



Cox Green Community Centre
Serving Our Local Community

T: 01628 636715

E: manager@coxgreen.org.uk

www.coxgreencommunitycentre.org.uk

The Cox Green Chronicle

June/July
2026



Welcome from the Editor

Welcome to the June/July edition of *The Cox Green Chronicle*. As summer arrives, there's so much happening across our community and we're delighted to bring it all together in one place for you.

Inside this issue you'll find helpful information and updates from the Church, including details about baptisms, christenings and other services.

We also bring you our Wellness Corner, news from local clubs and activities, and a chance to support local businesses who support us.

Thank you to everyone who contributes, participates and supports our wonderful community.

— *The Chronicle Team*



Have Your Say!

We'd love to hear from you!

Do you have any ideas, articles, news, photos or upcoming events that you would like to include in the next edition?

- ✓ Local stories
- ✓ Community heroes
- ✓ Clubs and activities
- ✓ Youth features
- ✓ History of Cox Green
- ✓ Local business spotlights
- ✓ Wellness & wellbeing
- ✓ Anything else!



Email your ideas or anything you would like to include to: editor@coxgreen.org.uk or let us know at the centre.

✿ *Coming up in Cox Green this month!* ✿

LOCAL COMMUNITY

Food and Drink Festival

11th JULY

11:30AM TO 1:30PM

Cox Green Community Centre

Brewery
IN ATTENDANCE

Children's
FACEPAINTING
AVAILABLE

Open
MIC

*"Come & have a great time
tasting & buying great goods!"*

SUPPORTING OUR COMMUNITY & LOCAL BUSINESSES

Cox Green Library

Alice in Wonderland Exhibition

Coming to you from 1 June - 29 June

RBWM Libraries | @RBWM_Libraries | https://www.facebook.com/RBWM_Libraries

FOL | WINDSOR & CHILDREN'S BOOKS | RBWM | Funded by UK Government

WHAT'S ON AT THE CHURCH OF THE GOOD SHEPHERD - YOUR LOCAL PARISH CHURCH



"A huge thank you to everyone who came and was involved in my fare-well celebrations, making them such joyous and memorable occasions. I am retiring after 21 years at the church of the Church of the Good Shepherd Cox Green. While I am very much looking forward to retirement I am also going to miss everyone greatly!"

Rev. Joan Hicks

Services and Groups at the Church of the Good Shepherd

with Rev. Joan Hicks

goodshepherd.coxgreen@gmail.com

☎ 01628 632567

🌐 [goodshepherd.coxgreen](https://www.goodshepherd.coxgreen.org.uk)

🌐 www.chogs.org.uk

VICAR: No vicar in post currently. During the vacancy, do contact the Church Office.

Christenings, Banns, Weddings and funerals can still be arranged with us

Worship

10am Sunday Worship — Everyone is welcome to join us!

'Shine' our Sunday morning group for children and young people meets on Sunday mornings except when there is an All Age Service (usually the first Sunday of the month).

Sundays at Six services usually take place fortnightly, in person; occasionally some via Zoom (see Zoom details below for ChoGS services via Zoom). Visit www.chogs.org.uk for the latest dates and services.

Midweek Worship via Zoom: Midweek Communion is on Thursdays at 10am via Zoom.



Universal Zoom Link for most CHoGS Services

<https://us02web.zoom.us/j/2050342877?pwd=-9xhNbvMjJdUTp-6oyViaHMquASm>

Meeting ID: 205 034 2877 Passcode: 86420



From the Parish Register—Baptisms at the Church of the Good Shepherd:

Jenson Cooper Daines

12th April 2026

Hugo Bertram Daines

12th April 2026

Alyssa Grace Ho

3rd May 2026

Do you have a group worth shouting about? Would you like more members to join your Cox Green Community Centre group? Please ask Rose about providing us with a short article about your group for The Cox Green Chronicle! Tel: 01628 636715



CHRISTENINGS, BAPTISMS AND CONFIRMATIONS

Christening

The arrival of a new baby is a wonderful event. Many of us want to express our feelings of joy by thanking God for the new life he has given us. Christening (or Baptism, as it is sometimes known) marks the beginning of being a Christian. It is a service of initiation and welcome for new members of the Church. During the christening service, your baby/child will be baptised with water. Those who are baptised are asked to make declarations about their beliefs and a commitment to the Christian faith. When the new Christian is a baby or young child, it is the parents and godparents who are asked to make promises on behalf of the child.

Think of christening as the first step of a journey. You want to help your child to go further on this journey by encouraging him/her to pray, enjoying stories from the Bible together, coming to Church as a family, and helping him/her to grow in faith.

Christenings normally take place during our 10.00am service when we can welcome those who have been baptised into our Church Family.

Baptism

It is not only babies and young children who can be baptised. You can be baptised at any age.

Sometimes an older child, a young person, or an adult, who was never christened as a child, may express interest in being baptised. Often they will already be attending church and have come to faith or be growing in faith; sometimes something happening in their life may have triggered a desire to explore and learn more about the Christian faith, and to be baptised. As with the Christening of a baby or young child, the baptism candidate is baptised with water. They make a profession of faith and a commitment to sharing in the life of the Church.

Young people and adults enquiring about baptism are usually invited to share in special preparation with others preparing for Baptism or Confirmation (see below).

We welcome any enquiries about baptism, whether or not you are already a regular worshipper at our church.

Thanksgiving Service.

You may feel that having your child christened is not appropriate at the moment – that you would prefer to wait until your child can make up their own mind, or that you are uncomfortable with making the promises required by parents and godparents at the service. However, you may like to consider, instead, a Service of Thanksgiving to thank God for the gift of



your son/daughter and to have him/her blessed.

Like a christening, this would normally take place during the morning service. You could still have your child baptised later on if you change your mind.

Whatever you decide, we hope you and your family will feel welcome and at home at your local church.

Confirmation

As with baptisms, all enquiries about Confirmation are welcomed, whether or not you are already a regular worshipper at our church. We run courses for preparation for confirmation, and if you are interested to find out more, please contact us.

There are several useful leaflets about our church, children in our church and 'Shine', our children's groups. Please ask for one.

You can also find out more about christenings on the Church of England website:

www.churchofenglandchristenings.org or on our diocesan website: www.oxford.anglican.org

If you are **exploring the Christian faith**, we try and offer regular opportunities to do so. If we aren't running an Alpha course ourselves, we can signpost you to a local church who is. Please do get in touch.

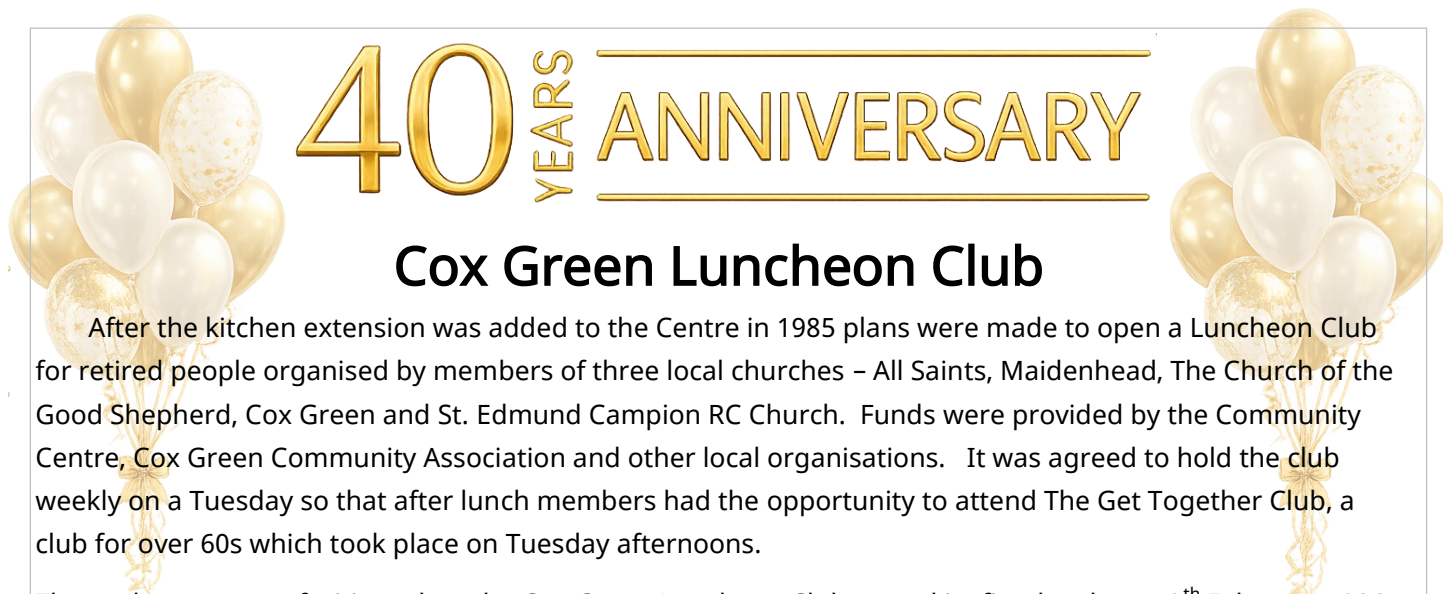
If you would like to know more please contact the Church Office at the Community Centre (open **Mondays, Tuesdays and Thursday mornings**), or ask after any of our Sunday or weekday services. Messages may be left on our answerphone.

☎ 01628 632567

✉ goodshepherd.coxgreen@gmail.com

🌐 www.chogs.org.uk

📘 [goodshepherd.coxgreen](https://www.facebook.com/goodshepherd.coxgreen)



40 YEARS ANNIVERSARY

Cox Green Luncheon Club

After the kitchen extension was added to the Centre in 1985 plans were made to open a Luncheon Club for retired people organised by members of three local churches – All Saints, Maidenhead, The Church of the Good Shepherd, Cox Green and St. Edmund Campion RC Church. Funds were provided by the Community Centre, Cox Green Community Association and other local organisations. It was agreed to hold the club weekly on a Tuesday so that after lunch members had the opportunity to attend The Get Together Club, a club for over 60s which took place on Tuesday afternoons.

These plans came to fruition when the Cox Green Luncheon Club served its first lunch on 18th February 1986 – attended by 30 members each paying £1.00 for lunch. And the rest, as they say. IS HISTORY! Numbers have fluctuated over the years and today the club is attended by 30-40 members each week. The price has not risen too much, it's now £5.00!

The Club is run entirely by volunteers from the local community as well as the three churches. We have also been very fortunate over the years to receive generous donations from local businesses and organisations enabling us to provide extra events, besides the weekly lunch. Thank you to everyone who supports us enabling the club to continue and flourish.

We are holding various events during the year to celebrate this milestone – let's hope these are enjoyed by our members and the Club continues to thrive for many years to come.



Church of the Good Shepherd, Cox Green

Little Fishes

**Cox Green Community Centre,
Wednesdays, 9-10.45 a.m. in term time
For children aged 0-5 years
& their parents/carers**

There's no charge – just drop in!

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Church of the Good Shepherd

SHINE

- At the Good Shepherd, children and young people are welcome every Sunday @10am.
- All Age Services are usually held on the first Sunday of the month and for special festivals.
- On other Sundays, school aged children meet in their own groups.
- Younger children are welcome to either join the children's groups or use "happy bags" in the service.

Fun and games Arts and Crafts Stories Music and singing



COX GREEN VILLAGE FAYRE

SATURDAY 9th May 2026

Brill Green, Cox Green Lane

Cox Green Village Fayre once again enjoyed glorious blue skies as local residents gathered for the much-loved annual community event. The Fayre was officially opened at 12pm by the RBWM Deputy Mayor Cllr Siân Martin, with Joshua Reynolds MP also attending during the day.



The event featured a wide variety of stalls and activities for all ages, showcasing many local organisations and community groups including Cox Green Wives, Cox Green Library, Church of The Good Shepherd, 1st Cox Green Brownies & Guides, and Alexander Devine Children's Hospice, which raised over an impressive £1,400 during the event.

Visitors also enjoyed stalls from Thames Valley Police, whose police van proved especially popular with children, along with Maidenhead Royal British Legion and Sass & Sparkle, who provided face painting throughout the day.

The Fayre received fantastic support from the Co-op Store at Wessex Way. Staff members ran a successful tombola stall, raising £370 towards CGVF26, and also assisted with Basil & Crew Petting Zoo and Tricky the Twister Balloons. Their continued support is greatly appreciated.

Entertainment throughout the afternoon included performances from Waltham St Lawrence Silver Band, The Rock Choir, Maideles Ukulele Group, and local residents Teresa and Bruno, who kindly stepped in at short notice. Thank you.

Cox Green's own local Cllr Chris Moriarty also performed with vocals and guitar, while S2 Dance Academy brought the event to a close with an energetic & impressive street dance performance.



Basil & Crew Petting Zoo returned for another year and was once again a major attraction, with children and adults alike enjoying the opportunity to feed and interact with the animals. Emma from Tricky the Twister delighted visitors with a variety of creative balloon sculptures.

The organisers would like to thank the many supporters and sponsors whose financial contributions helped make the event possible, including Cox Green Community Association (Victory Hall Trust), Cox Green Parish Council, Louis Baylis (Maidenhead Advertiser Charitable Trust), The Shanly Foundation, Co-op Wessex Way, and The Barley Mow.

Any profits remaining after event costs will be donated to Wessex Primary School to support the development of their new OPAL playground (Outdoor Play and Learning).

Special thanks go to all volunteers on the CGVF26 Committee & other helpers, whose dedication and hard work continue to make this annual event such a great success.

Finally, thank you to all Cox Green residents and visitors who attended and supported Cox Green Village Fayre 2026.



Cox Green Village Fayre 2027

Saturday 8 May 2027

The organisers look forward to welcoming everyone again next year!



The Wellness Corner

Midlife Health - Part 1: Why Looking After Your Health Matters More Than Ever



For many of us, our 40s and 50s can feel like a busy stage of life. Careers may be at their peak, family responsibilities continue, and there's rarely much spare time left for ourselves. It's easy to put our health on the back burner while we focus on everything – and everyone – else.

However, midlife is one of the most important times to pay attention to our health. The habits we build during this stage of life can have a significant impact on how we feel in the years ahead.

As we move through midlife, natural changes occur in the body. Muscle mass gradually declines, metabolism slows slightly, and recovery from stress can take longer. Many people also notice changes in sleep, energy levels or weight. While these shifts are completely normal, they also mean that lifestyle choices become even more important.

The good news is that it is **never too late to improve your health**. Research shows that making positive lifestyle changes in midlife – and even later – can improve both lifespan and **health span**. In fact, adopting healthier habits such as regular physical activity, a balanced diet, maintaining a healthy weight, and not smoking, can add **more than a decade of healthy life**.

Small, consistent habits can make a powerful difference.

Regular movement is one of the most effective ways to support the body as we age. Activities that build or maintain muscle – such as resistance training, Pilates, yoga, gardening or carrying shopping – help support strength, mobility and metabolism. Walking is another simple habit that benefits both physical and mental health.

Nutrition also plays an important role. Eating balanced meals with vegetables, quality protein, healthy fats and fibre helps support energy levels and overall wellbeing. Staying well hydrated and limiting highly processed foods also helps.

Sleep and stress management matter too. Poor sleep and ongoing stress can affect energy, mood, weight and immune function. Simple routines that support rest – such as winding down in the evening or getting outside during the day – can help regulate the body's natural rhythms.

Looking after our health in midlife isn't about perfection. It's about building sustainable habits that help us stay active and maintain independence as we age.

While these principles apply to everyone, women often experience additional changes during midlife as they move through perimenopause, menopause and beyond. Hormonal shifts can influence sleep, energy levels and body composition, which is why targeted lifestyle support can be particularly helpful. As a local health coach, this is an area I am increasingly focusing on — helping women understand these changes and build practical habits that support their health, energy and long-term wellbeing.

Midlife isn't the beginning of decline – it can be the start of a new chapter in taking care of our health and investing in many healthy years to come.

Written by Lisa Hatherall, UKIHC-A-RHC - certified Health Coach & Nutritional Therapist, Personal Trainer, Weight Loss Specialist and NHS Diabetes Prevention Programme Locality Coach. www.lisahatherall.com

A black and white photograph of a group of women in a dance fit or pilates class, captured in motion. They are wearing athletic wear, and the background is slightly blurred to emphasize the movement.

DANCE FIT & PILATES

TUES/WEDS/FRI

**WESSEX SCHOOL
WOODLANDS PARK VC**

ACHIEVA

WWW.ACHIEVAPILATES.CO.UK



Get Ready for this year's Summer Reading Challenge.

Join in the fun for this year's summer Reading Challenge which is in all RBWM libraries this summer. Join the gang and **read 6 books** over the summer, collecting rewards and incentives along the way. So, pop into your local library and **sign up from 11th July**.

Check out our website for all the library events going on in the Borough:

<https://www.rbwm.gov.uk/leisure-and-culture/libraries/library-events>



THE COX GREEN VILLAGE SHOW

This year's show takes place on **Saturday 5th September 2026** at the Community Centre. The schedule will be available from early May and emailed to previous entrants. Copies can also be collected from the Community Centre or requested via coxgreenhortshow@yahoo.com. If you've requested delivery, it will be posted through your letterbox.

We'd love to see as many entries as possible. With classes for all ages and abilities, there's something for everyone. Don't be put off if it's your first time — the show is fun, friendly and welcoming, and you may even go home with a cup! Look out for the schedule in your inbox or on your doormat.

Cox Green Wives



We meet every 2nd Monday at the Community Centre

7:30pm for 8pm start

June 8th - RBWM ECO Action, Planet Awareness

July 13th - Summer Social, strawberries and cream evening

August 10th - Day Trip - Bournemouth £25

September 14th - Cyber Crime

All ladies are very welcome

For more information
Contact Pam on 07814 358 270



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51 Highfield Lane, Maidenhead SL6 3AX

Call Linda on 01628 636715 or 07506 643131

E mail: preschool@coxgreen.org.uk



Cox Green Community Preschool

We offer a welcoming setting in which we enjoy seeing our children progress on their learning journey and grow as individuals.

We aim to:

- Provide a friendly, safe, secure and stimulating environment in which your child can develop their independence and grow in confidence
- Enable learning through play in which the children are excited to learn at their own pace
- Provide a wide range of activities and experiences to help your child's development throughout the Early Years Foundation Stage (EYFS)
- Provide positive role models and experiences
- Work in partnership with parents/carers to help your child learn and develop



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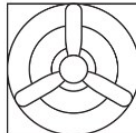
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Computer generated imagery of De Havilland Place

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Dear Cox Green Clients.

Thank you so much for your fabulous support over the last 8 years.

I will be retiring on 31st March 2026.

I have trusted and very experienced partners who will look after your needs from then.

So don't hesitate to contact myself, Nigel or Roger and we will ensure your enquiry is dealt with as promptly and efficiently as ever.

WILLS. POWERS OF ATTORNEY. PROBATE.

Anthony Coyle
07496 335909

Nigel Pearce
07740 246492

Roger Norton
07801 088760



APS Legal and Associates is a member of the Institute of Professional Willwriters and complies with the TSI approved IPW code of practice

COX GREEN TOWNSWOMEN'S GUILD

We meet on the third **Thursday** of each month at the Community Centre at 7.30 for 7.45 pm start.

We have Scrabble, Craft and Walking groups so come along and have a chat.

We look forward to welcoming new members so please come along and try us out!

For more information contact:

Mary Bradford on 01628 822832



COMMUNITY CAFE

At Cox Green Community Centre



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<https://www.rbwm.gov.uk/libraries>

Opening Times

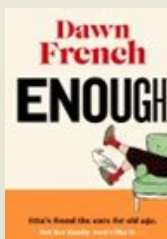
Monday	Closed
Tuesday	2.30pm — 5.30pm
Wednesday	10am — 7pm
Thursday	10.30am — 5.30pm
Friday	2.30pm — 5.30pm
Saturday	10am — 1pm
Sunday	Closed

Focus On...

Popular books, coming to Cox Green Library...

'Enough' by Dawn French

Etta's got just one day. One day to tell her family her secret. One day to bring them back together. One day to put the finishing touches on her plan. One day to tell the world enough is enough. Because this one day will rewrite Etta's story.



'Fever Dream' by Elsie Silver

Professional bull rider Emmett Bush is not looking for love. He's looking for a pay check to save his family's farm from bankruptcy. So, when he agrees to be the leading man on a hot new reality dating show, Romance Ranch, he's already decided it's all one big performance. Until Julia Silva walks onto his property. Smart, snarky, beautiful, and off-limits in more ways than one. As the location consultant on set and the little sister of his most bitter professional rival, she's the last woman who should pique his interest. Julia has been warned about Emmett. She knows better than to fall for his cocky swagger, broad shoulders, and smouldering good looks. Plus, she's sworn off relationships. But as Julia and Emmett work together, mutual distaste grows into an unexpected connection and then -something more.



'The Midnight Train' by Matt Haig

For Wilbur it was his time with Maggie, the love of his life. Their honeymoon in Venice. Before he threw it all away.

Years later, on the brink of his own death, a train arrives. It can take Wilbur back in time. To relive his most important moments. Soon he realises just how much he would have changed.

An adventure through time, *The Midnight Train* is a story of love and second chances, from the world of *The Midnight Library*.



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Join us for Stories and Rhymes at Cox Green Library!



10.45am - Thursdays in Term Time

For children under 5 with their parents and carers.

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No need to book just turn up and enjoy the fun.

RBWM Libraries

Now recruiting for Summer Reading Volunteers

If you are aged 14 and above, love reading and encouraging young people to read, you can volunteer for the Summer Reading Challenge!



For more information email

Volunteers.library@rbwm.gov.uk