

# MINDFULNESS COURSE

## Starting this April, 2018

### Childrey Village Hall

This is an evidence based 8 week Mindfulness Based Cognitive Therapy (MBCT) course, which offers many benefits: it enhances mental and physical well-being and has been shown to alleviate anxiety, depression, stress and chronic pain.

#### TASTER SESSION:

Sunday 8<sup>th</sup> April, 4 to 5.30 pm, cost £5

#### 8 WEEK COURSE

Sundays, 4 to 6pm, from 29<sup>th</sup> April to 17<sup>th</sup> June

(If needed we will provide alternative dates over the bank holidays)

+ Saturday 2<sup>nd</sup> June, 10am to 4pm

**COST: £250**

(reductions available for anyone struggling financially)



#### THE TEACHERS

**Conroy Harris** is an experienced accredited freelance Mindfulness Teacher and an associate of the Oxford Mindfulness Centre (OMC), where he teaches on a regular basis. See: <http://oxfordmindfulness.org/people/conroy-harris/>

**Susie Stead** trained to teach at the OMC and is part of a team running a weekly drop-in centre, and mindfulness courses in Headington.

To sign up or for further information, please contact Jan Osborne on: 01235 751270/ 07899830760 or Susie Stead at: [soozstead@gmail.com](mailto:soozstead@gmail.com)/  
07962531704

# Childrey & Sparsholt Newsletter

## MARCH 2018

[www.sparsholtandwestcot.org](http://www.sparsholtandwestcot.org)

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

e-mail for newsletter articles:

[childreyandsparsholtnewsletter@yahoo.co.uk](mailto:childreyandsparsholtnewsletter@yahoo.co.uk)

**Please submit articles by the 18<sup>th</sup> of the month**

# CHILDREY BAR

## March 2nd Village Hall

**5:30 'til late, with FISH & CHIPS @ 7:30**  
**(pre-order yours on 07769 867221)**

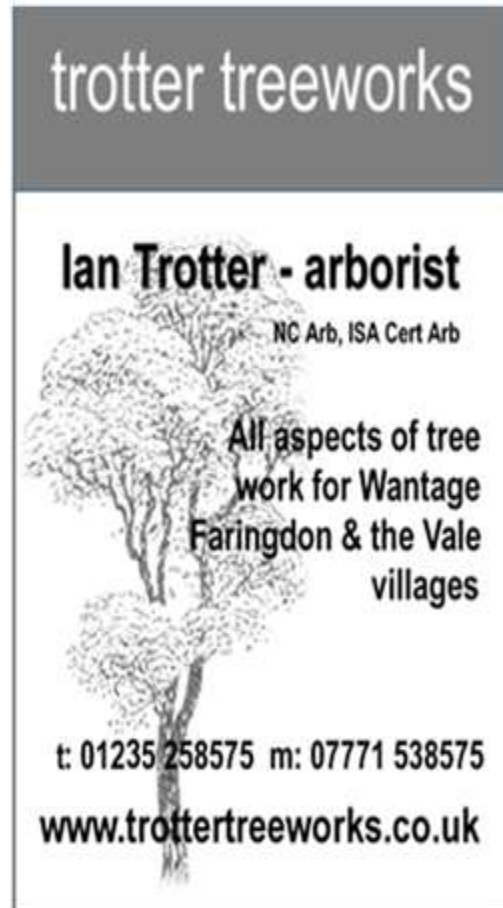
**Little Ducks Pre School** Egg-citing event....Easter Monday 2nd April, Little Ducks Pre School will be holding an Easter Egg hunt, the morning will be lots of fun with clues hidden around Childrey village for children and their parents to find with a chocolate surprise at the end!

Places will be limited so look out for further details in the next newsletter and on the village notice board and social media soon.

The event is very kindly being sponsored by Stowhill Estates and there will be refreshments on sale in the village hall to raise funds for the pre-school from 9.30 until 2pm

If anyone feels they would be able to donate any additional eggs, please contact me as they would be greatly appreciated! Jenny 07989437394

Many Thanks, Jenny Casey



trotter treeworks

Ian Trotter - arborist  
NC Arb, ISA Cert Arb

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t: 01235 258575 m: 07771 538575  
[www.trottertreeworks.co.uk](http://www.trottertreeworks.co.uk)

## Primary School Tutoring

As an Oxfordshire teacher with over 20 years' experience, I know confidence is key for children moving through their primary school years. Please contact me if your child would benefit from tutoring to help support and boost their subject knowledge and understanding.

Tel: 07974 236730

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

## Chat from the Clerk

**Childrey Parish Council** meetings Mondays 19<sup>th</sup> March, 16<sup>th</sup> April and 14<sup>th</sup> May (AGM) 2018 starting at 7.30pm in Childrey Village Hall.

[clerk.childreyipc@aol.co.uk](mailto:clerk.childreyipc@aol.co.uk)

**Sparsholt Parish Council** are looking for volunteers for their "salt & grit rota", if you think this is something you could help with please get in touch with a member of the Parish Council or contact the Clerk. The salt & grit mix is provided and even if you can assist with a small area it would be appreciated. Sparsholt Parish Council meetings Wednesdays 21<sup>st</sup> March, 18<sup>th</sup> April and 16<sup>th</sup> May (AGM) 2018 starting at 7.30pm in Griffin Memorial Hall, Sparsholt.

[clerk.sparsholtipc@aol.co.uk](mailto:clerk.sparsholtipc@aol.co.uk)

Clerk to both Parish Councils Debbie Lewis-Pryde 01235 751923.

Both Parish Councils have now found a replacement Responsible Financial Officer (RFO).

If you notice any potholes, overgrown footpaths or verges or any other Highways issues please report to the "fixmystreet" website. Highways respond quicker to the problems that have the most logs on their site. Please DO NOT wait for a parish Council meeting to report Highways issues. Both Parish Councils reserve the right to change the meeting dates, times and venues – please always check the notice board for correct information – Agendas are published three clear working days before each Parish Council meeting. Also Planning meetings will be inserted periodically to allow the Parish Council to discuss and respond before the VOWHDC deadlines and the Agenda will be published on the notice board three clear working days prior to the meeting. Planning applications can be viewed on the VOWHDC planning register.

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## HOLD THE DATE!

**16th June 2018 3-6pm**

**St Mary's Church Fete**

All your favourite stalls and games plus much more

Call Caroline (751814) or Nicky (751470)

for more information or if you'd like to help on the day

Further information in next month's newsletter.

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## Wantage Music Festival 2018

Syllabus and entry forms now ready online [www.wantagemusicfestival.org.uk](http://www.wantagemusicfestival.org.uk)

Come and show your musical skills at competitions in June. More details on website. £100 prize for winners of opera class (any age) and other instrumental awards.

*Suzanne  
Doig*  
Seamstress

Suzanne Doig (née Novis)  
Seamstress  
40 years' experience  
All your sewing needs,  
no job too big or small

07919 366 641  
(Based in Childrey)

## Computer Support

ICT teacher offering support to meet your individual computing needs: Initial computer setup, getting online, email, word processing, spreadsheets, desktop publishing.

Please contact Tim on  
**Tel:** 07974 236730  
**Email:** turningtimber@gmail.com

# ChildreyFest

## 2018

Saturday 7<sup>th</sup> July

Gates open 1pm  
Childrey Playing Field  
OX12 9PH

Tickets:  
[www.childreyfest.co.uk](http://www.childreyfest.co.uk)

Cut me out and stick me on your fridge!

## Eau One – Running Squad

Catering for all levels to achieve improved fitness, endurance & regular exercise goals. I have been running for 25 years; including marathons – Alan, Dog Lane, Childrey.

Please register interest and to understand availability schedules to [algisby@hotmail.com](mailto:algisby@hotmail.com)

## Hire Childrey Village Hall

Pre 17:00 £4 per hour.

17:00 onwards £5 per hour.

For enquiries and bookings, please email [childreyvillagehall@gmail.com](mailto:childreyvillagehall@gmail.com)

Please note that the minimum hire fee for use of the hall is £15.

**CHILDREYFEST - Its 2018! It is March! It is time to announce that Childreyfest is back again this year!** We are bringing a fresh look to the festival with both new and old music, locally-brewed real ales and a selection of tasty treats! This year we are pulling out all the stops, so grab your tickets and get those ears ready to hear the sweet sounds of Childreyfest 2018. Earlybird Tickets are on sale for all locals from the 1<sup>st</sup> March with the same price as last year until general release on 1<sup>st</sup> April. **GET THEM QUICK AS THERE IS LIMITED AVAILABILITY ON THESE!** Standard General Admission Tickets will be on sale from 1<sup>st</sup> April.

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**Classic Car Project Consultant**  
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**Sparsholt & Westcot  
 Footpath Walk**

Sunday 4<sup>th</sup> March at 11am  
 Come for a coffee,  
 followed by a walk at  
 11.30 - everyone  
 welcome!

Contact Ian on  
**07880 331331**  
[barnesjian@gmail.com](mailto:barnesjian@gmail.com)  
 for further details.


**The Childrey Practice**  
 Clinical Hypnotherapy

Lasting solutions for:

Anxiety | Stress | Confidence | Phobias  
 Low Mood | IBS | Smoking & Addictions  
 Sleep Problems | Sport & Work Performance

Contact Lucy Gilroy:  
 07811 071342  
[thechildreypractice.co.uk](http://thechildreypractice.co.uk)

**Searle  
 School of  
 Motoring**



My name is David Searle and I am a Childrey based Driving Instructor offering professional and patient tuition to new learners. I also provide refresher courses and motorway experience for those who have already passed their test but want to build up their experience and skills. I cover a wide area surrounding Wantage, Grove, the villages and beyond.

I am a DBS checked and DVSA approved Driving Instructor. I am also a member of the Institute of Advanced Motorists.

*I am very proud to say that my first time pass rate for learners is 80% - the national average is 47%*

Gift vouchers available.

**Tel: 07747 630 202**  
**Email: [davemsearle@aol.com](mailto:davemsearle@aol.com)**

**Winters in Mongolia can reach -40c** and many families have little shelter, living in the traditional Mongolia Ger (yurt) or fragile wooden huts, with little to protect them from the freezing weather. The Christina Noble Children's Foundation has been



working in Mongolia since 1997, supporting children and families living in the most desperate poverty. Through a contact in this country, we are able to send boxes of much needed warm clothing so if anyone is able to provide knitted cardigans or jumpers, hats, scarves, new packets of underwear and good quality thick children's coats/boots/shoes we are able to get

them to Mongolia where they will be put to good use. In addition, if anyone has old cameras, binoculars or laptops we can sell these and raise money to fund the sending of these parcels to Mongolia. If you can help, please contact Miranda Marsh 07843 384016. We are going out to Mongolia again next summer so will be able to see first-hand how the gifts are welcomed there. Thank you!

**Childrey Village Website update:** You may know that a team from the village is now working to update the Childrey website. As this is YOUR website, we are keen to make sure what you want to see can be found there. Drop us a line.

We are keen to increase the list of Childrey based business on our Business page. If you are living in or working from Childrey and want to include your company details, please send a short paragraph about the business and contact details and we can upload it.

Thanks - The Website Team ([childreyvillagewebsite@gmail.com](mailto:childreyvillagewebsite@gmail.com))

### **Childrey & District Tuesday Club:**

**6th March - Dr. Dick Squires - The experiences of a local GP**

2:30pm. Childrey Village Hall. Contact Pat Eglinton 751663