



AYNHO, THE APRICOT VILLAGE

AUGUST NEWSLETTER

40th Anniversary -
the Aynho Flower and Vegetable Show - Saturday 17th August.

Flower & Veg Show
2.30-4.30pm
All contributions welcomed.
Entry Forms inside the
Newsletter

"Come and See - and
enjoy tea, cakes and a
Raffle"

CONGRATULATIONS
TO SYBIL
ON HER
90TH BIRTHDAY

CHURCH CALENDAR - AUGUST 2024

ASTWICK VALE BENEFICE

AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with STEANE

Sunday August 4 th 10 th after Trinity	9.30am 11am	Evenley Hinton	Holy Communion (Rector) Morning Worship
Sunday August 11 th 11 th after Trinity	9.30am 10am	Farthinghoe Aynho	Holy Communion (Rector) Morning Worship (Sidespersons: G Reynolds, T Sutton)
	11am	Croughton	Morning Worship
Sunday August 18 th 12 th after Trinity	9.30am 10.30am	Evenley Aynho	Morning Worship Holy Communion (Rector) (Sidespersons: J Wade, A Bellamy)
	6pm	Steane	Songs of Praise
Sunday August 25 th 13 th after Trinity	11am 11am	Hinton Farthinghoe	Holy Communion (Rector) Morning Worship

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

Please contact the Rector on 01869 810903 or by email to office@astwickvalebenefice.org

Bell Ringing in August – Alternate Tuesdays at 7.30pm

St Michael's Church Cleaning – Wednesday 14th July (9.30-10.30am)

MEET AND GREET

the new Rector, Revd George Frost, at the
Pop up Pub on 9th August, 6pm – 8pm in The Square

Items for **September Newsletter by 24th August**
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:699)

Rector's Ramblings

Welcome to the new Rector's Ramblings for the Aynho Village Newsletter. As I write this I am not yet Rector of Aynho and the Astwick Vale Benefice, but am sitting in my new office, trying to make the August issue deadline, in the hope that I will be Rector by the time it is printed and delivered. Perhaps unsurprisingly, I have been thinking a bit recently about the future and new beginnings. Not just my own start as Rector, or trying to pull a home out of a mountain of brown cardboard boxes. I have been thinking about our upcoming end of year service for the children at Croughton School, as they all prepare to move classes or schools. We have had a recent election and new Government, and it has been hard to escape the (sometimes fractious) elections and transitions of governments around the world. Everywhere things seem to be changing. There are new beginnings, and promises and plans about the future are being declaimed.

In the Church calendar we call this period Ordinary Time. Set aside from seasons of celebration or preparation, like Easter or Lent, this is a time for hard work, harvest, and ordinary day-to-day life. In our churches the fabrics are changed to green to remind us of the new life we are given by God, and which we see reflected at this time in the world around us.

Sitting in the study I can see apples, plums, and blackberries bursting out in the orchard. Lambing and baling are, for the most part, now behind us, and the thoughts of some turn to combining and sowing. As always at this time of year, I am reminded of past lambings and balings. The good ones, which blur into much of a muchness. And the bad ones, the individual details of each are still burned clear into my mind.

I am reminded that, although they appear each year in the calendar, regular as clockwork, none of these events hold much certainty in themselves. No certainty for the harvest when we plant the seed. Despite scanning and hard work only a fool finally counts the lambing before they are in the market. Perhaps, new governments, new school years, and new Rectors are the same.

None of us know the future, only that we must go into it. Who knew that the rain would suddenly give way to blistering heat? We can hope for it, and perhaps plan for it, but until it comes we are in limbo. At this time we mark new beginnings and potential in nature, community, country, and ourselves. None of us know for certain what will come, so we do the best we can to encourage the good, and to build a bulwark against calamity. As it is in nature, gardening, work, so it is in our lives and our faith.

I wish every best to everyone beginning something new, even if it is a regular part of your calendar. I hope in my new start that I will be able to adequately serve God, the Church, and this community. I will look forward to meeting - I hope - all of you. I will pray for you all. Please pray for me. We will learn what the future holds together.

Revd George Frost

SYBIL'S 90TH BIRTHDAY CELEBRATION

Dear Friends,

As you probably know Sybil, who has spent her entire life in Aynho, will be celebrating her 90th Birthday on Wednesday 21st August.

Friends, old and new, are invited to help her celebrate her special birthday over a cuppa and some refreshments at a "Pop In" party in Aynho Village Hall between 2.30 and 5.00pm on the 21st August.

For catering purposes, it would be good to have some idea of numbers so if you are able to attend would you please let us know either by telephone: 07768 344388 or email: aynhogibbs@btinternet.com by 10th August 2024.

Deborah and Graham Gibbs

IN YOUR VILLAGE HALL

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

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

Meeting 10.00am - 12.30pm Saturday 11th August

Aynho Writers' meet in the Mary Cartwright room in the Village Hall. This month's meeting was full of people's circumstances when a world event took place. For August our topics are a story including a sexy teacher, a thriller set in Cornwall and a ride of a lifetime, or a story for this year's book. New members welcome. Come and see if it suits you.

AYNHO GARDENING CLUB **Contact: Annabel Bellamy 810847**

The **AYNHO GARDENING CLUB ANNUAL FLOWER AND VEGETABLE SHOW** will be held in the Village Hall on Saturday 17th August. This year we are celebrating the **40th AGC Show, our Ruby Anniversary.**

Accompanying this month's Newsletter you will find a Schedule, entry form, and the recipe for the Show – please have a look and enter a class or two – we would love some entries into the Family Class. The Show is open to all residents of Aynho.

Tea and cakes will be served during the afternoon and there will be a raffle as usual. For those of you who enjoy the produce, this will be available later in the afternoon for a donation, so do bring some cash.

Any cakes and raffle prizes will be greatly appreciated.

Please support our Show and the Gardening Club Committee.

Contact: Carol McClellan – Show Organiser – 810346 or any Member of the Committee.

AYNHO LADIES GROUP - 3rd Wednesday

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

Our Group, along with guests, enjoyed a fascinating talk from Kevin D'Silva which was informative and eye-opening on matters that we seem to take for granted in this modern and innovative world of medical science.

Apart from our coffee mornings, which have all gone well and been enjoyed in the Village Hall, this is now our summer break time so we will not be having another full meeting until the 25th September when we will be joining the History Society for a talk on "The Secrets and Scandals of Cannons Ashby". This will be given by Laura Malpass, a heritage consultant and journalist who has worked at Canons Ashby for over 10 years. She will give an insight into what goes on "behind closed doors" – always intriguing. Until then it is hoped that we can enjoy the rest of our summer, so take care and keep smiling.

COFFEE MORNING – Coffee and Cake at the Village Hall. 7th August, 10.30am – 12 noon. Cost £3. This is a joint coffee morning for the Men's Coffee Club and Aynho Ladies plus anyone else who would like to come. You do not need to be a member of either group.

HISTORY SOCIETY 4th Wednesday **Contact: Helen Mackenzie 07866 044985**

After a very successful meeting in June, we are eagerly awaiting our joint talk alongside Aynho Ladies Group on 25th September with the return of Laura Malpass. All are welcome. Cost £3 on the door. Refreshments will be served.

October we are delighted to be hosting Jean Paul who is a renowned speaker on the history club circuit whose topic is 'Port Pie Heaven' samples of which may well be available!

November we have a surprise event/quiz and will be holding our AGM. It's rumoured that mince pies and mulled wine will be served to aid your answers!

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

COFFEE AND CAKE SUMMER COFFEE MORNING Wednesday 7th August 10.30am – 12 noon at the Village Hall. Cost £3.

There is just one coffee morning this month and it will be for both the Aynho Ladies and the Men's Coffee Club. You do not need to be a member of either group if you would like to join us you would be very welcome.

If you would like to come please contact me **Jill Wightman 811206** or email: jayrw10@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 on Sundays 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, choosing a time and place via WhatsApp. There is no pressure to commit regularly - just come along if and when convenient.

For all three of the above contact:

Faraz Shibli on 07742 906 780 or email faraz.shibli@oxon.org

Bridge Circle

Contact: Kevin D'Silva on kevinds@salusinvest.com

Following the closure of the Cartwright Hotel, we now meet at the Great Western Arms on Station Road. We meet one Monday evening a month at 7 for 7.15pm, choosing a convenient date via WhatsApp. We are a very social group and welcome players of all abilities, including complete beginners, for whom we have recently been running coaching sessions.

ALSO AT YOUR SPORTS FIELD & PAVILION

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.

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.

Notes from your Parish Council

The Parish Council met in July on Wednesday 17th where we were delighted to welcome two co-opted Councillors: Alan Beaumont and Poppy Hoole. It is hoped that a further member of the Council will join us next month.

We are reviewing membership of the Neighbourhood Watch Scheme in Aynho and would welcome comments from residents and volunteers to help in its reintroduction. Please do use the contact form on the Parish Council website. (www.aynho-pc.gov.uk)

The new defibrillator at the Pavilion, instigated and donated in part by Brackley Football Club, is now in situ and operational. Further monies have been made possible by the generous donation of proceeds from the Aynho Fete.

From 21st July for x4 weeks we will be operating a Speed Watch in the village. It is hoped to operate this at least x3 days per week but volunteers to help are urgently needed. Have a look at the table below (and on the website) and if you can help please contact us either via www.aynho-pc.gov.uk or speak to your Chair, Dawn Willis.

STOP PRESS other news ...

Speedwatch is again in Aynho on 21st July – **Your Village Needs You!**

If you can volunteer on just one of these dates that would be very helpful. Times to be confirmed and to suit. Training will be provided but it's easy and a chance to meet other residents!

<i>Monday 22 July</i>	<i>Wednesday 24th</i>	<i>Friday 26th</i>
<i>Tuesday 29th</i>	<i>Thursday 1st (Aug)</i>	<i>Saturday 3rd</i>
<i>Monday 5th</i>	<i>Wednesday 7th</i>	<i>Friday 9th</i>
<i>Monday 19th</i>	<i>Wednesday 21st</i>	<i>Friday 23rd</i>

Note for your diary –

Parish Council Meeting; Monday 5th August, 7.00 pm;
Mary Cartwright Room, Aynho Village Hall

Aynho Carpool - Greater Interest Required!

There has been limited interest expressed so far in the idea of an Aynho Carpool. **No regular commitment is required**, but we need sufficient interest to make this viable. Please get involved - details below.

Do you sometimes need a lift to a nearby town or village? Do you know a neighbour who needs help getting around? 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. Please express your interest by sending a text or WhatsApp message to Faraz Shibli on 07742 906 780. Please state your name and whether you are interested in offering a lift, receiving a lift, communicating on behalf of a neighbour in need of help with transport or a combination.

THANK YOU

Members of the Aynho Gardening Club would like to thank Carol and Keith McClellan and Di and Richard Stephenson for inviting us to see their beautiful gardens and for the lovely evening we spent with them all.

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 – AUGUST

DATE	DESTINATION	TRIP COST
MONDAY 5 TH AUGUST	STRATFORD UPON AVON	FARE £20

POP UP PUB

Friday 9th August in The Square - 6pm - 8pm

Hooky, wine and soft drinks.

Thai BBQ (and bangers in a bun for the children)

YOUR LOCAL TRADE PAGE (Cost of Advert £3 per month)

KATE HUME AESTHETICS – ‘The Natural Beauty Nurse’ medical facial aesthetics & prescription skincare – advanced nurse practitioner and independent prescriber with nearly 2 decades of experience.

<https://www.katehumeaesthetics.com> Email: info@katehumeaesthetics.com

WhatsApp 07837 503421

NDM ELECTRICAL – N D Mobley, Brackley Tel:01280 700905 Mobile: 07922 005629
Domestic & Commercial Installation & Maintenance

SANDY BILLY (BSc.(Hons) (MChs) Private Podiatry/Chiroprody Service
Deddington Health Centre. Tel: Mobile 07792 212988 Email: sandynbilly@yahoo.com
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Corns & Callus (hard skin)

ADAM 1ST CALL HANDYMAN “When you don’t have the time or energy to tick off all those annoying jobs” call Adam on 07768 398661 Email: adam1stcallhandyman@hotmail.com
Based in Aynho and covering surrounding areas – call for free no obligation quotation

SMITHS NEWSAGENTS ring Tel: 01295 268499. Early delivery to your door every day

CIH DOMESTIC SERVICES:

Commercial & Domestic window cleaning. Inside and out. Plus gutter cleaning.

Contact: **Chris Henson 07402 44969**

CAROLINE FOOT HEALTH Caroline Tindale, DipCFHP, MPSPract. Professional foot care service including nail trimming, removal of corns and callus, ingrowing toenails, fungal nail treatment. Please call for an appointment. Home visits available. Tel 07899 017927 www.carolinefoothealth.co.uk

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Contact Jason on 01869 345329 or 07975 589459 or Email jason@cockburnfranklin.co.uk

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.

LUCY BROWN - Tennis coaching
1-1 Lessons / duo lessons / group lessons for juniors & adults
Tel: 07766772450 Email: lucy1101brown@hotmail.com.