



## Finchampstead Community Litter Pick



A big thank you to everyone who took part in the Community Litter Pick on 26 March. Around 150 people took part - from the Scout Group, the FBC and the Parish Council, plus other residents too. Around 100 sacks of litter were collected, plus random items from tools to a Christmas tree!

Our 50 Adopt a Street volunteers make a huge difference all year round, litter picking in their local area. If you would like to get involved please get in touch.





Would you like to keep your street clean and tidy by collecting litter?

We will provide litter pickers, hi viz jackets and bags

**Adopt a street**

As little as half an hour a week makes a big difference!

For more information and to organise kit collection please contact:  
deputyclerk@finchampstead-pc.gov.uk  
0118 908 8164





If litter picking isn't your thing, perhaps you would like to get involved with Community Speedwatch?

Community speedwatch really does make a difference - in the last year well over 600 vehicles have been reported to Thames Valley Police for exceeding the speed limit in Finchampstead.

We aim to run a roadside speedwatch session each week, needing two volunteers per session, but at the moment we are really short of volunteers which limits the sessions we can run.

Sessions take place on weekdays during the morning or afternoon and last an hour. After setting up the equipment, the volunteers note down the details of any speeding vehicles. Training is provided.

Please get in touch if you would like to find out more. Volunteering for just one session a month would be really helpful. Email [clerk@finchampstead-pc.gov.uk](mailto:clerk@finchampstead-pc.gov.uk)





## Our budget and the Community Infrastructure Levy

We are now in the new financial year, having set our budget in January. For 2023/24 our budget is £215,835 and our precept is £192,154. The precept is the amount collected from residents by Wokingham Borough Council (WBC) on our behalf as part of the Council Tax. WBC then passes this sum to the Parish Council.

This year a Finchampstead property in Council Tax Band D will pay £29.32 towards the Parish Council - for the whole year. This is the same amount as in 2021/22.

The Community Infrastructure Levy, or CIL, is the contribution paid by developers towards improvements to local infrastructure such as community or sports facilities, play areas, green spaces or highways. We receive 15% of all CIL contributions relating to development in the Parish.

CIL funds have opened up new opportunities for the Parish Council, enabling us to undertake more projects, and also to support projects led by other organisations, always aiming to bring the maximum benefits to Finchampstead and its community.

Information on some of the projects delivered this year, and plans for the coming year, are included in our 2022/23 Annual Report circulated with this newsletter.

You can find our budget and other financial information at [www.finchampstead-pc.gov.uk/finance](http://www.finchampstead-pc.gov.uk/finance)

## BIKE MONTH CHALLENGE WOKINGHAM

As we emerge from winter and look towards the Bike Month Challenge in May, it's time to dust off our bikes and ride into spring!

The event runs from 1 - 31 May and aims to get more people riding than ever before. Its free to take part and everyone is invited to join in - just ride your bike for 10 minutes or more.

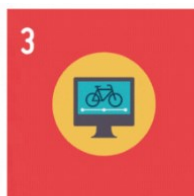
The more times you ride, the more entries you get into the rider prize draws. There are cash prizes plus other prizes including bikes, bike gear, vouchers and more.



Register for free



Ride your bike



Log your ride



Encourage others



Win great prizes!

You can enter your work team too! More information at [www.lovetoride.net/wokingham](http://www.lovetoride.net/wokingham)

**My Journey** is a borough-wide active and sustainable travel behaviour change campaign that aims to help and inspire Wokingham residents, employees and visitors of all ages to walk, scoot, cycle or use public transport. <https://www.myjourneywokingham.com/>



## COST OF LIVING HELP

Visit the Hardship Alliance's cost of living help hub for the latest advice for you and your family.

<https://www.wokingham.gov.uk/cost-of-living/>

The hub continues to be updated with the latest advice and support. Visit the hub for information on how you can get support with food and fuel, your health, household bills, household essentials and more.

The hub includes information on the **Household Support Fund** which is now open for applications for help with food, energy bills and other essential costs. If you applied for a grant in the previous round you can apply again during the new round which started this month.

### Talk to someone if you need help

**citizens  
advice**

Contact One Front Door, a service led by Citizens Advice, Wokingham, that helps residents find the most appropriate support by providing free confidential advice and information.

Call 0808 278 7958, Monday to Friday or visit

<https://citizensadvicewokingham.org.uk/onefrontdoor/>

The **Citizens Advice mobile unit** will be at the FBC Centre, Gorse Ride North, on Tuesday 16 May from 9am to 12 noon - just drop in, no appointment is needed.



## Essential Item Grants

Has your washing machine broken?

Is your cooker on its last legs?

Can't afford to replace it?

Do you need help with paying debt-related fees?

Wokingham United Charities may be able to help...

We have partnered with Citizens Advice Wokingham to provide our essential item grants. Citizens Advice offer free independent, impartial advice and support to people in need\*.

We realise sometimes everyone needs a helping hand. By partnering with Citizens Advice Wokingham we can provide holistic support to help you when you need it most. Citizens Advice Wokingham can signpost you to relevant support agencies and if eligible, can apply on your behalf for an essential item grant.

We may also be able to help with transport costs, school trips, counselling and other essential items or services.



To find out how we can help, please call Citizens Advice Wokingham. Citizens Advice Wokingham will discuss your circumstances to find the best way you can be supported and if applicable, submit the Essential Item Grant Application.

**Citizens Advice Wokingham**

**0808 278 7958**

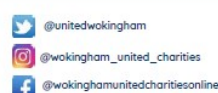
[www.citizensadvicewokingham.org.uk](http://www.citizensadvicewokingham.org.uk)

\*Grants are subject to eligibility criteria and can be applied for once per calendar year for up to £500. Please contact us for further information.

Citizens Advice Wokingham can help with issues around welfare benefits, debt, housing, employment law and much more.

### About Wokingham United Charities...

Wokingham United Charities is a registered charity (number 1107171) and helps local people in poverty, hardship or distress by providing charitable grants and running semi-sheltered Almshouses. We are an amalgamation of 21 local charities and have supported people in need in Wokingham since 1451.



Westende, London Road, Wokingham, Berkshire, RG40 1YA  
0118 403 2980  
[grants@wokinghamunitedcharities.org.uk](mailto:grants@wokinghamunitedcharities.org.uk)





## News from the Friends of Finchampstead Ridges

Maintaining the infrastructure is an ongoing part of the regular undertakings at both Simon's Wood and Finchampstead Ridges. Alongside the perimeter of the site at the bottom of The Ridges is a bridleway which allows horses to ride between Dell Road and Drift lane passing Spout Pond.

The lower Ridges slopes have had barriers for many years but had fallen into disrepair. So the Rangers and volunteers undertook to replace two of these and alongside this task removed dominant Holly which has opened up the area creating a glade like feel. The brush was used to create a barrier on the first access from Dell Road and logs were stacked to form habitat piles.

Two teams undertook the guardrail installation and replaced the original rails with an updated 3 Bar design which is far more robust and then suitable signage was added.



Visit [www.finchridges.co.uk](http://www.finchridges.co.uk) for more information about The Ridges, Simon's Wood and Ambarrow Hill; the work of the Friends Group; and the various walks and trails in the area.

Details of our own circular walk starting from Simon's Wood and our other circular walks can be found on our website at [www.finchampstead-pc.gov.uk/local-facilities/local-walks](http://www.finchampstead-pc.gov.uk/local-facilities/local-walks)

## Home library team helps housebound residents

Are you unable to reach your local library due to ill health, disability or because you are caring for someone? Try our home library service.



We deliver a range of reading materials, including large print and audiobooks. These are delivered by a trained volunteer who will deliver items to match your reading tastes once every three weeks at an agreed time. This service is completely free of charge.

Email [volunteer@wokingham.gov.uk](mailto:volunteer@wokingham.gov.uk) if you are interested in helping out with the home library service as a volunteer.



**The BIG Picnic Lunch**

**Sunday 7th May 2023**

**From 12:30**

**St James' Church**  
**Finchampstead.**  
**RG40 4LU**

**Celebrate the Coronation and**  
**listen to the band in the gardens**

Everyone welcome and bring your own picnic  
and chair

**pfc** +  
For more information  
Call: 0118 973 0133  
Website: [pfc-church.uk](http://pfc-church.uk)



For more information about the Coronation visit <https://www.royal.uk/coronation>

Visit <https://engage.wokingham.gov.uk/en-GB/> for information on Coronation celebrations in Wokingham



### **A reflection on the reign of Queen Elizabeth II - a Berkshire Record Office talk**

Join us at Wokingham Library for a reflection on the reign of Queen Elizabeth II ahead of the coronation of His Majesty King Charles III.

A talk is being given by The Berkshire Record Office on Friday 28 April from 10.30am to 11.30am. It will look back on the local events held for the Queen's coronation, jubilees and visits to Berkshire.

The talk will also share a few examples of how King Charles followed in his mother's footsteps when he was The Prince of Wales.

For more information and to register visit [www.wokingham.gov.uk/libraries](http://www.wokingham.gov.uk/libraries) and search for events





## Free paint!



Do you need any paint for your home improvement project?

Next time when you visit re3 recycling centres in Reading or Bracknell, look out for the yellow paint cabinets on site. They keep a selection of water-based paint tins, which are free to take.

Every year, more than 100,000 litres of paint is disposed of at re3 recycling centres by residents in its service areas, out of which 65 per cent is still in usable condition.

The 're3paint – Community Paint Reuse' scheme redistributes leftover paints to help residents and community groups save money and reduce unnecessary waste.

If you have any paint left in your house, bring it to one of the re3 recycling centres, instead of putting it out with your general rubbish. Check if your paint is suitable for reuse or find out more on the re3 website.

<https://re3.fccenvironment.co.uk/re3paint-community-paint-reuse-scheme/>

## Stay safe and well - a guide to help you choose the right service

# Stay well

Guide to help you choose the right service for you and your NHS

Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
<p>Self-care is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p>Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&amp;E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p>GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p>Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p>A&amp;E or 999 are best used in an emergency for serious or life-threatening situations.</p>

**NHS 111**

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.

**NHS Choices**

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.

24 hours a day  
7 days a week

Visit [www.nhs.uk](https://www.nhs.uk)

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group



## Some of our recent activities

Here are just a few of the things we have been up to over the last month or so. We:

- Held a Main Council meeting; a Planning Committee meeting and a Rights of Way Committee meeting.
- Attended meetings of the Gorse Ride Steering Group - Cllrs George Evans and Becky Eytle represent us; the Borough Parish Liaison Forum - Cllr Roland Cundy is the vice chair, and the Finchampstead Allotment Association Committee - the Clerk represents us at these meetings.
- Co-ordinated and took part in the Finchampstead Community Litter Pick.
- Organised and filled all the places on a first aid / defibrillator training session to be held on 24 April. We hope to arrange another session in the autumn - if you are interested please get in touch.
- Completed the annual staff appraisals.
- With regret, accepted the resignation of Councillor Andy Pearce - after 18 years with the Parish Council.
- Produced our Annual Report for 2022/23. This will be circulated with this newsletter, and distributed to all households in the Parish in the coming weeks.
- Met WBC officers to discuss the next stages with the future nature reserves east and west of Longwater Road - seeing these sites completed is a high priority for us this year.
- Organised 2 community speed watch sessions, reporting 31 vehicles found exceeding the speed limit to Thames Valley Police. We need more volunteers - see page 1 for details.



The Finchampstead Future Group, made up of Parish Councillors and local volunteers, has produced a

### **Finchampstead Neighbourhood Development Plan**

The independent examination of the Plan is now underway. When this is complete the Plan can be taken to the final stages of approval and then adoption.

[www.finchampstead-pc.gov.uk/community-projects/neighbourhood-development-plan/](http://www.finchampstead-pc.gov.uk/community-projects/neighbourhood-development-plan/)



*Staff are now working in our office at the FBC Centre on certain days, while working from home on other days. Some of the staff are part time. If you would like to see a member of staff please get in touch to ensure we will be available when you wish to visit.*

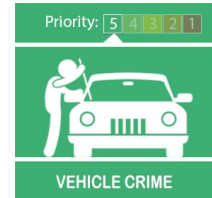
*Members of the public are welcome to attend a Main Council or Committee meeting.*

## **FINCHAMPSTEAD PARISH COUNCIL**

PARISH OFFICE, FBC CENTRE, GORSE RIDE NORTH, FINCHAMPSTEAD RG40 4ES  
Tel: 0118 908 8164 email: [clerk@finchampstead-pc.gov.uk](mailto:clerk@finchampstead-pc.gov.uk) [www.finchampstead-pc.gov.uk](http://www.finchampstead-pc.gov.uk)



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## Increase in thefts from motor vehicles

Having your car broken into, tampered with and losing your things to thieves can be very distressing. Here are a few simple steps you can take to keep your vehicle, and what's in it, safe.

### **1. Lock it or lose it**

Always double check your vehicle is locked and secure. Get into the habit of locking it even if you are only going to be away for a moment.

If your vehicle has wing mirrors that fold in automatically when locked, make sure you lock it properly. Criminal gangs are looking for vehicles like these where the wing mirrors are still out because it is clear to them that the vehicle has been left unlocked.

### **2. Take it with you or hide it**

Your mobile phone, coins for the car park, sunglasses, packs of medication or other items that can earn quick cash are irresistible to the opportunist thief. Remember, the cost of replacing a window is often much more than that of what's stolen. And it should go without saying that laptops, wallets, handbags, purses and credit cards should never be left in an unattended vehicle.

### **3. Close all windows and the sun roof**

Leaving windows and the sunroof open invites fishing for items through the gap by hand or with an object like a bent coat hanger, which could also be used to unlock a door for them to get in. Thieves can be ingenious. Don't give them the opportunity.

### **4. Hide electrical items and leave no clues**

Leaving sat nav mounts, suction cup marks on windows or cables on view gives the impression you have left a Sat Nav, smartphone or other device in your car. Even if they can't see the device they might still break in to see if it's stored in the car, out of sight.

### **5. Take your documents with you**

Having a vehicle's registration and insurance documents could let a thief pretend to be the owner so they could sell it on quite easily. Never leave any documents in your vehicle.

### **6. Choose your car park wisely**

If possible, always try to park in well-lit and staffed car parks.

### **Cars with keyless entry systems**

Fit a steering wheel lock as a physical deterrent; if you have a garage, use it to secure your vehicle in; if you have a driveway, park as close to the house as possible and block it in if you have another car without keyless entry; keep your key fob away from windows and doors when at home; turn off the key fobs wireless signal (check your vehicle manual to see if this is possible); use a signal-blocking pouch/case or a secure metal container to store your key fob.

Please contact us if you have any information relating to vehicle crime in your neighbourhood. Report online at [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk) call us on 101 or in an emergency dial 999.