



**AYNHO,
THE APRICOT
VILLAGE**



**"Introducing
the new
Rector"**



**"Massive thank
you for
supporting the
Fete"**

JULY NEWSLETTER

"Please visit www.aynho.org - your village refreshed online"

CHURCH CALENDAR - JULY 2024
ASTWICK VALE BENEFICE
AYNH0-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with
STEANE

Sunday 7 th July	10.30am	Croughton	Benefice Holy Communion
Sunday 14 th July	10am	Aynho	Morning Worship (Sidespersons: G.Reynolds, T.Sutton)
Sunday 21 st July	10.30am	Evenley	Benefice Holy Communion
	6pm	Steane	Evensong
Monday 22nd July 22	7pm	Aynho	Institution and Induction of Rev George Frost
Sunday 28 th July	9.30am	Farthinghoe	Morning Worship
	11am	Croughton	Holy Communion (Rector)

Bell Ringing – Alternate Tuesdays in July at 7.30pm

St Michael’s Church Cleaning – Monday 15th July 9.30 -10.30am
All help welcomed as we prepare for the Installation Service

Church Information: about the life of our church, or enquiries about baptisms, weddings, funerals or burials –

until 23rd July please contact the Churchwardens:

Andrew Bellamy (01869 810847) or Kathy White (01869 810418)

After 23rd July please contact the Rector on 01869 810903 or by email to
office@astwickvalebenefice.org

Items for **August Newsletter by 23rd July** by email please to
Newsletter.aynho@gmail.com

This Newsletter is issued by St Michael’s Church and includes all Village news and is locally printed in Aynho by “Ciceroni Travel”.

(Vol:698)

CHURCHWARDENS RAMBLINGS

Time for change - in future months you will hear from the new Rector, the Reverend George Frost, in this Newsletter. George arrives in the Rectory on 3rd July and we welcome him into the village and look forward to his Ministry among us. George grew up just north of Northampton in a farming family and was educated at Aberdeen and Durham Universities as he prepared to become our Rector. More recently he has been serving as Curate in Whittlebury near Towcester. You can see George's full biography, which he has provided for us, at www.aynho.org/church.



Although George moves into the Rectory he does not begin work for us until the 23rd July after his Installation Service the evening before in St Michael's Church. This Service is open to everyone and will be conducted by The Bishop of Peterborough and the Archdeacon of Northampton. There will be a bit of a bun fight in the Village Hall afterwards. Please be aware that from about 6pm that evening there could be a lot more cars in the village - and parking will be a bit messy. We ask for your understanding; there won't be a parking or traffic management plan in place which might only add to the disruption. Lastly, a huge thank you to everyone who participated in the Fete; those who attended and supported; those who gave bottles and baked cakes; those who gave of their time before, during and after. It was worth it! Despite a chilly day it didn't rain and a lot of fun was had which was the main outcome. We did also raise just over £7000 shared between the community fund and recreation at the Sportsfield - a terrific effort. Thank you.

Kathy and Andrew

AYNHO CARPOOL – CALL FOR EXPRESSIONS OF INTEREST

Do you sometimes need a lift to a nearby town or village? Or could you occasionally spare a seat in your car on the drive to the station, shops or the school run?

We are aiming to set up an Aynho Carpool to enable villagers to organise lift sharing via WhatsApp.

It could help you to save money and meet more of your neighbours; connect elderly, disabled and vulnerable residents with local services; and reduce local traffic, helping to make the village safer and less polluted.

No regular commitment is required, but we need sufficient interest to make this viable. Please express your interest by sending a text or WhatsApp message to Faraz Shibli on 07742 906 780, stating your name and whether you are interested in offering a lift, receiving a lift or both.

IN YOUR VILLAGE HALL

(Bookings Secretary: Shirie Beaumont **Contact: 07878 430705**)

AYNHO WRITERS GROUP **Contact: Keith McClellan at keithcarolmac@gmail.com**

Meeting 10.00 am - 12.30 pm Saturday 13th July.

Aynho Writers meeting in the Mary Cartwright Room at the Village hall from 10.00 until 12.30 pm. Some fascinating contributions in June on Unfulfilled Ambitions and Dreams coming true. This time we shall hear about a vanity project or where we were when a world event occurred. New members welcome. Come and see if it suits you.

AYNHO GARDENING CLUB 2nd Wednesday

Evening visit to 2 gardens in The Butts

Contact: Annabel Bellamy 810847

On Wednesday 10th July Members of the Aynho Gardening Club have very kindly been invited to see two gardens in The Butts. Firstly, if you wish to see the delightful garden of Carol and Keith McClellan at 10 The Butts – come along at 6pm. We will then saunter down the road to Di and Richard Stephenson's garden at 3 The Butts for 6.30pm where we are invited to see their garden, designed by Andrew Woodall (Head Gardener at Broughton Grange). Andrew will be there with his son who planted up much of the garden and will give a short talk about creating the garden. There will be a glass of wine and a few refreshments. The cost is £3 per person (payable at the second garden). Guests are welcome. Let's hope for a lovely evening.

AYNHO LADIES GROUP - 3rd Wednesday

Contact: Jill Wightman. Tel 811206 Email: jayrw10@gmail.com

Wednesday 17th July 7.30pm at the Village Hall - An OPEN MEETING

Medical Technology: Turning Great Ideas into Great Companies by Kevin D'Silva

Well it didn't rain on the 19th June so we were able to enjoy some summer sunshine and warmth for the day of our Garden Party on the Sportsfield. Thanks to members we shared many splendid refreshments both sweet and savoury plus, of course, fresh strawberries. The afternoon was greatly enjoyed by all with plenty of lively chat.

Our next meeting will be a talk by local resident Kevin D'Silva. Kevin works for Salus Invest LP in the venture capital industry and specifically in the field of medical diagnostics and medical devices. Salus Invest helps small exciting companies with a disruptive product idea to grow helping them with management and finance. In particular he will be looking at 4 companies, 3 of which have helped with women's health, some very successfully. This is an open meeting so all are welcome. Entry will be £3 for non-members.

As you will all know, sadly The Cartwright Hotel is no more so from July, with the help of our members, we will be holding just one coffee morning for the ladies a month which will be held at the Village Hall. As always you do not need to be a member of the Aynho Ladies Group just come along. This is an **OPEN** meeting so all are welcome. Take care and keep smiling.

Visitors - entry fee £3.

HISTORY SOCIETY 4th Wednesday

Contact: Helen Mackenzie 07866 044985

The months of July and August see Aynho History Society members on their summer break. We will reconvene in September with a joint talk with Aynho Ladies Group and welcome the return of the fascinating speaker Laura Malpass.

Her subject this time is "The Secrets and Scandals of Canons Ashby", which should be as gripping as the title suggests!

As always, our meetings are open to all and cost £3.00 on the door. We welcome new members and need the continued support of regular attendees to ensure the society can continue to inform and entertain you.

As always, if you have a topic or speaker you can recommend, please do let us know.

We look forward to seeing you on Wednesday 25th September.

COFFEE MORNINGS

Aynho Ladies Coffee Morning. Wednesday 3rd July, 10.30am – 12 noon at the Village Hall. As the Cartwright Hotel is now closed we have moved our coffee mornings to the Village Hall. To begin with there will be just one per month and the cost will be £3. You are welcome to join us - you do not need to be a member of the Aynho Ladies Group.

Men's Coffee Club. Wednesday 17th July, 10.30am – 12 noon at the Village Hall. MCC coffee mornings are resuming but they will now be held at the Village Hall. You do not need to be a member just come along, you will be very welcome. The cost will be £3.
Contact for all Coffee Mornings: Jill Wightman 811206 Email: jayrw10@gmail.com

SHORT MAT BOWLS

Tuesdays 2.30 – 4.30pm: New Members welcome.

The cost is £2.50 per session. Woods for bowling are available if you don't own your own.
Contact: Carol McClellan 07398 210313 or email: keithcarolmac@gmail.com

VILLAGE "OUTSIDE" ACTIVITIES

AYNHO APRICOTS CYCLING CLUB - We meet on Saturday or Sunday mornings once a month, choosing a convenient date via WhatsApp. We provide short and long ride options, with a stop for coffee/breakfast. All ages and abilities are welcome.

AYNHO RUNNING CLUB - We meet every Sunday at 9am on Portway. We usually run a lap of the track, before splitting off into two groups: those who wish to remain at the playing fields and those who wish to run on the road or a trail. There are options for beginners and experienced runners alike.

SOCIAL DOG WALKING - We meet on occasional weekdays around lunchtime, arranging a time and place via WhatsApp. There is no pressure to commit regularly - just come along if and when convenient.

For all 3 of above please get in touch with:

Faraz Shibli 07742 906780 Email: faraz.shibli@oxon.org.

BRIDGE CIRCLE **Contact: Kevin D'Silva email: kevinds@salusinvest.com**
Following the closure of the Cartwright Hotel, we now meet at the Great Western Arms at Aynho Wharf. We meet one Monday evening a month at 7 for 7.15pm. We are a very social group and welcome players of all abilities, including complete beginners, for whom we have recently been running coaching sessions.

WELL-BEING WALKS from The Pavilion Thursdays 10am

Contact: Dawn on 0792932294

There are two walks led by qualified walk leaders. One walk is a leisurely stroll for approximately 2 or 3 miles and lasts just over the hour or longer if needed. We walk at the pace that is comfortable for all. The second walk is more challenging covering an average of 6 miles and lasting up to 2 hours. There is no need to pre book. We are a friendly bunch and welcome all new walkers. However, the walks are not suitable for pushchairs as we often go across fields. We meet at the Sports Field Pavilion and set off at 10am every Thursday morning, rain or shine. On returning to the Pavilion there is tea, coffee and a tempting selection of cakes for sale. There is no fee for the Health Walks but we do ask for a voluntary 50p to cover the running costs of the Pavilion. All you need is some sturdy footwear. Hope to see you there.

ALSO AT YOUR SPORTS FIELD & PAVILION

MONTHLY MINDFULNESS WORKSHOP

Contact: Kate Angell 07478 276891 or email: kate@calmerminds.co.uk to book a place

T'ai Chi Chih classes on Mondays: spaces available 11.30-12.30 and Qigong sessions Fridays: spaces available 11.30-12.30. Tea/coffee provided £8.00 pp.

AYNHO CRICKET CLUB

Contact: Oshy - 07540554721 or oshy@ryanpont.co.uk

The upcoming home fixtures in July are:

6th July, 2pm - Fritwell

20th July, 2pm - Charlton

Everybody is invited to come along and spectate.

Anybody interested in playing or just being a social member is encouraged to get in touch.

All levels of experience and ability are welcome.

ANNUAL VILLAGE FLOWER AND VEGETABLE SHOW

This year being the 40th Anniversary of the Aynho Gardening Club's ANNUAL FLOWER AND VEGETABLE SHOW (to be held in the Village Hall on Saturday 17th August) it would be wonderful to have a lot of entries from members of the Club. Do please think about the classes that you can enter. More about this in next month's Newsletter, along with the programme for the Show, listing all the classes.

KATHERINE HOUSE HOSPICE

Drop in and catch up

We're delighted to announce that Living Well's Family and Carer group, which had to pause during the refurb, has returning to the hospice. The relaxed drop-in sessions help people to share, socialise and reflect with others in a similar situation, while our team of specialists provide emotional, practical and financial advice. Sessions are open to anyone caring for someone with a life-limiting illness, and will run from 10am to 12 noon on the first Tuesday of every month. If you'd like to find out more, please email:

pallcarelivingwell@ouh.nhs.uk.

Thanking our Friends

In 2023, our loyal regular donors helped our hospice by giving a total of £46,723. We couldn't achieve everything we do without them! To acknowledge this special commitment, we're changing our terminology and recognising our regular givers as Friends of Katharine House. A monthly gift – no matter how small – provides security and enables us to go on caring for local people living with a life-limiting illness, not just now but for many years to come. Could you become a Friend of Katharine House and support the work of the hospice with a regular gift? Find out more at www.khh.org.uk/friend.

Aynho Parish Council (APC) - News

It was good to see residents at the May Annual Village Meeting. For those who missed it or were unable to attend, please do visit the new website www.aynho-pc.gov.uk where you will find regularly updated news and reference documents. There is a contact form available to send us your thoughts and feelings so your wishes, as Aynho residents, can best be represented by your Council.

If you would like to be added to our email data bank keeping you abreast of events and initiatives, then simply email clerk@aynho-pc.gov.uk

STOP PRESS ...

We welcome Parish Councillor Jerry Stephenson to Aynho Parish Council.

Two new benches have been purchased including a commemorative seat for the coronation of King Charles III located on the village green.

A new kitchen for the Pavilion has been sourced and is due for fitment in July/August.

Speedwatch is again in Aynho on 21st July – volunteers needed.

Defibrillator at the Pavilion has been fitted.

Neighbourhood Watch initiative is being investigated – are you interested?

Note for your diary –

Parish Council Meeting; Monday 1st July, 7.00 pm in the Mary Cartwright Room, Aynho Village Hall

ABILITY – The Community Mini-Bus Service for all Residents of Aynho

The Ability mini-bus is an invaluable service providing transport and independence to all Aynho residents. There is a **twice weekly mini-bus to Banbury town centre** or various supermarkets on **Tuesday & Thursday** and on **Friday to Brackley** to visit the market & various shops as well as special trips to a variety of locations - **see list below!**

There is a **£10 fee to REGISTER** and is **FREE to use** if you have a valid bus pass and use the village bus stops. **There is a fare payable to any non-concessionary bus pass holders.**

A door-to-door service is also available for a small annual fee.

You need to **REGISTER** with the scheme before you can use the service.

You can register online at <https://abilitycic.org.uk/register>

or telephone Ability on: **01327 604123 (between 9am & 2pm)** to request a form to be posted to you. You also need to **PRE-BOOK** your seat for each journey as spaces are limited.

To book your seat telephone Ability on: **01327 604123 (between 9am & 2pm)**

ABILITY DAYS OUT – JULY

DATE	DESTINATION	TRIP COST
WEDNESDAY 3 rd JULY	BANBURY TOWN OR GATEWAY	FREE
MONDAY 8 th JULY	WHILTON LOCKS GARDEN CENTRE & CAFE	FREE
MONDAY 15 th JULY	BICESTER TOWN, GARDEN CENTRE OR BICESTER VILLAGE	FREE
THURSDAY 18 th JULY	MILTON KEYNES SHOPPING CENTRE	FREE
THURSDAY 25 th JULY	BLENHEIM PALACE *ALL TICKETS MUST BE PURCHASED ADVANCE: blenheimpalace.com	FREE TRAVEL
FRIDAY 26 th JULY	BICESTER TOWN, GARDEN CENTRE OR BICESTER VILLAGE	FREE
MONDAY 5 th AUGUST	STRATFORD UPON AVON	£20 FARE

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Contact: **Chris Henson 07402 44969**

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THE SYNERGY PRACTICE Our team at the synergy practice has expanded to include medical aesthetics (e.g. Botox and fillers) and Swedish massage. We are here to help if you are in need of physio, sports therapy, massage or aesthetic services. Call 01865 803066 or book online www.thesynergypractice.com

TUSTAIN CARRIERS – with village connections our local mover/carrier with Luton vans.

Call: Jason on 07964 626325 or Email: tustaincarriers@gmail.com to discuss requirements or get a quote.

KATE ANGELL Mindfulness Meditation and T’ai Chi Chih/Qigong Teacher. One to one and small group workshops and weekly classes.

Call Kate 07478 276891 or email kate@calmerminds.co.uk for info/book.