



Holy Trinity
COOKHAM

The Cookhams Parish Magazine

Enabling all in our community to encounter God
through warm hospitality and inspired worship

incorporating **The Methodist Newsletter**



St John the Baptist
COOKHAM DEAN



A Very Peaceful Christmas to everyone in The Cookhams

We say Goodbye . . .

Page 5



. . . and we say Hello

Page 5



CHRISTMAS SERVICES - at a glance

Sunday 17 December

18.00 *Nine Lessons and Carols at Cookham Dean*

Sunday 24 December Christmas Eve

16.00 *Crib Service at both churches*

22.00 *Vigil Eucharist at Holy Trinity*

Monday 25 December Christmas Day

09.15 *Festival Eucharist at Cookham Dean*

11.00 *Festival Eucharist at Holy Trinity*

18.30 *Christmas Carols by Candlelight at Holy Trinity*

PLEASE JOIN US OVER CHRISTMAS

Full details on pages 10 and 11



YOUR COOKHAM, YOUR PLAN

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YouTube

[Our Worship and Prayer Channel](#)



www.facebook.com/TheBeneficeOfTheCookhams



www.holytrinitycookham.org.uk

www.cookhamdeanchurch.org.uk

*warm
hospitality*

December 2023 - January 2024

*inspired
worship*

This magazine is published jointly by the Parochial Church Councils
of Holy Trinity, Cookham and St John the Baptist, Cookham Dean. See page 1

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Lay Minister Richard writes: Why won't Christmas hurry up and COME??!

This was a cry that used to echo around our house when I was a little boy, and I suspect in many homes today. Why do we have to wait so long?

Waiting is all about anticipation - too often today alas, it's more for consumerism than for the child after whom the festival is named. Sadly, the run-up to Christmas starts in about September with 'seasonal' music being played over and over again in stores - I even heard Jingle Bells in July this year in one shop. But Jingle bells playing for months on end in our shops is not about Christmas - it's the tune the tills play in response to unending advertisements to stimulate our appetite to buy, buy, buy.

Even so, three or four months of waiting is a comparatively short time and nothing like the challenge story of the first Christmas¹: Just think what the waiting was like for a young teenager called Mary - who was over eight months pregnant at the beginning of December; try to imagine what those long months had been like for that girl - having been told back in March that you have 'found favour with God' and you're going to have a son called the Son of the Most High and he'll be given the throne of King David, revered down the centuries in Jewish and subsequently Christian history.

And then in the last month of her pregnancy that amazingly humble girl, supported by her fiancé, had to travel 90 miles, perhaps walking or at best riding on a donkey, over rough roads, and all because they had to register for tax purposes on the insistence of the Roman Emperor. The roads would have crowded with other travellers doing the same thing, and there was a high chance of being robbed or attacked. Can you imagine just what that waiting must have been like for Mary?

And when they do arrive at the end of the journey, the no-vacancies signs are all over town and the only place available for them is a smelly old stable, the only bed for the newborn baby is in a food trough for cows. Not much of a start in life, I think you'll agree, for the King of Kings, and Prince of Peace. But that is the really important point for us - the Son of God wasn't born in a Palace with all the trappings of wealth, but into a poor family in desperate straits. And we should receive, absorb the message of that amazing story just as the shepherds out in the field did - and they rushed to see that child - our Saviour. We can but offer a prayer of thanks and humble praise.

So, what to do, today, while we're waiting, how can we prepare ourselves properly for Christmas, because it's

about so much more than just opening a door every day on the Advent calendar and shop, shop, shop?

Well, firstly, the nativity play and singing carols and hearing the great story told are good ways to start. But how about helping those who can't help themselves to celebrate Christ's birth - in what ways can we be helpful and kind and considerate, at home, at school and in our village or town? Think of the poor, the lonely and those who are sad or sick, at home and abroad, and how we might be able to help them. We should contribute to helping refugees from violence, and all victims of war. Because we know that Jesus would.

So meantime, while we're waiting, let's all 'be prepared' in love and humility for Jesus Christ coming amongst us, to really celebrate the real meaning of Christmas, and put Jesus first - put the Christ into our Christmas. And during those celebrations, you will be very welcome to join us in our villages' churches - there are lists of Services in this magazine.

And as we await the New Year, in these troubled times - remember the words of the poem:

*I said to the man who stood at the gate of the year
"Give me a light that I may tread safely into the unknown".
And he replied:
"Go out into the darkness and put your hand into the Hand of God.
That shall be to you better than light and safer than a known way".
So I went forth, and finding the Hand of God, trod gladly into the night.*

From all our churches, we wish you and your loved ones a very happy Christmas and a more peaceful New Year - for the whole of our world - God's world.

Richard Simmonds

¹ Why not have a look at the full story in the Bible on-line or on your book-shelf - it's in Luke's Gospel, chapters one and two?


We're here for You!

If you are old or young, new to the village or lived here for some time, and have a question about our activities, or if you need help or comfort, please contact one of us:

For Cookham Dean: Stella Fairlie 532926
For Cookham and Cookham Rise: Val Eckett 524561

or any of the Ministry Team - see page 2


THE COOKHAMS PARISH MAGAZINE



HOLY TRINITY CHURCH

This magazine is published jointly by the Parochial Church Councils of Holy Trinity, Cookham and St John the Baptist, Cookham Dean

Items for consideration of inclusion should be sent to the Editor by 15th of the previous month. The inclusion of an article does not necessarily indicate the churches' support for any particular point of view expressed.



St John the Baptist
COOKHAM DEAN

Adverts are published in good faith and we are unable to warrant or endorse any of the products or services offered.

We welcome donations towards the cost of producing the Parish Magazine.

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Patron: Mr Charles Rogers

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Parish Administrator: Andra Rigby Tel: 01628 529661
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Please contact the Parish Office to arrange Baptisms, Weddings,
Funerals, or if you have an enquiry of any kind.



MINISTRY TEAM

DURING OUR CLERGY VACANCIES PLEASE DIRECT ALL ENQUIRIES TO THE PARISH OFFICE - 01628 529661

Vicar: Vacant

Associate Priest: Vacant

Licensed Lay Minister: Richard Simmonds, 01628 483269; rsim483269@aol.com

Retired Priest with Permission to Officiate: Rev'd David Joynes

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Parish Office 529661

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Parish Magazine, Pew News and Worship Channel are on line!

holytrinitycookham.org.uk

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Children, Young People and Church

Everyone, regardless of age, is welcome at all our services.

Here are the special facilities for younger people.



Holy Trinity, Cookham

HTC Sunday Club takes place in the Parish Centre at 11am on Sundays during term time (with the exception of All Age Family Services and other Special Services).

Sunday Club is suitable for children aged 3-10. We follow the course books entitled 'Bubbles'. The children learn about bible stories through fun activities such as art and craft, drama, singing, reading and prayer. Children are welcome to attend on their own or accompanied by a parent if they prefer.

All Sunday Club leaders have been cleared by the Disclosure and Barring Service and have completed Child Protection Training. For further details please contact:

Catrin Sewell 07786 830610

Email: htcsundayclub@gmail.com

catrin.sewell@icloud.com

Boys' Choir and Girls' Choir

The Girls' Choir and Boys' Choir currently sing each for one or two services a month. Their practices are:

Girls' Choir = Tuesday, 6.30 - 7.05pm

Boys' Choir = Tuesday, 7.15 - 7.50pm

Director of Music - Sara Wood: 01628 522593

Trinity Nippers

We meet during term-time on **Tuesdays at 10.15am in Holy Trinity**. New members most welcome.

Babies and pre-school children meet with parents and carers on Tuesdays in term time at 10.15am in Holy Trinity church. This is followed by tea, coffee, healthy snacks or biscuits and free play in the Parish Centre.

For more details contact the Parish Office 01628 529661.

The Benefice of The Cookhams

Parent and Toddler Group

TRINITY NIPPERS



Action Songs Story Time Free Play Healthy Snacks ...
...and tea and biscuits for you!

Tuesdays in term time 10.15am Holy Trinity Church

For details contact the Parish Office 01628 529661

Suggested Donation towards costs £10 per term

St John the Baptist, Cookham Dean

Choir

Due to retirements, moving away and other activities on Sunday the choir needs more adult singers in all voice parts. The Junior Choir also is short of voices.

Choir practices are on Fridays: Juniors 5.30 - 6.30, (safe guarding rules are followed) Adults 6.30 - 7.15.

The principal service on Sundays is the 9.15 family communion which lasts for about an hour. Afterwards there is coffee and biscuits in the vestry.

Please contact David Colthup on email: choirmaster@cookhamdeanchurch.org.uk or speak to him after the service on Sundays.

Families@4

formerly 4th@4 / All-Age Services

Thank you to all who have supported our All-Age Services especially our Benefice services where our young people have taken a lead at St John the Baptist. It's been a joy to see so many young families in church, doing Bible readings, leading traditional prayers and interacting with reflective prayer activities.



Thank you to our faithful group of regular helpers. Many hands make light work. In terms of All-Age Services, there's a happy team who coordinate sandwich making, baking, providing drinks, washing up, cleaning tables, hoovering up after the service. But this happy band of willing volunteers is not a "closed shop." If you'd like to get involved as and when you're available please do chat to us and come and be a part of your church team. We're a close, friendly bunch, but very much open, welcoming, inclusive and outward looking, keen to serve everyone in our community.

We have found that when the 4th Sunday clashes with a school holiday, we only have a small congregation rather than the 60 to 100+ at other times. With this in mind we're staying with the 4pm time but it won't always be on the 4th Sunday of the month.

We're also having to re-establish this service now Rev'd Helen is no longer with us. We will be back!!

**Don't Forget our Crib Services
on 24 December @ 4pm at both churches**

**The following Families service will be
on Sunday 10th March 2024 at 4pm**



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Church News

We say Goodbye and Thankyou to Rev'd Helen

Rev'd Helen's last Sunday with us was on November 5th and was marked by a combined Holy Trinity, St John the Baptist and Cookham Rise Methodist service followed by coffee and mountains of cake in the Parish Centre.

At the end of the service the churchwardens presented Helen and husband Daven with gifts and a cheque collected from the congregations in grateful thanks for all their work here over the last 9 years, and wished them well as Helen takes up the position of Vicar of Cleckheaton in West Yorkshire.

We have been fortunate to have had Helen to walk alongside us on our journeys of faith and mission, and her pastoral work and mission to children have been ground-breaking.



Fr Stephen Mills is our new Vicar



Following the interviews in late October, The Bishop of Reading has announced the appointment of Rev'd Stephen Mills as Vicar, Benefice of The Cookhams.

Fr Stephen joins us from the Parish of Finedon in the Diocese of Peterborough.

He will be formally licensed by Bishop Olivia at a service at Holy Trinity on 11 January 2024 at 7pm, which will mark the start of his ministry here with us. All are welcome.

Please pray for Stephen, David and their families as they prepare to move home and please welcome them as they become part of our community.

The House of Bishops worships at Holy Trinity

The Diocesan Bishops of the Church of England, led by the Archbishop of Canterbury, Justin Welby (right), and Archbishop of York, Stephen Cottrell (left), along with other representative bishops, met for three days at a location in Cookham in November to discuss matters ahead of the General Synod meeting later in the month.



The Archbishops in Holy Trinity, Cookham

Each morning and evening they worshipped at Holy Trinity with help from the worship teams from our two parishes. The Archbishops presided on consecutive evenings at a Eucharist service and many of the

bishops commented how good it had been to worship together in a "real" church rather than a makeshift one in a conference room.

Archbishop Stephen is also an expert on Stanley Spencer and arranged for the bishops to visit the Gallery for a special viewing of the exhibition.

Worship, Prayer and Study Online

Our **Cookham Worship and Prayer Channel** is easily accessible via links on the church websites and our Facebook pages.

On Monday and Friday **recorded prayers** are available from first thing in the morning through the link on our websites and Facebook page.

We continue to livestream/record **the main Sunday Service** from **St John the Baptist** once a month - see our Diary of Services on page 10 for exactly when.

In addition, occasional services are recorded at Holy Trinity Church and the choir record special musical offerings, roughly once a month.



Trinity Talks - 15 January

Introducing Medieval and Historical Graffiti

Graffiti would have been made by local people of the past, reflecting their concerns and hopes in the form of memorials, devotional and protection marks, and other symbols. James Peddle's talk is about the medieval and historical graffiti found in Berkshire, including at Holy Trinity Church, Cookham.

James has a long-standing interest in church buildings, and is a volunteer archaeologist, currently assisting with the excavations at Cookham Abbey. He set up, and now coordinates, the Berkshire Medieval Graffiti Survey group (part of Berkshire Archaeology Society), which aims to record a building's graffiti and engage with the local community.

The Talks are held at Bel and The Dragon in Cookham High Street on the third Monday of the month and celebrate the talents of people living in Cookham and its environs. These are fund-raising events for Holy Trinity Church.

Everyone is welcome, but capacity is limited, so it is advisable to check in advance. Places at £20 each can be reserved by phone on 01628 527465 or by email (stephaniediggon@hotmail.com). Pay cash on arrival from 6.30pm at Bel and The Dragon for Prosecco and canapés, the talk starts at 7pm and finishes around 8pm.

Stephanie Diggon

Church News and Events

Music at Holy Trinity

Sunday 3rd December 11am: Parish Eucharist
Choristers' Mums' Choir

ONLINE (YouTube 'Cookham Churches') from 6.30pm -
O COME, O COME EMMANUEL - A short offering of
music and word for the season of Advent (featuring
Cookham treasure Wendy Craig)

Sunday 10th December 11am: Parish Eucharist
Girls' & Boys' Choir

6.30pm: Choral Evensong
Men's Choir & Asst Director

Sunday 17th December 11am: Parish Eucharist
Choristers' Mums' Choir

Keep watch online from **Monday 18th December** for
some Christmas offerings from our choirs to get you in the
festive mood.

Sunday 24th December 11am: Parish Eucharist
Men's Choir & Asst Director

10pm: Christmas Eve Vigil Mass
Choristers' Mums' Choir

Monday 25th December (Christmas Day)

11.00am: Parish Eucharist Soloist

6.30pm: CAROLS BY CANDLELIGHT
Girls', Boys' & Men's Choir

Retiring collection in aid of THAMES HOSPICE

Thursday 11th January 7pm Licensing of Fr Stephen
All Choirs

Sunday 14th January 11am: Parish Eucharist
Choristers' Mums' Choir

6.30pm: EPIPHANY CAROL SERVICE

Light in the long month of January as we
celebrate the season of Epiphany.
Men's Choir & Assistant Director

Sunday 21st January 11am: Parish Eucharist
Men's Choir & Assistant Director

Sunday 28th January 11am: Parish Eucharist
Girls' & Boys' Choir

6.30pm: Choral Evensong
Men's Choir & Assistant Director

SINGING SUCCESS

Congratulations to Jack Mustard, a member of our Girls'
& Boys' Choir, who achieved Distinction for Grade 3
Singing at school. A super achievement.

Cookham Churches Together Fellowship Lunch

**Our next lunch will be on December 10th at 1pm
at St John the Baptist
and will be Christmas Lunch**



Please ring Marion Elly on 01628 482637
to reserve your place by Wednesday 6th December.

(The Methodists are also be doing a Christmas
Lunch on December 17th)

Dates for 2024 are as follows:-

14th January	Holy Trinity Parish Centre
11th February	Cookham Methodist Church
3rd March	St John the Baptist Vestry
7th April	Holy Trinity Parish Centre
12th May	St John the Baptist Vestry
9th June	Cookham Methodist Church

Our monthly Sunday lunch is run jointly by Holy Trinity,
St John the Baptist and Cookham Rise Methodist Church.

Please reserve your place by the Wednesday before:-

Holy Trinity - Bernadette Clark - 530047

Cookham Methodist Church - Kathy Rickman - 522797

St John the Baptist - Marion Elly - 482637



Men's Breakfast

We will be having our Men's Breakfast
on 9th December in the Parish Centre
of Holy Trinity Church, Cookham;
serving at 8:30am.

Our speaker this month will be David Gaselee who works
for one of the major clearing banks; and will provide an
insight about how he and his colleagues move billions of
pounds a day, whilst also ensuring that you can still write
cheques and make card purchases smoothly. He will
explain how the Bank of England is at the heart of the
payments system and aims to show you how to pay in
cheques using only your smart phone. If you wish to join
us, please email Rev David Joynes at
revdavidjoynes@gmail.com so that we can ensure we
have the right amount of ingredients.

Fr David



Parish Registers

Baptisms at HTC

Oliver John Sennett
Jack Mallett
Frank Jack Lynch
Mabel Margaux Lynch

Memorial Services at
SJB

Adrian Doble
David Griffin

Wedding at HTC

Mark Josis and Louise King

St John the Baptist Autumn Fayre 2023

**Thanks to all who supported us!
We raised £2743 !**



OXFAM FAST 2023

As many of you know my 30-hour "fast" was postponed until the end of November as Oxfam advised their volunteers not to take part in any public events involving the situation in the Middle East at the time it was originally planned for.



So far the Coffee Morning and the sponsorship have raised over £12,360 and there is still more money to come in.

I am very grateful to all the supporters who have paid in advance and I will let you know the final total as soon as I have it.

Barbara Walmsley

Shoebboxes



Shoebboxes for 2023 are now finished, and I am delighted to tell you that I delivered 68 boxes to the depot in Reading, along with a few carrier bags of extra items as well as some cheques. The organisers were thrilled with so many, and told me that the boxes are all going to Ukraine this year. There will be 68 extremely happy recipients. So, a huge Thank You from me, for all your generosity in filling the boxes.

I will be in touch next Summer, to inspire you to maybe do another box or 2!!

Wishing You All the Best for Christmas, and here's hoping that 2024 will be a good year.

Jill Cruse 07941 994640

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Following in the footsteps of St Paul: Cookham's Pilgrimage 2024

A no obligation opportunity to find out more about next year's pilgrimage.

Are you inspired to find out more about this exciting pilgrimage that gives an insight into the passion of Paul's ministry and to bring alive his experiences by visiting those places where they occurred as is chronicled in the Acts of the Apostles.

Join us for a short presentation to hear about how our 2024 Pilgrimage to Greece brings the bible alive. St Paul was one of the first missionaries and during his Second Journey, after travelling through Syria, Galatia and Asia he arrived at Troas on the Aegean coast. While at Troas, Paul had a vision telling him to go to Macedonia (Europe) which he did and he landed at Neopolis in 51 AD. Today Neopolis is called Kavala and is where our pilgrimage begins.

From there we continue to follow St Paul's journey through Greece ending in Corinth; referencing along the way, the different historic places to the events that occurred, as St Luke details in his account of Paul's journey. It is believed that Paul was a very close friend of St Luke who documented St Paul's travels in the Acts of the Apostles.

Join us in the Jubilee Vestry at St John the Baptist Church, Cookham Dean at 7pm on Wednesday 6th December. The presentation will last about 30 minutes and will be followed with tea/coffee.

Please let us know if you plan to join us at this presentation or if you can't make it but wish to know more about the pilgrimage, by emailing either Rev David Joynes revdavidjoynes@gmail.com or Lorna Sykes l.j.sykes@btinternet.com



Thames hospice

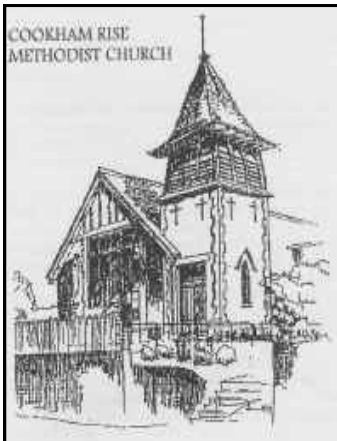
WANTED

As you may know, the Maidenhead Support Group does Christmas present wrapping in Nicholson's Walk the week before Christmas with all proceeds going to Thames Hospice.

However, we do need a supply of quality paper for adults. We have enough for children from last year.

Andrew Milsom estate agents in Cookham Parade have very kindly agreed to provide a collection point.

Genevieve Usher



Cookham Rise Methodist Church Newsletter

E-mail
 crmethodist@gmail.com

Tel: 07583 550821

Minister
Rev Vicci Davidson
 07535 511421
 rev.vicci@mail.com

For hall/church bookings
 contact Kathy Rickman on
 01628 522797

Regular activities on church premises

Please contact the hall user for further information

Seated Exercises (07900 204001)	Mon 1.30- 2.15pm
Rainbow Guides (01628 532279)	Mon after school
Cantorum Choir Rehearsals	Mon 7.45 - 9.45pm
Big Band practice (07809 594105)	Tues evenings
Diddydisco (07836 640430)	Wed 9.30 -10.30am
Tai Chi (debbie@taichi44.co.uk)	Wed 8 - 9pm
Baby and Me Sensory Class (new)	Thurs 10.30 -11.15am
Balletbums (adults) (07841 610251)	Thurs 12.15 -1.00pm
Yoga for Busy Mums (07393 590495)	Thurs 8 - 9pm

Sunday Worship for December and January

For further information about these services please contact our Senior Steward, Kathy Rickman, on 522797.

Dec 3rd	10.30 a.m.	Deacon Margaret Chipandambira
Dec 10th	10.30 a.m.	Rev Richard Cattley (Holy Communion)
	6.00 p.m.	Carols at St Mark's Methodist
Dec 17th	10.30 a.m.	Mr Neville Walton followed by Church Christmas Lunch*
Dec 24th	10.30 a.m.	Rev Vicci Davidson
Dec 25th	10.00 a.m.	Christmas Day Service led by Rev Margaret Dudley
Dec 31st	10.30 a.m.	Local Arrangement led by Worship Leader
Jan 7th	10.30 a.m.	Rev Vicci Davidson (Covenant Service)**
Jan 14th	10.30 a.m.	Mr Richard Rooley
Jan 21st	10.30 a.m.	Mr Richard Cracknell
	3.00 p.m.	Teatime for the Soul led by Rev Vicci Davidson
Jan 28th	10.30 a.m.	Mr Evan Richardson

* **Church Christmas Lunch** – please book a place with Kathy Rickman (01628 522797) by Monday December 11th

** **Covenant Service.** This is a special annual Methodist Service to which all are welcome. We renew the promises we made at our confirmation and recommit ourselves to serving God and others.

The Wesley Hall is now available for regular use

On Monday mornings, Wednesday afternoons, Thursday and Friday evenings, and Saturdays daytime.

A warm, friendly and suitable venue for small exercise groups and meetings.

Also available for one-off events including children's parties.

Please contact Kathy on 01628 522797 for further details

Ecochurch thoughts and Biblical Commentary

Each week Keith Le Page contributes a quote and Bible verse for our church newsletter. These are very thought-provoking and are part of our endeavours to secure a silver Ecochurch award.

'I like to envision the whole world as a jigsaw puzzleIf you look at the whole picture, it is overwhelming and terrifying, but if you work on your little bit of the jigsaw and know that people all over the world are working on their little bits, that's what will give you hope.' Jane Goodall

1 John 3:18 Little children, let us not love with word or with tongue, but in deed and truth.

Church Activities and events at the church

Church Christmas Coffee Morning
 Saturday December 2nd 10 – 11.30am
 Cakes, Gifts, Books, Jigsaws, Raffle, Children's stall

Advent Course - this year we will be meeting at the church at 2.30 p.m. on Thursdays November 30th, December 7th, 14th, 21st. The course – Seeing is Believing – is based on the film 'Miracle on 34th Street'. Why not come and join us. All welcome. More information from Kathy Rickman 01628 522797.

Concertini Christmas Concerts - Saturday December 16th 11.30 a.m. and 2 p.m.

Carols by Candlelight - Thursday December 21st 7.30 p.m. followed by mince pies. All welcome to join us for traditional lessons and carols

Come and Play for families of children under 5
 Tuesdays 9.15 – 11.15, Fridays 10 – 12. Please see cookhamrise.comeandplay on Facebook for more details.

A Prayer for the Cookham Churches

*God of love, we pray for the Cookham churches
 Where your love has been known for many years.
 We pray that we will welcome everyone in Jesus' name
 And that, as your love pours in,
 It will overflow to our neighbours.
 May each person come to know that they are loved by you
 And to love you in return.
 May all grow in faith as we learn and pray together,
 And may our faith be seen in action. Amen*

Methodist Minister Vicci Davidson writes:

I expect you, like me, are frustrated by the terrible state of our roads. Potholes the size of small ponds appear out of nowhere and threaten our tyres, axles and suspension and make for a bumpy ride, unless we engage our inner-racing driver and slalom down the road which is generally frowned upon by police and other drivers.

David Hope, the author rather than the erstwhile Archbishop of York, wrote:

*"We cheer the express as it thunders along
The driver and crew – I would add to the song
A word for the gangers who, sunshine or snow,
Have been out to check every yard that we go."*

It's rather old-fashioned and sentimental now, and when I tried to date it, even Google couldn't find it, but it reminded me how spoiled I have become in my complaints about the roads. Train tracks must remain true and even or there are terrible accidents, and there are people who take that job and do it, usually at night when there is time for them to measure and balance safely.

That checking of each yard of metal and wood that keeps everything safe is something that we also try to do each day for our own souls through our Bible reading and prayer, aligning ourselves with God so that we can hear what he wants from us. It's why Paul, in his letter to the Thessalonians tells us: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God for you." (1 Thessalonians 5:16-17).

Over the last two decades or so, people of all faiths and none have discovered that the Christian habit of giving thanks for all sorts of things is actually very good for the soul. Mindfulness books, self-help writers and counsellors dealing with depression and anxiety may all advocate keeping a journal of blessings. I sometimes say to the AV team at Windsor that we only notice them at all when it has gone wrong, because they are always so quietly and brilliantly efficient. Perhaps the wonky roads, and the other little annoyances that meet us in our daily lives help to remind us that there are people who fulfil these jobs for us. Perhaps we should be less angry about the potholes and more grateful for those who will (eventually!) get round to filling them.

God bless,
Vicci



**COOKHAM
TWINNING**



Cookham visits Saint-Benoit

Over the October half-term, 21st-24th October, 18 members of Cookham Twinning visited Cookham's twinned village of Saint-Benoit, near Poitiers in France. Cookham has been twinned with Saint-Benoit since 1994, but this was the first visit since 2019 because of Covid restrictions.

Visitors stayed with local French families, and, as ever, the hospitality was excellent. A varied programme of social and cultural events had been organised, and we were kept both busy and very well fed.

The first event, on the Saturday evening, was a reception in the Mairie, (Town Hall), hosted by the Mayor of Saint-Benoit. The Cookham visitors presented Saint-Benoit with two copies of 'The Wind in the Willows', one in English and one in French, and we explained that this book was inspired by the Thames at Cookham.

The following day there was the opportunity to walk around Saint-Benoit, including a visit to the 'Jardin de Cookham'. Saint-Benoit is a four-star, 'Ville Fleurie', (garden village), and takes a lot of interest in its parks, gardens and environment. The visitors and hosts met for lunch together, followed by a cello recital in the local abbey church.

On Monday the group visited the medieval town of Chauvigny, with its five ruined castles, and beautifully decorated church. The hosts had laid on good English rain for the visit! After lunch in the town, the group went on to the Macaroon Museum in Montmorillon, including tasting samples and afterwards a tour of the town,

The final evening was spent together with more good food, (and wine), with songs from a local guitarist and occasional vocal accompaniment from the Mayor. On Tuesday, the group said their farewells, and everyone now looks forward to the visit of Saint-Benoit to Cookham next October.

If you would like to get involved with Cookham's French twinning activities, contact keith_le_page@hotmail.com.

Keith Le Page

St Elizabeth's Catholic Church

Lower Road, Cookham

would like to welcome everyone especially those whose worship has been disrupted by the pandemic.

**Sunday Mass
9.15 am**

**Christmas Mass
25 December at 9.15am**



Services Calendar for December 2023

Please note that during our clergy vacancies, we will continue to maintain at least our main service in each church every Sunday, and one midweek service alternating between Holy Trinity at the usual time of 7.30am on Thursday, and St John the Baptist at the usual time of 10.00am on Wednesday.

All are welcome at all our services, but please check this page before setting out!

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

December 3rd - Advent Sunday

HTC 11.00 Parish Eucharist
1 Corinthians 1:3-9; Mark 13:24-end

SJB 09.15 Parish Eucharist
1 Corinthians 1:3-9; Mark 13:24-end

December 6th - Wednesday

SJB 10.00 Holy Communion

December 10th - 2nd Sunday of Advent

HTC 11.00 Parish Eucharist
Isaiah 40:1-11; Mark 1:1-8

SJB 09.15 Parish Eucharist
Isaiah 40:1-11; Mark 1:1-8

18.30 Choral Evensong
1 Kings 22:1-28; Romans 15:4-13

December 14th - Thursday

HTC 07.30 Holy Communion

December 17th - 3rd Sunday of Advent

HTC 11.00 Parish Eucharist
1 Thessalonians 5:16-24; John 1:6-8,19-28

SJB 09.15 Parish Eucharist
1 Thessalonians 5:16-24; John 1:6-8,19-28

18.00 Nine Lessons and Carols

December 20th - Wednesday

SJB 10.00 Holy Communion

December 24th - 4th Sunday of Advent and Christmas Eve

HTC 11.00 Parish Eucharist
Romans 16:25-end; Luke 1:26-38

SJB 09.15 Parish Eucharist
Romans 16:25-end; Luke 1:26-38

16.00 Crib Service

16.00 Crib Service

22.00 Vigil Eucharist
Isaiah 52:7-10; John 1:1-14

December 25th - Christmas Day (Monday)

		SJB	09.15 Festival Eucharist <i>Isaiah 9:2-7; Luke 2:1-14</i> <i>(this service will be livestreamed/recorded)</i>
HTC	11.00 Festival Eucharist <i>Isaiah 9:2-7; Luke 2:1-14</i>		
	18.30 Carols by Candlelight		

December 31st - 1st Sunday of Christmas

		SJB	09.15 Parish Eucharist <i>Galatians 4:4-7; Luke 2:15-21</i>
HTC	11.00 Parish Eucharist <i>Galatians 4:4-7; Luke 2:15-21</i>		

Christmas Crib Services

Following the disruption of the Covid years, we are going back this year to our traditional Christmas Eve Crib Services for children and their families in both our churches at 4pm.

Come and see our Crib, Christmas Trees and Decorations and enjoy lively and traditional hymns and carols. This is a great opportunity for families who want to establish the true meaning of Christmas into their Christmas celebrations.



Prayer Diary December 2023



1	Friday	Bishop Olivia and her Family
2	Saturday	Our Organists
3	FIRST SUNDAY OF ADVENT	Our Churches
4	John of Damascus; teacher	Harwood House Care Home
5	Tuesday	Our Churchwardens
6	Nicholas; bishop	Elizabeth House
7	Ambrose; bishop, teacher	Our Mums and Toddlers group
8	Conception of the Blessed Virgin Mary	Our Schools
9	Saturday	The Sisters at Burnham Abbey
10	SECOND SUNDAY OF ADVENT	Our Churches
11	Monday	Cookham Voluntary Services
12	Tuesday	Our Bellringers
13	Lucy; martyr	Headteachers, Teachers and Assistants
14	John of the Cross; teacher	Darby Pensioners
15	Friday	Our Choirs
16	Saturday	Our Wedding Ministry
17	THIRD SUNDAY OF ADVENT	Our Churches
18	Monday	Our Baptism Ministry
19	Tuesday	Our Ministry to Young People
20	Wednesday	Deanery Synod
21	Thomas; apostle, martyr	Those with Dementia
22	Friday	Local Scouts and Guides
23	Saturday	The Work of FoodShare
24	FOURTH SUNDAY OF ADVENT	Those who will be alone at Christmas
25	CHRISTMAS DAY	All Christians Everywhere
26	Stephen; deacon, first martyr	The Clergy of our Deanery
27	St John; apostle, evangelist	Local Businesses
28	The Holy Innocents	Children in Care
29	Thomas Becket; archbishop, martyr	Archbishop Justin and his Family
30	Friday	Our Medical Centre
31	FIRST SUNDAY OF CHRISTMAS	Thanksgiving for the past year

Services Calendar for January 2024

Please note that for January we will continue to maintain at least our main service in each church every Sunday, and one midweek service alternating between Holy Trinity at the usual time of 7.30am on Thursday, and St John the Baptist at the usual time of 10.00am on Wednesday.

No doubt our new vicar will be reviewing our future ongoing pattern of services !

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

January 4th - Thursday

HTC 07.30 Holy Communion

January 7th - Epiphany Sunday

HTC 11.00 Parish Eucharist
Ephesians 3:1-12; Matthew 2:1-12

SJB 09.15 Parish Eucharist
Ephesians 3:1-12; Matthew 2:1-12

January 10th - Wednesday

SJB 10.00 Holy Communion

January 11th - Thursday

HTC 19.00 Induction and Licensing of Fr Stephen Mills as Vicar of The Cookhams by Bishop Olivia

January 14th - 2nd Sunday of Epiphany

HTC 11.00 Parish Eucharist
Ephesians 3:1-12; Matthew 2:1-12

SJB 09.15 Parish Eucharist
Ephesians 3:1-12; Matthew 2:1-12

18.30 Epiphany Carol Service

January 18th - Thursday

HTC 07.30 Holy Communion

January 21st - 3rd Sunday of Epiphany

HTC 11.00 Parish Eucharist
Revelation 19:6-10; John 2:1-11

SJB 09.15 Parish Eucharist
Revelation 19:6-10; John 2:1-11

January 24th - Wednesday

SJB 10.00 Holy Communion

January 28th - Presentation of Christ in the Temple (Candlemas)

HTC	11.00 Parish Eucharist <i>Malachi 3:1-5; Luke 2:22-40</i>	SJB	09.15 Parish Eucharist <i>Malachi 3:1-5; Luke 2:22-40</i> <i>(this service will be livestreamed/recorded)</i>
	18.30 Choral Evensong for Candlemas <i>Haggai 2:1-9; John 2:18-22</i>		

February 1st - Thursday

HTC 07.30 Holy Communion

February 4th - 2nd Sunday before Lent

HTC	11.00 Parish Eucharist <i>Colossians 1:15-20; John 1:1-14</i>	SJB	09.15 Parish Eucharist <i>Colossians 1:15-20; John 1:1-14</i>
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Prayer Diary

January
2024



1	NAMING OF JESUS	Our Baptism Ministry
2	Basil and Gregory; bishops and teachers	Our Mums and Toddlers Group
3	Wednesday	Our Schools
4	Thursday	Our Parish Council
5	Friday	Our Choirs
6	EPIPHANY	The Sisters at Burnham Abbey
7	BAPTISM OF CHRIST	Our Churches
8	Monday	Elizabeth House
9	Tuesday	Our Ministry to Young People
10	William Laud; archbishop	Our Medical Centre
11	Mary Slessor; missionary	Fr Stephen, David and their Families
12	Aelred; abbot	Local Scouts and Guides
13	Hilary; bishop, teacher	Our Organists
14	SECOND SUNDAY OF EPIPHANY	Our Churches
15	Monday	Holy Trinity PCC
16	Tuesday	Our Mums and Toddlers Group
17	Antony of Egypt; hermit, abbot	Cookham Voluntary Services
18	Amy Carmichael; spiritual writer	Our Parish Administration
19	Wulfstan; bishop	Bishop Steven and his Family
20	Richard Rolle; spiritual writer	Our Wedding Ministry
21	THIRD SUNDAY OF EPIPHANY	Our Churches
22	Vincent; deacon, martyr	Those who Die for their Faith
23	Tuesday	St John's PCC
24	Francis de Sales; bishop, teacher	Headteachers, Teachers and Assistants
25	Conversion of Paul	Archbishops Justin and Stephen
26	Timothy and Titus; companions of Paul	Local Businesses
27	Saturday	All Carers
28	FOURTH SUNDAY OF EPIPHANY	Our Churches
29	Monday	The Work of FoodShare
30	Charles; king, martyr	Our Bellringers
31	John Bosco; priest	The Clergy of our Deanery

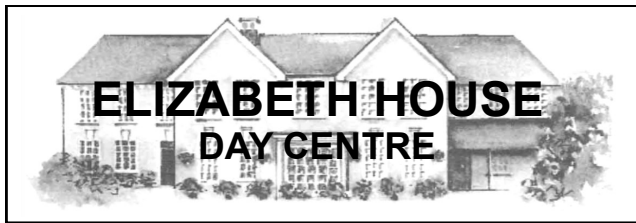
Closure of Cookham Bridge

Essential maintenance work to Cookham Bridge is now underway with a road closure due to be in place until **March 2024**. Although the bridge will be closed to motor vehicles during the work, pedestrian access will remain.

Our Services and Parish Centre activities are not affected in themselves by the closure and will take place as advertised. Vehicular access to the Church and Parish Centre is unaffected.

If you normally cross Cookham Bridge to get to our services or other activities in the church or Parish Centre, then please allow extra time for the detour you will need to take.





We have registered Elizabeth house as a good cause for the new RBWM lottery, if you, friends or family would like to buy a ticket we would really appreciate it, there are some great prizes to be won!

Dawn Seenev, Manager Monday to Friday 9 - 4.30pm
 01628 527621 / 0745 8095009 www.elizabethhousecookham.org
 Registered Charity No 1188342

GambleAware

Together we give.

Elizabeth House Cookham

- Support our work this Giving Tuesday
- Weekly chances to win
- Tickets from just £1 a week
- Win a huge £3,000 Christmas bonus!

PLAY NOW:
SCAN THE QR CODE OR GO TO
www.windsorandmaidenheadcommunitylottery.co.uk
 AND SEARCH FOR Elizabeth House

GIVING TUESDAY

URGENT HELP NEEDED AT COOKHAM VOUNTARY SERVICES

A chance to take part in a key local community service!

CVS is a local self-funding community organisation, which provides an essential role taking people who need help with transport to get to medical appointments. We depend entirely on volunteers to meet the needs of members of the community.

Due to retirements and movements out of the area, we are desperately short of volunteers. If you live locally and have some spare time available, can you help?

We need volunteers in two areas: -

1. Office volunteers to give 2-3 hours, one morning a week, in our office at Elizabeth House. The role involves receiving requests from patients needing transport and matching them with an available volunteer driver.
2. Drivers. There are no set times for drivers. If you are offered a run, it is entirely up to you whether you take it. We cover a wide range of destinations from the Cookham Surgery and St Mark's Hospital to occasional journeys to a London Teaching Hospital. We do not pay drivers a fee, but we do pay mileage rate and cover parking and other charges.

If you think you might be able to help, please contact the CVS office on 01628 523839 (10-12.00 Monday-Friday), or at pefc@tapestryoflife.co.uk, for further details.

Christmas Tombola at Elizabeth House

This is our last fundraiser of the year

Sat 9th Dec 2023 10am to 12pm

*We are looking for your kind donations of bottles, chocolates, or any Christmas gifts
 Your donations would be greatly appreciated*

Between 09:30 & 03:30
 please deliver to:
 Elizabeth House
 Station Hill
 Cookham
 Berkshire
 SL69BS

Thank you in anticipation, looking forward to seeing you all there
Tel: 01628527621



PINDER HALL NEWS

As with many community organisations, the Pinder Hall is run entirely by volunteers, and we are always looking for residents who would be willing to

share their skills with the Hall Committee in, for example, fund raising, legal, archiving our records, and social media/website expertise.

One initiative we're keen to set up is a volunteer hub to encourage community involvement, and we're looking for a volunteer to co-ordinate this. If you or anyone you know would be interested, we'd be delighted to hear from you!

If you would like to help your village hall please message Andrew Coulter on 07813068474 or email andy@pinderhall.org.uk

The AGM of the Pinder Hall took place recently, when we said farewell to three long serving members of the Management Committee – Liz Kwantes, Martin Sheehy and Mike Clark.

Liz has been the Chairman, managed the bookings, liaised with users and maintenance companies etc for 26 years – we owe her a huge debt of gratitude for her dedicated commitment to the Hall. Likewise Martin has kept Hall finances on the straight and narrow for 30 years, and dealt with the vagaries of utilities and local authority! Mike has been a stalwart vice-chair for 19 years. Very many thanks to the retiring members.

Taking over as Chairman is Andrew Coulter and we thank him for stepping into the vacancy, and thanks also to Robert Overall who is joining the committee as treasurer.

Existing member Phil Holdford will take over as vice-chair, and we welcome new committee member Simon Painter. Welcome to all the new committee members.

The Hall was built in 1936 and consequently is showing its age a little bit. Works currently in the pipeline include upgrading the electrics and frontage. We are very grateful to have received a substantial donation from Cookham Festival as well as from a private donor to complete these improvements. Look out in the new year for the updated booking system which is coming soon!

Ann Greenwood, Minutes Secretary
 Pinder Hall Management Committee

It's the time of year to look back and forward, with so much to applaud, especially the growing number of volunteers with WildCookham through 2023. Maybe coming out of Covid hibernation but hopefully a sense too that there is much we need to do to protect our local natural world and a diminishing amount of time to do it. We've seen increasing numbers providing hands-on help with our various projects; a growing interest in mapping some of our local wildlife, such as the expanding team of glow worm hunters; and the often sold out attendance on our guided walks around Cookham. Our thanks to all of you.

If you are reading this in January you are already into our tenth anniversary year. We see it as a chance to take a good look at the work that needs to be done over the next decade to prevent the further (and currently accelerating) decline in our natural world. The UK is one of the most environmentally depleted countries in the world and the pressures locally from seemingly non-stop development underscore the need for more local people who can step up and help us.

One event to mark in your diary for 2024 is our **Big Wildlife Weekend (22/23 June)** when we will be asking everyone in Cookham to look at what you have in your garden and take steps to increase its value as a home for wildlife. We also have a big push behind more ponds in our gardens. Now is the time to be planning and starting work on that – and contact us at wildcookham@gmail.com for advice on this. You can also get some practice in with the RSPB Big Garden Birdwatch on 26-28 January.

If it's still December and you're stuck for a Christmas gift, how about a nest box or a bug house or give membership of one of the excellent wildlife groups such as the RSPB or our local wildlife trust? And remember that a gift of your time to local wildlife in 2024 will be an inestimable gift to future generations.

There's more on WildCookham on Facebook and at www.wildcookham.org.uk. Activities are on www.meetup.com/wildcookham and join our mailing list via wildcookham@gmail.com. Wishing everyone a Merry Christmas and a wildlife-filled New Year!

Mike Copland

Winter Bees

The weather has finally started to cool down and many bees have finished their life cycles for the year or are in a state of hibernation. A lot of bumblebee queens will have finished their foraging and found somewhere such as leaf litter, soft earth or under logs and they will hibernate there until the weather warms up in spring. Many solitary bees will also be overwintering as pupae or fully developed bees in cocoons and nest cells in sheltered areas. For this reason it is good to leave areas of your outdoor space untidy and not chopped back until spring - resist sweeping up that leaf litter and leave perennials uncut as this all makes great habitat for critters. If you disturb a hibernating bee or cocoon at this time of year, please replace it to the sheltered spot you found it. Although often a topic of debate, many people clean and store cocoons from bee hotels at this time of year too. Plenty of debate over the pros and cons of this can be found online!

On milder, sunny days during the winter you might see just Buff-tailed bumblebees and Honeybees. Winter active Buff-tail Bumblebees in the south (and spreading) are a relatively new pattern, very likely caused by climate change. Research is still taking place on this and the Bumblebee Conservation Trust (BBCT) encourages people to record winter active bees on iRecord (especially further north). Queens will have created new nests in the autumn rather than going into hibernation and these winter active bees will be looking for pollen and nectar, so having late flowering plants such as Mahonia, Winter-flowering Heather, Hellebore (and Lungwort for early spring) is really important. If you find a bumblebee caught out in wet or cold weather and it isn't active, the best course of action is either to pop it on a flowering plant nearby or pop it somewhere sheltered. You can give stranded bees a sugar water mix for a burst of energy (see BBCT website for guidance), but don't give them honey as this can pass on pathogens.

As well as having winter flowering plants in your outdoor space, now is a good time to be planting bulbs for the spring. Choose single flowers rather than double, meaning that bees can easily access the pollen and nectar from them. Another winter activity to support bees is tree planting, and as with flowering plants - the local area needs a selection of trees and plants that flower throughout the year. So do bear this in mind when choosing something.

Michelle Hunt

Cookham and Cookham Dean Horticultural Society - Programme 2024

Wednesday 31st January via Zoom

Designing with Plants - Fergus Garrett, CEO and Head Gardener, Great Dixter

Wednesday 28nd February

Cliveden Gardens: Extravagance and Expense - Jacqui Edwards, Cliveden Talks Service

Wednesday 27th March

Spring Show - Classes for your Society daffodils, bulbs, spring flowers, floral displays and baking.

Wednesday 24th April

How to Plant, Grow and Propagate Peonies - Alec White, Primrose Hall Peonies

Wednesday 29th May

The Year-Round Container Gardener - Chris Day, Buckingham Nursery

Wednesday 25th September

The Art of the Autumn Border - Petra Hoyer Millar, The Oxonian Garden

Wednesday 30th October

The Development of an Arts and Craft Country House and Garden - Katharine Woods, The Tea-Break Gardener

Wednesday 27th November

What Not To Do at a Flower-show and Other Stories - Graham Talbot, BCA

“Discover Cookham: A challenge to identify 100 locations in Cookham”



The Cookham Festival is proud and very excited to announce the launch of “Discover Cookham”. The book, containing 100 photographs of the village, serves not only as a delightful coffee table book but also a fun treasure hunt challenge to find out how well you know Cookham by identifying the locations of the

photos with the chance to win cold hard cash with £300 in total prizes, top prize £150.

Launching at the Cookham Christmas Street Fayre on December 3rd, the book costs just £10 with all proceeds raising funds for local arts-based projects. It will make a fantastic stocking filler as well as being something for all villagers to treasure for years to come. Each book comes with an entry form for people to submit with locations so it's a great excuse to get everyone out and about discovering the village.

The book will also be available to purchase from: -

- The Little Bookshop (Cookham High Street)
- Hillcrest Stores (Hillcrest Avenue)
- Metre Market (Cookham Dean Village Hall)
- Copas Turkeys Farm Shop (Grubwood Lane)



Treat yourselves to a copy and get out into the village looking up and down at things you might not normally notice!

Wanted - Treasurer for the Stanley Spencer Gallery in Cookham

We are currently seeking a volunteer Treasurer to join the Stanley Spencer Gallery.

As the Treasurer, you will play a vital role in managing the Gallery's finances and ensuring we are operating in a fiscally responsible manner. Your duties will include daily cash management and payments, overseeing budgeting, financial reporting, and maintaining accurate records. You will work closely with the Trustees and the Management Committee to develop financial strategies and make strategic financial decisions.

This will suit someone, perhaps who has retired, and who has sound book-keeping skills and a good understanding of financial management. As visits to the Gallery are needed from time to time, living in Cookham or close by will be an advantage. The workload is not onerous but needs regular attention.

This is an opportunity to provide a vital service to the Gallery and to work with a dedicated and talented group of volunteers who have established the Gallery and the village of Cookham as an important and well known arts destination

To apply, please send your resume and a brief statement outlining why you are interested in this position to:

Bob Kottler, Chairman of the Management Committee
bob@stanleyspencer.org.uk

Stanley Spencer Gallery in Cookham
<https://www.stanleyspencer.org.uk>

Thank you for considering this volunteer opportunity.
 We look forward to hearing from you!

Keep Patricia In Cookham



'Patricia at Cockmarsh Hill' is the only Spencer painting of the artist's second wife in the Stanley Spencer Gallery, on loan for the last 12 years. We now have the opportunity to keep Patricia in Cookham, but ONLY if we can raise AT LEAST £20,000 before the end of 2023. Please give what you can.

How to donate:-

Use the Just Giving account, accessed by the QR code or searching for “Keep Patricia In Cookham”



Or send a cheque payable to 'Sir Stanley Spencer Memorial Trust' ref Patricia to Stanley Spencer Gallery, High Street, Cookham SL6 9SJ

In this picture painted before their marriage, Spencer depicts Patricia in his beloved Cookham landscape, showing off her jewellery, with the artist expectantly painting in a wedding ring. It has been one of the Gallery's most exhibited works as it supports a wide range of themes, and illustrates a crucial artistic and personal crossroad in Spencer's life.

The Art Fund, a major art charity, wants to keep Patricia in Cookham, and has already committed £130,000 towards the substantial purchase price. Another big grant giver will confirm any contribution in December. BUT we must still find AT LEAST £20,000 so we need to act NOW. Without your help, 'Patricia at Cockmarsh Hill' will go to auction in January, for sale to the highest bidder, and will be lost forever from the Gallery.

If you want to keep Patricia in Cookham, please donate TODAY. Thank you

Stanley Spencer Gallery Winter Wednesdays

Once again this year, the Stanley Spencer Gallery is offering its popular Winter Wednesday Walks and Talks. These will take place on Wednesday 6th December, Wednesday 17th January and Wednesday 14th February, meeting at the Stanley Spencer Gallery at 10.30am.

A knowledgeable guide will point out where Spencer lived and some of the views that he painted in the village which so inspired him. You will also enjoy a guided tour of the exhibition 'Everywhere is Heaven', which also shows the work of contemporary artist Roger Wagner. Roger was inspired by Spencer's religious works and the two artists used known locations for heavenly visitations.

The walk takes 45 minutes and is on flat ground. One small section is not suitable for wheelchairs, and sturdy shoes are recommended. The Gallery talk is 45 minutes, and you will have opportunity to view at your leisure. There is a small shop with exclusive postcards, prints and books.

Entrance to the gallery is included in the ticket. These events are offered at the discounted price of £12.50, and booking may be made through the Gallery website <https://stanleyspencer.org.uk/>

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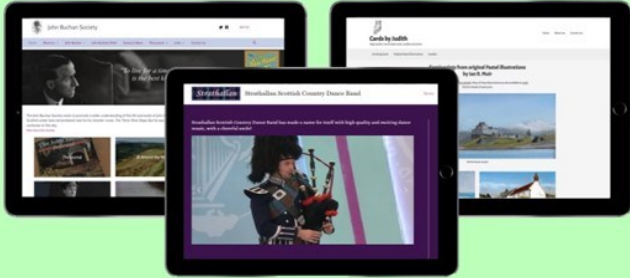
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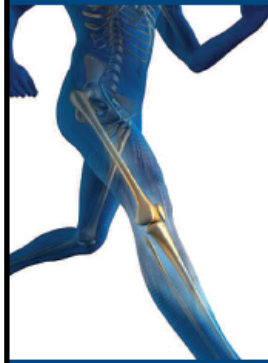
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Cookham Community Allotment

As I write we are still having sessions on the allotment. People are often surprised that we haven't put the plots 'to bed'. Now is the time when we put back some goodness into the soil to ensure productive and healthy crops the following year. To this end we are busy raking leaves and making leaf mould. We also cover bare soils with leaves and then membrane to hold them down. Over the winter months the leaves partly rot, and worms begin to take them into the soil. No double digging for us. We also leave remains of the earlier crops to rot into the soil. About six weeks ago huge courgette plants which had finished fruiting, were chopped up and left on the bed. There is now very little visible, it has decayed and returned to the soil from which it grew. Raking leaves from Westwood Green trees has proved very productive and warming!

This is also a good time to look back at the crops which have grown well and what we might try in the future. One of our gardeners chose to grow fenugreek and some Indian greens with some success. Along with the coriander and spinach we grow her mother has been busy preparing delicious curries through the year. Kohl rabi proved to be an acquired taste for many but brought back memories of Bavarian family recipes for one gardener. Physalis fruit proved to be a 'marmite plant'. Either you enjoy the sharp sweetness of the scented fruit, or it is not for you! Gardening can evoke many memories for people, whether it be the sights, tastes, or smells, good or bad, and these can then initiate lively conversations.

We do slowdown in December and gardeners have other commitments so our last Tuesday session will be Tuesday 5th December, and the last Saturday 9th December.

We will be able to meet up in January on Saturday morning January 13th 11.00-1.00. We will meet at the Methodist Church, Wesley Hall, Cookham. We will have the usual tool sharpening and cleaning session, sowing sweet peas and sorting out seeds etc, and soup making. We can use one of the squash stored from our produce. Our session will end with a soup lunch!

Hopefully weather willing, we will be able to return to working on our plots in February.

Anyone interested in coming along, or to have their tools sharpened (just make a small donation) is welcome on January 13th.

For more information ring Becky Pinniger on 07821 710204.

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PRAY FOR

UKRAINE

There will be a short 15 minute prayer service each Monday at 6pm to pray for peace in the Ukraine and the Middle East.

The service alternates between Holy Trinity and St John the Baptist - check our website for details.



Gardening Tips December

There is no doubt that most gardens don't look their best in December and January, but "not at their best" doesn't mean that gardens can't still look good through the winter. Vibrantly coloured stems, evergreen trees and shrubs, statuesque silhouettes, frost-rimed seedheads and winter blossom can all contribute to a winter aesthetic that offers drama and interest.

For any readers who are looking out of their windows at a largely brown garden and wondering how to start introducing some winter interest our initial advice is to plan some trips and go and have a look at other gardens. Any garden that is open to visitors over the winter will have areas that are specifically designed for this time of year, so there will be plenty of ideas to inspire you. Take photos, record plant names and make notes (especially about plant sizes) and then have a look at your own plot to see what plants might work best in your space. A bit of further research will soon show you what plants look like in the rest of the year, so that you can be sure that any new additions will work in other seasons as well.

The amount of planting in larger gardens can be intimidating for those of us with smaller spaces, but lots of ideas are scalable. For example, although Wisley may have a whole border planted for winter stem colour, a couple of specimen plants can brighten up a much smaller space in the winter, while retreating into the background over the summer.

Longer illustrated versions of these articles are available at <http://www.redkiteadvice.co.uk/category/hints-tips/>

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The Cookham Society is an active local amenity society with over 1,200 members and a fifty-year track record in protecting the interests of the three Cookhams and their residents.

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Have you received your first winter gas bill? It's never comfortable reading this time of year. The beginning of autumn was

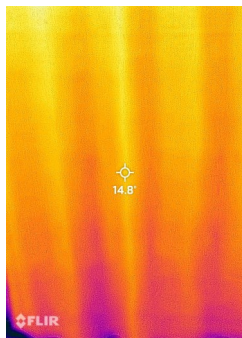
beautifully mild - then it all changed.

You may be aware of all your draughts, but often it's our doors and windows, particularly if they don't meet current building standards, and let's face it most of our homes don't.

Here's a thermal image of a front door before and after a thermal lined curtain was put up. The difference in temperature is 9 degrees. It brings back memories of grannies thick velvet curtains by her front door - so sensible.

If you'd like us to visit with our thermal cameras, or want help with draught proofing just let us know.

And if you're thinking of moving away from gas altogether, we have another pub chat planned for the new year - Heat Pumps and Net Zero with our surveyor Toby Knight at the Swan Uppers. It'll possibly be on Monday 15th January 8pm, just turn up and get yourself a drink. The date needs to be finalised so please let us know if you'd like to attend. Now the Government grant has increased to £7,000 for heat pumps, many of us are seriously considering them. Come and join us.



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Christmas with Cantorum

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We are pleased to report that RBWM has confirmed that the Neighbourhood Plan does not need to be subject to Strategic Environmental Assessment nor Habitats Regulation Assessment.

The Neighbourhood Plan can now proceed to formal consultation. Preparations for that are now underway. Further updates and information on the consultation will be posted on the Parish website once available:

www.cookhamparishcouncil.org.uk/crbst_18.html



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Cookham Dean Primary School

This term is always a busy one moving into the season of carols, nativities and Christingle. The children are busy practising lines and singing. We are so privileged to have the opportunity to be singing in St George's Hall at Windsor Castle on Thursday 14th December in front of the most glorious Christmas Tree. If you are visiting the castle, please do pop over to St George's Hall to say hello.

I am especially looking forward to our reception and KS1 nativities – always a delight to see how confident these young children are!

Currently, I have a table full of cakes in my office – all to raise money for Children in Need. The school council have had lots of fun choosing the best spotty cake – with the winner getting an extra play for their class. The very worthwhile winner was a spotty cake with a Pudsey Bear made from icing made by Oscar in reception. Well done Oscar! Friday 17th November, the children will be all wearing spots to raise money for this worthy cause.

We are always looking for ways to encourage children to take on leadership roles in school. Our Emotional Wellbeing Ambassadors are off to do their training at Windsor Youth Centre this term; Sports Ambassadors are off to do their training; our Bookworms are currently thinking about how they can encourage reading for pleasure; our Rotakids will be visiting Elizabeth House to deliver Christmas presents and cards; our Eco Warriors are focussing on reducing carbon; our headboy and girl, supported by the deputy headboy and girl are welcoming new parents visiting our school; our digital leaders are focussing on an e-safety project; our Pupils4Praise were amazing when interviewing the new vicar and every single child fulfils these roles with a smile on their faces. We are very proud of them all!



Fenella Reekie
Head Teacher

Holy Trinity Primary School

I always feel Christmas is coming when high street stores release their Christmas television advertisements. Recurring themes of love and friendship in these adverts strongly reflect our school vision so they provide us with excellent vision aids for Collective Worship in the run up to the end of term!

The latest John Lewis advert follows a little boy's quest for the perfect Christmas tree. Alfie nurtures the little seed at home but it quickly grows into an energetic and mischievous Venus flytrap named Snapper. It isn't long before it's cast out in place of a conventional pine tree and left in the snow only to dream of being inside with the family accepted and loved. If you've seen the story, you'll know that on Christmas day Alfie returns to Snapper outside with a gift. Alfie's family look out and inspired by his kindness and empathy, decide to join the young boy in his gift-giving festivities with the plant. All ends well with presents all round.

We have shared this story and a cuddly toy Snapper hangs in our school to remind everyone of the importance of accepting people no matter what differences may exist while, at the same time, striving to show love and friendship to everyone regardless.

Our school vision is built on a passage from the Bible, John (Chapter 13, verses 34-35):

Jesus said...

"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

It is this which permeates everything and drives our decision-making process, and it is this which has inspired us in our charity work again this year.

For over ten years we have worked with Partners for Change, Ethiopia, (PFC) an organisation which aims to empower the most disadvantaged communities in Ethiopia and neighbouring countries to end child poverty. A few weeks ago we were delighted to welcome to our school, Mulugeta Gebru, Executive Director of JeCCDO, a body established in 1985 in response to the dire needs of displaced and orphan children in Ethiopia affected by drought and famine. He spoke about the latest work of PFC and how the money we have raised over the years has helped support their work. We gave him a cuddly reindeer which the children here named Harmony, to take back to Chole School, Ethiopia, for the children there. We were delighted to learn that it had arrived safely and that our friends in Chole School added to its name so he's now called 'Mama Harmony'!

These friendship links are incredibly important to us and we are looking forward to helping to increase access to education for the poorest children there while learning from them all about their rich history and culture. The benefits on both sides are enormous. Differences should be celebrated and what better time to do this than during the festive season.



From everyone at Holy Trinity C of E Primary, we wish you a wonderful Christmas full of peace, joy and friendship.

Anna Smith
Head Teacher

Christmas and Gaza

Our media is filled with horrific images of refugees fleeing southward from Gaza. But 2000 years ago a young family fled the political regime where they lived, for fear of their lives, to find refuge in Egypt.

They almost certainly followed the same route as those we see today, keeping near the coast as they made their way south.

It's also very likely that around 1700 years before that, the same route was taken by the slavers who bought Joseph from his brothers to sell to an Egyptian nobleman.

And they call it News . . .



Herries Preparatory School

Physical Education (PE) in the Primary Curriculum: Building Strong Foundations

Physical Education plays a pivotal role in a child's development, offering a wide range of benefits that extend beyond just physical fitness.

One of the most obvious benefits of PE is the promotion of physical health and fitness. Regular participation in physical activities helps children develop strong muscles and bones, improve their cardiovascular health, and maintain a healthy body weight. It also reduces the risk of obesity, which is a growing concern in today's society.

PE activities such as running, jumping, throwing, and catching help children develop their motor skills. These skills are essential not only for sports and games but also for everyday activities like writing, tying shoelaces, and using tools. By refining their motor skills in primary school, children gain a strong foundation for future physical activities.

PE provides opportunities for children to interact with their peers, fostering social skills and teamwork. Learning to cooperate, communicate, and collaborate during team sports and group activities is invaluable for their personal and social development. These skills extend far beyond the playground and are crucial in their future personal and professional lives.

Participating in PE and accomplishing physical challenges can boost a child's self-confidence. As they improve their physical abilities and set and achieve personal goals, they gain a sense of achievement and self-worth. This newfound confidence can positively influence their academic performance and overall well-being.

Physical activity releases endorphins, which are natural mood lifters. PE helps children manage stress, reduce anxiety, and combat depression. It's a vital tool for promoting emotional well-being, which is equally important as academic success.

Introducing children to regular physical activity at a young age encourages them to embrace a healthy lifestyle throughout their lives. These habits can prevent chronic diseases in adulthood and promote a long, active, and healthy life.

Research has shown a positive correlation between physical activity and academic performance. Regular PE can improve concentration, memory, and problem-solving skills. It can also reduce classroom behavioural issues, leading to a more conducive learning environment.

PE offers a platform to celebrate diversity and inclusion. It allows children of all abilities to participate, fostering a sense of belonging and acceptance. It's a powerful way to teach respect for differences and promote empathy.

At Herries, we are proud of our commitment to a well-rounded education that includes a strong emphasis on PE. We believe that physical education is not just about physical fitness; it's about nurturing the whole child. It fosters physical health, motor skills, social interaction, confidence, emotional well-being, and academic success. By incorporating PE into the primary curriculum, we are laying the groundwork for well-rounded individuals who are prepared for the challenges of the future.



Mr Grosse, Head Teacher

Cookham Dean WI



The meeting on 9th November started with a brief business meeting before we moved on to a talk by Keith Le Page about The World War II German Occupation of Guernsey.

Keith was born in Guernsey and his parents lived there throughout the occupation, with his sister being born in 1941. Keith quoted from a fascinating book of the Revd Douglas Ord's diaries, which were discovered on Guernsey and edited by John Nettles who was attracted to the island after the filming of the series Bergerac. Revd Ord fought in the First World War and learnt German during that time, which subsequently proved very useful. After being demobbed he trained as a Methodist Minister and was posted to St Peter Port.

In June 1940 wartime holidays were being promoted on Guernsey but then, on 19th June, the evacuation of the island began, with parents given 24 hours to decide whether to evacuate their children to England. 5,000 children were evacuated, mostly to Stockport, where they were to remain for the duration of the war, some as young as 4 years old. The population of the island diminished from 43,000 to 23,000 very quickly. Keith's parents remained on the island. Then the Germans arrived, about 20,000 troops, and all communication with England ceased. Everyone was made to carry ID cards, drive on the right instead of the left. Properties were requisitioned and shortages began. One instance was a shortage of 1d stamps, so 2d stamps were cut in half! Shortage got very severe by 1943, with people dying from malnutrition. On 6th June 1944 the planes of the D Day landings could be heard on Guernsey. There was no food or fuel and by Nov 1944 and the situation was becoming unbearable.

May 9th, 1945 was liberation day on Guernsey!

A most interesting talk, brought to life with photographs, memorabilia, and Keith's family's personal recollections as well as Revd Ord's diaries.

Our December meeting will be our Christmas lunch, in the WI hall on Thurs 14th Dec at 12.30pm.

Lorna Sykes

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PPG Open Meeting on Health Services

This month's newsletter will focus on the very successful PPG event held at Pinder Hall on 19 October. The event attracted about 70 people, including some from other medical practices in the Maidenhead Primary Care Network and from our local Pharmacy. They were rewarded with excellent presentations from three keynote speakers, who explained the current organisations of the local NHS providers.

The PPG wishes to thank all those from the NHS who contributed to the presentations and discussions.

After a brief introduction from the Vice-Chair of the Cookham PPG, setting out the parameters for the event, **Dr Azmy Birdi**, a Partner at the Cookham Medical, introduced the speakers she had arranged for the evening:

Dr Lalitha Iyer, Chief Medical Officer of the Frimley Integrated Care Board, which lies within the Frimley Integrated Health and Care Integrated Care System (ICS). The Maidenhead Primary Care Network (MPCN), which covers the surgeries within the local area, is one of 16 PCNs in the ICS. The Frimley ICS has two defined objectives:

Reducing Health Inequalities for all our residents who experience unwarranted variation in their outcomes or experience.

Increased Healthy Life Expectancy for our whole population, ensuring an improvement not just in length of life but in the quality of those years as well.

Dr Iyer explained how the ICS is structured and how it operates to deliver its objectives, demystifying many of the acronyms which can block a layman's understanding of the organisation.

It was noted that the Frimley Integrated Care Board has recently won an award for the most digitally accomplished ICB, and that Dr Iyer was also given the "Woman of the Year Health Hero" award.

Dr Amy Lettis, a salaried GP at the Cookham Surgery, who also does Maidenhead Primary Care GP sessions at St Mark's, including looking after refugee health, gave a more detailed view of the MPCN and the services it provides. MPCN is constituted as an independent limited company with its own Board of Directors, including representative GPs.

Services provided by the MPCN include **Clinical Pharmacists, Social Prescribers, Health and Wellbeing Coaches, Care Co-ordinators, First Contact Physiotherapy, Dieticians, Mental Health Practitioner, Paramedic** (attending to minor ailments), **Physician Associates** (not able to prescribe and working under the supervision of a GP, but very useful in providing first level GP contact with patients), **Nurse Practitioner, Nurse Associate**. These services are available at St Marks and in some cases at the Surgery. They are booked via the Surgery Receptionists. St Mark's also offers a **Minor Injuries Service** (appointments can be booked Mon-Fri on 03000 770319 or via the 111 service).

Social Prescribers, Katie and Sabine, described their

roles, providing patients with personalised non-medical services, perhaps signposting people to leisure activities, helping people find help with shopping, supporting carers in their roles, signposting home care support etc.

Jill Stinchcombe, the Practice Manager at Cookham, updated the meeting on the current staff strength at the Cookham Medical Centre:

Four Partners: Drs Azmy Birdi, Michael Sealy, Anu Swamy and Kenney Tsoi.

Salaried GPs: Drs Aimee Lettis and Anika Maudgil (currently on Maternity Leave).

Locum Cover: Drs Lettis, Clare Westcott and Parul Sappal (who also support Dr Birdi on Women's Health Clinics).

GP Registrar: **Dr Crystal Yang** – on rotation at Cookham until 09/2024.

Practice Nurse: Barbara Gall.

Healthcare Assistant: Cindy Wellman.

There is also access to MPCN Staff, either on site, or at the GP Service unit at St Mark's Hospital. These include Paramedic, First Contact Physio, Clinical Pharmacist, Physician Associate, Dietitian, Social Prescriber and Health Coach.

Other services at Saint Mark's Hospital, available on a shared basis via CMC Reception are:- Mental Health Practitioner, Home Visiting Service, Same day service – includes nurses, Advanced Nurse Practitioners, GPs and Physio, a pre-bookable evening and weekend GP service (delivered by East Berkshire Primary Care) and a Minor Injuries service, Monday – Friday, bookable directly on 0300 770319.

Access to the MPCN services is via the surgery. The reception care navigators are trained to direct patients to the most appropriate healthcare professional or service and will book directly. Dietitians or social prescribers are generally booked following a referral from the clinical team.

Where does the PPG go now? The Open Evening proved that there is a strong, and as yet, unfulfilled demand from the patient community for more information about local NHS services. With this in mind the Cookham PPG will analyse the feedback from 19 October and determine how best to move things forward. In short, a promising start which has opened the door for further information and discussion.

Congratulations to Dr Azmy Birdi! Everyone involved with the Cookham Medical Centre will want to join the PPG in offering Dr Birdi our heartiest congratulations on the recent announcement that she is one of two winners of the "FSRH Training Hero Award 2023". This is a well-deserved and very prestigious award. (For the record, FSRH stands for "Faculty of Sexual and Reproductive Healthcare")

Patient Information:

To receive regular information and advice about current health issues, and to gain access to other patient services, including re-ordering prescriptions online, register yourself on **Patient Access** – <https://patient.onfo/patient-access>

CHRISTMAS
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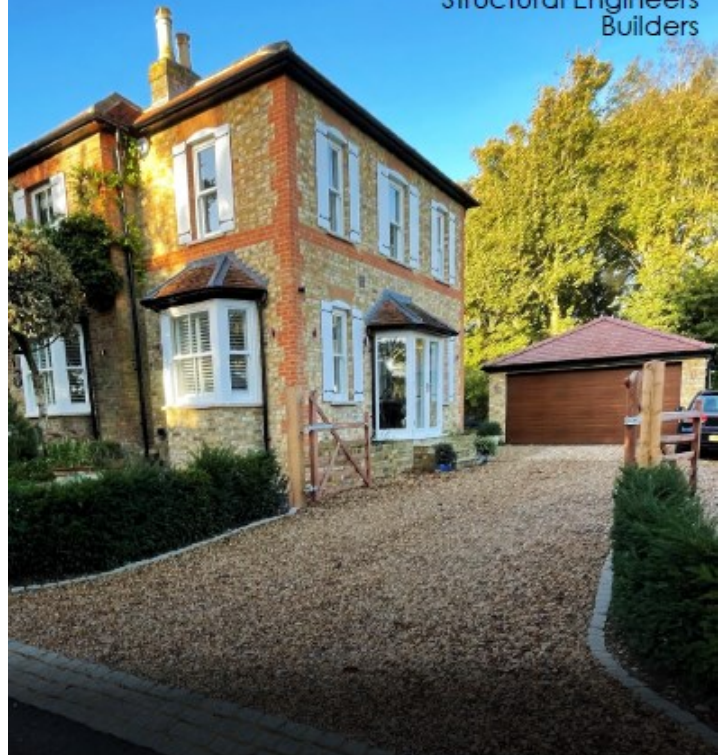
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