

BRIZE NORTON

February to April 2023 • Distributed to over 750 homes in Brize Norton Village

Breeze

'Happy reading'

Wendy launches the new version of the Brize Norton Magazine

'For the betterment of our community'

Christine tells us about the new project to install Public Art in the Village

The Season for yummy cakes

Jane & Julie give their recipes for delicious delights

How our Village can help your mental health

Ben, Jayne and Vicky explain how community and sleep are so important right now

One Saturday morning...

Annabel tells the story of a 1 in a billion occurrence

Lisa & her Mam give top tips on gardening to beat the frost!

Issue

176



Welcome to the new version of the Brize Norton Newsletter, **BRIZE NORTON** *Breeze*

We would like to say a HUGE thank you to all of our wonderful article writers who helped contribute to our newly redesigned magazine and also to the kind businesses who advertised in this magazine and supporting our village.

This magazine has been written by people who live in our village and friends who have donated their hard-earned free time to help, so for this, we thank you.

If you would like to send an article or would like to advertise in our next edition, out in May 2023, email Jayne via jayne@chapelhilldesign.co.uk

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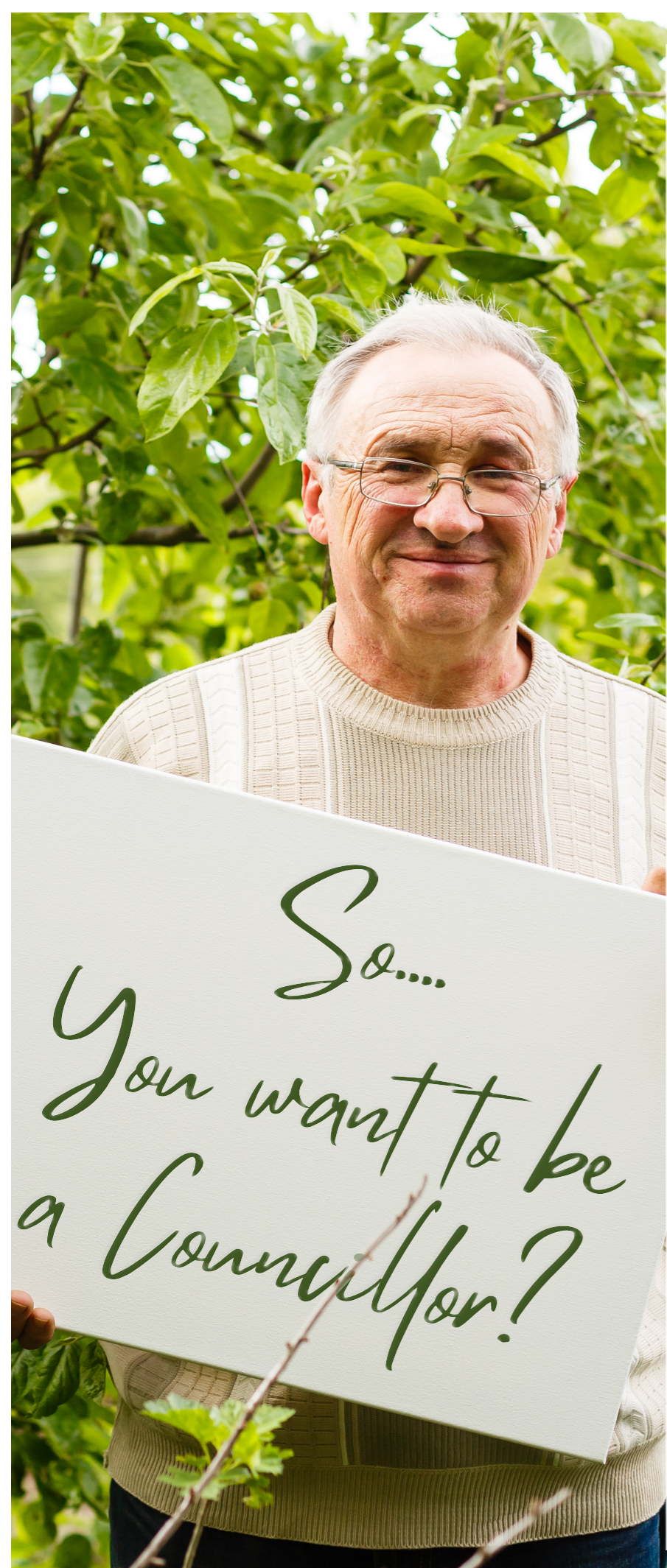
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Have you ever thought of becoming a Councillor and would like to serve for your village?

Do you want to make a positive difference in your community?

If so, Oxfordshire Association of Local Councils are running some free online sessions.

OALC has put together a one hour session which sets out the basics of being a councillor with the opportunity to ask questions as well.

'So, you want to be a Councillor?' sessions are running over the next few weeks.

IF YOU FEEL YOU MIGHT BE A POSSIBLE CANDIDATE then please come and see by joining in on a one hour session on

15th March 2-3pm
no need to book!

Zoom joining details:

<https://us02web.zoom.us/j/87125012109?pwd=VzZkYzkwajlqTjJSWEdrbcmVxTUs2QT09>

Meeting ID: 871 2501 2109

Passcode: 386520



*Chairman of Brize Norton Parish Council
Wendy Way, focuses on Community*

Welcome to our new look village magazine – the Brize Breeze.

The Parish Council would like to thank everyone who submitted their ideas. It was a difficult choice as there were so many good ideas.

So much has happened in the last twelve months. No one could have predicted the events that unfolded – from learning to live with Covid-19, the war in Ukraine, the sad death of Queen Elizabeth II and the rising costs of living.

We have welcomed a number of Ukrainian families to the village, some of whom have moved on and others have remained with us.

I hope that you continue to enjoy living in Brize and becoming part of the community.

The rising costs of living is affecting us all. Providing warm spaces, supporting the lonely or vulnerable are just some of the ways that our local councils are helping communities deal with the this. If you are in need of any help or searching for advice then please check the noticeboards around the village for information, look on the WODC website or contact the Parish Council via the Clerk's email.

The Parish Council still has vacancies for Councillors.

Unfortunately, due to family and work commitments, David Golding resigned as Councillor in December. We would like to take this opportunity to thank him for his support and

wish him the very best of luck for the future.

If you are interested then

“We would like to take this opportunity to thank David Golding”

there are some free online sessions organised by the Oxfordshire Association of Local Councils that sets out what being a Councillor involves and gives you a chance to ask questions. See the details on the opposite page.

It only leaves me to say

‘Happy reading’

To contact
Wendy (Chairman) or Jo (Clerk)
w.way@brizenortonparishcouncil.co.uk
clerk@brizenortonparishcouncil.co.uk

Villagers' Voice

By Victoria Tilley

Ady suggested a new name for our magazine, it proved to be the most popular! So he kindly agreed to be our 'Villager's Voice' and tell Victoria Tilley all about himself...



When Ady State retired from a career in electronics he was keen to make a difference to his local community.

So, being able to do it in a place where his grandparents lived and where he spent

time as a child has been extra special.

Although he is Witney born and bred, Ady's family ties to Brize Norton meant he always had a close connection with the village.

So when he retired in 2020 and moved to Brize Norton, he was determined to throw himself into village life.

This wasn't easy at first. His move to the village coincided with Covid restrictions, and Ady admits that it was lonely initially.

"But I then had the good sense to get an allotment,"

he said. "Within two or three days I seemed to know half the village!"

And Ady is now busier than ever. A year after moving to the village he became a parish councillor and he also devotes a lot of time to helping two friends look after and monitor the local owl population.

Together, they take care of 170 boxes for barn owls in West Oxfordshire, regularly clearing out and repairing the boxes and putting in new ones throughout winter, and then tagging baby owls in spring to help monitor their progress and keep an eye on numbers.

It's hard but rewarding work and Ady is looking for new helpers, although he admits it's not for fair-weathered folk. "When it's raining and cold and you're stood up a tree, it's

not always so appealing!"

Ady, who studied environmental biology at Oxford Brookes University, described how his interest in the natural world started as a child.

"I could be a bit disruptive at school so one of my teachers put me in charge of the nature table and I started bringing in things for that most days.

"My father knew someone who had just started going to the West Oxfordshire Field Club, so I joined when I was 11

"I have always been community minded but since I've lived here I think the sense of community means even more."

and here I am 57 years later!"

Passionate about poetry and plays, Ady used to go to the theatre in London most weeks and attended Edinburgh Fringe every year. He is also well travelled, having worked in Europe and Asia – with Lisbon and Dublin among his favourite cities.

However, he is now perfectly content at home reading his daily newspaper.

"I am a people person, I love oddballs and characters, but I do also love a couple of hours to myself."

He also enjoys being able to help other people out, and is always happy to put up a shelf for a neighbour or give them a lift.

"I have always been community minded but

since I've lived here I think the sense of community means even more. People here really do care about each other," he said.

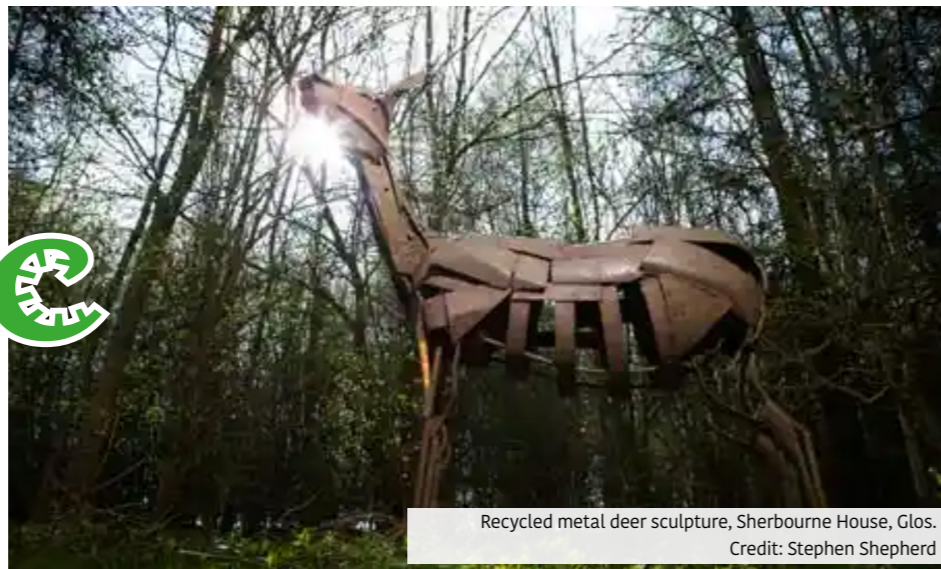
"It's funny because I lived in Witney most of my life but never felt as rooted there as I do here. I love living here, it is a real community."

Thank you to Ady for taking part. You'll see Ady's article, 'The State of Nature' a little later on in the magazine.

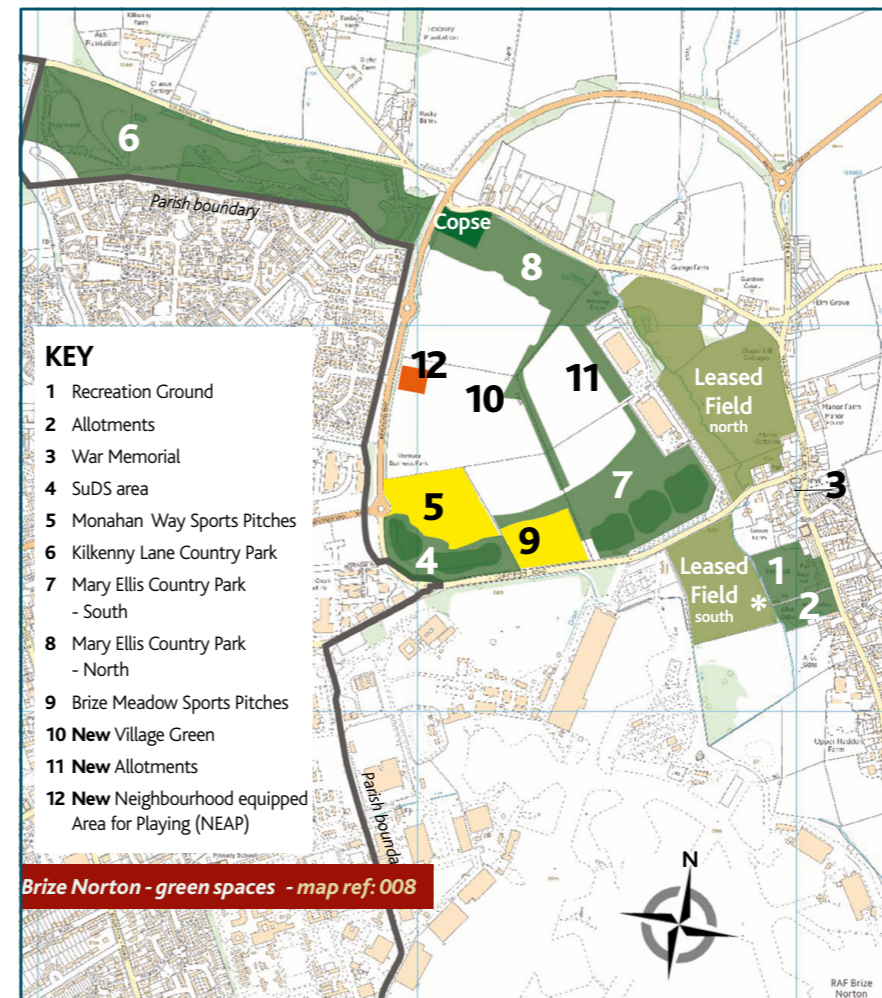
If you'd like to nominate someone from the Village to be our next 'Villagers Voice', email jayne@chapelhilldesign.co.uk



Public Art



Recycled metal deer sculpture, Sherbourne House, Glos. Credit: Stephen Shepherd



Brize Norton - green spaces - map ref: 008

“Public art is a community led project for the betterment of all who live in our village.”

Public Art Project

WHAT IS PUBLIC ART?

CREATIVE WORKSHOPS
informative signage

SEATING
nature

TRAIL?
climbing

WALL?
inspired

LEARNING

ARTWORK?? TRAIL? WELL-BEING

We would like to hear your ideas

THE PUBLIC ART PROJECT IS COMMUNITY LED, FOR THE BETTERMENT OF ALL WHO LIVE IN THE VILLAGE.

By Christine Payne

For those of us who live in the Parish of Brize Norton, we have an amazing opportunity to create and develop an exciting Public Art Project; with a focus on the ‘betterment of our community and cultural wellbeing’. This project is being funded through the S106 Public Art Fund which is derived from the Brize Meadow development being constructed by Bloor Homes Ltd.

Committee

A voluntary committee has been formed to explore ways to provide information and engage the village community in the process and to bring forward Public Art Projects.

The committee members are Christine Payne, Les Goble, Tim Gush, Ben Champion, and Claire Stewart. We have been meeting over the previous few months to explore ideas and ways to launch this project.

Our strap line is

‘for the betterment of our community’

which provides us with our key focus. One of our initial goals is how we involve the whole community, and as part of this objective, we welcome members of our community to join the committee. We meet regularly at the Humble Bumble Cafe in the Sports Pavilion. If interested, please contact us via the email details at the end of the article.

Public Art - in its widest sense

Public Art is intended to enhance and develop the quality, distinctiveness, and future heritage of a place. Our project will involve the arts in its widest sense (please see the poster opposite) and raise ideas and questions which will help us to use the funding wisely and for the benefit of our community. Can we foster connections between each other and the land on which

we live? Can we use art to sustain us, our environment, and our community? Can we use art and group activities to help us interact with our green spaces? Can art enhance our surroundings? Can art help us nurture ourselves and nature?

We need creative, innovative, and new ideas from groups, children and individuals who live in the parish, to help us explore possible art related projects. There will be many opportunities to contribute to the process and ongoing discussions. Your thoughts and comments, via the email



The Gruffalo, Old Wood Trail, Westonbirt Arboretum, Glos. Credit: Julie Munckton

below, are welcomed and as the project develops; we hope to use an online survey to help further guide decisions.

We are very fortunate that our accessible green spaces are increasing in size, with additional footpaths, a proposed nature trail, the Mary Ellis Country Park, a ‘Queens Green Canopy’ and a village green for Brize Meadow, all contributing to the existing network of green corridors and parks, which in turn, increases connectivity.

The more we walk, play, make, draw, read, write, photograph, sit, exercise, and create in our green spaces, the more we will see, hear, notice, and appreciate our surroundings. This will help us connect to and support our wellbeing.

Plans for Community Engagement

We plan to engage further with the community during Spring 2023.

We have already planned an interactive presentation including a map which invites individual responses, the development of a webpage, and will include updates in each Parish Newsletter.

Other ideas include an artist-led walkabout to see what we notice in our green spaces and a treasure hunt styled adventure which sets out ‘clues’ across our parish.

We are at the beginning of the journey to enhance

our community through the Arts and look forward to exploring ideas with villagers across the parish.



‘The Fledglings’ Fantasywire Sculpture, Trentham Estate Credit: Fantasywire - FB: @Fantasywire

Why not get involved? To contact the committee managing the Public Art project

email: public.art@brizenortonparishcouncil.co.uk



Around Our Village

By Les Goble

BRIZE MEADOW

The Parish Council continues to have monthly online updates and three monthly on-site meetings with Bloor Homes to discuss numerous items, both on and off site, which are relative to the Council and residents of Brize Norton.

CONNECTIVITY

It's lovely to see how many people are now using the new section of foot/cycle path which runs down the east side of the development next to where the new allotments will

“It's lovely to see how many people are now using the new section of foot/cycle path.”

be situated.

At the southern end, the path ends at a very muddy link down to Carterton Road but now that Thames Water has completed their works outside the new pumping station, we have asked Bloor Homes if the foot/cycle path can now be completed so that we can have an integrated, accessible, continuous link between Carterton Road and Monahan Way (which leads onto the Kilkenny Lane Country Park) and down to Burford Road.



BUILD OUTS

At long last, the build-outs on Station Road, Carterton Road and Elm Grove are completed. We have been

advised that by the time you read this, the street lights will be working and the groundworks completed.

ROAD NAMES

Some of you have asked where the origin of the road names used on Brize Meadow have come from and so in the next issue, I will share with you how the names were chosen.

HAVE YOU SEEN THE SIGNS?

We've recently had our 20mph signs installed throughout the village. At the moment, they are sprayed over while the scheme is progressing, but keep an eye on noticeboards and social media for more information.



BRIZE MEADOW LODGE

ideal carehomes

An open letter to the Brize Norton community from Maria Taylor, Commissioning Director at Ideal Carehomes, due to open Brize Meadow Lodge care home in April 2023.

On behalf of everyone at Ideal Carehomes, I would like to wish you all a Happy New Year and share some exciting news about our upcoming care home, Brize Meadow Lodge.

As you will know, our care home is currently under construction and coming along nicely. We are right on schedule to open our doors in April 2023, so keep an eye out for our exclusive preview day which will be towards the end of April. I'm looking forward to inviting the Brize Norton community into the care home to take a look around the facilities.

Brize Meadow Lodge is now looking to recruit its first team members to provide compassionate care to our future residents.

We are recruiting for various positions including care management, care assistants and kitchen, domestic and admin staff. Our new team will be invited to complete a thorough induction period before the home opens, providing first-rate residential and dementia care.

The team will be focused on creating a welcoming and fulfilling lifestyle for the people who live at Brize Meadow Lodge through round-the-clock support, regular and varied activities, healthy and nutritious food and laundry and housekeeping service.

This is a great time to join the Ideal Carehomes family and even to start a career in social care if you are new to the care sector. We have unique training and development initiatives through our Ideal Academy, including industry-leading training, career progression opportunities via a range of learning resources such as E-learning and specialist workshops.

Ideal Academy was founded with the idea that anyone can have a career in care, training our teams all the way from care assistant through to Home Manager via the Ideal Futures course. Our starting salary for care assistants is £22,000 per annum and our benefits include paid breaks, uniform, discounts and offers at stores, a refer a friend scheme, and regular staff social events.

We recognise our teams each year with a glitzy awards gala awards evening, the Ideal Care Awards. This was last



Inside an Ideal Care Home. Brize Meadow Lodge is due to open in April 2023

held in October 2022 at Casa Hotel in Sheffield, where we celebrated with 120 members of staff who had been nominated by their colleagues, residents and families and friends for consistently going the extra mile to make a difference to the lives of our residents.

We can't wait to welcome our new Brize Meadow Lodge team to the Ideal Carehomes family. If you are interested in working at Brize Meadow Lodge, you can find all our current vacancies on our website www.idealcarehomes.co.uk/careers.

If you have any questions about Brize Meadow Lodge, or our work at Ideal Carehomes, please get in touch using the details below and I'd be happy to answer any queries that you might have about our incredible new care home.

Thank you,

Maria Taylor

To contact Ideal Carehomes, call 0113 465 4000 or for media related enquiries, contact Terri Kidd Terri.Kidd@idealcarehomes.co.uk 07508 214038

The State of Nature

Homes for our birds

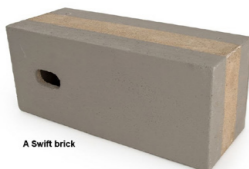
By *Ady State*

One of the biggest problems facing our native birds is a lack of nesting sites.

This has come about because our homes have now been sealed much more thoroughly than ever before. While this has been done for all the right reasons, to make our homes warmer and more energy efficient, it has caused many of our garden birds a problem as they do not have the crevices and holes they need to make their nests in.

This problem has a solution however, and that is for us to provide new homes for the birds on our houses and in our gardens.

For the migratory birds like the Swift, Swallow and House Martin there are specialised nests available. For Swifts a 'Swift brick' can be easily installed in new builds. There is a current government petition asking for



these to be mandated for all new builds. (Use this QR code please to sign if you agree).



For older properties there are Swift boxes that can be installed beneath the eaves of a property. Artificial nests for swallows and Martins can also



House Martin nests

be purchased and installed in a similar location.

For sociable birds such as House Sparrows there are 'Sparrow terraces', which are nest boxes with 3 or more chambers in one nest box.



Sparrow Terrace

I installed one of these last year and on cleaning it in the autumn discovered that all three chambers had been used.

For other small birds such as Blue tits, Great tits, Starlings and Robins there are a selection of boxes commercially available.

It is rather easy to make

“No previous experience needed, just an enthusiasm for being outdoors!”

these yourself though, and far more satisfying when a wild bird occupies your own handiwork. (Here is the QR code link to help).



The boxes vary considerably with different sized entry holes for various species and open fronted boxes for birds like the Robin.

They should always be situated in positions that are inaccessible to cats and children and well away from the bird feeder areas where other birds congregate. To minimise heat from full sunlight they should be placed between East and North where practicable. Most boxes should be positioned 2- 4 metres high on the side of a

I find that my own nest boxes are not only used during the nesting season but are also much used

by roosting birds throughout the winter months. (Here is a QR code to make a swift box).

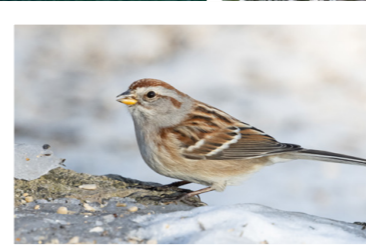


I have a camera in one nest box and when I check it in the evenings I can see two blue tits sleeping in there.

I hope many of you will put up nest boxes and help to increase the bird life in Brize Norton, now is the ideal time to do it.

MARY ELLIS COUNTRY PARK

By *Les Goble*



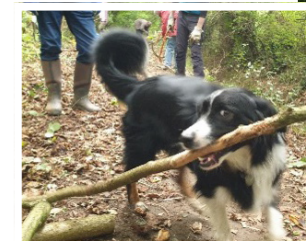
building with the exception of a robin box which is best hidden in vegetation 1-2 metres above the ground.

If you have access to a nest camera these can make a wonderful addition to a nest box and you will enjoy watching the hard working parents feeding the growing young.

The boxes should be cleaned out between September and November each year and the contents disposed of, this will help remove any build up of parasites that can affect breeding success.

Good news, is that the trees which died off in the summer have been replaced and new whips planted adjacent to the fence in the north west corner. There is still ongoing work required with the land drainage in the north east corner of the park and the new foot/cycle path, between the northern edge of the development and Burford Road is still to be completed.

On the south east side of the development, there are still some paths and landscaping to be carried out to complete the Country Park.



The Kilkenny Conservation Crew 2022
Credit: Rachel Crookes

KILKENNY LANE COUNTRY PARK

By *Rachel Crookes*

The Kilkenny Conservation Crew have had a successful first year of volunteering at the country park and beyond. The group has met on a monthly basis to carry out tasks such as vegetation clearance, coppicing bays in scrub, tree thinning and hedgerow planting. 2023 brings new opportunities for the volunteers to learn new skills in wildflower identification and scything, along with sessions involving tree guard removal and coppicing across the site.

If you are interested in joining the KCC, please email WODC's Biodiversity and Countryside Land Management Officer at WODC (details below).

Get in touch with *Ady* via a.state@brizenortonparishcouncil.co.uk
Email *Les* via l.goble@brizenortonparishcouncil.co.uk
To *Volunteer*, contact climate.action@westoxon.gov.uk



Planting, Propogating & Pruning

Brize Norton Horticultural Show 2023 AND BEYOND...



Working on your garden?

WINTER TO SPRING GARDENING
FROM LISA-MARIE & HER MAM



By Tony Shillingford

DEAR RESIDENTS

I included a brief article and some information about last years Brize Norton Horticultural Show in the last issue of the Parish magazine.

I have had some response to my request for help with organising future shows but we still need more involvement and if you were thinking about coming forward don't hesitate any longer and contact me using the

information below.

I am aware that we have not been having the best gardening weather of late but



the start of a new year means that spring is just around the corner and the time for planning and planting your garden or allotment is just a few weeks away.

If you are interested in flowers, vegetables, cooking or

crafts please come forward so that you will be available for our first planning meeting of 2023.

Our village show follows a traditional format and your entries in the vegetable, flower, produce and craft categories are judged by two professional and experienced judges.

There's nothing like the satisfaction of getting a 'First in Class' and you might end up the winner of one of the trophies.

Traditional it may be, but we are always open to suggestions for themes, recipes and crafts.

Please join us! Your knowledge and suggestions could be just what we need to make this years show bigger and better than ever.

By Lisa Hudson



This time of the year it's a little wet and cold, so now's a great time to think ahead of the warmer days and plan your garden.

FEBRUARY

- ☀ Plan your veggie plots, remembering to rotate crops in order to prevent pests.
- ☀ Check any plant supports¹ and fleeces in your garden, as the wind may have loosened them!
- ☀ Pop out to your shed / greenhouse to check for any rot / mould² on your begonias or dahlias you may have stored.
- ☀ If you have rhubarb cover with an upside-down terracotta pot or forcer to encourage an early crop.
- ☀ It may be a good idea to wash all your seed trays ready for sowing seeds.
- ☀ On a dry day, why not go out and dead head winter pansies and primroses to

stop them getting scraggy and encourage more flowers.

- ☀ Remember to feed the birds³ (and even build a bird box, as I mentioned earlier!)
- ☀ February is a good time to sow⁴ tomatoes, carrots and aubergine seeds in a sheltered place.
- ☀ If you haven't yet pruned⁵ your roses back you can do so now, wisterias too.
- ☀ Your begonia and dahlia tubers can be potted in compost as long as they are sheltered with light. Don't forget to water them.
- ☀ If your shrubs and hedges need cutting back, think about doing it now before the birds start nesting in spring.
- ☀ If you didn't clean your bird boxes in the autumn, now would be a good time to do it. Check for any damage and replace or add new bird boxes ready for nesting in the spring.
- ☀ Think about servicing your lawn mower and any other garden tools.

MARCH

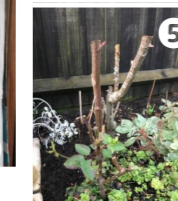
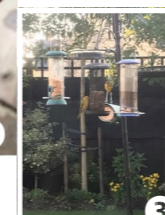
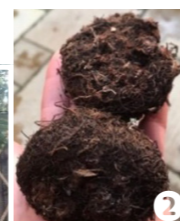
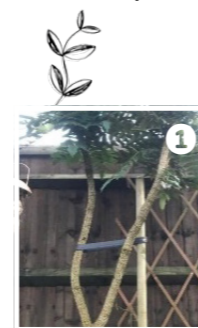
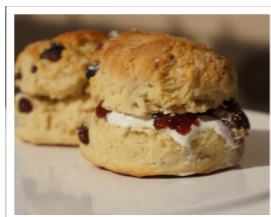
- ☀ This is our favourite time of the year as all those spring bulbs give pops of colour and the trees start to change green, everything looks much cheerier - Woo Hoo⁶!
- ☀ With the weather feeling milder, head out into the garden to do some light weeding. Look out for green / black fly, slugs and snails.
- ☀ Now is the time to plant summer flowering bulbs like lilies, gladiolis, and dahlias. You can also plant potatoes, onions and asparagus too.
- ☀ If any spring bulbs have gone over, *don't cut the leaves*. Tie them up and let them rot down naturally.
- ☀ Moss and algae grow on paths and patios during winter leaving them slippery so why not give them a clean.
- ☀ On a warm, dry day trim your lawn. Cut it long, and if you have moss - rake it out and add a lime feed.

Happy Gardening!

To Contact Lisa or her Mam, please email jayne@chapelhilldesign.co.uk



Open Gardens 2023: Beautiful roses from Stone Cottage



Blue tit in crab apple blossom, early spring
Credit: Getty

To offer some time to help with the Horticultural Show, Get in touch with Tony via tonyshillingford@yahoo.co.uk or telephone 07824 878486



Banana and chocolate roll-ups
Image credit: thehappyfoodie.co.uk



Banana & chocolate roll ups

INGREDIENTS

- 8 large flour tortillas
- 320g chocolate spread
- 8 small/medium bananas
- 1 egg (beaten)
- 100g butter (melted)
- 75g caster sugar
- 1/2 tsp cinnamon
- 240g dark chocolate drops
- 160ml boiling water

“Inspired by Nadiya Hussain’s Banana & Peanut Butter Roll-ups, but with less peanut butter..!”

METHOD

1. Preheat the oven to 200 degree’s C or gas mark 6
2. In the centre of a wrap, put a heaped spoon of chocolate spread and evenly spread it side to side to make a bed for your banana. Place your peeled banana on the spread making sure there is no banana over the edge of the wrap.
3. Lift the flap of tortilla at each end of the banana and fold over. Lift the tortilla half closet to you and flap it over the banana. Now hold it firmly and roll it until you get just to the end, brush the edge with the egg,

then finish rolling leaving it seam down to help it stick and keep the yummy contents in. Place on a baking tray and make the rest of the wraps in the same way.

4. Brush them all with the melted butter making sure they are all covered and place them seam down again back on the tray. You should have some butter left which we will use later. Bake in the oven for about 8 mins or until golden and crisp.
5. Whilst they are cooking mix together the cinnamon and sugar on a tray or plate.
6. Switch the oven off and turn on your grill to a high heat.

7. Using the leftover butter, brush all the wraps and then roll them in the sugar / cinnamon, placing them back on the tray. When all 8 have been rolled, pop them under the grill for about a minute but keep an eye on them as they may not need the whole time to turn golden and shiny.

8. Take them out of the grill and melt the dark chocolate using a bowl and the boiling water and then use as a dip or pour over the wraps and enjoy whilst still warm!

Jane is Deputy Manager at Brize Norton Pre-School and a fabulous Photographer from Brize. Thanks for your recipe Jane!

Yummy treats

from Brize Villagers

“Inspired by... over 30 years of practice”



Apple Cake
Image credit: www.jocooks.com

Amazing Apple Cake

INGREDIENTS

- 3 eggs
Tip: use the weight of the eggs as a guide for everything else!
- Self-raising flour
- brown or white sugar
- softened butter or marg
- a tsp of cinnamon
- chopped and peeled apples (2-3 dependant on size)
- I sprinkle cinnamon and ginger on top

METHOD

Everyone has their own way of doing this, but try this...

1. Preheat the oven to 180 degree’s.
2. Mix sugar and softened butter until fluffy with mixer or muscle power. If you sieve the sugar and put it close to the bowl, it retains more of the ‘air’...

3. Use eggs at room temperature to stop the mixture curdling and break these one at a time into the sugar and butter while stirring
4. Self-raising flour already has baking soda in, so this isn’t needed (unless you want to). Fold the flour into the mixture slowly and the add the cinnamon as you go.
5. Chop and peel apples, then mix gently into the mixture, so the

air doesn’t knock out of it.

6. Pop the mixture into a lined loaf tin for 35-45 mins
7. Use a skewer to check it’s cooked and when you smell delicious cake, it’s more than likely ready!

Julie is a School Teacher and has lived in the village for way over 30years! Thank you so much for your recipe, Julie!



Village Mental Health

By Ben Campion

We live in a delightful village; people tend to ‘care’ for one another and there is a real sense of ‘community’ when we get together for village events.

This is a truly positive side of village life, however that is not the whole story... all of us from time to time don’t ‘feel’ it. We don’t ‘feel’ happy. We don’t ‘feel’ we fit in. We don’t ‘feel’ we can cope...

So what can we do about it?

Hmmm...

“*Things have changed since my day. There wasn’t any mental health when I was a kid*”

There have always been mental health problems; the ancient Greeks and Romans reported cases of Melancholia for depressed mood, hallucinations, delusions... even anxiety. They even treated ‘melancholia’ with Stoic practices similar

to modern cognitive behavioural



therapy, such as focusing on the present or analyzing the possible outcomes of a situation... so we can’t say this is ‘new’.

What IS new is that we can talk about our feelings and emotions without being judged the way we used to be... Everyone gets stressed and depressed from time to time; to say you have never been down or anxious is to lie to yourself. What has changed is that the modern world doesn’t force you to feel Guilt, Blame or Shame when you are struggling

OK... so what can we do about it?

Well, thank fully we live in a nice village where there is help about. An Open Door for us when we are lonely is offered by our church, our café and our two pubs... and the groups and events are all there to get out and be with the amazing people from Brize Norton village.

Being Honest with yourself and Talking to Others is all part of seeking Reassurance that you are doing alright; yes, you could do



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February 2023 | @BrizeBreeze

better, but you are doing as well as you can Here & Now.

– you are an integral part to your own family, your social group, our village community. Whether you do paid work, volunteer or help others,

“*Feeling compassion for yourself is achieved by admitting that you add value to life*”

our fundamental instinct to Be Useful in life should be acknowledged – and acknowledge that you are Being Useful, every hour of every day.

And finally... a Healthy Body is needed for a Healthy Mind. Look after yourself; have three healthy meals a day. Sleep is essential. Regular exercise and interesting hobbies make life more... well, just ‘more’...

Look after Yourself and your community will look after you.

I love
Brize Norton village!

Ben both supports and runs businesses and community groups in Brize Norton. To Contact Ben, email jayne@chapelhilldesign.co.uk



Retrain your Sleep Pattern

By Jayne Attwood

So, do you wake naturally without an alarm? Do you think you're getting enough sleep? Are you a lark, night owl or permanently confused pigeon?! If you're finding that your sleep is a bit disrupted, the good news is that YOU CAN improve it with 3 simple rules.

FIRST OF ALL, HOW MUCH DO YOU KNOW ABOUT SLEEP?

Us humans need somewhere between 7 - 9 hours a night. Most of us in the Western world short-change ourselves at about 6 - 7 hours for more time on our tv/phones/laptops. Our sleep patterns change throughout our lives;

“the good news is that YOU CAN improve it with 3 simple rules.”



'Sleeping'
Credit: Alexander Grey on Unsplash

(compare the sleep of a newborn baby with that of a senior), but sleep can also be affected by external factors such as a new baby, working shifts, drinking alcohol or internal factors (hormonal changes or stress).

We still don't fully understand why we switch off our senses and paralyse our bodies every night, but we do know that a proper sleep pattern helps the body repair itself and helps

the brain organise and store our memories and learning.

We've also recently discovered that deep sleep helps our brain 'clean' itself, getting rid of toxins including the proteins associated with Alzheimer's and dementia.

A normal sleep pattern consists of several repeating cycles of 60-90mins, with varying depths of sleep, starting with light or REM

sleep (dream-sleep, where we deal with the emotions of the day), moving into deeper sleep where the brain waves change and the 'cleaning' and 'storage' takes place.

We have proportionally more deep sleep earlier in the night, with more REM dreaming sleep as we progress toward morning.

“ACCORDING TO THE NHS... 1 IN 3 ADULTS SUFFER FROM SLEEP PROBLEMS...”

...but most of us in the UK are a little sleep deprived and it's often blamed on stress or smartphones. Most of us feel OK with that, trying to catch up at the weekend, but we just can't do that!

Sleep deprivation has a detrimental effect on our medium-term health too – there are direct links between sleep deprivation and Alzheimer's/dementia, diabetes, heart disease, mental health issues and cancer. *Ever!*

SO, IS THERE ANY GOOD NEWS?

Yes! You can do plenty to improve your sleep quality. There are simple sleep hygiene tasks, such as reducing caffeine & alcohol, having a relaxing bedtime routine, using dim lamps or candlelight in the evening and getting 15 mins of bright light in the morning.

If you've had minor sleep disturbances for a short period (a few months), you can retrain your brain by following 3 simple rules for 2-4 weeks:

1. **Getting up at the same time EVERY day, no matter what time you went to bed.**
2. **NO napping in the day during this period.**
3. **ONLY go to bed when you are literally dropping asleep.**

AD ASTRA
YOGA & PILATES

VINYASA
7:10PM
MONDAY

PILATES 4 ALL
10:30AM
TUESDAY

PILATES FLEX
7PM
WEDNESDAY

MOVEMENT & MOBILITY
9:45AM
FRIDAY

2023 TIMETABLE
CARTERTON COMMUNITY CENTRE

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FIRST CLASS FREE

contact us
07968 344681
www.adastrayoga.org



You need to be aware you might be tired while you're trying this, but applying these rules should see your sleep length and quality improve significantly within 2-3 weeks. If you're still struggling, do go to see your GP for a chat.

Sweet dreams!

Jayne has very kindly supported this issue by paying for an advert. Thank You!
If you would like to contact Jayne about this article or yoga & pilates, please see the details in the advert above.

Step away from the
Bigger Picture
for a minute...



By Victoria Tilley

I think it's fair to say that the national news of late has not always made for easy reading or viewing.

And while things should soon (she says hopefully) start to feel a bit easier as we spring into the lighter, brighter months of March and April - most of us are still really feeling the cost of living crisis.

In tough times, community spirit comes into its own. We saw it during the pandemic, which (amid the tragedy and hardship) showcased the very best of British. And we are seeing it again now.

Across the country I've read about some inspirational examples of communities coming together to help each other out, from car sharing schemes to community fridge projects. One town in Derbyshire has created a Friendship Orchard, where anyone can pick fruit for free from the trees in publicly accessible places, such as people's front gardens, schools and verges.

And I love the sound of pubs hosting clothes swap events

to help people refresh their wardrobes - I think there is even one in Witney's Langdale Hall next month..

Locally, lots of organisations have also stepped up to offer support, advice and practical help to those who need it. Good Food Oxfordshire, for example, has launched a new campaign sharing tips and resources for eating on a budget, including a map where you can search for community food services such as food banks and community larders.

Elsewhere in the county, lots of community organisations, including churches in Witney and Carterton, are offering their buildings as warm spaces for anyone who wants to warm up, grab a cup of tea and some company.

Of course, there are lots of steps we can all take to help stay positive during challenging times - including following the excellent advice elsewhere in this magazine

“Limit your intake of news and social media – this can sometimes help if you're feeling anxious or worried”

on the importance of getting good sleep and looking after your mental health.

Here are some other simple suggestions of things that might help:

Step away from the bigger picture and focus instead on the small productive things you can achieve personally – even if this is just calling a friend

Enjoy the free things in life – such as spending time with family and friends, or getting out and about in the glorious West Oxfordshire countryside!

Lastly, helping others is a great way of looking after your own wellbeing. If you do want to help out, West Oxfordshire District Council's website has some ideas of how people can practically support each other, from looking out for your neighbours to volunteering with a local support group. See westoxon.gov.uk/costoflivingsupport for lots of information about the local support that is available and how to lend a hand if you can.

Thank you to Vicky for kindly offering to write our 'Bigger Picture' piece. If you'd like to contact Vicky, email jayne@chapelhilldesign.co.uk

St Britius Church

By Carolyn Peach

Thank you to everyone who has supported and helped us over the past three months. In November, the bonfire evening was again very well supported and the hotdogs, soup and brownies that we served went down well. At our Service of Remembrance we made a collection for the Royal British Legion of £54. We were also able to send 33 complete boxes to the T4U Christmas shoe box appeal thanks to some generous monetary and gift donations.

At the Village Christmas market in December hosted by the Humble Bumble we had a second hand book stall. Our Benefice children's worker, Gary Long ran a Christingle craft and games afternoon for 14 children in the church followed by a Christingle service led by the children. Our carol service was well attended and accompanied by Saxophony; the church looked beautiful decorated by flowers and candlelight. On a damp evening carol singers visited the Fosse Way, Squire's Close, Daubigny Mead, ending up in The Chequers – thank you to the Brownies for joining us.

In January we had an enjoyable Epiphany lunch at The Chequers and there is a weekly opportunity for you to join us for fellowship and chat at the church each Tuesday lunchtime, 12 noon to 1pm, over a bring your own and share lunch. Please contact Ben Campion (358690) for more information.

We raise monies through various initiatives and would welcome your support to keep St Britius a visible and permanent sign of the Christian community in the village.

On Shrove Tuesday, we welcomed everyone to a fundraising pancake supper evening where everyone enjoyed sweet and savoury



pancakes and helped to raise funds for the church from a raffle as well

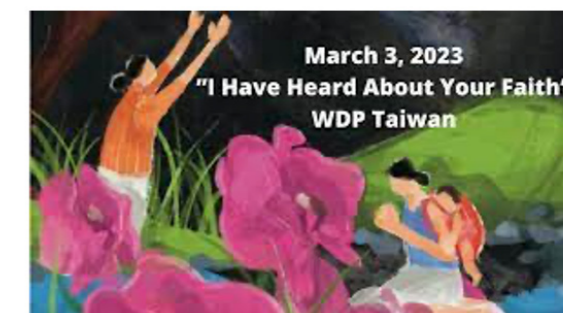
Thank you to everyone who has renewed their membership of the Friends and supported us over the last year. We ask for a minimum donation of



£10 to help us maintain our beautiful historic building and keep it safe for future generations. For more details of all fundraisers please contact Phil - 843856 or Carolyn - 844102.

WE WELCOME YOU TO JOIN US for the following events and special services:

WORLD DAY OF PRAYER



- **Mothering Sunday Service** is Sunday 19th March, come to collect a posy.
- **Our Celebration of Easter** starts on Palm Sunday 2nd April with the 9.15am family friendly, all-age service and then continues as follows:
- **Maundy Thursday 6th April** Holy Communion at 7.30pm
- **Good Friday 7th April** Tenebrae service of reflection and prayer at 4pm
- **Easter Day 9th April Holy Communion** at 9.15am.

For details of other church services refer to the notices on the church door or log onto the website www.bncommunity.org

The Humble Bumble



As I write this article and reflect yet again on the last few months here @HBC,

“it never fails to amaze me how adaptable, kind, and thoughtful we are as a community and society.”

How individuals and groups continue to pull together to support each other through the highs and lows of daily life.

As always amidst the cakes, coffee, and chat with your help we continue to raise awareness and money for various charities. Our memory walk and Elf Day for Alzheimer's raised over £150 and a lot of giggles from the dancing elves serving your lattes! Thank you, Les Goble, for being our walk leader! We were also asked by the lovely Clare - a Neonatal Nurse - to help raffle Kevin the giant carrot in aid of the neonatal unit at the JR. As many of you having experienced their amazing care and support

at the JR over the years, you helped us to raise over £200 with a Giant Carrot!

One of our biggest events of the year is the Christmas Craft market, each year taking a slightly different form. This year due to the last-minute cancellation of our big bash we combined the event with the PTA, Church and Preschool to help boost their funds. There was a showcase of beautiful local crafts on offer, carol singing, Saxophony and the wonderful Abingdon brass band playing for us to get into the festive season. Huge thank you to all these groups for their time and skills and to you all that visited, supported these local crafters and enjoyed a mulled wine from the BNS&SC.

Our other Christmas event was more for the small people that we love to see in the café. Stories, crafts, and biscuit decorating filled the day and got us all in the Christmas mood. We love these days and remind us of the joy of Christmas again!

MOVING FORWARD...

...for those of you who have been to see us since the New year you will know there have been a few changes within the café. As with many businesses we are having to adapt and change to survive the current financial challenges so thank you or your continued support; every coffee bought makes a difference.

We are all Looking forward to 2023, the beautiful daffodils and bright spring weather will be with us before we know it. We are hoping to offer Valentine specials, Easter treats, our afternoon teas and more local fundraising so keep an eye on our social media pages! The Humble Bumble horse box will be out at many of our local events so come and say hello...

Much love and thanks

Queen Bee Bev
and the Worker Bees team...

To find out more about the community events going on at The Humble Bumble Café, take a look at their facebook page



Brize Norton Football Club

Simon Cook

Brize went into the Christmas break top of Division 2!

Although we were initially defeated by Cassington in September on the Groundhop day, lost to Kingham in the Junior Shield and Chadlington from the Premier Division in the Fred Ford Cup, Brize have won 7 league games in a row... great effort all!

OUR CURRENT LEAGUE RECORD:

Pld: 10 W:9 D:0 L:1 F:45 A:16 PTS:27

Top Scorers

- Dylan Briggs - 8
- Jacob Hambridge - 8
- Joe Hatt - 8
- Morgan Oxendale - 5
- Jason Hirshfield - 4
- Matthew Webster - 4

7 other goalscorers share the remaining goals.

Manager Adam Harris said:
“ Since the loss on the Groundhop day we've shown great character...”

to build ourselves up and go on a winning streak that sees us top of the table for Christmas. When we restart in the New Year we want to see the same character to see us push on and compete for the Division 2 title.

This year also sees the **60TH ANNIVERSARY OF THE CLUB** after it was Re-Formed in 1963.

We are planning a celebration and will keep you informed of those plans and if you could help, please contact us.

If anyone has any old photos, memories or stories to share please pass on to Adam Harris or Myself or email jayne@chapelhilldesign.co.uk

Brize Norton Sports & Social Club



By Tim Gush

Happy New Year to all. Let us hope that it will be happy and peaceful one.

The plans for the new pavilion are creeping ever nearer and it is hoped that plans and costings will be finalised this year. It has been a long time coming but we should be able

to look forward to a lovely new pavilion in the not so distance future.

Thanks to everyone who helped and more importantly, supported the club last year. We have a similar range of events already organised for this year, so look forward to seeing you all then. And of course there is the coronation of King Charles III, on Saturday 6th May, I am sure there will

be celebrations to be had over that weekend. Further news to follow.

Both football and cricket are being played and we always welcome new members. See their article in this newsletter. Here's to a bright 2023.

Best wishes

If you wish to contact Tim about the Sports & Social Club, please email jayne@chapelhilldesign.co.uk



Brize Norton Primary School



By Jackie Hampton

Brize Norton Village Pre-School is very busy school, full of energy, colour, excited children and wonderful people who care for them all. Jackie tells a little more...

It's been a busy start to the year at pre-school. We've been busy bees with visits from Crocodiles of the World, Outside the Box travelling Pantomime company and a trip to St Britius Church with Gary Long and to Humble Bumble Cafe and the Post Office.

As we move towards Spring we look forward to all the fun and learning that takes place on our allotment. Our grant, we gratefully received from Gentian, has allowed us to

purchase a new mud kitchen and Den for our outside learning area. We've also been able to buy a lovely new shed for the pre-school garden as well.

“A huge THANK YOU to Gentian for supporting our pre-school.”

As a charity run pre-school, it is essential for us to raise additional funds to ensure our children have the best possible range of resources, activities and experiences.

Bessie & Billie Carter have kindly chosen our pre-school as their nominated charity for their 'Three Peaks Challenge' that they are completing in July 2023. If you'd like to support this amazing couple in their challenge whilst supporting a village charity please visit their JustGiving Page. www.justgiving.com/crowdfunding/bessieandbilly.

You can also help raise funds through the SmileAmazon program. This is where Amazon donate a small percentage of purchases to chosen charities so every time you shop with Amazon you're also supporting us.

Our pre-school remains full for the remainder of this academic year through to July 2023. We have now allocated and confirmed all places for September 2023 through to July 2024.

With our village community continually growing in size, our advice remains to register your child on our waiting list as soon as possible. A waiting list application can be found on our 'Registration page' of our website.

We are also holding two open afternoons in June on the 9th & 23rd from 1pm-2.30pm.

To contact Brize Norton Pre-School about places, open days or registration, Text/WhatsApp: 07769 617697 brizenortonpreschool@hotmail.co.uk www.brizenortonpreschool.co.uk

By Robyn Jones

This time of year is always a good opportunity to reflect on what has been and think about where we want to go.

With the children we are thinking about our dreams and our goals and as staff we have been reflecting on our goals for the school and reflecting on the journey we are on. We have much to celebrate as we have seen the launch of many new initiatives since the beginning of the academic

year: the implementation of our wider curriculum is under way, the new website is now live and provides a window into the life of our busy village school, our new classroom (named *The Hanger*) has been fully furnished and is now in operation and we have received the furniture for our new library which we are now developing with the help of charitable donations.



Our journey continues as we are continuing to reach for our goals. We are now building on the successful implementation of our new phonics scheme in the lower school with a new focus this term on reading across the whole school.

We value the importance of reading for all, and especially for our children. Not only is it an essential life skill for children to have, but it should also be a pleasure for all to enjoy. This term has seen us launch our new reading curriculum across the classes which

will not only progressively support children in learning the skills of reading and interpreting what they have read, but with the use of high quality texts, will inspire children to become lifelong readers who love to get lost in a book.

This term we have also welcomed a new member of our team to the school, Mrs Penn. Mrs Penn has joined us from Kingfisher School in Abingdon and has taken on the role as class teacher and SENCo. She brings a wealth of knowledge and experience with regards to Special Educational Needs and will help drive the work we have already begun on our inclusive practice here at the school.

As a part of our practice, last term we launched Zones of Regulation. This is a toolkit which provides an easy way for children to think and talk about how they feel on the inside and in doing so, sort their feelings into four coloured Zones, all of which are expected in life. Once children understand their feelings and zones they are attributed to, they can then learn to use tools/strategies to manage their different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others.

Emotional literacy and regulation is so important for children to grasp in order for them to get the very best out of life; Mrs Penn is going to continue to embed this practice across the school this year. Finally...

“...Aim high, and set those goals”

To contact Brize Norton Primary School, visit their new website at www.brizeprimary.org

"I want my family to feel connected with their community. Being part of Neighbourhood Watch enables us to do that"

Member, West Yorkshire



www.ourwatch.org.uk/join

Brize Norton has a Neighbourhood watch group, so please sign-up if you can!

Keeping our Village safe

Our PCSO Richard Conner give a few tips to help keep our village safe and secure.

West Oxfordshire is one of the safest places to live in the Thames Valley, but now that Christmas is over and the darker nights are continuing, it is a good time to think about protecting yourself, your home and your belongings.

- Leave a light on: Close and lock all your doors and windows when going out or to bed
- Keep valuables out of site
- Don't advertise you are away on social media
- Leave a light on or invest in a timer switch
- For crime updates sign up to www.thamesvalleyalert.co.uk

- Register valuables at www.immobilise.com

- To keep those valuable items safe, record their serial number, photograph items and register them.

You can mark your larger electrical items with a permanent Ultra Violet marker pen, using your postcode which can only be seen by ultra violet light

Other ideas to protect your home

- Install CCTV following the guidelines you can find on the internet
- Install security Lighting which will activate when intruders enter your property



- Ensure to lock your gate if you have one
- Ensure your fencing is secure

“Over 100,000 bikes were stolen across the UK last year. Less than 5% of those recovered, were returned to their owners as the Police were unable to trace them.”

Many of you may have received a new bicycle for Christmas! You can register this with www.immobilise.com The identifying number of the bicycle can be found under the frame below the pedals.

It is essential when riding a bicycle that you wear a cycle helmet which is adjusted correctly, also wear bright clothing or a florescent jacket, it is a legal requirement to have lights during the hours of darkness.

Finally if you leave your bicycle outside the home remember to *lock it.*

The Carterton Neighbourhood team are there for help and advice. If you would like to speak to one of the team, contact them using the details below.

To contact the Carterton Neighbourhood Team, email CartertonBamptonBurfordNHPT2@thamesvalley.police.uk

Or PCSO Richard Conner richard.conner@thamesvalley.pnn.police.uk



Fly-tipping

There seems to have been a spate of fly-tipping in and around the village over the past couple of months.

If you see a fly-tip, make a note of where it is, take a

photo if you can and report it to your local district council:

West Oxfordshire District Council (<https://www.westoxon.gov.uk/environment/fly-tipping>)

Your local district council will investigate fly-tipping and other waste related offences. The exception is illegal waste disposal sites run by the landowner or the persons controlling the land.

If you see a fly-tip in action - please call the Police on 101 or report on www.fixmystreet.com



FIX MY STREET is a website which helps you to report all sorts of issues. Once an issue is logged, it forwards the issue to the relevant council or utility provider; for example, it will forward highway matters to Oxfordshire County Council, or issues with overflowing public bins to the District Council. The system also logs comments or any actions taken to help keep you to informed until the matter is resolved.



I need to Fix My Street!

Many of you around the village will have seen pot holes (pretty likely), broken curb stones, street lights that aren't working, signs that are damaged, excessive litter, over-flowing bins or even pavements that are broken or obscured by vegetation, stones or other debris.

It can sometimes be a little difficult to know who to report this to, and know who may be responsible for that area.

For the tech-savvy amongst us, you can help identify locations of issues by uploading a photo and more broader description via any smartphone. Residents can also register to become **Super Users** of Fix My Street.

Further information for FixMyStreet and other services are available in the Village Directory at the back of the magazine

Walking England

TIME TO GET WALKING AGAIN!

With Spring on its way we start to think about getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Oxfordshire <https://www.walkinginengland.co.uk/oxfordshire> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

There is so much walking information on the web but it is difficult to find. Walking in Oxfordshire (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

John Harris

To find out more about Walking England both in Oxfordshire and further afield, explore www.walkinginengland.co.uk or email john@walkinginengland.co.uk



“... So home or away, check out the websites and get walking!”



No ORDINARY gymnastic club...

Carterton Gymnastic Club CIC prides itself on being able to offer inclusivity and accessibility to all adults and children alike

We offer many classes, to all abilities, 6 days a week at our purpose built state-of-the-art facility in Carterton.

Whether you are looking for gymnastics (pre-school to adults), yoga, cheer leading, exercise classes, a kids party or even simply letting your children have a little 'free play' and run wild...then we're hoping we can help!

For more info, go to:
www.cartertongym.co.uk • 01993 870778
 • FB: @CartertonGymnasticsClub

Carterton
Gymnastics Club CIC



Thank you to Carterton Gymnastics Club at The Vault for placing an advert and supporting our magazine. If you would like to advertise, contact jayne@chapelhilldesign.co.uk or see our facebook page @BrizeBreeze



Elder Bank Hall Calendar

Elder Bank Hall is available for private hire
 Contact: Diane Davies - Telephone 843430



- PRE-SCHOOL (Term-time only)**
 Monday - Thursday, 9 - 3.00pm
 Friday, 9 - 12 midday
- BROWNIES**
 Mondays 6 - 7.30pm
- WOODTURNING (WOWA)**
 1st Tuesday in the month
 8 - 10.00pm
- YOU CAN FITNESS**
 Every Tuesday 6 - 7.00pm
 (Not the 1st Tuesday of the month)
- KARATE**
 Wednesday 6 - 7.30pm
 Friday 6 - 7.00pm
- 20:20:20 FITNESS CLASS**
 Wednesday 7:45 - 8:45pm

- OVER 60'S DANCING**
 Thursday 7.30 - 9.30pm
- JUDO CLUB**
 Saturdays 9.30am-11.30am



Over 60's & Dancing

BRIZE NORTON DANCE CLUB

We are a club of local members meeting every Thursday evening from 7.30pm to 9.30pm in the Elder Bank Hall. We dance ballroom, latin and sequence dances to music on CDs. We have an interval when we enjoy a chat with tea and biscuits. Any

new members would be most welcome.
 For more information please ring Joy on 01993 842373.



BRIZE NORTON OVER 60's CLUB

May we wish you all a Happy New Year.

We had a very enjoyable meal before Christmas at The Chequers and also enjoyed Christmas stories with Gary.

We are looking forward to our future programme up to Easter:

- Tues 7th March** | Middy meal – 12 Noon, at The Masons Arms
- Tues 21st March** | Poems by Doreen
- Tues 4th April** | Cliff at the keyboard

We are a small club of local people. We meet at 2.00pm at 4 Squires Close, Brize Norton on the 1st and 3rd Tuesday of each month.

If you have an interesting job or hobby and would be prepared to come along and tell us about it we would love to hear from you.

Ring Joy for more information on 842373.

Details of both the above programmes are posted on the village notice boards or you can call Joy on 01993 842373



Early one Saturday morning...

Annabel tells the story of how, on a Saturday morning, the collection of the mornings eggs... was not a normal one.

By Annabel Mulcahy

On a Saturday morning last year, I went to collect my chickens eggs as normal after my run. On opening the nesting box, I peered in and saw two eggs and a third which looked as if the pointed end was stuck downwards in the straw. I picked it up first and was amazed to see it was actually a sphere; one of our chickens had laid a round egg!

Being a bit of a hen enthusiast, I was able to tell which hen it was- Twinksie, rescued from the British Hen Welfare Trust (BHWT) just two months before.

I ran in to show my family shouting 'I've got something you have never seen in your life!'. I heard doors opening and footsteps running down

the stairs (both daughters and even my husband had come).

My daughters gasped as I revealed the egg from behind my back and placed it on the worktop next to the two others. 'What on earth is that?' my 8 year old asked. 'An egg,' I told her, 'your chicken laid it,' as I rolled it across the worktop like a marble.

I got a bowl to crack it open so we could see if the yolk was normal (as often strange shaped eggs give a double-yolker and the kids like to guess). Just as I raised it to

“Just as I raised it to crack on the edge of the bowl, for some reason I stopped.”

crack on the edge of the bowl, for some reason I stopped.

I phoned my mum who quickly called back and said 'Do you know how rare they are? One in a billion!' I was gobsmacked!

Late that night I decided it might be fun to tell the Oxford Mail if they really are that rare, so I emailed them and went to bed. The next day I got a call back whilst I was at a friend's, telling me they'd like to run the story!

Then that same day, the reporter called back and said could he pass the story onto other newspapers. I was so surprised at the interest - it was becoming surreal. I had decided by this point to auction to egg to try and raise money for an extension to our coop so we could rescue more hens. 'Sure' I said, hoping the extra publicity would help.

I had no idea how far this story would go. Within hours we were in The Telegraph, The Guardian, The Mirror, The Daily Mail - a few hours later we were being translated in the United Arab Emirates, India,



China and Turkey.

I got a call from BBC Oxford Radio wanting an interview - this is well outside of my comfort zone but I decided to give it a go for personal development and I was so nervous! Then I got a call from BBC South Today who wanted to put me on the TV! What the heck I thought! I had ITV News trying to get hold of me and this world of ours had turned upside down.

My 11 year old kept refreshing Google shouting 'Now we're in The New York Post - we're famous!' Her friends were messaging saying she keeps popping up and we made it onto a friend's Google News feed whilst on holiday!

We watched the number of 'watchers' increase to over 300 on our ebay auction but sadly the egg didn't sell for what we needed. However, the kind buyer ran a memorilla website and planned to resell



the egg, donating the funds to the BHWT to help rescue more hens as he had expected it to sell for me and wanted to help out

went in the garden, she would follow. If I would sit down, she would slide down my back and sunbathe by my side and if I stood still for too long, she would nestle down on my feet

and go to sleep in the sun! If you have space in your garden, get some ex-caged hens- you'll

get delicious eggs, plenty of entertainment, good garden pest control, free manure and that feel-good feeling you've done something nice.

“My 11 year old kept refreshing Google shouting 'Now we're in The New York Post- we're famous!'”

with the original plan! I was so nervous packing that egg to ship- it was already very fragile due to its unusual shape and suffice to say, a lot of Andrex was used!

The company that supplies the runs (Omlet), then contacted me asking to do an interview and in exchange, they would donate the run I needed!

Twinksie sadly died not long after she laid her egg - it was her last egg. But in a way, her last act was to produce something that has enabled three more of her ex-caged friends to enjoy a free range, totally spoilt retirement

Chickens make great pets; they are so full of personality - people don't often realise. Twinksie was nicknamed 'The Labrador' because wherever I

If you would like to know more about Annabel's story, keeping chickens or even where to buy her eggs, contact jayne@chapelhilldesign.co.uk





Our village Parish Council



WENDY WAY - CHAIRMAN

- I moved to Brize Norton in the late 1980s and joined the Parish Council in 2016 after taking the decision to move to part-time working. My hobbies are gardening and the allotment, and I enjoy supporting my partner who races an Aston Martin DB4 which takes us to various motor racing circuits around the UK and Europe. You will also see me out walking our Cockerpoo, Maude.



DARREN TRUMAN - COUNCILLOR

- I have lived in the village of Brize Norton since 2007 and now live in Brize Meadow. I have always enjoyed being part of the community and having worked in the village for many years I've gotten to know many people in the area and enjoy the community spirit that comes with living in a smaller village. In my free time I love spending time with my family, either walking the village, finding new places to explore or socialising in the local pub garden. I enjoy running when I can and like to get on the trails through local fields, villages and woodlands.



CHRIS WOODWARD - VICE CHAIR

- I have spent over 12 years on Local Councils, including both Witney Town Council and Brize Norton. With many years of experience under my belt, I am hopeful it will be of benefit to the village. I moved to the village in 2016 and live with my beautiful wife Jayne, our daughter Mackenzie, and our golden lab, Meg.



ADRIAN STATE - COUNCILLOR

- On retirement in 2020 I moved from Witney to Brize Norton. Much of my life has been spent working in the electronics and software fields and this has led to extensive travel throughout the world. I have a BSc in Environmental Biology which reflects my lifelong interest in the natural world. I am also a very keen birdwatcher and can often be found walking the local lanes and footpaths with my trusty binoculars.



JO WEBB - CLERK

- I moved to the village in 2000 and live with my husband and three sons. We enjoy village life and the community spirit within Brize Norton. This is my second stint as Parish Clerk, I liked it so much I came back to do it all again! Please feel free to say hello if you see me walking my large, rather bouncy dog.



LES GOBLE - COUNCILLOR

- I moved to Brize Norton from Worthing, West Sussex in 1997. I'm semi-retired and joined the Parish Council in 2018. My interests are motorsport; I currently race an Aston Martin DB4 with its owner and I have previously owned and raced a Lotus Cortina, bought specifically to race at the Goodwood Revival Meeting in 1998, which I did a total of eight times, twice with Sir Sterling Moss.

To find out more about our Parish Council and the work they are doing, go to www.brizenortonparishcouncil.co.uk or visit facebook [@brizenortonvillage](https://www.facebook.com/brizenortonvillage)

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- Police (Witney) • Call 101**
10.00am - 6.00pm Monday to Friday (closed Sat/Sun)
- NHS helpline • Call 111**
(24/7 urgent medical conditions)
- Council Information**
The Green Party District Councillor for Brize Norton and Shilton Ward - Councillor Rosie Pearson
Contact details: rosie.pearson@westoxon.gov.uk
Conservative County Councillor for Burford and Carterton North East Division - Councillor Nicholas Field-Johnson
Contact details: (01993) 878309
Member of Parliament for Witney - Robert Courts MP
Contact details: robert@robertcourts.co.uk
- Planning proposals for Brize Norton and Surrounding area**
Contact details: www.westoxon.gov.uk/planning-proposals

LOCAL INFORMATION

- Brize Norton Parish Council**
clerk@brizenortonparishcouncil.co.uk
- St Britius Church - 846996**
- Brize Norton Primary School - 842488**
www.brizeprimary.org
School Governors - Alistair Doran - 07788 214 663
adoran@brize-norton.sch.co.uk
BNPS SA - Emma Baughan - bnps_fundraising@outlook.com
- Brize Norton Pre-School - 07769 617 696**
Jackie Hampson brizenortonpreschool@hotmail.co.uk
- Brize Norton Football Club - 841096**
Simon Cook - / 07825 002 298
Adam Harris - 07415 331645 - adam.harris@aplan.co.uk
- BN S&SC/Cricket Club**
Tim Gush - Contact via [facebook: @bnssc](https://www.facebook.com/bnssc)
- Elder Bank Hall - 843430**
Diane Davies
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