow—just get in touch and we will book them out for you. Let's come together to support this great cause and show some pride in our village. Your help truly matters-thank you!

Binfield Community Centre

We are delighted to share that Binfield Community centre is getting busier than ever. With more classes, activities, and private hires taking place each week. Our space is becoming a stronger hub for the community. From fitness sessions and children's groups to social clubs and private events, there is something for everyone. As our schedule continues to grow, we encourage all visitors and residents to check our online calendar for the most up to date information and what is happening and when.

To make things even easier we will soon be installing a new noticeboard at the centre. This will display the weekly classes and groups on at the centre. Thank you for your continued support as we work to make Binfield Community Centre a vibrant and welcoming place for all. For any enquiries or information please email: bookings@binfieldparishcouncil.gov.uk

Ceri, Hayley, Amanda, Purveen, Alisa, Tracey and Jo

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

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To our green fingered friends...

We're planning to run our popular sale on Saturday June 6th 2026 *new date*

Spring Plant Sale

We'd really appreciate any donations of plants or cuttings. Please think of us as you plant out any new seeds or seedlings, and email us for more info!



fundraising@binfieldcofechurches.org.uk

EASTER SERVICES

AT ALL SAINTS' CHURCH

MAUNDY THURSDAY - 2ND APRIL AT 7:30PM
A quiet, reflective service

GOOD FRIDAY - 3RD APRIL AT 2PM
An hour at the cross

EASTER SUNDAY - 5TH APRIL AT
8.15AM - BOOK OF COMMON PRAYER COMMUNION
9.30AM - COMMON WORSHIP COMMUNION
11.00AM - INFORMAL EASTER CELEBRATION
with an egg hunt after the 11am

Everybody welcome



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