

PARISH MAGAZINE



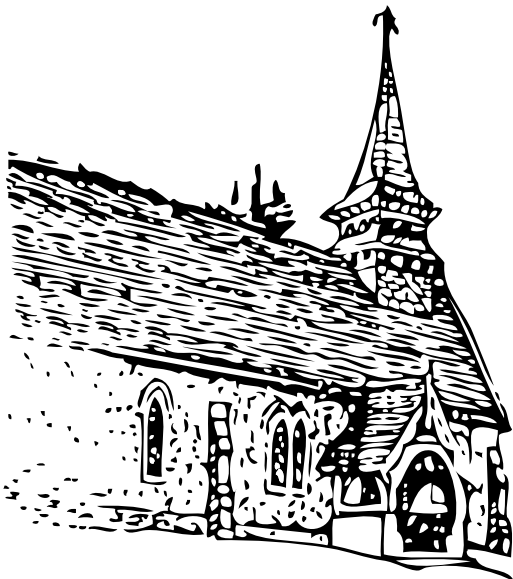
St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Westcott

March
2019

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BENEFICE MAGAZINE – March 2019
Edition for the Parishes of Herriard with Winslade, Tunworth,
Upton Grey and Weston Patrick

Editorial for March 2019

As I sit down to write this, the last of the weekend's snow is melting outside the window and the green shoots of daffodils, tulips and the tender clumps of snowdrops are once again visible. Signs of life and hope breaking through the hard blanket of frost and ice. It reminds me once again of the variety and beauty our cycle of seasons brings us, a rhythm we are particularly attuned to in our rural communities.

As we welcome the start of March, we also reach a new season in the church's year, the season of Lent. Lent has traditionally involved either giving something up in order to reflect on our priorities or taking something up in order to serve others. As we see the life, hope and change in the world outside, Lent is a time to reflect and take stock of where we might be able to nurture signs of life and hope in our own lives and that of our communities.

This feels particularly vital this year, as March also holds an event which in one way or another will impact us all. Regardless of our political positions, and of any political decisions taken between the writing and publishing of this reflection, no one can be unaware of the division, frustration and fear that continues to echo around the Brexit discussions. In families, communities and as a nation, relationships are strained, and divisions we have tried to hide from in the past can no longer be ignored. If the meaning of Lent is preparation for the hope and new life of Easter, I can't help but wonder what that looks like in this divided reality.

The life and hope that we celebrate in church over Easter reminds us that, through his death and resurrection, Jesus brought back together that which was broken, mending division between people and God, and between people and each other. Reconciliation of relationships brought seeds of hope and new life, and this is work we are invited to join in with. Reconciliation is the hard work and commitment to re-building relationships through listening to others, embracing difference and seeking hopeful ways forward. This Lent, as we cultivate the signs of new life and hope in our fields and gardens I wonder whether we can nurture signs of new life and hope in our relationships with each other by working together for reconciliation. As we prepare for Easter, my prayer is that we may all plant in hope our own small acts of beauty which heal, mend, restore and reconcile.

Helen O'Sullivan, Curate, NHDB

FROM THE REGISTERS

Funeral

Jonathan Webb at Basingstoke Crematorium on 25th January

Service of Thanksgiving

Douglas Croll at St Lawrence, Weston Patrick on 12th February, preceded by private family funeral at Basingstoke Crematorium

Wedding

Ross Kirby and Verity Greenwood at St Mary's Herriard on 26th January

Baptism

Indigo Jean Kirby at St Mary's Herriard on 26th January

CHURCH NEWS

Adult Choir

Our next practice is on Tuesday 5th March at 8.00pm, and we will be singing at Parish Communion service at 9.45am on Sunday 10th March.

Ash Wednesday – 6th March, 7.30pm at St Lawrence, Weston Patrick

We will be holding our special Ash Wednesday service at 7.30pm at St Lawrence Weston Patrick. This is a Benefice service and all are invited.

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

Tea-Time Service – Sunday 24th March, 4.30pm

We will be holding our tea-time service on the 4th Sunday of March so why not enjoy a relaxing morning and then join us at 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, before a contemporary all-age service.

Mothering Sunday is on 31st March – details in the children's section.

Holy week and Easter 2018

Palm Sunday is on 14th April and we have services in all our churches with a Palm Sunday theme. In Upton Grey, we will start at the pond as usual, just before the service time (9.55am) and then process to church.

Maundy Thursday – 18th April

There will be a Benefice Holy Communion 7.30pm at All Saints, Odiham

Good Friday – 19th April

- 8.00am Meditation service at Tunworth
- 9.30am Good Friday workshop at St Mary's Upton Grey
- 10.00am Good Friday Meditation service at Herriard
- 11.00am Good Friday service at Upton Grey

Easter day – 21st April

- 9.00am Parish Communion at Tunworth
- 9.45am Family Communion at Herriard
- 10.00am Family Communion at Upton Grey
- 11.15am Holy Communion at Weston Patrick

The APCM season is approaching and these are an opportunity for parishioners to ask questions and give ideas, as well as electing churchwardens and PCC members. All are welcome. The dates for these in March are:

- Sunday 10th March at Weston Patrick following the 11.15am service
- Sunday 7th April at Upton Grey at 11.00am, after the service
- Tuesday 16th April 7.30pm at Blackdown Farm, Tunworth
- Monday 29th April 7.45pm (Venue to be confirmed)

*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.*



Lent 2019

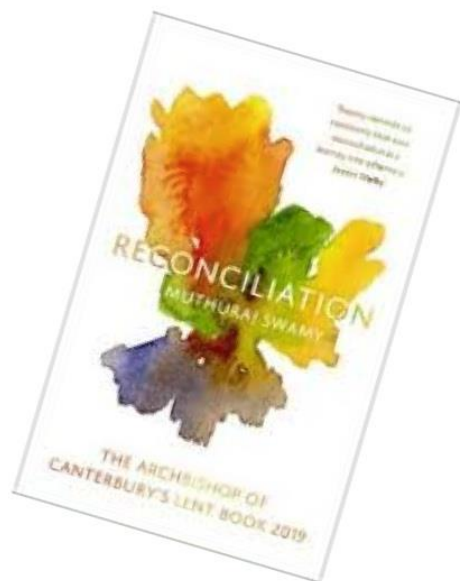
During Lent 2019 the North Hampshire Downs Churches invite you to join a journey of discovery as we think about the many facets of Christian reconciliation.

We'll explore through Lent Groups, Sunday teaching and a series of 3 evening lectures, how the Christian tradition has understood and sought to apply reconciliation in a variety of contexts and situations.

To help the exploration we're recommending reading the Archbishop of Canterbury's Lent Book:

Reconciliation by Muthuraj Swamy.
ISBN: 9780281080083

The book can be purchased from the Benefice Office or ordered from Parish Churches. Price £10.



THE NORTH HAMPSHIRE
DOWNS BENEFICE





KidsZone

Sparks

Next date: Sunday 10th March. 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 11.00am.

Junior choir:

The next Junior Choir practice will be on Sunday 3rd March at 9.15am to sing at the 10.00am Family Communion.

Tea-Time Service – Sunday 24th March, 4.30pm

We will be holding our tea-time service on the 4th Sunday of March so why not enjoy a relaxing morning and then join us at 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, before a contemporary all-age service.

Mothering Sunday

On 31st March we have Mothering Sunday services in all our churches:

9.00am at Tunworth

9.45am at St Mary's Herriard

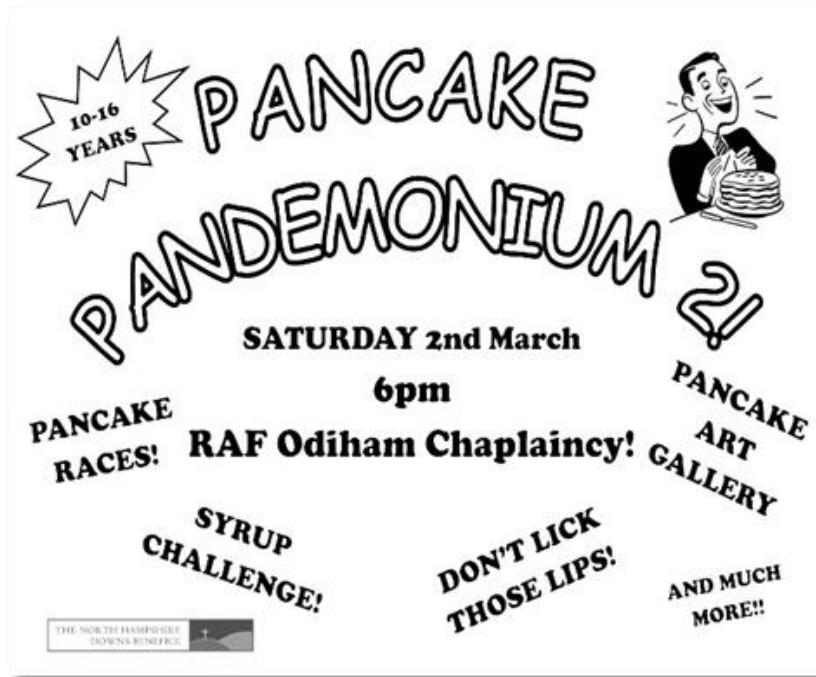
10.00am at St Mary's Upton Grey

11.15am at Weston Patrick

Looking ahead to April:

Palm Sunday – Sunday 14th April: Once again, we are meeting at the Upton Grey pond for our Palm Sunday procession at 9.55am and then planning to process to church. All are most welcome to join us on this fun and joyous occasion.

Good Friday Children's Messy workshop: 9.30am at St Mary's church on Friday 19th April, followed by the Good Friday Family Service at 11.00am at Upton Grey. All welcome.



It's almost Pancake Day!

Although it always falls on a Tuesday, the exact date of Pancake Day changes from year to year. It is always 47 days before Easter Sunday, and this means that it is possible for Pancake Day to be on any day between 3rd February or 9th March – this year it falls really late on 5th March.

- We call this celebration Pancake Day, Shrove Tuesday or Pancake Tuesday.
- In France, South America and the Caribbean, they refer to Shrove Tuesday as Mardi Gras (Fat Tuesday).
- In Iceland people celebrate Sprengidagur (The Day of Bursting).
- In Greece it's called Apocreas (from the meat) as many Greek Christians give up meat during Lent.

So why do we eat pancakes on pancake day? Easter is just 40 days (not including Sundays) away when we fill up on pancakes! Those 40 days are called Lent and represent the 40 days Jesus spent in the wilderness before he started helping people. In those 40 days he had no food or drink and traditionally Christians give up treats during Lent. Because they were giving up treats, they had to use them all up before Lent started. So, they used the eggs, the milk and the butter so it wouldn't go off!

Perfect excuse for you to smother your pancakes with chocolate, syrup or cream... well, you wouldn't want it to go off!! What will you give up?

Have you ever made your own pancakes?

You will need:

- 200g plain flour
- 2 large eggs (whisked)
- A pinch of salt
- 400ml milk
- 1 tbsp vegetable oil

Mix Ingredients: Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again. *Prepare the Frying Pan:* Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

Heat the Oil: With a grown-up's help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

Toss the pancake: After a couple of minutes, when the pancake is starting to turn a bit crispy and golden underneath, either turn it over with a spatula or, if you're feeling brave, toss it! Cook it for a few more minutes, until both sides are nicely cooked.

Eat the pancake: Choose your favourite toppings and smother your pancake with them. Yum!

Competition time!

Get creative with your pancake... Colour it up? Wacky shapes? Decorative toppings? Take a photo of your creation and send it to nhdbyouth@gmail.com.



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THE NORTH HAMPSHIRE
DOWNS BENEFICE

NEWS FROM THE VILLAGES

Police Report from PC Andy Reid

Dear Residents, I start with an appeal concerning a burglary to the Royal British Legion club, Herriard. You will recall it was broken into on January 2nd. Sadly, thieves returned on January 17th, at about 5.45am and caused damage. If you saw anything, please give me a call direct.

Thieves also returned to the area overnight on January 24th/25th in Upton Grey Road, Upton Grey when the front and rear set of vehicle registration plates were stolen from a vehicle. If you are subject to this crime, always report the matter as there will be another vehicle, similar to the one that had the number plates stolen from it, which will, I suspect, be used in crime somewhere in the UK.

Five days later, overnight on January 30th/31st, thieves tried to break into a van in Little Hoddington. Thankfully they failed, but there has been a spate of similar crimes in the Old Basing area of late. If you have a van, do consider an internal alarm, and don't leave tools etc inside.

On February 11th, a Land Rover Discovery was stolen from a farm in Herriard, and was then used to ram-raid an agricultural dealers near Alton where a substantial amount of chainsaws etc. was stolen.

It is worth mentioning that, in the Preston Candover area of late, they have suffered similar opportunistic theft with two large wooden benches being lifted from a front garden of a property. A white and black gents Carrera pedal cycle was stolen just after the rider got off and left it insecure outside the local public house. On February 15th at about 2.20pm, two white men were seen to remove scrap metal from a skip in a private garden in Preston Candover, and a similar crime took place in Mapledurwell where scrap metal was also stolen from a garden. If you can help with any of these crimes, please contact me direct.

Most of these crimes have one thing in common – they were all opportunistic. Please keep your property secured, consider CCTV and, for things such as bicycles, record the serial numbers, engrave your postcode on property including garden furniture, and take photographs of it.

For dog owners / walkers please again be aware of sheep and livestock in our fields with lambing now started. Sadly despite my article last month I have already had a ewe lamb which has had to be destroyed after been attacked by a dog in the Mapledurwell area. A local person has been reported and file for the Magistrates Court completed.

Andrew REID, Local Constable PC 3746, Tel: 01256 389050
Mob: 07768:776844 email: andrew.reid@hampshire.pnn.police

News from Long Sutton School

The first half term of 2019 has been another busy one for our school. We have welcomed several new families to our school community, as well as some new staff members, all of whom are settling in very well. Our new Trim Trail Adventure Play Equipment has now been completed and can be seen from Hyde Road, should you be passing. This equipment, alongside our recently completed running track and outdoor stopwatch, will help to further develop children's healthy lifestyles. We have also completed some further grounds work at the front of the school, to expand and improve our provision for outdoor learning for our Reception and Key Stage 1 children. We are very grateful to several community groups who have made donations to the school over the past year; these donations, along with fundraising by our PTA, have made all this work possible.

As a school, we are blessed with wonderful support from the clergy and pastoral team from the local churches and wider North Hampshire Downs Benefice. They are active and present in the school in many ways: a weekly Bible-based club, 'Acting Up'; leading weekly Collective Worship in school; 'Messy Church' in school (we hosted our first one last month!); 'Open the Book' assemblies (a Bible Society project which presents Bible stories to children through engaging drama and storytelling). The 'Open the Book' team are looking for more volunteers (no acting experience required!); please contact the school office if you are interested and they can pass your details onto the Open the Book team. Helen Chatfield, Youth Pastor for the Benefice, is hosting our first 'Pray for our School' event at the end of February, an opportunity for anyone from the local community to come into school to share tea, coffee and cake, to pray for the school and to join us for Collective Worship. The first event will take place on 27th February at 2.15pm; please contact Helen Chatfield via the school office if you would like to attend.

If you have children of Primary School age and would like to find out more about us, I would love to show you around our 'vibrant and exciting' school (Ofsted March 2018).

Hannah Inglis, Headteacher

UPTON GREY NEWS
www.uptongreychurch.co.uk
www.uptongreyparishcouncil.co.uk

Upton Grey Village Hall 100 club – March Draw

First prize £100: No. 58 Mr J James

Second prize: No. 60 Mr S Keenhan

The 100 club draw is the village hall's main fundraiser. Please renew your membership and subscribe to keep this valuable asset in place. Subs are £2.00 per month, £24.00 a year. To join in please contact Caroline James on 862480 or Brian Thrussell on 862819. Many thanks for your support.

Lent Lunches, 2019

The programme so far for this year is:

7th March Frances Yeowart and Tessa Morrish at the Old Post House.
 Tel: 861218

19th March Val Buckley, The Butts, (behind the Church) Tel: 862460

28th March Jill Lestrille, Barn Cottage, Weston Road Tel: 862131

4th April Margaret Haynes, Waverley Cottage Tel: 862433

Please telephone your hostess (if possible) at least a day before the lunch, but you will be most welcome even if you just turn up. Every lunch starts at 12.30pm and finishes by 2.00pm. There is no charge, but please give a generous donation to the charity chosen by your hostess. Any queries or requests for a lift please ring me, Jill, on 862131

Spring Show – Upton Grey Horticultural Society

The show is on Saturday 6th April, so it's time for you to be thinking about what you can enter. Some of the adult classes are: cookery, preserves, photography, artwork, daffodils and other spring flowers, rhubarb, and hens' eggs. For children we have Lego, drawing, colouring, and a collage. There's a small entry fee for adults but FREE for children.

New to the area and wonder what this is all about? We hold a small horticultural show in Upton Grey village hall, Church Street. This is a show for villagers, not professionals, and is judged accordingly.

You need to pre-enter your exhibits, and bring them to the village hall on the morning of the show. In the afternoon, come along and see how you fared whilst having tea, cakes, a shot at the raffle, and a chat. You then take your lovely exhibits home with you. There's even prize money for children and trophies for various classes.

To keep the show alive, we need exhibits from our local villages: Greywell, Herriard, Long Sutton, Natley Scures, North Warnborough, South Warnborough, Tunworth, Up Natley, Upton Grey, Weston Corbett, Weston Patrick, and Winslade. So, if you and your family can enter, that would be absolutely fabulous. Oh, and by the way, we also include exhibits from villagers' grandchildren who don't live in the area. A leaflet containing the classes, entry forms and all you need to know about the event will be coming to your mailbox soon or you can pick one up from Upton Grey Shop in Church Street.

Would you like to volunteer to help with the Show? If you would, then please contact our Secretary. You will be assured of a very warm welcome! For more information please contact our Secretary, June Hunt, on 01256 862719. It's all about YOU!

Attention all Upton Grey golfers

With the new season only a couple of months away it is my pleasure to let you know about this year's golf day which will take place on Tuesday 11th June at Tylney Park Golf Club.

Men and women golfers of all ages, shapes and sizes and all abilities are welcome. This includes regular players, occasional players, and 'I haven't played for ages' players. Maybe this is the year to finally de-cobweb those clubs in the back of your garage!

It will be a very relaxed, sociable day together with a good walk in attractive Hampshire countryside. The cost is £45 per golfer and includes coffee/tea and a bacon roll before we tee off, a two-course lunch, followed by prize giving. Prizes will be awarded for the nearest to the pin, the longest drive, the best team and best individual performances.

We will meet at 8.30am and have the first tee booked from 9.30am. This will be a great opportunity for new golfers who have moved to the village to meet more people. If you'd like to take part or have any questions please email me at williammaughan@me.com or phone me on 07941 326094 or 861371

William Maughan

Tea@3

The last few years we have not held a Tea in March as we felt that with the Safari Supper and several Lent Lunches planned (we hope to see you there), it is difficult to find a suitable date for our Tea! We will however hold one on Thursday 25th April (venue to be confirmed, so please look out for this in the April Parish Magazine).

Barbara 862627, Jill 86213, Viv 862455

Diary date

Upton Grey's Harvest Supper is taking place on Saturday 12th October, so please do put the date in your diary!

After many years, Trevor Hart has retired as our quiz master, and we are therefore looking for someone to take over the running of a light-hearted quiz for the end of our supper. Contact Adele on 862251 if you feel you can help. Many thanks.

Junior Tennis Coaching Weeks

Upton Grey Tennis Court Committee invites children aged 4½ and 15 to an Easter Tennis Week at Upton Grey tennis court from 15th–18th April.

Sessions start from 9.00am and are about 45 minutes long. The coach is Andrew Ridgers, who has been leading the tennis coaching for some years. He is very highly regarded and makes the sessions fun for all. He also coaches at Odiham tennis club. The youngest children have the first session of 45 minutes, followed by several more groups.

The cost is £16 per child. We are able to keep this low due to the continued and much appreciated support from the Upton Grey Educational Trust.

In the event of bad weather the sessions will be cancelled. Please fill in the enclosed form and return to Susannah Livingston Booth, Redwing House, Upton Grey, RG25 2RD or email on: slivingstonbooth@gmail.com Tel: 01256 861419 / Mob: 07957 401174.

Payment by the 1st April by cash or cheque (made payable to Upton Grey Village Tennis Court) to Susannah Livingston Booth at Redwing House or by Bank Transfer to Upton Grey Village Tennis Court. Bank Details are: Sort Code 30-93-32, Account No: 02410908

We will also be holding a SUMMER JUNIOR TENNIS COACHING WEEK from Monday 5th–Friday 9th August

Tennis 'Mix-in' evening

The Upton Grey Tennis Committee is organising a fun Tennis 'Mix-in' evening on Tuesday 25th June. For ages 16 and over. Time: 6.45pm for 7.00pm. Meet at the Upton Grey Court, where partners will be drawn on the evening. All abilities welcome.

Upton Grey Bridge Club

Meetings in March are on Mondays 11th and 25th at 7.30pm in the Hodd. All welcome. If anyone is interesting in joining us, please contact Peter Haynes, tel: 862433.

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See also under Gardens

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Charity RNLI Music Concert

A reminder that the RNLI Music concert is on Saturday 30th March, at 7.30 in Upton Grey Village Hall. The line-up includes 'Head North', 'Shanty Hounds' and the acapella group PPS. There will be a cash bar with wine, beer and nibbles - plus a raffle. Tickets: £10, each in aid of the RNLI. Phone Cas or Dave on 862325, or email us on dave.peace@btinternet.com or cas@caspeace.com

Upton Grey Parish Council: New Councillor

Make a change; become a local councillor. Upton Grey Parish Council is calling on residents passionate about their community to stand in local elections in May.

What do local councils do?

Your local council has an overall responsibility for the well-being of your local community. Their work falls into three main categories:

- Delivery of services
- Improve quality of life for residents
- Give communities a democratic voice

Becoming a local councillor

As a local councillor you can become a voice for your community and make a real change. Councillors are community leaders and represent the interests of the communities they serve.

Local councillors have three main responsibilities:

- Decision-making
- Monitoring
- Getting involved locally

Getting elected

To stand for election to a local council you must:

- Be a UK or Commonwealth citizen; or be a citizen of the Republic of Ireland; or be a citizen of another member state of the European Union
- Be at least 18 years old
- Be an elector of Upton Grey; or in the past 12 months occupied land or other premises in the Upton Grey Parish as an owner or tenant; or work in the area the parish council serves (as your principal or only place of work); or live within three miles of the local council boundary.

If you are interested, please contact the Parish Clerk on clerk@uptongreyparishcouncil.co.uk or the Chairman on paulcgray@yahoo.com

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

Quiz night

Herriard Ex-Services Club is holding a quiz night on Saturday 9th March starting at 7.00pm, £2.50 per person entry fee. Maximum of six people per team. All monies paid out in prizes. Orders taken for a fish supper. The evening will finish with a disco. To book, please contact Ann on 01420 769246. We are holding an Easter meat draw – tickets are on sale behind the bar.

Advance notice of our Easter Bingo: Saturday 13th April, arrive 6.30pm, with eyes down at 7.00pm. Filled rolls will be for sale at half time, along with the Easter meat draw.

Herriard litter picking

Sunday March 10th, 10.00am–12.00noon. Meet at the Royal British Legion hall. Litter sacks picking sticks and high visibility tabards will be available for use. Please bring suitable gloves.

Come along and enjoy a morning's work, helping to keep your village tidy. Teas coffees and biscuits at the hall after the event.

Herriard Gardening Club

As the gloom of winter gives way to longer days and early spring sunshine, we can look forward to spending more time outside and to plan the year ahead in flower and vegetable gardens. Jobs such as general tidying up of borders and beds, clearing debris and mulching can all be done now.

Now is the season of the mulch. Before mulching it is wise to remove weeds and do any division or moving of plants first. Organic matter such as manure, mushroom compost or garden compost, is an investment for several reasons: it conditions and improves the soil, it acts as a weed suppressant and it retains water. The combined effects of mulching your borders means little or no weeding, reduced watering and improved soil leading to healthier plants. Ideally a mulch should be 2-4ins thick, there is no need to dig it in, the earthworms will take it into the soil where it will decompose.

Members of Herriard Gardening Club met in February to plan the start of the growing season at our communal allotment at Nashes Green.

Soil preparation (dig v no dig) and when to sow vegetable seeds outdoors/under cover were among the topics.

Jobs to do in March:

Plant onions and shallots, spinach and Swiss chard

- Chit early and maincrop potatoes
- Plant asparagus crowns
- Sow outdoors, under cover: broad beans, carrots, parsnip, beetroot, peas, cabbage.

If you are interested in joining our friendly club, whether new to gardening or an 'old hand' contact Gill 07766 732783.

Advance notice - Herriard Fete

Please make a note in your diaries that this year's fete will be on Sunday 2nd June at the village green

More details to follow, including contact details – should you wish to help out or have ideas for stall/games etc.

Recipe of the month – Plum and Brioche Pudding

6 ripe plums

1 tablespoon elderflower cordial

2 tablespoons demerara sugar

1 whole star anise

2 eggs

400ml milk

8 slices of brioche loaf (or 6 rolls)

Pre-heat oven to 180 degrees

De-stone and chop the plums. Add the star anise, 1 tablespoon of the sugar and the cordial, and simmer in a saucepan for about 10 mins to soften.

Beat the eggs and milk together.

Quarter the brioche slices or halve and slice the rolls.

In a buttered ovenproof dish, lay half of the brioche pieces to cover the bottom, then spread the plum mixture over, then lay the rest of the brioche on top, overlapping if necessary. Pour over the egg/milk and squash down to soak it in. Sprinkle 1 tablespoon of sugar over.

Bake in oven for 30–35 mins.

OTHER NEWS AND EVENTS

North Warnborough & District Garden Club

Our next meeting will be held on Thursday 28th March in North Warnborough Village Hall at 2.10pm for a 2.30pm start. Our speaker will be Peter Almond, whose talk is entitled 'Plants Have Feelings Too'.

The competitions will be:

1. A Vase of Spring Flowers.
2. Three Varieties of Narcissi.

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 01252 843848

Deane Sinfonia – new players needed

Do you play an orchestral instrument? Would you like to join a friendly non-auditioning amateur orchestra?

The Deane Sinfonia is looking for new players, especially strings. Anyone of above Grade 5 standard is welcome to apply. So, if you learnt an instrument for many years, and have not had the opportunity to play it for a while, now's your chance. Or if you've recently taken one up, and have reached a sufficient standard, do join us. Our remit is to perform a concert each term, reaching out to schools and young people, to introduce them to a wide range of accessible classical music. We have spaces for a number of instruments, but strings are especially welcome.

We meet once a week at Queen Mary's College, Basingstoke, rehearsing from 7.30–9.30pm, with a break for tea, coffee and biscuits. Our concerts are usually towards the end of each school term. For more information visit www.deane-sinfonia.com and, if interested in joining us, either long-term, or for taster session, contact conductor, John Fuller, on johnfuller3@gmail.com or 398211.

The orchestra is performing a concert of light music at Harriet Costello School, on Saturday 30th March at 6.30pm. Come along and see what you think.

Music for Lent and Easter

The Jubilee Choir will perform Handel's Messiah part 2 and Bach Chorales on Sunday 31st March, at 7.00pm at All Saints, Odiham.

Tickets £15, available from www.jubileechoir.com, Katharine Jane in Odiham High St, 701947 or 702249

Basingstoke Choral Society – Mozart Requiem

Basingstoke Choral Society will be performing at the Anvil on Saturday 6th April, at 7.45pm. The concert comprises the Mozart Requiem, and Janet Wheeler's *I Sing and Never Shall*.

Mozart's magnificent *Requiem* is a work shrouded in mystery. Beset by ill-health in the summer of 1791, Mozart was visited by a 'mysterious man in grey' who commissioned this work on condition of the utmost secrecy. This person, we now know, was employed by Count von Wazlegg-Stuppach, a keen amateur musician, whose wife had died earlier that year. The Count's intention was to pass the work off as his own and dedicate it to his wife, hence the need for secrecy. Unfortunately, when Mozart died in December that year the work was incomplete. It was finished by Franz Süssmayr and even though only part of it is Mozart's work, it remains one of the most loved choral works in the repertoire, full of beautiful and uplifting melodies and harmonies, so typical of Mozart.

The concert also features *I Sing and Ever Shall*, an exciting choral work by the award-winning British composer Janet Wheeler. First performed in 2016, it was commissioned by our own Musical Director, David Gibson and another of his choirs, Southampton Philharmonic Choir. This work is a powerful exploration of the many aspects of singing – from the link between breath and air, words and song and the all-encompassing joy of producing music in this way. Featuring a cantata and a dance-style movement, the piece builds to a climactic concluding statement.

This promises to be an exciting concert so please come and enjoy a brand new composition together with a work of genius from the established choral repertoire.

Tickets: The Anvil Box Office: 01256 844244 or anvilarts.org.uk
Prices: £27, £21, £16, £12. Students + under 16's £7 (All prices includes £2 Booking Fee)

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

Our regular film night is the 3rd Wednesday of the month. The bar opens at 7.00pm and the film starts at 7.30pm. Ice creams are on sale during the interval. Tickets can be purchased in advance at the Village Shop or on the door at the start of the evening. Films for the coming months are, *Peterloo* on Wednesday 20th March, and *The Wife* on Wednesday 17th April. Please do join us for this regular and enjoyable social event.

The National Garden Scheme

This scheme was founded in 1927, to fund the work of district nurses. Over 90 years on, our volunteers continue to raise money for a group of nursing & caring charities, including Macmillan Cancer Support, Marie Curie, Parkinson's UK and Queen's Nursing Institute. To view more of our charities visit <https://www.ngs.org.uk/beneficiaries>

Below are a few gardens which are open during March and April in your area:

Beechenwood Farm, Odiham, Hook

<https://www.ngs.org.uk/find-a-garden/garden/8569>

2-acre garden in many parts, including woodland, fritillary and cowslip meadow, walled herb garden, rock garden and shady walks leading to 8-acre copse of native species with grassed rides.

Open: 27th March, 2.00–5.00pm, and every Wednesday till 5th June, Admission: £4.00 (children free), Refreshment: Home-made teas.

This garden will also be open Bank Holiday Monday 6th May.

Bere Mill, Whitchurch

<https://www.ngs.org.uk/find-a-garden/garden/19432>

On the Upper Test with water meadows and wooded valleys, herbaceous borders, bog and Mediterranean plants, as well as an orchard, two small arboretums, peonies, roses, wisteria and semi-tropical planting.

Open: 31st March, 1.30–5.00pm, Admission: £5.00 (children free), Refreshments: Home-made teas

Old Thatch & Millenium Barn, Winchfield, Hook

<https://www.ngs.org.uk/find-a-garden/garden/20927>

A chocolate box thatched cottage, featured on film and TV, with a succession of spring bulbs, wild flowers, perennials and homegrown annuals pollinated by our own bees and fertilised by the donkeys, who await your visit.

Open: 7th April, 2.00–6.00pm (also open June & September). Admission: £4.00 (children free, Refreshments: Home-made teas.

Tylney Hall Hotel, Rotherwick, Hook

<https://www.ngs.org.uk/find-a-garden/garden/11092>

Large garden of 66 acres with extensive woodlands and beautiful vista. Fine avenues of wellingtonias; rhododendrons and azaleas, Italian garden, lakes, large water and rock garden, dry stone walls originally designed with the assistance of Gertrude Jekyll.

Open: 28th April, 10.00am–4.00pm, Admission: £5.00 (children free), - Refreshments: Light refreshments in the Chestnut Suite from 12.00noon.

Open by arrangement only

You can get ahead of the game with these two gardens which open for May, July and August. Just contact the garden owners.

Little Croft, Fleet (a new garden for 2019)

<https://www.ngs.org.uk/find-a-garden/garden35917>

A garden inspired by Japanese garden design principles, with pond and stream garden, a tea garden with stepping stone path-way leading to an arbour and a dry stone garden.

Open: Whole of May, Admission: £4.00 (children free), Refreshment: on request, Group Size: 10 to 30

Whispers, Dogmersfield, Hook

<https://www.ngs.org.uk/find-a-garden/garden/18789>

A 2-acre garden of manicured lawns surrounded by large borders of colourful shrubs, trees and long flowering perennials. Wild flower area, kitchen garden and living sculptures. Spectacular waterfall cascades over large rock slabs and magically disappears below the terrace.

Open: July and August, Admission: £6.00 (children free), Group size: 20+
And finally...If you are looking for somewhere to go over the Easter break, we can cater for that too:

Crawley Village Gardens, Crawley

Here there are three individual gardens open on Good Friday 19th April and Easter Monday 22nd April from 2.00–5.30pm. Admission is £7.50 for all three (children free). Home-made teas are available in the village hall. Click on the link to view all details and colour images of these gardens
<https://www.ngs.org.uk/find-a-garden/garden/17567>

Concert at Alton Abbey – Friday 22nd March

The University of Winchester Music Centre presents a concert featuring our Folk Band, Folk Choir and String Gems who will be joining forces to offer a fascinating programme of folk and classical music for you to enjoy. They present a wonderful mix and variety of music from the folk and classical traditions. They will be joined by soloists from the ensembles to complete an evening of beautiful music – something for everyone!

To be held in Alton Abbey Church at 6.30pm for refreshments with wine, 7.30pm Concert with a short interval half way. Tickets: £15.00, available from: Tickets, Friends of Alton Abbey, Alton Abbey, Beech, Alton, GU34 4AP (Cheques should be made payable to Friends of Alton Abbey). Please include a SAE, a telephone number and/or email address. For information: 01428 712938; friendsofaltonabbey@gmail.com

Open days at Alton Abbey (GU34 4AP)

These will be held on Saturday 27th April and Sunday 28th April, from 12.00noon–5.00pm. Admission £3.00 Tea and Cake £3.00, Mosaic demonstration, beautiful stationery, second-hand books, Hadeel Palestinian Fair Trade products for sale. Organ/Piano Recitals 3.00pm. both days. Friends of Alton Abbey Registered Charity No 284876

North Hampshire Downs Mothers' Union

Our theme for this year is 'Mothers' Union Listening, Observing, Acting In Step with God'. We are a grass-roots organisation that can really help communities because we are local and understand the local conditions. So while Mothers' Union members around the world are involved with helping families who are struggling – the type of project that we run depends on the local community. In Odiham we run the Sunflower Café together with the Vine Church in Odiham to support those with dementia and their carers, and we volunteer at the Child Contact Centre which runs in Hook once a fortnight. In other parts of the country, Mothers' Union runs Mother and Toddler Groups, Night Shelters for the homeless and a range of other projects. In March we will welcome back Revd Jane Leese to lead a session on our theme for this year, and how our branch can best serve our local community. We will meet on Tuesday 19th March at 7:30pm at the RAF Chaplaincy Centre, and would welcome visitors.

If you want to find out more about us, please contact our Branch Leader, Sue Murphy on 01252 845011.

Cardiac Rehab News

Lecture by Dame Margaret Hodge - 8th May

Having cancelled the Lecture in November due to illness, 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.

Swing into Spring Ball at The Alton Maltings

Dust off your dinner suits and ball gowns and come along to the Alton Maltings for some great food, live music and entertainment. Reserve a table asap! Email: hearty@cardiac-rehab.co.uk 01420 544794

Odiham and Old Basing Health Centres Patient Participation Group – getting the best out of your surgery

Patient Access

Pressure in the NHS is not just confined to the hospitals. Surgeries are coming under pressure to serve an increasing number of patients and are continually turning to technology to try to provide a better service.

However, there are ways in which we, as patients, can help ourselves in this regard. Our surgeries have recently introduced a system called Patient Access, which can save time by connecting to your GP services on line or from an app on your phone. Patient Access allows you to:

- Request repeat medication with the request going direct from the GP to your designated pharmacy
- Message your GP securely from within Patient Access
- Book appointments with your GP, nurse or clinician.
- Keep track of your medical record including test results, immunisations and allergies

To get connected, visit the Surgery with photo ID and they will arrange your registration for Patient Access.

Contact with the surgery and GP/nurse

Here are some pointers about ways we can improve the experience of booking an appointment and visiting the surgery.

1. Allow the receptionist to help you see the right clinician.

Your surgeries operate a telephone triage system to try to ensure that patients' needs can be met. To help this work effectively, please provide the receptionist with as much information as possible. Most doctors have their own specialisations and the receptionist is aware of these. Many of us insist on seeing our 'own' GP, whatever we think is wrong with us, but that is not always be the best solution. The practice website lists the areas of special interests for all the GP's but the receptionist will be happy to suggest which GP would be best qualified to treat you.

2. Get the most out of your time with the doctor

Prioritise before you arrive. What's the most important thing affecting your health right now? Share it right at the beginning of the appointment so the GP can focus accordingly. Your appointment time is 10 minutes so the GP is only likely to be able to focus on one problem in this time. Requests for multiple problems to be considered in a 10 minute appointment can make it very difficult for the GP to address any of the problems properly.

3. Be specific about your symptoms and the reason for you visit

‘I have a cough and a fever’ says more than ‘I think I have a chest infection’ If you have a headache try to describe where the pain is and if it occurs at any particular time or after a particular activity. Tell the GP what you are expecting from the appointment – reassurance? a certain medicine? a private referral? Are you are worried you may have something serious? If you don’t mention it, you may leave without an answer to your main questions.

4. Give a Recap

If you are visiting for a follow-up on test results give a 10-second precis of why you are there (eg. I’ve been feeling very tired and you organised a blood test to rule out anaemia). The doctor may not always have had time to study your notes before you enter the room.

5 What happened and when

It helps if you can establish in what order things happened over a period of time. This can help your GP rule out some things and point to others. Do say if you think big life events may be affecting your health.

6. It’s Ok to suggest treatment ideas.

If you have read about a new drug you would like to try, write down some of the specifics you have learned about it and share these with your GP. But remember, many trials are reported in the media at very early stages and long before they are available for NHS use.

7. Check your understanding

By the end of your appointment you should have agreed a way forward; it is the GP’s job to make sure you understand the potential diagnosis. It could be helpful if you repeat back what has been agreed and the next steps you are going to take. The GP should tell you what to do if things get worse or if you get any side effects from your medications.

8. You can change your GP/see a different GP

If you are not satisfied by what you are told, you can ask to see a different GP. You can also complain if you feel this is warranted – think about sharing your concerns first with the GP or Practice Manager as most complaints are easily resolved, they also help the surgery to address any problems and learn from any complaints which have arisen.

9. Dress for the occasion

The GP only has 10 minutes with you. Please dress appropriately for the purpose of your appointment. Using half of your appointment time in order to undress detracts from the time which can be spent helpfully addressing the reason you are visiting the GP/nurse. If you are having an

injection in your arm or blood test make sure your sleeve can be rolled up. If you want the doctor to look at your knee wear loose trousers etc.

Finally – Our Patient Participation Group (PPG)

Our Patient Participation Group (PPG) is growing with twelve representatives including members from Odiham, Old Basing, Long Sutton and Upton Grey. New developments are being introduced in the NHS at quite a rate; we now meet every 2 months to assess their impact on our practice and determine how we can help, particularly with the publicity of new working practices. If you are a patient and are interested in joining us please speak to David Woodward on 01256 702712 or dwoodward@btinternet.com and he will let you know what is involved.

SMALL ADS

Carer

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 Charlotte Knight 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

CHURCH SERVICES (please also see the weekday services under 'Regular Events')**3rd 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

6th March – Ash Wednesday

Benefice Holy Communion Service (sung)	7:30pm	Weston Patrick
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10th 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

17th 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

24th 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

31st 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

7th April – The 5th Sunday of 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

14th April – Palm Sunday

Holy Communion (1662 said)	9:00am	Herriard
Family Service, sung (meet at pond 9.55am)	10:00am	Upton Grey
Parish Communion (CW sung)	11:15am	Weston Patrick
Evensong (sung)	6:00pm	Tunworth

18th April – Maundy Thursday

Benefice Holy Communion service (sung)	7:30pm	Odiham
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19 April – Good Friday

Good Friday meditation (sung)	8:00am	Tunworth
Good Friday Workshop	9:30am	Upton Grey
Good Friday Meditation (sung)	10:00am	Herriard
Good Friday Family service (sung)	11:00am	Upton Grey

21 April – Easter day

Parish Communion (CW sung)	9:00am	Tunworth
Easter Family Communion (sung)	9:45am	Herriard
Easter Family Communion (sung)	10:00am	Upton Grey
Holy Communion (CW sung)	11:15am	Weston Patrick

28th April – The 2nd Sunday of Easter

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)	6:00pm	Weston Patrick

DATES FOR YOUR DIARY – March 2019

This Month

1st Mar	Fri	Cardiac Rehab Charity Quiz Night, Alton Maltings	
7th Mar	Thu	Lent Lunch, Old Post House, Upton Grey	12.30pm
9th Mar	Sat	Safari Supper, Upton Grey	7.30pm
9th Mar	Sat	Quiz Night, Herriard Ex Services Club	7.00pm
10th Mar	Sun	Herriard litter pick, meet RBL Hall	10.00am
16th Mar	Sat	Safari Supper, Tunworth	
19th Mar	Thur	Lent Lunch, The Butts, Upton Grey	12.30pm
20th Mar	Wed	<i>Peterloo</i> , South Warnborough film night, Ridley Hall	7.30pm
22nd Mar	Fri	Folk and classical concert, Alton Abbey	6.30pm
28th Mar	Thur	Lent Lunch, Barn Cottage, Weston Road, Upton Grey	12.30pm
30th Mar	Sat	RNLI concert, Upton Grey Village Hall	7.30pm
1st Mar	Sun	Jubilee Choir concert, All Saints, Odiham	7.00pm

Advance Dates

4th Apr	Thur	Lent Lunch, Waverley Cottage, Church St, Upton Grey	12.30pm
6th Apr	Sat	Spring Flower Show, Upton Grey Village Hall	
6th Apr	Sat	Basingstoke Choral Society concert, Anvil, Basingstoke	7.45pm
13th Apr	Sat	Easter Bingo, Herriard Ex- Services Club	6.30pm
15th–18th Apr		Junior Tennis Coaching, Upton Grey	9.00am
17th Apr	Wed	<i>The Wife</i> South Warnborough film night, Ridley Hall	7.30pm
25th Apr	Thu	Cardiac Rehab Charity Bridge Tea, Beech Village Hall	2.00pm
27th & 28th Apr		Alton Abbey open days, Alton Abbey, Beech	12.00noon
18th May	Wed	Cardiac Rehab Charity Lecture: Dame Margaret Hodge	
2nd June	Sun	Herriard Fete, Village Green, Herriard	
11th June	Tues	Upton Grey Golf Day, Tylney Park Golf Club	8.30am
25th June	Tues	Tennis 'Mix-in' evening, Upton Grey Tennis Court	6.45pm
10th Aug	Sat	Summer Show, Church Meadow, Upton Grey	1.00pm
10th Aug	Sat	Summer Disco Dinner Party, Church Meadow, Upton Grey	7.30pm
12th Oct	Sat	Harvest Supper, Upton Grey Village Hall	
26th Oct	Sat	Uptongreyaautumnfestival.co.uk	

Regular Events

Each Mon	Yoga, RBLH, Herriard	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 Thu	Herriard WI	7.30pm
1st Thu	Tunworth Coffee morning, Tunworth Church,	10.30am
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 March for the April issue.
Email: uptongreymagazine@gmail.com. Next month's editor is David Shearer.

UPTON GREY VILLAGE SHOP and POST OFFICE

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