



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



## Young Musicians Concert

Page 5



## Re-ordering work at Holy Trinity to start in September

Page 5

## COOKHAM FUN REGATTA

Saturday 7<sup>th</sup> September 2024



## Local summer events

Pages 16 & 20



## Cookham Medical Centre Patient Participation Group Annual Meeting

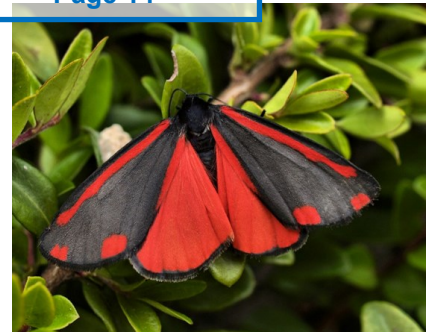
Page 22

## COOKHAM DEAN VILLAGE FETE

1pm - 5pm SATURDAY 21 SEPTEMBER 2024

## Wild Cookham

Page 14



## YOUR COOKHAM, YOUR PLAN

Page 20



[Our Worship and Prayer Channel](#)



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warm  
hospitality

# August 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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## Father Stephen writes:-

### Taking a Break: The Importance of Self-Care in Our Busy Lives

Dear friends of Cookham,

Like many of you, I have always cherished holidays as some of the best times in my life. Some of my fondest memories were made during these breaks, far from the familiar surroundings of home. As we usher in the warmth and long days of the summer holiday season, it's a perfect time to reflect on the importance of looking after ourselves – mind, body, and spirit. This period offers us a precious opportunity to step back from the hustle and bustle of daily life, to rejuvenate and create beautiful memories with our loved ones.

In our fast-paced world, the significance of taking a break often gets overlooked. Yet, throughout the Bible, we see numerous instances where Jesus Himself took time away from the demands of His ministry. These moments of retreat were essential for His well-being, allowing Him to reconnect with His purpose and gather strength for the journey ahead.

One such instance is found in the Gospel of Mark, where after a day of healing and teaching, Jesus rose early in the morning, left the house, and went to a solitary place to pray (Mark 1:35). This passage illustrates the necessity of finding solitude and quietness, even amidst a busy life. Jesus understood the importance of mental and spiritual renewal, a lesson we can all take to heart.

Mental health is a cornerstone of our overall well-being. Stress, anxiety, and the constant pressure to perform can take a heavy toll on our minds. By taking regular breaks, we give ourselves the chance to rest and recharge, reducing the risk of burnout. These pauses don't necessarily have to involve extravagant trips abroad; sometimes, a quiet walk in the local park, a weekend in the countryside, or even a few days spent reading at home can work wonders.

Similarly, our bodies need time to recuperate. Physical rest is as vital as mental rest. Engaging in leisurely activities, enjoying nature, and spending quality time with our pets can greatly enhance our physical health. It's in these moments that we often find joy and relaxation, which are essential for a balanced life.

Spiritually, taking a break allows us to reflect on our lives, our relationships, and our purpose. It provides us with the space to reconnect with our inner selves and with God.

The serenity of a holiday can become a sacred time of personal growth and spiritual enrichment.

The summer holidays are also a time for making new memories. Whether it's a family trip to the seaside, a barbecue with friends, or simply watching a sunset with your pet, these moments become cherished memories that we carry with us. They strengthen our bonds with others and remind us of the beauty of life.

As you plan your summer activities, I encourage you to prioritise self-care. Whether you're jetting off to a far-flung destination or enjoying the serene beauty of our beloved Cookham, take the time to truly unwind. Embrace the tranquillity that comes with stepping away from daily routines. Allow yourself the freedom to relax, to breathe, and to simply be.

For those staying closer to home, explore the hidden gems of our local area. The Thames Path offers stunning walks, and our village itself is a haven of peace. Sometimes, the best getaways are the ones that bring us back to the simple joys of life.

Safety is paramount during this holiday season. As you embark on your travels, be mindful of the any potential risks and ensure that your journeys are safe. Returning to our community here in Cookham refreshed and healthy. Prepared for what lies ahead, whether it be a new school term, a job, or any other endeavour.

Let us also remember those who may not have the opportunity to take a break this summer. Reach out to friends and neighbours, offering them a moment of respite and companionship. Sometimes, a simple act of kindness can provide the mental and emotional break someone needs.

Taking a break is not just a luxury but a necessity. It's a chance to care for our mental, physical, and spiritual health, to create lasting memories, and to return to our lives with renewed energy and purpose. As we follow the example set by Jesus, let us embrace this summer season as a time for rest, reflection, and rejuvenation. May your travels be safe, your moments be joyful, and your hearts be full of peace.

Safe Journeys and holiday blessings to you all,

Father Stephen

## 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.

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



St John the Baptist  
COOKHAM DEAN

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

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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

### Boys' Choir and Girls' Choir

The Girls' & Boys' Choir sings for one or two services a month. This is a lively and committed group of young people and we are always pleased to hear from potential new choristers.

Practice: Tuesdays, 6.30-7.05pm

Director of Music - Sara Wood: 01628 522593

## Sunday Club and Trinity Nippers

Some of you will have noticed that our children's activities at Holy Trinity have fallen away and this will be disheartening for many people. Such activities have served as a vital communal space within our parish life, especially for our young families.

As we proceed with the essential renovations to our church, I want to reaffirm that the well-being of our children is a primary focus in our planning and spiritual growth.

So, whilst disappointing, this is but a temporary pause which presents us with a chance to reassess and expand our services for young families and children. With a sense of anticipation and hope, I urge you all to see this time as an opportunity for new beginnings within our church and broader community.

Our Choirs, and our Sunday afternoon benefice initiative, Families@4, held at St John the Baptist, continue in the meantime. Your patience, support, and prayers during this transitional phase are crucial, and of course, I value any thoughts or suggestions you might have concerning the future of our children's ministry.

Fr Stephen

## St John the Baptist, Cookham Dean Choir

Our numbers may be small but we still make a good sound to support our congregational singing and worship. We do need more singers of all ages, including Juniors, so if you'd like to join us, we'd love to have you!

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](mailto: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 the lead. It's been a joy to see so many young families from across the Benefice in church, doing Bible readings, leading traditional prayers and interacting with reflective prayer activities.

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.

Thank you to our faithful group of regular helpers, who coordinate sandwich making, baking, providing drinks, washing up, cleaning tables, hoovering up after the service. 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.

**The next Families@4 service will be  
at St John the Baptist Cookham Dean  
on Sunday 6th October at 4pm which will be**

## 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 a **recorded reading, reflection and 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 for exactly when.

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



**Our Worship and Prayer Channel**

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## Moving Forward with the Re-ordering Project for Holy Trinity Church

A lot has happened since the churchwardens shared with you, in the March Parish Magazine, news that we have the go ahead for a major re-ordering project for Holy Trinity.

We have appointed a contractor to work up detailed plans to instal underfloor heating in the nave, supplemented by radiators there and in the rest of the church, and for an accessible toilet.

**Subject to approval by the Bishop, we plan to close the church from Monday 16 September 2024 whilst the work is done and to reopen on Sunday 9 March 2025.**



Whilst the church is closed, services will be held at Holy Trinity Primary School and evening services will be held at St John the Baptist, Cookham Dean. After years planning this project, the start is now looming very soon: exciting but nerve racking as there is so much to be done to prepare for this. We will need to raise funding to complete the project and depending on final costings, we may have to have the work done in two phases. Our priority is to provide a warm church and installing a toilet in the tower may have to wait a while. However, that work would only mean us closing the tower and would not impact on our use of the rest of the church.

I know that many of you have sentimental attachments to our pews. Perhaps you have an affinity to a particular pew where your or your family have traditionally sat. A number of people have already said that they would like to purchase a pew but we still have many left if you would like one.

We will be approaching people to ask for generous donations towards this project so please think about how much you could contribute. We will of course also be approaching grant funding bodies, but we know that the more we can raise, the more likely they are to provide funding.

Father Stephen

## An Appeal for Volunteers - A Chance to Help Make History!

As outlined above, after several years of hard work and effort, the Holy Trinity Parochial Church Council (PCC) has finally obtained the agreement of the Oxford Diocese to proceed with the most significant re-ordering of our historic Parish Church since the major works carried out in 1861. It is designed to make the church a comfortable place in which to worship and to reinforce its role as a focal point for community activity in a diverse 21st Century world.

Details remain to be finalised, but the PCC is preparing for the works to start at the end of September, finishing at the end of February 2025.

There will be an immense amount of work to be done before the builders start. We need to take a detailed inventory of everything we have and decide what will still serve a useful purpose in the future. We need to engage

with the local community and, via platforms such as E-bay and Facebook, find new homes for unwanted objects. We will need to patch, repair or repurpose broken or damaged artifacts. We will need to physically remove items for storage or disposal.

We need volunteers to help in this enormous and very varied task. Whatever your age or skills you will be welcome on one of our teams. We can guarantee to find you a job helping to provide Cookham with a church ready for next 150 or more years. You will be able to take great pride in providing something of real value for this generation and many more to follow.

Signing up is simple! Just leave message with your name and contact details at the Parish Office:- 01628 529661, [office@cofe-thecookhams.org.uk](mailto:office@cofe-thecookhams.org.uk).

e-mails preferred! Someone will be in touch – guaranteed!

## Young Musicians show off their extraordinary talent



The audience for local music teacher Cordelia Ashwanden's third annual concert featuring local young musicians in Holy Trinity on 13th July were treated to an exceptional evening of extraordinary talent.

Charlie and Oscar played piano pieces by Bach, Beethoven, Rachmaninov, Debussy, and Chopin, whilst Alice delighted everyone with her versatility on the harp. Genevieve played piano and sang two songs in what was a varied and interesting programme.

Our picture shows the performers with Cordelia at the end of the evening:-

Left to right, Charlie, Genevieve, Oscar, Alice and Cordelia.

# Church News and Events

## Music at Holy Trinity

**Sunday 4th August**

11am - Parish Eucharist (Men's Choir)

Communion setting: Darke (in F)

Anthems: If ye love me - Tallis; Laudate Nomen Domini - Tye; I heard the voice of Jesus say - Shackley; Just a little talk with Jesus - Derricks

Organ Voluntary: Choral Song - Wesley

The choirs are then on holiday throughout August, returning for Sunday service on 8th September. We thank our choristers for all of their hard work week by week and wish them safe travels and a good rest during their summer break.

With the closure of the church for building works now imminent, plans are well in motion for relocation of practices, morning services and evening services. We are delighted to be able to confirm that the Christmas Day Carol Service - our special Cookham tradition - will be held in Holy Trinity School (with grateful thanks to Anna Smith for her help in this). With the moving out also comes a huge music sort and reorganisation, which has been under way for some time and continues during the holiday in order to ensure that our choirs can continue their work in as organised a fashion as possible. The piano will also be cared for as it takes a holiday in storage in High Wycombe for the duration of works in church.

Keep an eye out on our YouTube 'Cookham Churches' channel for some online offerings popping up in the coming weeks.

Lastly, thank you to our three visiting organists during Sara's and the choirs' holiday - David Cuin, Chris Smyth and David Colthup. We know they will receive a warm welcome at their respective morning services.

## Cookham at Maidenhead Heritage Centre

by Richard Poad

Cookham Dean WI Hall

**Thursday 5th Sept 2024 at 2.30pm**

talk followed by tea and cake

Tickets £8 from Barbara Dent 01628 476512 or Ros Hazeldine 01628 476963

Richard Poad, Maidenhead's 'Mr Heritage', will be telling us about the huge range of Cookham-related material in the collection of Maidenhead Heritage Centre.

The collection includes a large collection of Odney Pottery, many old postcards and photographs, souvenir programmes for celebrations, invoices from local stores and documents relating to Dr Robert Shepard who lived for many years at Lynwood opposite the church and whose colourful widow Zoe survived him by many years and who is buried in the churchyard.

Come and be fascinated!

*Proceeds in aid of St John the Baptist church*

## Parish Giving Scheme



We are very grateful for all giving to the church, without your support there would be no church. Thank you!



If you regularly put cash in the plate or using the card reader, have you considered the Parish Giving Scheme as an alternative method of giving? It's very easy to sign up to a regular amount that would suit you. There's an option for an annual increase to be

linked to inflation, but you can always have the option to change the amount at any time.

**Bonus for you**—you can forget needing to bring cash or a card to church.

**Bonus for the church**—less admin and counting, and, if you're a tax payer, Gift Aid will be claimed by the central organisers and passed to the church a few days after your payment.

If you are interested in giving in this way, please speak to either of our treasurers, Ros Hazeldine or Tim Sharples, or visit

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



## Fellowship Lunch

### Cookham Churches Together

We'll be starting up again in September  
Dates up to the end of the year are as follows:-

**15th September** at Holy Trinity

**13th October** at St John the Baptist

**3 November** at Cookham Rise Methodist

**8th December** at St John the Baptist  
(Christmas Lunch)

**The rate from September will be £10 per head including drinks**

## 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**



## Parish Registers

Baptism at HTC

Bella Mae Stone

Maximillian Lysander Hawley

Baptism at SJB

Sophie Isabelle Burdall





## Trinity Talks

The Trinity Talks is taking a summer break in July and August.

They will resume on Monday, 16 September.

## Cookham Dean Churchyard Mornings

Our Saturday morning churchyard sessions continue and the next dates are the **10th and 31st August**.

Please come along and help us keep "God's Acre" in a condition that respects those buried there and the wildlife that lives there. No special skills are required.

For more information, contact

Lorna Sykes 486874

or David Hazeldine 476963



## Men's Breakfast

Our next breakfast will be on **Saturday 14 September**

There will be no Men's Breakfast in August as many people will be away and our next breakfast will be on Saturday 14th September when Graham Owens will talk to us about the Thames Barrier. I will issue invitations nearer the time.

We look forward to seeing you in September.

Mark Stockdale

## Cookham Abbey Archaeological Dig News

As part of this year's activity, Father Stephen will be blessing discovered graves at 10am on Saturday, August 31st. Following that there will be a multifaith tour of the dig. If you would like to join the tour you would be most welcome, but you do need to pre-book..

Please email me if you'd like to attend:  
sarah.parfitt@cookhamabbey.org.uk

Sarah Parfitt



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## Hymns and Pimm's

### Sunday 1st September at 4.00pm

at St John the Baptist **COOKHAM DEAN**

Bid to get your favourite hymns in the service. You may bid for as many hymns as you like – as often as you like.

We will sing the top 8 bids plus a random selection of two from the lowest bids.

Keep your eye on the bids board – if your hymn is slipping out of the top 8, bid again!

Please place this slip – with the money – in an envelope and put it in the collecting box on the pillar at the back of church or hand to a sidesman.

Your Name \_\_\_\_\_

Hymn Title or First Line	Bid
<small>If the hymn is not from "Common Praise", or if there's a choice of tune, please tell us the tune you would like.</small>	<small>Whole £, please</small>

All proceeds to WaterAid

## A Prayer for August

We thank You for August, the month of holidays and rest for many, especially for families and those tied to termly timetables. We pray for Your blessing and restoration for all.

As we take time out of normal routines, help us to still make space for You; to be refreshed spiritually as well as physically.

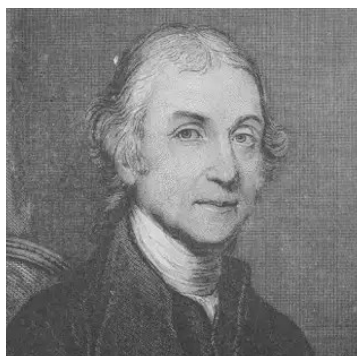
Feed us, Lord, by Your Word; revive us by Your Holy Spirit; encourage us by Your indwelling presence, so that we might naturally reflect Your love to all we meet, on holiday or at home or at work.

In Jesus' name. Amen.



## Joseph Priestley and the discovery of Oxygen

It was 250 years ago, on 1st August 1774, that British chemist Joseph Priestley identified what we now know as oxygen. He was the first scientist to publish his findings on his discovery.



Born in Yorkshire, Priestley was the eldest son of a strongly Calvinist textile maker, but after his mother's early death he spent much of his time living with his aunt Sarah, where he came into contact with Presbyterian clergy, whose doctrines he preferred. He eventually became strongly Unitarian, denying the Trinity.

His theology created difficulties for him: he was barred from the top universities and after being offered the position of science adviser on explorer Captain James Cook's second voyage, he was 'cancelled' after pressure from Anglicans. However, he was made a Fellow of the Royal Society in 1766, and in 1773 the Earl of Shelburne gave him employment at his estate, Bowood House in Wiltshire. This gave him time for research and access to people of influence.

Until late in the 18th century, air had been regarded as a single entity, rather than a combination of gases. Priestley discovered what he called 'dephlogisticated air' – which he found supported combustion.

Swedish apothecary Carl Wilhelm Scheele made a similar discovery, published later, but called it 'fire air'. It was eventually identified as a separate gas, and Antoine

Lavoisier coined the word 'oxygen' from the Greek word for acid-maker.

Priestley's tests revealed that oxygen made a flame burn intensely – and kept a mouse alive about four times as long as a similar quantity of ordinary air.

Priestley's beliefs and his support for French revolutionists provoked some to violence, and he and his family were forced to flee to America, where he befriended Benjamin Franklin and Thomas Jefferson, and eventually built a famous house and laboratory in a small town in Pennsylvania.



Although there has been some controversy surrounding exactly when oxygen was first discovered, it is likely that that accolade should go to Carl Wilhelm Scheele, who isolated oxygen in 1772, or even a year earlier. Others since then have been given the credit for the instrumental work leading to the discovery including Joseph Priestley and Antoine-Laurent Lavoisier.

Oxygen, a paramagnetic, diradical gaseous (at room temperature) molecule, is instrumental to life as we know it. It is also crucial to some medical therapies, used in multiple industries and has even been found on other planets. The importance of oxygen cannot be overplayed.

## Physicist and Priest: John Polkinghorne (1930-2021)

At the age of 48 the Cambridge Professor John Polkinghorne decided he'd done his bit for physics and that it was time for a different sort of adventure. Resigning his academic position, he trained for ordination in the Church of England. In an interview 40 years later he said, "It's one thing to go to church on Sundays but to give up a professorship and train for something else – that was a bit more than a gesture...I think a lot of people realised I was a religious person but they didn't expect me to take it quite that seriously...People were saying to me, 'Oh John what are you up to?' They mostly weren't thinking so much about my becoming a clergyman but just the fact that I was a Christian." (From Test of Faith, Paternoster, 2009)

John saw his work in science as a Christian vocation, and he felt a responsibility to use his talents in that area. Once ordained he found himself thoroughly engaged in the conversation about science and religion. One of his main messages was that "I'm not a vegetarian butcher. There is a cousinly relationship between thinking about theology and thinking about science."



When asked for a Bible passage to appear at the end of his 2009 interview John chose Colossians 1:15–20: 'He is the image of the invisible God, the first-born over all creation. For by Him all things were created: things in heaven and on earth, visible and invisible, whether

thrones or powers or rulers or authorities; all things were created by Him and for Him. He is before all things, and in Him all things hold together. And He is the head of the body, the church; He is the beginning and the first-born from among the dead, so that in everything He might have the supremacy. For God was pleased to have all his fullness dwell in Him, and through Him to reconcile to Himself all things, whether things on earth or things in heaven, by making peace through His blood, shed on the cross.'

John's explanation for his choice speaks volumes to anyone interested in the science-faith dialogue. "I value this passage because it speaks of the cosmic significance of Christ, the One in whom all things hold together and who redeems all things (notice, not just all people) by the blood of His cross. Here meet my deepest religious beliefs and my strongest scientific concerns."



# THE COOKHAM SOCIETY

The Society has a very strong track record over 60 years looking after the interests of Cookham and its residents. This includes planning, traffic, parking, footpaths, flooding, and waterways. It is neither political nor sectarian and welcomes all who love this beautiful place.



If you care about Cookham as much as we do, please join us as a full member to make us stronger and more effective. Membership costs from just £5.00 a year by standing order and it's easy to join online at [www.cookhamsociety.org.uk](http://www.cookhamsociety.org.uk) or call our secretary Lysette Penston Tel: 01628 308906



# FOODSHARE

MAIDENHEAD

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The need hasn't gone away and the stores in Maidenhead need constant replenishment.

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- Outside Cookham Rise Post Office
- Outside 78 Westwood Green
- Outside 56 Broomhill



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## Cookham Rise Methodist Church Newsletter

E-mail [crmmethodist@gmail.com](mailto:crmmethodist@gmail.com) Tel: 07583 550821

Minister: Rev Vicci Davidson 07535 511421 [rev.vicci@mail.com](mailto:rev.vicci@mail.com)

For hall/church bookings contact Kathy Rickman on 01628 522797

### Sunday Worship for August 2024

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

August 4th	10.30 a.m.	Barnabas Palfrey (4th service on Ruth)
August 11th	10.30 a.m.	Neville Walton
August 18th	10.30 a.m.	Local Arrangement
August 25th	10.30 a.m.	Sue Clifford

No Teatime for the Soul in August

### Church Activities and events at the church

**Saturday August 31st 10.00 - 11.30a.m.**

**Coffee Morning for Rosie's Rainbow Fund**, the charity for which we are currently fundraising.

**Come and Play for families of children under 5**

Tuesdays 9.15 – 11.15, Fridays 10 – 12. Please see [cookhamrise.comeandplay](https://www.facebook.com/cookhamrise.comeandplay) on Facebook for more details.

**Cookham Community Allotment** Every Tuesday and Saturday morning at 10.00 – 11.30am. Social gathering at the end of each session. All welcome.

### 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
Yoga for busy Mums (07393 590495)	Wed 9.30 -10.45am
Tai Chi ( <a href="mailto:debbie@taichi44.co.uk">debbie@taichi44.co.uk</a> )	Wed 8 - 9pm
Balletbums (adults) (07841 610251)	Thurs 12.15 -1.00pm

### Ecochurch thoughts and Biblical Commentary

*'Stop fighting about who created the world and start fighting the people who are trying to destroy it!' Anon*

*Psalm 24:1 The earth is the Lord's and the fullness thereof, the world and those who dwell therein.*

### 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

**The Echoes of Swing Big Band Concert on July 2nd raised £520 for Rosie's Rainbow fund and church funds. The next Concert is on October 8th.**

**The following Thought for the Week by Methodist Minister Vicci Davidson and article by Keith Le Page were in the Methodist Church newsletters on June 30th and July 7th respectively**

Dear Friends,

This Sunday, the 30th of June, marks the anniversary of the launch of the first ever emergency number. The 999 number was introduced in London after a house fire in Wimpole Street in 1935 in which five women died. Launched in 1937, it was later extended to the whole country. When 999 was dialled, a buzzer sounded and a red light flashed in the exchange to attract an operator's attention.

When the new service was launched, a notice in the Evening News advised the public how to use it:

*"Only dial 999... if the matter is urgent; if for instance, the man in the flat next to yours is murdering his wife, or you have seen a heavily masked cat burglar peering round the stack pipe of the local bank building.*

*If the matter is less urgent, if you have merely lost little Towser or a lorry has come to rest in your front garden, just call the local police."*

There are many things about this story that might interest us: the comparatively short length of time from the fire in November 1935 to June 1937 is one. In this 18-month period, the powers that be decided that they must stop the repeat of such a tragedy; figured out what to do about it; invented a system; and then launched it. I also love the Evening News advice – how much less burden there would be on our own over-stretched emergency services if people paid attention to when it was an appropriately serious event to dial 999 for.

As Christians however, we have an additional service to draw on, whether we want a cosy chat, or to send up emergency flares. We call it prayer. The wonderful thing about prayer is that it's not us who have to decide whether

*(Continued on page 11)*



(Continued from page 10)

or not to call. God is available to us 24/7 and although he decides when to respond, he listens instantly. God may sometimes say "No," or "Not yet," to a request, but he never says: "You are held in a queue; the operator will be with you as soon as possible." He never says, "That is not something you should have dialled this number about." I very much hope that this is not a week in which you have to dial 999 on earth or in heaven, but I also hope it is a week in which all of us remember that the lines to God are always open.

God bless, Vicci

Keith writes:

I'm sure you read Vicci's message about '999' in last week's newsletter. She was impressed by the speed of action in setting up this emergency number, writing, "In this 18-month period, the powers that be decided that they must stop the repeat of such a tragedy; figured out what to do about it; invented a system; and then launched it." Vicci had already written that there were many things about this story that might interest us.


Well, my particular interest was in the 'powers that be', as this was Major General Sir Donald Banks, a Guernseyman and the founder and first Chairman of the Guernsey Society, (a role I now fulfil, even if I'm not quite as illustrious as my predecessor!)

I have the published book of memoirs that he wrote during his retirement in the 1960's, although not printed until 2020. As an officer in both world wars, Sir Donald Banks led his men through the Battle of the Somme, and the evacuation of Dunkirk. As Director General of the Petroleum Warfare Department, he developed innovative uses for the nation's fuel stocks which contributed to the success of the liberation of Europe. Project 'Pluto' delivered 170 million gallons of petrol to France by undersea lines, which for a period reached a rate of a million gallons a day. Project 'FIDO' (Fog Intense Dispersal Of) helped reduce the losses by RAF bombers returning to fog-bound airfields.

At the General Post Office, where he became its first Director-General in 1934, together with Postmaster General Sir Kingsley Wood he transformed the GPO from a Victorian public service into a more business-like twentieth century organisation; including the introduction of off-peak call rates, the speaking clock, the national roll-out of Sir Gilbert Scott's iconic red telephone kiosk design, as well as the 999-emergency call system.

In 1946 he was awarded the Legion of Merit by the President of the United States for the adaptation of flamethrowers onto the US Army's tanks.

I was delighted to attend the unveiling of a 'blue plaque' to Sir Donald above his childhood home in St. Peter Port High Street in May last year. Quite a man, and perhaps we need more of his type running our national public services now!



**St Elizabeth's Catholic Church**  
**Lower Road, Cookham**

We would like to welcome everyone especially those whose worship was disrupted by the pandemic.

**Sunday Mass 9.15 am**

**Local Personal Trainer, Ben Broadhead writes:**

## **Strength Training for Seniors**

As a personal trainer specialising in strength training for seniors, I've encountered numerous misconceptions regarding strength training. Most notably, the idea that it's not relevant to seniors.

Fears and apprehensions are common among beginners. One that stands out is fear of injury. My response is simply to work within your limitations.

The benefits of strength training for seniors are profound. Its role in the maintenance of functionality ultimately leads to greater independence and quality of life.

Musculoskeletal decline that occurs in seniors can be reduced and even reversed using a sound programme that includes both weight-bearing and resistance exercise.

Training for strength offsets the process of age-related muscle atrophy known as sarcopenia. Maintenance of muscle tissue means that joints are properly supported, we have stability in our movements, and we can perform tasks of daily living with minimal effort.

In addition to this, resistance training yields a significant increase in bone mass, subsequently decreasing the risk of osteoporosis and bone fractures. Falls and fractures are more prevalent in older adults, partly due to postural deviations that alter their centre of mass.

Age-related postural changes such as kyphosis (hunchback) typically occur when an individual doesn't have adequate strength to maintain a neutral posture. Targeting postural muscles, particularly those in the core and back, will therefore counteract this deterioration, promoting proper posture.

An effective programme will prioritise movements that reflect the demands of everyday life, for example, a squat, which closely replicates getting out of a chair. This approach ensures that the exercises we do have transferability into our daily activities.

### **Where to begin**

The obvious starting point is to establish which exercises you're going to do. Regardless of specific goals, it's worth targeting all of the major muscle groups in the body. You may, however, choose to place emphasis on areas of weakness. For example, you could focus on strengthening the quads and hamstrings to create support around the knee joint.

The most important criteria are that you are comfortable with the exercises you've selected, that they are effective, and that you enjoy them. Remember that enjoyment is a prerequisite for sustainability. If you love your exercises, you'll always find time for them.

Performing bodyweight exercises is unthreatening and provides a gateway into strength training. Once you're familiar with the movements, you can then introduce some dumbbells, resistance bands, or even household objects like tinned beans to create resistance.

The next step is to think about how often you're going to train. The NHS recommends that, over age 65, we aim to engage in strength exercise at least twice per week. I personally think that three times is ideal if you can manage it.

Actually, implementing exercise as a habit into your life is the most challenging part...

# Services Calendar for August 2024

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

## August 1<sup>st</sup> - Thursday

HTC 08.00 Holy Communion

## August 4<sup>th</sup> - 10th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*Ephesians 4:1-16; John 6:24-35*

SJB 09.15 Parish Eucharist  
*Ephesians 4:1-16; John 6:24-35*

## August 7<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## August 8<sup>th</sup> - Thursday

HTC 08.00 Holy Communion

## August 11<sup>th</sup> - 11th Sunday after Trinity

HTC 11.00 Parish Eucharist with Baptism  
*Ephesians 4:25-5:2; John 6:35, 41-51*

SJB 09.15 Parish Eucharist  
*Ephesians 4:25-5:2; John 6:35,41-51*

## August 14<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## August 15<sup>th</sup> - Thursday - Blessed Virgin Mary

HTC 08.00 Holy Communion

## August 18<sup>th</sup> - 12th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*Ephesians 5:15-20; John 6:51-58*

SJB 09.15 Parish Eucharist  
*Ephesians 5:15-20; John 6:51-58*

13.00 Baptism

## August 21<sup>st</sup> - Wednesday

SJB 10.00 Holy Communion

## August 22<sup>nd</sup> - Thursday

HTC 08.00 Holy Communion

## August 25<sup>th</sup> - 13th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*Ephesians 6:10-20; John 6:56-69*

SJB 09.15 Parish Eucharist  
*Ephesians 6:10-20; John 6:1-56-69*  
*(this service will be livestreamed/recorded)*

## August 28<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## August 29<sup>th</sup> - Thursday

HTC 08.00 Holy Communion

## September 1<sup>st</sup> - 14th Sunday after Trinity

SJB 09.15 Parish Eucharist

*James 1:17-end; Mark 7:1-8, 14-15, 21-23*

HTC 11.00 Parish Eucharist  
*James 1:17-end; Mark 7:1-8, 14-15, 21-23*

16:00 Hymns & Pimms



### Prayer Diary - August 2024

1	Thursday	For areas suffering from drought and famine
2	Friday	For those working in the medical field and the care they provide
3	Saturday	For those suffering from chronic disease – provide ease and peace
4	<b>10th Sunday after Trinity</b>	On international Owl awareness day we pray for all birds and their preservation
5	Oswald, king, martyr, 642	The work of the fire service
6	Transfiguration of Our Lord	For St Giles trust and all organisations who work to support prison leavers
7	John Mason Neale, priest, hymn writer, 1866	For the choirs of SJB and HTC and all those who lead and support the music in our churches
8	Dominic, priest, founder of the Order of Preachers, 1221	For all pets, and the comfort they bring
9	Mary Sumner, founder of the Mothers Union, 1921	For the mothers union and the help it provides
10	Laurence, deacon, martyr, 258	For our local pubs and restaurants
11	<b>11th Sunday after Trinity</b>	The end of the Olympics – we pray for the entertainment that sports bring
12	Monday	On international youth day we pray for all young people in our community
13	Jeremy Taylor, bishop, teacher of the faith, 1667	For local government officers – provide them wisdom to make decisions in the best interest of the whole community
14	Maximilian Kolbe, martyr, 1941	For guide dogs and the work of charities to provide guide dogs to the blind
15	Festival of the Blessed Virgin Mary	For our neighbours
16	Friday	For those who give their time, money and energy to the church and its mission
17	Saturday	For all faiths and the work that they do in their communities
18	<b>12th Sunday after Trinity</b>	For our clergy, bishops and lay workers in the Church of England
19	Monday	On World Humanitarian Day we pray for humanitarian personnel and recognize their efforts as aid workers during humanitarian world crises
20	Bernard, abbot, teacher of the faith, 1153	For all couples celebrating an anniversary during this month
21	Wednesday	For all carers and those working to support them
22	Thursday	For the arts and those who work to provide entertainment and joy with their work
23	Friday	For outside spaces and open fields and parkland
24	Festival of Bartholomew the Apostle	The work of volunteers who support victims of natural disaster
25	<b>13th Sunday after Trinity</b>	For our bellringers
26	Monday	For bank holidays and time to relax
27	Monica, mother of Augustine of Hippo, 387	As we look ahead to harvest, we pray for the farmers and food workers
28	Augustine, bishop, teacher of the faith, 430	For our police and community support officers
29	Beheading of John the Baptist	For age concern and the critical work they do
30	John Bunyan, spiritual writer, 1688	As we start to look ahead to the new school year we pray for all teachers and students
31	Aidan, bishop, missionary, 651	At the end of Summer we pray for the new season upon us

## Have a wild summer!

Maybe by the time you read this summer will have arrived! Even if we have some sunshine, it's a quiet time for much of our wildlife. Our birds have mostly produced their young, now fully fledged. Many are now moulting, losing their old feathers to reveal fresh ones but leaving themselves at risk during the process – so keeping out of sight. Our mammals also have young, many now mature enough to look after themselves – but who sees any of our mammals nowadays? A mere 4% of all the mammals in the world are now wild, and the numbers of many of the species continue to fall.

But it is – or should be – a good time for butterflies, dragon and damselflies and the myriad of insects on which much of life depends. Many of you have been creating wild gardens (and perhaps have entered them for the Wildlife Garden Awards for which 2024 applications have just closed); so take time to look out for the beneficiaries of your efforts. We have 59 resident species of butterfly in the UK, with 34 recorded in our borough. And don't forget our moths (many of them daytime species) – around 2500 UK species in total, with 641 macro moths and more than 800 micro moths recorded in Berkshire.

One of our survey teams will be looking out for our glow worms. If you have never seen one of these extraordinary night-time beetles, contact us on [wildcookham@gmail.com](mailto:wildcookham@gmail.com) and hopefully you can join us one evening.

We're also increasing our work on Cookham's local waterways and ponds. We've received a grant to undertake some aquatic surveys: let us know if you'd be interested in helping with this (whether or not you have any specific skills). And we'll be continuing our regular walks through the summer and into the autumn (details at [meetup.com/wildcookham](https://www.meetup.com/wildcookham)).

As ever, we are on the look-out for more people to help in organising and running our activities, or just to get involved in some way. We'll have habitat management work as we go towards winter and extra hands always help with this. If you can help it's via [wildcookham@gmail.com](mailto:wildcookham@gmail.com).

Enjoy the summer and keep in touch with us by signing up to our newsletter – direct to [wildcookham@gmail.com](mailto:wildcookham@gmail.com), or via our website – and join in the conversation with our 1100+ Facebook supporters.

On this month's cover is the stunning Cinnabar moth, usually seen feeding on Ragwort (one of more than 200 invertebrates that benefit from the plant).

[Photo: [trogtrogblog](#)]

Mike Copland

Michelle Hunt

## More Summer Bee News

It's hard to talk about this spring and summer without talking about the chatter around 'where have all the insects gone?' There have been lots of comments on social media and in local wildlife groups about the lack of insects this year. Just relating to bees, there is always a slight dip in the amounts of bumblebees during early summer - between 'peak queen' bumblebee time and 'peak worker' time. Combine this with the decline in bee numbers we have been seeing year on year (for reasons including habitat destruction and use of pesticides), and then this year we have had a very cold and wet spring and start to summer. This will have affected bees' abilities to forage and be active. Hence the worrying picture we have seen so far in 2024. Pop 'Dave Goulson' into YouTube and you'll find a video called 'Where have all the insects gone?' A professor in biology and the founder of the Bumblebee Conservation Trust, he always has interesting knowledge around bees. We're all waiting to see what the rest of the summer will bring.

Despite this, this month we have still seen some interesting bees. An unassuming plant called white bryony scrambles over one of our local hedges. It has small yellow green flowers in early summer and can be easily missed. There is a bee that visits it called a Bryony Mining Bee (*Andrena florea*) and this bee only gets its pollen from this plant in the UK. This is called a monoleptic bee. It visits other plants for nectar, but only the bryony for pollen. Along with white bryony, it is also very localised to the South East of England. On the continent *Andrena florea* visits other types of bryony which means it is oligoleptic.

Another bee we have seen a fair few of this year is the Large Headed Resin bee (*Heriades truncorum*). It regularly frequents our bee hotels, using any smaller tubes for its nest cells. It's an easy bee to miss at around 5mm, mostly black, with a pollen scopa (a collection of stiff hair) on the underside of its abdomen. The females make nest cells in existing cavities and then plugs them up with grit and cellophane-like resin. We often see them collecting pollen from ragwort and cat's ear plants in our garden.

Do keep our local Wilds groups updated with what bees and insects you see flying around this summer. They need our help more than ever. There are lots of different flowering plants and shrubs you can utilise in the summer, always shun herbicides and pesticides to give insects the best chance and keep a small saucer of water out for honeybees. More and more we are seeing nature being affected by our ever changing climate and I encourage you to be as involved as you can be in supporting positive change for nature. I believe this column is off for the summer now, so enjoy your bees and we'll see you in time for Ivy bee season!

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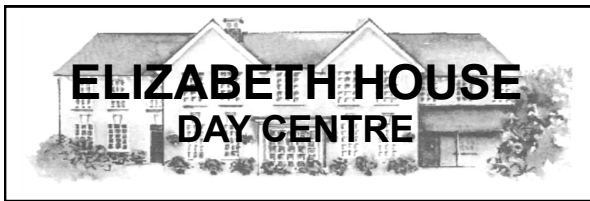
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Please sign up here: <https://join.easyfundraising.org.uk/elizabeth-house-cookham/7vhye0/c2s/0aQJMZev/CE908/facebook/>

We welcome any new visitors that would like to view Elizabeth house, if you would like to come in for a visit of a coffee and chat please let me know, or pop in to see our whiteboard in the reception to see what activities we have going on throughout the month, Our Theatre trips are always very popular with our members, you could join the subscription for a one off payment of £5.00 our Members also have access to the Chiropodist who is here on Tuesdays, also the hairdresser who is here on Wednesdays.

Elizabeth House is the ideal venue to rent for local groups who would like to hold meetings or events, Local consultants can also use our Consultation room.

Our Bottle tombola at Cookham Regatta is happening on the 7th September, we would be extremely grateful for any new bottles you wish to donate to us, thank you in anticipation, We hope to see you all there.

If you would like to know more about what we could offer you or a family member, or interested in volunteering with us please contact me on 01628 527621.

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Dawn

## Compassion Café

Please join us at our next Compassion Café. We meet on the 1st Wednesday of the month. Elizabeth House have kindly provided us with a room where we can gather. All ages welcome and easy parking nearby at Station Hill car park.



It is a safe and confidential environment and a place to connect with others, who have had similar experiences and is a way to forge new friendships and connections.

If you would like to chat and hear more about our gatherings please email [oakencoppice@hotmail.com](mailto:oakencoppice@hotmail.com).

**We look forward to seeing you**

**Date: 1st Wednesday of the month**

**Venue: Elizabeth House**

**Time: 9.30-11.00 am**



## COOKHAM VOLUNTARY 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 still short of volunteers. If you live locally and have some spare time available, can you help?

We need volunteers in two areas: -

1. In the office at Elizabeth House 2-3 hours, one morning a week, to take requests for transport.
2. Drivers - we pay mileage rate and cover parking and other charges on trips to hospitals, usually local.



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](mailto:pefc@tapestryoflife.co.uk), for further details.

## Cookham Twinning



Although some of Cookham Twinning's regular activities are taking a break in July and August, we are now well into the preparations for the visit of Saint-Benoit in Autumn half-term, 26th-29th October.

An interesting programme of events has been lined up ranging from a formal reception to a skittles evening. The main visit of the weekend will be to Blenheim, 'Britain's greatest Palace' and a world heritage site, followed by the Ashmolean Museum in Oxford.

We are seeking hosts for the visitors who stay with local families over the weekend, and if you'd like to offer this, please contact [keith\\_le\\_page@hotmail.com](mailto:keith_le_page@hotmail.com).

No knowledge of French is required as we will match you with English speaking visitors. Or perhaps you'd like visitors who don't speak English so that you can practice your French! Even if not hosting, you are welcome to join the various activities in the visit, and Keith can provide you with full information about what is happening.

## Partnering for Change

Sarah Parfitt has been a Trustee and Ambassador for the charity Partners For Change Ethiopia for 11 years. She will be stepping down in September due to family commitments. She would like to fund be able to offer 10 mums at Chole School small business training before her departure...

Imagine waking up and not being able to give your children breakfast before school. Imagine them trying to learn on an empty stomach. Imagine not having enough money to buy your kids a school uniform or the pens and books they need in order to have even a basic education

This shouldn't be happening in the 21st Century, but sadly, this depressing scenario is a reality for some families in disadvantaged communities in Ethiopia. But we want to change that....

Over the last decade, Partners for Change Ethiopia have set up friendship links with four different schools in Ethiopia, with lots of local support from Holy Trinity School and Holy Trinity Church in Cookham and also from St Mary's School in Maidenhead and Holyport College.

The charity's approach to eradicating poverty and bringing about social change is simple - we empower parents and carers by offering them training and grants so that they can set up their own businesses. At the same time, we also set up school breakfast clubs, so that no child goes to school hungry.

Our goal is to create sustainable, community-led change and that's why our projects are run by local people.

Would you like to help? Yes?! Well, you can. Here's how...

We're currently trying to fund small business training and start-up capital for 10 mums and carers at Chole School in Ethiopia. It costs £125 per parent to do this. Just think - it might change a family's future.

All you need to do is make a donation and then, email my colleague Rose (rose@pfcethiopia.org) and (sarah\_parfitt@mail.com) and we will let you know a bit more about the mum you have supported:

<https://donate.justgiving.com/charity/smf/donation-amount>

A big thank you in advance from the mums at Chole School - Asefesh, Seble, Kelem, Genet, Selam, Zenebech, Asnaku, Ayelu, Mekides and Shume.



**Would you like to help a mother in Ethiopia to set up her own business?**

We're working with disadvantaged families at Chole School where some parents even struggle to feed their kids

Just £125 will provide a mum with small business training and start up capital - and crucially give her and her family a better future!

**Genet** dreams of starting her own injera (Ethiopian pancake) business

**Seble** wants to have her own hens, so she can sell the eggs

**Asefesh** would like to grow her own vegetables to sell to the community

Contact **Rose** or **Sarah** if you'd like to get involved - [rose@pfcethiopia.org](mailto:rose@pfcethiopia.org) or [sarah\\_parfitt@mail.com](mailto:sarah_parfitt@mail.com) or 07900 411715

Partners for Change ETHIOPIA

JeCCDO

## COOKHAM FUN REGATTA

Saturday 7<sup>th</sup> September 2024



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Cookham & Cookham Dean Horticultural Society

## FLOWER & PRODUCE SHOW

Saturday 21st September 2024  
Cookham Dean Village Hall



Over 60 classes for homegrown fruit and veg, flower arranging, baking, beverages, handicrafts and children's classes too

**Just 50p per entry**  
Children's Classes Free

Local Judges, Cup Presentation and Charity Produce Auction

Entry forms and fees to be submitted by 6pm Thursday 19th September 2024  
**LATEST**

For full show details and entry form go to [Cookham.com](http://Cookham.com), check out the Cookham Dean Village Fete Facebook page or contact [helenphilip@hotmail.co.uk](mailto:helenphilip@hotmail.co.uk)/07549 519246

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## Cookham Community Allotment

This is a good time of year to visit other gardens or indeed allotments. Other people's ideas and experiments can be seen firsthand, emulated or even envied. They can provide ideas for what can be grown and in ways you might never have thought of. A trip to the Chelsea Physic Garden in London proved to be interesting and educational.

This is the garden to visit to learn about the medicinal, culinary and economically useful plants which can be grown in this country. Our guide stood under the tree known as *Umbellularia californica*, nicknamed the Umbrella tree or Californian laurel. This huge tree provided excellent cover during the rain but the leaves can be used to treat headaches, crushing them released a pungent smell. This would be far too large for the allotment however useful its leaves, but the seeds of the flowering plant *Nigella* (Love in a mist) which grew nearby, we do have in abundance on our flower patch to attract bees and hover flies. The seeds of this dainty plant were researched during covid for use in treating lung conditions. Mixed with honey it has been used as a possible treatment for long covid. The seeds are also used in many recipes. The broad beans growing on the plot contain a chemical which is being researched as treatment for Parkinsons. As for the ubiquitous sunflowers - the symbol for Ukraine - it has been used in Chernobyl and other areas polluted with heavy metals. It seems these sunny plants can absorb heavy metals from the soil. The plants are then incinerated, encased in glass and buried. Around the entrance gate to the Alfred Major allotment site is a rapidly growing Sumac tree. I shall now look on this specimen in a new light. Originally from North America not only are the flowers used to extract the culinary spice Sumac, but the leaves can be smoked, added to tobacco, and used in peace pipes. Apparently, a few puffs on a peace pipe and you have no more cares in the world....! It is not advised to put the leaves on a bonfire however...I hope we remember that.

If you are allowed to grow trees on your allotment, then a Birch might be a good choice. The sap is high in glucose and the bark is waterproof so useful for making containers as well as roof tiles for that shed.

The Physic Garden is not large, but it is packed with plants great and small that are all useful to Man in so many ways. It is interesting to learn about them and to consider which of them would fit in well on our allotment. The one aspect of plants not discussed was the way in which plants, gardens and allotments benefit Man by their very existence. This is a much-debated theme nowadays especially since so many people feel they have become disconnected from the natural world. The Community Allotment is there to enable people to keep connected with the natural world and the food that they eat. If you would like to become involved or just to enjoy being amongst plants and like-minded people, then you are very welcome to join us. Tuesday and Saturday mornings from 10.00-12.00. We always welcome children with an adult and during the school holidays.

For further information contact  
Becky Pinniger on 07821 710204

## Gardening Tips for August

August is probably our peak harvesting month. Tomatoes, cucumbers, peppers, carrots, cabbages, beetroot, beans, onions and potatoes will all be contributing to rainbow-coloured salads for high summer, all lifted by the addition of the fresh herbs that have been growing on the kitchen windowsill.

If everything has gone to plan, then the next most important tasks this month will be cooking and preserving crops. We make a lot of jams and pickles, which prove popular with friends and family and have a freezer devoted to vegetables and vegetable dishes. When we harvest potatoes, we clean the crop and sort them, putting only the best quality tubers into storage. Any that are damaged (either by pests or in the process of harvesting) we cook immediately. We freeze the subsequent chips, mash, bubble and squeak, roasties, dauphinoise ... to be used once the stored tubers run out next spring. We also make sure that some fresh peas and beans get frozen so that we can remember the heady days of summer in the depths of winter.

As growing areas are cleared it is worth thinking about whether or not you want to add perennial crops like rhubarb, asparagus, fruit bushes and Jerusalem artichokes. Once established these are all relatively low maintenance, but it is essential to make sure that the growing area is as free of perennial weeds as you can make it. Planting perennial crops is best done a little later in the year, but if this is something that you're thinking about, then spend the next few weeks weeding assiduously.

For container growers there are options for re-planting as you empty out this year's crops. Heat treated seed potatoes will give you new potatoes for Christmas and spring cabbages will give you an early harvest for next year – just make sure you protect them from pigeons.

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

### Cookham and Cookham Dean Horticultural Society Programme 2024

#### 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

**Cookham Dean Village Hall at 7.30pm**  
**ALL WELCOME**



## Octavia Hill, Social Reformer and co-founder of National Trust

who we remember on 13th August

The urgent need for decent, affordable housing is a hot topic these days.

It was an even more urgent need in Victorian London, where the homes of the poor were tiny, cold, damp, and infested with lice and vermin. Water came from an outside pump, and filthy outside toilets were shared with several dozen neighbours. Stoves were rare; most people ate cold meals. Labourers lived 22 years on average; more than half of all babies died before their first birthday.

Into this festering mess of disease and misery came Octavia Hill in 1852. She was determined to make a difference, and she did.

Octavia was well qualified for the job: though her family in Wisbech, Cambridgeshire were comfortably off, they had a passionate interest in social change. Her grandfather, Thomas Southwood Smith, was a national authority on sanitation and housing. Her father, a corn merchant and banker, worked hard for prison reform. Her mother managed a Christian Socialist co-operative in London, where the young Octavia met John Ruskin, and other notable figures with a passion for social change.

Once in London, Octavia began her first job, that of teaching poor children to make toys. It gave her grim first-hand experience of the horrors of life of the very poor.

By 1856 Octavia was helping run classes for women at the Working Men's College in Great Ormond Street, and she and her sisters also started a school for very poor children.

But what really grabbed Octavia's compassionate heart was the housing crisis. By 1864, with the help and advice of John Ruskin, she had launched a business scheme for improving Victorian housing in London. Gradually her scheme and experience expanded, until a breakthrough came in 1884, when the Ecclesiastical Commissioners handed her a large part of their portfolio of properties to manage in Southwark. As the years went by, Octavia's help and advice were often sought in connection with promoting social reform by legislation, though her heart was always in the voluntary sector.

It has been said of Octavia that her Christian faith made her seek "to make life on earth as positive an experience as possible, particularly for the poor and disadvantaged."

But today Octavia is remembered most for something surprisingly different: her joint initiative with Canon H D Rawnsley and Sir Robert Hunter in founding the National Trust in 1895. It has become Britain's leading charitable organisation for preserving historical buildings and places of natural beauty.

Octavia's national fame never affected her – she lived quietly with her sisters in Marylebone Road until her death on 13th August 1912.



## Cookham Arts Club

82nd Annual

**Exhibition & Sale of Paintings,  
Ceramics and Sculpture**  
by local artists

at Pinder Hall, Cookham Rise, SL6 9EH

13<sup>th</sup> to 25<sup>th</sup> August 2024

Open daily 10-6

Exhibition closes at 4.45pm on Sunday 25<sup>th</sup>

**ADMISSION FREE**

## What gardening can do for your brain

People who spend time gardening may have better brain function in later life than those who do not, such are the findings of a recent study at the University of Edinburgh.

The authors of the study observe that gardening involves: "not only physical exertion but creativity and planning. Engaging in -gardening -projects, learning about plants, and general garden upkeep, involve complex cognitive processes such as memory and executive function.

"Consistent with the 'use it or lose it' framework of cognitive function, more engagement in gardening may be directly associated with a lower risk of cognitive decline."

As one doctor said: "People often don't realise the wide range of benefits that gardening can bring. For example, digging, planting and pulling weeds will increase hand strength, which research has shown can also boost brain health.

"Growing your own food can help you eat a healthier diet; another key factor. And staying connected to other people is beneficial for brain health, so community allotments are a great place to socialise, reducing loneliness and isolation."

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## Herries Preparatory School

Primary school productions, like our recent Year 5 and 6 performance of *The Amazing Adventures of Superstan*, are integral to fostering creativity, communication skills, and teamwork among children. By stepping into fantastical roles, the children explore new perspectives and enhance their ability to express themselves. The confidence gained from performing and speaking in front of an audience will benefit them in future academic and personal endeavours.

Productions also teach valuable lessons in resilience and discipline. The journey from rehearsals to the final performance of *Superstan* was filled with challenges, requiring children to persevere, memorise lines, and adapt to changes. These experiences build resilience and demonstrate that hard work leads to success, instilling a strong work ethic in young learners.

Moreover, school productions strengthen community bonds and encourage a love for the arts. *Superstan* brought together children, teachers, parents and staff, fostering a sense of belonging and celebrating the diverse talents within our school. This communal effort not only highlights individual contributions but also inspires a



lifelong appreciation for the arts. As we celebrate the success of *Superstan*, we look forward to more productions that will continue to enrich our children's educational journey.

Thank you, once again, to Mrs Voice (ahead of Maths & Drama) and Mrs Milburn (Head of Music) for their efforts in directing, choreographing and developing the singing of the children. As always, they did an amazing job and we are lucky to have them at Herries.



Mr Grosse, Headteacher  
Herries Preparatory School and Nursery  
Excellent in all Areas - ISI Inspection  
(Instagram: Herries Wind in the Willows)

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# COOKHAM DEAN VILLAGE FETE

1pm - 5pm, Saturday 21 September, 2024

A traditional fete on the village green with something for everyone: Food Fayre, Fun, Arts & Crafts, Stalls with Gifts and Home Made Produce, Dog Show, Live Music, Games and Activities, Tombola, Silent Auction, and featuring the annual Cookham Dean Flower & Produce Show.

## Programme for the Day

9am -11am	Entries Staging for Flower & Produce Show
11am -1pm	Flower & Produce Show Judging
12.30pm	Registration starts for Dog Show entries
<b>1pm</b>	<b>Official Opening of the Fete</b> Cookham Cluckers Ukulele Band Village Hall - Flower & Produce Show opens Afternoon teas provided by Elizabeth House
2pm - 2.30pm	Dog Show: Part 1
2.30pm - 3pm	Presentation of Flower & Produce Show Cups
3pm - 3.30pm	Dog Show: Part 2
3.30pm - 4pm	Charity Auction of Flowers & Produce
4pm	Cookham Cluckers Ukulele Band
4.30pm	Silent Auction Closes
<b>5pm</b>	<b>Fete Closes</b>

## Charities

The Fete raised thousands of pounds for local charities in 2023:

People to Places \* Elizabeth House  
Family Action Young Carers  
The Luca Foundation \* Cookham.com  
The Brett Foundation \* NSPCC  
No 22 Community Counselling Services  
Cookham Dean Cricket Club  
Cookham Dean CE Primary School  
Cookham Community Allotments  
Maidenhead Foodshare  
1st Cookham Scout Group  
The Cherry Pickers of Cookham Dean

All profits from the Fete go to local Charities



## YOUR COOKHAM, YOUR PLAN



*Thank you to everyone who has shown interest in the Neighbourhood Plan, attended one of our drop-in events and completed the consultation survey.*

We are now reviewing all comments received and will be making amendments as appropriate to the Neighbourhood Plan before submitting to RB Windsor & Maidenhead (RBWM) to commence the 'examination process'.

RBWM will undertake another round of consultation and appoint an independent examiner to review the Plan. Subject to any modifications the examiner recommends a referendum will then be held before the Plan can be formally 'made' as a planning document.

[www.cookhamparishcouncil.org.uk/crbst\\_18.html](http://www.cookhamparishcouncil.org.uk/crbst_18.html)



To find out more, please scan me to visit the Parish Council website



  #ourcookham



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# Cookham Medical Centre

## Patient Participation Group

To receive regular updates of news from your medical centre sign up as a Friend of Cookham Surgery. You can do this on-line or download an application form via the PPG section of the Cookham Medical Centre Website – [www.cookhammedicalcentre.co.uk](http://www.cookhammedicalcentre.co.uk).

*When I received this regular item this month it was longer than I usually like to devote to one subject, but given the interest we all have in the working of the Medical Centre, here it is, unabridged!*

*Editor*

### Participant Patient Group Annual Meeting

The Cookham PPG AGM was held at Elizabeth House on Monday 8 July. The Medical Centre was represented by Dr Azmy Birdi who introduced the new Practice Manager, Hannah Jones. Hannah joined Cookham from the Linden Clinic in Maidenhead. Originally hired on a temporary basis to provide necessary management cover following Jill Stinchcombe's retirement, Hannah felt so at home in Cookham that she negotiated a permanent part time role for herself as the Practice Manager, working 3 days a week, supported by a full time Assistant Practice Manager. Hannah's role focuses on "outward facing" activities, for instance contact with the NHS and the Maidenhead Primary Care Network, whilst her Assistant Manager is in charge of internal matters, including Reception and patient contact. Hannah reminded the meeting that the Medical Centre is "buddied" or partnered with the Linden Clinic, working together in times of crisis and with access to each other's patient records. Thus, before she even arrived at the CMC she had a good knowledge of the practice's staff and processes.

The NHS are putting constant pressure on medical units and surgeries to implement change and to introduce new methods and organisational structures. This adds to the problems of a short-term lack of real organisational clarity and limited financial resources. This has led to Hannah agreeing a number of organisational changes with the practice to better match the team's resources to the structure of the local NHS services. She reminded the meeting that the local GP practice is run very much like a business and will only receive payment from the NHS for those services which they are delegated to perform. They do not receive payment for services which are delegated elsewhere in the Maidenhead PCN. Thus, the key priority for the CMC is to ensure that they are properly resourced with the correct staff to meet their delegated functions. In this context the meeting was advised that without significant additional funding the restoration of the "walk-in" clinic at St Mark's could only be achieved at the expense of other services currently provided by St Mark's within the Primary Care Network, with a direct consequent impact on the GP practices.

Both Dr Birdi and Hannah Jones apologised to the PPG for the delays and cancellations in providing appointments for patients. Waiting lists were acknowledged as being unacceptably long and made worse by a current upswing in local cases of Covid as well as any industrial action. A direct result of the log jam in handling patient referrals is that the GPs have to spend more time with chronically ill patients marooned in the queue for consultations.

Both Dr Birdi and the Practice Manager were appreciative of the PPG Open Health Meeting held in Pinder Hall last October. Whilst it may not have been totally effective it had pointed the way to future such events and the PPG agreed to try and organise another such event in

### **Whooping Cough Alert!**

There has been a dramatic increase in the UK cases of whooping cough, 7,599 cases so far this year vs 858 in whole of 2023. Pregnant women are urged to get vaccinated!

September. This time the meeting would focus much more on the staff providing services to CMC patients.

Hannah Jones reminded the meeting that the car park at the Medical Centre is privately owned by the Practice Partners. It is not owned by the NHS or the local authority. The previous licence which allowed users of Pinder Hall to use the car park has now long since expired. The car park is reserved absolutely and exclusively for the use of staff and patients attending the centre. Despite this the car park is used on a regular basis by members of the public attending events at Pinder Hall, going to the local shops and even using it as a free station car park for commuting into London. On 4 July, when Pinder Hall was a polling station, there was absolute pandemonium and several accidents. As a direct result CMC staff and patients are regularly unable to find a parking slot with consequent delays in appointments. Furthermore, when approached, offenders are all too often abusive and rude. Hannah confirmed that the partners are still looking at engaging a third-party agent to police the car park with fines for offenders. The PPG agreed that it would support the CMC in trying to find a solution.

### **Chairman's Report**

We publish a monthly newsletter in the Cookham Parish Magazine. The magazine is delivered by hand to some 2,500 households in the Cookhams, including Cookham Village, Cookham Rise and Cookham Dean. The newsletter aims to provide the community and patients of the Cookham Medical Centre with three things:

Firstly, news of what is happening at the Medical Centre and the wider Maidenhead Primary Care Network, including staff changes and the availability of different medical services.

Secondly, key healthcare messages from the NHS, covering vaccination and health campaigns, and signposting access points in the local healthcare network

Thirdly, key messages from the PPG covering other healthcare campaigns which will be of interest to different patients using the Medical Centre.

PPG linked with the Medical Centre to run an Open Meeting on Health Services. Through the good offices of Dr Azmy Birdi we were able to secure a number of excellent speakers who explained the organisation of the NHS in the local area and how it was designed to try and deliver the full range of NHS services to local patients.

The meeting also covered the Maidenhead Primary Care Network and the services it provides, including the GP sessions at St Mark's Hospital. The meeting allowed those attending to learn more about the range of new medical services available through the network, including the roles of Clinical Pharmacists, Social Prescribers, Health and

*(Continued on page 23)*

(Continued from page 22)

Wellbeing Coaches, Care Co-ordinators, First Contact Physiotherapists, Dieticians, Mental Health Practitioners, Physician Associates, Nurse Practitioners and Nurse Associates.

From the long list that I have just read out it will not surprise you to learn that many attending the meeting left with as many questions as answers. The PPG is working to find a way of addressing the need for more, and perhaps better targeted information. To try and satisfy the demand for better information the PPG is planning to organise a practice wide questionnaire. Using a full page spread in the Parish Magazine backed up by the website, it is hoped to organise a detailed patient questionnaire to try and identify areas where patients are unsure or confused about how to access appropriate medical care, where they do not properly understand how best they can help the healthcare professionals help them and how best to cope with changing technologies. Funding for this project is already in place and we will be driving to get it organised as soon as possible.

In conclusion I would like to thank all the members of the committee for their work and contributions in many different roles and duties. I need to single out two people from the PPG Committee. Jane Perry has decided that she needs to stand down from the role of Chairman. It is the role of the PPG Committee to appoint the Officers and the announcement of Jane's successor will be announced after this meeting. Fortunately, Jane will still be available to serve on the PPG Committee. Cllr Laura Tull has announced that she will need to stand down as a committee member due to pressure of work. Laura is the representative of the Parish Council. She will be replaced in that capacity by Bill Perry. We will be very sad to lose Laura as she brought much needed youth and dynamism to the group. Indeed, it has prompted us to look at the scheduling of committee meetings to see if we cannot find times which better suit younger working people.

Our rules state that the committee shall be made up of a representative from various individual local interest groups, the number of groups being unspecified but with the obvious intention of covering as many as practicable of different patient needs. In addition, we can elect 6 additional members.

Moving firstly to the local interest groups, our current members are: Elizabeth House – Jill Cruse, Cookham Voluntary Services – Mike Clark, Women's Institute – Brenda Muir, Frimley Health Trust – Jane Mellins, Hearing Associations – Sheila Draper, The Parish Council – Bill Perry. In addition, our Vice President, Brian Schirm serves as an Ex-Officio member, by reason of his office. All those people are happily prepared to stand for another term and are therefore duly appointed. However, other interest groups are free to nominate representatives at any time.

We currently have 5 elected members, all of whom are prepared to offer themselves for re-election:

Sue Milner, Sally Somerville, Val Ellwood, Lucy Webber, Jane Perry.

### 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>

## Cookham Dean WI

### Meeting on Thursday 11th July

Our meeting this month commenced with a short business meeting, detailing forthcoming events and the current finance outlined.

Our speaker this month was Dave Payne telling us about "Coronation Duties". Dave, son-in-law of one of our WI members, has been in the Queen's Own Yeomanry, a regiment in the Army Reserves, for about 18 years. Reservists do ceremonial duties.

In March 2023 volunteers from the Reservists were sought for duties at the forthcoming Coronation. 70 applied, from which 10 were selected for training and rehearsals in April 2023, then further reduced to the final 6 for training at Sandhurst, where they averaged 8 hours a day covering 21Km per day.

The route of the Coronation parade was meticulously laid out to the inch ready for the 7000+ service personnel who were to take part in the parade. The night of 2nd-3rd May saw the night rehearsal to iron out any problems. The Big Day, 6th May, began for the reservists at 4am to travel to Waterloo. The procession made its way from Waterloo in reverse order to be in the correct positions for the real parade after the Coronation Ceremony. This reverse position meant that the Reservists led the procession! The parade was meticulously planned and executed as we all could tell from watching on the day. Dave said that the most memorable part for him was the formation in the gardens at Buckingham Palace. What an honour to be able to take part!



Dave bought his two uniforms to show everyone.

The meeting concluded with the usual tea and cake.

New members are always assured of a warm and friendly welcome. We meet at 2pm on the second Thursday of every month in the WI hall. Our next meeting will be on Thursday August 8th, 2024 when our speaker will be Ian Grant on the subject "Medical Detection Dogs".

Lorna Sykes

The WI hall is available to rent at very reasonable rates, information available at [hirecdwihall@cookhamdeanwi.org.uk](mailto:hirecdwihall@cookhamdeanwi.org.uk)

### NSPCC and CHILDLINE

The tombola stall at this year's village fete is in aid of NSPCC and CHILDLINE. They would really appreciate any donations - bottles, soaps, scarves, candles etc perhaps unwanted birthday presents (we all have them), and for the kids stall any toys, books, games or jigsaw puzzles. The stall usually raising over £600 each year, so every donation will be a worthwhile prize.

From the beginning of September there will be a donation box in the porch of St John's church for any gifts - they'll all be much appreciated. Make sure they go in the correct box - there is also one for Foodshare donations.

Thank you



## Holy Trinity Primary School

By the time this article is published, the children, their families, the staff and governors will be taking a well-earned rest after what has been another incredibly busy but successful year. The end of an academic year is always a joyous time when we celebrate all that has been achieved over the last twelve months. However, its also tinged with some sadness as we say goodbye to our Year 6 Leavers and wish them well in their new schools which they start in September.

We are proud of everything this cohort of children have accomplished. They have been fine ambassadors for our school who have worked hard, supported one another and grown into young people with a deep understanding of the importance of making a positive contribution to our world.

Our Leavers' Assembly on the last day of term to which parents were invited was filled with happy memories of times spent together. The children had early recollections of starting school, trips away and themed weeks. They spoke fondly about staff they had worked with and lessons they remembered. Some memories were from the less distant past. Many children regaled stories from our recent residential trip to CRS Adventures in Devon. It was a wonderful experience. Flying through the air on the zip wire, exploring underground caverns and scaling rock faces all featured! With great pride, the children also reminded the audience of their other successes, in particular those things they have introduced as the year has gone on which will continue after they have left.

Perhaps never before have we been left with such a great legacy. Two years ago a couple of children approached me about their wish to organise a charity event for a friend in another school who was terribly poorly. Given the go ahead, they made it a success and, as a result, other children have since organised other similarly successful fund-raising events. They have shown great enthusiasm for leading collective worship and the newspaper, Trinity Times, now the baton has passed to Year 5, is sure to be a significant part of school life from now on.

The prayers written and delivered by the children captured their appreciation of the friendships they have made and their gratitude for the things they have learnt. They provided a perfect opportunity to look back with fondness and forward with anticipation. To guide them along future paths all were presented with, among other things, a Bible and we hope it provides inspiration and strength. Whatever the journey holds, we trust they will all find happiness and fulfilment. They will be missed but never forgotten.



From everyone at Holy Trinity including those who are striding out into a world beyond our four walls, we wish you a wonderful summer and we look forward to sharing news of events when we return in September.

Anna Smith  
Head Teacher

## Cookham Dean Primary School

By the time you are reading this, everyone at Cookham Dean Primary School will be sunning themselves in far off places (hopefully!). It is always so lovely being away from the hustle and bustle of school life ; unwinding ; catching up with family and friends ; reminding ourselves of things we like to do for ourselves.

Summer term is a term full of wonderful experiences with the children. As I am writing this, we have today had the final of our annual poetry competition. This year there was definitely a them of teachers and rain but never a poem about teachers in the rain! We had some wonderful self composed poems, some funny poems, some dramatic poems and some poems written with our wonderful local poet Simon Mole. It has been a joy today to witness the journeys some of our children have been on – some would have been too shy last year to get up on stage, let alone deliver confidently a poem they have written. We are so very proud of our winners, Minnie and Ava and a special judges award went to Willow! We really hope that your

love of poetry continues. A big thank you to Cookham Bookshop for our poem book prizes.

Our musical soiree last week was a fabulous experience where we witnessed children as young as 6 performing by playing an instrument or singing to a packed audience of wonderfully proud parents. In some cases, there wasn't a dry eye in the house. Each year, the children blow me away with their achievements and I always say how lucky we are to have such wonderfully talented, confident children.

I truly hope that they remember these experiences for ever.



I hope that you have a lovely summer with friends and family, enjoying some super weather.....when it comes!

Fenella Reekie  
Head Teacher

## Epilogue - Sir John Rutter

The Bishop of Chelmsford, Dr Guli Francis-Dehqani, has paid tribute to the composer Sir John Rutter who has been knighted in the recent King's Birthday Honours List.

Bishop Guli said: "Warmest congratulations to John Rutter on being awarded a knighthood in The King's Birthday Honours. His enormous contribution to sacred choral music as a composer, arranger, editor and conductor over half a century has been a huge blessing and has enriched our worship."

Rutter is a popular composer with choirs; both our church choirs frequently sing his compositions, especially at Christmas, and Cantorum Choir were lucky to have him as a guest conductor for one of their concerts.



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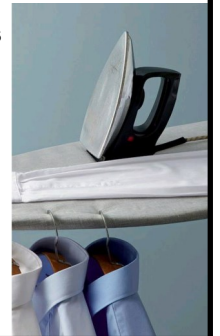
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Joanna  
Year 5



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