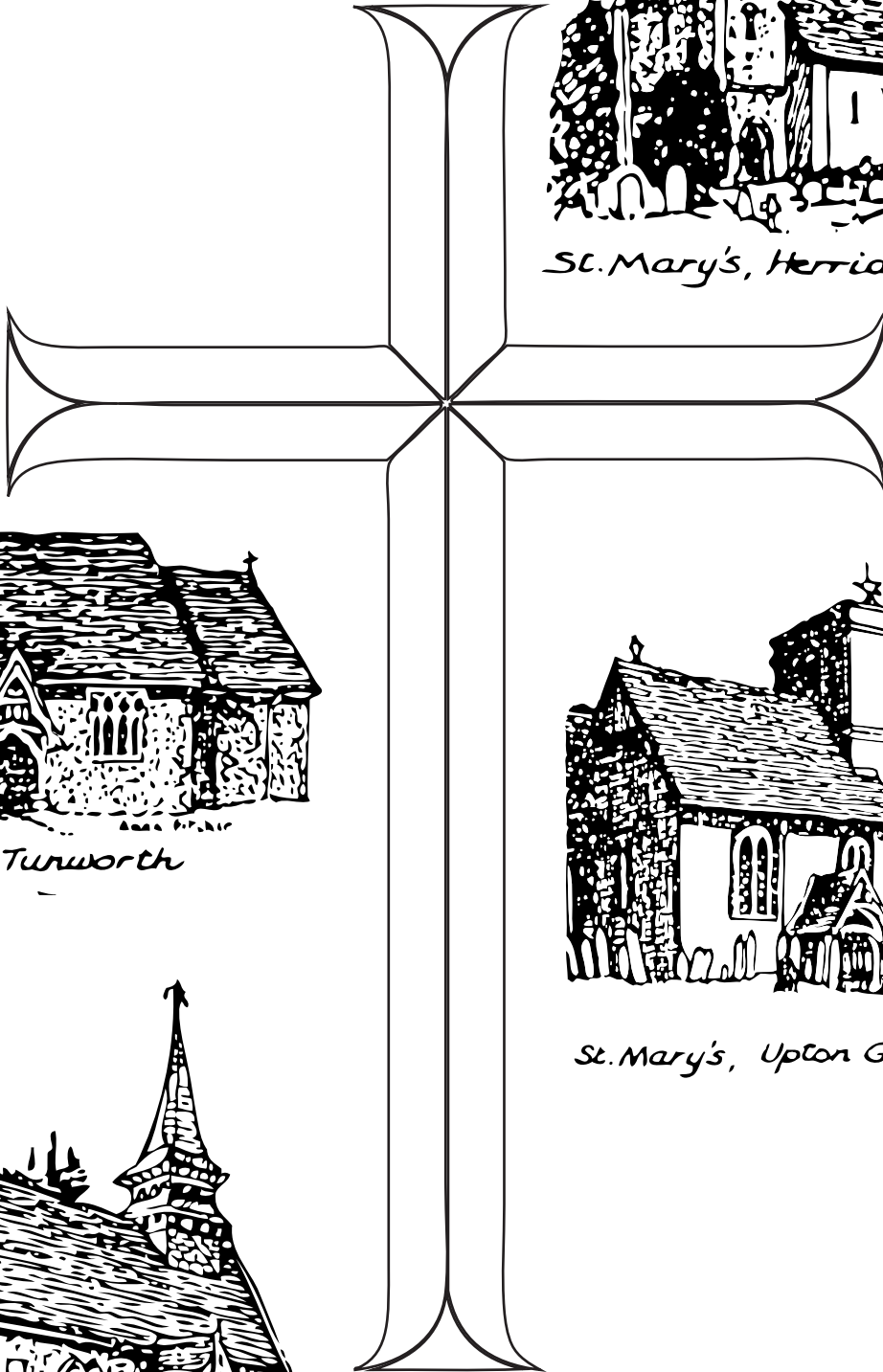


PARISH MAGAZINE



St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Weston Patrick

January
2021

USEFUL CONTACT DETAILS

Benefice Rector Simon Butler 01256 861706
simon@moretolife.church
Parishes' email address admin@moretolife.church

Licensed Lay Ministers Jill Lestrille 01256 862131
Alan Hoar 01256 395077

Church Wardens

Herriard/Winslade John Jervoise 01256 381723
Fiona Ives 07867 973266

Tunworth Mark Ruffell 01256 346148

Edwina Spicer 01256 471271

Upton Grey Sarah Barnes 01256 861164

Geoffrey Yeowart 01256 861218

Weston Patrick (vacant) - - -

Elected Representatives

Borough Councillor Mark Ruffell 01256 346148
cldr.m.ruffell@basingstoke.gov.uk

County Councillor Anna McNair Scott 01256 476422

Member of Parliament Ranil Jayawardena 0207 219 3000

(Phone for your MP Surgery Appointments) ranil.jayawardena.mp@parliament.uk

Parish Chairmen

Herriard Gareth Davies Chair@herriard-pc.gov.uk

Tunworth David O'Donnell 07831 631455

Upton Grey Charles Holroyd 01256 862127

Weston Patrick/Corbett Peter Stemp 07470 251008

Winslade John Raymond 01256 381203

PC Andy Reid

Main local 01256 389050

Mobile 07768 776844

Neighbourhood Watch

Herriard Rebecca Wills herriardnhw@btinternet.com

Upton Grey George Hillier georgeandray@uptongrey.uk

Powtley Copse Jill Burry jill.burry@btinternet.com

Tunworth Sarah Whitcombe swhitcombe@hotmail.co.uk

Weston Patrick/Corbett David Don davidtwdon@gmail.com

Parish Magazine

Editors Tess Chevallier 01256 862636

David Shearer 01256 320538

Sheila Stranks 01256 862465

Ian Lansley-Neale 01256 381380

All editors' email: uptongreymagazine@gmail.com

KidsZone Helen Chatfield 07540 140228

Treasurer William Maughan 01256 861371

Advertising & Production Susie Vereker 01256 862365

uptongreymagazine@gmail.com

Distribution Jane Hanbury 01256 862681

BENEFICE MAGAZINE – January 2021
Edition for the Parishes of Herriard with Winslade, Tunworth,
Upton Grey and Weston Patrick

Letter from the Ministry Team

At this time of year many of us get huge enjoyment from crosswords, puzzles, quizzes etc. They are fun, make a good change from television and sometimes result in learning something new. So, here is a question - what do you know about Miss Haskins? Miss Minnie Louise Haskins? Is she a character in a novel? Is she someone you might have met on a holiday or seen interviewed on television? None of these.



Minnie Louise Haskins was born more than 100 years ago. She had a strong Christian faith, and lived that out firstly as a missionary in India and, following a return home because of ill health, secondly as a pioneer in industrial sociology. She studied at the London School of Economics, achieving academic distinction, and continued as a lecturer and tutor for many years. But her fame does not rest on this success.

Throughout her life Minnie Haskins wrote poetry, much of which arose from her religious life and experience, and some of this was published in 1912. It is uncertain which member of the Royal family became aware of these poems - it seems likely that it was the Queen as a very young princess who showed them to her mother, who in turn encouraged her husband George VI to use one of them in his speech to the nation on Christmas Day 1939.

This was a difficult and dark time for the country. War had been declared earlier in that September, the armed forces were mobilised, but nothing seemed to be happening. This was the time of the ‘phoney war’, and the future seemed very uncertain and fragile. The onus was on the King to change the mood of the nation from anxiety and inertia to one of confidence and determination. At the end of his speech he read the following poem:

And I said to the man who stood at the gate of the year: “Give me a light that I may tread safely into the unknown”. And he replied “Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way”.

It seems to me now that, as we emerge from such a difficult year, we need to find courage and confidence to move into the next year, 2021. We

cannot know what it will bring, but then the future is always new and uncertain and unknowable. A little child sets out on a walk and comes to a busy road; his companion says “hold my hand and we will cross together”. The child places his hand in the other’s, and as he does so he feels confident and safe.

We are at the ‘gate of the year’. Let us place our hands in the ‘hand of God’ who is our Father who loves each and every one of us. Jesus told us that God knows and loves the whole of us - body, mind and spirit. As a child trusts his parent, so we can put our trust in God our Father to be with us wherever the future may take us.

Minnie Haskins gave this title to her poem - GOD KNOWS.
With every good wish to all who read this for a happy, safe and joyous New Year.

Jill Lestrille (Licensed Lay Minister)

CHURCH NEWS

January services (government restrictions permitting)

The January services in this group of churches are as follows:

Sunday 3rd January

9.00am **Herriard** - Holy Communion (Book of Common Prayer)

9.00am **Tunworth** - 1662 Morning Prayer

11.00am **Upton Grey** - Family Service

Sunday 10th January

9.00am **Weston Patrick** - Holy Communion (Common Worship)

11.00am **Herriard** - Family Service

5.00pm **Tunworth** - Evensong

Sunday 17th January

9.00am **Tunworth** - Holy Communion (Common Worship)

11.00am **Upton Grey** - Holy Communion (Common Worship)

Tuesday 19th January

10.00am **Upton Grey** - said BCP Holy Communion

Thursday 21st January

10.00am **Herriard** - said BCP Holy Communion

Sunday 24th January

9.00am **Herriard** - Holy Communion (Common Worship)

9.00am **Tunworth** - Family Service

11.00am **Upton Grey** - Family Service

5.00pm **Weston Patrick** - Evensong

Sunday 31st January

10.00am **Upton Grey** - Holy Communion (Common Worship)

Services online or telephone based

With some parishioners not in a position to attend church services, the streamed traditional Sunday service is continuing. It is available from 9.15am – search YouTube for ‘North Hampshire Downs Churches’.

In addition to streamed services, the Church of England has established ‘Daily Hope’, a telephone line offering music, prayers and reflections as well as full worship services from the Church of England. The line, which is available 24 hours a day on 0800 804 8044, has been set up particularly with those unable to join online church services in mind.

Private prayer

Many of the twelve North Hampshire Downs churches are available for private prayer and quiet reflection at some point during the week. In this group of four churches, **St Mary’s Upton Grey** is open for private prayer from **10.00am to 5.00pm on Wednesdays and Sundays**. (St Mary’s Herriard, All Saints Tunworth and St Lawrence Weston Patrick are not currently open for private prayer.)

If you would like to pray with someone, or ask the clergy team to pray for someone, please email prayer-requests@moretolife.church.

Explore Life, Faith and Meaning – a new Alpha course

There’s never been a better time to do Alpha!

We’re starting a new Alpha course online (using Zoom) in January, and would be delighted if you’d like to join us.

Alpha is a series of interactive sessions exploring the Christian faith in an informal, fun and friendly environment. Each talk looks at a different aspect of faith and is designed to create opportunities to ask questions. Alpha is run all around the globe, and everyone’s welcome.

No two Alphas look the same, but generally they have three key things in common: hospitality, a talk and good conversation. The talks explore the big issues around faith and unpack the basics of Christianity, addressing questions from Who is Jesus? and How can we have faith? to Why and how do I pray? and How does God guide us? The course is free of charge.

Alpha is great whether you’re exploring faith for the first time, or you’ve been going to church for years but want to re-visit some of the foundations of your faith.



Why not join us for the intro evening on **Wednesday 20th January at 8pm**, and see what you think? We look forward to seeing you!

For more info, contact **Revd Chris Dudgeon (01256 702918, chris@moretolife.church)**, one of the local clergy team in the North Hampshire Downs network of churches.



KidsZone

Well, it's been a strange old year hasn't it? Who could have imagined that we would have had months off school, not been able to go on holiday and run out of toilet paper in the shops?! The thing is, we can never be sure what the future is going to be like, can we, and that can be scary sometimes...

I remember as a child my Grandad had a poem hung upon his wall, which I always loved, as it gave me hope for the new year. Can you crack this code to find out what it said? I've given you all the vowels to get you started.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23				16				11						1						10					

I **A I** **O** **E** **A** **O** **OO**
 11 3 23 11 8 17 1 17 12 16 6 23 15 20 12 1 3 17 1 1 8
A **E** **A E O** **E** **E A** **:** **I E**
 23 17 17 12 16 5 23 17 16 1 26 17 12 16 2 16 23 22 5 11 21 16
E A I **A I A** **E A**
 6 16 23 7 11 5 12 17 17 12 23 17 11 6 23 2 17 22 16 23 8
A E I O E U O . A
 3 23 26 16 7 2 11 15 17 1 17 12 16 10 15 9 15 1 20 15 23 15 8
E E I E : **O O U I O E**
 12 16 22 16 13 7 11 16 8 5 1 1 10 17 11 15 17 1 17 12 16
A E A U O U A
 8 23 22 9 15 16 3 3 23 15 8 13 10 17 2 1 10 22 12 23 15 8
I O E A O O . A
 11 15 17 1 17 12 16 12 23 15 8 1 26 5 1 8 17 12 23 17
A E O O U E E A
 3 12 23 7 7 18 16 17 1 2 1 10 18 16 17 17 16 22 17 12 23 15
I A A E A A O
 7 11 5 12 17 23 15 8 3 23 26 16 22 17 12 23 15 23 9 15 1 20 15
A .
 20 23 2

I said to the man who stood at the gate of the year:
 "Give me a light that I may tread safely into the unknown."
 And he replied:
 "Go out into the darkness and put your hand into the Hand of God.
 That shall be to you better than light and safer than a known way."

It's very dark in these winter months, and I often use my phone to shed light on where I'm going, even if it's a path I know very well, but I always feel so much safer when I have someone who knows the way and is wearing thick sturdy boots to be holding my hand, showing me the way and making sure I don't slip, don't you?

We might not know exactly what this year has in store, but I hope and pray it will be full of trips to see family and friends, hugs and happiness! HAPPY NEW YEAR, and I look forward to seeing many of you face to face in the coming months.

Helen Chatfield (Youth Pastor)
youth@moretolife.church
07540 140228



NEWS FROM THE VILLAGES

Police Report from PC Andy Reid

Dear residents,

First may I wish you all a very happy New Year and hope you all had a good Christmas period. As in previous years I will provide an update of parish crime for the communities covered by this magazine in the February edition.

Sadly, during the latter part of 2020, we were not crime free, in fact I am seeking any information on the following crimes in the area of this magazine.

On Thursday December 10th 2020 at 8:15 PM three men were disturbed at a farm on Weston Road, Herriard trying to break into a farm workshop. I am aware that the thieves drove up the byway opposite The Case is Altered, then across growing crops to get to the farm. After being disturbed, they went up Weston Road to Herriard crossroads then over into Bagmore Lane and stole a Daihatsu Fourtrak 4x4 vehicle registration S627VKE; this was attached to a trailer which had a quad bike on it. The trailer was found the following morning at Greywell Mill, but the vehicle

and quad bike have not been seen since. I ask if anyone can assist with sightings as it was only mid evening, or if anyone has door or CCTV cameras, can they please check from say 7:45 through to 9:15 PM to see if anything concerning this incident has been recorded.

Slightly further afield, poachers were very active overnight on November 28th and 29th when substantial damage was caused to fields at Preston Candover. I am aware that similar damage was caused to a field in Green Lane Ellisfield that same night. Between November 28th and 30th similar damage as a result of poaching was also reported at Dummer Grange.

May I also make residents aware of yet another further nasty incident in which two 10-month-old sheep lambs were killed by a dog(s). This happened on Thursday November 26th in a field next to the by-way on Oakhill Lane Preston Candover. Sadly, both lambs died of bite wounds. I am aware that the dog ran through an electric fence in order to get at the sheep. I cannot reiterate enough that this is a very serious matter and I urge all dog owners to please make sure their dogs are under proper control and on leads near livestock. Please be aware that farmers have authority to shoot any dog found worrying livestock on agricultural land. This is the third incident of sheep worrying that I have had reported to me in as many weeks. If you have a dog please keep it on a lead or strict control when near any livestock. Many thanks.

If you can assist me with any information on this or any crime, please call me direct on 01256:389050 – 07768.776844 or email andrew.reid@hampshire.pnn.police.uk as always all calls are treated in strictest confidence.

May I conclude by wishing you and your families a very happy and good 2021. Sincere wishes and many thanks

Andrew Reid, Local Constable

Have an Old Computer? Help a Hardworking Student!

Following up on articles in recent issues of this magazine... The Lions Clubs in our area are running a scheme to recycle old computers, and peripherals like monitors or printers, in support of deserving students and school children. All computers are completely cleaned of all existing data, and then reloaded with Windows 10 Pro, together with a range of free software including Libre Office. The computers are then given to deserving students and school children to aid their ongoing education at this difficult time. We are trying to ensure that no student's home learning suffers because they do not have adequate online access.

Many thanks to all those who have already donated their computers. Over 700 computers (desktops, laptops and notebooks) have been refurbished and donated, which is fantastic - the last time the subject was mentioned in this magazine it was 400. Plus, hundreds of monitors, printers, speakers and other peripherals have been donated. However, because of the high demand, we are in urgent need of more equipment to support students and school children in need.

Do you have a spare computer or computer equipment that we can collect from your doorstep? If so - or if you have any queries - please contact me. I can arrange to collect from you, and the team will then recycle it and deliver it to someone who can really benefit from your generosity. Many thanks.

Alison Barker (Cleves Lane, Upton Grey)
alison12345@btinternet.com 01256 861745
Hart Lions Club (Charitable Trust number 1035726)

Farming News

One of the quieter months on the farm is December, but we will soon be trimming most of the hedgerows around the farm. This will have given enough time for Sloe Gin enthusiasts to gather some Sloe berries ready for their annual batch of Gin making, but, more importantly, for the wildlife to feed on the hedgerow berries and nuts.

On the whole the crops are looking fairly well, grateful for a couple of dry weeks allowing them to get their roots well established. One crop that has suffered this year is the Hybrid Rye that we have down at Weston Patrick. It has been bombarded by 'Frit fly' which lay their eggs in straw and chaff left over after harvest, that then hatch and feed on the following crop that is planted. With the loss of all seed treatments that protect the plant there is nothing we can do but wait and hope that there is enough of a crop left over to take through to harvest. We will assess the damage in the early part of 2021 and make a decision on whether we need to replant a spring crop or not.

The other 'Pests' we have been suffering from of late are the frequent visits from poachers who are driving all over the fields. Especially with the wet weather, they leave ruts and wheel lines all over the fields. So, we are now having to block up gateways and put-up gates and barriers to stop poachers from driving off the road and into and across the fields so easily.

With what seems the second worse topic of 2020 (BREXIT) looming we will be bracing for whatever the first month of 2021 brings for us farmers, but it won't be long before we are be back out in the fields tending

to the crops and prepping to plant our spring crops. Also, with the news of a Vaccine we can only hope that some agricultural shows may be able to go ahead and resume as normal for 2021.

Will Cheyney

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

Upton Grey Village Hall 100 Club Draw

The winning numbers are drawn at the monthly Parish Meetings. The November winners were R. Anscombe, first prize and B Stringer, second prize. If you would like to join please contact **Caroline James or Brian Thrussell**.

Upton Grey Fibre / Superfast Broadband Update

I am delighted to say that we have successfully completed the voucher pledging and validation process and that all residents and businesses of Upton Grey (except for a remaining query with the Little Dean Lane community), Weston Patrick, Weston Corbett, Weston Mark and part of Tunworth will be getting installation of superfast fibre for free.

We beat our pledging target by over 20% and must now wait for Openreach to carry out the installation – hopefully by next Autumn. Thanks to everyone who made this happen by speedily pledging their vouchers.

Roger Clark

Upton Grey Open Gardens Charity Event

I hope to organise another Open Gardens in Upton Grey, preferably the first week of June when the roses are out. If you are able to take part or would like more information, don't hesitate to contact me, I would be happy to let you know the format. It would be wonderful to have some gardens that have not been opened before.

Margaret Haynes

LOCAL DIRECTORY

*(Please take up advertisers' references if necessary.
We must disclaim responsibility)*

ACCOUNTS

AQUILA ACCOUNTING.

Bookkeeping, VAT and Tax for sole traders and small businesses.

Weekly, monthly or yearly.

01256 445225

Wendy@aquilaAccounting.co.uk

www.aquilaAccounting.co.uk

B20 LIMITED – Chartered Certified Accountants.

Accounts and Tax Returns preparation and advice.

Payroll and Book-keeping support for local businesses on or off-site

Call Caroline on 01420 88250 (Alton), mob 07831 696231 email caroline.scull@b20ltd.co.uk

BLACK & WHITE CHARTERED CERTIFIED

ACCOUNTANTS A complete accountancy service for limited companies, individuals and sole traders.

Accounts, taxation, self-assessment, book-keeping, VAT, management accounts, payroll and CIS.

2-3 Stable Court, Herriard Park, Herriard, RG25 2PL.

0800 140 4644. www.blackandwhiteaccounting.co.uk

info@blackandwhiteaccounting.co.uk

ART, FRAMING, GIFTS, JEWELLERY WORKSHOP

THE FRAME Odiham. We frame almost anything - sports medals & shirts, child's art work, keepsakes, certificates, posters, paintings, needlework & textiles.

We're also a gallery specialising in original pictures by local artists, catering for all budgets. *Gifts too.*

81 High Street, Odiham. 01256 701082

theframe@icloud.com

www.theframe-gallery.co.uk

KATHERINE JANE

Gifts for all occasions

Mon-Sat 9.30 am to 5 pm

Fountains Mall, High St, Odiham

01256 703482

JEWELLERY & SILVERSMITHING WORKSHOP

Bench space for experienced makers, and teaching for beginners & intermediates

Please contact Harriet by text anytime 0780

1233966 or email hkw@roundobjects.co.uk

BUILDERS, PLASTERING, DECORATORS, JOINERY, WINDOW/OUTDOOR CLEANING

ANSCOMBE & SONS

Builders & Contractors, Manor Farm Yard,

Greywell Road, Upton Grey, RG25 2RQ

01256 862 995 anscombebuilders@btconnect.com

www.anscombeandsons.co.uk

A CLAY ROOFING offers the following services at the highest standard: roof repairs, new roofs, reroof, rubber EPDM roofs, lead work, fascias soffits and guttering. Please call Adam on 07827011040 for a free quote or email a.clayroofing@gmail.com
Facebook <http://www.facebook.com/a.clayroofing>

R J COUTTS - General Builder and Plasterer.

Call for a free no obligation quote. No job too small!

Tel: 07786543671

rjcoutts@hotmail.co.uk

CUBITT BUILDERS

Kolkinon House, Up Nately RG27 9PD

01256 766939 / 07721 410148

hugo@cubitt.biz www.cubittbuilders.com

GOPHEROWEN SERVICES, External property maintenance, serving Odiham area for over 10 years.

We value our reputation for reliability and quality.

Window and conservatory cleaning. Internal window & conservatory cleaning. We also clean gutters and fascias, patios and driveways. We repair gutters,

patios and sheds. Call 01256 704611

sales@gopherowen.com www.gopherowen.com

GUTTERSNIPE LTD. Gutter cleaning & repairs.

Window & conservatory cleaning. We also clean

soffits & fascias and solar panels. Roof moss

removal. Beam & vaulted ceiling cleaning.

Franchise available, call 07816 780749

01256 830676 / 07816 780749

kevin@guttersnipe.uk.com

www.guttersnipe.uk.com

HOOK CARPENTRY

Your local carpenter and joiner. Bespoke cabinet making for bedrooms & home offices. And much more, for your general carpentry requirements.

Personally designed and handcrafted with over 35 yrs experience. hellohookcarpentry@btinternet.com

www.hookcarpentry.co.uk Tel 07900691605

continued

***Builders, decorators, windows, plasterer
continued***

PETER LINDGREN

Decorating & General Maintenance
Mature professional, references available
Upton Grey 01256 862230
Mobile 0759 3357 009

MICK TOTT CONSTRUCTION

Joinery and Building Contractors of Greywell.
7 Down Farm, Alton Road, Odiham RG29 1QX
01256 703500 info@micktottconstruction.co.uk
www.micktottconstruction.co.uk

ODIHAM JOINERY

Specialist bespoke joinery, windows,
doors, staircases, freestanding furniture
7 Down Farm Odiham Hook RG29 1QX
Email info@odihamjoinery.co.uk
01256 703353 www.odihamjoinery.co.uk

OLD & LISTED

Building renovation, repair and maintenance.
Tel. 07884168279
email: itswellsy@hotmail.com

ANDY TURNER DECORATORS

01256 861 881
email: andy@decorate.uk.net

PJH PLASTERING

All aspects of Plastering, 30+ years' experience. Call
07753588901, info@pjh-plastering.co.uk,
www.pjh-plastering.co.uk/

WESTPORT GREY LTD

Construction - Management - Development
Bespoke building projects
for the discerning client
Tel: 01256 636 511
www.westportgrey.co.uk

CONSTRUCTION & GROUNDWORK SERVICES

OWNER-DRIVER DIGGER CONTRACTOR

Beere and Sons Ltd, 27 Bramblys Close,
Basingstoke, RG21 8UP
Email: nick@beereandsons.com
www.beereandsons.com/digger
Mobile: 07711 266931

CARE & SUPPORT AT HOME

CALIDA CARE, specialists in Live-In Care
Accepting that increasing help with daily living is
needed can be difficult to do. Many worry they will
compromise their independence or wish to remain at
home. Live-In Care is the ideal solution, supporting
you to remain independent while providing full time
assistance, in the comfort of your home. To find out
more: 01256-700991. <https://www.calidacare.co.uk>

CARPET CLEANING

HART CARPET CARE, Est. 1975. Professional
carpet and upholstery care including: cleaning, stain
protection & anti allergen treatments, and flood and
water damage recovery. Contact Tim Marshall on T.
01252 849920 M. 07803168693
tim@hartcarpetcare.co.uk, www.hartcarpetcare.co.uk

CATERING, EVENT EQUIPMENT HIRE

JANE STOCKDALE For all catering requirements
including dinners, lunches, buffets, cocktail parties,
tea parties, Christening parties, After Service
gatherings. Individual dishes, cooking for the freezer.
Specializing in cakes & canapés.
Please call 01252 723161 or 0777 5696918.
email: janestockdale01@hotmail.co.uk

PARTY LINE

Catering equipment hire. China glasses, linen, cake
stands, tables, chairs, BBQ. See website for prices.
01256 469255 07753 639845 www.partyline.co

CHIMNEY SWEEPING

BRUSHSTROKES Chimney Sweep. Wood burning
stove service and repair specialist. Chimney
problems solved. Pots, cowls and bird guards fitted.
GMCS & HETAS reg. Keith Mitchell, Brush Strokes,
The Hunny Tree, Seale Lane, Seale, GU10 1 LE.
01252 783456 www.masterchimneysweep.co.uk

WILKINS CHIMNEY SWEEP - Established 1895.

Traditional Brush & Vacuum Service, Nests
Removed, Cages, Caps & Cowls fitted, Sweeping
Certificates issued. Professional clean service, Fully
Insured and Police Checked. T: 01256 830777
W: www.wilkinschimneysweep.co.uk/basingstoke

CLEANING

CARAT CLEANING SERVICES Ltd. Reliable and Quality Service, High Standards. All domestic household chores. Ironing service, Carpet cleaning, etc. Fully insured. Call KAMILA on 07833445505 for a competitive price. Free quotes. (From £14 p.h.)

TIDY TIME SERVICES offers reliable domestic cleaning and housekeeping services.
For quotes please phone Lucy on 07768639762.
www.tidytimeservices.com

CLOCKS MJW CLOCKS

Antique clock repairs, restoration & sales.
Free local Collection/delivery.
Contact Mike Webb. 01256 862492
07734 817741 www.mjwclocks.co.uk

COMPUTER SERVICES, TV repair (see also TV)

PC DOCTOR Do you have a sick computer?
Computers repaired and upgraded, hardware and software installed, connection to email and the internet. Photograph to CD service.
Contact Andy Pearce 01256 841204
email: pc.doctor@freeuk.com

HOME COMPUTER SUPPORT & TUITION
Friendly, Professional Support for PC & Apple.
Health Checks & Virus removal.
Maintenance & Upgrades. Broadband setup & Troubleshooting. Home Tuition for ALL abilities.
Visit www.myPChomehelp.co.uk
Call Richard Siers on Bentley (01420) 22844

I.M.C.S. Onsite PC/Laptop service & support. Virus / Spyware removal. TV, Audio, Video repair & service.
Digital switchover tuning . Contact Ian on 01256 701480.email - imcs@hotmail.co.uk

DENTISTS

ENVISAGE DENTAL.

Affordable dentistry, with clear results for the whole family. Gentle, reliable and highly qualified to care for all your dental needs. From routine to complex and nervous cases. Come and visit us in Basingstoke 01256 461888 and Alton 01420 84443
Love your dentist.
www.envisage-dental.co.uk

Dentists continued

GWYNNE DENTAL. Quality private dentistry delivered by 3 highly experienced dentists.
A family run surgery where all patients have the principals' number for out of hours care.
Contact: 01256 321945
jennifer@gwynnedental.co.uk
www.gwynnedental.co.uk

GUINEA COURT DENTAL SURGERY

Exceptional dental care for all the family. We always put your needs first. Early morning, late evening and Saturday appointments available. We have specialists in Dental Implants, Orthodontics and Periodontics. Cosmetic dentistry, teeth whitening, fillers and Facial Aesthetics. Call 01256 840141 or visit www.guineacourtdental.co.uk

ODIHAM DENTAL take great care, pride and time on the dental services we offer. We have an experienced team who will be happy to help with all your dental needs. We offer flexible appointment times including weekends and evening. We also treat baby teeth on children for free with parents on our care plan.
www.odihamdental.co.uk 01256 636472

DOG TRAINING

PAWPRINT DOG TRAINING.

Does your dog run away when called or pull like a train or do you want to train your puppy or gundog? Then ring today 01420 587086, 07787416275

DRIVING LESSONS

SPRUCE SCHOOL OF MOTORING

Established local reliable Driving Instructor, Lessons from Home, Work or College, Pass Plus & Motorway Lessons,
Adrian Spruce, 01256 381306, 07976967059
www.spruceschoolofmotoring.com

SILVERLINE SCHOOL OF MOTORING

Local female driving instructor. Calm, patient and reliable. Flexible to fit around work and college commitments. Contact: nicki.lewis@hotmail.co.uk 01420 561877 or 07717 853658

ELECTRICAL, APPLIANCES

See also TV

BRIAN BANE & SON

Hoover & Hotpoint machines
Service and repairs
01252 844779

continued

KEEN ELECTRICS Electrical Contractors.
Professional, Domestic and commercial Electrical
Contractors. Fully qualified and registered.
Rochester House, 5 Aldershot Road,
Fleet, Hants GU51 3NG.
Tel 01252 614987. www.keenelectrics.co.uk.

ELECTRICIAN. For all your home electrical needs
including fault-finding, repairs, new lights & sockets,
outdoor electrics. Prompt replies, free quotes.
Steve Rae – 01256 703145 / 07852 655175
steve@lewisandrae.co.uk www.lewisandrae.co.uk
See customer reviews at Checktrade.com

FASHION

Friendtex Danish Clothing for women. Private shop in
Upton Grey. Browsing by appointment only, max 2
people at a time. Please sanitise hands on arrival. To
arrange a viewing contact: Miranda 01256 862 922
07774 278 978 friendtex@davy.me.uk
www.friendtex.com

FARM SHOP NEWLYNS FARM SHOP, CAFÉ and
COOKERY SCHOOL. Quality meat from our family
farm. Traditional free-range chicken, pork, beef &
lamb, eggs. Home-produced dry-cured bacon.
Homemade pies, bread and cakes freshly baked on
the premises. Lodge Farm, Hook Rd, North
Warnborough, betwn N. Warnborough & Junc 5 M3.
01256 704128 www.newlyns-farmshop.co.uk

FUNERAL DIRECTORS & MEMORIALS

ALEXANDER & DRY
Funeral Directors and Memorial Consultants,
1 Seal Road, Basingstoke, Hampshire RG21 7NQ,
Telephone 01256 844663,
Serving the Community for over 90 Years,

SPENCER & PEYTON
Independent, family-run Funeral Directors &
Monumental Masons.
Pre-paid funeral plans.
London Rd, Hook, 01256 761717.
380 Worting Road, Basingstoke, 01256 323165
www.spencerandpeyton.co.uk

FURNITURE, JOINERY, DESIGN

See also under Tiles and Builders

CHIPANDELL JOINERY. Established 35 years.
Traditional local craftsmen. Purpose-made
joinery. Doors, windows, staircases. Kitchens &
bedrooms. Handmade furniture. Specialist bespoke
joinery using European hardwood. Herriard 01256
381 183 www.chipandell.co.uk

HUGO EGLESTON FURNITURE,
Furniture & woodwork designed & made to order.
Old Farm Yard, Lasham, GU 34 5RY, tel 01256
381368 www.eglestonfurniture.co.uk

F B DESIGN, CABINET MAKERS

Studies, Bookcases, Libraries and Home Offices.
Freestanding and Fitted Furniture.
Designed and made in Herriard Park
www.fbdesign.co.uk
01256 381855

STEPHEN BAILEY FINE FURNITURE. Designer
and maker of bespoke wooden furniture based in
South Warnborough. Phone (01256) 862606 or visit
www.stephenbailey.co.uk

FURNISHING FABRICS, BLINDS, CURTAINS, INTERIORS, SOFAS

ALTON BLINDS Vertical, Venetian, roller and
conservatory blinds. Patio awnings. Free measuring
and fitting. Call David Hall (from South
Warnborough) for a free quote. Phone 01256
862273 www.altonblinds.co.uk

COVER UP DESIGNS offer a full range of interior
design services. We produce hand-made soft
furnishings in-house and offer a popular re-upholstery
service. Our studio has a wide selection of beautiful
up-to-the-minute fabrics, trimmings and wallpapers.
The Barn, Hannington Farm, Hannington RG26 5TZ
01635 297981 www.coverupdesigns.co.uk
info@coverupdesigns.co.uk

HONEYSUCKLE INTERIORS LTD Professionally
hand-made soft furnishings including curtains, blinds,
re-upholstery. All your interior design requirements.
Huge library of fabric & wallpaper. Alterations and
fitting service plus lots of friendly advice. Open Tues-
Fri 10am to 4pm. Strictly by Appointment. 15 Meon
Road, Oakley, Basingstoke RG23 7AL 01256
780831. www.honeysuckleinteriors.co.uk

Furnishings continued

SOFAS & STUFF. Sofas and beds, handmade in Britain, in any fabric in the World. Affordable and with a life-time guarantee. Visit our beautiful barn showroom, free parking and a fresh cup of coffee at The Walled Garden, Herriard Estate, RG25 2PL
01256 637240 www.sofasandstuff.com

FURNITURE RESTORATION

COLIN BELL RESTORATION Restorers of Antique Furniture. We specialise in all aspects of furniture restoration including French Polishing. Member of BAFRA. Free estimates. Now in Basingstoke.
01256 333124 colinbell1971@icloud.com

THE CABINET REPAIR SHOP

Antique restoration, French polishing, cabinet making, marquetry and veneering.
Woodlands Farm, Blacknest, Alton,
Hants GU34 4QB 01420 23090
csembling@outlook.com

GARAGE SERVICES

KINGS MOTOR SERVICES. MOT Test centre – Book MOT's via the website, email or ring us. Servicing on all makes of cars. Tyres. Air con. Diagnostics. Never Despair Studios, Unit 2, Alton Road, S. Warnborough, Hampshire RG29 1RT
Tel 01256 862221 enquiries@kingsmotors.co.uk
www.kings-motors.co.uk

GARDENS, LANDSCAPING, PONDS, FENCES see also *Tree Work, Logs*

DAVE BALL GARDEN MAINTENANCE
Logs & kindling wood. Fencing.
01256 381631 07796417673

EXPERIENCED GARDENER specialising in year-round care and maintenance. Hedge and rose renovation. Design and plant planning. Herbaceous borders. Fencing. Contact Jane on 07788613206

G & S PONDSCAPES

Specialising in the construction, cleaning and maintenance of ponds, waterfalls and rockeries. Installation and advice for pumps and filtration. All aspects of hard landscaping undertaken. Call Gary or Sarah for a free no obligation quote: 01420 475060 or 07866 424798

SAUNDERS LANDSCAPE SERVICES

All general garden maintenance
Patios, walls, fencing
Hard and soft landscaping
Tel/fax 01256 520163, mob 07831 318097

J SMITH & SON

Regular and one-off visits.
Lawns, Hedges, turfing, patios, driveways, fencing, pergolas, brickwork, garden clearance, gutters, and much more. Please phone for a free quotation
01256 862860 or 07990 576440
Victoria@jsmithandson.com
www.jsmithandson.com

GARDEN MACHINERY SERVICE

HART GARDEN MACHINERY

We sell, service and repair all garden machinery, makes and models, and offer an excellent service with a quick turnaround. Feel free to ask us about our tool sharpening service.
Hurst Farm RG27 8SL. 01252 844404

GARDEN URNS, STATUARY.

JARDINIQUE Specialists in unusual pieces for gardens large and small. Large selection of interesting items, including birdbaths, seats, staddle stones, urns, sundials and much more for your garden or in the home. For opening times see our website or phone 01420 560055
www.jardinique.co.uk Edward or Sarah Neish, Old Park Farm, Abbey Rd, Beech, Alton, GU34 4AP

HOLISTIC, BEAUTY, SKIN

A TOUCH OF BEAUTY- Located within "The Pod" 5, Grebe Close, Alton, GU34 2LR. All Beauty & Holistic Treatments, Waxing, Pedicure, Reflexology, Cranial. Call Tracy today-07944 331682!

HEALTH, PHYSIO, PILATES

PHYSIOTHERAPY & CLINICAL PILATES treatment & training to reduce pain, improve recovery from injury & boost general wellbeing. Individual programmes to increase strength, speed, co-ordination & balance with Pilates, DMS & TRX equipment. Upton Grey. Annabel Acheson-Gray. Grad Dip Phys Addenbrooke's, P-Grad Dip Manips, Cert Clinical Pilates and DMS. 07525 140967
annabelsaq@gmail.com

SQUARE ONE PHYSIOTHERAPY CLINIC. Herriard.
Award-winning private practice offering
physiotherapy, manual therapy, sports massage
therapy, shockwave therapy and acupuncture, for
ALL ages including children and adolescents.
Affiliated with all private medical insurance
companies. 01256 541515 www.square-one.uk.com
info@square-one.uk.com

LOGS – see Tree work

MARQUEES AND TENTS

JOHN M CARTER LTD
Established over 150 years
Hirers of Traditional and Frame Marquees
Makers of PVC and Canvas Covers
Calor Gas Dealer and Delivery
01256 324434
www.johnmcarterltd.co.uk

MOBILITY EQUIPMENT /DAILY LIVING AIDS

OUT & ABOUT - your local supplier of Stairlifts,
Riser-Recliners, Powerchairs, Wheelchairs, Scooters,
Bathing Equipment and Daily Living Aids. We also
hire, service and repair your equipment. Visit our
showroom at 25 Southview Rise, Alton or call 01420
549481. Free home assessments by arrangement.
www.outandabout-uk.com. We'll help you find all you
need to live life to the full!

NURSERY SCHOOL, CHILDMINDING

LITTLE CRICKETS NURSERY SCHOOL
in the Sports Pavilion at Herriard Green. Rated
'Outstanding' by Ofsted 2017. The school is for
children aged 2-5yrs and is run by a team of
experienced staff. We welcome visitors
so please call Nicky on 01256 384114, or visit our
website www.littlecricketsherriard.co.uk.

Alison Fontaine OFSTED Outstanding Registered
CHILDMINDER South Warnborough
Tel:01256 862116 Mobile: 0771 227 0922
Email: AlisonFontaine303@gmail.com

PEST CONTROL

BROWNING PEST SERVICES LTD
Mammals, insects and birds. One-off treatments and
annual contracts. BPCA trained and insured
Most treatments guaranteed including rodents,
wasps, squirrels and moles. No Sun or bank holiday
surcharges. 01256 686238, 01420 409741, m.
07717 132276. www.mole-control-hampshire.co.uk

Pest Control continued

PCS – For all your pest control needs. Wasps, bees,
hornets, mice, rats, moles, fleas, bed bugs,
cockroaches and much more! Fast reliable
professional service. Fully insured. Members of the
BPCA Same day service, no call out charge. Call
now on 01256 389124 or email pcs1@live.co.uk

PIANOS

BEN WHEELER PIANOS LTD
Piano sales: new and used. Piano tuning & repair,
piano removals, piano stools and accessories.
www.benwheelerpianos.co.uk 01256 477198

PLUMBING

S.R. HALL Ltd
Gas-Safe registered Plumbing & Heating Engineers
All aspects of plumbing works undertaken
01256 765535, email: srhalltd@btconnect.com

SAS PLUMBING AND HEATING LTD (Steve
Sullivan) All aspects of plumbing and heating
Specialising in design and installation of luxury
bathrooms. Power showers. Water softeners
Gas and oil heating systems. Boiler and cylinder
changes 01256 478920 or e-mail
karenjsullivan7@gmail.com

STEVEN LAWRENCE Plumbing Services Ltd
Installation, repair & maintenance of boilers, central
heating, radiators, taps, showers, toilets. Burst pipes
& leaks, blockages. Gas Safe registered (179698).
Tel 01252 622349, mobile 07957 306 202
email: plumbing.services14@gmail.com

DAVID F ROBERTS Plumbing and Heating Engineer
Fully qualified, reliable and professional, with over 50
years' experience. Services include: New heating
systems, hot water systems, upgrades, new
bathrooms, welding, landlords certificates, leadwork.
Gas safe registered (542535)
Tel 01256 704411 and 07917 529065
Email davidfroberts@outlook.com

PREMISES TO RENT

HERRIARD ESTATE Offices, workshops and stores
available; occasional cottages and paddocks.
Herriard Estate Office: 01256 381275.
www.herriardpark.com

PRINT & DOCUMENT SOLUTIONS

DATASHARP provide the business edge in print and document solutions. Professional specialists and consultants within the industry, covering IT support, telecommunications and printers/photocopiers.

In addition we assist local charities and businesses with printing as needed. Datasharp Independent Solutions, Herriard, sales@datasharp.uk.com
www.datasharp.uk.com 01256 811 519

SERVICED OFFICES, OFFICE SPACE

OLD BANK HOUSE, ODIHAM

For friendly and efficient Copying,

Binding and Word processing.

Business address & serviced office accommodation

Contact Old Bank House, 59 High Street, Odiham.

01256 704500

Email: waterlaneproperties@oldbankhouse.co.uk

OFFICES.CO

Whatever your office space requirements, Offices.co can help! Contact: 0203 998 2883

Web: <https://offices.co/uk/basingstoke>

PRIME OFFICE SPACE

Serviced, coworking and virtual office solutions.

Call 020 3970 9731

<https://primeofficespace.co.uk/basingstoke>

SECURITY ALARMS

SECURITY SERVICES Your local SSAIB approved installer with over 20 years' experience in the alarm industry. All installations comply with current industry standards and can be either audible or monitored.

Existing systems maintained based on site visit. We offer 24 hour cover & keyholding service. For info or free quote call Robert Jenkins 01252 844318 or 07721428782 www.securityserviceshants.co.uk

TILES PICCOLPASSO Handmade tiles & pottery

Caroline Egleston, Old Farm Yard

Lasham, nr Alton. 01256 381133

www.piccolpasso.com

TRANSPORT L.HUNT & SONS LTD

General haulage, workshop, warehouse, groupage, low loaders, HIABS,

Reynard House, Weston Road,

Upton Grey, RG25 2RJ

01256 862 702. Fax 01256 862190

www.huntsofbasingstoke.com

TREE WORK, LOGS

See also under Gardens

ALAN DUCE for logs

Phone 01256 862748 or 07508 056025

M&S TREES, Tree Care Specialists

Catering for all aspects of tree care.

01252 405669 mikeandsteve@mandstrees.co.uk

www.mandstrees.co.uk

TREE SURGERY, TPO and Conservation Area applications, hedge cutting, stump removal. BBSH (Warwick Hawes) 01256 381259. Mob 07990 804692

TV & SOUND REPAIRS, AERIAL & SATELLITE

HORIZON SOUND & VISION Aerial installation for Freeview, Satellite Installation for Freesat, Sky, & European TV. Extra TV & Sky Points. Phone & Cat 5/6 Cabling. TV Wall Installation inc hidden cabling. Tuning & Smart TV set up inc cable tidying. WiFi Signal Improvement. CCTV Installations. Audio Systems inc Sonos. Trading Standards approved. 01256 841860 info@horizonsoundandvision.co.uk
www.horizonsoundandvision.co.uk

TUTORS

BASING TUTORS Local Tutors for Local People One-to-One Tuition. Friendly, personal approach, professional tutors. Full diagnostic assessment with no further obligation. Initial consultation free of charge. 01256 470948
email: admin@basingtutors.com
www.basingtutors.com

FRENCH TUITION is available in your area from a French native speaker. From grammar to conversation, all levels are catered for with learning tailored to the individual's needs. Lessons can be organised for groups or individuals in your own home. Call Nadia 01256 930129 - 07775 500382

WATER SOFTENING

AMS MAYFAIR. Fed up with scale in showers & kettles or the taste of your tap water? A family business based in Hook, we manufacture / supply affordable water softeners and water filters including the latest block salt versions. We also undertake water softener servicing and repairs, no call out charge. For more info call 01256 768171, mob 07836247694 or visit www.amswater.co.uk.

WEBSITES

WEB DIRECTIONS. Websites, Domains , Emails and Hosting Services. Open 0700 to 1900 Mon to Friday. Never Despair Studios, Unit 2, Alton Road, South Warnborough, Hampshire RG29 1RT
Tel 01256 863006

hello@webdirections.co.uk www.webdirections.co.uk

Please encourage reliable local tradesmen or service providers to advertise in the magazine. Can you recommend a tradesman or local service?

If so, please contact Susie Vereker at uptongreymagazine@gmail.com

Xtra, Xtra!

UPTON GREY SHOP

Now open until 6pm Mon-Sat

The shop needs you! Use it or lose it.

Great variety of fresh goods, dry cleaning, Laundry and other services.

Current hours:

8am-6pm Mon –Sat

8am-1pm Sunday

Post Office closed

Upton Grey Parochial Church Council (PCC) needs a new Treasurer - Can you help?

Upton Grey PCC still needs a volunteer to take over as our new Treasurer. You do not need to have served on the PCC, nor be an accountant, nor even be a regular churchgoer: the main thing is to be willing to help maintain St Mary's Church as the centre of village activity. So, can you help?

Will you support our community? If you are interested in supporting our community, then please contact one of the Churchwardens below. Contact details are available at the front of this magazine.

Simon Butler, Vicar
Geoffrey Yeowart, Churchwarden
Sarah Barnes, Churchwarden

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

Herriard and Lasham Poppy Appeal 2020.

This is just to say a huge thank you to the companies that were permitted to display the poppy merchandise and collection tins this year within Herriard and Lasham Villages.

It has been a difficult year for the Remembrance Poppy Appeal as house-to-house collections were not permitted for safety reasons and unfortunately the Church Remembrance Services in the country were cancelled, which is where a lot of the donations are collected.

The generous contributions made by the people in these villages raised £1133.82p. All funds are incredibly welcome and go to provide vital care and support to our retired servicemen, so many thanks.

Poppy Coordinator Mrs Patricia Pegg



The results of Phase 1 of the Greening Herriard campaign in which 40 households took part, mean that we saved 33 tonnes of CO2 and a total of £14,550. This is a fantastic result and shows that changes in behaviour don't cost anything and taking small actions is priceless in becoming carbon neutral. The idea behind the CO2 challenge cards was to simply highlight that everything in our daily lives costs energy and has a carbon footprint that we can't keep on disregarding.

Many of you will know, there are plug-in energy monitors on the market to help understand which appliances can waste energy and need to be turned off when not in use. Smart meters are next-generation gas and electricity meters. As well as getting an automatic meter reading you also get an 'in-home display' that communicates wirelessly with your smart meters, monitoring what energy you're using and showing you how much it costs. Most energy suppliers are only installing second generation smart meters, but it will take time for everyone to get one across the country.

Renewable energy accounted for 47% of UK generation in the first quarter of 2020. When you change your tariff, look out for electricity companies that offer 100% of their electricity from zero carbon sources.

This is just the start of our Greening journey; I hope that it has encouraged many of you to take part in further Community led 'Green' events.

The energy savings figures are calculated from Energy Savings Trust information and are an average guide to potential annual savings, although it must be remembered that analysis of an individual situation could well produce different results.

Food waste information is based on households of 2.4 people. Our source was the Waste and Resources Action Programme, WRAP. Furniture carbon/finance savings are based on calculations from the National Furniture Reuse Network.

G. Hill - Gill.hill@herriard-pc.gov.uk

Herriard Garden Club

December. Let's talk about it! Yes, it may be dark, cold and grey some days, but the bright, sunny, frosty days are beautiful! The earth and its flora are resting, conserving energy for the arrival of Spring! Help them along by mulching and improving the condition of the soil, by adding compost.

We set about spreading compost/mulch at our allotment this month. So satisfying and great for catching up (at a distance). We are ready for Winter and have a few more tasks on our list - the greenhouse needs a

good sort out, as does our compost areas. We meet on the first Saturday of every Month at our allotment, it's working really well!

Tasks for January in your own gardens:

1. There are plenty of crops for harvesting:
Leeks, brassicas and parsnips sweetened by a touch of frost.
2. Established freestanding apple and pear trees are pruned this month, but only do this if necessary.
3. Clean greenhouse!
4. Sow broad beans, I like to start them in the greenhouse. Keep toilet roll cardboard tubes, they're great as root trainers. No need to disturb the roots, plant the tubes directly into the warmed soil in Spring, as they are biodegradable! Keep warm, enjoy winter and its beauty!

We wish you all a safe and healthy New Year, thank goodness for our gardens, to keep us grounded with gratitude.

Gill Venning (RHS Cert Dip)

OTHER NEWS AND EVENTS

Basingstoke & District Disability Forum (BDDF)

Your local disability charity wishes you and your family a Happy New Year and all the very best for 2021!

Our Services. Last year we all quickly learned new skills and ways of living and working to keep us as safe as possible. BDDF swiftly moved our services online concentrating on fun and interactive activities to put a smile on our members' faces. We offer seated exercise for mobility and wellbeing; walking clubs for health and social interaction; Friday Tea Break - a safe online club for chat, laughter and creativity. All of our activities are free and fully inclusive.

New Support Group. As soon as it is safe to do so we are keen to offer face to face support groups. We're looking for your feedback on how our disabled community would like these to run.

We would welcome your thoughts and opinions via this 2 minute survey <https://www.surveymonkey.co.uk/r/KXCLZL9>

Our Lockdown One Members survey results. The driving force behind the new support group is addressing the needs identified by the survey, which BDDF conducted to understand the impact of the lockdown on disabled people.

The Top Three Challenges faced by our disabled community were:

1. Psychological distress / mental health (50%)
2. Social isolation and loneliness (45%)
3. Difficulties accessing NHS healthcare and treatment (35%)

Keep in touch. Info on all our free services are updated regularly on our social media and website.

Keep up to date by liking our page of Facebook @BDDForum, Insta @BasingstokeDisabilityForum via our website www.bddf.org.uk, or tweet us @BDDForum.

We offer regular newsletters, and offer a paper version by post if you do not have internet access.

To be added to our postal mailing list please call 01256 423869 leaving your home address, name & telephone number.

Disability Awareness Event. BDDF are preparing to host our annual Disability Information & Awareness Day in The Malls shopping centre on Friday 26 March. For the first time we will be hosting the physical stalls and sessions virtually. In the hope we can reach as many people as possible. If you are a charity who would like to be represented either via physical stall or online, or if you are a key speaker on issues affecting disabled people because of Covid, please get in touch by emailing info@bddf.org.uk

NEW 121 Digital/IT support. Our survey results highlighted that digital exclusion of the disabled, especially some of our older generation, was adding to isolation. To address this, BDDF have been offering our members a free 90 minute 1-2-1 session with an IT expert. The aim of the session is to ensure they can be involved in online activities and keep in contact with friends and loved ones if isolating. We are teaching how to get online and how to use Zoom. If you know someone who would benefit, BDDF are happy to offer further sessions, so please get in touch.

New Wellbeing Course. Start January in a positive way by joining our free wellbeing course which aims to reduce anxiety, increase your confidence and find inner calmness. The commitment is 2 hours per week on Tuesday mornings. Open to all. If you would like to take part, please contact us.

New Member Care Calls. Many commented on survey that what they really want right now is a call, a friendly voice on the other end of the line. We currently have three wonderful volunteers calling our members and making a difference to their day. If you know someone who is isolated or lonely who would like to hear from us please let us know.

Amanda Knowles
Service Coordinator BDDF
www.bddf.org.uk 01256 423869

Odiham and Old Basing Health Centre – Patient Participation Group

A simple test that can save lives

Cervical screening is one of the best ways women aged 25 - 64 can protect themselves from developing cervical cancer.

Recent scientific advances mean that today's NHS smear test is much more sensitive and advanced than before. The smear test is now tested for traces of a virus called Human Papilloma Virus (HPV) which causes nearly all cases of cervical cancer. If HPV is found on a smear test, the test is examined further to look for any changes in the cells taken during the smear. If cell changes are found these can be treated before they get the chance to turn into cervical cancer. This new way of processing smear tests means that cervical screening is even more sensitive and allows us to treat women for early cell changes, way before any evidence of cervical cancer is detected. So, although the smear test is not something any woman looks forward to it really is one that can save lives.

Our Screening Programme has been running throughout the pandemic. There are Saturday clinics as well as appointments during the week – please contact reception to book or book online if you are due or overdue your smear test. The test itself takes less than 10 minutes and the results usually come back within two weeks, so it really is simple to have peace of mind that you are looking after your health. Screening invites are sent out every three years to women aged 25 to 49 and every five years to those aged 50 to 64. If you think you have missed an invite or have been putting off going for a smear test, then please do get in touch with the Health Centre. You can find out more about the screening programme at <https://www.nhs.uk/conditions/cervical-screening>

Open for Business the Health Centre is very much open for normal business during this pandemic. Like everywhere else it is having to work differently. Telephone triage makes sure patients get seen by the right person, e-consult has become very popular and more and more patients are using the NHS App to book appointments and request their medication. The now well established Covid precautions are working well at keeping both patients and staff safe from the virus. The key message from all the Doctors and staff is that the most important thing we can all do is to get in touch when we have a concern about our health. It is easier to treat things at an early stage rather than letting them develop into a more serious issue.

Hampshire Medical Fund Charity – “Dig Deep” Campaign Results

A few words of thanks from Lara Alloway, Chief Medical Officer at Hampshire Hospitals Foundation Trust:

“The equipment that was so generously funded by way of the Dig Deep campaign, has made a massive difference to what we are able to do and hence many more patients are accessing the treatment they need, in the safest way. We are incredibly grateful for that.”

Our mission is to aid our NHS Trust in providing the best possible treatment and care for patients in Hampshire. We achieve this by raising funds to buy cutting-edge medical equipment for Andover War Memorial Hospital, the Royal Hampshire County Hospital in Winchester, and Basingstoke & North Hampshire Hospital.

We empower the Hampshire community to directly impact their hospitals by supporting the Hampshire Medical Fund through donations, fundraising, attending our events, sponsoring our events and leaving legacies.

Please visit our website. <https://www.hampshiremedicalfund.org>

Hampshire & Isle of Wight Wildlife Trust - Wild winter larders.

The sight of your fridge or cupboards full after a trip to the shops can be very satisfying, but did you know humans aren't the only ones who like to keep a well-stocked larder over the winter months?

All sorts of animals have been seen hiding food away, ready to eat in the depths of winter when other food sources get scarce.

In the woods Some of the first animals that we might think of when we hear the words ‘winter larder’ are squirrels. These furry mammals hide high-fat food in a scattered fashion, either burying their hoard or stuffing it into hollows in trees. Their stash often includes nutritious meals like acorns and hazelnuts, but red squirrels have also been seen keeping fungi in dry spots between branches to eat later. Squirrels hide so much food in preparation for winter that they inadvertently help woodlands to grow, with many of the forgotten seeds germinating in spring.

Looking to our feathered friends, acorns are also a firm favourite with jays. They cache their food in a similar way to squirrels, scattering it throughout the forest and often forgetting some of the piles. If not buried or hidden well, their stores may be eaten by mice before the jays ever get the chance.

Under the ground Perhaps more unexpectedly, some British subterranean species also keep food stores in winter. Moles keep stores of earthworms at this time of year, in preparation for the ground freezing and becoming too hard for them to feed. A mole's storage method is rather

gruesome; they bite the heads of worms, immobilising them and then keep their meal in chambers off their tunnels. In areas where flooding is likely the moles might also store their prey in a ‘fortress’ above ground. Some worms have a lucky escape, if they haven’t been eaten by the time the weather warms up, they can heal their heads and tunnel their way out.

Helping wildlife stock up for winter can be really simple. Putting out food for birds and letting your garden grow wild with log and rock piles provides food and places for wildlife to wait out the cold.

www.hiwwt.org.uk

Odiham Foodbank Update

If you could do with a bit of help in putting food on the table, please don’t hesitate to contact us on 07387 116947. All calls are treated in the strictest confidence, and we are happy to make deliveries directly to you.

A big thank you to so many of you who have donated food or finance to the Foodbank. Having only been started in May, the Foodbank is developing rapidly, and we have now provided nearly 30 food parcels to local individuals and families - a number which is growing. Thank you also to all the volunteers who have made that possible.

There are currently a few items that we need more of: sponge puddings, tins of custard / rice pudding / fruit / meat / vegetables, and ‘treats’! If you’re able to help with any of these that would be wonderful, and please do just drop them off in the donations crate in the Coop (near the tills), or at the Foodbank itself (Ostlers Place, Deer Park View) between 1.30 and 2.30pm Monday or Thursday.

The Foodbank Team

National Garden Scheme - Hampshire – 2020 Fundraising

Great news. Let’s face it, we could all do with a bit of cheer. Despite all the trials and tribulations of 2020, the National Garden Scheme were able to donate close to £3 million to our Nursing, Caring & Health charities (£2,884,710.00) * at the end of 2020.

The main beneficiaries are as follows:

Marie Curie £425,000.00 Macmillan Cancer Support £425,00.00,

Hospice UK £425,000.00, Carers Trust £340,000.00, The Queen’s Nursing Institute £370,000.00, Guest charity: MIND £80,000.00

The lion's share - £2,587,000.00* - goes to the nursing and health charities, without which the NHS would have struggled during the coronavirus crisis.

*£2,587,000.00 – the total donated to nursing and health beneficiaries is made up of nursing and health, gardens and health and guest beneficiaries.

To see all the details of the donations follow the link:

<https://ngs.org.uk/national-garden-scheme-donations-to-key-nursing-and-health-charities-provide-critical-support-in-year-of-crisis/>

To achieve these results, we had to cut cost to a bare minimum and come up with innovative ideas. The first of these was the very successful campaign to view online 'Virtual Gardens'. At the same time we launched our 'Help Support Our Nurses' campaign, urging people who watched the videos to make a donation. Our target was £100,000.00 - staggeringly this campaign raised over £250,000.00.

Then at the beginning of June we were able to start reopening gardens. So, keeping strictly within the government guidelines, we tentatively started opening our gardens with limited numbers and timed visiting slots, to ensure social distancing - and all tickets had to be pre-booked online. Amazingly by the end of October, when the last visitors had left the open gardens had raised a total of £450,000.00.

Our wonderful garden openers did not disappoint in other ways. There were many initiatives to raise funds - the main one being Plant Sales - often from driveways with 'honesty buckets'. This raised £117,000.00.

These results are based on National figures, but in Hampshire our garden owners did not disappoint raising £50,000.00. A very enterprising couple from the New Forest went one further and with the help of a few pallets and some silver birch created some fantastic bug houses, which were also for sale.

We look forward to a very different 2021 and hope to be able to welcome many more visitors to our gardens. Keep Safe and Best Wishes.

Pat Beagley (Publicity)
National Garden Scheme – Hampshire
pat.beagley@ngs.org.uk

DATES FOR YOUR DIARY

All events remain subject to cancellation following Government advice and restrictions on events and public meetings resulting from Coronavirus. If in doubt, please check with the organisers before attending an event.

13th Mar 2021 Upton Grey Safari Supper

SMALL AD

F B Design Cabinet Makers

require a **Workshop Cleaner/Assistant**, Herriard Park.

A part time role of approximately two days per week, with hours to suit both parties. The job requires a clean driving licence, common sense, and ideally an interest in woodworking with basic practical skills.

Call David Forrest 07764 187960 01256 381855.

HALLS FOR HIRE

(subject to government guidance and local constraints)

Upton Grey Village Hall for hire from £8.50 per hour. Functions, meetings, parties, private and commercial. Full kitchen facilities, central heating and sound system, chairs, tables, crockery and cutlery available. Contact Elaine Lewington on 01256 862894.

The Royal British Legion Hall, Herriard, available for hire: wedding receptions, functions, parties, meetings, and events. Fully licensed bar, full kitchen facilities, garden, tables and chairs, sound system, disabled access, central heating, pool table and darts. To reserve, email bookings.herriardrbllhall@gmail.com, or contact Tracy Crawford on 07769 220390 or Stef Lewis on 07779 454528.

UPTON GREY VILLAGE SHOP HOURS

8.00am–6.00pm Mon–Sat

8.00am–1.00pm Sun

PARISH MAGAZINE COPY DEADLINE

The copy deadline for the February issue is 15th January.

Please email your news and contributions to uptongreymagazine@gmail.com. February's editor is Tess Chevallier. Your editor this month was David Shearer.

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.

UPTON GREY VILLAGE SHOP

Tel: 01256 862326 (Shop)

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 has
permanently closed

Temporary Shop Opening
Hours during restrictions

8am – 6pm Mon to Sat

8 am – 1pm Sun