

PARISH MAGAZINE



St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Westonzoyland

April
2018

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BENEFICE MAGAZINE –April 2018

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

Letter from the Benefice Ministry Team

On a recent trip to Liverpool – my first – Lewis and I visited the two cathedrals in the city. Entering both was a “wow” moment but they couldn’t be more different. As I walked around I couldn’t help but think of all those college assignments that began with “compare and contrast...” Then I was expected to find 3,750 words to do the job. Here in far fewer I’ll do my best to give you a flavour of both wonderful buildings.

Liverpool’s Anglican cathedral is the biggest church in England - St Paul’s would fit inside with space to spare – and it has the world’s largest tower and the longest footprint after St Peter’s in Rome. Only Seville cathedral outranks it in gothic volume. The first thing that strikes you is its vast size and space. Begun in 1904 and not finished until 1978, there had been much debate over its style. Committee minutes report a view that “gothic architecture produced a more devotional effect upon the mind than any other which human skill had invented”. Others regarded gothic as a “worn-out flirtation in antiquarianism, now relegated to the limbo of art delusions.” In the end it was the 22 year old Giles Gilbert Scott, grandson of the great Sir George, whose gothic design was allowed to go ahead.

In stark contrast, and looking slightly odd and out of place under the Great West Window are the words “I felt you and I knew you loved me” in pink neon graffiti by Tracey Emin (of “unmade bed” fame).

Work started with the Lady Chapel and this was consecrated in 1910. All around the chapel the words to psalm 98 – O sing to the Lord a new song - are engraved alongside 48 angels, each with a different musical instrument, some just singing. One stood out – the angel holding a football rattle. Well, this is Liverpool! When I enquired whether the angel (or Giles Gilbert Scott) was a red or a blue, I was told he was definitely a red!

After a few minutes' walk down Hope Street, Liverpool's Roman Catholic cathedral comes into view. It's known locally as "Paddy's wigwam" because of its inverted funnel shape, crowned by a spiky coronet. Built on the site of the city's obsolete workhouse, this cathedral was consecrated in 1967, when the Anglican cathedral was still 11 years off completion. The Second Vatican Council (1962-65) pronounced that the altar should face the congregation and allow worship "in the round", and this is the case here. 2,000 seats are arranged in a circle, so all eyes are focused on the raised central altar. The atmosphere is quite subdued, except for the blue light caught from the Reynstien's stained glass coming down through the central flue right onto the altar in the middle of this vast space. Very special... Which did I prefer? Both.... It is an impossible choice!

While buildings are important as expressions of faith, St Paul reminds us that it is we who are "members of the household of God, built upon the foundation of the apostles and the prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God." (Ephesians 2: 19-22)

Reverend Linda Scard

CHURCH NEWS

Safari Suppers at Tunworth and Upton Grey – a thank you

My sincere thanks go to the organising teams and their hard work for both these Safari suppers and to all who came along. They are really enjoyable events and a great opportunity to meet up with people across our communities and to raise money for our churches.

Simon.

Easter day – 1st April

09.00am Holy Communion Service at Tunworth

09.45am Holy Communion Service at Upton Grey

11:15am Family Communion Service at Herriard

11:15am Holy Communion Service at Weston Patrick

Thursday 19th April - the next 10.00am Thursday Holy Communion service in Herriard All are welcome to this informal, friendly and relaxed service, which is followed by refreshments.

Monday 29th April We will have just one service in our 4 churches and it will be held at St Mary's Herriard at 10am. The Archdeacon Richard Brand is coming to preach and all are very welcome. . The theme will be "Reflections on the end of the War to end all Wars" and after the service there will be some light refreshments, teas and coffees and eats.

The AGM/APCM Season is still with us and these are an opportunity for parishioners to ask questions and give ideas, as well as electing churchwardens and PCC members (NB for the APCM meeting you need to be on the church electoral roll and for the AGM, you simply need to be on the civil electoral roll). The dates for these in April are:

Saturday 21st April – Weston Patrick at the village hall 9.30am

Monday 23rd April – Herriard, 7.45pm at Herriard Park

Looking ahead to May and June...

Thursday 10th May is Ascension Day and there is Holy Communion for the whole Benefice at St Mary's Upton Grey at 7.30pm.

Sunday 13th May - Village Rogation Walks.

This year all four parishes will be hosting a village rogation walk. Rogation day originates from the 7th century tradition of walking round the parish thanking God for the productivity of the land and praying God's blessing on both the land and those who work it. This year, walks will begin at 10am at each church except St Mary's Herriard where the walk begins at 11am. Walks will last somewhere between one to one and a half hours with a stop for coffee, a hymn and a reading at the half-way point. The walks are suitable for all ages and 4 legged friends are very welcome!

20th May – Pentecost Sunday – St Mary's Herriard will host a Benefice Worship Gathering at 6.30pm. This is an informal service of worship, teaching and prayer ministry and is open to all.

June 9th Upton Grey Fete - in the garden of the Old Vicarage on Church Street.

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

Junior choir: We will be singing on **1st April, Easter Sunday**, (but there will be no practice before the service) and we will also sing at the Family Service on **Sunday 15th April**.

Sparks! Our next meeting is on 8th April

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. Drop off is at the village hall at 9.35am. Contact Sonja at the Benefice Office nhdboffice@gmail.com for more details.

An Unusual Easter Tradition In Bermuda

A Bermuda kite is a Kite made using traditional, geometric designs, quite colourful, and is an art form as much as a recreational tool.

They are traditionally flown in Bermuda only at Easter. The kites are typically hexagonal, though larger examples, particularly, may be octagonal.

They are constructed from flat sticks arrayed like spokes of a wheel, with a nail at the axis. A string passes around the ends of the sticks, marking out the edges, and concentric strings are arranged inside of this, all contributing to the rigidity of the structure. Coloured tissue paper is glued into the spaces created between strings and sticks. Using different colours, patterns are created.

The kite has a single stick secured at one end to the axis, and rising at a shallow angle from the plane created by the other sticks. This stick, which forms the head of the kite, extends considerably beyond the perimeter of the hexagon. It passes over the midpoint of one side of the hexagon, and a string creates a triangular shape from the corner at one side of the head stick, to its tip, and back to the opposite corner. Strips of paper are folded and glued along this string. A long, cloth strip tail is fitted to the kite, without which it would be unable to fly.

Every Good Friday, Bermudians of all ages build kites, usually of traditional Bermudian type, which are flown to symbolize Christ's resurrection. Bermudian kites are very airworthy, holding world records for altitude and duration of flight.

Geometric Shapes of Bermudan Kites



NEWS FROM THE VILLAGES

Local Police Report

Dear residents,

May I make you aware of an increase in poaching and subsequent criminal damage crimes in our area. Recently such offences have occurred in Weston Corbett and Weston Patrick, Tunworth, Bushywarren at Herriard and Upton Grey. In one incident in Upton Grey a green long wheelbase Land Rover was seen at about 6pm on Saturday March 10th, later a shot deer was located in the field nearby. I ask residents if you see lights or vehicles in the fields late at night please call 101 or if at the time 999 as it may well be a crime taking place or call me direct.

We have had a criminal damage crime reported at the building site in Summerlea Court, Herriard early in March. Slightly out of the area of this magazine but worth noting was in Ellisfield on Friday March 9th 2018 between 5 and 7 pm the burglary of a house took place in the lower part of College Lane, Ellisfield, it is possible the home owner disturbed the thief when they came home. I ask if anyone was in College Lane between these times and saw anything suspicious, or perhaps in the

previous few days, to please give me a call direct. As always all calls treated in strictest confidence.

As the evenings become lighter for longer may I remind anyone visiting the rural areas to go on walks not to leave ANY valuables including handbags etc. or mobile electrical item such as laptops etc. in their cars, each year car parked in isolated rural beauty spots will be targeted and valuables stolen, thieves are also using wireless technology to locate equipment.

BT are offering a free service to combat nuisance calls, PPI, accident claims etc. it diverts nuisance calls to a new junk voicemail which you can access by calling, for more information please call 0800.328 1572 or visit bt.com/callprotect.

Finally thank you to the local residents who assisted us within our enquiries into the sad death of Mr Mark Robinson in the village earlier in March.

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

M3 Junction 6 - Petition to Oppose Proposed Moto Service Station -

You are probably already aware of these opportunistic proposals that seek to exploit the recent huge investment in the Black Dam Junction Infrastructure. You may not be aware of their potential to cause pollution damage to the vulnerable ecology at the source of the River Lodden – an important Hampshire chalk stream. Also of considerable concern is the visual damage to the historic landscape and setting of the Grade I listed Hackwood Parkland Landscape. This landscape is so important that even Hackwood House itself is of lesser importance - it's listing is merely Grade II*! and as William George 'Min' Wood - a noted expert in Garden History who studied Hackwood in depth, and who, at one time immediately after the breakup of the estate, owned Hackwood Park's famous Spring Wood, has put it *"It is the only example of a relatively intact Bridgeman design, ornamented with building by James Gibbs that remains and its significance is heightened because it was the use of the ha ha which led by stages to the development of the English Landscape style by William Kent and Capability Brown."*

During the initial consultation stage members of the public lodged nearly 180 objections. The most common objection was *if there were any real need for these services it might be a different matter*, but as there are services within 10 to 12 miles of Junction 6 in both North and South directions – there is no real requirement. Probable damaging impacts already identified are increased queuing, accidents and traffic congestion on the M3 and at the recently improved Black Dam Junction, making the huge investments by the Highways Authority in sorting out traffic flows from the A30, A33 and A339 around Basingstoke *pretty much a waste of money* in the words of one of the objections registered.

The proposed services, together with a two storey hotel – if approved – will be sited in the open countryside just to the North of the Tunworth Road half a mile past the red brick estate drive bridge towards the Alton Road and adjacent to the Home Farm Barns. The farm gate and track opposite will become a principal access point for construction traffic and later on presumably for deliveries and staff employed on site.

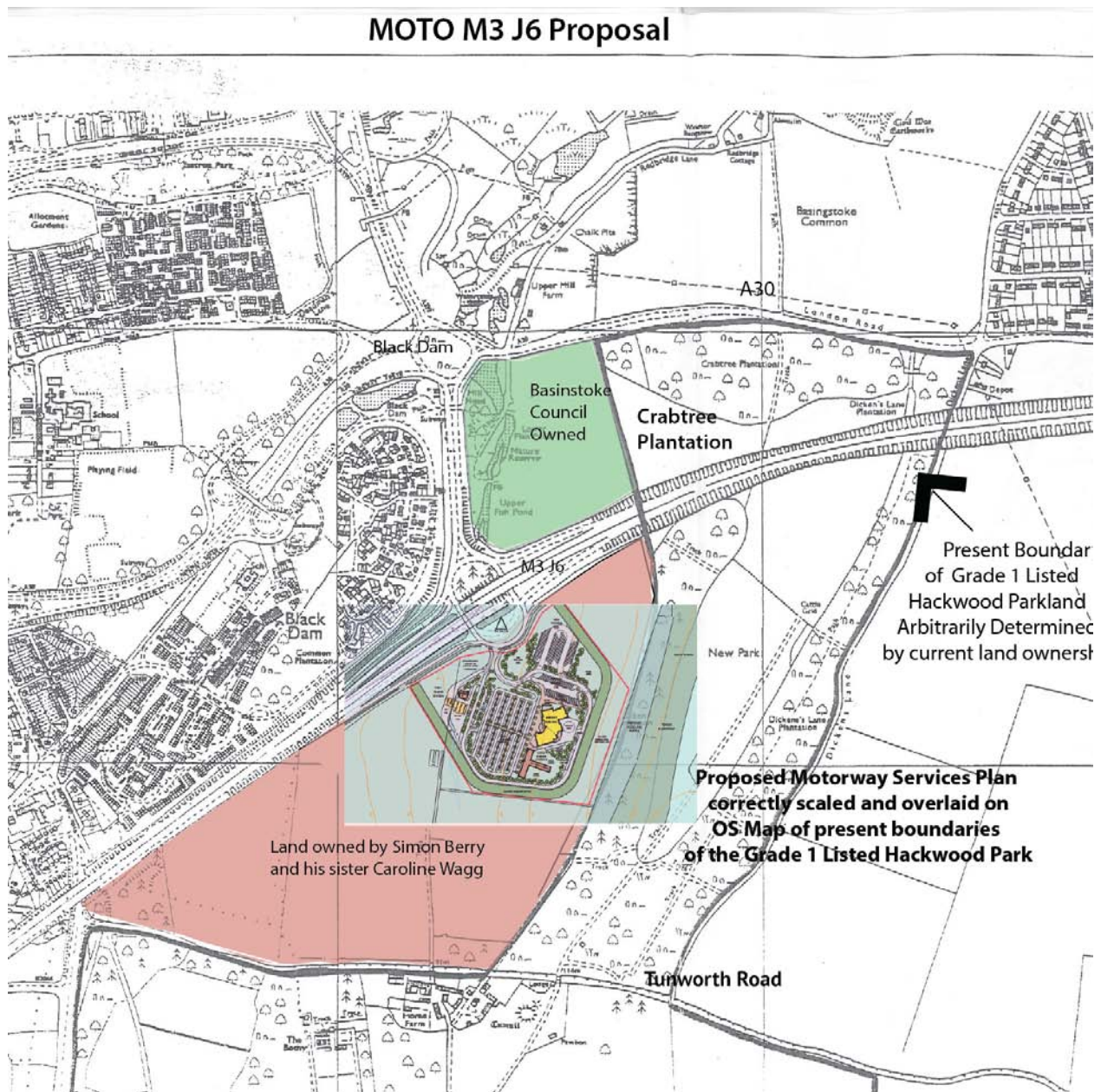
Despite the fact that the proposal – according to Councillor Onnalee Cubitt breaches no fewer than 9 of the Policies in the Adopted Local Plan. Moto are very upbeat on their prospect of success. Please make your own judgement on the application and the various objections already made which can be viewed at www.basingstoke.gov.uk *search for a planning application* and the reference number is 17/03487/FUL

A spirited campaign has been mounted by Councillor Cubitt and the SOLVE environmental group but the potential development that both describe as *A Blot on the Landscape* has well funded and determined backing and impacts well beyond our Parish boundaries.

Maria Miller – MP for Basingstoke has just launched a petition that anyone can download and sign – sadly this has to be a physical signature and the deadline for their return is 13th April. She intends to present this petition and speak in Parliament shortly after 13th April in an attempt to get the government to restore a minimum distance between such service areas, the abolition of this condition has encouraged Motorway Service companies to apply for these unnecessary developments.

<https://www.maria4basingstoke.co.uk/news/parliamentary-petition-basingstoke-residents-against-motorway-service-areas>.

Please contact me for any further information David Shearer 07831 409809 david_shearer@yahoo.com.



Historic Ordinance Survey Map Adapted and Published with Annotations by David Shearer and 'Reproduced with the permission of the National Library of Scotland' under its Creative Commons Attribution-NonCommercial-ShareAlike (CC-BY-NC-SA) licence.

Educational Grants available to ALL Upton Grey Residents

This is primarily open to residents of Upton Grey, but consideration **may** also be given to applicants from other parishes within the Benefice – funds permitting.

When the Upton Grey School was sold after its closure in the 1980s, half of the proceeds went to the village and the Upton Grey Educational Trust was formed.

The income from the sale proceeds, invested by the charity, can be used twice yearly “for the advancement of education”.

The Trust meets in June and December each year to consider applications for assistance with educational needs, **from any age group and with no means testing**. Since the Trust was set up, it has awarded grants to over 90 applicants and 15 groups in addition to Long Sutton School.

For more information on how to apply and terms and conditions, please visit www.uptongreychurch.co.uk (under Groups & Organisations) or email debbie@debbie-bridle.com.

We are very lucky to have this fund and very grateful to the late Ros Mills for establishing it. Funds are available and the Trust would warmly welcome any new individual applications - **so why not apply!**

Please submit your application in writing **before the end of May 2018** to: The Secretary to the Trustees, Upton Grey Educational Trust, Clock Cottage, Cleves Lane, Upton Grey, Basingstoke RG25 2RG or via email to: debbie@debbie-bridle.com (requesting a read receipt)

(**NOTE** that any late applications received after this deadline will automatically be carried over to the next meeting).

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

Village Hall 100 club March Draw

First Prize No. 20 £100 Sarah Hunt

Second Prize No 104 Mr Tom Stringer

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 per month £24 a year and the new year starts on April 1. To join in please contact Caroline James on 01256 862480 or Brian Thrussell on 01256 862819. Many thanks for your continued support. Be lucky!

Post Office Opening Times

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.

Upton Grey Safari Supper

Thank you to all who joined in with Safari Supper this year. We raised just over £1000 for St. Mary's Church, Upton Grey. The village was buzzing with 82 people scurrying from starter to main course, to pudding and finishing up in the village hall for coffee and port. Special thanks to Patrick Symington and Jo Adair for providing the port. It was also lovely to see Safari Supper founder members, Sue and David Scott taking part. Thanks to everyone who cooked up delicious food for all to share. One newcomer said "It was thoroughly enjoyable and we will definitely be up for it again". See you next year to uphold another awesome village tradition.

Julia & Vivian

Plant Stall – Fete 9 June 2018

It is always difficult to get the variety of plants needed to make the plant stall a success each year. We have to start early so if you have any herbaceous plants/perennials that you intend splitting up or do not want, please do not throw away – pot up or just pop into a plastic bag and drop on my drive, along with any old plant pots or hanging baskets in good

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See also under Gardens

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condition. (Clock Cottage, Cleves Lane) or give me a call and I will collect (862705) - Debbie Bridle. We are always very grateful for any plants, pots/troughs, in or outdoor hanging baskets, garden tools or anything garden/plant related. Thank you

TEA@3 - APRIL

Our April tea will be held on THURSDAY 26th April at Maureen Deere's house, Hazeley, 1, Weston Close and we are most grateful to Maureen for hosting this month for us.

If you would like to come please let either Maureen (862672) or Barbara (862627) know and of course we can arrange a lift if you need one.

Look forward to seeing you!

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.

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

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

Herriard Garden Club

As our gardens are beginning to 'spring' back to life with the arrival of snowdrops and Hellebores in February, by March, Cowslips and Narcissi have started to appear and we are thinking of what to grow in our allotment patch and in our own gardens.

Our allotment still has work to be done to make it a workable and manageable site, and with that in mind, some of us added some more shingle to the paths to keep weeds down and made plans to get our water butt up and running. The plots have been weeded and the soil conditioned to make them ready for the year of flower and vegetable growing.

Our meeting in May will be at Brick Kiln Cottage, Herriard where we will be treated to the annual spring display of bluebells. We are lucky to have some lovely gardens in the village in which to spend time at our monthly meetings and enjoy together.

For further information about HGC contact 01256 381448.

If you would like to start a cutting patch for your own garden in which to grow flowers for the house over a season and to save on florist's prices, please contact Gill (HGC member) Greenandbloomflowers@gmail.com or call 07766 732783 for a free consultation. I can draw up a plan for your cutting garden and plant up if needed.

Jobs for April:

- Deadhead daffodils as flowers fade but allow foliage to die back naturally.
- Top-dress plants in containers, removing the top 5cm of old compost and replacing with new.
- Cut back last year's growth on perennials to make way for new shoots.
- Try and cut back on using so much plastic in the garden, using biodegradable pots or reusing plastic pots rather than throwing them away.
- Take steps to control slugs and snails which can damage new shoots and young plants. Copper tape and nematodes are environmentally friendly control methods that work.

Herriard and Lasham with Bentworth WI Report

Our meeting on 1st March was cancelled due to snow, so we met on 8th March. Due to the change of date we had fewer members than usual. Speaker Roy Godfrey gave a very interesting and informative talk on *The Queen Bee and her family* with slides covering the whole life of the hive and he recounted tales about collecting swarms from unusual sites.

Our next meeting on Thursday 5th April at 7.30pm, please note change to evening meetings is Flower Arranging by Jill Hill at the RBL Hall.

We are having a Coffee Morning on Thursday 19th April at RBL Hall 10 til 12 noon. Coffee or drink and cake £2.50. There'll be a raffle and also cakes for sale. Do come, all welcome. On 6th May Barbara Jeremiah is opening her bluebell garden to the WI and public to raise funds for

Denman, the WI college. Entrance £5 at Brick Kiln Cottage The Avenue, Herriard RG25 2PR from 12noon until 5pm.

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. Additional training opportunities are likely to be arranged later in the year if there is enough interest. 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

North Hampshire Downs Mothers’ Union

In March, Caroline Scull organised a workshop allowing us to explore the essence of what it is to be Mothers' Union, and how we can make a real difference to people's lives. We already seek to bring God’s love into the lives of others through our projects. We run the Child Contact Centres in Hook and Basingstoke, which allows children to meet separated parents in the safe and welcoming space, and jointly with the Vine Church we run the Sunflower Café every Wednesday afternoon to care for those with Dementia and their carers. We also deliver cards to the families of children who are baptised, make various knitted items for those in need and supply free refreshments to families at RAF Families Day.

At our next meeting on Tuesday April 17th we will build on the results of this workshop, and think about how we would like our branch to develop in the future. Non-members are always welcome at our meetings, which are held in the RAF Church at 7:30pm. If you want to find out more about us, please contact our Branch Leader, Sue Murphy on 01252 845011.

21st April Hook Choral Society's Spring Concert at 19:30 pm at All Saint's Church, Odiham, RG12 1LZ, a new venue for our choir, and is entitled 'A Programme of Choral Contrasts' featuring a varied programme of music by Bach, Pergolesi, Holst, Vaughan Williams, Essenwalds, amongst others... Something for everyone!

Tickets are £15, concessions £12, available at Trees Newsagent, Hook, or by telephoning 07734 667888.

Sunday, 22nd April Please Join Hannah's Bluebell Walk in Ellisfield

In aid of CPRE Hampshire – and walk to help protect the countryside!

Contact Hannah at: hannahhoustonlacey@yahoo.co.uk or Tel: 01256 381 863 / 07956 308 456 for a registration/gift aid form. Support CPRE North Hampshire with a donation or pay your registration fee online at:

<https://www.justgiving.com/fundraising/hannah-houston-lacey1>

Friday 8th June at 7.00pm- Reception at The Old Rectory Tunworth

Private View by kind permission of Mr and Mrs Edward Belcher

The Gene Therapy for Cystic Fibrosis Appeal North Hampshire Branch invites you to join us for Drinks and Canapés and, glass in hand, enjoy the elegance of the classically styled gardens with their manicured topiary and sweeping lawns whilst your favourite jazz band entertains.

This is a rare opportunity to see the recently renovated, formal gardens at The Old Rectory, Tunworth. Tickets at £25 available from Tessa Morrish. Email tessamorrish@gmail.com or phone 01256 862475 to book.

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 is already open, 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.

Alton Abbey Open Days

If you have never discovered the beauty and peacefulness of the Abbey come this time; if you have been before, come back to rediscover the joy

Saturday & Sunday June 9th/10th The Anglican Monastery of Our Lady and St John in Beech will be open for visitors from 12noon - 5pm

Entrance £3, Teas £3, There will be several stalls selling items such as: Beautiful Stationery, Second hand Books, Plants, and Hadeel Products from Palestine. Demonstrations of Lacemaking, and a display of work.

Odiham & Old Basing Health Centres – Patient Participation Group *Keeping active to stay steady and strong and prevent falls*

We've all heard about the importance of regular exercise for general health. As we get older, our muscle strength and balance reduce. Keeping physically active can help us to feel more confident and stay independent for longer. It can also reduce our risk of some common health conditions, as well as falls.

No matter what your age or health condition, there are lots of ways to add more physical movement to everyday life and it's never too late for exercise to have a positive effect. Some research has shown that in 3 months a person aged between 65 and 95 years can regain 20 years of strength by doing resistance exercises

If you'd like to get active with a friendly group, why not try your local Steady & Strong class? Your nearest class takes place at Odiham Cottage Hospital on Fridays at 2.30pm. It lasts an hour and covers warm up, stretches, strengthening and balance exercises, some fitness work and coordination exercises. The class will finish with a cool down which will ensure you feel relaxed and comfortable before you leave. The cost is £3.50 per session. If you would like to join them or have more information, please phone Julie on 07849 248846

Steady and Strong is designed to help you regain and maintain strength, balance and co-ordination and help you to live independently for longer. Steady and Strong instructors have specialist training to deliver exercises proven to reduce falls. Regardless of your age you will be made very welcome.

If you'd rather try something at home, there are lots of simple exercises you can do. All you will need is a sturdy chair, adequate space to move about, flat supportive footwear and light comfortable clothing. To find out more, download the Better Balance for Life exercise books

www.hants.gov.uk/socialcareandhealth/adultsocialcare/fallsprevention.

The Chief Medical Officer recommends older adults should do strength exercises on two or more days a week and older adults at risk of falls

should also do exercises to improve balance and co-ordination on at least two days a week. Leaflets are available at the Surgery.

Hearing loss

Many of us are not prepared to admit we suffer from a loss of hearing and can even become irritated when family and friends remark the sound on the TV is very high or we shout on the phone. Apparently about 50 percent of the over 50's suffer with some degree of hearing loss. In the serious cases this can give is a feeling of isolation.

Don't put up with it. If you have any concerns about your hearing your GP should always be your first port of call. A company called Scrivens provide a hearing test and hearing aid service at the Odiham Health Centre, to which referrals can be made.

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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

"My husband knows he has problems with words, but coming to the cafe has helped him to join in conversation and laugh and joke with people."

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Free refreshments and activities

"Best couple of hours I've had for ages"



"I can't thank you enough, it makes such a difference to my dad"

At the Old School

London Road Odiham RG29 1AJ

Wednesdays 2pm-4pm

"Everyone is so friendly, and the games are fun, so we laugh a lot"

"Coming to the cafe gives my partner a sense of purpose and is the highlight of the week"

"It's good to see my wife reading and talking with the helpers while I play table-tennis"

For more information, please contact:

Elaine: 07553 881 474

thesunflowercafe@outlook.com



SMALL ADS

A FARMYARD AND HOUSE SALE. At Hyde Farm, Herriard RG252PN On Saturday 14 th April 2018 From 10-2 pm more details from Michelle Bilsland - michellebilsland@hotmail.com
Four generations of "stuff" to look at !! Refreshments on site.

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 2018. Thursday afternoons 2-5pm 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

FRANCE: Belle Epoque Petit Chateau and B&B between La Rochelle and Poitiers. Family run home on edge of village, 5 acres, 14x7m pool, BBQ and children's playground. Riding, golf, tennis, biking, canoeing, walking, climbing, fishing. All available nearby. Come, relax and enjoy. Contact: alison_neri@me.com or Tel: 0033 5 49 25 50 92

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 herriardrbllhall@aol.com

CHURCH SERVICES (please also see the weekday services under “Regular Events”)**1 April – Easter day**

Holy Communion (1662 sung)	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

8 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

15 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

22 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

29 April – The 5th Sunday of Easter

Holy Communion (CW sung)	10:00am	Herriard
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6 May – The 6th Sunday of Easter

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

10 May – Ascension Day

Benefice Holy Communion Service	7:30pm	Upton Grey
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13 May – The 7th Sunday of Easter / Rogation day

Rogation Village walk*	10:00am	Tunworth
Rogation Village walk*	10:00am	Upton Grey
Rogation Village walk*	10:00am	Weston Patrick
Rogation Village walk*	11:00am	Herriard

20 May – Pentecost

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
Benefice Worship Gathering	6:30pm	Herriard

27 May – Trinity Sunday

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

*Rogation village walks – meet outside each church.

DATES FOR YOUR DIARY – April 2018

This Month

5th April	Tue	Herriard, Lasham, Bentworth WI RBL Hall	7.30pm
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	
17th Apr	Tue	NHDB Mothers' Union Meeting RAF Odiham Church	7.30pm
19th Apr	Thu	Herriard, Lasham etc. WI Coffee Morning RBL Hall	10.00 – 12.00pm
21st Apr	Sat	Weston Patrick AGM at the village hall	9.30am
21st Apr	Sat	Hook Choral Society Concert All Saints Odiham	7.30pm
22nd April	Sun	CPRE Bluebell Walk Ellisfield – Details 01256 308456	
23rd Apr	Mon	Herriard AGM at Herriard Park	7.45pm
27th-28th	Apr	Upton Grey Drama Group, Upton Grey Village Hall	7.30pm

Advance Dates

8th Jun	Fri	Cystic Fibrosis summer drinks The Old Rectory Tunworth	7.00pm
9th June	Sat	Upton Grey Summer fete	
9-10th Jun	Sat/Sun	Alton Abbey Open Days	12noon – 5pm
16th–23rd Jun		Winchfield Festival	
16th Jun	Sat	Summer Music Festival, St Mary's School, Bentworth	
6th-10th Aug		Junior Summer Tennis Coaching, Upton Grey Tennis Club	
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 April for the May issue.

Email: uptongreymagazine@gmail.com. If your item is crucial and time-critical, please also email next month's editor Sheila Stranks Sheila@wellcottagewp.com

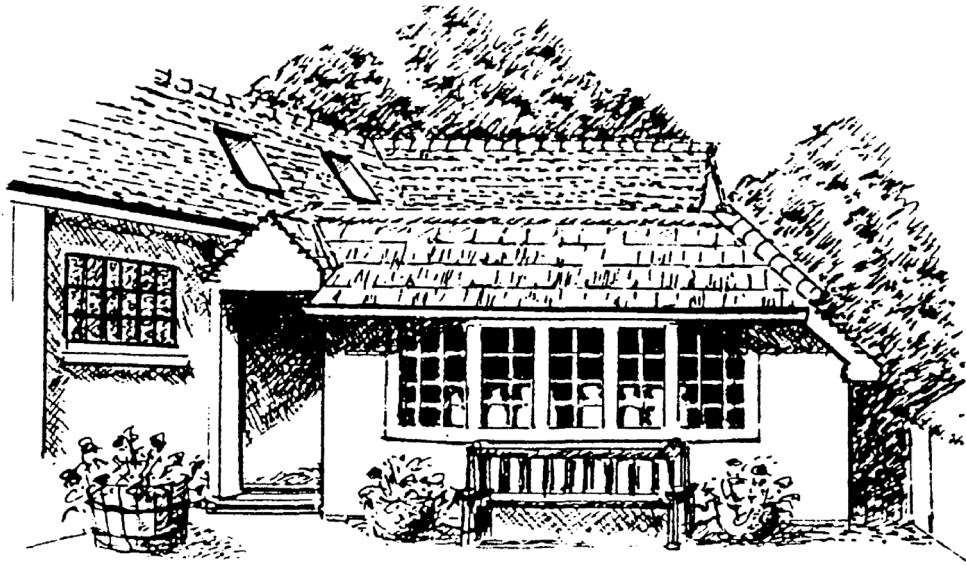
UPTON GREY VILLAGE SHOP and POST OFFICE

Tel: 01256 862326 (Shop), 01256 861454 (Post Office)

shopuptongrey@btconnect.com

"Serving the Community"

"Supported by all who care for Village Life"



THE VILLAGE SHOP

OPENING TIMES

Monday - Friday: 7am - 7pm

Saturday: 7am - 6pm

Sunday: 8am - 1pm

RANGE OF GOODS

Special range of Cheeses
Fresh Bread & Vegetables daily
Fresh Meat & Fish to order
Range of Wine & Spirits
Home Cooked Food
and Delicatessen
Dry Cleaning & Shoe Repairs
Newspapers
Home Delivery Service

THE POST OFFICE

OPENING TIMES

Tuesday: 1.30pm - 3.30pm

Thursday: 1.30pm - 3.30pm

SPECIAL SERVICES

Personal Banking
Pre-order Foreign Currency
Travel Insurance
Pensions and Benefits Payments
Special Deliveries
Home, Car and Pet Insurance
Savings Products
Telephone Bill Payments