

# ST. MARY'S CHURCH - PURLEY ON THAMES

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## SUNDAY SERVICES FOR DECEMBER

See centre page for full details.

**RECTOR** Rev. Roger B. Howell,  
The Rectory,  
1 Westridge Avenue,  
Purley on Thames  
Tel: 941 7727

**CURATE** Rev. Brendan Bailey,  
10 Knowsley Road,  
Tilehurst  
Tel: 945 1411

**READERS** Jean Rothery Wally Watkivs  
Tel: 984 3625 Tel: 942 6170

**CHURCHWARDENS** Jackie Benstead David Jordan  
Tel: 942 9116 Tel: 941 5994

**CHURCH ADMINISTRATOR** Sally Robertson  
Tel: 962 5978

**CHURCH HIRINGS** Liane Southam  
Tel: 942 8243

**BAPTISMS** Enquiries about baptism should be made to the Curate (945 1411)

**WEDDINGS** Enquiries about weddings should be made to Jackie Benstead (942 9116)

**FUNERALS** Enquiries about funerals should be made to the Curate (945 1411)

Dear Friends,

*"Let us go and see this thing that has happened"*

Although the Rector will have returned from his sabbatical by the time you are reading this, he was still in Israel when I put pen to paper. When we released him from parish duties at the end of August, three months without the Rector seemed to be a huge amount of time. But now here we are at the beginning of December. It will be Christmas in no time at all!

Time has flown by and will continue to do so until Christmas Day itself! There aren't that many shopping days left before the festivities begin, especially if you are after a Teletubby toy for a very young child! It always appears that the gifts that people want are the hardest things to find. Yet this is not the pattern we see with God.

Instead of searching for some appropriate present to give to his creation, God did the unthinkable. Rather than gifts of money or power or influence, God gave himself. Not for Him to remain aloof, unknown God. God showed how much he cared for all the people in the world by coming and sharing the experience of life with them.

The people of Israel at the time were expecting someone to come to help them overthrow the Roman army of occupation. They expected a mighty warrior. They got a helpless baby. They expected a powerful politician. They got a miracle-working teacher. They expected a leader who would be king. They got Almighty God who died for them. This is the message of the genuine Christmas.

Around the country this year the Christmas advertising campaign will be stressing the genuine article as far as Christmas is concerned. No message of the delights of shopping or of eating and drinking too much. This year, as every year, the message of Christmas is plain and clear.

Jesus of Nazareth born in a stable in Bethlehem almost 2000 years ago is God himself. He lived and died for us, is alive today and is king of the whole universe. Whether we like it or not Jesus is King. All we have to do is acknowledge his place as King. Then we can say with the shepherds and the wise men, "*Oh come let us adore Him, Christ the Lord*".

I hope that we can welcome you to some of our Christmas services over the festive period. The dates and times are detailed on the centre page of this magazine. Details will also be coming through your letterboxes during December.

Roger and I, and our families, wish you all a Holy and Happy Christmas and all best wishes for the coming year.

Yours in Christ,

## **PARISH REGISTERS**

### **Baptism**

Leigh Anne Louise Bull

### **Burials**

Douglas Charles Day (ashes)  
James Brian Wilkinson (ashes)

We at St. Mary's are continuing with our support for this vital local charity. For our Christmas appeal, the Parochial Church Council suggested at a recent meeting, and it is something I have floated in the past and fully support, that we members of the Church do not send the many Christmas cards to each other (after all we can wish each other a Peaceful Christmas in person!) but donate the monies saved from this to Children's Aid Direct.

So, what I am going to do is make a massive Christmas Card which we can all sign to show we have thought of each other at this exciting time (after all if we didn't have Christmas we wouldn't have had Jesus!) and more importantly think of all those children who haven't heard of the Christian message. We can show our love to them by putting the monies we have saved into this card (there will be the appropriate slot for this).

This card will be in church during the month of December right up to and including the Crib Service on Christmas Eve. If you are not able to come to St. Mary's but would still like to support this idea, please give me or Mollie Bridge a ring on 962 5760 or 942 6722, and we will willingly come and collect your donation in person.

Do you know, we as a family give about 30 cards just within the Church. Thirty cards at 20p a card ..... £6.00. Just think, if we all gave this (or whatever we could afford), what a lovely gift of love it would be!

Sheila Adnett

P.S.I wrote the above on Monday, 10th November. Today is Wednesday, 12th November. The Midweek Chronicle has just dropped through my letterbox ..... God works in a mysterious way!!

**NEED A WHEELCHAIR?**

Do you have a relative/friend coming for Christmas who needs a wheelchair? Anne and David Bolam have one they can lend you. Please telephone 942 1020.

## **LUNCH POT**

Come and meet Father Christmas on Thursday, 18th December at Lunch Pot. This will be the last Lunch Pot of 1997 and the 1998 term will begin on Thursday, 8th January.

As well as distributing a little edible gift to the smaller customers of Lunch Pot, Father Christmas will be drawing our Christmas Raffle. First prize will be a Lunch Pot hamper of homemade goodies; dundee cake, stuffed dates and strawberry jam to name a few. We shall also be raffling a voucher entitling the bearer to a free Lunch Pot lunch to be used anytime during the spring term of 1998. So come and try your luck at our Christmas Lunch Pot and, whilst you're there, treat yourself to Christmas cake or mince pies and sample our warming festive cider punch.

Don't forget Lunch Pot every Thursday of term time 11.45 a.m. - 1.00 p.m. at St. Mary's church hall.

Abi Stinson

## **PURLEY ALLOTMENTS**

Reminders are being sent out by the Clerk for the 1996/7 rentals, several of which are still overdue. Gardeners are reminded that non-payment will result in the allotment being reallocated.

We have had numerous complaints from residents of Nursery Gardens about smoke drifting from bonfires. While it is permissible to have the occasional bonfire there to burn up rubbish from the plot, the allotments are not the site of a public incinerator. In any case, gardeners are asked to make sure that the wind will blow smoke away from the houses and not leave bonfires to smoulder for long periods.

John Chapman,  
for Purley on Thames Parish Council

## **APARTMENT TO LET**

Algarve (Club Praya d'Oura). Apartment to let from 21st February 1998 for one week. Seafront. Sleeps four. £249.00.

For further details, ring 984 2942.

# THE MILLENNIUM AND THE PARISH COUNCIL

The Parish Council will be acting mainly as a co-ordinator in the celebrations for the Millennium and two specific activities have been identified:-

First it will compile and publish a commemorative booklet

Second it will promote a village fun day at the Recreation Ground during the summer

The aim is that each individual parish organisation should generate their own ideas and put on their own events for whatever purpose they may choose. What is asked is that organisations notify the Parish Council of their intended events so that dates can be co-ordinated and published. It is intended that the final deadline for copy for the booklet should be the 31st August 1999 with the intention of publishing in December 1999.

For the village fun day the intention is that the recreation ground and the barn will be available over a weekend or bank holiday day for individual organisations to run a stall or put on an event or tournament of some sort. The Parish council will not be organising any particular event although it may have a display of some sort.

We take a flexible view of what organisations would qualify. The main qualification is that it must be locally based and have an area of benefit within the parish of Purley or within Purley and adjacent parishes. Social, cultural and charitable organisations would be included and we would prefer to be inclusive rather than exclusive. The area of coverage is that of both the Civil and the Ecclesiastical Parishes.

In order that we can begin the process of planning the booklet, we need to know which organisations would like to organise an event and provide us with the name and address of someone we can write to. If you can give us some idea as to the events you are thinking of, then that will be very helpful. Even if you are not planning an event, then please write us a paragraph describing your organisation.

We plan to start out with an outline of the booklet and gradually fill in the details as they are received so that everyone will know what everyone else is doing. Drafts will be circulated at regular intervals to those who have indicated an interest.

All replies to the Clerk, Mr. R.D. Fullbrook, 28 Fontwell Drive, Tilehurst RG30 4QR.



## THE BARN

At the time of writing we still have not got a public entertainment licence for the Barn. However, that does not preclude us renting it out for private functions. This means that you may not advertise an event, nor admit the public at the door. You can sell tickets to members for themselves or their friends and families but not to the general public.

There are some planning restrictions which we have to take note of: these refer mainly to operating hours and all activity must cease by 10.30 p.m. although you may have an extra half-hour to clear up. Most importantly, discos or loud amplified music are not allowed and there is, of course, a very strict No-Smoking rule.

The barn is fully booked by the Scouts and Youth Club on weekday evenings, leaving morning and afternoons Monday to Friday and all day Saturday and Sunday as available. Charges are £30 an hour on Saturday and £20 on other days. There are discounts for local organisations, residents of Purley on Thames and for charities and, of course, you can always apply to the Parish Council for a supplementary grant in special circumstances.

Bookings are done through the Clerk, Mr. R.D. Fullbrook, 28 Fontwell Drive, Tilehurst RG30 4QR, from whom a leaflet is available.

## BARGAIN CORNER

### **Excellent Christmas present for computer games enthusiast**

Super Nintendo games console with two controllers and 18 games, boxed and in immaculate condition.

**£150.00**

**Tel: 984 4223 (evenings)**

New double feather/down 10 tog duvet from Heelas - **£25.00** or nearest offer (paid £47 - receipt included). Ring **942 3088**.

Three children's bicycles:

**Raleigh Universal** 10-speed mountain bike, 20" wheels. Good condition, suit 8-12 year-old - **£55.00**.

**Raleigh Styler** single-speed BMX, 16" wheels. Good condition, suit 5-8 year-old - **£30.00**.

Folding bike, 16" fixed wheel - **£5.00**.

**Tel: 942 1880**

Merry Christmas to everyone at Playgroup.

Purley Infant School and Purley Playgroup are getting together, as usual, for the Christmas Fair. We shall be at the Infant School on Saturday, 6th December from 1.30 - 4.00 p.m. Thank you to everyone who has helped with the stalls, crafts and games. Father Christmas will be there, in his grotto, and the children can also have fun getting their faces painted.

Please support this effort. All profits are used towards replenishing equipment.

We have been busy preparing for the Christmas festivities. The children are enjoying practising for the Christmas play. This year it is on Wednesday, 10th December. All the children are involved and parents/carers are invited to watch the final performance.

The Christmas Party for the children will be on Thursday, 18th December, which is also the last day of Playgroup this term. The party is a very popular event where everyone has fun before the Christmas break.

The staff and committee members have been busy behind the scenes. Thank you for their help and to the parents who contribute to our success.

If you would like to put your child's name down on the waiting list, or just want to visit the Playgroup, please contact the Supervisor, Sue Slade, on 941 0778.

**Calendar of Events**

December 6th	-	Christmas Fair
December 10th	-	Christmas Play
December 18th	-	Christmas Party and End of Term

January 5th 1998 -

New Term Begins

## **LONG LANE PRIMARY SCHOOL**

With the headlong rush towards Christmas well on the way, we were pleased to support the efforts of the British Legion to hold a two-minute silence on 11th November this year.

As a school, we do mark this event believing that we owe the young people in our charge the opportunity to learn about the sacrifice others have made during two World Wars and other conflicts.

Quite a number of our pupils belong the scout/guide movement and were involved in the acts of remembrance that took place locally on Sunday, 9th November. Children are capable of understanding the symbolism and significance of the poppy and showed real respect when we held our silence on the 11th November.

Developing a sense of chronology takes time and for many children it is hard to appreciate what we mean by thinking about the most recent world war that ended over 50 years ago. To help in this process, I was able to recount the experiences of my mum who was evacuated from London in WWII and ended up staying with a Welsh farming family at the tender age of 11 years, and my dad who was sent to boarding school in Shoreham and, together with his cousin Lawrence, had to dive for cover when a lone bomber tried to drop a bomb on the bridge over which they had just cycled.

The timing of these acts of remembrance does contrast starkly with what seems to me to be the carefully orchestrated consumerism that is in danger of strangling the spiritual significance of Christmas. I am glad that children have the opportunity to join with others in marking the sacrifice that generations made in the cause of freedom.

A.T. Kuhles, Headteacher

## **KEEP FIT CLASS**

A safe, enjoyable, effective exercise class takes place every Wednesday, 7.30 - 8.30 p.m. at Long Lane Primary School. Something different every week. Any queries please phone Andrea Turner on 01491 825910.

## **PURLEY MEMORIAL HALL ACTIVITY FOR THE COMING MONTH**

## **PANGBOURNE PRIMARY SCHOOL**

This term in our acts of worship we have taken the theme of "Caring and Sharing". We all live in such a materialistic world that it is often difficult to convey to children that they must develop concern for others. We are constantly being urged to be highly motivated and ambitious, whilst encouraging our pupils to put others before themselves. Fortunately, children tend to be naturally sympathetic towards those less fortunate, and respond quickly and enthusiastically to our appeals for donations to charitable organisations like Save the Children Fund. They are quick to give time and energy for planning fundraising activities for themselves - no doubt a Blue Peter event will be requested at Christmas.

The other side of the coin is to encourage day-to-day routine caring for each other - to acknowledge other children's needs and to recognise when a friend requires support.

These are not responses to world catastrophes, but form the basis of a caring and supportive environment in which to grow and develop.

Pam Hillier-Brook,  
Headteacher

## **WEA COURSE ON ANGLO-SAXON ENGLAND**

A 10-week course of small, informal classes will be held, at the Purley Parish Office (next to the tennis courts off Beech Road) starting on Wednesday, 14th January 1998 at 10.00 a.m. - 12 noon. We shall explore how the early Anglo-Saxon kingdoms formed as waves of invaders, settlers and Christian missionaries entered post-Roman Britain, and discuss how the society, culture and religion of these people interacted to create a united English state.

The WEA is a national organisation, formed in 1903 to offer people the opportunity to extend their education. Why not come to explore new fields, or pursue an area of interest, while making new friends.

For further information about this course or others in the Reading area, call either Andrea Magon (926 0026) or Marvin Clarke (941 4996).



# SERVICES AT ST. MARY'S IN DECEMBER

7th Dec.	9.30 a.m.	Family Worship
	11.15 p.m.	Morning Worship
	6.00 p.m.	Holy Communion
14th Dec.	9.30 a.m.	Family Worship
	11.15 a.m.	Holy Communion
<b>21st Dec.</b>	<b>9.30 a.m.</b>	<b>Family Worship Carols &amp; Communion</b>
	<b>11.15 a.m.</b>	<b>Morning Worship</b>
	<b>6.00 p.m.</b>	<b>Carol Service</b>
<b>24th Dec.</b>	<b>4.30 p.m.</b>	<b>Crib Service</b>
	<b>11.30 p.m.</b>	<b>Midnight Communion</b>
<b>25th Dec.</b>	<b>10.30 a.m.</b>	<b>Christmas Day Communion</b>
28th Dec.	9.30 a.m.	Family Worship
	11.15 a.m.	Parish Communion

## PURLEY RISE POST OFFICE STORES

### Christmas and New Year arrangements

Post Office opening hours - open as normal except:

Wednesday, 24th December	-	close at 12.30 p.m.
Thursday, 25th December	-	closed
Friday, 26th December	-	closed
Wednesday, 31st December	-	close at 4.00 p.m.
Thursday, 1st January	-	closed

### Pensions and Allowances Advance Payments

**Payment due on:**                      **Payment may be collected on or after:**

Wednesday, 24th December	Wednesday, 17th December
Thursday, 25th December	Thursday, 18th December
Friday, 26th December	Friday, 19th December
Thursday, 1st January	Monday, 29th December

### Last Posting Dates for Christmas

Outside Europe	-	6th December
Europe	-	13th December
Inland Second Class	-	18th December
Inland First Class	-	21st December

Collection times are 9.00 a.m., 11.45 a.m., 5.15 p.m. and 6.30 p.m.

If the letter-box is full at any time, then please bring your mail in to the Post Office or, if we are closed, put through the shop letter-box and we will make sure they go with the next collection. The shop side of the business is now open until 7.00 p.m. Stamps are available from the shop counter.

Are you stuck for ideas for Christmas presents? How about helping someone to pay their bills by buying them some Savings Stamps? We have in stock £2 or £5 telephone, £1 or £2 TV licence, £2 gas, £1 Southern Electric or £5 car tax. We also have £2, £5 or £10 B.T. phonecards and, for a limited period, the commemorative £5 coin to celebrate the Queen and Prince Philip's Golden Wedding Anniversary.

Don't forget that you can now pay your gas, electricity and telephone bills here at no extra charge. We also issue TV licences and are now able to offer a personal banking service

to personal account holders of the Co-op Bank, e.g. personal cheque encashment, cash and cheque deposits.

If you are booking a holiday abroad next year, then we issue E111's and travel insurance. Foreign currency and American Express travellers cheques can be ordered with just four working days' notice. Come in and ask for more information.

Your custom is very important to us and much appreciated. Many thanks to all our customers who have remained loyal over the 12 years we have been here. Wishing you all a Very Happy Christmas and New Year.

Ron and Charlotte Jenkins

## THE SOUTH CHILTERN LIONS CLUB

**Charity Concert was a big hit!** The South Chilterns Lions Club held their charity concert at Drake Hall in the picturesque surroundings of Pangbourne College on Saturday, 8th November. The Club would like to thank The Pangbourne Silver Band and The Thames Valley Chorus for a most enjoyable evening. The event was attended by over two hundred guests and the President of The South Chiltern Lions Club, Roy Davies, would like to thank Pangbourne College for allowing us to use their superb facilities, and all who supported this event by buying tickets.

It is because of events like this that we are able to provide assistance. For example, we gave items of furniture to a local family in need; these items were provided by the Lions central community store. We provide Christmas parcels, the Club purchased a special wheelchair, and we also arrange concerts for pensioners and coach trips for children to Paultons Park, and help many charities such as Leukaemia Research and BBC Children in Need.

Wishing you all a Very Happy Christmas and a Prosperous New Year for 1998 from all

## GARDENER'S CORNER

This month we have the first readers' questions I have received and I will be looking at a few Christmas gift ideas for the gardener of the family.

### Readers' Questions:

The first question comes from a Mr. Taylor of Tilehurst regarding a small shrub he has growing in his garden which he couldn't recognise. The specimen stem and leaves which accompanied the query indicate that the plant is a small evergreen with pale or olive green rounded leaves. The leaves also had an undulating appearance. The stems of the shrub were black which provided a good contrast to the pale foliage.

Mr. Taylor asks "*Can you identify this shrub which I have had in this garden since I bought the house and can you also tell me why does it not flower regularly? The shrub when in flower has a wonderful fragrance on a warm summer's evening and I would like to enjoy this every year if possible.*"

Well, Mr. Taylor, the shrub is *Pittosporum Tenuifolium*, a small leaved evergreen suitable for mild or coastal climates. The black stems and pale leaves are certainly very attractive and the plant can grow into a small tree about 10' high. The small and fragrant flowers are normally purple or brown and will appear only on mature plants. There are other varieties which have a variety of leaf colours such as "Purpureum" with red-purple leaves or "Silver Queen" with white edged leaves. Regrettably its lack of hardiness is the reason why flowering is so unreliable as in our climate the winter frosts will cut back much of the newer growth and, therefore, kill many embryonic flower buds. I would suggest that to improve flowering you could move the shrub to a sheltered position against a south facing wall in full sun with well drained soil. This should improve the chances of the shrub flowering. Alternatively, you could grow it as a container plant on the patio and overwinter it in a conservatory or frost free greenhouse. Any necessary pruning can be done in spring. New growth will appear from old wood quite readily.

The second question this month concerns the care of *Achimenes*.

Mrs. Bryant asks "*I grow Achimenes indoors on a sunny windowsill. Each year I seem to get unsightly stains on the leaves. Is there a way to avoid this please?*"

I suspect that these stains are caused by watering the plant from the top which causes water droplets to remain on the leaves, leading to the unsightly stains. I would suggest that the cure would be to place the plant in a saucer applying the water to the saucer and not to the top of the pot. However, care should be taken not to leave the plant standing in water as this will cause the compost to become waterlogged and lead to root damage. You should, however, ensure that the compost does not dry out. Shading the plants during the hottest part of the day from late spring onwards with a net curtain will also protect the plants and reduce the amount of watering required.

Hopefully I will have more readers' questions next month. Please send your questions to Gardener's Corner, 2 The Hydes, Tilehurst, Reading RG31 6GD. I look forward to hearing from you.

As the festive season draws nearer, the question of Christmas presents and what to buy begins to exercise our minds once again. I have been looking through the latest gardening catalogues and picked out a few suggestions for the keen gardener which you may wish to consider.

There is a huge selection of gardening books available on almost every subject and to pick out a few is almost impossible. However, for the average gardener who needs a book to help choose plants for the garden, with design hints and clear cultural advice, the Blooms of Bressingham "Garden Plants" book by Alan and Adrian Bloom is ideal. Available in hardback at £19.99. For something less detailed, the Expert range by Dr. D.G. Hessayon is hard to beat. There are volumes on a huge variety of subjects from Trees and Shrubs to Lawns and Roses. These are all in softback for under £10.00.

Pruners are always a garden necessity but I saw a new invention this year which adds to their usefulness. This is a cut and hold pruner. This is invaluable when pruning plants with thorns etc. as it will not only cut the stem but hold the cutting as well while you remove it from the plant. A snip at £8.99. For the heavier job, a tree saw is very useful. Saws with 7" blades are available from around £8.99.

Supporting shrubs and perennials can enhance the display in your garden and avoid all those drooping plants especially after rain. Link stakes have been around for a while but I use them all the time and find them a real boon. A 24-pack of 18" tall stakes with 7" in arms will cost about £13.75. Larger types are available for those taller plants and shrubs.

For a smaller present for the Christmas tree, what about plant labels and a marker pen or rooting powder, all of which can be bought for less than £2.00. Another good idea this year, for the smaller seed raiser, is a set of small 5" seed trays. These trays are about 1.5"

deep and come in a set of 5, with plastic plant labels for about £1.65. To water those tender seedlings or indoor plants, what about a bottle top waterer. This simple device screws on to the top of used plastic drinks bottles, making a handy greenhouse or indoor plant waterer. They are also invaluable for people who find it difficult to lift heavier watering cans. A pack of 3 will cost about £1.95. Well that's all for this month. Have a Happy Christmas and a good gardening year next year.

Colin Graves

## **WOMEN'S INSTITUTE**

The last meeting began by welcoming visitors and a new member. We were reminded of next month's Christmas Party and Dinner. We enjoyed a coach trip to Bearwood College for a musical evening of "Songs from the Shows"; this was performed by various W.I. members from different Institutes, to commemorate 100 years of W.I. The participants should be very proud of their effort.

The speaker of the month was Mrs. Beverley Hall on the subject of the Alexander Technique (body posture). Mr. Frederick Alexander, born in 1869 to a farming family in Tasmania, loved Shakespeare and adored his recitals - unfortunately his recitals became a problem when, at the end of a session, his voice became very hoarse. His doctor recommended resting his vocal chords for two weeks before his next performance but, by the end of that recital, the voice had gone again. This bothered him and eventually he studied the situation, won some money, and developed his own exercising technique, trained, then went to the United States of America. So what had he been doing that produced his own problem .....

I bought 5lbs of potatoes last week and I was reminded that a small human head weighs 8.5 lbs. Bearing this in mind, is it any wonder that we have problems if we abuse our bodies. The weight of the head is finely balanced by muscles etc., so Mr. Alexander realised how badly his head was in position to his diaphragm when giving his recitals. His technique to obtain the correct body posture solved his problem and many celebrities, Royalty, and sportsmen use the same technique. Certainly, drama and singing students are advised in posture and movement. The National Back Pain Association, The Migraine Trust, and Parkinson Disease Association also serve on their counselling boards.

The Competition "Photograph of Unusual Posture" was won by Tricia Wilson with Irene Smith in second place. The Flower of the Month was won by Molly Riddell and joint second were Sybil Pryor and Betty Dawkins.

This month is the Christmas Party, so may we wish you all a very Merry Christmas and a Happy New Year.

Sylvia Conquest

## FROM MY HISTORY NOTEBOOK

### Some Recent Discoveries

What happened to the Cow Money? Regular readers of the Purley Parish News may recall the story about the Purley charity referred to as the "Cow Money" which was one of many investigated by Parliament between 1786 and 1905. Even in 1786 no one in the parish could recall how this particular charity had originated; they could only say that for at least 100 years the Parish Overseers had held £6 which produced annual interest of 6s (30p) for occasional distribution among the poor widows. By 1856, even the capital was lost when the then overseer, Edward Sherwood, died suddenly. But a document has now been found which suggests the source of our only charity.

On a recent visit to the Public Record Office in London, the following caught my attention; it was the last Will and Testament of John North, yeoman of Purley, who died in 1608. John farmed on land owned by the St. John family in the Manor of Purley Magna; he held 11 acres of arable partly in Purley Common Farther Field and an acre of meadow in the Common Mead. He may have lived in the easternmost of three houses which faced south on to The Street, the site of which appears to have been in the area of Oak Tree Walk in the Purley Park River Estate. He lived in the parish for at least 30 years before his death and, as a person of some standing in the community, was called upon several times to witness a neighbour's Will or to assess the value of his goods for the probate inventory. His own Will is dated 30th January 1608 and describes him as "sick in body but of perfect memory". This is an important phrase as the Will of an insane person is invalid. He was buried in Purley the following day.

It is not clear why his brief Will should have been taken to the highest ecclesiastical court in the country, that of the Archbishop of Canterbury. The only bequests are of 2s (10p) to the Parish Church of Purley and to the "poor of the same parish, one cow to be employed for their use forever".

How long this "everlasting" cow survived or whether a successor was purchased is not known at present ..... maybe we shall never know, but the gift was certainly a unique one for the village poor.

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Purley does not have a pub of its own and our nearest local is the Roebuck\* just over the border with Tilehurst. Did Purley ever have an inn? The answer is yes, apparently we did, in the 18th century.

In 1748, two years after he married in Purley, John Emmons is named as owing £5 to Elizabeth Burd a Reading Brewer. Another document dated 1773 called him a victualler and by 1786\*\* he lived in a house called "by the name or sign of 'The Red Lyon'". This house was "in the road leading to Pangbourne (and was) formerly enclosed and taken from the waste land of the manor". Local rumour suggests that it was Quaker influence that had Purley "dry" by the 19th century.

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\* Now known as Beethovens.

\*\* Thanks are due to John Titterton for locating and copying this document in the British Library (formerly the British Museum) for Project Purley. Next month's article will be about its contents.

Jean Debney

*(This article was first published in Purley Parish News in August 1983 and has been reproduced by kind permission of Jean Debney).*

## **THE ROTARY CLUB OF PANGBOURNE**

The Rotary Club of Pangbourne held a Charity Tenpin Bowlathon at the Superbowl, Thatcham on Saturday, 15th November.

Thirty-five teams (six in a team) entered. The winners were "Last Minute", a team from Thatcham, with a gross score of 962 (net 907); 2nd "Speedsters Strike" from Porche Garage, Reading, with 946 (898); 3rd Horncastle Garage, Reading with 843; 4th "Strachey Streakers", Tidmarsh with 786. Top scoring man was Mike Willerby of "Last Minute" with 244. Top scoring lady was Kim Billington of Field Seymour Parkes, Reading.

This was the second of what will be regular bowlathons planned for the future by the

Rotary Club. Approximately £3,300 was raised from entry fees, raffles and sponsorship, all of which will be distributed to local charities. The main beneficiaries will be Reading Hospital Cardiac Department and the mental health charity MIND.

Cliff Meredith

Are you a parent or a grandparent?

Have you a few hours to spare weekly? These are the two basic requirements for Home-Start volunteers.

Home-Start Reading is a voluntary home-visiting scheme in which volunteers visit young families who are experiencing difficulties in their own homes. They offer emotional support and practical assistance for as long as is necessary. All volunteers have parenting experience upon which they draw as they work alongside families. Before being carefully linked with a family, they attend a Preparation Course for 3 or 4 hours a week, for 9 weeks. The Course is extremely important as the success of the volunteer in the family's home is the core of Home-Start work. The Course gives them a chance to reflect on and value their own life experience and those of others. They also get to know everything involved in home visiting, in a way which takes account of the volunteers' needs as well as those of the families with whom they will be working.

Families requesting Home-Start help are often referred by health professionals, social workers, teachers etc. There are also many self-referrals. Home-Start Reading works throughout the town. Our volunteers have a wide range of backgrounds, and so do our families. The needs of the families are many and various. In some cases there is physical or mental ill health or disability, either in a child or one of the parents. Many families who have a multiple birth need practical assistance, particularly if they have other children. Unemployment and low income also add to the stresses of family life. Some single parents and their children especially welcome a friendly figure who will visit regularly.

Home-Start has been working in Reading for 13 years. Next year Home-Start UK will celebrate its Silver Jubilee. Home-Start International is well under way, with schemes in 8 or 9 countries from Norway to Australia. Like all good ideas, the Home-Start ethos is simplicity itself, and that is why there are now about 200 schemes in this country and an

increasing number overseas. So many people recall their own experience of parenting and remember the difficult times as well as the happy ones. They feel that they could not possibly volunteer to support anyone since they themselves were not 'perfect'. But no one is. It is the sharing of experience and acknowledgement that parenthood brings pleasure, but also pitfalls, that makes a Home-Start volunteer a welcome visitor in many Reading homes.

If you are interested in learning more about Home-Start, then do please ring us on 942 9518. All out of pocket expenses are met, in advance, if necessary. We are hoping to start another Preparation Course in the New Year.

Judith Colegate, Chairman, Home-Start Reading

## **PANGBOURNE MEDICAL PRACTICE**

### **Getting Older and Staying Healthy**

More and more people are living longer and there are important ways in which the elderly can remain healthy and active. We hear a lot about NHS resources and the expanding elderly population. I would prefer to look at this problem in a more positive light. How can the elderly enjoy life to the full and remain independent and happy for as long as possible?

### **Age Related Changes in the Body:**

There are many important age related changes in the body which include changes in eyesight, hearing, mobility and ability to copy with medication and the need to take medication.

### **Changes in Eyesight:**

The development of lens cataracts increases with age due to irreversible changes in the lens of the eye. Regular visits to the optician and the diagnosis and monitoring of cataracts is important. Lens removal and replacement is a frequently performed operation, one eye at a time, which can be done under local anaesthetic with dramatically beneficial results. Driving can be affected by the reduction of peripheral vision and increased sensitivity to glare. This can be helped by wearing glasses to reduce the glare. It also takes longer to focus as the ocular muscles change with age and awareness of this can be helpful.

### **Changes in Hearing:**

The age related changes associated with hearing loss cause a reduction in the ability to

hear high frequency noises and consonants. Although as many as 50% of the elderly with deafness would be helped by a hearing aid, only 10% wear them. It is worth checking the ears for wax, as this can reduce hearing and tends to build up if an aid is worn. Some elderly people feel that there is a stigma attached to wearing a hearing aid. One elderly person told me that they would only consider wearing a hearing aid to hear the birds in the garden. We can all encourage the elderly to have their hearing properly checked and to use a hearing aid if recommended.

### **Nutrition:**

There is a reduction of the sense of smell and taste with ageing which can be made worse by smoking, some medications, hypothyroidism and Alzheimer's Disease. All these factors can reduce the enjoyment of food and make the elderly more at risk of malnutrition. Deficiency of vitamins and minerals are thought to affect a wide variety of age related changes, including arthritis, arterial damage (leading to strokes and heart disease) and cataract formation. Some important nutrients are thought to be:-

	<u>Food Source</u>
Vitamin A	Spinach, liver, wheatgerm, almonds
Selenium	Nuts, radishes, mushrooms
Vitamin C	Fresh fruit and vegetables, especially raw ones
Beta carotene	Carrots, spinach, broccoli and tangerines

Our diet containing these important vitamins and minerals is very important and relatively easy to manage.

### **Osteoporosis and Mobility:**

One in three women will experience an osteoporotic fracture during their lifetime. A number of factors increase the likelihood of an elderly person falling and fracturing a bone, especially the neck of femur (hip), wrist or lower vertebrae. The bones become osteoporotic (lighter and deficient in calcium), the muscle bulk reduces with ageing and the righting mechanisms concerned with maintaining balance and equilibrium are reduced. Weight bearing exercise and reasonable dietary calcium intake are helpful in preventing osteoporosis. Smoking and caffeine are **not**. Gentle regular exercise can improve muscle function and reduce joint stiffness, both of which help maintain mobility.

It can also help reduce the risk of heart disease, stroke, high blood pressure and depression. It may well improve sleep and reduce stress.

Calcium is found in milk (including skimmed and semi-skimmed), cheese and dairy products.

### **Medication in the Elderly:**

Many factors alter the effects of drugs in the elderly. These include changes in the ability of the liver and kidneys to get rid of drugs in the body and the concomitant use of other drugs which can cause drug interactions. Side effects can be more common and serious when they occur. For example, anti-inflammatory drugs are more likely to cause serious bleeding from the stomach in the elderly. We try to keep medication to a minimum but, as different medical problems arise, this can be difficult. More blood tests are required to monitor the effect of drugs on the body in the elderly.

In conclusion, there are many simple things that can be done to offset the adverse effects of ageing; these include gentle exercise, adequate nutrition and care with medication.

## **SOME MORE HOLY BLOOPERS FROM CHURCH BULLETINS**

1. Tuesday, at 5 p.m. there will be a meeting of the "Little Mothers Club". All those wishing to be little mothers please meet the minister in his study.
2. This being Easter Sunday, we will ask Mrs. Johnson to come forward and lay an egg on the altar.
3. The service will close with "Little Drops of Water". One of the ladies will start quietly and the others will join in.
4. On Sunday a special collection will be taken to defray the expenses of the new carpet. All those wishing to do something on the new carpet, come forward and get a piece of paper.
5. The ladies of the Church have cast off clothing of every kind and they may be seen in the Church basement on Friday afternoon.
6. A bean supper will be held Saturday evening in the church basement. Music will follow.
7. (Typo error). The rosebud on the altar this morning is to announce the birth of David Allen Belsar, the son of Reverend and Mrs. David Julian Belsar.

## **LAUGHLINES**

The vicar looked at his diary and read, "9.30 a.m. H.C." So he went to church, put on his

vestments and got ready for the service of Holy Communion. Not a single person arrived. He couldn't understand it until he got home and his wife said, "I thought you were having your hair cut this morning."

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Holy Howler!:

The people who followed the Lord were called the twelve decibels.

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## **PURLEY PARISH NEWS**

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I welcome contributions from anyone to this magazine, particularly on local issues and events. Please note, however, I reserve the right to edit contributions to suit space availability. Comments and opinions expressed in this magazine do not necessarily reflect the views of the Editor or the P.C.C. of St. Mary's Church, Purley on Thames - sponsors of Purley Parish News.

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This month's magazine is published on **Saturday, 6th December**. All copy for the January issue must reach me by **WEDNESDAY, 10TH DECEMBER** and the magazine will be published on **Saturday, 3rd January 1998**.

May I thank you for supporting Purley Parish News during 1997. On behalf of everyone involved in the publication of this magazine, may I wish all readers a Happy and Peaceful Christmas.

Editor