

CASSINGTON & WORTON NEWS

News and views from the parish of Cassington and Worton

August 2018 (#494)

... visit our village website ... www.wospweb.com/site/Cassington-Online ...

Dear All,
Bike Night feels like a distant memory. What a fantastic night it was and we need to say Thank You to everyone who makes this village event possible.

Firstly we would like to thank everyone who volunteered to marshal on the night. All the bikers we speak with said how friendly and welcoming the marshals make them feel.

Thank You to the local businesses who have supported the event for many years now. The donations received from the local businesses allow Bike Night to happen. The local businesses are....

Red Lion	Debbie Hebborn
Reds of Oxford	Mister Nice Cream
Parish Council	Sam Brixton
Fine Print Services	The Chequers
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Donations this year from those local businesses totalled

just over £3654. This money pays for traffic management, insurances, equipment hire and sundry purchases.

This year appears to have been a bumper year for the village charities with all reporting bigger funds raised this year.

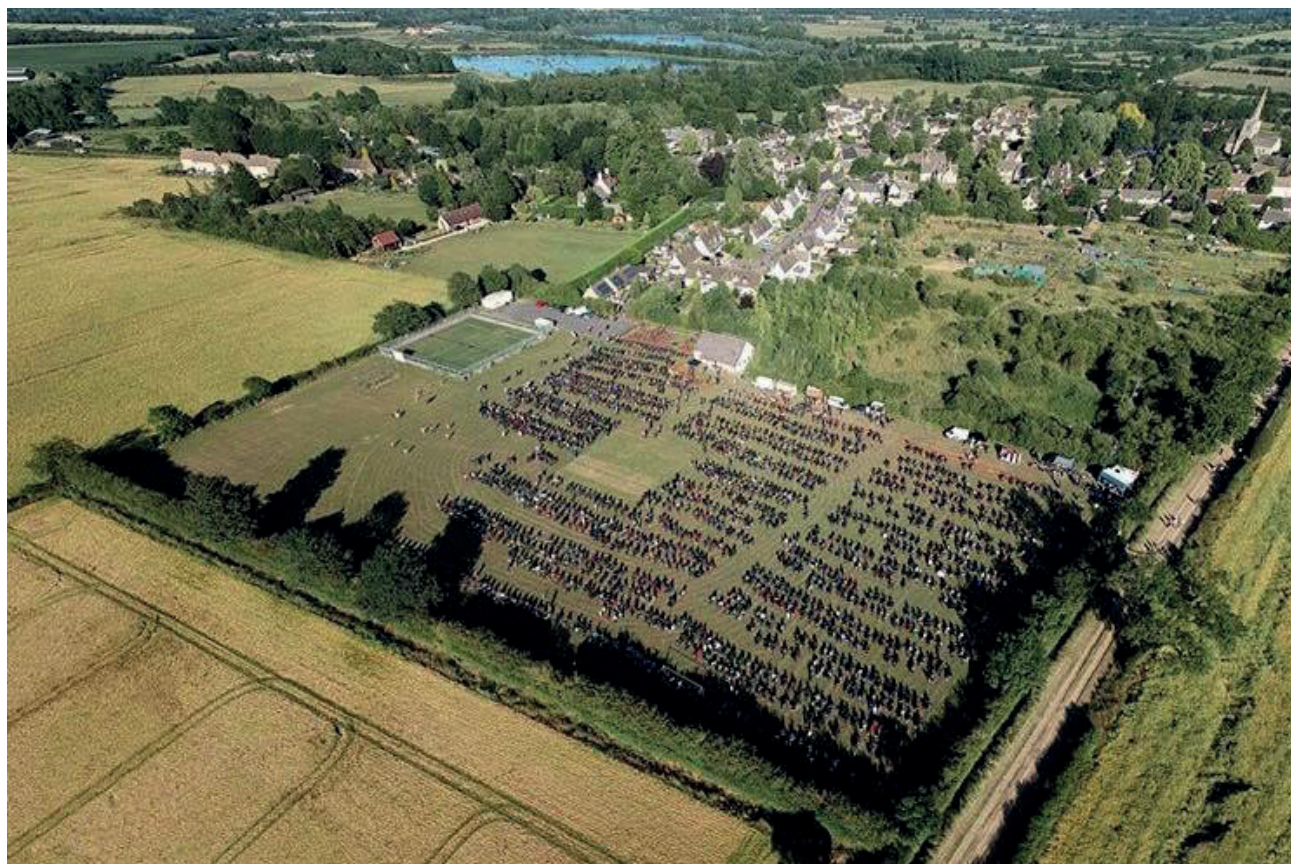
The Bike Night Committee also raised approximately £2895 additional funds by bucket shaking. This money has been distributed between the Sports & Social, Village Hall, St Peter's School and St Peter's Church.

Full accounts of Bike Committee income and expenditures are available if anyone wishes. Just ask any of the committee members.

Special thanks to the Bike Night Committee volunteers who dedicate so much time to plan and then run the event. Your Bike Night Committee is made of Martin Ritchie, Gareth Want, Kath Humphris, Garry Peasley, Lorna Mills, Dan Bakewell and Ben Wilby.

Many thanks, can't do it without you.

Bike Night Committee



Contributions should be provided by 20th of the month. Email submissions (in the body or as a Word attachment) to: cawneditor@gmail.com. Photographs should be supplied as separate attachments, not placed in the Word file. Typed or clearly handwritten submissions may be posted to: Kevin Burroughs, 5 Hollow Furlong, Cassington, OX29 4ET. We look forward to hearing from you.

welcome

Kevin's CAWNer

As there is another casual vacancy on the Parish Council I've been thinking about the need for people to undertake tasks as well as being leaders within the community:

Robert K. Greenleaf in *The Servant as Leader*, an essay that he first published in 1970, said:

"The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first, perhaps because of the need to assuage an unusual power drive or to acquire material possessions...The leader-first and the servant-first are two extreme types. Between them there are shadings and blends that are part of the infinite variety of human nature.

"The difference manifests itself in the care taken by the servant-first to make sure that other people's highest priority needs are being served. The best test, and difficult to administer, is: Do those served grow as persons? Do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants? And, what is the effect on the least privileged in society? Will they benefit or at least not be further deprived?"

A servant-leader focuses primarily on the growth and well-being of people and the communities to which they belong. While traditional leadership generally involves the accumulation and exercise of power by one at the "top of the pyramid," servant leadership is different. The servant-leader shares power, puts the needs of others first and helps people develop and perform as highly as possible.

Till next month - happy reading.

Kevin

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With special thanks to...

Lorna Mills (Accountant), Fineprint Witney (Printer), Clare Want and her team (Distributor) and to everyone who actively participates in the production of Cassington & Worton Newsletter.



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Church secretary, Denise Launchbury: 01865 881128

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SUNDAY MORNING SERVICE

with Junior Church, 10.30am

Songs of Praise

usually the 2ND SUNDAY of the month, 3.00pm

THURSDAY Reflective Service with Holy Communion,

12.00 noon

Bible Study Groups meet throughout the week,
so please enquire.

**Tennis is now on Thursday night's at the
muga 7.30 - 9pm
(Hockey back in the autumn)
Members free, non members £1 per player.**

All abilities welcome for friendly tournament or just
practice (no coaching).

Children must be accompanied by an adult. Please



21st August is Senior Citizens Day

We are fortunate to live in a time when so many of our elderly are living lives of unexpected health and financial security, but such was not always the case. Throughout history old age was not something an individual expected to reach, and so we lost the wisdom and experience of these individuals at an early age. Senior Citizen Day celebrates the fact that these keepers of wisdom are staying with us longer each year, and in better health.

Congratulations to Seren, Olly and Ben on winning a Silver team award at a recent competition. Don't know much more than that but delighted to share their success – well done to you all!

If anyone else has won an award at any end of season award ceremonies or competitions, please do let me know at the usual address and I will proudly share your success. That goes for any Cassington resident, regardless of age or stage of achievement – even that personal best you have been striving for. The news item can be a few words or a few sentences or a full length article. You could be the person to inspire others to take up your sporting discipline.

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13th August International Lefthanders Day

From scissors to knives, Left Handers, or Southpaws, are the brunt of jokes all year long for various different things. But this is the day to ignore that, and bring awareness to all the right handed folk around the globe in celebration of Left Handers Day, after all while right handed people operate in the left side of the brain, left handed people sure the right side. Therefore, only left handed people are in their right mind.

History of Left Handers Day

Celebrating it's first year recognized in 1976, Lefthanders International helped raise awareness of the difficulties of being left handed. Being accused of witchcraft

in the 1600s for just using one hand more than the other, was only the beginning. With only 10 percent of the population being left handed, various items are more expensive than their right handed counterparts. Objects like scissors, knives and even school desks can see a mark up of almost 75 percent more for left handed individuals, while golf clubs see as much as a 200 percent increase dependent on brand.

But whatever you do, don't forget the jokes regarding the fact of left handed folk are better than right! Like the fact that everyone is born right handed, but only the greatest overcome it. Or that it is believed that octopuses only have one right hand. Or that polar bears are believed to be primarily left handed.



12th August (United Nations) Youth Day

presents an opportunity for every country to assess their investment in and commitment to youth, as well as general education (both of and to youth). Take the opportunity to find out about local youth culture, activities and education, and to get involved in the wellbeing of the next generation of humanity.

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PAY LESS - RECYCLE MORE

Action speaking louder

I was interested to read Kevin's editorial piece in last month's CAWN. You may remember that Kevin was highlighting the difference between "intentions" and "actions." We can all be guilty of having every good intention to do the right thing but not actually doing it. (eg "I should have phoned so-and-so but didn't find the time"). This is human and, in most cases, we shouldn't beat ourselves up too much (but try better next time!).

However, to always be claiming good intentions, or preaching our good intentions, but never doing anything to back it up, is hypocrisy of the worst kind. - We have all met those who are all talk and no action and sadly there are some that even claim to be Christians who are guilty of this.

One of the brothers of Jesus who was an early leader in the church was James. He wrote some of his teaching down in a short "letter" which is recorded in the bible (p 259 -262 in your Jubilee New Testament). What James says is all worth reading but he particularly says the following about

"faith and deeds" (James Chapter 2 verses 14-17)

"14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? 15 Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead."

What James isn't saying is that good deeds on their own can make you a Christian or give you a secure place in heaven.

What James is saying is that those of us who "talk the talk" also need to "walk the walk" – and, although James was aiming his comments at those who called themselves Christians about 2000 years ago, James also speaks to us all - even today. This challenges me as much as anyone!

Revd Roger Aston

OPTING OUT OF JUNK MAIL

I have just found out that the notice most of us put by their letter boxes really don't mean a lot. They can be, and often are ignored. The only way to opt out from the postman putting stuff through your door is to download an Opt out form from the Royal Mail. To get this online, using Google, search for Royal Mail Door to Door Opt out form and click on the site.

Please don't blame the postman, he is only doing his/her job.

Bill Ferriday

PS The Opt-out form is only valid for two years and then needs to be renewed.

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Well folks, I am not as black and blue as I was... I tripped over a board that I got Andy to fit because of the floods. He said I would do so... and did! The ambulance lad and lasses were wonderful, A&E patched me up. The nurse that sorted out my skinned elbow and arm sorted out the mass of skin, put thin strips to hold it in place. You would never know it had been damaged. We don't know how lucky we are – God bless them all.

OK, you will all say 'old fool, everyone complains about poor maintenance of roads'. Just you wait until we have heavy rain, you will then see what I mean. Due to lack of dredging our poor old river is full of rubbish. No water bypass will save Oxford. Only dredging the river will cure it. I think I mentioned this once before – my son David said 'Where do you reckon all the rubber goes off the roads? We should see piles of it.'

My carer has befriended a little family of ducks. She finds them most demanding. June did this once. About 10 of them followed her indoors, one got caught up in the furniture and

June freed it. The mum duck flew at her. Of course, they left their calling cards everywhere!

I will finish with a favourite of mine. I know at times it is difficult.

*A smile costs nothing, but creates much.
It enriches those who receive it
without impoverishing those who gave it.
It is something that is no earthly good to anyone
unless given away.
And if it happens that some people are too tired
to give you a smile,
Why not give them one of yours?
For nobody needs a smile as one who has no smile to give.*

God bless you all and peace be with you.

Roy Partridge

PS THANK YOU TO THE WHOLE TEAM FOR YOUR HARD WORK IN PRODUCING THE CAWN.

Leisure provider offers lots of activities for kids this summer

Parents faced with the prospect of having to keep their kids entertained during the summer holidays have been thrown a lifeline.

Staff at GLL Better, which manages West Oxfordshire District Council's leisure facilities, are offering a wide range of activities for youngsters of all ages to keep them entertained.

It has introduced a summer programme which promises to introduce kids to a new sport while making friends and having fun.

Rod Noble, Community Sports Manager, said: "Keeping the kids entertained during the long summer holidays can be a challenge whilst prising them away from their screens may seem impossible.

"We've worked hard to develop a really exciting range of summer holiday activities for all the family that will tempt them off the sofa and ensure they'll keep active and have great fun too.

"From football to swimming, tennis to holiday club there really is something for everyone. And, with some activities costing as little as £1, there really is no excuse not to take part."

Cllr Jeanette Baker, Cabinet Member for Communities, Leisure and Tourism, added: "There is so much for young people to enjoy at our leisure centres and as well as getting them out of the house, it contributes to their health and wellbeing.

"With prices as little as £1, there is no reason for parents not to sign their children up so they can enjoy the benefits while being assured they are in a safe, supportive environment."

For more details visit your local leisure centre. Alternatively, to find out what's happening in your area and book online, see: www.better.org.uk/west-oxfordshire

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Entry to the museum and exhibitions are free of charge

Peter Rabbit – Woodstock & Marston - 16 June – 9 September

Peter Rabbit TM hops, skips and jumps right off the page in this interactive exhibition about Beatrix Potter's most famous creation. Discover original illustrations and memorabilia and see how Potter turned her mischievous bunny into an international celebrity. Have fun and games with your favourite character in the activity play room, visitors can leave him helping Miss Tiggywinkle hang up the laundry or visit Mrs Rabbit in her barnyard. Children can dress up as Peter, help plant carrots in Mr McGregor's garden or curl up with one of the books in our story corner.

Don't miss delicious treats in the Garden Cafe which include Miss Potters Cream Tea, Miss Rabbit's special homemade carrot cake and Peter's bunny biscuits in name just a few!

Summer and Winter Family Fun

During school holidays we have a variety of Family Fun activities on offer:

= Tuesdays =

Tom Tots: 10.30 – 11am – Music, stories and rhymes for the under fives

Family Fun drop-in: 2-4pm Themed crafty drop-in sessions

= Wednesdays =

Workshop Wednesdays include assorted sessions including activities with Science Oxford and Wild Science.

= Thursdays =

Family Fun drop-in: 2-4pm Themed crafty drop-in sessions

To the full programme visit: <http://www2.oxfordshire.gov.uk/museum/exhibitions/summer-and-winter-at-the-museum>

100 years of Suffrage – Ascolt Martyrs

A new display and gallery trail around the Oxfordshire Museum in Woodstock is now open and marks 100 years of women's suffrage. Both trail and display highlight the stories of some of the courageous Oxfordshire women who have made their own important contributions to the democratic cause.

The high lights of the display include the Ascolt Martyrs' Quilt, made by one of the women from Ascolt-under-Wychwood in west Oxfordshire sent to prison in 1873 for supporting their agricultural labourer husbands in their strike for a living wage. On loan from the People's History Museum in Manchester, and on display in Oxfordshire for the first time in 50 years. The display and trail can be seen and enjoyed at the Museum until Sunday 29th September.

These will be a part of the Museum about the Ascolt Martyrs:

Over the Hills to Glory: The Story of the Ascolt Martyrs

Card Anderson, Director The Oxfordshire Museum

Saturday 22nd September 2.30pm

Tickets £3 available from the Museum in advance

Tel: 01993 814106

In partnership with the Friends of the Museum and the Ascolt Martyrs Trust

For more information <http://www2.oxfordshire.gov.uk/news/100-years-on-in-age-ascolt-martyrs>

Friends of The Oxfordshire Museum opening today – free for Friends or GA for visitors. This start at 7.30pm

5 September: Veronica Thornebic talks about conservation and restoration of Blenheim Palace.

3 October: Stephen Barber, Heritage Advisor will talk about Oxfordshire on the Home Front 1914-18

Community Education at the Marlborough School, Woodstock

By Celia Clark, Coordinator

The final term of this academic year is coming to an end, and we've been delighted to welcome over 500 students to our weekly and Saturday courses. Many of these are from the local area which makes joining our classes a great way of meeting people, whilst relaxing and learning something new.

We are gearing up for the launch of the 2018/19 programme: favourites like badminton, art, sewing, stained glass, and our many exercise classes continue, along with some new tutors and courses. Look out for the brochure later in July, or visit the school's website. Whilst we deliver the brochure to many local homes, if you would like to guarantee getting a preview copy, please contact us.

There's another new face in Community Education too: Cleo Gonzales-Redman has taken over from Nathalie Chapple as our Administrator. We both look forward to speaking to many of you over the next few months as you book your courses.

If you would like to receive a free copy of our new brochure or to book a place on any of the above courses please make contact

Marlborough C of E School, Community Education

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Observation

by Stephen Wright

It's been a month of mixed emotions since my last entry in the newsletter. In many ways, it's been surprisingly stressful given that I finished university and am enjoying relaxing in the Summer holidays. On the other hand, England overachieved in the World Cup and we had good weather for at least a whole month, which felt very surreal. I know people who went on holiday to Portugal, where it was colder.

Let's start with the bad news and work our way towards a more high-spirited conclusion. It all begins with the Isle of Wight Festival - ahead of which I was filled with such naive optimism about the artists I might get to interview. It should come as no surprise to regular readers that things did not go according to plan. After struggling to figure out how to get to the festival site, upon our arrival myself and my friend Dan were dropped off at the press accreditation tent to pick up our tickets. One long thirty-minute-walk-while-carrying-heavy-luggage later, and we then arrived at the main entrance. Something was clearly amiss, because I didn't see anyone from Absolute Radio or NME looking like Mahatma Gandhi in the Salt March. Some nutter was planting staples in his leg as well, which I wouldn't consider normal behaviour.

It soon became apparent that, despite what we had been led to believe, we had actually been given standard tickets, which only gave us access to a standard campsite with standard toilets and standard food. Any snobbery we may have emitted was quickly tarnished as it dawned on us that we were just like the other peasants. Of course, it didn't take us long to fit right back in as we had spent all our lives attending festivals the same way as everyone else, but for what it's worth we enjoyed our time in the allure of the VIP camping limelight while it lasted.

It should go without saying that neither of us were in the best of moods when making our way into the site, so it didn't help when Dan got stopped on suspicion of possessing cannabis. Harking back to bygone Truck Festivals, the keen eyed among you may recall my previous sniffer dog experience, whereby the canine in question had an appetite not for drugs, but for sausage rolls. Well the Isle of Wight breed didn't do the industry any favours in saving its face when, lo and behold, 20 minutes later, it was concluded that a thoroughly-searched Dan - a person who has never done drugs in his life - remarkably did not have any cannabis on him! I know that looks can be deceiving, but there's something not quite right when a chap sporting his university magazine brand on his t-shirt is searched and a bloke stapling his quadriceps is not.

Oh, and don't let me forget, to add the cherry on top of the icing, Dan's Bag For Life broke, which is as good an example of false advertising as any if you ask me.

Regardless, once we'd got that disaster out of the way it was time

to head to the campsite to pitch our tent. Of course, arriving as late in the day as we did, there was barely any room at all, so we had to go to the field furthest from the actual festival to find some space. By this point it should be obvious what happened next. We couldn't put our tent up. We couldn't find the instructions and, hot and bothered as we were, spirits were low. That's when some strangers came along, offered to help us out, and erected our tent in a matter of seconds. Not all heroes wear capes, some wear bucket hats and drink Strongbow Dark Fruit, it turns out.

Naturally, it was then that we found the tent instructions.

That moment of kindness signalled a change in fortune for us that weekend. As we grew accustomed to the fact that we would still be able to watch some great artists for free, we ended up having a top weekend and it was genuinely one of the highlights of the Summer so far, not harmed by watching England demolish Panama 6-1 in the sun on the Saturday at the 'BT Sport Field of Dreams'. One of my personal highlights was watching The Killers perform live on the main stage while I was sitting on my friend Todd's shoulders, even if it was incredibly uncomfortable on my 'crown jewels'.

I think we can all agree that it felt very bizarre to be living in a world where England did well in a World Cup. The country united and we had glorious weather for a long period of time. For those of us not fortunate enough to have been alive to witness the final in 1966, 2018's tournament proved to be the first time we could get behind the manager and the players and have a brilliant time enjoying the tournament with friends. From the Cassington Red Lion and Eynsham Carnival to Walkabout in Bournemouth and Isle of Wight Festival, the World Cup gave me some great memories to cherish.

Everything came crashing back down to Earth when my parents and I went for a 'relaxing' meal in Christchurch, as the seagulls swarmed around us ready to prey on our fish and chips. Or how about the number of times when I've made a fool of myself thanking someone on the road by accidentally pulling the windscreen washer lever rather than the headlight one? Please, if you ever see someone driving a blue Mini in Cassington and you're generous enough to give way to them, know that them giving their windscreen a good clean is a signal of their gratitude.

So, football may not have come home and Isle of Wight didn't go according to plan, but - trivial tomfoolery aside - it's been a decent Summer so far. To end on a high note, congratulations to my grandparents who, at the time of CAWN being distributed, will be celebrating their 70th wedding anniversary this week! As the kids would say, 'hash tag relationship goals'.

8th August - International Cat Day is a full 24 hours of recognition and veneration of one of humanity's oldest and most beloved pets. The festivities were put together for the first time in 2002 by IFAW, the International Fund for Animal Welfare, among other animal rights groups, to celebrate the most popular pet on the planet.

An estimated 500 million cats are thought to be frolicking in neighbours' gardens across the world, which means that most every

extended family is bound to have an aunt with more kittens than former husbands, whatever the country or climate. And that's great, because owning a cat has been shown to improve mental health and to relieve stress, anxiety and depression. So when it's raining cats and dogs outside and you don't have someone to cuddle with, any black, ginger, Persian, Siamese, Burmese, Bengal, Shorthair, Munchkin, Balinese, RagaMuffin or any old stray cat will do the trick.

Cassington W.I.

The Speaker at this month's meeting was Alan Copeland who gave a most interesting talk on 'Curiosities in the Chilterns' of which there are far too many to list here! He showed slides of interesting and unusual items including a 17 ton bronze lion in Reading which is a memorial to the soldiers who fought in the 2nd Afghan war in the 1800s; a totem pole on the canalside in Berkhamstead, a gate made by using farm implements, a concrete coffin on top of a chimney, a clock in the pavement, a green post box and a red post box with a vertical rather than a horizontal opening. All these and many, many more quirky curiosities which made for a most enjoyable and entertaining.

Our WI is very small now and we would love to have some new ladies join us. We do have some great speakers, days out (for those of you who don't work) and we have been known to have fun. Just one other thing, we do not wear hats at the meetings!

Glenda Appleton
President, Cassington WI
19 July 2018

CHURCH FLOWERS

If anyone, who feels they would like to do Church Flowers during the year can write their name on a list, which is now on the notice board in the Church Porch. A two week 'stint' is ideal as flowers and foliage tend to last in the cool Church. It would be very much appreciated if we could have more volunteers throughout the year.

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THE CATHOLIC CHURCH OF ST PETER, EYNSHAM

Serving the Hanboroughs, Freeland, Cassington, South Leigh, Stanton Harcourt, Sutton and Northmoor.

Many non-Catholics come to our Church or get help from our Priest. All are welcome.

Address : Abbey Street, Eynsham OX29 4HR Phone 01865 881613 Website: www.stpeterseynsham.org.uk

SUNDAY MASS is at 10.00am with a Children's Liturgy during Mass and **SATURDAY** for Sunday at 5.00pm

Mass also Mondays, Tuesdays & Fridays at 9.30am, Wednesdays & Thursdays at 10.00am

(Times are changed occasionally and announced on the preceding Sunday)

THE PARISH PRIEST : Father Mark Lagorio is happy to receive enquiries by phone on 01865 881613 or email stpeterschurcheynsham@gmail.com

The Retired Priest : Father Martin Flatman is available on 07719 646790 or email fmartinflatman@gmail.com

BIBLE STUDY after Mass on Wednesdays. ADORATION after Mass on Fridays.

THE CHURCH is open for prayer during daylight hours at Abbey Street, Eynsham, OX29 4HR.

THE HALL (The Tolkien Room) is available for hire with a lovely outside area where people can sit or walk, and children can play. To book contact the Parish priest as above.

OUR BIG EVENT in AUGUST is our celebration of **THE ASSUMPTION OF THE BLESSED VIRGIN MARY**. It is a celebration because it is the day we celebrate the end of her earthly life and her entry into heaven. Heaven of course is not a physical place but a spiritual union with God. Mass will be at 9.30am and 7.00pm

OUR OTHER CELEBRATION is THE GOLDEN WEDDING of Father Martin and Frances on Saturday 25th August. This is an event open to anyone who wants to come. The Mass celebrated by Bishop Robert Byrne is at 11.30am. There are to be no presents or flowers but people are instead encouraged to give a donation to Aid to the Church in Need. A Buffet Lunch follows to which you are also invited, although we hope that if you do come to that you will bring some food to share. The Prosecco or Sparkling Water is on the house!

AID TO THE CHURCH IN NEED is a charity helping Catholics in trouble in many parts of the world but Father Martin and Frances want us to support the work helping Syrian and Iraqi Christians to get back home and rebuild their lives after the devastation caused by the extreme Islamists. Many have already been able to get home, welcomed back by their ordinary Muslim neighbours whom they have lived happily alongside for thousands of years. Christians here trace their origins to the first Christian churches created just after the Death and Resurrection of Jesus and some of them still speak and pray in Aramaic which was the native language of Jesus and his family and friends.



Oxfordshire Historic
Churches Trust
*Supporting Oxfordshire's
Churches since 1964*



RIDE + STRIDES
for Churches



2nd Saturday in September

**CYCLE, WALK OR FIND AN ALTERNATIVE WAY TO VISIT OXFORDSHIRE CHURCHES
WHILST RAISING FUNDS TO MAINTAIN THEM FOR THE COMMUNITY**

For full details, please visit: ohct.org.uk/ride-stride



Over the last 54 years, Oxfordshire Historic Churches Trust has given in grants, several million pounds to churches and chapels of all Christian denominations in Oxfordshire to help maintain them and save roofs, stained glass, wall paintings and much more. Recently we have been supporting the installation of roof alarms for churches who have had, or are vulnerable to, lead thefts and of recent years given substantial grants towards making the buildings more useful to the local community - for example by the installation of kitchens, loos, extra rooms and more.

Much of this has been as the result of funds raised by Ride

+ Stride - a fun day to get out and about cycling or walking or other activities. We need more people to do support this as often these historic buildings are integral to where people live and in many areas are the only community building which can be used.

We would be very grateful if you were able to include the attached in your publication - as you will note the date for the 2018 event is Saturday 8 September.

If you need more information please do email : rideandstrideoxon@ohct.org.uk

Individual care for Individual people



OUR BESPOKE, FAMILY-RUN CARE HOMES

in Bampton and Cassington offer a happy and homely environment for our residents.

We have a wide range of social events and activities throughout the year, as well as beautiful grounds for our residents to enjoy whenever they please.

We provide residential, nursing and specialist dementia care and welcome enquiries for day care and respite stays.



To find out more about life at our care homes or to arrange an informal visit, please get in touch:



ROSEBANK CARE HOME
High Street, Bampton,
Oxfordshire, OX18 2JR

01993 850308

enquiries@rosebankcarehome.co.uk
www.rosebankcarehome.co.uk



CHURCHFIELDS CARE HOME
Pound Lane, Cassington,
Oxford, OX29 4BN

01865 881440

enquiries@churchfieldscarehome.co.uk
www.churchfieldscarehome.co.uk

ST PETER'S CHURCH CASSINGTON

*The Church of St. Peter's is here as a fellowship to worship God,
build people up in Christ and share his love with others*

The church is open daily as a place of quiet and escape from everyday pressures.

AUGUST 2018

There is usually a service of Holy Communion on Tuesdays at 9.30am.
Prayers at 12 noon on Thursdays.

The church bells will usually be rung between 9.30-10am prior to the 10am service
Practice night is on Thursdays between 7pm and 8pm.

**There will be a team of guest bellringers on
Friday 10 August from 10.45-12noon**

Sunday 5 August

8am Holy Communion (BCP)

Revd Duncan Fraser

10am St Peter's Together

Margaret Thornton

A monthly celebration suitable for all ages,
bringing together the church
congregations,
St Peter's School and the community.

6pm Benefice Prayer Meeting

Sunday 12 August

10am Holy Communion

Sunday 19 August

8am Holy Communion (BCP)

10am Morning Worship

Preacher: Annette Wade

**11.30 Holy Communion at
Churchfields Care Home**

Sunday 26 August

**10am Holy Communion
6pm Evening Prayer (BCP)**

Revd Duncan Fraser

The funeral of the late William Latimer took place at St Peter's on 17 July 2018.



TINIES & TODDLERS

*We are taking a break in August –
back again on Monday 10 September.*

Contact details:

Vicar – Revd Duncan Fraser Tel: 07810324088 email: vicar@stleonardsandstpeters.church

Associate Curate – Revd Roger Aston Tel: 01865 880757 email: rogera52@aol.com

Children & Families Worker – Carmen Fraser Tel: 07867675594 email: cf@stleonardsandstpeters.church

Youth Worker: Olly Shaw email: youth.stleonards@gmail.com blog: <http://stleonardsyouth.blogspot.co.uk>
web site www.stleonardsyouth.co.uk

Enquiries including weddings, baptisms and funerals:

Church Administrator: Jan Macdonald – Mon-Thurs 9am-1pm Tel: 01865 883325

email stleonards_stpeters@btconnect.com

Parish Council News

July 2018

Horsemere Lane Closure

The Parish Council are still awaiting costings on the physical elements for closing road. Reminders have been sent to OCC and further promises made.

Speed watch

The Parish Council have been informed that our current method of recording speeding traffic is no longer supported by the Police. Health and safety issues! The Parish Council will investigate other methods of carrying out checks.

War Memorial

The Parish Council have applied for a grant for the remedial work. It is hoped to have a response from the War Graves grant authority soon.

Benches on the Green.

The commemorative plaques are ready to put on the benches and work should commence soon on the installation of the benches.

Watermain flooding

The Parish Council have been in touch again with Thames Water who are still formulating plans to protect the village from any further fractures of the main. We have been promised a response by 27th July.

Fix My Street

Residents are reminded that blocked gullies, drains and potholes can be recorded on the OCC website at Fix My Street.

Blandford Flies

Elsewhere in CAWN is the official recommendation for dealing with the flies.

Parish Land outside Moorcroft / the side of Mill Lane.

The Parish Council along with views from residents have decided to provide 2 small trees and stones along the Mill lane boundary. The trees will be planted in the Autumn.

Vacancy for a Parish Councillor.

The Parish Council have a vacancy for one Parish Councillor. Applications should be made to the Parish Clerk. Contact details below.

Manor Farm Development.

Work is due to start Monday 23rd July. If residents have any concerns during the works Lester Sillence, Blenheim Estate can be contacted on

07557 006304 or by [email isillense@blenheimpalace.com](mailto:isillense@blenheimpalace.com)

Sports Pavilion

Phased refurbishment work is hoped to start shortly. The Parish Council and the Sports and Social Club have identified priorities of work and will start by making the building secure with roof repairs and new windows and doors. The Gas Board have been approached for a gas supply which could drastically reduce energy bills.

A40 bus lane and park and ride scheme

Councillors recently attended a meeting at County Hall for a presentation of the scheme. The Parish Council are very much against the approach the County Council are making to improving the A40 and along with other Parish Councils and our County Councillor have voiced those objections. Given that we may not be listened to we have made it clear that closing Horsemere Lane will drastically reduce the options of getting out of the village to Oxford. We have asked for a redesign of the Cassington lights which will increase the time residents have to get out on to the A40 with an improved option for turning left at the lights without hinderance to those turning right. We hope to have plans and traffic light sequencing charts at our August Meeting for residents to view.

Eynsham Garden Village.

Councillors recently attended a presentation of this scheme. The Parish Council have an Area Action Pack brochure and response forms. Please let the Clerk know if you want a copy of the pack and response form. The form must be with WODC by 3rd August, so you will have to be quick. The Parish Council have serious concerns for this scheme. First and foremost, the impact on roads infrastructure and other services will be immense. There appears to be no joined up thinking with OCC. Please do all you can to voice your opinions.

N.B Clerk contact details

[Email cassingtonclerk@gmail.com](mailto:cassingtonclerk@gmail.com)

Tel 01993 622750.

Parish Council meeting for July
will be 2nd August 2018 at
7.30pm at the Village hall

Hugh Thomas


WORTON HALL

**A Modern Country Venue
hosting Weddings, Special
Events, and Meetings**

Event space for 10-500 guests

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01865 882644 enquiries@wortonpark.co.uk



Worton Park

**Selection of Beautiful Holiday
Accommodation set in the
rolling Countryside**

Accommodate between 2-22 guests

*Situated over three sites of Thrupp, Worton
and Woodstock.*

New to Worton Park:

*The Poolside Pantry is a cafe and coffee shop
offering a selection of hot and cold foods with a
focus on foods being healthy and locally
sourced. Serving artisan coffee, roasted locally
in Witney by UE Coffee Roasters.*

WORTONPARK.CO.UK

01865 882644 info@wortonpark.co.uk


Cassington, then and now



A Cassington resident has suggested a new feature for CAWN. Many readers will be familiar with the Cassington Then and Now page on Facebook but for those who don't have access we thought it would be nice to share some old village scenes in the newsletter.

The names of these Cassington students can be found on the FaceBook group post.

If you have an old photo and a story you would like to share, please send it to the editor at the usual address



*Hatha Yoga for balance, strength & flexibility
with Didem Vergers*



Mixed ability and beginner friendly classes

Mondays 7PM
St Peter's School Hall
Cassington OX29 4DN

Saturdays 9AM
The Music Room
Eynsham OX29 4JD
(Starting 5th of May)

*Private one to one or small group sessions
are available too*

You can book your space with Didem, call or
text 07919 981 045 or email d@vergers.com
or why not drop in
£10 per class Please bring your own mat

1st August

World Wide Web Day is a global celebration dedicated to web browsing, the online activity that brings the world at your fingertips and a wealth of knowledge at your feet.

The World Wide Web was conceived by Tim Berners-Lee in 1989 at the CERN centre in Geneva, Switzerland, as a way for him to communicate with co-workers via hyperlinks. A quarter of a century later, WWW has become the main means of interaction, transaction and communication among humans, opening the door of opportunity for people in ways that would have been unimaginable to previous generations.

Robert Courts MP - update

Now that we are in the midst of summer, I do hope you are making the most of this great weather, and getting out and about! My toddler loves playing outdoors in the sunshine, and I cannot help thinking, as all parents do, about what I can do to ensure that he lives a happy and healthy life. Unfortunately, childhood obesity is becoming endemic in our country, posing a major public health concern for the future, and for our NHS. What's more, everyone is aware of the link between smoking and cancer, but the link between obesity and cancer does not yet have the same recognition. In fact, did you know that obesity is the second biggest cause of cancer in the UK?

Tackling childhood obesity requires a comprehensive approach to improve diets and increase physical activity. That is why I was proud to speak about the schools in West Oxfordshire which have taken up the 'Daily Mile'. This involves children having a chance

to be out in the fresh air and walking, jogging or running for just 15 minutes – a small commitment that has a huge impact! The 'Daily Mile' helps to improve physical, social, emotional, mental health and wellbeing amongst children, and I fully support this excellent initiative.

So, I will be getting out as much as I can with my family – and I hope to see as many of you as possible enjoying West Oxfordshire's outdoor attractions over the summer!

As ever, please do not hesitate to contact me at
robert@robertcourts.co.uk.

Thank you everyone for supporting Cassington Movies. We wish you all an enjoyable summer and we look forward to seeing you in the Autumn with a new selection of films

NEXT MOVIE NIGHT
first Friday in October 2018
 to be advised

Tickets £5 from Ruth 01865 883512. Bar and raffle.
 Doors open at 7pm and the film starts at 7.30pm.

Village contact list

- Allotments, Cassington..... 01993 882590
- Bartholomew School, Eynsham..... 01865 881430
- Church (to be advised), Cassington..... 01865 881323
- Chemist, Eynsham 01865 881283
- Dentist, Eynsham 01865 880047
- Fire Station, Eynsham 01865 881337
- Flooding, WODC 01993 861000
- Gas Leaks 0800 111 999
- Library, Eynsham 01865 880525
- Medical Centre, Eynsham 01865 881206
- Pest Control, WODC 01993 861060
- Play Area Repairs, Parish Council,
cassingtonclerk@gmail.com
- Red Lion, Cassington 01865 881371
- Sports Pavilion bookings (Graham Mills), Cassington,
cassingtonsport@millsclan.force9.co.uk
- St Peters School, Cassington 01865 880443
- The Chequers 01865 882620
- Waste Collection, WODC 01993 861020
- Village Hall bookingscassingtonvillagehall@gmail.com

Cassington, then and now

Interested to see how Cassington has evolved over the years? Or do you have any old photos of the village you wish to share? If so, search 'Cassington, then and now' on Facebook and feel free to join the group!



VILLAGE HALL BOOKINGS



For information, and to book the Village Hall, contact:

Kathryn Teal, 07964 726843 or email
 cassingtonvillagehall@gmail.com

Don't forget ... When you book the Village Hall you can make use of our wireless broadband connection – ask Kathryn for details when you make your booking

cassingtonvillagehall.org.uk

Sports & Social Club

The MUGA pitch is now fully operational and is being used regularly. If you know of any teams that would be interested in hiring the pitch, please do put them in touch with [Graham Mills \(cassingtonsport@millsclan.force9.co.uk\)](mailto:GrahamMills@cassingtonsport@millsclan.force9.co.uk). The tennis season has now come to a close and the nets have been taken down but the MUGA can be booked for football or hockey training by emailing Graham.

General hire prices are as follows:

Pavilion £10 per hour.

Adult grass football pitch and pavilion
 £35 per game.

Cricket pitch and pavilion £50 per game.

Tennis court £10 per hour. (April to September)

MUGA £22 per hour .

We will keep you updated on our development plans but if you have any specific ideas, please email suzilewis42@gmail.com.

CAWN Advertising rates

Village events and fund-raising stuff is free. Simple local services, 'for sales' etc., are also free on the "noticeboard" page/section. However donations towards printing costs welcomed.

Suitable commercial businesses are invited to support our community by buying advertising space at the following rates:

- 1/8 page, £6 (£60 per year) (portrait)
- 1/4 page, £10 (£100 per year) (portrait)
- 1/2 page, £15 (£150 per year) (landscape)
- Full page, £25 (£250 per year) (portrait)

Technical details for artwork are available on request.

All material included at the discretion of CAWN. Any surplus will be passed to the Cassington Parochial Charities to support our community.


noticeboard

FOR LOCAL SERVICES, 'FOR SALE' OR SIMILAR NOTICES, PLEASE SEND COPY (BY EMAIL IDEALLY) TO THE USUAL ADDRESS. APPROPRIATE NOTICES ARE FREE, AND ARE PLACED AT OUR DISCRETION.

HATE IRONING?
Then Take It To Elsie
@ 15, Elms Road, Cassington
Tel. 01865 882168 for further
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PORTRAIT ARTIST 
Full time artist working from
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Commission drawing/painting—any
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web: www.amyhemingway.com
tel: 01865 883991
GIFTS | WEDDINGS | BABY | FAMILY |
PETS | HOME

**Calling all Cassington mums,
dads and carers**
We would like to invite you to join our
friendly local group on Facebook. Search
for Cassington mums' group and send a
request to join. It's a great way to meet
new people, keep up-to-date with what's
going on, and get involved in lots of fun
social stuff too – both with and without
the kids!
If anyone is new to the village and
would like a friendly chat to introduce
themselves and their families, feel free
to contact Vicky (07917 403976; vickyt@
pink-sky.co.uk) or Jess (07852187079;
lefevrejessica@yahoo.com).

 Do you know
there is a free
service to
Cassington
residents that will take you to the
doctors' surgeries at Eynsham or
Long Hanborough?
Run by volunteers, this is available
by phoning
Sheila Nelson on 880740 or
Pat Vereker on 880693
Please give us as much notice as
possible
Unfortunately we are now unable
to offer transport to hospitals for
routine outpatient appointments.
For these please contact the patient
transport number 0300 100 0015
or Volunteer Link Up 01993 776277

Need a babysitter?
I would be happy to help!
Just phone 01865 883545
Lorna Petty (16)
£5 an hour

The Blandford Fly

The Blandford fly is a 2-3mm blood sucking black fly, which gives a nasty and painful bite during the summer months, particularly in May and June when breeding. The flies are typically found near areas of water and there has been a recent marked increase in the number of people severely affected by these bites in this area, both rural and urban (possibly due to water features in gardens). The insects fly less than 0.5m from the ground, resulting in bites to the lower limbs that cause small to large blisters (up to 22cm diameter) and purple (haemorrhagic) lesions, with intensely painful stabbing sensations. The saliva of the fly often causes severe local irritation, spreading redness swelling (oedema), pain, joint pain and even high temperature of 38°C (100°F) and over, depending on your level of sensitivity. Local reactions can last for several days or longer, but can be symptomatically treated by over-the-counter products, e.g. oral antihistamines, analgesics from your local pharmacy. Antibiotics are rarely needed, although scratching the irritated areas can rupture the skin, leading to secondary infections.

To avoid being bitten by the Blandford Fly

1. Cover up. Wear clothing (without holes) that fully covers the legs down to the ankles. Wear socks.
2. Apply a quality insect repellent (containing DEED, especially when near rivers, streams, grassland areas (not forgetting when near water features in gardens).
3. Avoid swarms of insects.

What to do if bitten by the Blandford fly?

1. Clean the bite wound with soap and water, then gently pat dry (avoid rubbing the area).
2. Do not scratch the bite as this will spread the fly saliva and may lead to infection.
3. Apply a cold compress or ice pack to reduce swelling and pain.
4. Take oral antihistamines (e.g. cetirizine, loratadine, chlorphenamine)
5. Take analgesics (e.g. paracetamol, ibuprofen), if in pain or discomfort. ALWAYS READ THE LABEL.
6. Hydrocortisone can be applied locally to reduce inflammation, and a local anaesthetic (e.g. lidocaine) can help pain relief. Creams and sprays will be easier and less painful to apply than ointments. ALWAYS READ THE LABEL.
7. Antihistamine creams and sprays are not recommended, as they may cause skin reactions.
8. Cover large blisters with a dry, non adhering dressing.
9. For swelling (oedema) in the ankle and feet elevate and rest legs for a few days.

Seek medical help (phone 111 or see a GP) for discomfort, swelling or red lines in the groin or armpits; a persistent high fever; spreading redness or hotness around the bite (longer than 3 days).

Seek immediate help (phone 999) for wheezing or problems breathing; swelling of the face or tongue; dizziness; nausea; chest pain - this could be anaphylaxis requiring immediate medical treatment.

**Maureen Cox. ttrtp. RGN.BA. Dip. HE.
Nurse Practitioner, Hightown Surgery Banbury. April
2018.**

Dates for your diary

Unless shown, events are in the Village Hall

August 2018

Thursday 2nd, 7:30pm	Parish Council Meeting
Friday 3rd, 7pm for 7:30pm	No Cassington Movies
Monday 6th, 10 am - 12 noon	Cassington Cafe
Monday 13th, 8pm	Cassington Bookworms (see advert below for venue details)
Thursday 16th,	Cassington WI outing

September 2018

Monday 3rd, 10 am - 12 noon	Cassington Cafe
Thursday 6th, 7:30pm	Parish Council Meeting
Friday 7th, 7pm for 7:30pm	No Cassington Movies
Thursday 20th, 7:30pm	Cassington WI

Tickets for films and shows from:
Ruth Bakewell (01865 883512)

Some United Nations International Days

12 August International Youth Day (A/RES/54/120)

19 August World Humanitarian Day (A/RES/63/139)

21 August International Day of Remembrance and Tribute to the
Victims of Terrorism (A/RES/72/165)

23 August International Day for the Remembrance of the Slave
Trade and Its Abolition [UNESCO] (29 C/Resolution 40)

29 August International Day against Nuclear Tests (A/RES/64/35)

A village tradition

(A raffle with a difference)

Did you know every Saturday evening in the Red lion for the past 20+ years a meat draw has taken place?

Call in anytime from 9pm to buy your tickets.

£1 a ticket, drawn at 11pm and you could win a breakfast pack, joint of meat or chops for your Sunday roast, supplied fresh from Bartlett's butchers in Kidlington. (At least 5 prizes)

All proceeds go to the upkeep of the playing field via sports and social.



what's on?



CASSINGTON CAFÉ
CASSINGTON VILLAGE HALL

Monday 4th June 2018
10am - 12 noon

CASSINGTON WI

Thursday 16 August 2018

Outing - contact a WI member

for timings and details

theWI
INSPIRING WOMEN



The Cassington
Kickabout - every
Wednesday at 8pm at
Cassington playing fields

Cassington Bookworms

We are reading

'A Gentleman in Moscow'
by Amor Towles

in preparation for our next
meeting

13th August at 8pm.
All welcome.

Phone 880740 for venue

