

PARISH MAGAZINE



St. Mary's, Herriard



All Saints, Turworth



St. Mary's, Upton Grey



St. Lawrence, Westcott Parvick

February
2019

USEFUL CONTACT DETAILS

Benefice Rector	Simon Butler	01256 861706 nhdbrector@gmail.com
Parishes' email address		nhdboffice@gmail.com
Licensed Lay Ministers	Jill Lestrille Alan Hoar	01256 862131 01256 395077
<i>Church Wardens</i>		
Herriard/Winslade	John Jervoise Fiona Ives	01256 381723 07867 973266
Tunworth	Mark Ruffell Edwina Spicer	01256 346148 01256 471271
Upton Grey	Sarah Barnes Geoffrey Yeowart	01256 861164 01256 861218
Weston Patrick	Mem Fitzpatrick	01256 862359
Borough Councillor	Mark Ruffell	01256 346148 crr.m.ruffell@basingstoke.gov.uk
County Councillor	Anna McNair Scott	01256 476422
Member of Parliament (Phone for your MP Surgery Appointments)	Ranil Jayawardena	0207 219 3000 ranil.jayawardena.mp@parliament.uk
<i>Parish Chairmen</i>		
Herriard	Gareth Davies	Chair@herriard-pc.gov.uk
Tunworth	David O'Donnell	07831 631455
Upton Grey	Paul Gray	01256 862440
Weston Patrick	Ian Turner	01256 862162
Winslade	John Raymond	01256 381203
PC Andy Reid	Main local Mobile	01256 389050 07768 776844
<i>Neighbourhood Watch</i>		
Herriard	Rebecca Wills	herriardnhw@btinternet.com
Upton Grey	George Hillier	georgeandray@uptongrey.uk
Powntley Copse	Jill Burry	jill.burry@btinternet.com
Tunworth	Sarah Whitcombe	swhitcombe@hotmail.co.uk
Weston Patrick/Corbett	David Don	davidtdon@gmail.com
<i>Magazine</i>		
Editors	Tess Chevallier David Shearer Sheila Stranks Ian Lansley-Neale	01256 862636 01256 320538 01256 862465 01256 381380
All editors' email:		uptongreymagazine@gmail.com
KidsZone	Vacant - A volunteer is needed for this important role	
Treasurer	William Maughan	01256 861371
Advertising & Production	Susie Vereker	01256 862365 uptongreymagazine@gmail.com
Distribution	Jane Hanbury	01256 862681

BENEFICE MAGAZINE – February 2019

Edition for the Parishes of Herriard with Winslade, Tunworth,
Upton Grey and Weston Patrick

Editorial for February 2019

‘Dear Friends, ‘Friend’ is a word we hear almost every day, assume we understand, and yet use in such different ways, depending on the context. We have those friends we see almost every day as we walk down the street; friends who we knew really well years ago, haven’t seen in ages, but can be certain we’d pick up with straight away if we were to see them again; best friends; work friends; even friends on social media who we’ve never met before and can ‘unfriend’ at the touch of a button as soon as we disagree with something they post...

Last November I had the great privilege to visit some very special new friends. I was given the opportunity to travel to Hoima in Uganda, in my capacity as Youth Pastor, to investigate the possibility of taking out a group of our young people in summer 2019. They may never have met me before, but the historical links between our diocese and theirs, mixed with a liberal sprinkling of that famous East African hospitality, meant I was greeted as a long-lost family member and friend from the moment I set foot on the parched ground. Hoima is a town in Western Uganda and part of the diocese of Bunyoro Kitara, which is officially linked with Winchester diocese, and the Odiham Deanery specifically has had a strong and long-standing link with Hoima since the 1980s. This was consolidated in 2008, when the charity ‘Help Hoima’ was established, but none of this quite prepared me for the welcome I received from everyone I met.

One of our first stops was Duhaga Boys’ School. Don’t be put off by the name – they have just as many girls as boys in their 100 strong classes! Fred, the headteacher took great pride in showing us around the school. We sang songs with the children, played with banana-leaf dolls and found out about some of the exciting initiatives the staff and pupils are part of. Then there was pig chasing with Bishop Nathan, sunbathing on the top of a 4x4 as we watched the elephants go by in the local reserve, impromptu Sunday School for over 100 children at All Saints, Hoima, dodging potholes the size of small lakes in the high street, dancing with the teachers at speech day and struggling with language barriers in the 4-hour long ordination service.

Yet the emotional highlight of our trip for me was during one of our many visits to ‘The Mustard Seed’ Children’s Home, when we met Christopher, a young boy with cerebral palsy. He is around 8 or 9 years old, but during our time there he took some of his first few faltering independent steps – trying to get to a toy we’d taken with us. The look of joy on his face when he reached it and the determination he showed making sure no one else took it from him would have made the trip worthwhile on its own! Saying goodbye to this after just over a week was incredibly difficult. So many new experiences, new friends.

So, the words of Bishop Sam as he shook my hand a final time have been ringing in my ears ever since. He said, “I look forward to being good friends with North Hampshire Downs Benefice ...”. But what can that possibly mean? We haven’t known him for years, won’t see him that often, most of us have never met him and we don’t even have that much in common... So how can we possibly be good friends? True friendship involves showing that you care, picking people up when they are down, sharing what you have when they have less. This is something we, in affluent England, are really good at and I can certainly see how that is possible through support of the schools and churches through prayer and more practically with resources. But it doesn’t stop there. A true friend encourages and inspires; pushes you to be the best you can be; helps you to reach out for your dreams. I certainly know my time in Hoima inspired me. Gave me a new zeal for our work here. Encouraged me that all is possible, whatever the hardships we face might be.

A true friend is someone you want to spend time with, talk to, do things together with. So, I am particularly excited to be taking a group of young people out to enjoy some of the once-in-a-lifetime experiences I had. You see, the final and most important part of a good friendship is that it is two way. Before our visit we will be raising money for resources and during it we will be training young people in computer skills – but just as important will be the life-changing visits of our young people to orphanages and schools, joint environmental initiatives with the local diocesan youth and time just getting to know people whose lives are so different from ours. Watch this space and find out how you can be involved!’ Helen Chatfield, Youth Worker for the Benefice.

FROM THE REGISTERS

Funeral

Pamela (Pam) Dixey at St Mary's Upton Grey on 16th January.

CHURCH NEWS

Adult Choir at St Mary's Upton Grey

The next Adult Choir practice will take place on Tuesday 5th February at 8pm with the choir singing at the Parish Communion on Sunday 10th February at 10am.

Tea-Time Services at St Mary's Upton Grey

After a run of very successful tea time services, St Mary's church in Upton Grey are continuing with the format for this year. The services are open to all across the benefice and are designed for all ages, with a family-friendly feel. The services take place on the 4th Sunday of each month. We meet at 4.30pm at St Mary's Upton Grey for a light supper of sandwiches, crisps and chocolate fingers (which are so good they are close to being a sacrament!) and then there is a short half hour time of worship and teaching. The next dates are: Sundays 24th February 24th March, 28th April, 26th May, 23rd June and 28th July.

Thursday Holy Communion, St Mary's Herriard: Thurs 21st Feb

The next **10.00am Thursday** Holy Communion service in **Herriard** will be on the **21st February**. All are welcome to this informal, friendly and relaxed service which is followed by refreshments.

Lent: Next month, we will have details of our Lent groups and gatherings.

*Don't forget we have a **website**: www.uptongreychurch.co.uk. It carries the monthly Parish Magazine including service times and diary dates, plus details of local groups and organisations and other information relating to the four churches.*



KidsZone

 **Messy Church** is a new kind of church held on a day other than Sunday which is for children and adults and aimed at all ages and all families. Churches which have organized Messy Church have found that it to be a good way to do something new for people who may or may not have any connection with a church or for people who have never been to church before. It reaches out to families and aims to show who Jesus is through craft, games, fellowship, tea, food, worship and informal learning.

Messy Church Dates – for all the Benefice

- **Long Sutton Messy Church:** Long Sutton School Hall Thursday
24th January, 3:15 - 4:30
- **All Saints After School:** All Saints Odiham
Wednesday 6th February, 3:15 - 4:30
- **Base Messy Church:** RAF Odiham Chaplaincy Centre
Tuesday 13th February, 5:00 - 6:30
- **PANCAKE DAY!** All Saints Odiham
Tuesday 5th March, 3:15 - 4:30
- **All Saints After School:** All Saints Odiham
Wednesday 3rd April 3:15 - 4:30
- **Good Friday Family Workshop:** St. Mary's Upton Grey
Friday 19th April, 9:30 - 11:00
- **United Parish Easter Messy Church:** Greywell Church
Saturday 20th April, 10:00 - 12:00

Sparks – next date 10th February

This is a group for children aged 3-11 years which meets on the second Sunday of the month at Upton Grey village hall, during our Parish Communion service. Join us for fun, games, crafts and food. Drop off at Upton Grey village hall at 9.50am and collect from St Mary's church at 11am.

 **Junior choir:** The next Junior Choir practice will be on Sunday 3rd February at 9.15am to sing at the 10am Family Communion.

 **Tea-Time Service – Sunday 24th February, 4.30pm**

Sometimes it is nice to take a more relaxing Sunday morning....so on Sunday 24th February why not come and join us at our monthly tea-time service, 4.30pm at St Mary's Upton Grey. Open to families across our villages, this service will start with a simple tea for our children, followed by a contemporary all-age service.

 **We Need a New Editor for KidsZone**

If you live in any of the villages and have an interest in providing appropriate magazine content for children and would like to help **OR if you are a teen**, can commit to providing regular appropriate content and want some to gain some content and some editing experience and to put that on your CV - please contact Susie Vereker or any of the editorial team. Ian L-N.



NEWS FROM THE VILLAGES

Local Police Report

“Dear Residents, I am appealing for any information in relation to the burglary of the Royal British Legion at Herriard at about 3am on January 2nd I ask if you had seen anyone out of place in Herriard in the days before, any unusual vehicles. If so, please call direct. Thieves also visited Herriard on the night of January 6th/7th with a farm building, woodshed and garage broken into these between 11:30 pm and 12:30 am, again if you saw any suspicious vehicles please let me know directly.

Turning back to 2018, I am pleased to report a general reduction of twenty-four reported crimes across the whole of my inner beat area consisting of the former beat area BW02 and covering the twenty-two parishes from the Candovers to Newnham south of the M3. I am further pleased to report a reduction of homes being broken into with five reported, of these five, three were preventable. Two were unlocked homes and one was to steal car keys that were clearly visible to see –

on the hall table. Another home was in the process of being built and had no resident and the last resulted in a man being arrested and charged for the offence.

In 2018, in your Parish the following crimes were levels were reported:

Parish	2017	2018
Herriard	12	23
Tunworth	5	12
Upton Grey	19	11
Weston Corbett	2	2
Weston Patrick	1	4
Winslade	12	10

Herriard's crime increased with several criminal damage to crops, several crimes at the building site by the Fur & Feathers plus non-dwelling burglaries and thefts from local farms.

Each spring brings me three things that are more prevalent than other seasons, first is an increase in livestock worrying especially sheep. May I also remind all residents who have dogs that the lambing season is again beginning, and we have seen an increase in sheep numbers across our area. Most years I report sheep worrying in our area, I urge all residents to make sure their dogs are on leads near livestock and that they remain on designated footpaths. Farmers do have authority to shoot dogs involved in worrying livestock on farm land, and sadly most dogs will chase sheep if not under control even if only the dog thinks it is a game, but to sheep it is deadly. Please keep YOUR dog under control and on a lead near livestock.

My second problem is garden shed and outbuildings being broken into, last year this was only one of the two types of crimes that increased and whilst happening all year round, spring seems to show an increase, two years back we had the spate of such crime with reports of 5/6 in a night in some areas, I ask please keep sheds secure, use good locks and hasps, record and photograph expensive garden machinery and use marking such as postcodes engraved onto them and consider a shed alarm which can be battery operated and very effective.

My third problem is theft from parked cars in our beautiful area, as spring comes please if you park your car in the countryside do not leave any electrical device, such as laptops etc. in the boot, do not put the handbag under the seat as this is the first place they look. Park your car in a busy area with other walkers being about or leave it in the village and walk from there.

We do have criminals who will be out and about in our beauty spot areas, just like the criminals who stole the car from the burglary later used in the theft of a cash machine from Swindon, sadly they are always about and will never miss an opportunity if you give it to them. Many thanks as always, Andrew Reid, Local Rural Beat Police Constable 3746 Andrew REID, Police Office, Preston Candover, Tel: 01256 389050, Mob: 07768 776844. Email: andrew.reid@hampshire.pnn.police.uk

Report from Long Sutton CofE Primary School

The new term is now well underway, and we have welcomed several new staff and children to our school. Mrs Sarah Taylor joins our teaching team as a Year 2 teacher; Mrs Taylor is a very experienced Key Stage 1 teacher from within Hampshire and we are delighted to have her on board. Mrs. Clare Risker joins our strong LSA team, supporting children with their learning in the classroom; Mrs. Risker has recently moved to RAF Odiham with her family and will be leading our 'Camo Club', a Club for children who live on the RAF Base. We have also welcome Mrs. Nicky White as our new PE and Sport specialist. Mrs. White is a very experienced PE teacher and we are delighted that we have a member of staff dedicated to leading and developing sport at our school.

At the end of January, we will be joining thousands of other Primary School children at The O2 for 'Young Voices', a massed choir event. Our Year 5/6 children, plus our Junior Choir from Years 3 and 4, are busy rehearsing songs from The Greatest Showman and Moana, as well as many other well-known songs. If you have children of Primary School age and would to find out more about us, I would love to show you around our 'vibrant and exciting' school (Ofsted March 2018). Please contact the school office on 01256 862238 or email adminoffice@longsutton.hants.sch.uk to make an appointment. Hannah Inglis (Headteacher), Long Sutton C of E Primary School. Tel: 01256 862238

UPTON GREY NEWS

www.uptongreychurch.co.uk

www.uptongreyparishcouncil.co.uk

Upton Grey Parish Council: New Councillor: It's all about YOU!

Are YOU concerned about the local area? Would YOU like to represent the views of other local people in the parish? Would YOU like the opportunity to make a real difference in the community? If so, then YOU could make a great councillor for Upton Grey Parish Council. In May 2019 there will be an opportunity for you to become a parish councillor. Contrary to popular believe you don't have to have specific qualifications to be a councillor and the Parish Council isn't connected to a political party. You must be over 18 but other than that you can be any age, male or female.

There are some criteria that you must meet however, you must be:

- A British citizen, or a citizen of the Commonwealth, or the European Union
- Be an elector of the parish or work in the parish. Or live within 3 miles of the parish boundary.

As a councillor, you would be expected to attend monthly meeting, but this also means that YOU will have the opportunity to participate in the council's decisions. Maybe you have some good ideas about potential improvements in the village. Perhaps you have some business or personal expertise that could contribute to the work of the Parish Council in your community. It's not all about planning applications! As a parish councillor you would also help to set the precept. The precept is the proportion of your council tax which is allocated to the Parish Council. You would help to plan the annual budget for the council and help the council decide on how best to spend that budget. YOU would be a voice of your community and could help to make a real change. Perhaps there is someone you would like to nominate to be a parish councillor who you think would represent your interests and be an asset to the Parish Council? For more information about the role of a parish councillor and the election process please contact either of the following:

- Parish clerk, Beverley Bridgman

email: clerk@uptongreyparishcouncil.co.uk

- Chairman of the Parish Council, Paul Gray

email: paulcgray@yahoo.com

Further information regarding the election process can also be found on the Electoral Commission website: www.electoralcommission.org.uk

We look forward to chatting with YOU about this opportunity to represent YOUR community.

Lent Lunches, 2019

As you will all know, Lent is very late this year and Ash Wednesday is 6th March. In the five weeks after that it has been traditional to hold Lent Lunches around the village in aid of charity. Several people have been host or hostess in the past and it may well be that there are others who would like to host or hostess for the first time, so could I please invite those who would like to host or hostess this year to let me know (preferably by email) and to tell me which date(s) suit them and which charity they would like to nominate. I will then put together a programme which will appear in the March issue of this magazine. For those who are unfamiliar with these Lunches, they are simple, highly enjoyable occasions when the host or hostess provides a lunch of soup and cheese; there is no charge, but donations are invited for the charity of their choice. Everyone is welcome from Upton Grey and other villages, and are requested to let the host or hostess know before the lunch if they are coming. All lunches start at 12.30 and finish no later than 2.00 p.m. I look forward to hearing from you on jill.lestrille@hotmail.co.uk. Jill Lestrille. (862131)

STOP PRESS: Upton Grey Lent Lunch Thursday 7th March

Our first lunch will be on Thurs 7th March at the Old Post House hosted by Frances Yeowart and Tessa Morrish. Please ring Frances on 862218 if you plan to go. The Charity will be Cancer Research. Jill Lestrille.

T@3 on Thursday 21st February

Our next T@3 will be on Thursday 21st February and will be held at Barn Cottage, Weston Road by invitation of Jill and Terry Lestrille. Everyone of retirement age is welcome so please come along - regulars and newcomers alike. As usual, it would be helpful to know if you are coming and also whether you would like a lift. Please ring or tell Jill (862131) or Barbara (862627) or Viv (862455). We look forward to seeing you. Jill Lestrille.

Upton Grey Village Hall 100 club - February Draw

- First Prize £100 no 47 Mr R. Anscombe
- Second Prize no 115 Mr R. Holmes

The 100 club draw is your Village Halls main fundraiser. Subs are £24 pa or £2 monthly. Join at any time. Contacts are Brian Thrussell 01256 862819 or Caroline James 01256 862480.

Charity RNLI Music Concert, Sat 30th March with 'Head North' & 'Shanty Hounds'

'Hi Lovely Villagers, as many of you already know we are holding our second RNLI (Royal National Lifeboat Institution) music concert in Upton Grey Village Hall on Saturday 30th March 2019 starting at 7.30pm. I can confirm that the line-up is looking very good with 'Head North' coming along again, 'Shanty Hounds' our local shanty group who performed at Falmouth Sea Shanty festival this year, and a new group of friends called 3PS who are an absolutely amazing three man acapella harmony group (prepare to be amazed by their singing). Tickets are now available for £10 each and are selling well already. There will be a cash bar with wine, beer and nibbles - plus a raffle organised again by the lovely ladies from the Basingstoke RNLI group.

Hoping you can all make it for a really enjoyable evening together for a fabulous charity cause the RNLI. For tickets which are on first come first served basis (up to 90 and we sold out pretty early last year) please call us on 01256 861325 or email Cas or Dave Peace for tickets. All the best and look forward to seeing you on the 30th March'.
Dave and Cas P. dave.peace@btinternet.com or cas@caspeace.com

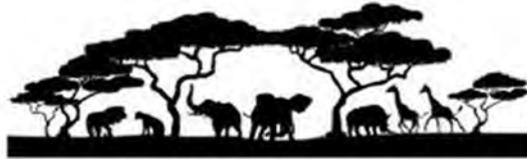
Upton Grey Bridge Club

In 2019 we shall continue to meet at 7.30 PM (prompt please) on the second and fourth Monday evenings in the month:

- Monday 11th and 25th February
- Monday 11th and 25th March
- Monday 8th and 29th April (1 week later due to Easter)
- Monday 13th May

New members are most welcome whether on their own or with a partner. In the summer we shall have a recess so that we can enjoy the weather outside and get on with the gardening etc! Anybody interested please contact Peter Haynes tel 01256-863433

Safari Supper



Saturday March 9th from 7.30pm

Host one course and enjoy a 3 course dinner
around the village in aid of
St Mary's Church, Upton Grey!

Starter 7.30pm

Main 8.30pm

Pudding 9.30pm

Finishing in the village hall for a final drink at 10.15pm
Submit your names, address, phone number, email and
any dietary requirements to: Viv Raven and Julia Harker
(julia_harker@btinternet.com)

They will plan a fun filled night of dining for you
on the 9th March.

You will be allocated one course.

Forms in February Parish Mag.

**£12.50 per person Please book by
Friday 15th February!**

Safari Supper Saturday 9th March 2019

If you haven't considered going on safari before, please come and join us. Safari supper is a fun evening where you provide 1 of 3 courses and travel around the village for the other two. At the end of an evening of laughter and surprises everybody congregates in the village hall for coffee, after dinner drinks and tales to tell. If you have a young family, you can request a starter course to give time for children to settle before going out. It's a fantastic way to meet new people who have been here for years and for newer villagers to experience another flavour of Upton Grey. Save the date and book a babysitter! To join in, fill in the form enclosed in the February magazine. We hope to see you there. Any questions please contact us: Julia Harker Telephone 862975 or Vivian Raven Telephone 862278

Christmas Season Collection for Charity, St Mary's, Upton Grey

The St Mary's Upton Grey Parochial Church Council (PCC) decided that the collections from the services over the Christmas Season should be donated to charity. As for the collection on Remembrance Sunday for the Royal British Legion, our congregations were very generous, and we were able to make the following donations:

- The Carol Service collection (£437) was donated to Crisis London.
- The Christingle Service Collection (£150) and the Crib Service collection (£134) were combined to make a donation of £284 to the Church of England Children's Society.
- The Christmas Day Service collection (£499) was donated to Naomi House Children's Hospice.

Our thanks go to all those who gave so generously.

Thank You from the Family of Pam Dixey

Dear Friends, The Family of Pam Dixey would like to send a heartfelt thank you to the friends in and around the village. As a family we are truly overwhelmed by the help, support and love you have all shown us following our loss. It was amazing to see so many people at the service and we were genuinely surprised by the numbers that came out to pay their final respects to Pam. Thank you also to those who kindly donated cakes on the day.

We would also like to thank you for the generosity on the day. At the time of writing this a staggering £500 has been raised for St Michaels Hospice. A fitting gesture to people that make such a difference!' Best Wishes: Brian, Andy, Victoria, Zac, Amber

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

<https://www.facebook.com/herriardexservicesclub>

Join 'Herriard Village' group on <http://www.Facebook.com>

Yoga at Royal British Legion Hall, Herriard

Whether you are brand new to yoga or have been practising for years, why not join us on Monday lunchtimes 12.00 till 1.00 for an hour's yoga with Anneke Pettenburger-Perwald? The cost is £8 for a drop-in class or £6 per class for a 4-class card plus a small contribution towards hall hire. For more details please call Alison or Amanda on 01256 381017. Thank you, Alison Cross.

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Herriard Gardening Club

This month sees the start of our monthly meetings at each other's houses where we start to plan jobs at the allotment in Back Lane and share our interest in plants and gardening practices. In January, our first get together to welcome the new year and to banish the winter blues, was an excellent dinner at The Anchor in Froyle. If you are on a New Year detox, one vegetable to include for its health-giving properties, is spinach. Try growing your own this year. Spinach is a leafy green vegetable that is available all year round. It is known for its nutritional qualities, rich in iron and an excellent source of vitamins K, A, C and folate. It also contains important carotenoids. Raw spinach contains oxalic acid, which can interfere with the absorption of calcium and iron. Oxalic acid is broken down when heated so there is no loss of nutrients in steamed or sautéed spinach. Its high-water content means spinach reduces in size when cooked. Spinach can be sown from early spring (under fleece or cloches) or outdoors from mid-March. Before sowing, dig in well-rotted organic matter and general fertiliser. Thin seedlings 3 ins apart when large enough to handle. Keep well-watered during dry periods and protect from birds with netting or fleece. Spring sowings should be ready to harvest within 12 weeks.

Recipe of the month: Pat's Spinach and Courgette Soup: Serves 4

2 large courgettes diced

1 medium onion coarsely chopped

1 medium potato peeled and diced

1 ltr vegetable or chicken stock

200g spinach; 2 tablespoons oil; Salt & Pepper to taste

- 1) In a large saucepan, heat oil and sauté onions for a few minutes then add courgette and cook for another few minutes
- 2) Add potato, spinach, and stock, simmer for about 20 minutes, until potato is cooked
- 3) Use a blender to purée until smooth, add salt and pepper to taste and more stock/water if needed
- 4) Serve with either a dollop of Soft Cracked Black Peppered Cheese (my preference) or double cream / creme fraiche

If you want a creamier soup just add 225ml cream after blending and warm through, but do not boil. I always triple the ingredient whilst making this and freeze down for another day. Enjoy with some crusty bread. Gill Hill.

Coffee Mornings in Herriard: Next Meeting 4th February

The Herriard coffee morning continues its success and the next one is on Monday 4th Feb at Southrope Cottage hosted by Sue Cheyney (Tel: 381225) from 10.30 til 12 noon. Just drop in for a quick coffee/tea and a chat...all welcome. No charge! We will aim to run every first Monday of the month. Next days will be:

- Mon 4th March.
- Mon 1st April.
- Mon 6th May (Bank Hol) etc

All the information including venue and host also on village website or call 01256 381227. It would be great to see you there . Everybody welcome, bring a friend! Transport always available. Thanks Michelle.

Herriard and Lasham with Bentworth WI: Feb 7th Next Meeting

The February meeting is on 7th at 2.30pm at the RBL Hall. The speaker is Mr Smith 'Letters from Australia, a Parcel of Gold for Edith'. We welcome new members, so please come along. Our December meeting was our Christmas Lunch, which was held at Alton House Hotel, which was enjoyed by all. In January we held a social and enjoyed tea and a chat with minimal business. Helen Herring

...AND OTHER IMPORTANT THINGS

Film Nights at the Village Hall (Ridley Hall), South Warnborough

The Trustees of Ridley Hall have installed a high-quality cinema system including surround-sound. Together with the new heating and ventilation system and new comfy chairs, there are very pleasant surroundings for your film viewing every month. There is also a bar selling both alcoholic and soft drinks, and ice creams for sale during the interval. Bar opens at 7pm and the film starts at 7.30pm. The regular film night is the 3rd Wednesday of the month. Tickets can be purchased in advance at the Village Shop or on the door at the start of the evening. The monthly film is advertised in the Parish Magazine, on the Ridley Hall blackboard, in the Village Shop and on posters. The programme of films for the coming months is as follows:

- Wed 20th FebThe Children Act
- Wed 20th MarchPeterloo
- Wed 17th AprilThe Wife

Many thanks, Veronica Cannan

Odiham Consolidated Charities Donation of equipment to Odiham Health Centre



Richard Janaway, the Chairman of Odiham Consolidated Charities (OCC), Dr David Love and two other Trustees from the charity attended Odiham Surgery recently to present some equipment which the surgery required, and which OCC was pleased to be able to fund.

The main item was a spirometer, which is a clever piece of kit that measures the rate of flow of breath that is being forcibly exhaled. It measures both the volume of breath and the speed that it can be exhaled at. Add in some sophisticated calculations carried out by a computer and medical staff can diagnose a range of lung conditions, such as asthma, chronic obstructive airways disease and pulmonary fibrosis, as well as monitor their progress.

The second piece of equipment which OCC funded was a Doppler probe, which is an ultrasound device that detects fluid moving and its rate of flow in an artery. This is non-invasive and can be done through the outer layers of the body. This is primarily used to look for arterial problems in the legs in those patients who are symptomatic or have multiple risk factors. The photo above is of Dr David Love, OCC Trustee, and Dr Bates from the surgery. The Trustees of OCC hope to be able to work with doctors at the surgery in future on other equipment requirements to assist with the diagnosis and treatment of a range of conditions.

Cardiac Rehab Charity Events

These are listed below. For more details, please contact Basingstoke & Alton Cardiac Rehabilitation Charity, Chawton Park Road, Alton, Hampshire GU34 1RQ 01420 544794 www.cardiac-rehab.co.uk. Email: heartly@cardiac-rehab.co.uk

Car Wash for Cardiac Rehab - 15th February 2019

On the 15th February a team of volunteers from Community First will be joining forces with Everyone Active to raise funds for Cardiac Rehab. Come along to the Alton Sports Centre / Cardiac Rehab Centre and have your car washed whilst you are attending your exercise session.... or just come along to get your car washed!

Cardiac Rehab Quiz Night & Supper at The Alton Maltings - 1st March 2019

Get together a group of friends and come along to our annual Quiz Night. A hot supper will be provided.

Cardiac Rehab - Bridge Afternoon Tea at Beech Village Hall - 25th April 2019

Are you a Bridge player? Why not join us for a game of Bridge and Afternoon Tea on 25th April.

Cardiac Rehab Lecture by Dame Margaret Hodge - 8th May 2019

Dame Margaret Hodge has kindly agreed to attend The Alton Maltings on Wednesday 8th May. As usual wine and canapes will be included in your ticket price.

Cardiac Rehab Swing into Spring Ball at The Alton Maltings - 18th May 2019

We are very excited to tell you about our Spring Ball. Dust off your dinner suits and ball gowns and come along to the Alton Maltings for some great food, live music and entertainment. Numbers are limited so get together with your friends and reserve a table asap!

Cardiac Rehab - One for the ladies? Fashion Show & Afternoon Tea - 15th June 2019

Get the girls together for an afternoon of fun and fashion?! This event will be held at The Alton Maltings on Saturday 15th June. Be there or be square!

Odiham And Old Basing Health Centre Patient Participation Group: Obesity

At this time of year when many of us consider making New Year's resolutions, we thought this a good opportunity to highlight OBESITY. The impact of obesity is wide ranging, affecting a person in many ways, but it is also having a significant impact on our NHS.

WHAT IS OBESITY? Obesity is a medical term used for people who are overweight. In the UK this is classified using the BMI measurement (calculation made on your height and weight). A calculator for this measurement is easily found on the internet, it is your weight in kilograms divided by the square of your height in metres.

BMI thresholds: 18.5 - 24.9 is healthy, 25 - 29.9 is overweight, any value above 30 is classified as obese. Another measure is waist circumference, which in people with a raised BMI, can be an indicator of excess fat. A raised waist circumference for anyone with a BMI over 25 (in men greater than 37in/94cm, in women greater than 31.5in/80cm) is an indicator of increased health risk.

CAUSES OF OBESITY. The cause is generally thought to be related to an increase in our intake of high fat and high sugar foods, an increase in our use of processed foods, physical inactivity, more sedentary lifestyles and consuming more food than is needed (increased portion sizes). There are other factors, but these are the main areas that can be addressed by making some lifestyle changes.

HOW DOES OBESITY AFFECT ME? Obesity increases our risk of serious health conditions:

- Type 2 Diabetes
- Coronary heart disease
- High blood pressure (hypertension)
- Cancer – breast cancer and bowel cancer (other types also)
- Stroke
- Osteoarthritis
- Sleep apnoea (a condition that causes interrupted breathing during sleep, which can lead to daytime sleepiness with an increased risk of road traffic accidents, as well as a greater risk of diabetes, high blood pressure and heart disease)
- Reduced fertility
- Liver disease and kidney disease
- Gallstones

On a day to day basis, obesity can cause:

- Psychological problems – low mood, depression, poor self-esteem, social isolation
- Breathlessness
- Increased sweating
- Snoring
- Difficulty doing physical activity
- Feeling very tired
- Joint and back pain
- Gastro-oesophageal reflux

Obesity reduces life expectancy by an average of 3 to 10 years, depending on how severe it is. It's estimated that obesity and being overweight contribute to at least 1 in every 13 deaths in Europe. There's no quick fix for obesity.

WHAT CAN WE DO TO REDUCE OBESITY? The best way to address obesity is to eat a healthy, reduced-calorie diet and exercise regularly. Before you start to make changes to reduce obesity consider the following: Motivation is crucial: no weight loss plan will work unless you have a serious desire to lose weight. You need to be ready and motivated. Monitor your current food intake: it is helpful to know exactly how much you currently eat. Keeping a detailed diary of everything that you eat and drink over an average week is more helpful. Aim to lose weight gradually: it is best not to lose weight too fast. Aim to lose an average of 0.5 to 1 kg per week (about 1-2 lb. per week). Set clear goals with a realistic timescale: it is important to set a clear and realistic weight loss goal.

Diet: Common problems to consider: Avoid processed foods, there are usually lots of hidden sugars and they are generally higher in fat. Be careful about what you drink – alcohol is high in calories, fruit juices whilst making up one of your five a day are also very high in sugar and therefore calories. Look at portion sizes, a common problem as we eat more than a recommended portion size, an interesting guide to portion sizes is as follows and can be used as a guide for ‘one portion’:

- Carbohydrate: Pasta, rice, couscous = 1 tennis ball, Potatoes = 1 computer mouse, 70g bread = 2 slices or 1 large roll, 60g noodles = 1 dried noodle nest
- Protein: Meat = 1 deck of playing cards, Fish = 1 cheque book, Cheese = a standard matchbox
- Fruit and Vegetables: Vegetables = 1 cricket ball, Salad = 1 medium cereal bowl, Medium fruits (apples, bananas, pears) = 1 fruit, Small fruits (plums, satsumas, kiwis) = 2 fruits, Berries = 1 tennis ball

It is suggested that we should aim to eat at least 5 portions of fruit and/or vegetables each day, and 2 or more portions of fish each week. Consider how you cook food and try to avoid saturated fats in cooking, aiming for the healthier fats such as olive oil.

Exercise. Physical inactivity is a key factor in the development of obesity. Increasing your activity levels has many health benefits, as well as helping to reduce obesity (with a reduction in calorie intake). Health benefits of exercise include a reduction in depression, improvement in muscle tone to help reduce the impact of osteoarthritis, reduction in blood pressure, reduction in the risk of heart disease and stroke, protection against osteoporosis to mention just a few. Current recommendations suggest at least 30minutes of moderate physical activity on 5 days of each week.

Moderate activity should be enough for you to feel slightly out of breath, mildly hot and sweaty. Do remember that even 10mins regularly is better than nothing. Always try to look for ways to increase your activity levels, for example, get off the bus a stop earlier, take the stairs rather than the lift. There are many ways nowadays for people to become more active, the NHS website supports the couch to 5k programme, there are local steady and strong classes and a walking for health group for older patients, and there are a multitude of gyms, exercise classes and personal trainers in our area so there should be something to suit all. Remember that even losing what seems like a small amount of weight, such as 3% or more of your original body weight, and maintaining this for life, can significantly reduce your risk of developing obesity-related complications like diabetes and heart disease. We wish you all a happy healthy 2019!

North Warnborough & District Garden Club

Our next meeting will be held on Thursday 28th February in the North Warnborough Village Hall at 2:10 PM for a 2:30 PM for start. Our speaker will be Dr Keith Lucas, who will be talking to us about "Pollination".

The competitions will be:

1. A Posy of Snowdrops with Greenery.
2. A Spray from a Flowering Shrub.

Visitors are very welcome to join us. We are a friendly Club whose members share an enthusiasm for gardens and gardening. For further information, please telephone Jane Day 01252 843848

Lasham Gliding Society Winter Talks 2018/19

We've arranged a really good season of Saturday evening events and most events will be free of charge, unless stated otherwise. You don't need to be a member at Lasham to attend - Non-members are most welcome. Some dates and talks might change and some are not yet fully arranged but the current situation is listed below.

Saturday talks will usually commence at 6pm and will be held in the Brown Elephant briefing room at Lasham. Although most of the events are free of charge it is customary that a silver collection is made at the end of each talk for the Lasham Trust or other deserving cause of the speaker's choosing. Dinner will be available in the restaurant afterwards. **Booking is advisable** at thegoldenglider@outlook.com. Or 01256 384910. The bar is also available to members and visitors at all times. Lasham Gliding Society's address is Lasham Airfield, Avenue Road, Basingstoke, Hants, GU34 5SS. Telephone 01256 384900

All events are subject to short notice change so if you are travelling a long way please check first to verify that it is still taking place.

Saturday 2nd Feb – A talk by Dave Latimer on the “Glide Britain” promotional activities for our sport that took place across the nation over the last couple of years.

Saturday 9th Feb – A talk Air Chief Marshall (Retd) Sir John Allison KCB CBE on the Cold War from his own perspective as an air defence pilot in that era.

Saturday 16th Feb – Unfortunately the visit to the Battle of Britain bunker in Uxbridge will not now be possible. Instead, Gary Pullen will give a talk on the relics of RAF Lasham's WW2 heritage including old WW2 buildings that still exist at Lasham.

Saturday 23rd Feb – Traditional pub quiz evening with fish 'n chips organised by the Golden Glider. Come and put your thinking hats on. There will be a small charge for this event.

Saturday 2nd March – **Please note change of date.** A talk by Colonel (Retd) Jonathan Welch CBE on a brief history of the Royal Engineers bomb disposal operations.

Saturday 9th March – **Please note change of date.** Lasham Gliding Society Annual General Meeting, time to be advised. This event will be for LGS members only. Jane Nash and Mike Philpott.

The National Garden Scheme In Hampshire

Recent research has shown that only a small percentage of the population is aware of the amazing contributions this organisation has donated to nursing and caring charities. The concept is that owners of quality gardens, be they large estates or more modest town gardens, agree to open their gardens, through the National Garden Scheme (NGS), to the public on specific days or 'By Arrangement' on other dates, for a private visit. For this privilege, visitors pay a modest entrance fee (has been described as England and Wales' 'best value day out'). All entrance money is donated to the NGS. In most gardens' homemade cakes and tea or coffee are available. Many gardens have plants for sale or offer local crafts people the chance to sell their goods - a percentage of which goes to the NGS. All the money raised throughout England & Wales is distributed to nursing & caring charities, the main ones being Macmillan Cancer Support, Marie Curie and Hospice UK. Several very generous amounts are also donated to other charities including Parkinson's UK, National Autistic Society and the Queen's Nursing Institute. All the charities supported by the NGS can be viewed at ngs.org.uk/beneficiaries.

In 2018 the NGS donated a record £3.1 million to these deserving charities. For the last 4 years Hampshire has raised the most money of any County, exceeding £200,000 per year. Keep an eye open for the Yellow NGS County Booklet. This is available at most garden centres or visit the website ngs.org.uk to see which NGS gardens are open. You can be sure of a very warm welcome at all our gardens - and at the same donate to an amazing charity.

Check out our Snowdrop Festival in February. This year we have four gardens open: Bramdean House, Alresford; The Down House, Itchen Abbas; Little Court, Crawley, Winchester; and Chawton House Library, Alton. Full details and directions can be found on the website ngs.org.uk/find-a-garden. All these gardens are also open By Arrangement on different days from those advertised through the garden owners. A seasonal story 'Elaine's Story' from our Hospice UK charity is located at www.ngs.org.uk/whats-new/lifestyle/post/my-hospice-helped-me-celebrate-christmas-early. The styles can be formal or informal, exuberant, chaotic, natural planting, wildlife friendly - the list goes on - and of course there are the famous Home-Made Cakes!! ENJOY. For further information: - pat.beagley@ngs.org.uk from Hampshire NGS.

SMALL ADS - FEBRUARY

Friendly reliable CARER available for work, 10 years' experience in all different aspects of care. Cleaning and ironing included. I am passionate about making a difference to people's lives. Valid DBS check and relevant insurance. Contact me to find out more, call 07464973267.

ADMINISTRATIVE ASSISTANT. Do you need a Virtual Assistant? Hardworking and loyal, I will be your trusted go-to person for any administrative task whilst working remotely and saving on overheads. Please contact Danielle (Solicitor & previous Personal Assistant) on 07886 448 349

HALLS FOR HIRE

Upton Grey Village Hall for hire from £7.00 per hour. Functions, meetings, parties, private and commercial. Full kitchen facilities, central heating and sound system, chairs, tables, crockery and cutlery available. Contact Elaine Lewington on 01256 862894.

The Royal British Legion Hall, Herriard Available for hire: wedding receptions, functions, parties, meetings, and events. Fully licensed bar, full kitchen facilities, garden, tables and chairs, sound system, disabled access, central heating, pool table and darts. Key holder 01256 381403 or email hall bookings to herriardrbllhall@aol.com

PARISH MAGAZINE NEWS

Youth Pastor Funding Contribution

We are pleased to report that the Parish Magazine contributed to the costs of the Youth Pastor, Helen Chatfield.

JOKE CORNER

☺ 'I live in a bungalow, which is nice - but it does have one major flaw'

☺ Q: 'What is an underground train full of professors called?'

A: 'A tube full of smarties'

☺ Q 'What do you call a boomerang that doesn't come back?'

A: 'A stick'

POETRY CORNER: WINTER

‘Blow, Blow, Thou Winter Wind’ by William Shakespeare

*Blow, blow, thou winter wind
 Thou art not so unkind
 As man's ingratitude;
 Thy tooth is not so keen,
 Because thou art not seen,
 Although thy breath be rude.
 Heigh-ho! sing, heigh-ho! unto the green holly:
 Most freindship if feigning, most loving mere folly:
 Then heigh-ho, the holly!
 This life is most jolly.
 Freeze, freeze thou bitter sky,
 That does not bite so nigh
 As benefits forgot:
 Though thou the waters warp,
 Thy sting is not so sharp
 As a friend remembered not.
 Heigh-ho! sing, heigh-ho! unto the green holly:
 Most freindship if feigning, most loving mere folly:
 Then heigh-ho, the holly!
 This life is most jolly.*

‘Winter Landscape’ by John Betjeman

*The three men coming down the winter hill
 In brown, with tall poles and a pack of hounds
 At heel, through the arrangement of the trees,
 Past the five figures at the burning straw,
 Returning cold and silent to their town,
 Returning to the drifted snow, the rink
 Lively with children, to the older men,
 The long companions they can never reach,
 The blue light, men with ladders, by the church
 The sledge and shadow in the twilit street,
 Are not aware that in the sandy time
 To come, the evil waste of history
 Outstretched, they will be seen upon the brow
 Of that same hill: when all their company
 Will have been irrecoverably lost,
 These men, this particular three in brown
 Witnessed by birds will keep the scene and say
 By their configuration with the trees,
 The small bridge, the red houses and the fire,
 What place, what time, what morning occasion
 Sent them into the wood, a pack of hounds
 At heel and the tall poles upon their shoulders,
 Thence to return as now we see them and
 Ankle-deep in snow down the winter hill
 Descend, while three birds watch and the fourth flies.*

CHURCH SERVICES (please also see the weekday services under “Regular Events”)**3 February – The 5th Sunday before Lent**

Holy Communion (1662 said)	9:00am	Tunworth
Family Service (sung)	9:45am	Herriard
Family Communion (sung)	10:00am	Upton Grey
Holy Communion (1662 said)	11:15am	Weston Patrick

10 February – The 4th Sunday before Lent

Holy Communion (1662 said)	9:00am	Herriard
Parish Communion (CW sung)	10:00am	Upton Grey
Parish Communion (CW sung)	11:15am	Weston Patrick
Evensong (sung)	5:00pm	Tunworth

17 February – The 3rd Sunday before Lent

Holy Communion (1662 said)	8:00am	Upton Grey
Parish Communion (CW sung)	9:00am	Tunworth
Matins (sung)	9:45am	Herriard
Family Service (sung)	10:00am	Upton Grey

24 February – The 2nd Sunday before Lent

Family Service (sung)	9:00 am	Tunworth
Family Communion (sung)	9:45 am	Herriard
Informal Service	10:00am	Upton Grey
Tea-time service	4:30pm	Upton Grey
Evensong (sung)	5:00pm	Weston Patrick

3 March – The Sunday next before Lent

Holy Communion (1662 said)	9:00am	Tunworth
Family Service (sung)	9:45am	Herriard
Family Communion (sung)	10:00am	Upton Grey
Holy Communion (1662 said)	11:15am	Weston Patrick

6 March – Ash Wednesday

Benefice Communion Service	7:30pm	Weston Patrick
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10 March – The 1st Sunday of Lent

Holy Communion (1662 said)	9:00am	Herriard
Parish Communion (CW sung)	10:00am	Upton Grey
Parish Communion (CW sung)	11:15am	Weston Patrick
Evensong (sung)	5:00pm	Tunworth

17 March – The 2nd Sunday of Lent

Holy Communion (1662 said)	8:00am	Upton Grey
Parish Communion (CW sung)	9:00am	Tunworth
Matins (sung)	9:45am	Herriard
Family Service (sung)	10:00am	Upton Grey

24 March – The 3rd Sunday of Lent

Family Service (sung)	9:00 am	Tunworth
Family Communion (sung)	9:45 am	Herriard
Informal Service	10:00am	Upton Grey
Tea-time service	4:30pm	Upton Grey
Evensong (sung)	5:00pm	Weston Patrick

31 March – The 4th Sunday of Lent / Mothering Sunday

Mothering Sunday Service (sung)	9:00am	Tunworth
Mothering Sunday Service (sung)	9:45am	Herriard
Mothering Sunday Service (sung)	10:00am	Upton Grey
Mothering Sunday Service (sung)	11:15am	Weston Patrick

DATES FOR YOUR DIARY – February 2019

This Month

4th Feb	Mon	Herriard Coffee Morning, Southrope Cottage	10.30am
7th Feb	Thu	Women's Institute Herriard RBLH	2.30pm
11th Feb	Mon	UG Bridge Club	7.30pm
15th Feb	Fri	Charity Cardiac Rehab Car Wash, Alton Rehab/Sports Centre	
20th Feb	Wed	'The Children Act' South Warnborough Film, Ridley Hall	7.30pm
21st Feb	Thu	Upton Grey T@3 Barn Cottage	3.00pm
25th Feb	Mon	UG Bridge Club	7.30pm

Advance Dates

1st Mar	Fri	Cardiac Rehab Charity Quiz Night, Alton Maltings	
4th Mar	Mon	Herriard Coffee Morning TBA	10.30am
7th Mar	Thu	Upton Grey Lent Lunch	
9th Mar	Sat	Safari Supper, Upton Grey	
16th Mar	Sat	Safari Supper, Tunworth	
20th Mar	Wed	'Peterloo' South Warnborough Film, Ridley Hall	7.30pm
30th Mar	Sat	RNLI concert, Upton Grey Village Hall	7.30pm
1st Apr	Mon	Herriard Coffee Morning TBA	10.30am
6th Apr	Sat	Spring Flower Show, Upton Grey Village Hall	
25th Apr	Thu	Cardiac Rehab Charity Bridge Tea Beech Village Hall	
8th May	Wed	Cardiac Rehab Charity Lecture: Dame Margaret Hodge	
10th Aug	Sat	Summer Show, Church Meadow, Upton Grey	
10th Aug	Sat	Summer Disco Dinner Party	7.30pm
26th Oct	Sat	Uptongreyautumnfestival.co.uk	

Regular Events

Each Mon		Yoga Herriard RBLH	12 noon
Each Mon		Prayer Group, 4 Little Hoddington	9.45am
Each Wed		Upton Grey Toddler Group	10.00am
Each Wed		Dementia Support plus Carers, Sunflower Café, Odiham	2.00pm
1st Mon		Herriard Coffee Morning	10.30am
1st Thu		Herriard WI	7.30pm
1st Thu		Tunworth Coffee morning, Tunworth Church,	10.30pm
1st Tue		Adult Choir Practice, Upton Grey Church	8.00pm
1st Sun		Junior Choir Practice, Upton Grey Church	9.15am
2nd Sun		Sparks Sunday Club, Village Hall, Upton Grey	9.50am
2nd & 4th Mon		Upton Grey Bridge Club at The Hodd	7.30pm
3rd Thu		Holy Communion, Herriard Church	10.00am
4th Thu		Coffee Morning, Weston Patrick Village Hall	10.30am

Copy deadline: The deadline for all material is 15th February for the March issue.

Email: uptongreymagazine@gmail.com. Next month's editor is Tess Chevallier.

UPTON GREY VILLAGE SHOP and POST OFFICE

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OPENING TIMES

Tuesday: 1.30pm - 3.30pm

Thursday: 1.30pm - 3.30pm

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