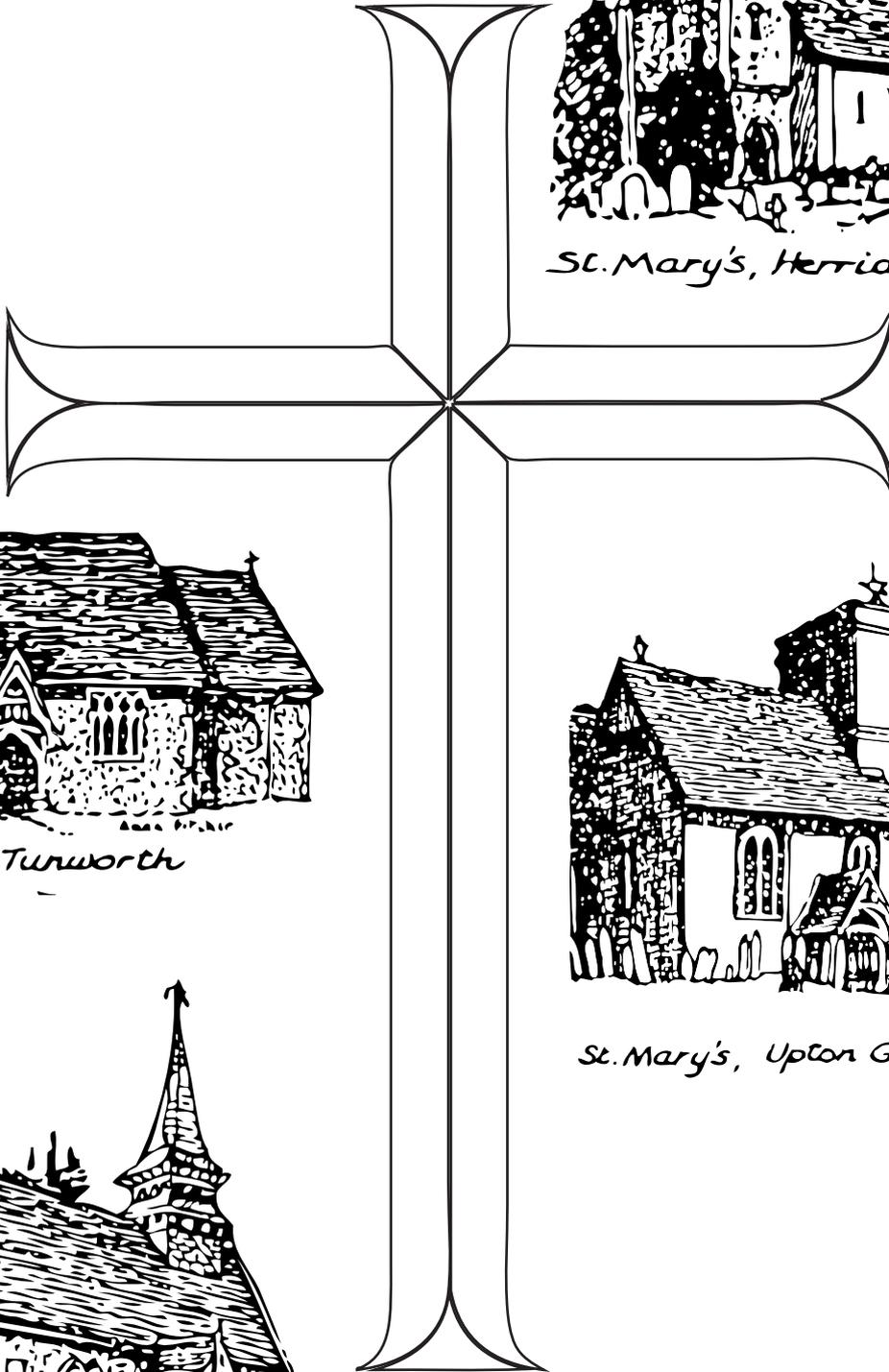


PARISH MAGAZINE



St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Weston Patrick

March
2018

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BENEFICE MAGAZINE – March 2018

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

Letter from the Benefice Ministry Team

A couple of weeks ago we began the season of Lent. This is traditionally a time of fasting, when people give up eating a favourite food or activity. No doubt you've heard someone say they've given up chocolate for Lent. These days, some people give up some favourite activity, like playing video games or watching movies. So the Lenten fast is not all about abstaining from certain foods.

In recent years, Lenten observances have changed even more. Rather than abstaining from food or activities, some people are trying to adopt a spirit of generosity. For example, they might help a needy person, or work in a charity. Sometimes, the generous act might involve taking time to listen to a friend with problems, to empathise with him and provide loving support. So rather than giving up something, the Lenten fast has taken on a more positive outlook. It involves following a thoughtful and generous lifestyle through specific acts of kindness and love.

This kind of observance reminds us of the generosity God showed us when he sent His Son, Jesus, to earth. Jesus became a bridge to His Father, and so to His Father's promise of eternal life for all humanity.

Lent is meant to be a time when we think about our souls and spiritual life. Fasting is a way of drawing us closer to God. So, as we go through the season of Lent, we might consider adopting another type of fast – something beyond giving up a favourite food or activity, or even adopting a more generous lifestyle. Our Lenten 'fast' could become a personal search for eternal life.

Many people think that eternal life starts when our lives on Earth are finished. But the Bible actually says that eternal life starts right now, while we live in the present world. It's not something our souls migrate to once we die and (if we've made it) go to heaven. Eternal life is all about our relationship with God and with His Son, Jesus. Each one of us can seek that relationship right now; God extends an open invitation to all. He holds out His hand to us every day.

So why not make this search part of your Lenten experience? It doesn't take long to spend a little time each day seeking God and learning how to live in His eternal life. Lent is a good time of year to embark on this search.

Throughout the benefice, we're offering a Lent course which explores how to enter into a relationship with God. The sessions are friendly and easy to understand. They're held every Thursday at lunchtime in Odiham Church or in the evening at Long Sutton Hall. A light meal is provided.

For more information, call 703791 or email nhdboffice@gmail.com. You'll be warmly welcomed. You have nothing to lose and everything to gain. God bless you during this time of Lent!

Mary-Beth Hawrish, priest, Long Sutton and South Warnborough

FROM THE REGISTERS

Funeral

29th January

Vernon Appelboam at St Mary's Upton Grey

CHURCH NEWS

Adult Choir

Our next practice is on Tuesday 6th March at 8.00pm, and we will be singing at Parish Communion/Mothering Sunday service at 9.45am on Sunday 11th March.

Lent 2018 – the Benefice Lent Course

In March, our Lent courses will run on Wednesdays 7th, 14th and 21st March. If you have not been to one of these and would like to come, please ring the office to book on 703791 or email: nhdboffice@gmail.com.

The course is suitable for people of all ages and viewpoints. Whether you are a committed Christian or a thoughtful sceptic we hope that there will be something in each session to stimulate thought and conversation. This year we follow one of the themes in the 'Pilgrim' course, which is written by Dr Paula Gooder and some bishops of the Church of England. Our theme: the Church and the Kingdom and the outworking of transformative faith in daily life.

There are two sessions on each Wednesday: The lunchtime session meets at All Saints Odiham at 12.00noon–1.30pm and includes a simple lunch; the evening session meets at Long Sutton village hall at 7.30pm–9.00pm and will include a simple supper.

Other services coming up:

Mothers' Sunday is on 11th March – details in the children's section.

Holy week and Easter 2018

Palm Sunday: 25th March. We have services in all our churches with a Palm Sunday theme. Please see Kids' Zone for details of the procession from Upton Grey pond led by a donkey – it is a great occasion for everyone able to manage the walk (and otherwise please just go straight to the church in the normal way).

Maundy Thursday: 29th March. There will be a Benefice Holy Communion 7.30pm at All Saints Odiham

Good Friday: 30th March.

8.00am Meditation service at Tunworth

9.30am Good Friday workshop at St Mary's Upton Grey

10.00am Meditation service at Herriard

11.00am Good Friday service at Upton Grey

Easter day: 1st April

9.00am Holy Communion Service at Tunworth

9.45am Holy Communion Service at Upton Grey

11.15am Family Communion Service at Herriard

11.15am Holy Communion Service at Weston Patrick

The next 10.00am **Thursday Holy Communion service in Herriard** will be on 15th March. All are welcome to this informal, friendly and relaxed service, which is followed by refreshments.

The AGM 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 18th March – after the service at Upton Grey

Monday 26th March – Tunworth, 7.30pm at Barley House

Benefice Quiz Evening, Friday 16th March, 6.30pm for 7.00pm in All Saints Odiham. Contact the office to book a ticket: 703791.

*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.*



Kids' Zone

March Birthdays

2nd	Robert Harker	20th	Tilly Barker
3rd	Tim Mussellwhite	21st	George Ingrams
5th	Liam Rutland	24th	Kitty Butler
6th	Henrietta Rule	25th	Beatrice Harrison
7th	Ryan Lewington	26th	Francesca Harvey
8th	Charlie Barnes	27th	Freddie Saint
9th	Gus Fraser	28th	Erin Weatherup
13th	Rosie Mitford		

Birthdays

If you would like a child's birthday put in the magazine and they are not already on the list, please would you send name and birthday to Kate at kate.goddard1@virgin.net and uptongreymagazine@gmail.com.

Junior choir

Our next Junior choir practice will be 9.00am on 4th March, with the choir leading worship that day and at the Family Service on Sunday 18th March.

Mothering Sunday

Mothering Sunday is 11th March and we have services in all our churches:

9.45am	Parish Communion at Upton Grey
10.00am	Holy Communion in Herriard
11.15am	Holy Communion at Weston Patrick
5.00pm	Evensong at Tunworth

Sparks

Next meeting is 11th March. Sparks is a group for children aged 3–11 years which meets on the second Sunday of the month. Join us for fun, games, crafts and food. Contact Sonja at the Benefice Office nhdboffice@gmail.com for details.

Palm Sunday – Sunday 25th March

We are meeting at the Upton Grey pond for our Palm Sunday procession at 9.45am and then planning to walk back to church led by a donkey! All are most welcome to join us on this fun and joyous occasion.

Good Friday Children's workshop

This starts at 9.30am at St Mary's church on Friday 30th March, followed by the Good Friday Family Service at 11.00am at Upton Grey. All welcome.



NEWS FROM THE VILLAGES

Local Police Report

I am seeking your assistance in relation to various incidents. At 4.10pm on January 29th three white young men with a large white van were responsible for a theft from a garden at the top of Upton Grey on Basingstoke Road. One of the thieves walked into the garden and was disturbed by the home-owner. The van made off towards Church Street. On January 16th overnight a yellow dumper truck was stolen from a building site at Weston Patrick; it was driven through fences, along a field and onto a vehicle parked on the by-way near The Case has Altered.

We have also experienced severe criminal damage to crops at Weston Patrick, Herriard, Tunworth and Upton Grey by poachers looking to kill hares and deer. A loud 4x4 vehicle was used and on January 27th, after a call from a local resident, I was able to get the appropriate officers sent to the area. With the use of two police helicopters, dog section and traffic police, two men were arrested in Long Sutton. A vehicle and dog were seized and two firearms located, having been hidden in the woods and filmed by the helicopter crew. It may seem a lot of police resources just for poaching. However any unlawful use of a firearm is a serious matter, and the damage caused by poachers driving across crops amounted to over £10,000 in this area alone last year with ten parishes affected. Add on the injured wildlife left after being driven into or attacked with dogs. So I for one will always be keen to use any available resource to protect our wildlife and property, our area, farmers and rural livelihoods.

Further afield at 2.00am on February 2nd a unit was broken into at Breach Farm, Dummer, where property was stolen. We believe the thieves parked in Dummer road near the entrance to this farm.

Overnight February 7th and 8th someone entered two cars parked in Farleigh Wallop that had been left insecure, rifled through the car and left; at 2.00am that morning. I am aware that a silver Ford Kuga car RF60 *** was seen in the area and that a person linked to this vehicle is a known criminal. I again ask that residents please take the security of their property and outbuildings more seriously, because if there are easy pickings to be gained, he and others like him will be back.

We have also been experiencing problems with drones being flown near homes. There are various types of legislation concerning drones. Owners should also be aware of a best practice guide to make sure their machines do not impose on the privacy of residents and their homes, and of people's personal safety.

As spring approaches may I also remind ALL dog owners to please keep their dogs under control near farm livestock, the lambing season has started and every year I receive reports of dogs chasing sheep. Sadly sheep are prone to stress, and even just being chased can cause this, which can lead to aborted lambs and death. It is a serious offence and dog owners will be reported for summons to court. People that I have spoken to with dogs off the lead near sheep have frequently said 'My dog doesn't chase sheep'. Sadly any dog may chase sheep as, if the sheep runs, most dogs will see it as a game. Please also bear in mind if a dog is seen sheep-worrying on farmland the farmers/shepherds do have a lawful right to shoot any dog whilst in the act.

I have also been asked to mention that residents are walking dogs on the grass headlands around fields. First these are not public footpaths and should not be walked on. Also, as the nesting season will soon be with us, a lot of these strips have been left for conservation purposes by landowners. I ask that residents with or without dogs please remain on the footpaths. We also have professional deer stalkers out, as the open season on various breeds of deer is on.

Many thanks and if you can assist with any information on the above crimes please give me a call direct.

**Andrew REID Local Constable PC 3746, Rural Beat Officer,
Police Office, Preston Candover DD: 01256:389050, HQ:101, Mob:
07768:776844 andrew.reid@hampshire.pnn.police.uk**

*Curiouser and curiouser...it's
North Hampshire Downs*



Benefice Quiz Night

**Friday 16th March, 6.45 for 7pm
All Saints Odiham**

Village teams of 6 can be made up on the night

Fish and Chip Supper Included
Chicken or vegetarian alternative available

To book your place for £12.50
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preferably by emailing nhdbcomms@gmail.com
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UPTON GREY NEWS

www.uptongreychurch.co.uk

www.uptongreyparishcouncil.co.uk

Village Hall 100 club February Draw

First prize £100: No 67 Mr W Maughan

Second prize: No. 79 Mr P Symington

The 100 club draw is the village halls main fund-raiser. Please renew your membership and subscribe to keep this valuable asset in place. Subs are £2.00 per month, £24.00 a year and the new year starts on April 1st. To join in please contact Caroline James on 862480 or Brian Thrussell on 862819. Many thanks for your continued support. Be lucky!

Post Office News

Please be aware, the village Post Office is now open every Tuesday and Thursday afternoon from 1.30–3.30pm. As well as the usual postal services, you can use it to obtain cash from your bank account, order foreign currency, buy on-demand travel insurance, and many other useful services.

Lent Lunches

Every year, Upton Grey is the place to go to enjoy a simple Lenten lunch in extremely good company. If you have never been before, put this year's dates in your diary and resolve to come along to at least one.

The detailed arrangements for this year's lent lunches are as follows:

1st March Jill Lestrille, Barn Cottage, Weston Road. 862131

8th March Frances Yeowart and Tessa Morrish. Old Post House, Bidden Road. 861218

16th March Millie White, Hanbury, 8 Hoddington Farm Cottages. 861441

19th March Viv Anscombe, Christmas Cottage, Weston Road. 862455

All lunches start at 12.30pm and are finished by 2.00pm. As before, these are simple soup and cheese lunches and absolutely everyone is welcome. There is no charge for lunch but donations are invited to support the charity of your hostess's choice. Please, if at all possible, ring your hostess not less than 24 hours beforehand to let her know you are coming. All queries and requests for lifts to Jill Lestrille, 862131.

Jumble Sale for Cancer Research UK

Our annual jumble sale will be held on Saturday 17th March 2.00–4.00pm in Upton Grey Village Hall, in aid of Cancer Research. Please when clearing out your cupboards, attics, sheds and garages think of donating to this worthy cause. Donations can be left at 24 Little Hoddington, or at the hall on the morning of the 17th. Collection can be arranged upon request. Please ring Pam or Brian Dixey for further information on 862577.

Tea@3

There were 21 of us at our annual lunch in January at the Fur and Feathers, Herriard, and our thanks to Fran and Peter and their team, for a delicious lunch and a warm welcome.

Once again we will not be holding a tea in March as there is such a lot going on in the benefice! Please think about going to one of the Lent lunches, the weekly Benefice Lent Course, the Safari Supper and, of course, the Benefice Quiz Night! Details of all these events and also of the Mothering Sunday and Easter services throughout the benefice are in the Parish Magazine so please have a look and do try to come and join in – you will be very welcome!

Easter Sunday is on 1st April this year – we will be holding a tea in April. So for details and information on the venue, please check in the next edition of the magazine. Happy Easter to you all!

Barbara 862627, Jill 862131, Viv 862455

Dates for the diary!

Upton Grey Fete, Saturday June 9th, and Upton Grey Harvest Supper, Saturday 6th October, both in aid of St Mary's Church.

RNLI Concert - Good Old-fashioned Sing-Along, 3rd March

A reminder that the RNLI music concert is in **Upton Grey Village Hall on Saturday 3rd March starting at 7.30pm**. This is a charity event to raise money for the RNLI by getting many of the village enjoying sea shanties, songs of the sea, and some fabulous Celtic-style music to enchant you. Tickets are £5 each, and there will be a cash bar with wine, beer and nibbles. Hoping you can all make it for a really enjoyable evening together for the fabulous RNLI!. Please call 861325 or email Cas or Dave for information / tickets. dave.peace@btinternet.com, cas@caspeace.com

Spring Show – Upton Grey Horticultural Society – Sat 14th April

You might think we're all about flowers and veg exhibits. You'd be wrong. We have other classes which adults and children can enter which include cookery (including a class just for men/boys), photography, artwork and Lego. And if you've rhubarb or you've eggs produced by your own hens, well these are good talking points on the day. There's a small entry fee for exhibits from adults but it's FREE for children. Professional people (that is those who make a living from any of the classes we offer) are not allowed to enter. So now you're encouraged by that fact, you pre-enter your classes and bring your exhibits to the UG Village Hall in the morning and come along in the afternoon to see how your entries fared against other villagers whilst having tea, cakes and a chat. There's prize money for children and awards for various classes.

To keep the show alive, we need entries and exhibits from our local villages: Greywell, Herriard, Long Sutton, North Warnborough, South Warnborough, Tunworth, Up Nately, Upton Grey, Weston Corbett, Weston Patrick, and Winslade. So, if you and your family can enter that would be fabulous. We also include villagers' grandchildren who don't live in the village. You should already have received a schedule of classes and entry form or you can pick one up from Upton Grey Shop. For more information please contact our Secretary, June Hunt, on 862719.

Upton Grey Drama Group: Friday April 27th & Saturday April 28th

A date for your diary: Upton Grey Drama Group's next production will be *Half an Idea* by Bob Larbey and *Anybody for Tea* by C.B. Gilford (+ a few sketches) on Friday April 27th and Saturday April 28th at Upton Grey Village Hall starting at 7.30pm. Come along and support your friends in the village. Tickets are £5 and are on sale at the Village Shop from March 1st.

***Much Ado About Nothing*, Sunday August 12th, Church Meadow**

'Rain or Shine Theatre Company' in association with Upton Grey Drama Group Open Air Theatre Production are returning for the third year with their next production *Much Ado about Nothing*. Please save the date – Sunday August 12th. Gates open at 3.00pm for picnics, and the performance starts at **4.00pm in Church Meadow, Upton Grey**. Please bring your own seating, food and drink – there is a marquee if it is wet! More details on tickets will be available soon but for any other information please contact Sarah – email: sajgray59@yahoo.co.uk

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See also under Gardens

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February's talk was 'Aromatherapy' given by Herriard local, Diane Southam. She gave us a potted history of the subject which has been around since the Stone Age. Juniper berries were used to flavour meat and as medicine, the essential oil being consumed as part of the plant.

The term Aromatherapy was coined in 1937 by Rene Maurice Gattefosse, a French perfumier and chemist and was the title of his book, the first published on the healing properties of essential oil.

We then had some smell tests to see if we recognised any of the oils. We all recognised lavender and sweet orange. geranium and patchouli were not so easy to identify but all smelt wonderful. Diane explained that cheaper perfumes, soap and cosmetics contain only certain chemical elements of the oils, whilst the more expensive will contain whole essential oils and therefore the benefit of the oil rather than just the aroma.

We then watched a demonstration of a seated back and head massage. Diane demonstrated the different strokes. Effleurage, petrissage and champissage were all explained and demonstrated on her model, Karen. We did a breathing exercise and listened to soothing music, a few of us dozed off in the process. It was altogether an informative and relaxing afternoon.

Our next talk on 1st march at 2.30pm is The Queen Bee and her family by Roy Godfrey. All ladies are welcome to come along to the Herriard RBL hall and join us for a friendly get-together, tea and biscuits.

We will be holding our next coffee morning on 19th April from 10.00am–12noon at the RBL hall, Herriard. Please put this date in your diary and come along and support your local WI. Coffee, tea, cake, and of course, a raffle. All welcome.

Easter Bingo

Herriard Ex-Services Club are holding an Easter Bingo on Saturday 24th March. Doors open at 6.30pm for eyes down at 7.00pm. Please phone 381599 and leave a message if you would like to reserve a seat, so we have an idea of numbers. Also, checkout our Facebook page for information. Half time refreshments, bar and lots of prizes – we hope to see you there!

Jenny Falconer & Janet Mayle

News from St Mary's Primary School, Bentworth

It is hard to believe that we are well into the second part of the spring term. It seems that we have only just managed to hear all the wonderful Christmas stories from the children, who were delighted to return to school. Such a positive start to 2018!

With a new term comes new learning and there are some fascinating questions and challenges for the children. We are focusing on spelling as this is a stumbling block for some children and can prevent a child achieving their writing ARE (Age Related Expectation). We are supporting our children with many different strategies and there was much progress made throughout last term.

Our Collective Worship theme is Creativity. This is a wonderful opportunity for the children to recognise their amazing imaginations and the great capacity of the human mind to create something unique and special. You only have to give a child some Lego or a paintbrush and they are off – pushing their imaginations to something new. Canon Ed joined us in Collective Worship this week and in a continuation of our Creativity theme, he painted a beautiful watercolour in front of our very eyes! Live! The children were spellbound by the modelling and by the commentary and the question posed by Canon Ed, ‘did this take me 15mins or 62 years to paint?’ The children have been thinking about creativity and how this takes many years to blossom. Canon Ed talked about how every opportunity presents a risk of ‘something going wrong’ but it also presents ‘something going forward, making progress’. He challenged us to think of failure and mistakes in a different way.

Throughout this term, Ash Class (Year 2/3) have been learning about equality in sport. They made posters to promote equality in a range of sports and sent these posters off to the sporting bodies (The FA, British Gymnastics, British Swimming, British Dance, England Rugby). They soon heard back from England Rugby who wrote an article about them on their website and sent the children a whole load of rugby goodies! See link for article: <http://www.englishrugby-schools.com/st-marys-study-gender-equality-in-sport/>

Earlier in January, Mrs. Ayres and Mrs. Moore had the pleasure of taking our swimming squad to the Swimming Gala at Alton Sports Centre. In both the individual and team races, our children tried their hardest and showed amazing resilience and determination. They cheered for each other and other teams, showing great sportsmanship and our school values. All of these amazing factors came together to enable us to WIN the small schools competition! Well done Team St Mary's!

Our girls' football team also took part in the Alton School Competition. In every game they showed determination, teamwork and sportsmanship. Oli Meaker (who took the girls) was impressed by their attitudes and enjoyment of the day. Well done girls—you did us proud!

Poppy Appeal

Thank you so much for helping with the British Legion Poppy Appeal. As a School we collected £267 and as a Community a grand total of £1869.42. Without donations they would be unable to continue their vital welfare and benevolent work. Thank you for your support

The Library Fundraiser

Here's an update on our major fundraiser for this year – the library project. This £5500 project is a major renewal and relaunch of our library facility and includes three main themes: engaging pupils and parents; updating our books; updating our library facility/infrastructure. We held our first ever Christmas Book Drive and with a total value of approximately £1000 raised through the book drive, donations and general PTA fundraising, we have updated and modernised our facility creating a much more inviting atmosphere which the children are thrilled with. A BIG thank you to Waitrose for supporting our library – £313 towards books! Thank you to Mrs Moore who put the bid together too!

We still have some way to go before our project is complete. The two main focus points are

1. Update the books within the library – both learning resources books and general interest books
2. Replacement of the library computer

We anticipate funding this via a combination of grants and PTA funding/donations. If you know of any grants that would help us deliver this exciting project, please let a member of staff or Rob Alesbury know. If you can help out at any PTA activities, please do volunteer!

PTA investments last term

In addition to providing funding for the library furniture, the PTA has also purchased a new TV for the music room to replace the obsolete (and failing) white board. We've also purchased a whole-school subscription to Mathletics. This is a valuable learning tool that both the teachers and students love to use but the school would not be able to afford without PTA support.

Dates for the diary:

Generation Game afternoons: Friday 18th May – Royal Wedding!

Please spread the word to family, friends, neighbours & your local community to come and join us.

TUNWORTH NEWS

Tunworth Church Fund-Raising Event

On Saturday 7th April at Upton Grey Village Hall from 9.30am–12.30pm we are hosting a dog first aid training course.

The course is run by a veterinary professional from Animal Aiders and is suitable for everyone who cares about dogs. It includes a comprehensive course booklet to take home and the morning will cover up-to-date techniques to practise first aid on your dog. A ‘resusci-dog’ will be available to practise canine CPR and replica dogs to practise bandaging. First Aid kits will be available to purchase.

Cost: £35 per person. To book your place call Sophie at Animal Aiders on 01284 811192 or 07758 739332

...AND OTHER IMPORTANT THINGS

Pergolesi Stabat Mater – Sunday 25th March

The Jubilee Choir’s next concert is Pergolesi’s beautiful *Stabat Mater* in All Saints’ Church Odiham at 7.00pm on Sunday 25th March, conducted by Oliver Tarney. The choir will be joined by instrumentalists and soloists who will also perform other short pieces. Tickets are £15 (free for children under 12) and available from the website www.jubileechoir.com, Katharine Jane in Odiham, or by ringing 701947 or 702249.

Brahms German Requiem

Saturday 24th March at The Anvil, Basingstoke. New London Sinfonia with Basingstoke Choral Society. The Requiem was Brahms’s ‘magnum opus’ thought to have been prompted by the deaths of both his mother and good friend Robert Schumann. Unlike the traditional requiem, Brahms wanted his Requiem to focus on comforting the living that were left behind. Brahms referred to it as a human requiem, rejecting the usual Latin text for his native German, using the Lutheran translation of the Bible.

It is an emotional work, whose lack of angry judgement in favour of heartfelt mourning and consolation, makes it also an anthem for our time. We look forward to welcoming you to our concert at the Anvil which also includes Beethoven’s 7th Symphony.

Tickets from the Anvil on 01256 844244 or on www.anvilarts.org.uk

Concert – An Evening with the Romantics

Local orchestra, the Deane Sinfonia will be performing a beautiful selection of music by Romantic composers on Sunday 18th March, at 7.00pm, in All Saints Church, Odiham. The programme consists of Dvorak's New World Symphony, Tchaikovsky's Romeo and Juliet Overture, and the Elgar Cello Concerto. Tickets £10 each include a free glass of wine or juice (1 child attending with an adult is free).

Winchfield Festival – Save the date: 16th–23rd June

Visit www.winchfieldfestival.org to be inspired by a programme of world-class musicians who will be performing chamber music, jazz, rock, Motown and opera. The box office opens on 12th March so make sure you order your tickets in good time, as concerts are often booked out well before June. A week-long music festival in beautiful Winchfield is not to be missed! Follow us on Facebook and Twitter

North Hampshire Downs Mothers' Union

Each year we are given a theme for the year, and we base our programme around this theme. For 2018 it is 'Following in the Footsteps of Mary Sumner'. Mary Sumner was the wife of the vicar of Old Alresford, who decided that mothers needed support in bringing up their children. So she organised regular meetings in the vicarage for the mothers of children in her village. These meetings included mothers of all social classes – really revolutionary in Victorian England. That was how Mothers' Union started back in 1876 – and it rapidly grew into a global movement.

At our meeting on Tuesday 20th March we will focus on this theme and explore how we can carry on the legacy of Mary Sumner through practical care for families in need, and through campaigning on issues that affect families. If you want to find out more about us, please contact our Branch Leader, Sue Murphy on 01252 845011.

Viables Community Centre

We have lots happening for you over the next month. If you are interested in coming along to any of our activities and events, please contact us on 473634 or email us at office@viables.org.uk.

We also have a one off event for you on March 3rd. We will be hosting 2 live bands for our 60s and 70s night. Tickets are £15 each and include a Ploughman's supper. We'd love for you to join us and are offering groups of 10 or more a discount. Please get in touch to find out more or check out our Facebook page for event updates.

North Warnborough & District Garden Club

Our next meeting will be held on Thursday 22nd March in the North Warnborough Village Hall at 2.10pm for a 2.30pm start. Ray Broughton will be our guest speaker, and he will talk about 'Companion Planting'.

The competitions for March are:

1. A vase of spring flowers
2. 5 varieties of Narcissi
3. A spray of a flowering shrub

Visitors are very welcome to join us. We are a friendly Club whose members share an enthusiasm for gardens and gardening. During the growing season, we always have a plant stall starting at 2.10pm. For further information, please telephone 01252 843848.

Odiham & Old Basing Health Centres – Patient Participation Group

Leg Ulcers

A venous leg ulcer is the most common type of leg ulcer, accounting for over 90% of all cases. It can develop after a minor injury, where persistently high pressure in the veins of the legs has damaged the skin. It is estimated that around 1 in 500 people in the UK are affected, although ulcers become much more common with age. It's estimated that around 1 in 50 people over the age of 80 has one.

The condition is a long-lasting sore that takes up to six weeks to heal. The symptoms include pain, itching and swelling in the affected leg. There may be discoloured or hardened skin around the ulcer, and the sore may produce a foul-smelling discharge. See your GP immediately if you think you have a leg ulcer, as it will need specialist treatment to help it heal.

You're more at risk of developing one if you've previously had deep vein thrombosis or find it difficult to walk because of a problem such as osteoarthritis, a leg injury, obesity or paralysis. You're also more at risk if you've recently had an operation on your leg, such as a hip replacement or knee replacement. People with varicose veins (swollen and enlarged veins) also have a higher risk of developing venous leg ulcers.

Treatment

Most venous leg ulcers heal within three to four months if they're treated by a healthcare professional trained in compression therapy for leg ulcers. However, some ulcers may take longer to heal, and a very small number never heal. Treatment usually involves:

- cleaning and dressing the wound
- using compression, such as bandages or stockings, to improve the flow of blood in the legs

Antibiotics may also be used if the ulcer becomes infected, but they don't help ulcers to heal. However, unless the underlying cause of the ulcer is addressed, there's a high risk of a venous leg ulcer recurring after treatment. Underlying causes could include immobility, obesity, previous DVT, or varicose veins.

Prevention

There are several ways to help prevent developing a venous leg ulcer in people at risk, such as:

- wearing compression stockings
- losing weight if you're overweight
- exercising regularly
- elevating your leg when possible

These measures are particularly important if you've previously had a leg ulcer because you're at increased risk of having another one in the same leg within months or years.

Cats Protection Branch Spring Fair

Basingstoke & District Cats Protection Branch are holding their Spring Fair at the Ambrose Allen Centre, Franklin Avenue, Tadley on Saturday 10th March. Running from 1.00pm to 3.30pm, it promises to be a fun-filled afternoon for all the family.

The Spring Fair will host the Branch Annual Photographic Competition, kindly organised by David and Marion Canning. In addition photographs will be selected for Mr and Mrs Canning's 2019 calendar which they sell to raise more funds for the branch. To enter the 2018 Photographic Competition or if you would like your cat's photograph in the 2019 calendar please email basingstoke-cats@hotmail.co.uk

As well as a variety of stalls to appeal to all ages, visitors can treat themselves to some of the delicious homemade cakes available and sit down for a cuppa. Entry is 50p or a donation of cat food, so please come along and give the cats your support.

Homing and Welfare Officer, Ann Walsh said 'Last year, the branch rehomed 156 cats and kittens and either neutered or assisted with the costs of neutering for 307 cats and kittens. So our bills are considerable and we rely on our wonderful supporters that enable us to carry on our work'.

Book Review for Parish Magazine

This is intended to be the first in a series of occasional reviews about books that have made an impression on parishioners from the Christian perspective.

John Hackett, *I was a Stranger*

This is no ordinary soldier's memoir but a moving and vividly written account of courage, resourcefulness and Christian kindness in the aftermath of the Battle of Arnhem. John Hackett, commander of the 4th Parachute Brigade, was tasked with holding the eastern Oosterbeck perimeter. The brigade was equipped to fight only for two days but fought for eight days and suffered high casualties. Out of the 1,000 men in the Brigade at the time of its parachute drop, no more than 100 were still fit enough to be evacuated.

On the day before the evacuation, John Hackett was severely wounded. Taken to a hospital behind enemy lines, he was given emergency surgery by a South African parachuting surgeon, Lipmann Kessel. He was then spirited away by the Dutch Resistance and hidden in a house owned by the de Nooij family, headed by a quiet middle-aged lady, 'Aunt Ann', and her sisters. She was, observed Hackett, 'one of the sweetest-natured and most charitable people I have ever known but a woman of great determination. Like really all other members of that family, she was a devout Christian' Aunt Ann and her niece nursed Hackett back to health over several months at great personal risk to the whole family. Their house was less than 100 yards from the local billet of the German Military Police. A deep and enduring friendship developed.

After Hackett had recovered, a nephew of Aunt Ann helped him make an arduous escape across Nazi-occupied Holland by ancient bicycle and boat in the severe winter of 1944/45. Finally, after being reunited with the surgeon who had saved his life, he crossed the River Waal and reached British lines.

This book is an unforgettable story of an exceptional soldier and of the unassuming but brave and resourceful people who helped him. They acted out of a Christian sense of duty with quiet determination and even enthusiasm. The title of the book is aptly taken from St Matthew, Ch. 25. v. 35: 'I was hungry and you gave me meat: I was thirsty and you gave me drink: I was a stranger and you took me in'. In these difficult days of Brexit, it is also a reminder of the strong bonds that exist between the British and Dutch people. (Published by Pimlico, 223 pages)

Geoffrey Yeowart

SMALL ADS

Herriard, Converted stable block

Available for short lets, weekends, holidays, wedding guests etc. Beautiful countryside, walk straight onto foot/bridle paths. Large double bedroom, bathroom, open plan 26' kitchen/dining/drawing room with log-burning fire. Small garden. 2 night minimum. Breakfast food provided for 2 night stays. Tricia Neri 07788 585001 or tricianeri@aol.com

Beginners & intermediate jewellery-making (and silversmithing) Classes

Starting in April. Thursday afternoons 2.00pm–5.00pm in a well-equipped metal workshop. Relaxed and friendly £25 including workshop fees and tuition. Please contact Harriet by texting anytime 07801 233966 or telephone in evening email: hkw@roundobjects.co.uk

Italian clothes and leather handbags – personally selected

Something different from the high street shops without having to pay a boutique price! Solo Mia invites you to view the new Spring collection. Thursday 22nd March, 12.00pm to 3.00pm Upton Grey Village Hall RG25 2RB www.solo-mia.com @hellosolomia hello@solo-mia.com

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 Brian and Pam Dixey for further information, 01256 862577.

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 herriardrblhall@aol.com

Disclaimer: Please note that the views expressed in this magazine are the contributors' personal opinions and do not necessarily represent the views of the editors

CHURCH SERVICES (please also see the weekday services under “Regular Events”)**4th March – The 3rd Sunday of Lent**

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

11th March – The 4th Sunday of Lent / Mothering Sunday

Parish Communion (CW sung)	9:45am	Upton Grey
Holy Communion (CW sung)	10:00am	Herriard
Holy Communion (CW sung)	11:15am	Weston Patrick
Evensong (sung)	5:00pm	Tunworth

18th March – The 5th Sunday of Lent / Passiontide

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

25th March – Palm Sunday

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

29th March – Maundy Thursday

Benefice Holy Communion Service (sung)	7:30pm	Odiham
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30th March– 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

1st April – Easter Day

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

8th April – The 2nd Sunday of Easter

Holy Communion (1662 said)	8:00am	Herriard
Parish Communion (CW sung)	9:45am	Upton Grey
Matins (sung)	11:15am	Weston Patrick
Evensong (sung)	6:00pm	Tunworth

15th April – The 3rd Sunday of Easter

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

22nd April – The 4th Sunday of Easter

Holy Communion (1662 said)	8:00am	Weston Patrick
Family Service (sung)	9:00am	Tunworth
Café Church	9:45am	Upton Grey
Family Service (sung)	10:00am	Herriard

29th April – The 5th Sunday of Easter

Holy Communion (CW sung)	10:00am	Herriard
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DATES FOR YOUR DIARY – March 2018

This Month

1st Mar	Thu	UG Lent Lunch, Jill Lestrille, Weston Rd	2.30pm
3rd Mar	Sat	RNLI Concert, Upton Grey Village Hall	7.30pm
3rd Mar	Sat	60s and 70s night, Viables Community Centre	
7th Mar	Wed	Benefice Lent Course, AS Odiham & Long Sutton VH	Noon & 7.30pm
8th Mar	Thurs	UG Lent Lunch, Frances Yeowart, The Old Post House, UG	12.30pm
10th Mar	Sat	Basingstoke and District Cats Protection Spring Fair, Tadley	1.00pm
10th Mar	Sat	UG Safari Supper	7.30pm
14th Mar	Wed	Benefice Lent Course, AS Odiham & Long Sutton VH	Noon & 7.30pm
16th Mar	Fri	UG Lent Lunch, Millie White, 8 Hoddington Farm Cottages	12.30pm
16th Mar	Fri	North Hants Benefice Quiz, All Saints Church, Odiham	6.45pm
17th Mar	Sat	Charity jumble sale, Upton Grey Village Hall	2.00pm
18th Mar	Sun	Deane Sinfonia 'Romantics' Concert, All Saints Odiham	7.00pm
19th Mar	Mon	UG Lent Lunch, Viv Anscombe, Christmas Cottage, UG	12.30pm
21st Mar	Wed	Benefice Lent Course, AS Odiham & Long Sutton VH	Noon & 7.30pm
22nd Mar	Thurs	NW Garden Club meeting, NW village hall	2.10pm
24th Mar	Sat	Basingstoke Choral Soc. Brahms Requiem, Anvil, Basingstoke	7.30pm
24th Mar	Sat	Easter Bingo, RBLH, Herriard	6.30pm
25th Mar	Sun	Jubilee Choir, Pergolesi, <i>Stabat Mater</i> , AS Odiham	7.00pm
30th Mar	Fri	Good Friday children's workshop, St Mary's, Upton Grey	9.30am

Advance Dates 2018

7th April	Sat	Dog First Aid Training Course, UG Village Hall	9.30am
9th–13th Apr		Junior Easter Tennis Coaching, Upton Grey Tennis Club	
14th Apr	Sat	Spring Show – UG Horticultural Society	
27th–28th Apr		Upton Grey Drama Group, Upton Grey Village Hall	7.30pm
8th Jun	Fri	CF summer drinks	
9th June	Sat	Upton Grey Summer fete	
16th–23rd Jun		Winchfield Festival	
16th Jun	Sat	Summer Music Festival, St Mary's School, Bentworth	
12th Aug	Sun	<i>Much Ado About Nothing</i> – Church Meadow	4.00pm
6th Oct	Sat	Upton Grey Harvest supper	
27th Oct	Sat	Upton Grey Autumn Festival	

Regular Events

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,	10.30pm
1st Sun		Junior Choir Practice in Upton Grey Church	9.00am
2nd Sun		Sparks Sunday Club, Village Hall, Upton Grey	9.35am
2nd&4th Mon		Upton Grey Bridge Club at The Hodd	7.30pm
3rd Thu		Holy Communion, Herriard Church	10.00am
Last Thu		Herriard Village Supper at Fur and Feathers (check first)	7.30pm

Copy deadline: The deadline for articles and items is 15th March for the April issue. Email: uptongreymagazine@gmail.com. If your item is really crucial and time-critical, please also email next month's editor David Shearer at david_shearer@yahoo.com

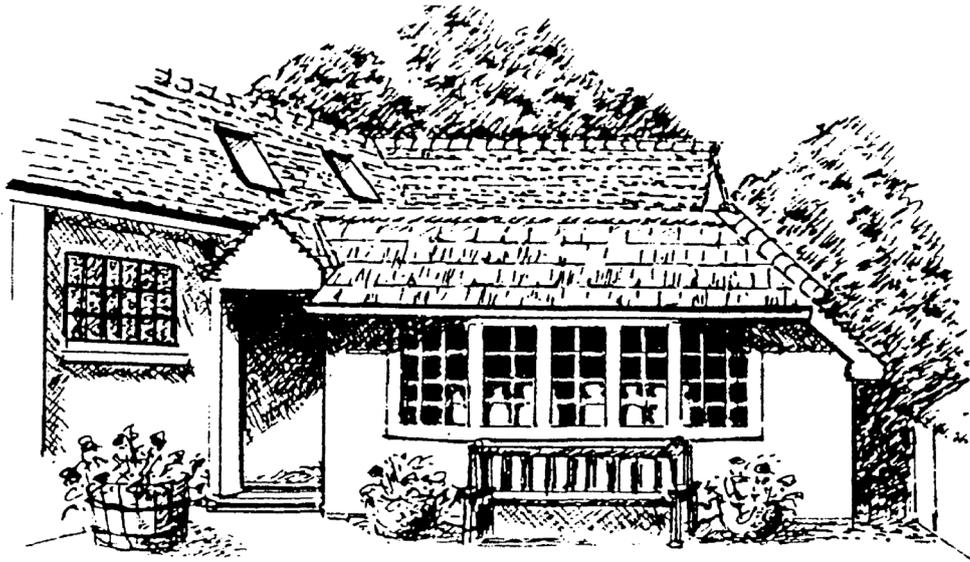
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THE POST OFFICE

OPENING TIMES

Tuesday: 1.30pm - 3.30pm

Thursday: 1.30pm - 3.30pm

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