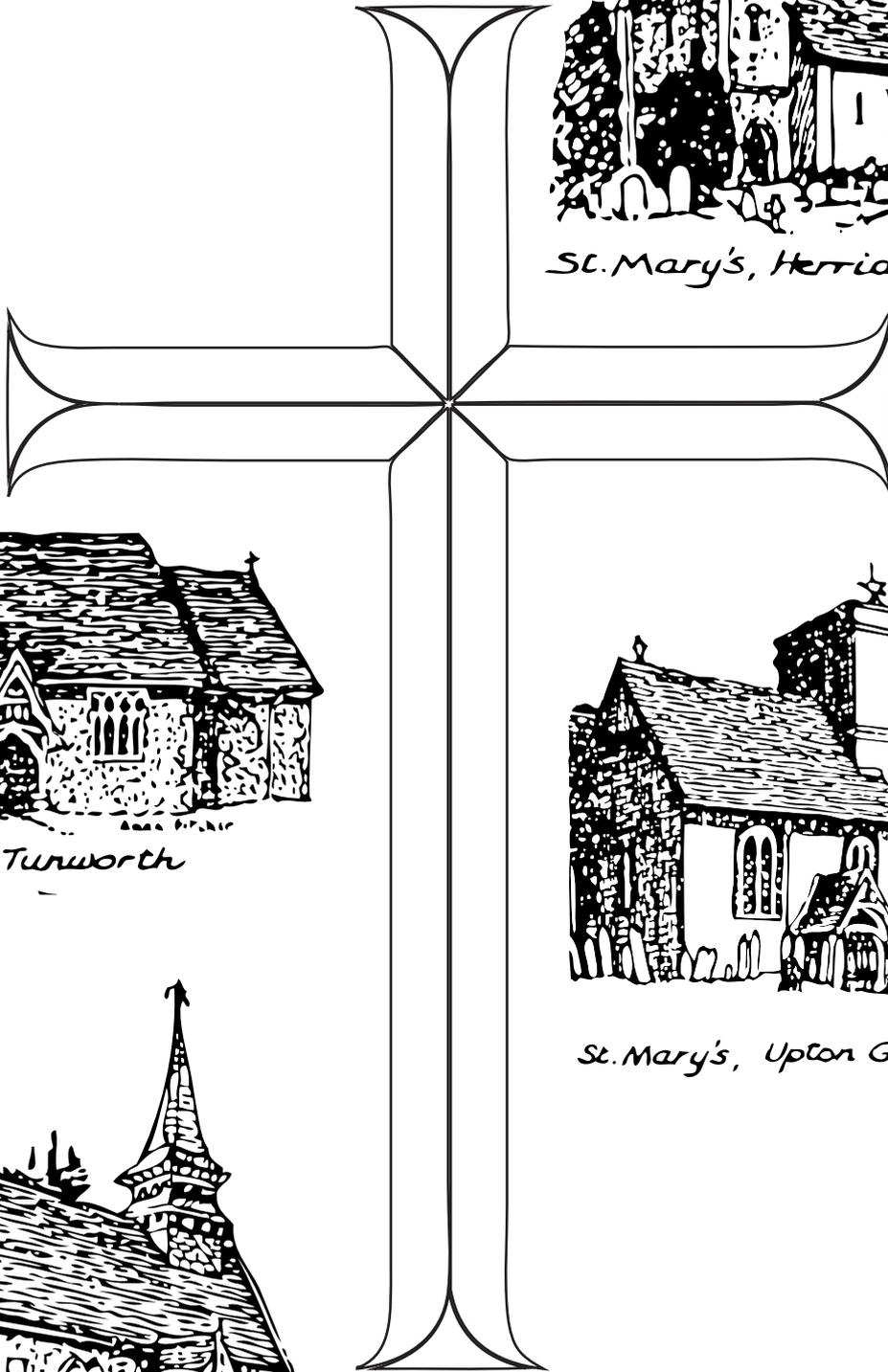


PARISH MAGAZINE



St. Mary's, Herriard



All Saints, Turworth



St. Mary's, Upton Grey



St. Lawrence, Westcott Parvick

December
2018

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BENEFICE MAGAZINE – December 2018

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

A letter from the Benefice Ministry Team

Dear Friends,

We are becoming increasingly familiar with press reports about the state of our nations mental health and particularly in regards to loneliness. Research by the British Red Cross suggests over 9 million people, almost one fifth of our population are always or often feel lonely with almost two-thirds, 6 million people, who feel uncomfortable admitting it. Loneliness is often heightened over the Christmas period. Perhaps the memory of how it used to be? Happy family celebrations with loved ones who are now just simply not around?

Most of us thrive when we are in a loving relationship with others, with family or friends. The God of Christianity is a God of relationship and this is never better witnessed than in the Christmas story of the birth of Jesus, Son of God. God desires a relationship with all, with those who seem successful, and with those that find life challenging or who struggle to do the right thing.

Over this coming year keep your eyes peeled for advertised events we will be hosting, initiatives that are open to everyone. I am hoping that together and with All Saints Odiham and the other churches in our Benefice we will be part of the solution to tackling the problem of loneliness in this community.

And you can also help? If you have good ideas to tackle this issue please call me. (01256 703220) I will be so happy to hear from you.

God bless, and may you have a happy Christmas and peaceful New Year.

Love Alison

Parish Priest Odiham

FROM THE REGISTERS

Baptism

Joseph Chapman at St Mary's Upton Grey on 21st October

Corey Dedman at St Mary's Upton Grey on 21st October

Cremation

Geoff Webb at Basingstoke Crematorium on 14th November.

CHURCH NEWS

Adult Choir

The Adult Choir will meet for their practice at **8pm** on **Wednesday 5th December** and then again, on **Tuesday 11th December** also at **8pm**.

Advent Carol Service: 6pm 2nd December at St Mary's Herriard

This is a lovely service and is followed by stunning refreshments. It includes a mix of thoughtful readings, glorious songs and soloists and is a fantastic way to start Advent. All are welcome.

Christingle Services

Our two Christingle services this year are both at **4pm** at:

St Mary's church Upton Grey on 9th December

St Mary's church Herriard on 16th December

See the Children's section for details about christingle-making.

Carol Services

Saturday 15th December 5.00pm at Weston Patrick.

Archdeacon Richard Brand is coming to preach, followed by refreshments in the village hall.

Sunday 16th December 6.30pm at Upton Grey

Sunday 23rd December 4.00pm at Herriard

Christmas Day 25th December at 11.00am at Tunworth

Christmas Eve

4.00pm Nativity Service at Upton Grey and

11.30pm Midnight Communion at Herriard.

Christmas Day

9.00am Weston Patrick – Holy Communion with carols

9.45am Herriard Family Service

10.00am Upton Grey Family service

11.00am Tunworth Family Carol service.

Please note that on Sunday 23rd December, there is no service in Upton Grey or Weston Patrick, but there will be a 9am Family Service in Tunworth and the 4pm Carol Service in Herriard.

As usual on the Sunday after Christmas, **Sunday 30th December** there will only be one service in the Benefice: **10:30am at St Mary's, Mapledurwell**. It will be a service of Communion and all are warmly invited.

The next **10.00am Thursday Holy Communion service in Herriard** will be on **17th January** as there is no service in December. All are welcome to this informal, friendly and relaxed service, which is followed by refreshments.

New teatime service – starts with a bang!

Find out more in the children's section.

Remembrance Sunday Collection at St Mary's Upton Grey

It was decided that the collection at the Remembrance Sunday service at St Mary's Upton Grey should be donated to the Royal British Legion (RBL). The congregation, which numbered more than 130, was very generous, and £517 was raised for the RBL.

School of Theology – an autumn course

Wednesday 5th December, at the Shoot Lodge, RG25 2NB 7.30pm

This is a last chance in this series for anyone to come and explore some of the challenging texts of the Christian faith. You do not need to come to all of the sessions, simply come along when you can, bring a bible and any questions you might have. Rev Dr Tim Long will lead the sessions and the subjects for the weeks we have left are:

Genesis 3 Two trees, one snake and sin.

Genesis 22:1–19 When God calls: Abraham and the sacrifice of Isaac.

Job 40:1–5 and 42:1–6 A penitent Job?

John 4 The Samaritan Woman: social outcast or apostle?

For more information, contact Rev Helen O'Sullivan

(nhdbupcurate@gmail.com or 01256 765496)

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

Our next practice will be **9.15am Sunday 2nd December**, for singing at our Family Communion at **10am**.

New Tea-Time Service – starts with a bang!

In September, we piloted a new teatime service held at St Mary's Upton Grey but open to all 12 parishes. The service has been a resounding success with over 100 people coming to our October light service.

The service includes a sandwich tea for the children and a drink for the adults and a short all-age time of worship. It is open to all ages from the very young to the very old and if you have not yet dropped in you would be more than welcome. We will be meeting at **4.30pm St Mary's Upton Grey on 27th January** and at the same time on the 4th Sunday of each month thereafter.

Christingles

Our two Christingle services this year are both at **4.00pm:**
St Mary's church, Upton Grey, on 9th December
St Mary's church, Herriard, on 16th December

We are planning to hold the Christingle-making just before the services, so that the children can make them together, with the help of parents or carers if needed, and then carry them into church. This is a fun activity for the children before they go into the service and you are warmly invited to come. (Please note: oranges etc will be provided.)

In Upton Grey on **9th December**, Christingle-making will be in the village hall and will run from **3.15pm**.

In Herriard on **16th December**, Christingle-making will take place at John and Sara Jervoise's house, Herriard Park, at **3.15pm**.

If you are unable to get to the Christingle-making part, we will have some ready-made oranges in church.



Nativity Service – St Mary's

Upton Grey, 24th December at 4.00pm

This service is great for all the family. We re-tell the story of the nativity and invite the children to come dressed up to take part (or watch!) as one of the following: wise men, shepherds, angels, stars or animals.

Christmas

And on Christmas day, we have family services as follows:

St Mary's Herriard at 9.45am

St Mary's Upton Grey at 10.00am

All Saints, Tunworth at 11.00am (Family Carol Service)



NEWS FROM THE VILLAGES

Local Police Report

Dear Residents,

I am seeking any information about the burglary of the Upton Grey shop between 2:15 and 2:30 am on Armistice Sunday of November 11th 2018, I ask if anyone saw or heard anything suspicious during that night to please give me a call, likewise if you have CCTV that covers parts of the village, if you could please check the recording for the relevant periods. On the same night, I have linked another incident to the above when four cars were entered at Herriard, two via an unknown electronic device, which opened the keyless vehicles. I have issued information via the local Neighbourhood Watch as to precautions that can be taken to assist within the prevention of such crimes.

I also wish to make residents aware of two house burglaries in not too far away, Oakley. In one, the homeowner's car was stolen and in the second the burglars have placed an article through the letterbox and pulled the door handle, which opened the door! This type of entry is preventable, simply place a cover over your letter box, lock the door so even with the handle, it will not open or just take the handle off and turn it around to opposite the normal way of opening.

On many plastic external doors the letter box is in line or not far from the lock and handle so please be aware that some burglars will actually place their arm through a letter box to open the door, other things I have known used, include a fishing rod used to 'catch' keys left on the unit etc. in the hall way where people often place their keys when they come in so they know where they are. Some burglars have actually devised a tool for opening doors from the outside using the handle on the inside by putting it through a letterbox.

As Christmas is approaching at an alarming speed I wish to remind all residents to please take extra care on the security of your homes and property. In Herriard two cars were broken into during the night of Sunday November 11th when the thieves used an electronic device to open secure cars and steal property from within, please take all valuables out. A similar crime took place in Brown Candover recently. I wish to thank everyone who attended the recent Crime Prevention Evening held at the Preston Candover village hall and hope you gained

something from it, if you were unable to attend but would like crime prevention information to help protect your home and property then please give me a call direct.

In the February edition of this magazine I will provide a breakdown of the crime of 2018 within your parish. At the time of writing this in November, crime across the whole area is slightly down. This may be due increased awareness that whilst we do live in a wonderful area we are very susceptible to being a victim of crime due to our close proximity to a large urban expanse and a good motorway network.

I wish you and your families a very happy and peaceful Christmas. Please also don't drink and drive and remember you may still be over the legal limit in the morning from the night before. The Police annual drink drive campaign will be starting soon and morning after drivers will be targeted.

Happy Christmas and thank you as always for your support
Andrew REID, Local Constable PC 3746, Rural Beat Officer, Police Office, Preston Candover DD: 01256 389050, HQ: 101
Mob: 07768:776844 email: andrew.reid@hampshire.pnn.police

Latest News from Long Sutton Church of England Primary School

Thank you to those families who came to one of our open events for YR September 2019. The application window is now open and online applications can be made at:

<https://www.hants.gov.uk/educationandlearning/admissions/applicationprocess/yearrantyear3>. The deadline is 15th January. Over recent years, we have always been able to offer a place to families who have chosen our school as their first choice. If you have not yet visited or would like to arrange a second visit, please contact the school office and I would be delighted to show you around.

We are getting ready for Christmas with our Christmas Fair on 1st December 12 – 2pm and then a steady stream of various Christmas activities through December. Our Junior Choir will be performing all around the local community: Sunflower Café in Odiham; ‘Tea @ 3’ in Long Sutton Village Hall; an RAF Odiham Carol Service; South Warnborough Tea Party. In addition, we are looking forward to our school Christingle Service at the end of term.

Rehearsals for the YR, 1 & 2 nativity are well underway – the children will be performing ‘Hey Ewe!’ I know I shall be writing to you in the next edition about how fabulous they were!

On behalf of the staff, children and Governors of our school, I would like to wish you all a very Merry Christmas.

Desperately seeking new executive directors to run Country Watch.

Country Watch was founded in 1973 to protect our Area. Its purpose under the constitution is to consider any developments or proposals which may adversely affect the environment and catchment of the Loddon, Lyde and Whitewater river valleys, (“the Area”) protect the rural environment, prevent the loss of natural amenity within this Area, campaign and lobby on issues which affect the environment and way of life within the Area and to remain non-party political at all times. We are in debt to a “few good men” for the enormous work they have done for us. Maurice Chapman, Harry Mansfield, Alan Read, Nigel Bell and the late Dr Alan Gibberd have worked tirelessly for our community for 30 years. They have been outstanding executive members and we thank them from the bottom of our heart. Sadly they will step down on 21st January 2019. If no replacements are found then Country Watch will be

dissolved on that same date. Please spread the word. Please help us find some new Executive Directors to take the baton. Our Area continues to be under great threat from development. Country Watch was founded under the threat of dual carriaging the A33. This grave threat has re-emerged and remains very real today. There is a reference to the possibility of upgrading the A33 as an integrated corridor with an eastern by pass in the latest draft of the Basingstoke Transport Strategy Consultation produced by Hampshire County Council. This would make Basingstoke a dormitory town for Reading. This consultation will be launched at the end of November 2018. Your Area needs you! Please help protect our Area and save Country Watch. Contact Onnalee Cubitt 07762 067 411 as soon possible.
Email onnaleecubitt@icloud.com

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

Village Hall 100 Club December Draw

First prize £100: No 85 Mrs. C. Gath

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 any time, please contact Caroline James on 862480 or Brian Thrussell on 862819. Many thanks for your continued support. Be lucky!

Tea@3 Christmas Party

We are holding our Christmas Tea@3 on **Thursday 13th December** in the Village Hall at Upton Grey. We do hope you will come along and join us to sing some carols and enjoy some festive fare! Could you please let one of us know in good time if you would like to come as we need to know the numbers in advance and, if you need a lift, this can be arranged. We hope to see you all in December!

Barbara 862627, Jill 862131, Viv 862455

Upton Grey Autumn Festival

Many thanks to all sponsors, helpers and attendees for making this year's Autumn Festival another great success. Special thanks to Fallon & Chris and all the Hodd team for their great support, Marcel van Poecke for the use of Hoddington Park, the Janaway family (aka Newlyn's Farm Shop), Michael Churches Bell Ringers and, of course, Linda Webb's amazing (Merlin) fireworks.

The afternoon's events attracted the normal large crowds with over 50 children competing in both the Halloween Fancy Dress and the Silent Disco competitions. The marquee was full again in the evening with Gary Sharman providing some excellent music.

The prime purpose of the day is to provide a great autumn event for the families and especially the youngsters of the Upton Grey Benefice. We also like to provide a surplus to go to St. Michael's Hospice who provides a dozen volunteers to man the afternoon stalls. This year we will be donating our profit of £1,616 to the Hospice.

All our profit is generated by the afternoon's events but despite a price rise to £7.50 for an adult ticket the fireworks evening still makes a loss.

However, because of the support of our very generous financial sponsors, we will continue with our policy of “kids go free”.

We had a good display of Guy Fawkes around the village again and photos of the Guy Fawkes and the afternoon and evening events are posted on our web site, www.uptongreyautumnfestival.co.uk together with detailed results.

So be sure not to miss next year’s Autumn Festival and put it in your new diaries for Saturday, 26th October 2019. **Roger Clark**

Winter Shopping Night

Child's Trust was privileged to be the chosen charity for Solo Mia's fashion show at Upton Grey Village Hall on Thursday 8th November, when the sum of £286.00 was raised. It was so good to be able to share a little of what we have been able to achieve over the last 19 years. From our humble start of helping just 10 children, to now supporting 3 Houses of Hope, where total orphans are given a new family, amazing places to be part of; as well as 4 schools that help the very poor children have an amazing education, which then helps their parents out of the poverty they were in. For more information, please look at www.childstrust.org.uk.org.uk. We are looking forward to our 20th anniversary May 2019. If you would like more details please call us on 01256 324328 or email Julie at julie@childstrust.org.uk Sue Naegeli

Upton Grey Bridge Club

In December, we will push the boat out and have a **Christmas Dinner at the Hoddington Arms on 3rd December**, better halves welcome.

If interested in joining, please contact Peter Haynes on 862433

Upton Grey Village Shop

To remind: The Village Shop is vital for the community and let’s all try to use it as much as possible. With Christmas approaching, think about making the Shop your supplier for at least some of your Christmas dinner requirements. How much more convenient could it be than to pop to the Shop just before Christmas Day to pick up your fresh turkey, vegetables and all the trimmings? No need to jostle with the crowds in the supermarkets – just collect your order! Look out for order forms in the Shop nearer the time.

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Save the Date – Safari Supper Saturday 9th March 2019

The Safari Supper is a long-standing fundraiser for St Mary's Church and a sociable community event. For the sum of £12.50 per head, you travel the village for a 3-course meal (providing one of the courses at your home). Come and join in the fun! Look for your form in the

January edition of this magazine.

Julia Harker 862975 & Vivian

Raven 862278

RNLI concert – date for your diaries

Just a quick heads-up that we are planning to run another concert for the RNLI this coming spring after everyone seemed to enjoy last year's so much. Date has just been set for Saturday 30th March 2019, kick off probably 7.00pm.

Dave n Cas

Village shows – dates for your diary

Our Spring Show 2019 will be held in Upton Grey Village Hall, on **Saturday 6th April** and the Summer Show in Church Meadow on **Saturday 10th August**. So please keep a note of the dates and we hope to see you and your exhibits.

June Hunt, Secretary, Upton Grey & District Horticultural Society

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

Coffee at Home

The next one will be Monday 3rd December, at 10.00, with Michelle at Southrope Farmhouse, Back Lane, Herriard (381227). Everyone welcome! Let's get this going around the village. We are happy to help and we have volunteers to give lifts. Please contact Michelle if you would like transport.

Herriard Sports Club Christmas Draw

The sports club draw and festive 'pub' quiz will be held at the Owen White Pavilion, Herriard Green on Saturday 8th December at 7.30pm. All welcome to come and join in. Licensed bar and 'free' bread and cheese supper. Hope you can come!

Nick White

Herriard Village Christmas Meal, Fur and Feathers, Tuesday 18th December, 7 for 7.30pm

The Herriard Village Christmas Meal is at the Fur and Feathers on Tuesday 18th December, 7 for 7.30pm. 2 courses is £23.95 and 3 courses £28.95. Includes a traditional Christmas Dinner option (turkey, Fran's Christmas Pud) plus many other options including for main courses; fish pie, lamb shank and vegetarian option. There is also a Christmas Dinner vegan menu option. All bookings require a deposit of £10 per person and choice of menu items. The Christmas menus are available to take away or view at the F&F. The menu is also available to view or download <http://theherriardinn.co.uk/wp-content/uploads/2018/08/2018-Christmas-Menu.pdf>. In previous years, there has been more demand than available space, so please book early directly through the F&F. Strictly first come (and booked with deposit), first served. Please contact Fran or her team on 01256 510510. Please support our local village community festive events!

Herriard Harvest Supper on 17th October

Another fabulous Harvest Supper with approx 100 villagers and raising a huge £2,629. Thanks so much to everyone who contributed in particular; the kitchen helpers, the servers, Kate, Gemma, John J, Sarah, those who

brought and bought things; everyone who attended, and of course to our very own 'Chuckle Brothers' Pete and Adrian – the amazingly audacious artistic athletic auctioneers! Lol

Herriard Gardening Club

In early November we tidied up the beds at the allotment. This included harvesting leeks, beetroot and carrots, weeding, digging over compacted soil, and adding leaves to the compost bin and preparations for overwintering Dahlias. In the cutting bed, new Dahlias, Chat Noir and Cafe au Lait, have been flowering abundantly for weeks this autumn until vegetation was blackened by frosts. The stems were cut down to 10cm from the ground. As an experiment to see how they fare left in the ground, three Dahlia plants were covered with a mulch of straw, kept in place by netting to protect the tubers. The remaining tubers were carefully dug up, left in a dry frost-free place for a week to dry. Excess soil was removed and each clump stored in slightly moist, used compost in a cool, dry location. It is important to check the tubers for rotting and drying out. Herriard is an exposed place for tender plants so it will be interesting to see if the tubers left in the ground survive the winter. Our December meeting will be a Christmas social evening hosted by Michelle on December 5th and in January we will get together for a club pub meal. If you would like help in planning a border for cut flowers next year, contact Gill 07766 732783.

Recipe of the month: Nigel Slater's Pickled Quinces -perfect with roast ham

- Enough for 2 medium sized storage jars
- 750ml cider vinegar
- 400g golden granulated sugar
- 3 medium sized quinces
- 12 juniper berries
- 8 black peppercorns
- A bay leaf

Pour the vinegar into a stainless steel pan. Add the golden sugar, juniper berries, black peppercorns and bay leaf and bring to the boil. Turn the heat down to a simmer. Peel, halve and core the quinces, cutting them into six length ways. Add quinces to pan and leave to simmer for 15-25 mins until soft enough to pierce with a skewer. Lift the fruit out and place into clean jars. Pour over the liquor, seal and leave to cool.

Herriard & Lasham with Bentworth WI report

Report of December meeting

On 1st November we had a makeup talk and demonstration by ladies from Boots No 7. Charly and Louisa talked about a routine for skincare and told us about the products used. Most ladies had some applied and we were told how to apply the products and two ladies even had eyebrows!!! Gay thanked the girls.

The next meeting will be our Christmas Lunch at Alton House Hotel, on Thursday 6th.

Our January meeting is a Social at RBL Hall on Thursday 10th, at 2.30pm and we would welcome visitors

Herriard, Lasham & District Royal British Legion

Thank you to everyone who came along to the quiz night on the 10th November. We raised £286 for the British Legion.

Herriard Ex-Services Club - Herriard RBL Hall

Christmas Bingo - Saturday 1st December. 6.30pm for a 7pm start. Prizes for one line, two lines & house. Filled rolls for sale at half time. For more info, check out our facebook page. **Jenny Falconer**

Lasham Gliding Society winter talks 2018/19

We are arranging another really good season of Saturday evening events again this winter with something offered on most Saturday early evenings. Most events will be free of charge, unless stated otherwise and you do not need to be a member at Lasham to attend. Non-members are also most welcome. Some dates and talks might change and some are not yet fully arranged but listed below is the list of talks for the rest of 2018. Future talks will be published in subsequent magazines.

Saturday talks will usually commence at 6.00pm and will be held in the Brown Elephant briefing room at Lasham. Although most of the events are free of charge it is customary that a silver collection is made at the end of each talk for the Lasham Trust or other deserving cause of the speaker's choosing. Dinner will be available in the restaurant afterwards. Booking is advisable at thegoldenglider@outlook.com. Or 384910. The bar is also available to members and visitors at all times.

Lasham Gliding Society's address is Lasham Airfield, Avenue Road, Basingstoke, Hants, GU34 5SS. Telephone 384900. All events are

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

Saturday 1st December: 4.00pm Lasham Gliding Society SGM followed at approx 6.00pm by a screening of *Airborne* the movie by young filmmaker Joanna Beard. The SGM will be for members only but members and visitors will be most welcome to attend the screening of Joey's film that focuses on the early days in the flying career of a young girl at Nympsfield.

Saturday 8th December: A talk by Captain John Mankerty RN (Retd) on the collision between HMS Swiftsure and HMS Diamond in 1953.

Saturday 15th December: Lasham's traditional Christmas dining in night. Members and guests are welcome. This will be a ticketed event and bookings will be taken by the Golden Glider nearer the time.

Saturday 22nd December: No Lasham event will be organised.

Saturday 29th December: No Lasham event will be organised.

More info to follow. We hope to see you at some of these events.

Jane Nash and Mike Philpot

...AND OTHER IMPORTANT THINGS

Christmas Shopping Day at Katherine Jane

Katharine Jane in Fountains Mall, Odiham will be hosting an Exclusive Christmas Shopping Day on Wednesday 5th December 9am-8pm. Come and buy your Christmas presents and enjoy a glass of prosecco and a mince pie. We will be donating 10% of the day's takings to Victoria's Promise a local charity that supports young women through cancer.

The Nine Tailors by Dorothy L Sayers

The Hampshire Theatre Group in All Saints' Church Odiham is performing a dramatization, by David Gallop, of *The Nine Tailors* on:
Friday 25th January at 7.30pm

Saturday 26th January at 2.30pm and

Saturday 26th January at 7.30pm.

It's an atmospheric murder mystery set in the snowy Fens at New Year in the 1930's, with bell ringing as a central theme. The play involves the All Saints' bell ringers and church choir, with Malcolm Archer playing the organ. Tickets are £12 and available from

hampshiretheatregroup@outlook.com, or by calling 01256 704916 or 0781

Orchestral concert, All Saints' Church, Odiham

Local orchestra, the Deane Sinfonia will be performing a varied selection of classical music on Saturday 1st December, at 7.00pm, in All Saints Church, Odiham. The programme includes Dvorak's New World Symphony, and the beautiful Elgar Cello Concerto. Tickets £10 each to include a glass of wine, available from Trees Newsagent, Hook, and Fountains Mall coffee shop, Odiham, or on the door.

North Warnborough and District Garden Club

We do not hold a Garden Club meeting during December, so our next meeting will be on 24th January. In the meantime, the members of the Committee would like to take this opportunity to wish all our members a very enjoyable Festive Season.

For further general information about the Club, please telephone 01252 843848.

Alton Rock Choir Christmas Concert

Get into the festive spirit at the Alton Maltings on Thursday 13th December 7 for 7.30pm. Tickets £12.00 to include mulled wine and mince pies

Camrose Centre, Basingstoke

The Camrose Centre provides short-term relief in the form of food, shelter and washing facilities for homeless and vulnerably housed people in the Basingstoke area. It costs £40,000 a year to run. If you can donate, please go to localgiving.org/charity/Camrose/. You can also give helpful items (e.g.; clothes, non-perishable food), or you can volunteer. Please contact Claire Simpson, Manager, Tel: 327858, www.thecamrosecentre.org, Glebe Hall, Church Square, Basingstoke, RG21 7QW.

Cardiac Rehab Charity Collection Days and Fundraising

Could you spare an hour or two to hold a tin at one of the following collection days?

Sunday 2nd December – Alton Sainsbury's – 10am-4pm

Monday 10th December – Alton Sainsbury's – 10am-4pm

Thursday 20th December – Tesco in Chineham – 10am-4pm

If you can help, please telephone the Cardiac Rehab Centre reception on 01420 544794 to sign up. Please note if you do volunteer at a collection day, it will involve standing for about one hour or more.

With over £1.4 billion spent across Black Friday weekend, it's a great opportunity to raise money for the Basingstoke & Alton Cardiac Rehabilitation Charity with every online purchase you make and its completely free! If you use easyfundraising when shopping with retailers such as Amazon, Argos, John Lewis, ASOS, Bokking.com, eBay, Boden and M&S, these companies will make a small donation to say thank you. To find out more please log onto

www.easyfundraising.org.uk/causes/cardiacrehab/. Thank you!

Odiham & Old Basing Health Centres Patient Participation Group

Flu, caused by the influenza virus, occurs each year over the winter months, usually December through to March. Unfortunately, some years the flu season is worse than others. Most people recover over 7-10 days but some people (especially the young, the old, pregnant women, or those with long term health conditions) can be particularly vulnerable and may more severely affected.

Flu symptoms

Symptoms come on quickly and can include:

- a sudden fever – a temperature of 38C or above
- aching body
- feeling tired or exhausted
- dry, chesty cough
- sore throat
- headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea or being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

Telling the difference between cold and flu:

- | <i>Flu</i> | <i>Cold</i> |
|--|--|
| <ul style="list-style-type: none"> • Appears quickly within a few hours • Affects more than just your nose and throat • Makes you feel exhausted and too unwell to carry on as normal | <ul style="list-style-type: none"> • Appears gradually • Affects mainly your nose and throat • Makes you feel unwell, but you're OK to carry on as normal (for example, go to work) |

How to manage flu

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)
- antibiotics don't work for flu (as antibiotics are for bacterial infections, not viruses)

Your pharmacist can give treatment advice and recommend flu remedies but be careful not to use them if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose. Speak to a pharmacist before giving medicines to children.

Call NHS 111 or speak to your GP if:

- You're worried about your baby or child's symptoms
- you're 65 or over
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- you have a weakened immune system – for example, because of chemotherapy or HIV
- your symptoms don't improve after 7 days/seem to be getting worse

Both services will triage your call to enable you or your child to be seen in the most appropriate setting at an appropriate time to meet your clinical need and limit spread of the virus.

Call 999 or go to A&E if you:

- develop sudden chest pain
- have difficulty breathing
- start coughing up blood

How to reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

Flu vaccination:

A flu vaccine is available each year and is developed based on the most common strain of flu seen in the previous years flu season.

This year the NHS flu vaccination programme has been rolled out further to include children age 2-3, and then school age children from year R up to and including year 5. Children up to age 18 can also be vaccinated if they have a long-term health condition, for example asthma or diabetes.

Adults under age 65 are eligible for the vaccine on the NHS if they have a long-term health condition, please see the NHS website if you are unsure or speak to your GP surgery. All adults over age 65 are eligible for the flu vaccine free on the NHS.

If you are not eligible for a flu vaccine on the NHS please speak to your local pharmacist as many are offering the flu vaccine for a small fee.

SMALL ADS

Christmas Trees at West Green Fruits

West Green Road, Hartley Wintney RG27 8LP. Open November 24th – while stocks last/or until December 22nd. 9.30am to 4.30pm DAILY inc Monday. Locally grown Christmas Trees, Wreaths, Decorations etc. For information please call 01252 845772 or visit www.westgreenfruits.com

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 Dixeys have retired.)

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

Copy deadline: The deadline for articles and items is *10th December* for the January issue. Email: uptongreymagazine@gmail.com. Next month's editor is David Shearer.

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

CHURCH SERVICES (please also see the weekday services under “Regular Events”)**2 December – The 1st Advent Sunday**

Holy Communion (1662 said)	9:00am	Tunworth
Family Communion (sung)	10:00am	Upton Grey
Holy Communion (1662 said)	11:15am	Weston Patrick
Advent Carol Service (sung)	6:00pm	Herriard

9 December – The 2nd Sunday of Advent

Holy Communion (1662 said)	9:00am	Herriard
Holy Communion (CW sung)	11:15am	Weston Patrick
Christingle (sung)	4:00pm	Upton Grey
Evensong (sung)	5:00pm	Tunworth

15 December – Saturday

Carol Service (sung)	5:00pm	Weston Patrick
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16 December – The 3rd Sunday of Advent

Parish Communion (CW sung)	9:00am	Tunworth
Christingle (sung)	4:00pm	Herriard
Carol Service (sung)	6:30pm	Upton Grey

23 December – The 4th Sunday of Advent

Family Service (sung)	9:00am	Tunworth
Carol Service (sung)	4:00pm	Herriard

24 December – Christmas Eve

Nativity Service (sung)	4:00pm	Upton Grey
Midnight Communion (sung)	11:30pm	Herriard

25 December – Christmas Day

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

30 December – The 1st Sunday of Christmas

Benefice Holy Communion (sung)	10:30am	Mapledurwell
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6 January – The Epiphany

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

13 January – The 2nd Sunday of Epiphany / Baptism of Christ

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

20 January – The 3rd Sunday of Epiphany

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

27 January – The 4th Sunday of Epiphany

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

DATES FOR YOUR DIARY – December 2018

This Month

1st Dec	Sat	Orchestral Concert, All Saints' Odiham,	7.00pm
1st Dec	Sat	Herriard Ex-Services Club, RBL hall, Herriard	6.30pm
2nd Dec	Sun	Advent Carol Service, St Mary's Herriard	6.00pm
3rd Dec	Mon	Christmas Dinner, UG Bridge Club, Hodd	
3rd Dec	Mon	Coffee, at home, Southrope Farmhouse	10.00am
5th Dec	Wed	School of Theology Course, Shoot Lodge Tunworth	7.30pm
5th Dec	Wed	Herriard Gardening Club Social Evening	
6th Dec	Thur	Herriard, Lasham & Bentworth WI Christmas Lunch	
8th Dec	Sat	Herriard Sports Club Christmas Draw, Herriard Green	7.30pm
9th Dec	Sun	Christingle (start Upton Grey village hall)	3.15pm
13th Dec	Thur	Tea@3 Christmas Party UG Village Hall	3.00pm
13th Dec	Thur	Alton Rock Choir Christmas Concert, Alton Maltings	7.00pm
15th Dec	Sat	Weston Patrick Carol Service	5.00pm
16th Dec	Sun	Christingle Herriard (start Herriard Park)	3.15pm
16th Dec	Sun	Upton Grey Carol Service	6.30pm
18th Dec	Tue	Herriard Christmas Meal, Fur & Feathers	7.00pm
23rd Dec	Sun	Herriard Carol Service	4.00pm
24th Dec	Mon	Nativity Service, Upton Grey	4.00pm
25th Dec	Tue	Tunworth Carol Service	11.00am

Advance Dates

10th Jan	Thur	Herriard & Lasham, Bentworth WI Social, RBL Hall	2.30pm
17th Jan	Thur	Holy Communion Service, Herriard	10.00am
25-26th Jan		Nine Tailors Play, All Saints Church, Odiham	
9th Mar	Sat	Safari Supper, Upton Grey	
30th Mar	Sat	RNLI concert, Upton Grey Village Hall	7.00pm
6th April	Sat	Spring Flower Show, Upton Grey Village Hall	
10th Aug	Sat	Summer Show, Church Meadow, Upton Grey	

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 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

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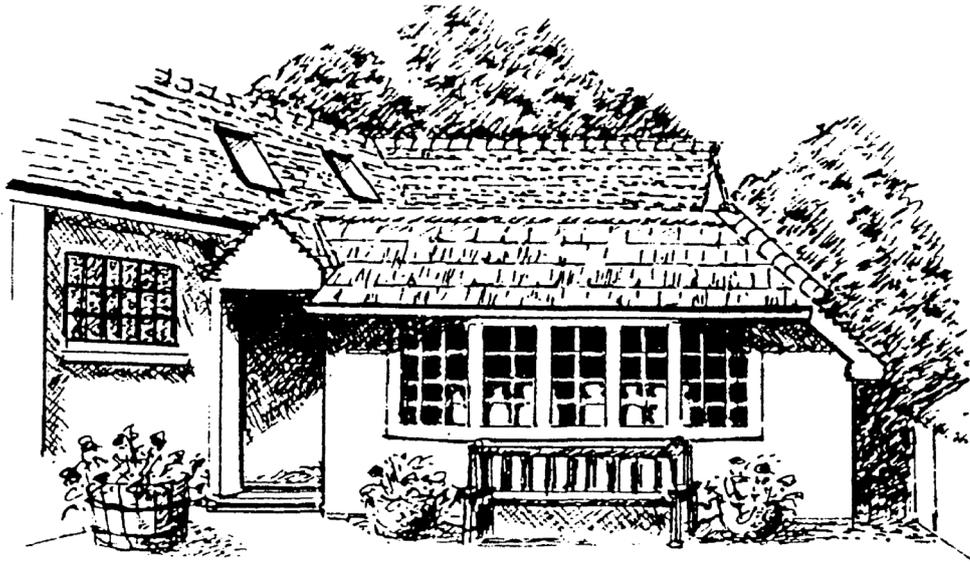
UPTON GREY VILLAGE SHOP and POST OFFICE

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
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Home Delivery Service

THE POST OFFICE

OPENING TIMES

Tuesday: 1.30pm - 3.30pm

Thursday: 1.30pm - 3.30pm

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Home, Car and Pet Insurance
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