

# From the Horse's Mouth



Issue 18

**The Horspath Magazine**  
**August - September 2025**

# **“Five go to No 10 together”**

(Apologies to Enid Blyton)

On Tuesday July 8<sup>th</sup> Judy, Sheila, Shelagh Rebecca and I took the Oxford Tube to Victoria Station. After a refreshment break, we took a (very posh) taxi to the Houses of Parliament. Among the heaving crowds of tourists, we eventually received our Visitors badges and met Hannah in The Great Hall.



You see the purpose of this escapade was to take our Petition to save Horspath Post office to 10 Downing Street. With our MP, Freddie van Mierlo escorting us. The petition with 580 names, an explanation of why we were appealing against the closure of our outreach post office and the views of many Horspath residents were presented in a purple box file with a photo of the Horspath hub on the front.

On the way we were to have a glimpse of the Parliamentary buildings courtesy of Hannah, Freddie's Parliamentary Assistant. She was very well informed and interesting, so it was a joy to have her escort us round Westminster Hall, the Central Lobby and the St Stephens Hall. We were to have gone to the House of Lords but as the French President Macron was visiting this was out of bounds. And the House of Commons was in session debating the Horizon Post Office scandal! The Parliamentary buildings are magnificent and so is the newly restored Big Ben resplendent with gold adornments. NB .We noted that there was a Post Office in the Central Lobby very small and bijou but OPEN.

And so onto the purpose of our visit. **10 Downing Street.** Freddie met us in Whitehall and after the stringent security checks at the gate, we had to wait until a class of schoolchildren cleared our way to the door. Curiously we could photograph No 10 and up the road but not down towards the street? It was all over in a trice, Judy knocked on the door, an official opened it and took our Petition. Freddie took some photos and then it was Goodbye.

To follow this up we'll be in the gallery of the House of Commons to watch Freddie present our Petition to the Deputy Speaker on Wednesday 16<sup>th</sup> July. Then we'll have to wait about four weeks for a response.

Anna Radcliffe

### **Editor:**

The decision to feature five of our residents outside 10 Downing Street on the cover of this magazine was an easy one. I was privileged to be a member of a small Trustee team who have been working extremely hard since the Outreach Post Office closed to try to reverse the Post Office's decision. There have been many meetings, letters, press releases, radio and television interviews and finally colleagues went to London twice. Village support has been incredible and they have done their very best to keep this valuable facility here. **Watch this space!**

*It's my turn to quote now: In a letter to his son, Albert Einstein said, "Our greatest weakness lies in giving up. Believe in yourself when nobody else does."*

John



## Horspath C of E Primary School

The summer term is always a busy one in schools, and this year has been no exception!

As I write, the lovely voices of our older children are drifting in from the hall as they rehearse for their

end-of-year production, *Gladis Baker Gladiator*. They have also taken part in their secondary school transition visits and represented Horspath brilliantly at the Toplink Sports Festival at Wheatley Park, showing great conduct and sporting spirit.

Earlier in the term, Years 5 and 6 participated in a hockey festival at Hawks, where they demonstrated impressive teamwork and skill following their term of hockey coaching in the autumn.

Year 6 also attended the leavers' service at Christchurch alongside other local Year 6 groups. Events like these help build confidence and friendships as our children prepare to move into larger environments. Many have already made new friends, and we are incredibly proud of them all. We wish each of our leavers the very best for a happy and successful future.

The highlight of the term was undoubtedly the Horspath Extravaganza, expertly organised by our wonderful PTA in collaboration with the church. It was a fantastic community event hosted here at school, and we hope many of you were able to join us.

There truly was something for everyone — food stalls, tea, coffee and cake, rides, games, a raffle, and a treasure hunt at the church. Some of our brave staff got soaked in the splat challenge, while others helped run

activities like football goal scoring, “guess the name of the teddy,” fancy dress, “decorate a bicycle,” and “guess the sweets in a jar.” With so many raffle prizes and happy winners, it was a day to remember!

We are delighted to share that over £2,000 was raised, which has been split equally between the school and the church. At school, we are incredibly grateful to our PTA for their creativity and commitment, and for supporting so many valuable activities and resources — especially at a time when school budgets are increasingly stretched.

Thank you to everyone who has supported Horspath School throughout the year. We look forward to welcoming you to many more events in the coming school year.



## *Horspath residents at the Park Run*

It is approaching 24°C at 9am as around 130 runners and walkers and 12 volunteers assemble on the rugby ground for the Horspath Saturday morning Park Run, but no-one seems to be deterred by the temperature! The day has a distinct Horspath flavour; Fiona Smith, volunteering for the 53<sup>rd</sup> time and sister Natalie for the 80<sup>th</sup> time take up their marshalling duties behind the athletics track, whilst Natalie's daughter, Jenna Omand as Run Director makes sure that everything runs smoothly. Her husband, Ryan, wearing a T shirt which he was awarded after his 100<sup>th</sup> Park Run tells me that today is his 150<sup>th</sup> Park Run. "It's nice to get out in the fresh air and get some exercise first thing



in the morning. It's very welcoming here at Horspath and we are trying to encourage walkers to come too," he says. As the participants assemble on the start line, it is very clear that this event is open to all. The age range must be about seventy years and there are people of all abilities and some with disabilities. Some of the volunteers have come from Australia – they are here on holiday and one acts as tail walker! There are teenagers who are volunteering as part of their Duke of

Edinburgh Award scheme service and appear to be enjoying every minute as they check in the runners as they finish. It is quite amazing that some of the volunteers know so many names of the participants and actively encourage them as they pass the half way point. Ryan passes the finish line looking somewhat flustered. When asked how the race went, he replied, "It was hot." Mark Franks, volunteering for the 250<sup>th</sup> time ran the course in 23 minutes and then scan in the finishers. Horspath veteran Derek Rowell finished in 34 minutes. Horspath is very fortunate to be able to host such a worthwhile activity that brings health benefits to so many people of diverse needs every week. This is just the kind of beneficial activity that the village of Horspath should be sponsoring! Saturday 2<sup>nd</sup> August is the Horspath Park Run's 4<sup>th</sup> birthday. Come along and run or walk. In fancy dress if you like! There will be snacks at the end!

**Sue Rowell - Roving Reporter**

We are hoping to buy some pacer vests.

Please visit our site to kindly donate:





## Services in St Giles' Church and Benefice Services August and September 2025

- 3<sup>rd</sup> August      The Seventh Sunday after Trinity**  
11am      Morning Worship (and Sunday Fun-Time in the Horspath Hub)
- 10<sup>th</sup> August      The Eighth Sunday after Trinity**  
11am      Parish Communion  
**3pm      *Benefice Story-Time Church*** in the Forest Church at  
Ripon College Cuddesdon (share stories about Jesus  
around a campfire, with marshmallows, refreshments  
and conversation)
- 17<sup>th</sup> August      The Ninth Sunday after Trinity**  
11am for 11:15 Family Time
- 24<sup>th</sup> August      The Tenth Sunday after Trinity**  
11am      Parish Communion
- 31<sup>st</sup> August      The Eleventh Sunday after Trinity**  
10am      Benefice Communion at St Mary's, Garsington  
***No service at Horspath today***
- 7<sup>th</sup> September      The Twelfth Sunday after Trinity**  
11am      Morning Worship (and Sunday Fun-Time in the Horspath Hub)
- 14<sup>th</sup> September      The Thirteenth Sunday after Trinity**  
11am      Parish Communion  
**3pm      *Benefice Story-Time Church*** in the Forest Church at  
Ripon College Cuddesdon (share stories about Jesus  
around a campfire, with marshmallows, refreshments  
and conversation)
- 21<sup>st</sup> September      The Fourteenth Sunday after Trinity**  
11am for 11:15 Family Time
- 28<sup>th</sup> September      The Fifteenth Sunday after Trinity**  
11am      Parish Communion

## Letter from the Vicar

Dear friends

I hope you are well?

I'm writing this mid-July, in the middle of a heat-wave; and I expect the high temperatures will continue into August – so here is a reminder that St Giles' Church offers a lovely cool space to escape from the heat and to sit and reflect, pray or read a book. Church is usually open during the day, and we have a children's corner with books and toys. Please feel free to pop in anytime when church is open.



In June, I spent a few days in Dorset, and I visited the lovely St Aldhelm's Chapel, at St Aldhelm's Head, just off the South West Coast Path. The Chapel dates back to the 12<sup>th</sup> century – like our own church – and there was probably an earlier timber building on the same site. It's an unusual, square-shaped building, with a beautiful vaulted roof.

I spent some time in the church, watching a pair of swallows – which reminded me of Psalm 84:

*“How lovely is your dwelling place, O Lord of hosts ...  
The sparrow has found her a house and the swallow a nest  
where she may lay her young:  
At your altars, O Lord of hosts, my King and my God ...”*

As I knelt in the chapel to pray, I was reminded of one of my favourite R S Thomas poems, 'Kneeling':



Moments of great calm,  
Kneeling before an altar  
Of wood in a stone church  
In summer, waiting for the God  
To speak; the air a staircase  
For silence; the sun's light  
Ringing me, as though I acted  
A great rôle. And the audiences  
Still; all that close throng  
Of spirits waiting, as I,  
For the message.

Prompt me, God;  
But not yet. When I speak,  
Though it be you who speak  
Through me, something is lost.  
The meaning is in the waiting.

I hope and pray that St Giles' Church will  
provide a safe space, where you can experience moments of great calm, as you wait for  
God to speak.



God bless The Revd Tom (Vicar)



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## **Horspath Parish Council**

Thanks to a grant awarded from Horspath Stone Pit Charity, the installation of the new children's play area behind the village hall has now started, and is expected to be completed by the end of July.

The refurbishment of the village hall project is still on-going and a planning application has been submitted to the District Council. As soon as planning permission is approved the project can move forward. More information to follow.

Two new dog bins have been delivered and will be installed at the bottom of Sandy Lane and at the end of the car park in the Village Hall.

One quotation for a new bus shelter has been received but due to very high delivery costs further quotations will be sought.

New goal posts & nets have been purchased and will be installed on the Mutton Field.

The Parish Council is looking for contractors from all trades in the village who would like register their details with the Council for any maintenance work required in the village, who would be willing to provide a quotation for works as and when required. If you would like to register, please email your details to the Clerk:- [clerk@horspathparishcouncil.org](mailto:clerk@horspathparishcouncil.org)

Horspath Parish Council has recently received confirmation that BBOWT's selection panel have decided to retain Horspath Wildlife Conservation Area as a Local Wildlife site.

A new flag has been purchased to replace the old flag by the war memorial.

Any resident who is interested in joining the Horspath Village Hall Management Committee please contact the Clerk – [clerk@horspathparishcouncil.org](mailto:clerk@horspathparishcouncil.org)

If any resident wishes to raise issues with Horspath village please contact Hayley Kogel, Clerk to HPC via email - [clerk@horspathparishcouncil.org](mailto:clerk@horspathparishcouncil.org) . **Please note:-** Horspath Parish Council will not take any further action on correspondence that is sent anonymously.

## **Horspath Stone Pit Charity**

Organisation grants are currently suspended following the decision at the March 2025 meeting, until the refurbishment of the village hall has been completed. After this time, applications will be open again for organisations to apply for a grant. Individual grant applications remain open.

The next Horspath Stone Pit Charity meeting will be held in September 2025. The closing date for applications will be 1<sup>st</sup> September 2025.

Trustees would like to remind all residents who are successfully awarded a grant that receipts **must** be provided to the value of the grant within 3 months of receipt.

### **GRANTS AWARDED IN JUNE 2025**

Trustees received and considered 18 Individual grant applications, and 1 Hardship Fund applications.

14 Individual applications were successful.

2 Individual applications were not successful as they did not meet the criteria of the Charity.

2 Individual applications were not successful as receipts for previous grants had not been submitted.

1 Hardship Fund application was successful.

<b>Individual Grants</b>		
5 x School Trips		£1000.00
6 x Swimming Lessons		£1200.00
2 x School Uniform		£400.00
Meal Voucher Scheme		£6000.00
Hardship Fund	1 application	£600.00
<b>Total</b>		<b>£9,200.00</b>

**A total of £9,200.00 was awarded.**

## Senior Residents in the slow lane



It's Wednesday morning, 2<sup>nd</sup> July and we're all aboard a coach heading for the pretty little village of Kintbury in West Berkshire. The fact that it is raining doesn't dampen anyone's spirits, judging by the level of excitement and anticipation and sure enough, by the time we get there, the rain has stopped! We all climb down into our traditional canal barge on the Kennet and Avon Canal, settle into our seats and we are introduced to Drummer, a Clydesdale Cobb cross-shire horse, who seems to be taking it in his stride that he will be pulling the barge and us for the next couple of hours. The barge has been owned by the Butler family since 1980; Stephen and Charlotte inherited the business from Stephen's parents, Bob and Jenny. "We just love the tradition

and seeing our guests enjoy themselves," says Stephen.

We move gently along the canal towards Newbury pulled along by Drummer, led by Stephen. It's a great way to escape from the madness of modern life and experience the slower pace of yesteryears!

That is until we reach the lock! Most senior residents climbed out of the boat to watch the manoeuvres – Drummer pulling the barge into the lock and under the bridge where the barge turned round to go under the bridge again and back through the lock to go back to Kintbury. By the lock, Drummer did get a break to sample the canal-side vegetation!

Our canal excursion over, the coach took us to Hungerford for lunch, where the Francophiles amongst us quickly spotted a rather splendid French restaurant "The Funghi Club" which served a fabulous three course lunch complete with wine! A perfect end to the day!

Many thanks to Leo, Judy and Valerie and the Senior Residents committee for organising such an enjoyable trip.

Sue Rowell our waterborne reporter

# **Horspath Village Show**

**Saturday 6th September  
2025**

**The Hub  
Horspath**



**Programme  
of the  
Day**

# Horspath Village Show

Saturday 6th September 2025

**The Hub, Horspath**

## Programme of the day:

**10.00am to 11.30am** Show entries registration and cafe open.

**11.30am to 12.00pm** Judging takes place. The Hub is closed to the public and exhibitors.

**12.15pm** Hub reopens to the public.

**1.15pm** Raffle followed by Show Prize Giving.

**2.00pm** Close.

All proceeds from the show will go towards next year's show and show prizes. Any questions, please email show committee:

[haa.horspath@gmail.com](mailto:haa.horspath@gmail.com)

## Registration Forms

One form per person. Hand the form in with your entry fee(s) of £1 per class entry.

## Village Show Registration Form.

### Exhibitor details:

First and last Name	
Tel number	
Age if under 18	

Put CLASS Entry Number in boxes below.

Total

£1 per Main Class entry	Class No	Class No	Class No	Class No	Class No	Class No	Class No	Total
Floral (1-3)								
Fruit (4-6)								
Vegetables (7-13)								
Vegetables (14-16)								
Baking (17-19)								
Preserves (20-21)								
	Grand Total entries							£

### Floral (Class numbers 1-3)

- 3 flowers in a Vase
- A single statement flower
- A display of cut flowers min 5 mixed flowers. (Max 18 inches x 18 inches)

### Fruit (Class numbers 6-9)

- 3 Dessert apples
- 3 of another Fruit (same fruit)
- Display of mixed fruit

### Vegetables (Class numbers 10-23)

- A display of vegetables
- 3 Onions
- 3 Carrots
- 3 Tomatoes
- 3 Potatoes
- Longest runner bean
- A 'disaster' fruit or vegetable
- A member of Squash or Pumpkin family
- A Brassica
- The Brigadier Challenge

### Baking (judged on appearance & taste) (Class numbers 18-27)

- Apple pie in shortcrust pastry (7 inch)
- Yeast recipe – i.e. bread, buns etc
- 6 Muffins (same) sweet or savoury

### Preserves (judged on appearance & taste) (Class numbers 28-29)

- Pot of Jam or Jelly
- Pot of Chutney or Pickle

1st, 2nd and 3rd place awards are given in each class.

The Cath Riley cup is given to the adult with the most points accumulated in the show.

The Junior cup is awarded to the child with the most points accumulated over all classes.

The new Roy Grant cup is awarded to the person with the most points accumulated in the jams and chutney category.

All proceeds will go towards next year's show, which we hope will be back in the newly refurbished village hall.



## Apple Day at the Hub Saturday 20th September



Come and join us for a family day of pressing apples, drinking apple juice, games and refreshments. Entrance free. Bring your own apples- if you have spare but not essential - and your own bottles to take your juice home. There will be a small charge for the pressing! It's a good year for apples so it should be a lovely fun occasion. **See you there**

\*\*\*\*\*

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## **Our local Historian, Brian Lowe, recounts the adventures of the Polar Castaways**

No-one can fail to be spellbound by an adventure story, particularly when that adventure is true! So, not surprisingly, a good audience assembled at the Hub on Friday May 2<sup>nd</sup> to listen to Brian Lowe tell the grisly tale of Shackleton's Ross Sea party. They were recruited to lay supply dumps from the Ross Sea across the Southern Antarctic ice shelf so that Shackleton's party would have food as they made their journey from the Weddell Sea to the South Pole and across to the Ross Sea.

We are all very familiar with the story of Shackleton's adventures, the loss of the Endurance and the crew's fight for survival. Mensun Bound, who successfully found the Endurance in 2022 has delighted us with his accounts on several occasions. The fate of the Ross Sea party is far less well known and Brian had researched the history very well, presenting his findings with pictures and a narrative that kept everyone on the edge of their seats!

The Ross Sea party set off from Sydney, Australia in the ship, The Aurora in December 1914 with a hastily appointed crew who were destined to disagree from the very start. They tried to begin their task of providing supply dumps in January 1915 but many of their sledding dogs died and the whole party became stranded without food and clothes when their ship was torn from its moorings and was carried out into the Southern Ocean by the ice floes. How they survived that first winter was a miracle! Fortunately, previous expeditions had left supplies! In the second season of depot laying, a series of catastrophes resulted in the death of three men and the rest of the dogs. The Aurora finally rescued the remainder in January 1917.

The sad fact is that the food dumps were never needed since Shackleton and his party never made the crossing. We all wondered whether the dumps are still there? No-one seemed keen to go there to find out!

Brian, who is a superb storyteller, will be repeating his amazing talk on Wednesday 6<sup>th</sup> August for the Senior Residents Association. Enjoy!

Sue Rowell Our Polar Reporter

## Horspath Cricket Club crowned Oxfordshire Village Cup Champions

Horspath Cricket Club were crowned Oxfordshire champions for the fourth time in five years in the Voneus Village Cup with a 228-run win over Aston Rowant in the area final at the Recreation Ground. Brilliant centuries from Viv Narayan (137) and Tom Nichols (109) saw Horspath post 312-5 off 40 overs, before Asad Rafiq (6-21) sent the visitors crashing to 84 all out. The victory took the side into the national rounds where dreams of progressing on the road to Lord's were dashed with a nine-run defeat by Gloucestershire champions Painswick in front of a crowd of around 300 at the Rec. A six-match unbeaten run also saw the side climb to fourth place in Home Counties Premier Cricket League Division 2. Highlights included a thrilling five-run victory at Thame Town and a five-wicket home win over Falkland with Derval Green taking 6-45. Horspath also reeled off four straight Oxfordshire T20 wins in their defence of the Hartwell Trophy to top their group and secure a semi-final place. Consistent performances saw the 2nd XI claim top spot in Cherwell League Division 2 with Tejas Anand hitting an unbeaten 108 in the win at Oxford 2nd. Hat-tricks have been the order of the day in the 3rd XI with Nishi Ranasinghe and Josh Cummings performing the notable bowling feat, while captain Craig Wharton cracked 125 not out for the 4th XI. **Horspath's women**, meanwhile, finished fourth in their group in the Home Counties Super 8 Development competition, before embarking on their Oxfordshire Hundred and Home Counties League programmes. **In youth cricket**, there was a hat-trick for Joseph Creed as the Under 11s put together a four match unbeaten run, while the Under 15s have been in good form with Julius Leslie hitting an unbeaten 90.



Elsewhere, the Under 9s and for the first time, a Girls' Under 11s side, have been featuring in festivals. Looking ahead, the club has plans in the pipeline for a Charity Day on Sunday, August 24 and the annual Feast Match on Sunday, September 21.

The second Wednesday  
of each month at 2pm

**THE  
HORSPATH  
HUB FILM  
CLUB**

Watch a film in the company of others.  
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## *The Horspath Calendar 2026*



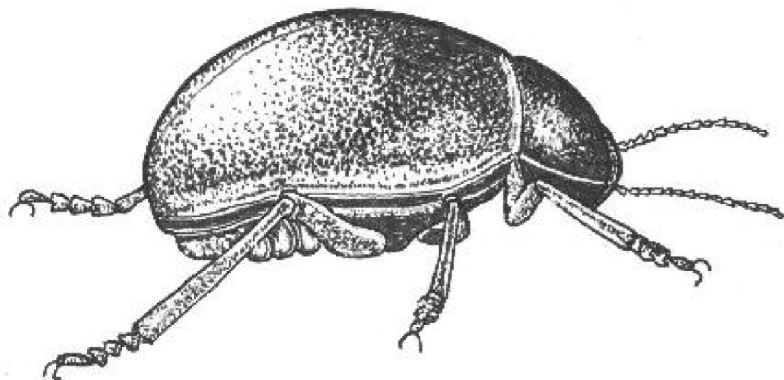
This was the cover of the second calendar we produced. The Calendar for 2026 will be the seventh created. That's of course if we get enough pictures sent to our dedicated mailbox.

The overall theme for 2026 is **'CONTRASTS'**. This allows you

plenty of scope for many different photographs, from plants to animals, buildings to gardens throughout all the seasons. You may even have photographs showing how the season changes the scene! As usual I will be inviting our very generous sponsors for their support to make this venture happen once again. All the photographs you send in are carefully collated by Rob Judges ready for the difficult job of choosing which pictures to include to reflect our beautiful village. *Many thanks John*

We will keep this mailbox open until the end of August, but please don't leave it to the last minute: **[horspathcalendar@gmail.com](mailto:horspathcalendar@gmail.com)**

## Look out for ...



If you're walking on Shotover, look out for **Bloody-nosed Beetle on Heath Bedstraw**

In summer one of the Hill's most charismatic beetles can be seen slowly trundling along sandy paths or through grass where 'Bedstraw' flowers grow.

**Where to look:** Heath Bedstraw thrives on the lower slopes of Mary Sadler Field and other areas of heath across Shotover. Bloody-nosed beetles are found near these plants because their young are dependent on Bedstraws as part of their life cycle.

**What to look for:** Heath Bedstraw has frothy white flowers and dark green leaves. Flowers are so dense they can fill the air with a honey-like scent. Bloody-nosed beetles have a blue-black sheen and grow to 2cm long.

**Did you know?** Bedstraw was often used as stuffing for mattresses, as it contains a natural repellent for fleas. It also has blood clotting properties so was used for treating wounds. The bloody-nosed beetle has no wings so cannot fly from danger. Instead, it defends itself by spitting foul-tasting blood-red liquid. This defence strategy is what gives it its memorable name.

*Shotover Wildlife is an independent community organisation founded to research and communicate the importance of Shotover for wildlife. Illustrated by Jacqueline Wright, artist, botanist and co-founder of Shotover Wildlife.*

**Alfred Edward Frederick (David) Munt**  
**3rd February 1932 - 7th May 2025**



David was raised in this village in a bungalow not far from where he would spend the rest of his life. His childhood years were challenging. A younger sister, Rose, died in infancy. The second world war was raging. His father, Edward, suffered from TB and died when David was just 14 years old.

After leaving school and starting to learn a trade, National Service was the next step. He joined the army - the Oxford and Bucks Light Infantry - and served between March 1952 and March 1955, leaving as a sergeant.

His interest in motorcycles was put to good use during his time in the army. He was sent off to Aldershot to help train army motorcyclists. As for foreign tours, he served in Osnabruck, Germany and also spent time in Egypt. The order and discipline of the army was something he admired and stayed with him for the rest of his life. After the army, in 1955 he completed his training to become a plumber. He met his wife to be, Rosamund, during the 1950's at the Horspath Feast. In 1958 together with friends Pete Busby and his partner Margaret set out on their first motorbike tour. They rode through France, over the Pyrenees and down to Madrid in Spain. They visited Andorra on the return journey.

Rosamund and David got married on 2nd April 1960 starting a life together in the home he had just built. They had three children and two grandchildren. A memorable quote from one of his granddaughter's Hannah, "He helped me fix my car after I dented it the first time I drove it." "When I made him chicken fajita wraps he told me it was like eating leather!" His attention to detail certainly stood him in good stead when he became Clerk of Works for Oxford City Council towards the end of his career in building. In summing up his love of home and country we turn to an old family Bible handed down to him from his father. At the back were simple verses from family members, to which we added his very own epitaph: "Alfred Munt is my name, England is my nation, Horspath is my dwelling place and Christ is my salvation."

**Rest in peace David**

## **Morland House Surgery, Morland Close, Wheatley OX33 1DP**

The usual surgery opening hours are Monday to Friday 8am to 6.30pm Saturday mornings (excluding Bank Holiday weekends) 8am to 10.30am, for **pre booked** consultations only

Enhanced access hours are offered outside these times, please speak to one of the reception team on 01865 872448 for more information.

When the surgery is closed, please contact the Out of Hours service by phoning 111

A new Morland House Surgery **Facebook Page** has been created. This is to keep patients up to date with surgery news and health issues. Please like and follow.

**Ordering Repeat Prescriptions:** Please use the NHS App or log into your account on the NHS website. For more information on ordering, visit the 'prescriptions' page on our website.

**Weight Loss Medication** is in the news and GPs can now prescribe Mounjara, one of the leading drugs. Eligibility criteria are very strict and only a very small number of MHS patients will be eligible and contacted directly by the Surgery.

**Online Resources for Clinical Help** Did you know that there are many local services to which you can make self-referrals without speaking to your GP? The Morland House Surgery website lists the various options. Visit [Self-Referral – Morland House](#)

Visit **Morland House Surgery Website** for a wealth of information and guidance on managing a vast number of health conditions, symptoms, and treatment: [www.morland-house.co.uk](http://www.morland-house.co.uk) For example:

**Medical Records and Test Results** - guidance on how to access this information.

**Travelling abroad** – what MHS can and cannot do for you

**Stay safe and well in the summer heat** – including **Hot Weather Toolkit**

**Hay Fever** – advice and support

**Pharmacy First Service (PFS)**, whereby pharmacies can treat seven common health conditions.

**Group Consultation Clinics** – Successful group clinics are currently being offered for menopause and hypertension. Eligible patients are being invited to attend, but if you would like to know more, please do contact us.

**Breast screening** to detect the most common cancer in women

**Whooping Cough** infections, symptoms and treatment

**Drink Coaches** – take the quick and confidential text

## **Come and Join us**

(Venue St Giles' Church Horspath unless stated)

### **Chatter & Clatter : Coffee Time**

**9am - 11am**

Come and join us on one of the following dates and meet parents who use our village school and young children who enjoy these sessions in our church. Drop in or stay all morning.

*Sept. 11, 23. Oct. 2,16,30. Nov. 13,27. Dec. 11.*

### **Family Time**

11am for refreshments, 11.15am for a story and activity. Every 3rd Sunday of each month we hold a short service in the church focused on children of all ages.

*Children's noise sounds great.*

*Join in the activities and see what you can make.*

### **Sunday Funtime**

On the first Sunday of every month we hold a craft morning for children up to 11 years of age. Stories, refreshments, activities, socialising. Bring an adult along and join in the fun.

We look forward to you joining us on some of these occasions.



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(The prefix for Horspath is 01865)



Dear Residents of Horspath,

This July marks one year since I had the honour of being elected to represent Henley and Thame in Parliament. It has been a privilege to work on your behalf, and over the past twelve months I have made it a priority to be an active and visible MP, listening to local concerns and raising them in Westminster.

I have been especially pleased to spend time in Horspath over the past year. Last autumn, I visited the Horspath Hub to hear about the role it plays in supporting residents and building community life.

Most recently, I joined a group of Horspath residents to present a petition to 10 Downing Street, calling for the reinstatement of the village's outreach Post Office. The petition was signed by over 600 people, which highlights just how vital this service is.

Whether it is campaigning for better flood prevention, pushing for improved mobile coverage, or ensuring the voices of our villages are heard at the national level, I remain committed to delivering for the communities I represent.

If there is anything I can help with, or if you would like to raise a local issue, please do get in touch. I continue to hold regular surgeries and am always happy to hear from constituents.

You can reach me at: [freddie.vanmierlo.mp@parliament.uk](mailto:freddie.vanmierlo.mp@parliament.uk)

Best wishes  
Freddie van Mierlo MP  
Member of Parliament for Henley and Thame

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# Now we are Six

*(Apologies to A.A. Milne)*

**Wednesday July 16<sup>th</sup>**

By now our adventures have caught the attention of the media! Judy Kent is interviewed by Radio Oxford live at 8am; at 11am a BBC South reporter arrives at The Hub, where we reconstruct the Friday coffee morning for a group of summoned villagers. Matt appears to be well briefed on the situation and interviews most of us.

However, Judy is the star of the show and presents the case for the reinstatement of our Outreach Post Office with her usual panache! 12 noon and Matt seems satisfied with the vast amount of film that he has taken! The Six head off for Thornhill to catch the Oxford Tube to Marble Arch. It gives us a chance to catch our breath and eat our sandwiches. We jump in a taxi with a brilliant driver who gives us a sightseeing tour as we



head for Westminster! In our eagerness we have arrived over an hour early for our next interview with Peter Henley, BBC South Political Editor, on College Green, so we take shelter from the sun in the Jewel House café. The jam and cream scones and tea were just what we needed! Freddie van Mierlo joins us on College Green at 4pm where Peter and his cameraman take more footage and this time Rebecca Browne and Freddie have centre stage. We make haste into The Houses of Parliament, pass security with no hitches with the amazing help of Hannah, Freddie's parliamentary assistant, and we assemble in the public gallery in time to catch the last throes of the debate on Early Years Education. Then it was our turn! Freddie stands up, addresses the House and describes our petition, mentioning us all by name. He then delivers the petition to the Deputy Speaker.

We retrace our steps through the back corridors of Parliament, exhilarated that we have achieved our mission. It's been a good day and we head home to watch ourselves on BBC South News!!

Sue Rowell - Our Temporary London Correspondent!



## Register Now for September 2025

Nursery Hours 7:30am – 5:30pm from  
Birth–4-year-olds



Nature Club is running for children between the  
ages 0-11 years.

All Stars Club Hours 7:30-9.00am and Monday-Friday 3.00-5.30pm

**Please contact us on 01865 876750 or  
email us at [staff@horspathnursery.org.uk](mailto:staff@horspathnursery.org.uk)**

Visit our website for more information [www.horspathnursery.org.uk](http://www.horspathnursery.org.uk)

**Ofsted April 2022 Rating: Good**

**Fundraising Events:**

Raisin Boxes

Autumn Bingo – TBC

Charity Registration No: 1030364



A BIG thank you to all who came to our last Bingo Evening on 11th July  
we raised £771