



AYNHQ,
THE APRICOT VILLAGE

NEWSLETTER

JANUARY

*HAPPY
NEW YEAR
2025*



CHURCH CALENDAR - January 2025

ASTWICK VALE BENEFICE

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

Sunday January 5 th 1 st after Christmas	11am 9.15am 10am 6pm	Aynho Farthinghoe Evenley Hinton	Communion Communion Morning Prayer Evensong
Sunday January 12 th 1 st after Epiphany	9.15am 11am 11am 5.30pm	Evenley Croughton Hinton Farthinghoe	Communion Communion Morning Prayer Evening Prayer
Sunday January 19 th 2 nd after Epiphany	10.30am	Aynho	Benefice Communion
Sunday January 26 th 3 rd after Epiphany	9.15am 11am 11am 5.30pm	Aynho Croughton Hinton Evenley	Communion Morning Prayer Communion Evensong

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 January – Alternate Tuesdays at 7.30pm
St Michael's Church Cleaning – Wednesday 8th January (8.45-10am)

Items for **February Newsletter by 27th January**
by email please to Newsletter.aynho@gmail.com

SAVE THESE DATES FOR 2025

Friday 31st January – Pop up Pub in the Village Hall
Friday 14th February (possibly) – something fun for all ages
Monday 24th February – Village Hall AGM (7pm)
Friday 28th February - Pop up Pub in the Village Hall
Friday 28th March - Pop up Pub in the Village Hall
Saturday 5th April – Quiz and Curry Night
17-21st May – Oxfordshire Arts Week in St Michael's Church
Saturday 21st June – Village Fete on the Sportsfield

This Newsletter is issued by St Michael's Church and includes all Church and Community news and is printed locally in Aynho by "Ciceroni Travel"

(Vol:704)

RECTOR'S RAMBLINGS

It is January. Christmas and New Year have come and gone, and 2025 holds all the possibilities of the future. However, many people find this a rather difficult time of the year, and post-holiday blues are not uncommon.

We fix in our minds all the joy, excitement, and fulfilment that these special days can hold and find that other days, weeks, and months can pale in comparison. It can be the same when we make resolutions about those aspects of ourselves we would like to change. We place our hopes for ourselves and our futures into reforming milestones, and then are dashed when the next day comes and we are untransformed.

The truth is, we are not defined by a handful of days, and we can't change deep-rooted aspects of our lives in an instant. In the same way, a desire to change something - no matter what - isn't a once and done, we must keep deciding to do it. Expecting it to happen at once is like swinging a hammer at a block of marble and being disappointed when Michelangelo's David doesn't appear. The reality is we have to keep chipping.

The bad news is that Christmas doesn't last all year and New Years Resolutions rarely manage the full twelve months either. The good news is that the love and joy of Christmas, New Year and any of the other big celebrations in your life are already in our lives. The things that we gather into those few annual days of celebration, friends, family, joy and companionship, exist in our lives through all the year. Even if we tend to bunch them together more conspicuously at certain times, they are always there.

I pray you find the joy and love of the holidays in every day. For our resolutions, the prayer of St. Francis puts it best 'God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference'. God bless you all.

Reverend George

Aynho Quiz & Curry Night - Sat 5th April

Tickets now available for the 2025 Aynho Quiz & Curry Night.

Please contact Michael Johnson at
mjohnson.deepdale@gmail.com or 07585 616747

Tickets £15 pp.

Corkage £10 per table where applicable.

Max of 4 in a team.

All proceeds towards POPYRUS - Prevention of Young Suicide

IN YOUR VILLAGE HALL

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

Village Website – www.aynho.org

It has the up to date or corrected news throughout the month so keep an eye on it!

WINTER LUNCH CLUB

DATES FOR JANUARY: Thursdays 9th, 16th, 23rd and 30th

Winter Lunch Club is an opportunity for any villager to come along to the Mary Cartwright Room in the village hall, 12.15pm-1.30pm on a Thursday, enjoy a simple home cooked meal from a choice of soup, baked potato with filling, pudding, tea/coffee, at very reasonable cost during the winter months. No membership required! I run WLC for the community along with a great team of volunteers, any profit made (after hall hire and ingredient expenses) will go to supporting our village hall.

Please remember to book your place for any Thursday by noon on Monday of the relevant week, this is because I have to shop for ingredients and do some advance preparation!

Please also kindly let me know if you have booked a place and you are then unable to attend. Payment is by CASH only.

Amanda – 01869 810341

POP UP PUB – next is Friday 31st January in the Village Hall. From 5pm.

Aiming to cater for the children after school – followed by a cocktail hour (fancy a Negroni or two?) and the usual bar drinks and goodies – perhaps even a Darts challenge. All laid on by your Entertainments reps working with the VH Committee. Thank you to all those who have offered their help as we try and fill the gap without a Pub at the heart of the community.

PARK CLUB DRAW

As forewarned in September the Park Club Draw is going to close after all these years as no one has come forward to run it – and we both have done it for a number of years. It has raised a lot of funds over the years in the support of the community up at the pavilion – and those funds generously gifted through the Draw will be missed! As a lottery it has brought a little bit of monthly cheer to the winners too.

We have put a block on the Park Club Draw to incoming payments until the future of the Draw is decided. This will mean that a number of people who have standing orders setup in the next month or two will have their payments returned.

Perhaps as we turn the page into a New Year we can still find something similar through a little bit of monthly giving which can help supplement recreational funds. All ideas welcome!

David Dean and Jeremy James – Park Club Draw Coordinators (now retired)

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

Aynho Writers meet in the Mary Cartwright Room in the Village Hall from 11.00am to 12.30pm on **Saturday 11th January**.

We had a different meeting from our usual December one with an excellent speaker and guide who gave us some thoughtful ways to continue our writing and set us some challenging tests. Very enjoyable and satisfying. Next month we will reorganise our unnamed contributions to, 'A Foot in Both Camps.' They will be placed in the envelopes, provided and distributed at the beginning of the meeting, for us to guess the writer. Several of the oldest members are leaving so we would warmly welcome any new members. You can just turn up and listen for the first one if that's your preference. We look forward to welcoming you.

AYNHO GARDENING CLUB - 2nd Wednesday **Contact: Annabel Bellamy 810847**

HAPPY NEW YEAR to all Members of the Aynho Gardening Club.

This year we will be starting our Gardening Club year with a talk by Avril Hughes on **Wednesday 12th February 2025** so you can all relax in January and look forward to our get-together then.

With all best wishes, Annabel

AYNHO LADIES GROUP **Contact: Jill Wightman 811206, jayrw10@gmail.com**

We hope that you all had an excellent Christmas and are ready for an even happier but more peaceful 2025. Thank you to all those who came to our ever-popular mulled wine and mince pie coffee morning in December. It was an excellent way to start our run up to Christmas. Our **first meeting of 2025 will be on the 15th January at 2.30pm** and is another fascinating talk from Kate Angell. This time Kate will be exploring ENERGY looking at Western and Eastern ideas of finding our energy or 'chi' how it is produced, flows and functions. Lesley, Kate's T'ai Chi Chih teacher/mentor, will be joining us too and together they will demonstrate some partnered energy work. There will be pendulum crystals to play with and dowsing rods to show how we can influence our energy field by relaxing mind and body. This promises to be a fun and intriguing afternoon. There is no pressure to participate; if you prefer, just listen, learn and enjoy. Subscriptions for 2025 will be due at this meeting and the programme for the year will also be available. Hopefully there will be lots to interest and entertain you. New members are always welcome. If you are not sure come as a visitor - entry is £3. **Please note this meeting will be at 2.30pm.**

COFFEE MORNING: 8th January 10.30 – 12noon at the Village Hall. There is just one this month, the cost is £3 and will be for everyone. Contact Jill for more information.

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 outside the Cartwright Hotel at 9am on the first Sunday and third Saturday of every month for a group ride with a stop for coffee/breakfast, confirming in advance via WhatsApp. All ages and abilities are welcome.

Aynho Apricots Running Club We meet on Portway at 9am on Sundays for a group run, confirming in advance via WhatsApp. There are options for beginners and experienced runners alike.

Social Dog Walking We meet on occasional weekdays around lunchtime for on- and off-lead walks, 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 please get in touch with:

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

Bridge Circle

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

We meet at the Pickled Ploughman in Adderbury at 7pm on the second and fourth Mondays of every month, confirming in advance via WhatsApp. We are a very social group and welcome players of all abilities, including complete beginners, for whom we occasionally run coaching sessions.

AT YOUR SPORTS FIELD & PAVILION

Well-Being Walks - from The Pavilion Thursdays 10am

Contact: Dawn on 07929 322949

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.

Aynho Parish Council (APC) – News

Aynho Parish Council met on Monday 2nd December 2024.

Draft Minutes of the meeting are available on the Parish Council website. Planning Applications were reviewed, and these are open to public review on the PC website.

www.aynho-pc.gov.uk

An Extraordinary Meeting had been held on 25th November to determine the budget and the decisions at this meeting were discussed further, with the budget for the financial year 2025/26 agreed on 2nd December.

The RFO, Stephen Brook gave notice of his intention to retire at the end of the financial year. The Chair and all Council Members thanked him for his considerable length of service to the PC, his support, financial guidance and wished him well.

2024 had seen considerable improvements to the Pavilion including a new kitchen and redecoration. New dog bins were to be ordered to replace 4 existing ones.

It was agreed not to hold the January 2025 meeting - next meeting is scheduled for February 2025.

STOP PRESS – other news

Aynho Christmas Tree decoration and 'light up' saw many Aynho residents attending on Sunday 1st December. Entertainment was provided by the Banbury Rock Choir; refreshments and food were served in the Village Hall.

Thanks again are extended to Perry Tree Farm for their generous tree donation and to village members for their extremely generous donations of food and drink. Their support helped raise monies for the Community Fund and is much appreciated.

Grant Requests have been made for improvements to the Tennis Court – decisions are awaited.

Neighbourhood Watch – volunteers are still being sought to re-establish a Neighbourhood Watch Scheme in Aynho – please contact us if you can help.

20mph Advisory Speed signs

We have put in place 6 x advisory speed signs around the village

Note for your diary:

Parish Council Meeting: Monday 3rd February at 7pm in the Village Hall.

SUPPORTING KATHARINE HOUSE HOSPICE

Branching out – Recycling your Christmas Tree - 9th/10th January

Our brilliant tree-cycle scheme is back, giving people the opportunity to get rid of their Christmas tree in a hassle-free, environmentally friendly way once all the festivities are over. You make a donation to Katharine House Hospice and, in return, we will send one of our elves to collect and recycle your tree. Head to our website to find out more and check if your postcode is included in the scheme.www.khh.org.uk/christmastree

We need you!

Do you want to gain valuable skills and experiences while meeting new people and doing something amazing for your community. We're looking for more shop volunteers to join one of our 7 charity shops. You'll be part of a friendly team, helping raise vital funds that support our care for patients and families. If this could be you, visit www.khh.org.uk/volunteer-shops.

ABILITY BUS SERVICE – BRACKLEY/BANBURY

ABILITY (Northants) CIC is a minibus service for community groups, clubs, associations, charities, parish councils, retirement villages and communities in Banbury, Bicester, Brackley, Daventry, Milton Keynes, Northampton, and Towcester. It boasts a fleet of modern, luxury minibuses that connects people with the places that they need the most. You may live in a remote rural area that has lost a valuable regular bus service, where you live may not be quite near enough to the bus stop, or the buses don't go to the shops that you need.

ABILITY accepts valid concessionary bus passes. Those without bus passes will be charged a mileage fare. There are a range of membership options available, including an enhanced membership. The enhanced membership includes pick-up, drop-off, and carrying your shopping to your front door. See <https://abilitycic.org.uk/membership/>

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
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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 449969**

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

BULLS HEAD GARAGE (Souldern) Ltd. Tel: 01869 345281

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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

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.

Hearing Choices - with Lisa Summersell at Health Centre (Memorial Hall) Kings Sutton OX173PG. Expert independent advice; over 20 years' experience. All your hearing needs: ear wax removal, digital hearing aids, tinnitus advice.

Contact: 01295 574380 or 07942 641986 or email contact@hearingchoicesuk.co.uk

Learn Spanish with Liliana. Children & Adults. Explore Spanish culture with laughter and the joy of learning a new language. Time to practice what you've learnt with Duolingo.

Tel: 07307 87 0101. Hasta pronto!
