



Swallowfield Parish

Newsletter

Autumn 2026

Reflections from the chair

Welcome to the Autumn edition of the Parish Newsletter.

What a summer it has been! At the time of writing, we are officially in drought and there is a hosepipe ban. I have never seen it so hot and dry for so long. At least the new chiller cabinets in the Parish Shop have proved their worth. However, I fear, if my garden is anything to go by, that many garden plants are looking very sorry for themselves and will not survive. It must be particularly hard for arable farmers who will have seen very poor crop yields as well as cattle farmers and horse owners who will have been using precious winter feed to make up for the lack of grass.

Events over the past couple of months included the Church Fete which took place on Saturday 13th June and proved as popular as ever. Whilst I am looking forward to this year's Swallowfield Show and wish it every success, the timing of this newsletter means that it will be delivered after the event has taken place.

The Council has purchased some tall planters, which will be placed in front of the external heat exchanger cabinet at the front of the Parish Stores, in part to screen it and also to protect it from possible vehicle damage. We are waiting for the rubber kerbs to be removed; these cannot be repositioned because of a drain cover.

I was hoping to be able to announce the outcome of our Heritage Lottery grant application that would fund work at the newly designated Van Demans Local Nature Reserve, which we reported on in the Spring Newsletter. However, we are still waiting.

Here's a quick reminder of forthcoming events. We will be repeating the autumn litter pick this year on Saturday 24th October, sausage sizzlers will be served! And, looking ahead, Remembrance Sunday is on 8th November where commemoration will begin with an act of remembrance at the war memorial, followed by a procession to the church for a service. I am delighted that following the success of the event in March, the Swallowfield Events Group will be bringing another touring theatre production to the parish hall on 14th November.



Cllr John Anderson, Chair
john.anderson@swallowfieldpc.gov.uk

WE ARE LOOKING FOR A NEW PARISH COUNCILLOR TO JOIN US.

Would you like to get involved in making decisions about your local community and local issues, and make a significant contribution to the area in which you live or work?

Do you have an interest in your local environment, local transport, local government finances, amenities, planning and housing issues, community events, anti-social behaviour and policing, and want to make a difference? Then we'd love to hear from you!

If you have a few hours to spare, please consider joining us.

If you want to know more about the role, please contact any of your councillors or Liz Halson, Parish Clerk
clerk@swallowfieldpc.gov.uk

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Identifying and avoiding scams

Part 2

Swallowfield Safe & Secure: Autumn Update – Staying Ahead of Seasonal Scams

Following the heartening community response to our “Safe & Secure” guide and the **STOP/CHECK/ACT** advice distributed earlier this year, we want to take a proactive stance against fraud.

However, as the seasons change, so do the tactics used by criminals. While the golden rules of scam prevention remain the same, here are the rising and seasonal scams we all need to be mindful of as we head towards autumn.

1. Energy, Solar, and Winter Fuel Scams

As the days get shorter, scammers know we are thinking about our utility bills and preparing our homes for winter. You may receive highly realistic text messages or emails claiming you are eligible for a new “Winter Heating Rebate” or a government grant.

Furthermore, with many residents exploring microgeneration, solar panels, and home battery systems to reduce costs, fraudulent companies are increasingly offering fake “exclusive local grants” for these installations to steal deposits.

- **The Defence:** The government, Wokingham Borough Council, or your energy provider will never text you a link asking for your bank details to process a rebate. Always research solar or battery installers thoroughly and verify their credentials before paying any upfront costs.

2. Autumn Home & Garden Maintenance

Doorstep rogue traders are highly seasonal. As we prepare our properties for winter—whether that involves clearing gutters, fixing loose roof tiles, or overseeding lawns and orchards ahead of the seasonal rain—uninvited callers often appear offering “urgent” repairs for a great price at just the right time. It's not fate or luck, it's usually just too good to be true.

- **The Defence:** Never agree to property or landscaping work from an uninvited doorstep caller, no matter how pressing they make the repair sound. Always use recommended, vetted local tradespeople.



Identifying and avoiding scams

Part 2 cont.



3. Event Ticket Fraud

From late-summer beach parties down in Brighton to autumn rugby internationals and local festivals, ticket scams are surging. Criminals set up fake websites or use social media to sell tickets that either do not exist or have been sold to dozens of other people.

- **The Defence:** Only purchase tickets from official venues or authorised primary ticket agencies. If a deal on social media looks too good to be true, it is almost certainly a scam.

4. TV Licence and Subscription Renewals

As the weather turns and we spend more time indoors, scammers send fake emails claiming your TV Licence, Netflix, or Amazon Prime account is about to expire or that a payment has failed.

- **The Defence:** Do not click the links in these emails. Open your web browser, navigate directly to the official TV Licensing or streaming website, and log in securely to check your account status.

5. Tech Support Scams (A Reminder for Families)

If you are spending time helping older relatives with their technology—perhaps setting up a new tablet or cross-platform video-calling app to keep in touch over the winter—take a moment to discuss “tech support” scams. Criminals often call older residents pretending to be from Microsoft, Apple, or their broadband provider, claiming their device is infected with a virus.

- **The Defence:** Remind family members that legitimate tech companies will never cold-call them to fix a computer issue or ask for remote access to their screen.

STAY VIGILANT: STOP, CHECK, ACT

If you or someone you know has been targeted, remember that professionals trick smart people every day. There is no shame in it, but acting quickly is vital.

- Call **159** to speak securely to your bank.
- Forward scam texts to **7726**.
- Report fraud to Action Fraud on **0300 123 2040**.



Local clubs and groups



SWALLOWFIELD HORTICULTURAL SOCIETY & SWALLOWFIELD SHOW

This is the after time. We hope you all enjoyed the Show over the Bank Holiday that so many of your friends and neighbours worked together to create. I have been part of this team for at least 40 years so far and am conscious that we carry a bit of history forward with us.

To achieve this, we need a chain of volunteers with a wide range of skills: surveyors, risk assessors, caterers, crafters, marketeers, dog lovers, horse experts, etc, etc. If you feel you would like to have a go or even just put a toe in the water, this is a good time to connect with us as all the planning for next time is still to come and you could get a feel for it. If nothing appeals directly you would still be very welcome to connect with us as we need a lot of available people at the Show for all sorts of jobs.

It is this coming together that builds a strong community. If you want to try us out, please contact me on **0118 9882736**.

Roberta Stewart
President

P.S. For those seeking Horticulture, this comes through our companion Society, SAHGA, who meet from September at Shinfield on the second Thursday every month. All are very welcome.



Contact: Graham Stanley **e:** chairman@swallowfieldshow.co.uk
w: www.swallowfieldshow.co.uk
Free SHS membership enquiries: secretary@swallowfieldshow.co.uk



SWALLOWFIELD PARISH ALLOTMENT ASSOCIATION

Autumn is almost with us, but as I am writing at the beginning of August, we are still in the middle of a long, dry, hot summer, with no rain forecast and another heatwave on the horizon. It's fair to say that this year's growing season down at the Calico field has been a bit of a challenge as we try to keep up with the watering needed to bring our crops to harvest. Runner beans are usually reliable but have struggled this year, although French beans seem to be abundant. However, our plotters are nothing if not determined, and it's been astonishing to see what can still be grown in quite harsh conditions. We've harvested potatoes, courgettes, cauliflower, asparagus, onions, broccoli and lots more, and the plots are interspersed with bright cosmos, glorious dahlias and soaring sunflowers.

Our Open Day in May was a big success, we were blessed with good weather, plenty of visitors and a cheerful atmosphere. There were plenty of young plants on sale ready for the growing season, and it was a pleasure to see people sitting and chatting about gardening whilst eating excellent home-made cake. We are hoping for another successful day on 6th September, where we showcase our harvest and sell produce grown on the plots, along with bunches of beautiful flowers. All our profits from these events go directly to maintaining the site and allowing us to fund new projects.

Contact: Jane Scuffell, SPAA Chairperson
e: chair@swallowfieldpaa.org
w: www.swallowfieldpc.gov.uk/recreation-and-green-spaces/allotments

HARVESTING TIPS FOR SEPTEMBER:

- Pick aubergines before they lose their glossy skin colour and become bitter
- Harvest Swiss chard leaves and cook them like spinach
- Lift any remaining onions, dry them and hang up to store
- First pumpkins and squashes may be ready to pick
- Red cabbages can be harvested any time between August and November, when they are sufficiently hearty
- Cut cauliflower heads before the tiny florets start to open
- Continue to pick strawberries and autumn fruiting raspberries
- Plant spring cabbages to overwinter for next year.

If you would like to know more about the allotments, we have a page of information on the Swallowfield Parish Council website. Or you can email the SPAA Chairperson, Jane Scuffell: chair@swallowfieldpaa.org. We currently have a short waiting list for plots but do contact me if you would like to be added to the list. Happy gardening!

Jane Scuffell
Chairperson



SWALLOWFIELD ART GROUP



Our most recent tutored sessions covered creating a flower meadow scene in acrylic paint, employing the loose impressionistic style favoured by artists such as Trisha Adams and Libby Smart.

Freeing the mind from the constraints of realism can lead to unexpected results, where the work seems to take on a life and character of its own. This may help to explain why the members' paintings shown are so utterly different, despite using the same reference picture.

The group has worked hard to complete work for the Swallowfield Show. This included finalising any unfinished work, then either mounting or framing each painting. We hope you visited us and took the opportunity to see our work and talk to the artists.

Swallowfield Art Group holds its annual Art Exhibition in its own marquee at the Swallowfield Show - this is separate to the art categories in the main Show marquee, which our members do also take part in with considerable success.

Contact: Jenny Boddington **t:** 0118 988 5804



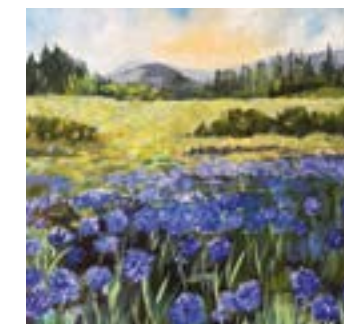
"My aim is not to render 'objects'. Instead, I record the pattern of coloured shapes. When I step back, the shapes coalesce into things, people, and places. It feels like magic."

Trisha Adams, Artist

As for the Main Show, we do our best to achieve a formal display in a very informal setting, with netting for hanging works around the marquee and tables of display boards for smaller and lighter pieces. We display a wide range of members' pictures, many of which are for sale at prices for every pocket, and most of our members will accept commissions.

The group is currently oversubscribed, but if you are interested in joining our waiting list, please call **Jenny Boddington** on **0118 988 5804** for further details. We meet at Swallowfield Parish Hall on Mondays from 2pm to 4pm during term time.

Patricia Taylor





LOCAL HISTORY SOCIETY



In May, we had an informative talk about the history of Wellington College, which certainly filled a gap in my knowledge.

Then in June, something different: our committee member, Jon Taylor, brought in some of his local contacts and led a wide-ranging discussion on their recollections of the village in the past. This was very successful and, at the end, there was clearly more to talk about, so we hope to hold something similar each summer.

Our next meeting is on **17th September**, when **Jackie Blow** will kindly update us on the considerable work done by the **Spencers Wood research group**, which, being just up the road, will doubtless help our wider local understanding!

On **15th October**, we have a talk on **Greys Court** by **Josh Watkins**, the same very good speaker from the National Trust who recently told us interesting details about the Vyne.

Contact: Mike Round
e: slhsoc@yahoo.co.uk **w:** www.slhsoc.org.uk

Watch the posters for details of 19th November!

We meet on the third Thursday evening of the month in the Rose Room at Swallowfield Parish Hall. Doors open at 7.30, with talks starting at 8.00 pm. Non-members are welcome. There is a small (£3) charge, which includes tea and biscuits. So please put the dates in your diary and come along.

As the children will be back at school when this magazine comes out, I am reminded of the changes after the Second World War. Before that, secondary provision was patchy and some children remained in their village schools. People in Riseley recall reaching eleven after the war and being taken by coach to secondary school at Ryeish Green. One gentleman said that it was like going to another planet. A lady recalled feeling upset because she didn't have all the right uniform as the family couldn't afford it.

Childhood – and children's possessions, lives and diets – may have been simpler then, but clearly their worries about money and fitting in go back a long way.

Jennifer Highwood



THEATRICAL SOCIETY BASED IN SWALLOWFIELD

(PRODUCTIONS AND MEMBERSHIP)



The Russell Players - Busy behind the Scenes

Although the Russell Players are currently taking a break from performing, we certainly haven't been idle.

Behind the scenes, we have been making good use of the quieter months to tackle some long-overdue sorting and clearing. Our old props and scenery loft space is being given a thorough clear-out, with years of accumulated items being sorted through, with the aim of creating a more organised and manageable space for future productions.

We are also turning our attention to our costume store, sorting through our extensive collection and reducing the number of costumes we hold. Over the years we have accumulated costumes from many productions, and while it is always difficult to part with some old favourites, we need to make better use of the space we have available.

We are keeping the more specialist, useful and versatile pieces that we hope will come in handy for productions in the future.

It may not be as glamorous as being on stage, but this behind-the-scenes work is an important part of keeping our amateur theatre group moving forward.

Of course, we are already looking ahead to our Autumn productions, and further details about them will be available shortly on the Russell Players website and Facebook page, including the performance information and how to get involved.

We look forward to welcoming you back to the theatre soon.

If you'd like any further information or you have any questions about the Russell Players, please don't hesitate to contact us on russellplayers@gmail.com.

The Committee

Contact:

Juliet Devon if you would like to join the Russell Players
e: russellplayers@gmail.com
w: www.russellplayers.co.uk



**"AN ABSOLUTELY BRILLIANT STORY
AND MUSICAL EXPERIENCE"**

Kathy's Song by Backstory

**Swallowfield Parish Hall
Saturday 14th November 2026**

The Swallowfield events group is looking forward to welcoming you to the next production. A light supper will be provided as part of the ticket price along with a pay bar. Tickets can be purchased online at www.swallowfieldevents.co.uk

Kathy's Song explores the real-life romance between Paul Simon and a girl called Kathy – the muse behind some of his most iconic songs. Along the way, we follow the highs and lows of Simon & Garfunkel's rise to fame, told through timeless music and a deeply human story.

**"FANTASTIC
ENTERTAINMENT
- A MUSIC NIGHT
WITH A TWIST!"**

All the hits are performed live, in a rich, hugely enjoyable show. A perfect blast from the past!

Storyteller/singer/show writer Cat Weatherill has performed at the world's greatest literary festivals and is a best-selling author. Singer/guitarist Ian Cooke is an internationally acclaimed musician and composer.

Contact:
w: www.swallowfieldevents.co.uk

We are moving! After decades of service to the local community, Mark and Kim have decided to retire. The Lodge has been meeting at The Mill House Hotel since our Consecration in 2019. They have always been very accommodating and welcoming, with excellent food and attentive service, in what is without a doubt one of the best venues in the area. We wish them the long, happy and above all healthy retirement that they so richly deserve. They will be missed.

The Hotel has been sold, with the marquee, which will be removed from the site, sold separately. We have another venue lined up, still in the heart of Swallowfield. We will still be very much the local Lodge, as our Founders intended: onwards and upwards. We will continue to meet at the Mill House in September and November 2026, so if you are a local Mason and haven't been before, do come along. We will be meeting at our new venue in February 2027.

Being a local Lodge, we aim to support local charities and worthy causes. Obviously, our funds are finite,

but if you have something that might benefit the community, please contact us and it will be given due consideration.

The Lodge meets four times a year in the Marquee at the Mill House Hotel, Basingstoke Road, Swallowfield. Meetings are on the first Monday in February (Installation), September and November, and the second Monday in May. If you are interested in being initiated into the Fraternity, or you are a local Mason who would like to join us, please contact **Tim Double** (Mobile No: 07703 254 350, email: timpac5261@live.co.uk) for further information. We offer a fascinating experience in our excellent local venue with warm fellowship and good food.

Tim Double

Contact: Tim Double
e: timpac5261@live.co.uk **t:** 07703 254 350
w: berkspgl.org.uk/craft-lodges/19970



SWALLOWFIELD BADMINTON CLUBS

Social badminton is a perfect way to keep fit (low impact exercise) and to make new friends.

We are a non-league club (so no pressure), and there is a quite varied level of playing standard.

We are a very friendly group and attract members from the villages of Farley Hill, Riseley, Shinfield, Spencers Wood and of course Swallowfield.

So whatever level you are or aspire to be, you are welcome to our accommodating group.

The new season starts in September and continues to the end of July, so why not come along to a free 'taster' evening! We hope to see you soon.

**WE ARE THREE SEPARATE GROUPS WHO
MEET AT THE SWALLOWFIELD PARISH HALL.
THESE ARE AS FOLLOWS:**

MONDAY EVENINGS
from 8pm to 10pm

Contact: Daphne **t:** 07745 180108
e: daphne_seamark@hotmail.com

THURSDAY EVENINGS
from 8pm to 10pm

Contact: Malcolm **t:** 0118 988 2736

LADIES BADMINTON

Thursday Afternoon from 2pm to 3:30pm
(except August)

Contact: Suzanne
e: madders@btinternet.com

RISELEY TENNIS CLUB



Hi everyone,

Greetings from a very hot Riseley Tennis Club! The weather has been amazing for tennis — sometimes a little too hot — but it has meant we’ve been able to enjoy most of our Summer League matches, as well as all our fabulous Summer Camps.

Our Thursday evening social tennis has also been very busy. It’s a great opportunity to come along, meet some friendly faces, have a game and see what our club is all about. Everyone is welcome, whether you’re a regular player or just thinking about joining us.

Our first Friday Tennis & Food evenings have also been running throughout the summer. They’re a great way to enjoy some social tennis, good food and company, with the bar open too!

We’re also delighted to say that our last two courts have now been treated and painted, and all four courts are looking amazing!

So, if you haven’t visited us yet, please come down and see what Riseley Tennis Club is all about. You’ll be made very welcome.

Hopefully, we’ll see you on court soon!

Best wishes,
Sandy

DATES FOR YOUR DIARY

We have some great social events coming up:

Club Championship Finals Day
20th September

Come along and watch some fantastic tennis and support our finalists.

Sandy Wyles Macmillan Event
24th September, 10am–2pm

Sandy holds this wonderful event here at the club every year. Everyone is very welcome.

Quiz & Nibbles Night
9th October

Another great evening of fun, food and friendly competition.

Full details of all these events can be found on our website.



Contact: w: clubspark.lta.org.uk/RiseleyTennisClub
f: www.facebook.com/groups/riseleytennis

Local Services and Support



ALL SAINTS CHURCH SWALLOWFIELD



Harvest Thanksgiving Service

Sunday 4th October, 10.30am





SWALLOWFIELD SEATED EXERCISE CLASS

EVERY THURSDAY, PARISH HALL, SWALLOWFIELD

MUSICAL MOVEMENT

- All abilities, Dementia and Wheelchair friendly
- 11am – 12:15pm with tea, biscuits and time for a chat
- Just turn up!
- Alternatively call Coral on 07765 681797

A voluntary donation of £3 would be nice but not essential.

BOCCIA AT SWALLOWFIELD PARISH HALL

EVERY WEDNESDAY FROM 10AM – 11AM

Exercise can be enjoyable! This new exercise class combines sitting down and playing bowls. Only for one hour each Wednesday, after which you can stroll into coffee corner for some refreshments, but only if you really want to!



COFFEE CORNER

SWALLOWFIELD PARISH HALL
(EVERY WEDNESDAY 10.30 – 12.30)



CELEBRATING 10 YEARS OF COFFEE CORNER THIS NOVEMBER!

Back in 2016, Swallowfield's weekly Coffee Morning was flagging: not enough volunteers to run it weekly and dwindling attendance. But to some parishioners, it was still highly valued: one of the few times in the week when they had a chance to meet others and chat in comfort. That's why I decided to take it on and start afresh.

I still have the email that I sent out to friends asking for support, saying that I wanted to:

- Open weekly
- Have freshly made coffee and tea in pots
- Provide a choice of homemade cakes each week
- Have an ambience of a coffee shop so that we would appeal to a wider public.

Thankfully, eight people stepped up to volunteer

Ten years on, and I am proud to say that our valued, community coffee shop is thriving, with an ever-growing number of customers, 16 volunteers and a wider selection of cakes and drinks. Over that time, we have donated nearly £10,000 to local charities and £5,000 to Macmillan Cancer Care. Thank you customers, thank you volunteers.

Why not drop in one Wednesday – just a £3 donation (cash only) for a drink and cake? And look out for notices about this year's Macmillan Coffee Morning, in the last week of September.

Clare, on behalf of The Coffee Corner Team

SWALLOWFIELD WALKING GROUP

EVERY OTHER WEDNESDAY
MEETING AT 10:00AM

So simple, very powerful and scientifically proven to transform your health, body and mind.

Mixed groups of locals, very welcoming!

- A typical walk will be around 3 miles
- Optional tea / coffee at the parish hall afterwards.
- Meeting Point: Normally Swallowfield Parish Hall

If you would like to join us, we will add you to the WhatsApp group

Text Sarah Firth 07973307721



FUTURE DATES 2026

SEP: 16TH & 30TH

OCT: 14TH & 28TH

NOV: 11TH & 25TH

DEC: 9TH





RISELEY, SWALLOWFIELD AND FARLEY HILL CHARITABLE TRUST

RSF LATEST

Since you last heard from us the Riseley, Swallowfield & Farley Hill Charitable Trust team have been putting some of the jumble sale funds raised to good use. We had a wonderful afternoon supporting the Riseley Fun Day in May, providing and overseeing free children's craft activities. We have made a donation to the Parenting Special Children charity based in Reading who support neurodivergent children and their families, and families who have experienced early life trauma, and also to the Swallowfield Medical Practice to enable them to purchase another paediatric pulse oximeter.

The next Jumble Sale will be on 17 October. If you're having an end-of-summer clear-out, please consider keeping your items to donate on the day; they can be dropped off at Swallowfield Parish Hall between 8.30-10.30am. Doors open for buyers to come and grab a bargain at 2pm.

This popular community event is a great opportunity to come together, recycle good-quality items, and support groups and initiatives within our local area. Every contribution helps make the event a success. Please note we can't accept furniture items – they don't sell and we end up taking them to the tip. We absolutely love clothes, shoes, toys, bikes, books, DVDs, and bric-a-brac.

For any enquiries, email rsfenquiries@gmail.com or speak to a member of the committee.

Thank you for your support. We very much look forward to seeing you in October.

w: www.facebook.com/RSFCharitableTrust/

RISELEY, SWALLOWFIELD
& FARLEY HILL
CHARITABLE TRUST

JUMBLE SALE
17TH OCTOBER
DONATIONS BETWEEN
8:30 AND 11AM
DOORS OPEN FROM 2PM

Swallowfield Village Hall, RG7 1QX
£1 Entry; Cash Sale only

All donations must be delivered to Swallowfield village hall between 8.30 and 11am on the morning of the sale only. No large items except good condition bicycles. We reserve the right to refuse donations.

RISELEY, SWALLOWFIELD & FARLEY HILL CHARITABLE TRUST

Can we help?
The RSF Charitable Trust are a small local charity, run by local people with the aim of helping local causes and individuals in need

Do you know someone local that may need support? Are you struggling?

TYPE OF SUPPORT WE'VE OFFERED IN THE PAST:

- Purchase of essential items for those in financial difficulty
- Acquisition of compulsory school equipment or clothing
- Contributions to community projects / services

DIFFERENT WAYS TO GET IN TOUCH:
EMAIL: rsfenquiries@gmail.com
OR MENTION US TO YOUR HEALTHCARE PROVIDER

SCAN ME:

QR code for Facebook: <https://www.facebook.com/RSFCharitableTrust/>

QR code for Instagram: <https://www.instagram.com/rsfcharitabletrust/>

THE CALICO TRUST

We are a local charity which helps people in need. If you or someone you know needs financial assistance, please let us know.

Contact: Celia Adams
t: 07946 654424
e: celia8844@gmail.com

Contact: Ros Riddell
t: 07885 045362 / 0118 988 2014
e: ros.riddell@btinternet.com



SWALLOWFIELD MEDICAL PRACTICE

Practice Retains Good CQC Rating

We are delighted to share that our recent Care Quality Commission (CQC) inspection confirmed our practice's rating as Good. We would like to extend our sincere thanks to all our staff for their continued dedication and hard work, and to our PPG, patients and wider community for their ongoing support and trust.



A huge thank you

We are incredibly grateful to the Riseley, Swallowfield and Farley Hill Charitable Trust for their kind and generous donation, which has fully funded a new Rad-G Paediatric Pulse Oximeter. This important piece of equipment is used by our

Acute Illness Team to measure oxygen saturation levels and temperature, supporting the assessment and care of children in the community.

Acute Illness Appointments

We are now well into our busiest period with lots of coughs and colds being seen. Please do remember to use the NHS website for more common ailments prior to calling as some of these can be treated at home or via the local pharmacy, which in turn eases the pressure on our acute illness team. The following links provide advice for coughs and colds.

Coughs - [nhs.uk/conditions/cough](https://www.nhs.uk/conditions/cough)
Colds - [nhs.uk/conditions/common-cold](https://www.nhs.uk/conditions/common-cold)

Pharmacy First for minor illness

Your local pharmacist can provide advice and treatment for many minor conditions, including coughs, sore throats, hay fever, and some infections. This can often be the quickest way to get help without needing a GP appointment.

Covid-19 and Flu Vaccine

Those who are eligible will be invited to receive a vaccine when the Autumn seasonal vaccines are available.

The eligibility criteria for a COVID-19 vaccine this year remains the same:-

- Residents in a care home for older adults
- All adults aged 75 years and over
- Persons aged 6 months and over who are immunosuppressed

ARC Child and Young Persons Counselling Service

ARC Information and Counselling Service is a free and confidential counselling service supporting children, young people and adults when they are struggling to cope with a life changing situation or emotional problem.

Jackie Robertson provides this service at Swallowfield Medical Practice for young people between the ages of 12-18 years.

For an ARC-funded set of counselling sessions located at Swallowfield Medical Practice please contact reception.

Website: www.arcweb.org.uk

w: swallowfieldmedicalpractice.co.uk



The Friendship Alliance: Helping Wokingham Borough Stay Connected

A friendly chat over a cup of coffee might seem like a small thing, but it can make a huge difference to someone's day.

Across Wokingham Borough, hundreds of residents are discovering new friendships, local activities and welcoming community spaces through the Friendship Alliance, a partnership led by The Link Visiting Scheme alongside Age UK Berkshire, Involve Community Services and Wokingham Volunteer Centre. Together, we're working to reduce loneliness and help people feel more connected to their communities.

One of our most popular initiatives is the growing network of Friendship Tables. Hosted in cafés, libraries, churches and community venues across the borough, these are informal spaces where anyone can drop in, enjoy a drink and a chat, and meet new people. There is no membership, no commitment and no pressure, just a warm welcome and friendly conversation. The borough now has more than 65 Friendship Table venues, providing opportunities to connect every day of the week.

As one local resident shared: "It's not an exaggeration to say it's changed my life."

The Friendship Alliance also publishes a free newsletter packed with local events, activities, social groups, wellbeing opportunities and community news. Whether you're looking for something new to try, supporting an older relative, or simply want to know what's happening locally, the newsletter is a great way to stay informed and connected.

Friendship and community matter at every age. If you'd like to find your nearest Friendship Table, explore local opportunities or sign up for the newsletter, visit www.linkvisiting.org/friendship-alliance.

Because nobody in Wokingham Borough should have to feel alone.

t: 0118 9798019 **w:** www.linkvisiting.org



LOCAL CONTACTS

**All Saints' Church, Swallowfield
and Nutbean Cemetery**
0118 988 5923 or email office@loddonreach.org.uk

Citizens Advice (Wokingham) 0808 278 7958

Emergency Services 999

Farley Hill Primary School 0118 973 2148

Gas (Emergency) 0800 111 999

Keep Mobile 0345 544 0850

Lambs Lane School 0118 988 3820

Medical (Non-emergency) 111

Police (Non-emergency) 101

Reading Buses 0118 959 4000

Readibus 0118 931 0000

Riseley Village Tea Room 0118 996 7375

Royal Berkshire Hospital 0118 322 5111

SSE Electricity (Emergency) 0800 783 8866

Shinfield Voluntary Car Service 0118 988 3400

Spencers Wood Library 0118 988 4771

Swallowfield Community Responders
0118 988 4384

Swallowfield Parish Stores 0118 988 5138

Swallowfield Medical Practice
0118 988 3134 (general) or
0118 988 3473 (appointments)

Thames Water (Emergency) 0800 714 614

Wokingham Borough Council 0118 974 6000

Wokingham Hospital 0118 949 5000

24hr Floodline Service 0845 988 1188

DID YOU KNOW?

Our redesigned newsletter will result in a saving of up to 32,000 sheets of paper annually.

Facilities for hire

The Main Hall, Davies Room and Rose Room at Swallowfield Parish Hall are available for weddings, parties, clubs/groups, meetings and other events. Please call 0118 988 5444 or email finance_officer@swallowfieldpc.gov.uk

CONTACTING THE PARISH COUNCIL

Councillors can be contacted through Liz Halson, the Parish Clerk.
0118 988 5929

clerk@swallowfieldpc.gov.uk
www.swallowfieldpc.gov.uk

YOUR PARISH COUNCILLORS ARE:

John Anderson (Chair)
john.anderson@swallowfieldpc.gov.uk

Rob Chapman
rob.chapman@swallowfieldpc.gov.uk

Catherine Drew
catherine.drew@swallowfieldpc.gov.uk

Laura Edmonds
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Margaret McDonald
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Louise Smith
louise.smith@swallowfieldpc.gov.uk

Simon Taylor (Chair, Planning)
simon.taylor@swallowfieldpc.gov.uk

YOUR BOROUGH COUNCILLORS ARE:

David Edmonds
dave.edmonds@wokingham.gov.uk

Catherine Glover
catherine.glover@wokingham.gov.uk

Chris Johnson
chris.johnson@wokingham.gov.uk

Autumn Clean Up Day

**SATURDAY 24TH OCTOBER 2026
10AM & 2PM**

Meet in the Davies Room,
Swallowfield Parish Hall, RG7 1QX

Please come along and lend a hand
but remember to wear gloves, strong
footwear and suitable clothing.

Bring along your own litter picker and
Hi Vis otherwise they can be provided.

For further details please contact
the Clerk on 01189 885929
or clerk@swallowfieldpc.gov.uk



**REFRESHMENTS
WILL BE PROVIDED
SAUSAGE SIZZLERS!**



HELP SHAPE YOUR VILLAGES BECOME A PARISH COUNCILLOR

Are you interested in your local environment
and open spaces, recreational facilities,
local transport, planning/housing issues,
just a few of the areas where we get
involved to help make a difference
to our community.

We have a vacancy, if you would like more
details please contact the Parish Clerk
or any member of the Parish Council.

Liz Halson, Parish Clerk
clerk@swallowfieldpc.gov.uk
01189 885 929
www.swallowfieldpc.gov.uk



**ALI'S RECYCLING
FOR THE LOCAL
COMMUNITY**

e: chaneys1066@btinternet.com
f: www.facebook.com/AliRecycling