



Cox Green Community Centre
Serving Our Local Community

T: 01628 636715

E: manager@coxgreen.org.uk

The Cox Green Chronicle

www.coxgreencommunitycentre.org.uk

Oct/Nov
2026

[f](#) Cox Green Community Centre



FOOD & DRINK FESTIVAL

A huge thank you to everyone who joined us for our first festival in July!

We're back on **Saturday 10th October**.

Caribbean food, Poke bowls & fresh salads
Teddy Tombola & raffle, Local produce & sweet treats
Pumpkin decorating, Live music & henna

Raffle proceeds support Thames Valley Adventure Playground.

Come along, support local stalls and enjoy a great afternoon. **Everyone welcome!**



COX GREEN COMMUNITY CENTRE

Food & Drink Festival

SATURDAY 10 OCTOBER, 2-5PM

51 Highfield Ln, Maidenhead, SL6 3AX



Pumpkin carving
& decorating
(small fee)

Raffle for Thames
Valley Adventure
Playground

#SupportLocal #SaturdayTakeaway



supporting children &
adults with special needs
and their families

Cox Green Community Centre

Christmas Bazaar

Saturday 21st November 12-3pm

Hand made items
and lots more!

Come along and grab
a Christmas bargain!

Light
Lunches

Mulled Wine &
Irish Coffee

Gifts

Tombola



Entrance 50p / Children Free Entry



Wishing everyone in Cox Green
a wonderful autumn season.

From everyone at Cox Green Community Centre

www.coxgreencommunitycentre.co.uk

[f](#) Cox Green Community Centre

[01628 636715](tel:01628636715)

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

Services and Groups at the Church of the Good Shepherd

VICAR: In Vacancy

goodshepherd.coxgreen@gmail.com

☎ 01628 632567

📍 goodshepherd.coxgreen

🌐 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).

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



Chogs Morning Prayer Zoom Link

<https://us06web.zoom.us/jc/82923509710>



REMEMBRANCE SUNDAY

We invite you to join us for the Remembrance Sunday service at the Church of the Good Shepherd.

Sunday 8th November at 10am.

There will be an Act of Remembrance with the two minutes silence at 11 o'clock.



CHRISTINGLE SERVICE



Sunday 14th December at 4pm (please note, later date this year)



Come and make your own Christingle from 3.30pm and enjoy some light refreshments.

There will be a short, lively service at 4pm.

A Christingle (which means 'Christ-light') is an orange with a candle in the middle, a red ribbon round the centre, and four cocktail sticks filled with sweets stuck into the sides of the orange.

At the Christingle Service we think about Jesus coming as the Light of the World. It is a lovely way of looking forward to Christmas.

This service is particularly suitable for children and young families, but anyone is welcome.



CHARITY SUPPORT ♥

Each year we choose a charity to support at our Harvest festival and this year we chose **CAP** (Christians Against Poverty).

Christians Against Poverty help families and individuals break free from debt and poverty in the UK. Their advice and help is free – and available to everyone regardless of their faith or beliefs. At ChogS we wanted to support a charity this year that has local impact, and CAP with its Maidenhead Debt Centre supports families on our doorstep. Your donation, however small, will help support a person through their journey out of debt.

We will have speakers from CAP on the 4th October at our 10am Harvest All Age Service as well as our Harvest Songs of Praise. Why don't you come along to find out more about them? You can also find out more about their work by visiting <https://capuk.org/>

We have a dedicated JustGiving page if you would like to support our fundraising efforts. <https://www.justgiving.com/page/chogs-harvest2026-cap>



Parish Church of the Good Shepherd, Cox Green, at Cox Green Community Centre

MEMORIAL SERVICE

Sunday, 1st November at 4pm

A service of remembrance and thanksgiving for loved ones who have died.

We warmly invite you to our annual Memorial Service.

During the service the names of those who have died will be read out.

There will also be an opportunity to light a candle in their memory.

If you would like a loved one remembered by name at the service, please let us know beforehand by:

ringing us at the Church Office Tel. 01628 632567

emailing us at: goodshepherd.coxgreen@gmail.com

or speaking to a Church Warden

Refreshments will be served after the service

★ COX GREEN COMMUNITY CENTRE

GIVE CHRISTMAS JOY

CHRISTMAS SHOEBOX APPEAL

A small box. A big smile.

Donate a wrapped shoebox or gift box for children in Maidenhead. Foodshare will collect and distribute the gifts.

IDEAS TO INCLUDE

- | | |
|------------------------|---------------------|
| ★ Sweets / chocolate | ★ Pencils / crayons |
| ★ Gloves / hats | ★ Books / puzzles |
| ★ Stocking filler toys | ★ Toiletries |

...or any other fun items!



BRING YOUR BOX TO THE CENTRE

BY WEDNESDAY

16 DECEMBER

Thank you for helping make Christmas brighter for local children.

★ ★ ★ ★ ★

EVERY SHOEBOX COUNTS

★ ★ ★ ★ ★

MACMILLAN CANCER SUPPORT
RIGHT THERE WITH YOU

COFFEE MORNING

FOR MACMILLAN

COFFEE ♥ CAKE ♥ COMMUNITY

A brighter tomorrow together ♥

Good coffee. Brighter days. ♥

Cox Green Community Centre | **Monday 19th October 11am - 1pm**

TOGETHER WE CAN MAKE A DIFFERENCE

Cox Green Wives



We meet every 2nd Monday at
the Community Centre

7:30pm for 8pm start

12th October — talk by Adrian Foster, the chef at Waltham Place.

A change to the advertised speaker

9th November — talk about Thames Valley Adventure Playground

14th December — Christmas Social

All ladies are very welcome

For more information
Contact Pam on 07814 358 270



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!

TOYS BIBLE STORIES RHYMES
CRAFTS FRIENDSHIP INSTRUMENTS
SINGING ACTIONS REFRESHMENTS

goodshepherd.coxgreen@gmail.com 01628 632567
www.chogs.org.uk f goodshepherd.coxgreen



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



MAIDENHEAD
CAMERA
CLUB

DISCOVER YOUR
PASSION
for Photography!

Are you interested in photography? Why not come along to the Maidenhead Camera Club's opening meeting of the new season on **Tuesday, 8th September**? You will be warmly welcomed whether you are a complete beginner or a seasoned expert.

We meet on Tuesdays at 8 PM (September through May) at the Cox Green Community Centre. Our exciting and varied programme includes practical demonstrations, expert guest speakers, friendly competitions, and social trips out.



SEPTEMBER LINE UP:

- SEP 8** New Season Launch & Welcome Night
- SEP 15** Documentary Photography
– A talk by *Dafydd Jones*
- SEP 22** Projected Digital Image (PDI) Competition – Round 1
- SEP 29** Street Photography
– A talk by *Brian Lloyd Duckett*



BONUS:

We also run a regular programme of instructional, skill-building evenings via **Zoom** on **Thursdays!**

To view our full season programme and find out more, visit our website or get in touch:



Website:
www.maidenhead.cc



Email:
enquiries@maidenhead.cc



USEFUL CONTACTS



ALWAYS DIAL 999 IN AN EMERGENCY

Samaritans (*free phone, any time*)
116 123

NSPCC 0800 800 5000 & *Childline*: 0800 1111 (*free & confidential*)

Berkshire Mental Health Crisis Team (*free*) 0800 129 9999

Refuge (*domestic abuse helpline - freephone*)
0800 2000 247

Shelter (*free emergency helpline 9am-5pm / 7 days*) 0800 800 444

Cox Green Parish Council
01628 416 947
office@coxgreen.gov.uk

RBWM Town Hall
01628 683 800 website: www.rbwm.gov.uk

Your local Councillors:

Chris Moriarty: cllr.moriarty@rbwm.gov.uk
Gary Reeves: cllr.reeves@rbwm.gov.uk

The Wellness Corner

The Health Habit We Rarely Talk About: Capacity



We hear a lot about the things we should be doing for our health. Eat well. Exercise regularly. Get enough sleep. Manage stress. Spend time outdoors. Make time for friends and family....All good advice, but there is something we talk about far less: do you actually have the capacity to do all of it?

When we are struggling with our health, it is easy to assume that motivation is the problem. We tell ourselves we need to be more disciplined, more organised or simply try harder. But often, the problem isn't motivation, it is that life is already asking too much of us.

What do we mean by capacity?

Think of capacity as the physical, mental and emotional resources you have available to deal with the demands of everyday life. Capacity is not a fixed concept. A good night's sleep, a manageable workload and some time to yourself, may leave you with plenty in reserve for making healthy lifestyle choices. Compare this with several nights of poor sleep, a stressful period at work, financial worries, illness or caring responsibilities — or, as is often the case, several of these happening at once, and exactly the same healthy habits can suddenly feel like too much. Looking after your own health can then slip to the bottom of the 'to-do' list, filed away as another list of things you are failing at.

And therein lies the problem: when we lack capacity, the very things that help to support our health are often the first things to go....which can leave us with even less capacity!

Capacity can also change at different stages of life. This is something I see particularly in my work with women in midlife, when hormonal change can coincide with demanding careers, caring responsibilities, disrupted sleep and a growing list of people who need something from them.

What do you realistically have the capacity for right now?

Perhaps three gym sessions aren't realistic, but two ten-minute strength sessions are. Perhaps you don't have the time or energy to overhaul the way you eat, but you could add something nourishing to the breakfast you already have. Perhaps you can't remove the thing causing you stress, but you could protect ten minutes in your day when nobody needs anything from you. Small doesn't mean insignificant. A small action that you can repeat consistently is often far more useful than the perfect plan that lasts only for a few days or weeks.

Sometimes, we have to create capacity too. It is also worth asking whether everything taking up your time and energy really needs to be there. Could something be simplified? Delegated? Done less often? Could you ask for help? Is there something you are expecting of yourself that isn't actually essential? - Creating a little space can sometimes be as important for our health as deciding what to put into it.

So, as we head into the busier final months of the year, rather than adding another long list of healthy intentions, try asking yourself a different question:

What is one small thing I have the capacity for right now?

Start there.

Written by Lisa Hatherall, UKIHCARHC - Metabolic Health & Menopause Coach and NHS Diabetes Prevention Programme Locality Coach. www.lisahatherall.com



DANCE FIT & PILATES

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WOODLANDS PARK VC**

ACHIEVE A

WWW.ACHIEVAPILATES.CO.UK

Cox Green Community Preschool

Open 8am to 2pm Monday to Friday

(term time only)

Located at Cox Green Community Centre

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



Community Allotment

Grow
Friendships
Grow
Food
Grow
Community



**No room for veg in your garden?
Would you enjoy company?**

Come and join our social Community Allotment group at **Boyn Grove Community Centre, 11 Courthouse Rd, Maidenhead, SL6 6JE.**



**We have regular get togethers
for the growing season –**

**Tuesdays 5-7pm
Thursdays 5-7pm
Saturday 3-5pm**



Come along whenever and however long you can. We are currently planting out veg from our greenhouse into their raised beds.



**It is completely free and no
previous experience needed.**

Come along and see what you think. Tea, coffee and cake is sometimes provided when one of us is well organised enough to bring it. We share the produce.



*All are
welcome!*

Please contact

-  Sue Walker – 07780 684499
-  susanmarywalker@yahoo.co.uk
-  Deepa Nemani – 07792 690356

for more information,
or just call round
to see us.

All are welcome!

Help Our Local Foodshare?



Demand for our local Foodshare is increasing, but **donations have fallen** in recent months. Every donation, no matter how small, can make a real difference to local individuals and families who need a little extra support.

There is a **Foodshare collection point at Cox Green Community Centre**, and an out-of-hours donation box is also available, making it easy to donate whenever it suits you.

Items always needed:



Tinned food, pasta, rice, cereal, long-life milk, tea, coffee, toiletries and other non-perishable essentials.

Together, we can help ensure no one in our community goes without.



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AGE 6-12
SATURDAY
10:00-11:00AM



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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



COMMUNITY CAFÉ

At Cox Green Community Centre



Open every Monday from 10AM until noon

EVERYONE WELCOME



Manual Therapy

Treatments & Exercise



Manual therapy uses skilled hands-on treatment techniques and exercises to reduce pain, improve joint mobility, and release muscle tension. Treatment focuses on muscles, joints, and soft tissues to restore natural movement and improve overall physical function.

Benefits

- ✓ Reduces pain and discomfort
- ✓ Improves mobility and flexibility
- ✓ Increases range of motion
- ✓ Promotes circulation and recovery
- ✓ Supports injury rehabilitation
- ✓ Enhances overall movement and performance

Health & Fitness Instructor

Therapy Techniques Used:

- Sports Massage
- Acupressure
- Medical Acupuncture – Dry Needling
- Spinal Articulation
- Spinal Manipulation
- Pilates
- Group Fitness
- 1 on 1 Training

Manual therapy is a safe and effective treatment that helps restore movement, relieve pain, and support the body's natural healing process.

For more details please contact:

John Netherwood

07709 355699

jrnetherwood@gmail.com



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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



Tony Moore

Accountant/Bookkeeper

Need help with your Bookkeeping,
Year End, Monthly Accounts or
Tax Returns?

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free quote!

Cox Green Library

49 Highfield Lane, Maidenhead, SL6 3AX

phone: 01628 683876

e-mail: coxgreenlib@rbwm.gov.uk

Follow us on [Twitter](#)/[Facebook](#)/[Instagram](#)

<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:

'Big Little Truths' by Liane Moriarty

It has been a decade since the ill-fated quiz night at Pirriwee High, where a man died and accusations of murder ran wild. For mothers and best friends Madeline, Celeste and Jane, the fallout still feels fresh. Their children are now moody teenagers, and life remains as demanding as ever. Madeline is busy planning her 50th birthday, unaware she's about to be upstaged. Jane is content in her marriage to Tom - perhaps too content to notice its cracks. Celeste, still haunted by her husband's death, fears what her formidable mother-in-law might do next. When the school receives an anonymous package containing a severed finger, amid reports of a suspicious man near students, suspicion spreads quickly. Is it a prank, a threat, or something far darker? As secrets surface, the truth proves as dangerous as ever.



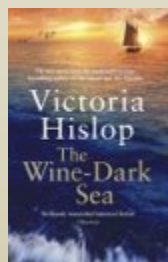
'Adam and Eve' by Jeffrey Archer

Armistice Day 1918. Two children are born on the same day, hours - but worlds - apart. One the son of a shepherd, the other the daughter of an Earl. Adam and Eve. Their births mark the end of one war. Their love will change the outcome of another.

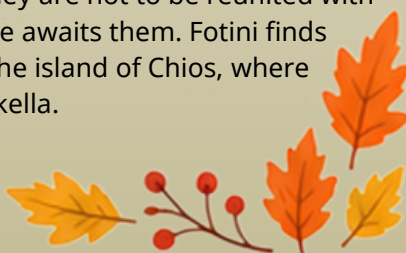


'The Wine Dark Sea' by Victoria Hislop

Greece, 1946. In the power vacuum remaining after the Second World War, a brutal civil war erupts between rival left- and right-wing factions. The conflict spirals as the country pays a bitter price in human lives and fighting soon erupts in the mountains, turning villages into battlefields and pulling ordinary women and children into the fray. When the government soldiers come to Kalopetra, Fotini is nursing her newborn second child. She urges her daughter, Iliana, to hide with the older children as she and the other women are herded into trucks. Weeks later, soldiers return for the children - but they are not to be reunited with their mothers, a wholly different fate awaits them. Fotini finds herself transported to a prison on the island of Chios, where she befriends a fellow mother, Markella.



Reserve your copies now!



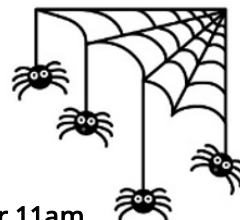
Halloween Craft

Come to the library for some spooky crafts.

Thursday 29 October 11am

Ages 4-11yrs.

No need to book just drop in.



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.

Join in the fun, listening to stories, singing songs and rhymes.

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

Lego Club

will be running throughout **October half term**.

Come and join us for some creative fun.

During library opening times.



Check out our website for Spooky activities over the **October Half Term**

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

