

THE THURSDAY CLUB NATTER



EDITION 32

26.03.21

WHERE ALL THE GOSSIP CAN BE FOUND

Need advice, help, or just a chat - phone Peter 07974573582.

peter.crathorne@gmail.com

HUB@HENLEY THURSDAY CLUB

"BUBBLES" START THE WEEK BEGINNING 12TH

APRIL (subject to Gov Regs)

limited to 6 per session

Tuesday Bubble 10.00-12.00 noon Designed for those who would like a more serious discussion with topics on politics, religion, current affairs, life in our village and other topics by agreement.

Wednesday Bubble: 10.00-12.00 noon Good conversation, Chair dancing and pool.

Thursday Bubble: 10.00-12.00 noon Good conversation, and more craft-like activities.

Friday Bubble: 10.00-12.00 noon Pool and chat.

You will need to register as a club member if you have not already done so.

Smaller groups cost more to run so the fee for everything including drinks etc is £4.00 per session. Payable as a monthly Standing Order of £20 or at each session. Please book in by telephone.

Specially geared up for the older person who probably lives alone; someone who spends most days at home with few visitors. If you like a friendly chat with like-minded people then this may be the club for you. Transport from home by request. Most of our bubbles are full, but we have vacancies on Tuesday. Contact Peter for a chat

Sophie's Positivity Corner



Isn't it strange how much the weather can affect our moods? I'm sat here with the sun shining behind me while writing this and listening to the birds chirping and feeling a nice warm sensation in my chest; the familiarity of long summer days is always a welcome surprise.

I'm still young enough to associate summer with summer holidays from school where I'd play out with my friends for hours at a time, only coming home when I'm told I need to be. For me, this is a bittersweet memory because although I was happy and relatively carefree, I was also dealing with the impact of my anxiety, which I did even realise was anxiety

until I reached my 20s.

When I say the impact, I'm talking about how I would (and sometimes still do) overthink everything anyone said to me. That person didn't smile when they said goodbye? They must hate me. My friends giggled while I was just out of earshot? They must be talking about me. Someone looked at me for a split second too long? They must be judging me. The list goes on. I have always found myself believing that whatever I thought of myself must be what others think of me and vice versa.

I spent so much of my time worrying about the perception of others that I forgot to actually be myself. The reality is though, that no matter how I changed, I still found myself looking for those micro-expressions that proved to me I wasn't good enough.

So now that I've babbled on about myself for 4 paragraphs, I suppose I should tell you how I've come to use this information. I have begun to come to terms with the idea that, and - pardon my backwards cliché - it's them, not me. If they do happen to be doing these things on purpose to "send me a message" about who I am, then do they really have nothing better to do than try to change me? And is that something that I can really fix? That sounds like a problem they need to deal with.

However, if they aren't actively trying to incite change in me, then that must mean that I'm mistaken. Maybe I'm just reading the social clues incorrectly or seeking clarification that they think I'm as stupid as I feel. If this is the case, then I can work on it, I can become more at peace with who I am, stupid or not because trying to change who I am will never work.

It won't work for you either.

HELP FOR GETTING THERE.....

Transport available to take you to your vaccinations

VASA can be contacted on 01789 262889 (press option 1) Monday to Friday, 9am to 4pm or email transport@vasa.org.uk or talk to Peter

THE HUB@ HENLEY

VIRTUAL EASTER EGG HUNT

SEVEN DAYS OF EASTER FUN

STARTS FRIDAY 26th MARCH
LAST EGG HIDDEN ON GOOD FRIDAY 2nd APRIL
A PRIZE EVERY DAY

FREE TO ENTER
 NO ENTRY FEES - NO FUND RAISING - NO AGE LIMIT
 JUST FUN FOR ALL

TO ENTER
 Just send us the letter & number of the square
 where you think the egg is hidden
 BY 18.00 (6.00PM) EACH DAY
 via TEXT, EMAIL, MESSENGER, PHONE.
 07974573582 chairhcc@gmail.com or via the website www.thehubathenley.com

EACH DAY THE ENTRY NEAREST TO THE RIGHT SQUARE WILL RECEIVE A SPECIAL CODE TO TAKE TO THE CO-OP TO CLAIM A FREE EASTER EGG

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 When you shop at www.amazon.co.uk, Amazon Smiles

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FULL CONDITIONS OF THE COMPETITION CAN BE FOUND ON www.thehubathenley.com

Co-op Local Community Fund
 Henley Supporting THE HUB every time you shop

THE HUB AT HENLEY BRINGING A LITTLE CHEER TO EVERYONE IN LOCKDOWN

This competition launched Friday, 26th March. There is no age limit or restriction on who can enter or how many entries they can make. Why not share it with your grandchildren?

census 2021

Get help to fill in your census questionnaire at:

THE HUB AT HENLEY
COMMUNITY CENTRE

BY APPOINTMENT
PHONE 01564314660
censushcc@gmail.com

The Hub is situated on the grounds of Henley in Arden Secondary Centre open 1.00pm – 7.00pm every weekday

Find out more about the census at www.census.gov.uk
 Follow @Census2021

Office for National Statistics

AD1701

Adam and Eve

A Brit, a Frenchman and a Russian are viewing a painting of Adam and Eve frolicking in the garden of Eden.

“Look at their reserve, their calm”, muses the Brit. “They must be British.”

“Nonsense,” the Frenchman disagrees. “They’re naked, and so beautiful. Clearly they are French.”

“No clothes, no shelter,” the Russian points out, “they have only an apple to eat, and they’re being told this is paradise. They are Russian.”

Nature Notes



Flowering Camellias are a sure sign that spring is on the way and here are photographs of some of the stunning varieties we have in our garden. The joy of Camellias is that they produce abundant colourful flowering displays early in the season when little else in the garden is in such prolific bloom.

Native to southern Asia, from the Himalayas to Japan there are around 200 natural species but several thousand hybrids.

Camellia sinensis is the tea plant, a crop of major economic importance to plantation growing countries. After water, tea is the most consumed drink on the planet. There are many cultivars developed to suit specific geographical climates.

For gardeners however the flowering Camellias are the attraction, requiring moist but acid soil they are easy to cultivate, evergreen and fast growing.



They are hardy but prefer dappled shade, shelter from high winds and early morning sun. They will survive winter temperatures well below zero but not in exposed northern areas where some protection is needed. They do thrive in containers that can be moved to shelter if necessary. The only downside is that once in flower, if we have late frosts the delicate blooms will lose their allure when they can turn to look like used “tea bags” overnight.

Camellias can suffer from fungal diseases, mould, galls, viruses and blight. Container grown cultivars may be attacked by the insidious vine weevil that may irreparably damage the plant before you know it is affected. Nutrient deficiency or non-acid soil can cause die back and leaf yellowing. However, if you can avoid all of these you will be rewarded with years of beautifully colourful early spring flowers.

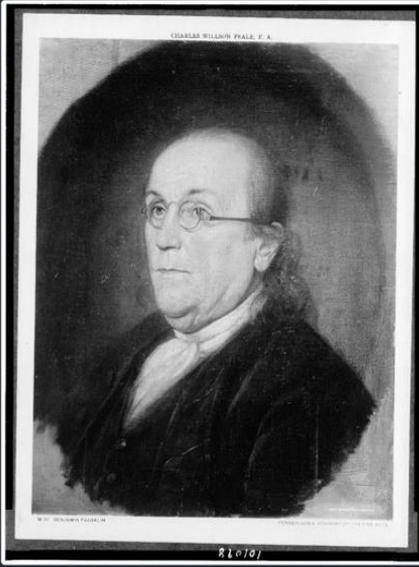


Derek Healing

I HAVE NEVER SEEN A CLOCK SPRING FORWARD

2022 27 March to 30 October

Why do we have British Summer Time?



Benjamin Franklin

The idea of summer time or daylight saving time was mentioned in 1784 by Benjamin Franklin, the American inventor, scientist and statesman. However, it wasn't until 1907 that a serious proposal for daylight saving time was made in Britain by William Willett. Angry at the waste of daylight during summer mornings, he self-published a pamphlet called "The Waste of Daylight".

In 1916, a year after Willett's death, Germany became the first country to adopt daylight saving time. The UK did the same a few weeks later, along with many other nations involved in the First World War (1914-1918).

Within a few years of its introduction, many countries across the world adopted Daylight Saving Time. However, the benefits of it have been an ongoing debate since it was first introduced.

The Second World War and 'British Double Summer Time'

During the Second World War (1939-1945), British Double Summer Time - two hours in advance of Greenwich Mean Time (GMT) - was temporarily introduced for the period when ordinary daylight saving would be in force. During the winter, clocks were kept one hour in advance of GMT to increase productivity.

Interesting facts about the clock changing

Curator of the Royal Observatory, Louise Devoy, shares her favourite facts about the day the clocks change...

"When the clocks first changed in 1916, there were concerns that delicate striking clocks could be damaged by people trying to force the hands back an hour. Official warnings and guidelines were printed in newspapers and magazines to reduce the number of clock 'casualties'.

"For others, changing the clocks was a well-established practice. My favourite example is King Edward VII who enjoyed hunting at his country estate in Sandringham, Norfolk. He wanted to make the most of the daylight and so in 1901, he stipulated that all clocks on the estate should run 30 minutes fast, thus creating his own 'Sandringham Time'. It must have been very confusing for guests!"

Has British Summer Time ever been changed since?

With the war over, Britain returned to British Summer Time except for an experiment between 1968 and 1971 when the clocks went forward but were not put back. The experiment was discontinued as it was found impossible to assess the advantages and disadvantages of British Summer Time.

Jokes and Thoughts

Thanks to everyone who contributed



**WHY ARE ALL THE INSTRUMENTS
LOOKING FOR INTELLIGENT LIFE
ALWAYS POINTED AWAY FROM
EARTH?**



2. Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza...OK!?

3. A recent study has found women who carry a little extra weight live longer than men who mention it.

4. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

5. Remember back when we were kids and every time it was below zero outside they closed school? Yeah, Me neither.

6. I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.

7. I love aging, I learn something new every day and forget 5 other things.

Pass this along to anyone who could use a chuckle today

The following test was developed as a mental age assesment by the School of Psychiatry at Harvard University

Take your time and see if you can read each line aloud without a mistake. The average person over 50 years of age cannot do it.

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is person cat.
9. This is busy Cat.
10. This is for cat.
11. This is fourty cat.
12. This is seconds cat.

Now go back and read the third word in each line from the top down. I bet you can't resist

Kim's Korner



There's a bathtub filled with water in front of you. You have a spoon, a cup, and a bucket. What is the fastest way to empty the tub?

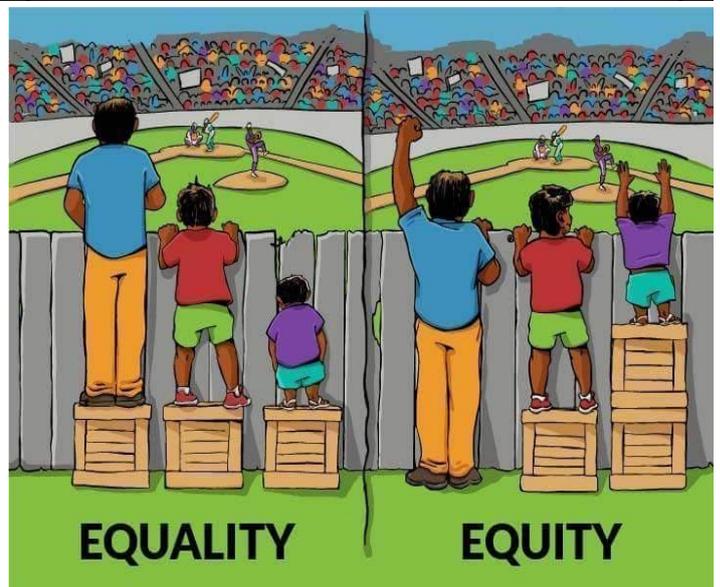
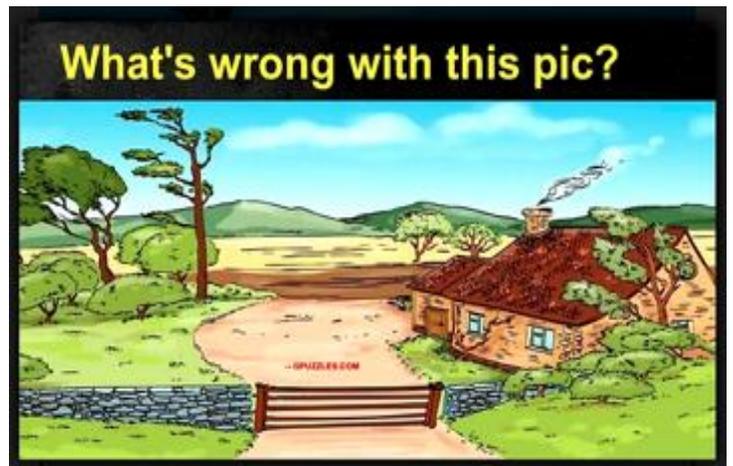
I hope everyone is well and keeping safe. 🤔🤔🤔 Well great news for those of us that have been shielding over the last year, one Government letter I dont mind getting as shielding finishes at the end of March! 😊 Light at the end of the tunnel for us.

Riddle:

Who is that with a neck and no head, two arms and no hands?
What is it? CHAIR



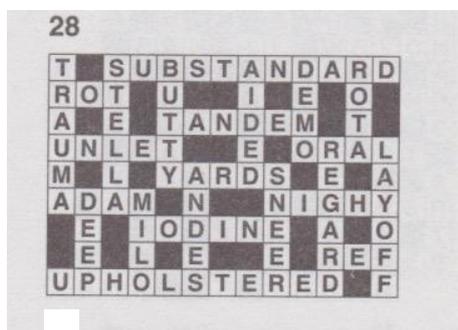
how many faces?



DON'T FORGET THE JIGSAWS, BOOKS AND THE DVDS

Crossword

LAST WEEK'S ANSWERS



ACROSS

- 1 Plot, devise (6)
- 5 Reign over (4)
- 6 Heroic tale (4)
- 7 Foot digits (4)
- 8 Carol ___ Duffy, poet (3)
- 9 In cyberspace (6)
- 11 Woolly balls on hats (7)
- 13 Body rub (7)
- 14 Decay (6)
- 16 Interfere (in) (3)
- 17 Ukrainian city (4)
- 18 Shere ___, *The Jungle Book* tiger (4)
- 20 Have a sensation (4)
- 21 Pongy (6)

DOWN

- 1 Machine for moving liquid (7,4)
- 2 Points in history (4)
- 3 Sucker, fool (3)
- 4 ___ Paige, singer (6)
- 6 Auction off (4)
- 8 Namibia's neighbour (6)
- 10 Boldly, confidently (11)
- 12 Mainly (6)
- 14 Slows down (6)
- 15 Enter (2,2)
- 17 Curly cabbage (4)
- 19 Garment's edge (3)

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HEARD ABOUT THE CENSUS – WORRIED ABOUT THE CENSUS!- LOOKING FOR HELP?

The Hub is an official help centre. We have trained advisers and a warm welcome to people without the means to complete the survey online. You can telephone for an appointment with an adviser any time, you will be given an appointment to either come to the centre, help with transport can be given. If you prefer a time when an adviser will telephone you, an appointment may be obtained and you complete the form together in total confidence.

SPECIAL TEL NO. TO RING IS DIAL FULL NUMBER 01564 314660. EMAIL: censushcc@gmail.com