



Swallowfield Parish

Newsletter

Summer 2026

Reflections from the chair

Welcome to the summer 2026 edition of the Parish Newsletter. I would like to start with the election. The composition of the Parish Council has not changed substantially. More details can be found on page 2.

I want to say a fond goodbye to Stuart Munro who has retired, having represented us on the Borough Council for 22 years. Chris Johnson has been elected to take his place.

The Annual Parish Meeting took place on Wednesday 3rd June – later than normal because of the elections. It is not a formal council meeting but rather an opportunity to report to residents on work undertaken by the council during the year and to receive motions and suggestions from residents. We had a very interesting presentation by Katrin Harding on climate change and what we can do as individuals to help mitigate it. Rob Chapman, one of our councillors, gave an informative talk on how to avoid being scammed. See the article on pages 3-5.

The Annual Parish Litter Pick took place on Saturday 21st March and was well supported by volunteers. My thanks once again to Peter and Claire Sampson for coordinating the event. The October litter pick event has become a regular fixture and, as last year, it is planned to hold one this year on the Saturday before the clocks go back.

New chiller cabinets have been installed at the Parish Stores to replace the two ageing and inefficient units which were originally only intended as a stop gap during the redevelopment of Fieldfare. The new units



exhaust heat through an external heat exchanger which will help keep the shop cooler during the summer months.

New windows and doors have now been installed at the Tea Room in Riseley which will put a stop to the draughts.

Looking ahead, here are some events to go into your diary: Farley Hall Horse Trials - Friday 26th – Sunday 28th June; and the Swallowfield Show - Sunday 30th – Monday 31st August.



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

Van Demans

The Parish Council is delighted to announce that Van Demans has been declared as a local nature reserve and will be registered with Natural England shortly.

The Parish Council has applied for a Heritage Lottery Grant and if successful will begin implementation of the vision published in the Spring edition of the newsletter.

Parish Council Elections, May 2026

Following the community governance review approved by Wokingham Borough Council in January 2026, the shape of our parish has changed slightly. As a result, it is split into two wards:

WEST WARD

The West Ward is represented by 8 seats. As 8 people stood, there was no election, so the following people were elected to represent this ward.

John Anderson, Rob Chapman, Catherine Drew, Laura Edmonds, John McDermott, Margaret McDonald, Louise Smith, Simon Taylor

EAST WARD

The East Ward is represented by 1 seat. There were no candidates for this seat, so the vacancy can now be filled by co-option.

Although the parish is split into two wards, all councillors work on behalf of the whole parish, so you do not need to live in the East Ward to stand as a councillor.

At the Annual Meeting of the Parish Council Cllr. John Anderson was elected as Chair and Cllr. Simon Taylor as Vice-Chair. Simon was also elected as Chair of the Planning Committee.

If you are interested in joining the council or would like to discuss any parish matters with a councillor you can find their contact details inside the back cover.



Wokingham Borough Council Elections, May 2026

Swallowfield Parish is represented at Wokingham Borough Council by three borough councillors for the ward of Spencers Wood & Swallowfield. At the recent election Chris Johnson was elected as borough councillor for our ward and joins Dave Edmonds and Catherine Glover as one of our three borough representatives. Their contact details can be found inside the back cover.

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Identifying and Avoiding Scams



Scams are getting cleverer, but we don't need to be experts to stay safe. A few simple habits—pausing, checking, and calling the right people—are crucial to stopping most scammers in their tracks. This article aims to explain what to watch out for, how to protect yourself, and what to do if something goes wrong.

Before we begin, some things to remember

- No-one is safe from scammers and fraudsters, many people get caught out at some point.
- Don't keep it to yourself – there is no shame in being the one scammed – it's the scammers' shame.
- If it seems too good to be true, chances are that it is.
- Whenever there is doubt, there is no doubt – if it is genuine, they won't mind if you check.

What scams look like today

Scammers use the same tricks again and again: they try to make you feel rushed; they pretend to be someone you trust, and they push you to move money. You might get a text about a parcel that needs a fee paying, a phone call from someone claiming to be your bank, or a message on WhatsApp that starts, "Hi Mum, this is my new number."

New technology makes some scams more convincing — for example, fraudsters can now copy voices or create fake videos and fake their phone number — but the basic patterns are the same. The same old sins perpetrated in new ways.

How to spot the red flags

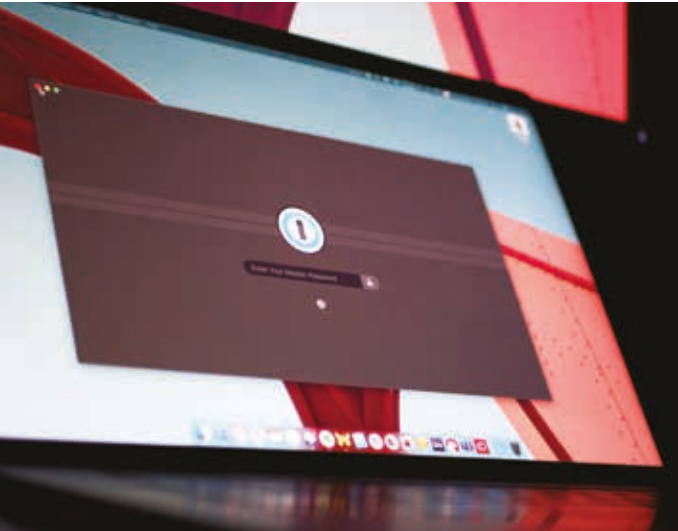
Look out for a few clear warning signs:

- **Urgency:** If someone tells you to act right now, that's a red flag. Scammers want you to make a quick decision, relying on your fear of missing out or fear of penalty.
- **Unexpected requests for money:** Any sudden demand to transfer money, especially to a new account, should make you stop. This is especially true if you are being asked for payment in untraceable forms (like vouchers).
- **Links and QR codes in messages or in public spaces (like car parks):** Don't click links in unexpected texts or scan unfamiliar QR codes on parking meters. Go to the legitimate app or website and enter details manually.
- **Impersonation:** If a caller or message claims to be from your bank, HMRC, the police, or a family member, check it carefully — caller numbers can be faked.



Identifying and Avoiding Scams

cont.



Simple habits that protect yourself, your information and identity, and your money

You don't need to be tech savvy to stay safe. Try these easy steps every time you're unsure:

- **Pause.** Take a breath and don't be rushed. Scammers rely on panic.
- **Check with someone you trust.** A quick call to a friend, neighbour, or family member often reveals the truth.
- **Call back using a trusted number.** If someone says they're from your bank, hang up and call the number on the back of your card or your bank's official website. Don't stay on the line!
- **Keep codes and passwords private.** Never share PINs, passwords, or one time codes. Legitimate organisations will never ask for them.
- **Use easy, strong passphrases.** Three random words (for example, Teacup Yellow Biscuit) are simple to remember and hard to crack.

What if the worst happens?

Be calm and act quickly. First, call your bank straight away—they can sometimes stop payments or help recover money. Keep any evidence: screenshots, texts, emails, and the phone number that contacted you.

Forward scam texts to **7726** and send suspicious emails to **report@phishing.gov.uk**

Report the crime to the national service (Report Fraud / Action Fraud) on **0300 123 2040**, and if you feel threatened or someone is at your door, don't delay, call **999**.

Banks in the UK now have stronger rules to protect people who are tricked into sending money. These rules mean banks will often refund victims of authorised bank transfer scams (known as APP fraud), with protections up to **£85,000** (correct as of 2026), and extra safeguards for vulnerable customers.

A final thought

Scammers are persistent, but they are not smarter than a community that looks out for one another. If something feels wrong, pause, check with someone you trust, and use the official numbers above. Sharing what you learn with friends and neighbours is one of the best ways to keep Swallowfield safe and secure.

Overleaf are some helpful reminders and contacts for you to cut out and keep handy wherever you need to refer to them.

We're stronger together.



 **CUT OUT AND KEEP**

SAFE & SECURE IDENTIFYING AND AVOIDING SCAMS



A community friendly guide to help residents spot, stop, and report the scams currently causing the most harm in the UK.

THINGS TO WATCH OUT FOR

- **Parcel delivery texts (smishing):** messages claiming a courier needs a small fee to redeliver a parcel. Don't click the link — go to the courier's official website.
- **Bank or police impersonation calls:** callers may claim your account is under attack and ask you to move money to a "safe account." Banks and police will never ask you to transfer money.
- **"Hi Mum / Hi Dad" WhatsApp scams:** a new number claims to be a family member and asks for urgent money. Always call the family member on a number you already have.
- **AI voice cloning / deepfakes:** scammers can now imitate voices. If a loved one sounds odd, hang up and call them back on a trusted number.
- **Fake parking QR codes ("quishing"):** stickers over real QR codes can send you to a fake payment page. Pay via the official council parking app or by cash/card if you are unsure.
- **Investment and romance scams:** if it sounds too good to be true or someone asks for money for an emotional emergency, be suspicious.

SIMPLE RULES TO FOLLOW

- **Pause.** Scammers rush you. Stop and think.
- **Check with someone you trust.** A second opinion helps.
- **Call back using trusted routes.** Don't stay on the line; use numbers from your bank card or official website.
- **Never share PINs, passwords or one time codes.**
- **Don't allow remote access** to your computer.

STOP / CHECK / ACT

- **STOP:** Don't click; don't transfer.
- **CHECK:** Call a trusted contact or the organisation using a number you already have.
- **ACT:** If money sent, **call 159**; forward **texts to 7726**; report email to **report@phishing.gov.uk**

CUT OUT AND KEEP 

Local clubs and groups



SWALLOWFIELD HORTICULTURAL SOCIETY & SWALLOWFIELD SHOW

SPRING SHOW

This year's Spring Show, held on 21 March, attracted 155 entries. The afternoon public viewing was also very well attended, with visitors enjoying tea, coffee and cakes alongside the displays. Thank you to all those who entered flowers, plants, produce and artwork and to all those who came along to support the event. A more detailed report can be found at <https://www.swallowfieldshow.co.uk/2026-spring-show-report/>

THE SWALLOWFIELD SHOW

Preparations are well underway for the **annual two-day show which will once again be held in Swallowfield Park on the August Bank Holiday weekend, on 30 and 31 August**. Last year, we were delighted to have so many entries in the Exhibition marquee and would like even more people to take part this year. This year's schedule of competition classes can be found at <https://www.swallowfieldshow.co.uk/2026-competition-classes-schedule/> or you can request a copy from secretary@swallowfieldshow.co.uk.

Visitors can look forward to a full programme of entertainment and activities throughout the weekend. Main arena attractions include: the Xtreme Motorcycle Stunt Team, Come-by Duck Herding and Toras Falconry, as well as Beatroots Samba Drumming



(Sunday) and the Reading Scottish Pipe Band (Monday). Free Activity Zone attractions include giant bubbles and a climbing wall and also include the ever-popular Circus Skills Workshop, Eco Skills

Learning Centre, Micka's Training and Berkshire Reptile Encounters. The 'Village Green' stage will feature children's entertainer, Mr Muddle, the Victoria BeeBee Band, Vox Choir, Union Blue and the Phoenix Ukulele Band. Full details of these attractions and more can be found at www.swallowfieldshow.co.uk.

First held in 1885, The Swallowfield Show is organised and run entirely by volunteer members and friends of Swallowfield Horticultural Society. Our aim is to provide a traditional country show and a good quality family day out for the local community. Surplus funds are donated to local good causes, with a total of £85,000 being distributed from the last three shows alone.

Anyone able to spare some time to help or to join our society is warmly invited to get in touch via: secretary@swallowfieldshow.co.uk or chairman@swallowfieldshow.co.uk.



SWALLOWFIELD PARISH ALLOTMENT ASSOCIATION



As I write this article at the beginning of May, we have had a consistent spell of dry, sunny weather to get the growing season off to a solid start, although we are back to watering our tender young plants whilst waiting for some rain to arrive. The ground is warming up nicely, and some lucky plotters have been able to harvest asparagus, fresh green garlic and the final few leeks from last season. We're being careful to cover the new cabbages, broccoli and cauliflower with netting to protect them from the ever-present pigeons, but it's a joy to look around the site at the variety of flowers and vegetables that our plotters are growing.

Our polytunnel recently had a makeover at one of our working parties, when it was all hands on deck to lay a new floor and to re-label the staging so that we all have some space for our seedlings and those plants that prefer a more tropical climate than we're used to. We are sowing extra seeds so that young plants can be sold at our Open Day on May 17th, which we hope will raise some funds that we can use for the ad-hoc projects and upkeep that inevitably occur down at the Calico Field.

June is a key month in the gardening calendar and signals the end of spring and the beginning of summer. Temperatures should be steadily rising and our plants are receiving increasingly more hours of sunlight. Top tasks for June are to:

- Harvest new-season early potatoes, peas and broad beans, onions, beetroot, summer salads and fruit such as strawberries, gooseberries and cherries.
- Sow seeds for vegetables, salads and herbs to pick later in the summer and autumn.
- Plant out tender seedlings with confidence, now the danger of frost has passed.
- Weed ruthlessly and water regularly to give young plants their best possible chance.
- Keep a careful watch for slugs, snails, blackfly, carrot fly and other harmful insects.
- Pamper your strawberries with a bed of fresh straw, to help keep them clean and to deter slugs.

If you would like to know more about the allotments or to go on the waiting list for a plot, contact Jane Scuffell (SPAA Chair): chair@swallowfieldpaa.org

Happy gardening!
Jane

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

Contact: Jane Scuffell, SPAA Chairperson
e: chair@swallowfieldpaa.org **w:** www.swallowfieldallotment.org



SWALLOWFIELD ART GROUP



In complete contrast – and very appropriate to the season – we moved on to a woodland bluebell scene in watercolour. An example, painted by a group member, is shown here. We were aiming to create a dreamy, pastoral scene, by keeping the style as loose as possible and leaving plenty of white space.

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.

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

Trying something different is a great way to stimulate creativity. So it proved when we did some guided sessions on painting flowers in acrylics on a black background.

Because acrylic paint is (mostly) opaque - and is also a much thicker medium than watercolour - we were able to layer paint over a previously prepared black background.

We began with an outline sketch in white charcoal, then placed colours in position (understanding that they would need more layers) for the dominant colours in mid-tones and a few darks. Lighter colours were added last.

As usual, individual styles shine through, and the results were very different from one another. Some members were inspired to continue the theme and techniques outside class (some shown here).



LOCAL HISTORY SOCIETY

In April, we had a very informative talk by Graham Puddephat on the Kennet and Avon Canal. Without volunteers over many years, today's waterway might have been lost, and the region would be poorer for it.

As we go to press, we look forward to a talk on the history of Wellington College on 21st May, and on 18th June, something different: a Night with the Locals.

Come and hear from people who have lived all or most of their lives in the village.

We take a break in the summer, but do watch out for posters from September when our new programme starts.

Recently, I have been privileged to meet residents of Riseley and fill in some blanks in my knowledge. It's not so long since Riseley had thriving pubs, shops and businesses. As this is the summer edition I've included some of their memories of the season. It was a rural community but also at the crossroads of the old east/west route to London and the north/south road from the ports.

People recall much more varied farming than now, with cows and wheat fields. One farmer used to graze cattle on one side of the river and then drive them through the

village to the other at the end of the season. Families ate vegetables from their gardens, and children picked mushrooms in Van Demans field and paddled by the ford in hot weather. At one stage there was even an ice cream shop in the village, as well as a sweet shop, grocers and a post office among others.

The school was down near the Devils Highway until the numbers dropped in the 1950s. In the late 19th century the log book shows a society slow to accept the now compulsory attendance at school and there were absences for bean setting, bean picking, "hopping", helping at shoots at Goddards Green and "watching the sheep". There was a summer treat for children in Swallowfield Park.

All of which must have been a relief after the dark and cold of winter, with no piped water or electricity until the late 1940s. Not entirely idyllic, however, in the 1880s when there was smallpox in Farley Hill, or when the nearest well dried up and buckets had to be carried on a yoke across the fields....

Jennifer Highwood

Contact: Mike Round

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



SWALLOWFIELD PITT BRIDGE LODGE

The Lodge continues to grow and prosper. At our Spring meeting in May we welcomed another local man into our fraternity. The sun shone as we had drinks in the garden prior to our meeting. Our visitors and guests then joined us in the marquee and witnessed an excellent ceremony performed with sincerity and skill by the members. Our founding Master, Dr Roger Jago, would have been most proud, especially as we had some of our newer, younger Brethren delivering their sections with great aplomb. Afterwards we retired to the hotel dining room, with a brief stop in the bar, and enjoyed a lovely meal with good company and great banter. Does life get much better than this?

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 we will give it 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

THEATRICAL SOCIETY BASED IN SWALLOWFIELD

(PRODUCTIONS AND MEMBERSHIP)

Following the success of our pantomime "Beauty and the Beast", we are delighted to announce that we have been able to donate £500.00 to Rainbow Trust Children's Charity, a wonderful organisation dedicated to supporting families who have a child with a life-threatening or terminal illness.

This donation was made possible thanks to the hard work and dedication of our cast, crew, volunteers, and the fantastic support from everyone who attended the pantomime. We are incredibly pleased that our production not only entertained audiences but also helped support such a worthy cause.

Thank you for making this year's pantomime such a wonderful success.

Our next production will be on Saturday 17th and Sunday 18th October.

To begin preparations, all members and anyone interested in getting involved in the production are invited to attend the **read-through on Saturday 9th August at 7.30 pm** in the Davies Room at Swallowfield Parish Hall.



Auditions will be held on Wednesday 12th August and Sunday 16th August at 7.30 in the Main Hall.

In any production there's plenty to do, so if you are interested in performing, helping backstage, assisting with costumes, or working Front of House we'd love to hear from you. We always look forward to welcoming both familiar and new faces as we begin work on another exciting production.

Further details about the show and the ticket release date will follow soon via our website and Facebook page.

Thank you for your continued support.

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



SWALLOWFIELD BADMINTON CLUBS

**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

SOCIAL BADMINTON - THURSDAY AFTERNOON

from 2pm to 4pm (except August)

Contact: Val Payne **t:** 0118 988 3594 **e:** valg.payne@btinternet.com

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

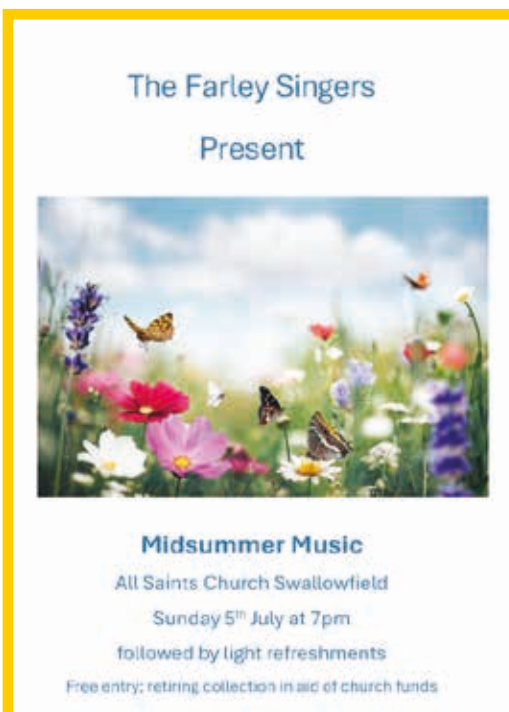
We are a non-league club (so no pressure), and there is a quite varied level of playing standard.

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.

Why not come along to a free 'taster' evening! We hope to see you soon.



FARLEY SINGERS CONCERT MIDSUMMER MUSIC

ALL SAINTS CHURCH SWALLOWFIELD
SUNDAY 5TH JULY AT 7PM

Local music group the Farley Singers are presenting a concert of summer music and readings at **All Saints Church, Swallowfield, on Sunday 5th July 2026 starting at 7pm.**

The music includes settings of Shakespeare extracts and other Renaissance poetry by Ralph Vaughan Williams, John Rutter and others, promising an entertaining high-summer evening. Entry is free and a retiring collection will be taken on behalf of church funds. The choir will be providing light refreshments for the audience following the concert. Join us for what promises to be a A Midsummer Night's Dream-inspired event.

Local Services and Support



**ALL SAINTS CHURCH
SWALLOWFIELD**

THIS WEEKEND IS FETE TIME!

This Saturday, 13 June, 2–5pm, is Fete Day, and we look forward to welcoming you to the Swallowfield Parish Hall and recreation ground. Well-behaved dogs are very welcome!

There is plenty to occupy the kids – of all ages. Face painting is almost a ‘must’ for a discerning child, the traction engine is back, and Micka’s tug of war and other games will work off some energy. Or try juggling an ice cream while holding an armful of toys from the toy stall! Hook a Duck is surprisingly popular with all ages, and do try out the other side shows.

Enjoy one of our traditional afternoon teas, maybe supplemented by Pimm’s, beer and lager, while listening to the wonderful ukulele band and watching the Tai Chi fan and sword displays. When you’ve bought your Davey’s Bread or David’s local honey, you can peruse the stalls for bric-à-brac and gifts, toys and plants, health & beauty and, of course, the bookstall. And, as always, there is a Grand Raffle, with serious prizes including £100, plumbing, Marvellous Festival and Newbury Racecourse vouchers.



There is free parking in the Swallowfield Park field, by kind permission of Farley Farms, with disabled parking at the Parish Hall.

Thank you to everyone who volunteers to help and to you all for coming. We aim to give you a great community afternoon, while raising much-needed funds to keep Swallowfield church thriving and there for everyone.

Barbara Stanley
stanleyba01@gmail.com

Contact: Barbara Stanley
T: 0118 988 5923 **e:** stanleyba01@gmail.com
e: office@loddonreach.org.uk **w:** www.loddonreach.org.uk/all-saints

Swallowfield Church

Fete

SATURDAY 13TH JUNE

2.00pm to 5.00pm
Swallowfield RG7 1QX

Stalls - Children's Activities - Teas

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

JUNE: 24TH

JULY: 8TH & 22ND

AUGUST: 5TH & 19TH

SEPTEMBER: 2ND & 16TH



COFFEE CORNER

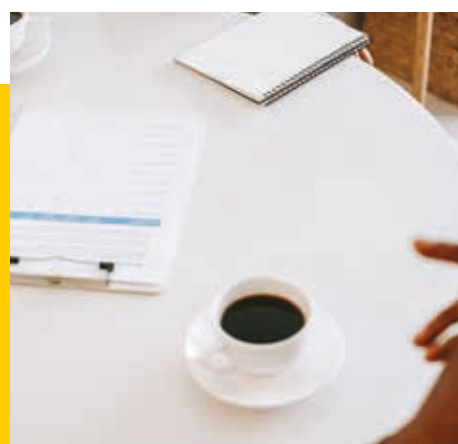
SWALLOWFIELD PARISH HALL
(EVERY WEDNESDAY 10.30 – 12.30)

NEWS FROM COFFEE CORNER

- We continue to be busy. It's great to see cyclists drop in before their rides, and boccia players and walkers drop in after their activities.
- All our profit goes to local charities. In May and June, we donated £300 each to local charities: The Reading Community Learning Centre and Bucket List Wishes.
- As a community hub we have welcomed visits from our local Police Community Support Officers, a representative from Trading Standards, giving advice on avoiding scams, and Wokingham's Community Engagement Officer.

Our team of volunteers always love to welcome new faces, as well as our regulars, and make a wonderful variety of delicious, homemade cakes, including a gluten-free option. Why not drop in? It's just £3 for coffee and cake.

Clare on behalf of The Coffee Corner Team



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



RISELEY, SWALLOWFIELD AND FARLEY HILL CHARITABLE TRUST



We wanted to thank everyone who came to our Jumble Sale on 28 February! To all our lovely volunteers on the day, who do a marvellous job setting up, sorting, running stalls and clearing away afterwards, and to all those that donate items on the day and attend this event. We had a hugely successful day and raised a very healthy £2000, which we will distribute to local causes.

This popular community event is a great opportunity to come together, recycle good-quality items, and support groups and initiatives within our local area.

The next Jumble Sale will be held on 17 October. If you're having a spring clean please consider keeping your items to donate on the day. They can be dropped off at the Parish Hall between 8.30 and 10.30am. Every contribution helps make the event a success.

Any enquiries email rsfenquiries@gmail.com or speak to a member of the committee.

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

w: www.facebook.com/RSFCharitableTrust/

WOULD YOU LIKE A REGULAR BABY AND TODDLER GROUP IN THE PARISH?

My name is Sarah Firth, I am Chair of The Riseley, Swallowfield and Farley Hill Charitable Trust. We support local causes and people within the Parish and local area. We are presently working with the Parish Council to see if we can support the younger generation within the local area by looking at reintroducing the weekly Baby and Toddler group at Swallowfield Parish Hall.



Historically the group was an integral part of village life. When my children were small it was a weekly highlight for both them and for me. I made strong friendships that still remain 26 years on and my children had the benefit of making friends who were local and as they grew out of the group and went to school they always had those friends to fall back on in the holidays when they wanted to get out and about in the village.

We are hoping to set up a new group, however, we do need to have engagement of parents/grandparents or carers to help us. The charity would look to fund the set-up costs.

We are very excited about this project. It would be so lovely to think of young families making lifelong friendships within our community.

If you would be interested in helping me, please give me a call or drop me a text on 07973307721.

Thank you so much! Sarah

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:

<https://www.facebook.com/RSFCharitableTrust/>

<https://www.instagram.com/rsfcharitabletrust/>

THE LINK VISITING SCHEME

A SMALL COMMITMENT THAT MAKES A BIG DIFFERENCE

Loneliness isn't always obvious. It often hides in plain sight: someone who goes days without a proper conversation, who rarely leaves the house, or who no longer has the social circle they once did. That's where The Link Visiting Scheme comes in.

Based in Wokingham Borough, The Link Visiting Scheme brings people together through simple, regular friendship. We match volunteers with older people who would welcome a bit more company, usually a weekly visit or phone call, built around shared interests rather than formal support. There's no checklist, no pressure to "fix" anything, just time, conversation and the chance to get to know someone.

Volunteers tell us the role is surprisingly ordinary and that's exactly why it works. A chat over a cup of tea. A short walk. Reminiscing about holidays, pets, work or family life. These small moments add up, providing consistency and connection for someone who might otherwise feel quite cut off.

Volunteering with The Link is designed to fit around real life. Visits are flexible, training is provided, and volunteers are fully supported by our small, experienced team. Some people volunteer after retiring, others while working part time or full-time or raising families. Many start out wanting to "do something useful" and end up with a new friendship themselves.

Supporters of The Link make this work possible too. Donations and community fundraising help us recruit and train volunteers, support people with no family nearby, and respond when someone's situation changes. It's practical, local support that stays rooted in the community it serves.

Loneliness can feel like a big problem, and it is, but responding to it doesn't have to be complicated. Often, it starts with turning up, listening and being reliable.

If you're looking for a meaningful way to get involved locally, or you'd like to support a charity that focuses on simple, human connection, The Link Visiting Scheme would love to hear from you.

To find out more about volunteering or supporting our work, visit www.linkvisiting.org or get in touch with our team for an informal chat.

Marjie Walker, CEO
admin@linkvisiting.org
0118 9798019

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



SWALLOWFIELD MEDICAL PRACTICE

Swallowfield Medical Practice are pleased to bring you some useful information.

HAY FEVER

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. Symptoms are usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high. Visit - nhs.uk/conditions/hay-fever/ for more information on how to manage your symptoms.

HOW TO COPE IN THE HOT WEATHER

As we move into the summer months, most of us are glad for some warmer weather. However, the hot weather can cause some health risks. During a heatwave, the main risks are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke



Those most at risk are the elderly, those that live on their own or in a care home, those with long-term illnesses, those on multiple medicines and those that find it difficult to keep cool such as babies and young children.

TIPS FOR COPING IN THE HOT WEATHER

- Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

w: swallowfieldmedicalpractice.co.uk



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!



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.

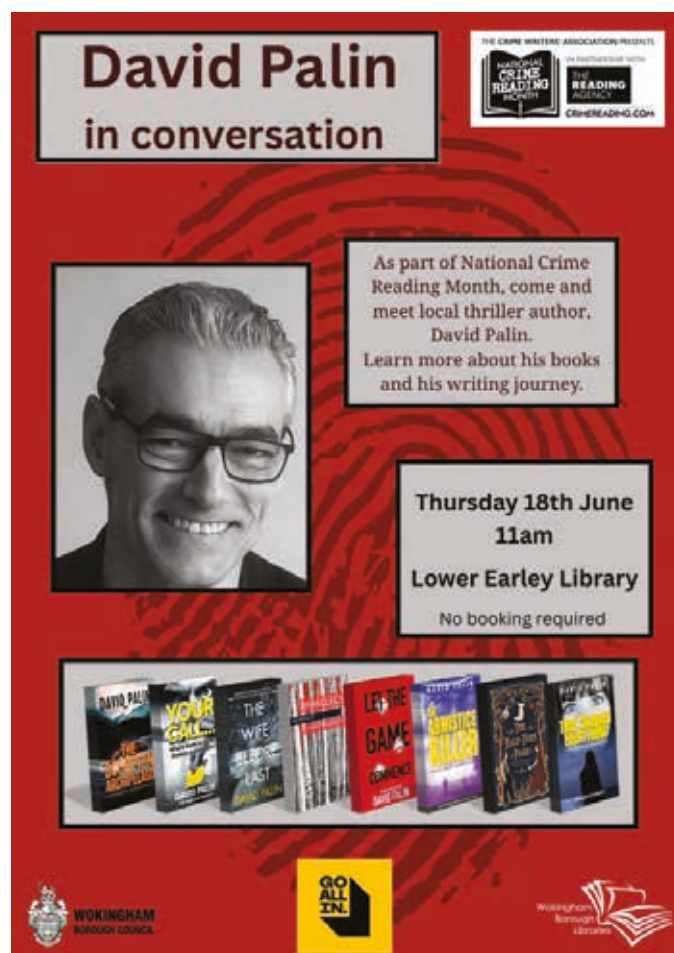


WOKINGHAM LIBRARIES

As part of National Crime Reading Month, Lower Earley Library will be hosting two crime author talks in June. Both events are free and there is no need to book.

THURSDAY 18TH JUNE, 11AM

David Palin in Conversation. Meet local author, David Palin and learn more about his books, his inspiration and writing journey.



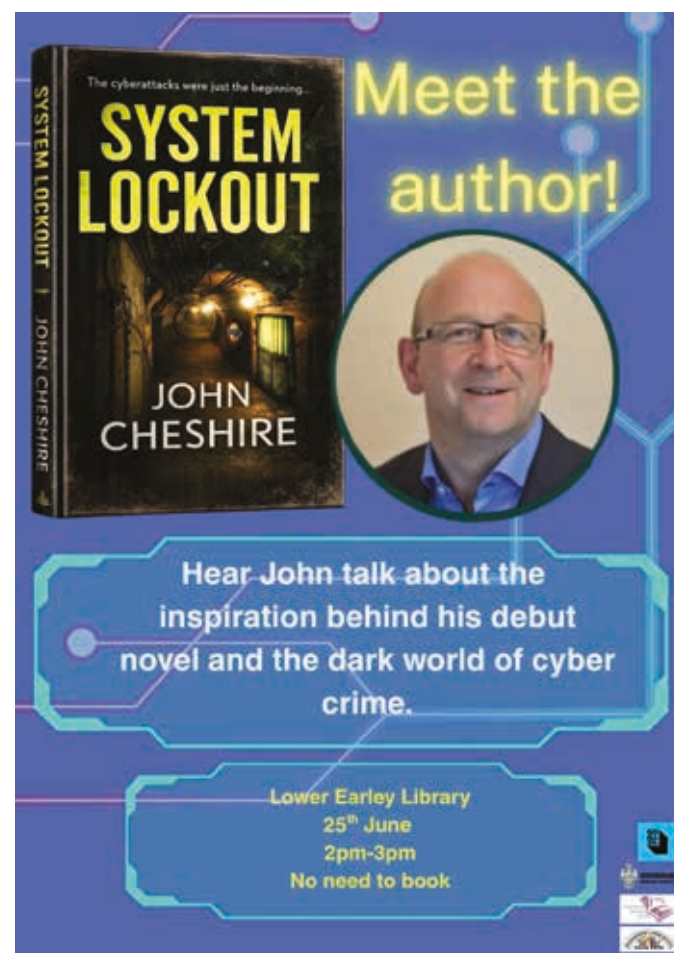
W: www.wokingham.gov.uk/libraries



Events in June

THURSDAY 25TH JUNE, 2PM

Meet the Author, John Cheshire. Hear John talk about the inspiration behind his debut novel, System Lockout, and the dark world of cyber-crime.



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
laura.edmonds@swallowfieldpc.gov.uk

John McDermott
John.McDermott@swallowfieldpc.gov.uk

Margaret McDonald
margaret.mcdonald@swallowfieldpc.gov.uk

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

Swallowfield Church Fete

SATURDAY 13TH JUNE

2.00pm to 5.00pm
Swallowfield RG7 1QX

Stalls - Children's Activities - Teas



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
Email: clerk@swallowfieldpc.gov.uk
Tel: 01189 885 929
Website: www.swallowfieldpc.gov.uk



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

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