

PARISH MAGAZINE



St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Westcott

June
2021

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Weston Patrick	Clare Davies	01256 862762

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County Councillor	Juliet Henderson	01256 862413 juliet.henderson@hants.gov.uk
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Upton Grey	Charles Holroyd	01256 862127
Weston Patrick/Corbett	Peter Stemp	07470 251008
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andrew.jones.13301@hampshire.pnn.police.uk
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Neighbourhood Watch

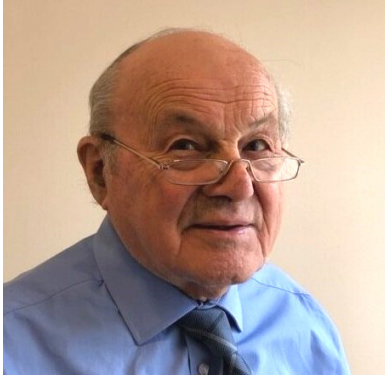
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BENEFICE MAGAZINE – June 2021
Edition for the Parishes of Herriard with Winslade, Tunworth,
Upton Grey and Weston Patrick

Benefice Clergy Team – letter from an ancient Reader



Everything keeps changing these days, and it is hard to keep up. When I was a child, I lived in a different world. In the street there were almost as many horses as cars. When the milkman called, my mother took a jug out to him and he filled it with a ladle from his milk churn. One year we had three different kings on the throne, one after the other. When I went to school, I had a penny

in my pocket so that if it rained I could come home on the tram instead of walking. When we used the telephone, we wound a handle and an operator asked ‘Number, please?’ People still wrote letters, and stuck a brown penny-halfpenny stamp on the envelope. You could buy a decent sized bar of chocolate for twopence.

The world I’m living in now is no longer the world I knew. Life has accelerated. Blink, and you’re too late. I don’t think I’m alone in my generation in finding increasingly that I no longer know how to perform what used to be simple functions, and I have to ask silly questions to keep up to date with laptops and mobile phones and streaming and social media and surfing the net and going online, things which younger people have grown up with and are perfectly at home with.

All this induces a sense of insecurity and instability, unless one has a grandchild on hand to steer one through the maze. Fortunately, there is a faith which we can fall back on, a faith which hasn’t changed even if it has found new ways of expressing itself and new ways of operating.

The writer of the Letter to the Hebrews spoke of ‘Jesus Christ, the same yesterday, today and for ever’ (13:8). The 66 books which comprise the Bible span around fourteen centuries, but their themes are unchanged and unchanging: with joy we can still draw water from the wells of salvation (Isaiah 12:3); the God of hope still fills us with all joy and peace in believing (Romans 15:13); the Lord has done great things for us, and we are still filled with joy (Psalm 126:3); God still shows his love for us in that while we were yet sinners, Christ died for us (Romans 5:8). So I can adapt the old hymn and sing, ‘Change and too much innovation in all around I see, O thou who changest not, abide with me’.

So that’s all right. We’ll get by.

Peter Moore, Licensed Lay Minister (formerly known as Lay Readers)

FROM THE REGISTERS

Funerals

Frederick Casey at Basingstoke Crematorium on 16th April

Mem FitzPatrick at Weston Patrick on 18th May

Jollyon Coombs at Upton Grey on 21st May

CHURCH NEWS

Church Services

Sunday 6th June

9.00am **Tunworth** – Book of Common Prayer Holy Communion

11.00am **Upton Grey** – Morning Service

Thursday 10th June

10.00am **Upton Grey** – BCP Holy Communion (said)

Sunday 13th June

9.00am **Herriard** – Book of Common Prayer Holy Communion

11.00am **Weston Patrick** – Holy Communion Common Worship

6.00pm **Tunworth** – Evensong

Thursday 17th June

10.00am **Herriard** – BCP Holy Communion (said)

Sunday 20th June

9.00am **Tunworth** – 1662 Morning Prayer

11.00am **Upton Grey** – Holy Communion Common Worship

5.00pm **Weston Patrick** – Evensong

Sunday 27th June

9.00am **Tunworth** – Family Service

11.00am **Upton Grey** – Morning Service

11.00am **Herriard** – Morning Service

Tea-time Services

The twice-monthly informal Tea-time services have resumed. They are at St Andrew's South Warnborough on the first and third Sundays of the month – so, in June, on the 6th and 20th. **Families from all around the benefice are invited to take part.** Activities for 'younger youth' (age 7–11) are at 3.30pm, followed by the service itself from 4.30 to 5.15pm.

Children's Holiday Club – Seaside Rock!

Oh I do like to be beside the Seaside...

We may not be able to head overseas this year, but, if you are aged 4–11, we're inviting you to Seaside Rock, the 2021 Holiday Club Programme, **Upton Grey Church Meadow on Monday–Thursday 2nd–5th August** with a family beach day on Friday 6th! Expect exciting games, hilarious dramas, creative crafts, giant sandpit, ice cream van and much more... Register now through www.moretolife.church, or for any queries email youth@moretolife.church.



Face coverings

Please bring face coverings to every service; they are a legal requirement. The only exceptions are: leading a service; leading prayers; reading lessons; consuming the bread at Holy Communion; children under 11; or the standard exemptions for e.g. health or disability reasons.

Services online or telephone based

With some parishioners not in a position to attend church services, the streamed services are continuing. Most services from All Saints', Odiham are live-streamed (and then available online afterwards) – see the website www.moretolife.church for details.

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 on **Wednesdays and Sundays** from **9.00am to 5.00pm**. **St Lawrence Weston Patrick** is now open for private prayer on **Mondays, Wednesday and Fridays**, usually from **9.00am to 5.00pm**, though times may vary. St Mary's Herriard and All Saints Tunworth are available for private prayer on the same basis as before Covid.

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




























KidsZone

Hi Everyone!



Did you know, there are loads of yummy national and international days to celebrate in June? Two of my favourites are 25th June, which is National Cream Tea Day (do you start with jam or cream?) and 4th June, which is National Fish and Chip Day! Which of these would you prefer to celebrate?

Another really important day the world celebrates in June is World Environment Day on Saturday 5th June. This is a day when we are challenged to do everything we can to look after our environment.

 Count rocks & sort them by color	 Donate items	 Plant a tree or a seed	 Create beautiful art using trash	 Pick up trash near your home
 Help sort recyclable items	 Discover who is Dr. Jane Goodall	 Listen to the birds outside	 Learn two new facts about an endangered animal	 Paint a picture of the Earth
 Share something you've learned	 Look for pictures in the clouds	 FREE	 Build a bird feeder	 Start a compost bin for your family
 Go on a nature walk	 Write your name using nature materials	 Turn lights off when leaving a room	 Take a picture of your favorite spot outdoors	 Observe an ant colony at work
 Build a bug hotel	 Practice water conservation while you're brushing teeth	 Create a musical instrument from recyclables	 Hug a tree	 Do something kind or helpful

This is even more important for Christians, because we believe that God created the world and everything in it. There isn't a particular story in the Bible about looking after the environment, because, let's face it, most of the environmental problems we face have come about quite recently, but it does say that God created the world and saw that it was good, then put Adam (so humans) there to look after it and tend for it. We don't always do such a very good job, do we?

So on the previous page, there is an environment bingo challenge for you. Can you make a line – or even get a full house? Maybe have a competition with others in your family or your friends!

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



NEWS FROM THE VILLAGES

Police Report from PC Andy Reid

Dear Residents

I start with a concern in that we are experiencing an increase in deer poaching in which offenders are using motorcycles to herd the deer towards people in vehicles on the road who are shooting at the herd. If you see or hear anything suspicious, please call 101 and, if a crime is taking place such as this described, call 999 and quote Operation THORNLEY, which is a dedicated poaching operation.

There is, however, something that I do need to report and that is that by the time you have received your copy of this excellent magazine I would have retired from the Hampshire Constabulary and as your local Constable.

Some of you will be aware that I should have retired over two years ago but remained in post. However, as with all good things, my service has come to an end and I have left both the Force and the area, and am moving to Wales. Whilst I have tried to visit as many people as possible, it is impossible to speak to everyone that I should have visited, so please accept my sincere apologies.

I was posted here in 2004 from Kingsclere and cannot reiterate enough the absolute pleasure that it has been to serve your community as the local Policeman. You are extremely fortunate to live in a beautiful area with a low crime rate. However, it is you that has kept crime down –

calling in to report suspicious vehicles or letting me know when things just did not seem quite right. I have had many successes because of your vigilance and I would very much like thank everyone who kindly helped and supported me over the seventeen years that I have been here.

I am unable to name all those that I would like to thank for obvious reasons; however, there are some that I really do need to. I would like to thank all my Neighbourhood Watch co-ordinators: David in Weston Patrick, George in Upton Grey, Sarah at Tunworth, Becky at Herriard, Jill at Powntney Copse and Sue at Huish. Thank you for keeping me updated and likewise passing out the information I supplied. I continue to urge residents to please contact them in order to join and to keep up to date with information on criminal activity including scams etc. They really have provided me with an excellent service for many years. I would like to thank Rev Simon, who does considerably more than people know, and has supported many people who came to my attention, and who needed that little extra support which he was able to give. Thank you. Thanks too, to all the parish council chairmen: Charles at Upton Grey, Gareth at Herriard, David at Tunworth, John at Winslade and Peter at the Westons, along with the councillors and, indeed, the previous chairs and councillors all of whom have always been so supportive. To our borough councillor, Mark, for all his continued help over the years and to Anna our former county councillor. To you all, thank you.

I am also indebted to the various editors of this excellent magazine and I apologize for nearly always being late with articles! Thank you for your patience. When I needed to add something after the deadline you always agreed and helped to put things in for me.

Inspector Luchesa has updated various people of the officers that will cover this area in the future including Police Constable Ross Holdsworth (ross.holdsworth@hampshire.pnn.police.uk) and PCSO Andrew Jones, (andrew.jones13301@hampshire.pnn.police.uk) both of whom, with others, will support you well.

It just leaves me to say a big thank you to you all for all your support given to me and the Constabulary over the past seventeen years; it truly has been a pleasure to police your area.

Thank you all once again. I send my sincere best wishes to you all and your families for a safe and healthy future.

Andrew Reid

Introducing Andy Jones

My name is Andy Jones and I am the PCSO for Rural South which on the map reads Whitchurch, Overton / Laverstoke / Steventon, Upton Grey and the Candovers.

I joined Hampshire Constabulary in January 2007 initially covering Basingstoke Town Neighbourhood Team which in itself presented many challenges. In 2016 I was requested to attend the rural team, and Rural South is where I stayed. I have worked closely with PCs Andy Reid & Ross Holdsworth, who also covered the South, during this period.

As PC Andy Reid is retiring now, I am taking this opportunity to introduce myself to members of the community who don't know me.

As you can imagine I cover a very large patch and am not always available at the end of the phone. I am more than willing to meet members of the community I serve and ask that contact is made with me by email, which I will always reply to at my earliest opportunity. Please do not report crime direct to me but use 101 or online www.hampshire.police.uk/ro/report/ocr/af/how-to-report-a-crime

Hopefully you will see me around to talk to.

PCSO 13301 Andy Jones, Basingstoke Rural South, Neighbourhood Policing Team, Tel. 101

Car boot sale, Saturday 26th June 2021, in aid of St Mary's Church

This will be held from 9.00am–11.00am, in Church Meadow, Upton Grey. A golden opportunity to rid yourself of those unnecessary/unloved treasures that have been taking up valuable space at home during lockdown – and have some fun at the same time! Whether a full Marie Kondo style declutter or simply a tidy up, fill up your car boot, or share with a friend, and book a space now on Church Meadow. Feel that warm glow of self-satisfaction!

If you don't fancy becoming a trader, you are most welcome to donate your goods to the St Mary's Church Stall by delivering them to the field on the day (sorry, NO BOOKS, clothes to have been laundered) Your choice: donate your proceeds to St Mary's / a charity of your choice / your next holiday.

Raffle – every stallholder to donate a prize.

Field opens 8.00am for set-up (car and driver +1 passenger). Gate opens 9.00am. Adults: £2, Children: 50p. Stallholders: £15.00 per car (**pre-booking essential**). Email: francesyeowart@outlook.com Tel: 01256 861218.

NOTE: All unsold goods to be removed from the field at 11.00am.

UPTON GREY NEWS

www.uptongreychurch.co.uk

www.uptongreyparishcouncil.co.uk

facebook.com/uptongreyvillagecommunity/

The 100 Club Draw – April

First Prize: S. Naegeli; Second prize J. Hunt.

Safari Supper

Saturday 26th June 2021
from 7.15pm -10.15pm



Host one course and enjoy a 3 course dinner around the village in aid of St Mary's Church, Upton Grey!

Upton Grey Safari Supper – Saturday 26th June

The Safari Supper is held around the village to support St Mary's Church, Upton Grey. It starts at 7.15pm and finishes with coffee at 10.15pm. Each participating couple will be asked to provide at their home/garden either a starter, main or pudding course for four guests. A particular course may be requested but we cannot guarantee you will be allocated your preference although we will try! The cost for taking part in the evening is £15.00 per person. If you would like to join in, please complete the form on p.23 of this magazine and **return it as soon as possible, but not later than Saturday 12th June.**

You will be advised, at least a week before the event, which course you need to prepare and host, together with the names of your guests; also, where and with whom you will enjoy the other two courses.

If you have any questions, please call Julia Harker (862975) or Viv Raven (862278) or email Julia_harker@btinternet.com or theraven5@yahoo.co.uk

Upton Grey Drama Group presents *Promenade* on Sunday 4th July, in The Old Vicarage garden, Church Street

Upton Grey Drama Group presents *Promenade* through The Old Vicarage garden with readings and poems, by kind permission of Richard & Carol Butler-Adams, on Sunday 4th July.

Tickets are £10.00 (including a glass of bubbly) in aid of St Michael's Hospice.

Start of timed tickets: 6.00pm (only 1 ticket left); 6.20pm (only 1 ticket left); 6.40pm; 7.00pm (only 4 tickets left); 7.40pm; 8.00pm. In order to keep everyone safe there are only 10 tickets available for each timed group. To reserve your tickets please ring: Alison on 07502 341112, Sarah on 07535 089890 or email: UptonGreyDrama@gmail.com

Please state your preferred start time and under new Government guidelines you will need to provide the name and contact phone number for each member of your party.

Looking forward to seeing you all on July 4th!

Sarah Gray – Producer, Upton Grey Drama Group

***She Stoops to Conquer*, Sunday 8th August at 4.00pm in Church Meadow, Upton Grey**

Rain or Shine Theatre Company returns to Upton Grey (for the 4th year!) and this time it is to perform Oliver Goldsmith's *She Stoops to Conquer*, an 18th century farce for all the family.

On Sunday 8th August, gates open in Church Meadow, Upton Grey at 3.00pm for picnics (bring your own seating) with the performance starting at 4.00pm. Tickets are £10.00 for adults and children over eleven years old.

- Here is the link for online sales via Ticketsource: <https://www.ticketsource.co.uk/rain-or-shine-theatre-co/she-stoops-to-conquer-at-church-meadow-upton-grey/e-krdxyj>
- Or email: UptonGreyDrama@gmail.com, if you would like the Upton Grey Drama Group to organise the purchase for you with cash or bank transfer.
- Or the Rain or Shine credit card hotline is: 03306600541 (standard UK call rate)

Whichever way you would like to purchase tickets, under new Government guidelines you will need to provide the name and contact phone number for each member of your party. Looking forward to seeing you all there!

Sarah Gray – Producer, Upton Grey Drama Group

Upton Grey Village Tennis Court – New Tennis Season!

The new tennis season began on 1st May.

Annual playing fees are now due:

Family: £40.00. Individuals: 18 years and over £25; under 18 is £5.00.

Cheques payable to 'Upton Grey Village Tennis Court'.

Please send to the Treasurer, Julia Harker, Highfield House, Cleves Lane, Upton Grey RG25 2RG, or drop it into Highfield House, or c/o Charles Holroyd at Gables House, Church Street. Alternatively: Upton Grey Tennis Court electronic payment details: Name: Upton Grey Village Tennis Court; Bank: Lloyds Bank; sort code 30-93-32; Account: 02410908. Please annotate on the transfer your name and 'Annual Subscription'.

Tennis Mix-In:

Subject to Covid-19 restrictions in force at the time, we hope to have a fun mix-in later in the year.

Upton Grey Tennis Coaching for Children

Summer Junior Coaching Week: 9th–13th August. All abilities welcome.

For further information please contact Susannah Livingston Booth: slivingstonbooth@gmail.com

Increasing usage of the court:

We are very keen to see this happen. If you know of anyone in the village or its outlying areas who might be interested in playing tennis, please encourage them to join.

Resurfacing of the court: After many years of good service, the court will be resurfaced in the Autumn.

Charles Holroyd

The Autumn Festival Saturday, 30th October.

The **evening** Autumn Festival is going ahead and all parties that we are reliant upon have confirmed their support. The start time will be **6.00pm** (not 7.15pm as wrongly previously advised by me) on Halloween's eve, In addition to our Guy Fawkes in the village competition, we will also be having a Jack O'Lantern (carved pumpkin) in the village competition. Cups for the winners of both competitions will be presented outside the Hoddington Arms at the 6.00pm start time. Full details www.uptongreyautumnfestival.co.uk

Roger Clark

Upton Grey's Harvest Supper, in aid of St Mary's Church

Save the date: Saturday 25th September (fingers crossed!) Further details will be will sent out in due course.

Adele Dunkley

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

Brick Kiln Cottage Open Garden, The Avenue, Herriard, RG25 2PR

We are excited to be opening on Sunday 6th June for the National Gardens Scheme. Due to Covid restrictions we are allowed to have six people every 30 minutes and observe social distancing. To pre-book a visit on the NGS website go to ngs.org.uk and follow the link to find our garden. Unless people have pre-booked their visit the NGS have instructed us to refuse entry. Dogs are welcome but only on leads please.

We are offering self-service refreshments in lieu of our normal teas to minimize contacts (tea, coffee and biscuits) and hope to return to normal home-made cakes and sandwiches next year.

We have made some new features in our two-acre woodland including a hazel walk, a children's reading area, a refurbished billabong and a wildlife strip. The woodland was brush cut and cleared in the autumn of 2020 so we are looking forward to seeing the results.

We are so looking forward to contributing to the NGS with your help as it supports so many worthwhile charities and will be delighted to welcome everyone to our garden.

We are offering a prize for the best photograph taken by a visitor to our garden this year during a visit with the prize comprising a bottle of champagne. Entries can be emailed to us on kay@klca.co.uk and a donation to the NGS is encouraged of at least £1.00. **Barbara Jeremiah**

Farming news, May

I've always enjoyed May and June on the farm. In a 'normal' year, (is there such a thing?) the young stock and dry cows (cows due to calve soon and so having a well-earned rest) have been out at grass for a month or two, the newly planted maize is growing, the autumn-sown wheat is bursting away after its winter dormancy and there are two cuts of grass silage to make. This year has been a challenge because of the very dry and very cold April. We've planted our maize but it's struggling in the cold and grass growth has also been poor. We're hoping for a big improvement in temperature soon, otherwise this will have a negative impact on our business.

Silage making is one of our most important tasks. The quality and quantity we make, dictates how well the cows will milk and how little or how much bought-in feed we have to purchase to compensate. We want

to buy in as little feed as possible. World feed commodity prices are high because of the cold weather in North West Europe and the drought conditions in South America. Basically, the better our silage, the more profitable the dairy. We make two cuts of grass silage, one in May and one in June and one cut of maize silage in September.

First-cut grass silage is usually made around 15th May when hopefully the weather is warm and dry. By this time the grass has bulked up enough for a big volume but hasn't started going to seed, which is when it loses its energy, protein and sugar. We aim to capture all the goodness and simply 'pickle' it in a silage bunker at the farm to use at a later date, just as you would fruit in a jar. We mow the grass and leave it to wilt for 24 hours to disperse excess moisture. We then pick it up and chop it with a forage harvester which blows the chopped grass into trailers to haul back to the farm. Here it is tipped into a silage bunker and rolled and layered by two tractors continuously to remove all the air. We then seal the completed silage bunker with plastic sheet to keep it airtight and waterproof. The whole operation takes about three days to make 1,000 tonnes. It then pickles in its own lactic acid and is ready to feed out in 6 weeks.

Second-cut grass silage is about four weeks later when the grass has regrown and the process is repeated. This should give us enough grass silage to feed the cows for a whole year if my calculations are correct (not always!) and the weather plays ball.

The maize is planted in April and by September, if all goes well, it's 8ft tall, ripening off and ready to harvest. In spite of the weather, we prepared some excellent seed beds for the maize this year, retaining enough moisture in the soil and planting the seed deep enough to stop the rooks digging it out. We've now had welcome rain but, after the coldest April since 1922, it just needs to warm up!

Finally, we had a lovely set of twin heifers born recently who the team have nicknamed 'Thunder' and 'Lightning'. Lightning has a white flash of hair right down her nose and Thunder bales loudly when she's hungry... we have three boys who do the same!

Joe Ives

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TUNWORTH NEWS

Coffee and Cake

Our much enjoyed Coffee and Cake event will re-start on Thursday 3rd June 10.30–11.30am in the churchyard. Everyone welcome. This is a monthly event held on the first Thursday every month.

Food bank

Please do remember we still have a collecting point at All Saints' Church, Tunworth, for The Trussell Trust Food Bank.

Suitable items: tinned meat/fruit/fish/vegetables; jams & spreads; sugar; coffee; pasta & sauces; cereals; biscuits; UHT milk and fruit juice; toiletries (male & female). All donations gratefully received. See www.basingstoke.foodbank for further information.

WESTON PATRICK NEWS

Mem FitzPatrick

We are sorry to hear of the death of Mem FitzPatrick who was, until her recent move to Oxford, a long-time resident of Weston Corbett and before that, Upton Grey. Further memories of Mem will be printed in next month's magazine.

St Lawrence Weston Patrick is now open for private prayer on **Mondays, Wednesday and Fridays**, usually from **9.00am–5.00pm** though times may vary.

OTHER NEWS AND EVENTS

Covid-19 Rapid Lateral Flow Tests

Help keep everyone safe by routinely testing at home twice a week, even if you have no symptoms, with a free at-home COVID-19 lateral flow test kit.

Simply visit your local participating pharmacy (for example Lloyds) to collect your free box of seven rapid tests which give you a result in 30 minutes.

Tales from the Riverbank Photography Competition

For centuries, the chalk streams that feed the Rivers Test and Itchen have inspired residents and visitors alike. Our 'Tales from the Riverbank' photography competition is seeking images that capture the unique qualities of these spaces.

Whether you're a camera whizz or a smartphone snapper, if you can showcase these amazing chalk streams, then we'd love to hear from you. We're honoured to welcome photographers Jack Perks and Dick Hawkes as guest judges, as well as the brilliant Megan McCubbin.

There are four main categories: Heritage, Landscape, People, and Wildlife. Community Choice and Young Photographer (under 18) prizes are also up for grabs. Winners could receive up to £75.00 of photography gift vouchers. The competition is free to enter and open to Hampshire residents who are not professional photographers.

The competition closes on 31st August. Full terms of entry can be found on: www.hiwwt.org.uk/winterbournes/tales/photography



North Hampshire Downs Mothers' Union

Over the past year, we have relied on Zoom to keep in touch with each other. However, we are very much looking forward to meeting again face-to-face and hope to do so in June. Our meeting is scheduled for Tuesday 15th June at 7.30pm, but the venue has not yet been decided. We will also be able to hold our diocesan Festival Service in Winchester Cathedral on Thursday 10th June at 11.00am.

Our Child Contact Centre in Popley has been open since September, although with limited numbers to ensure social distancing. However, we are now looking forward to reopening our Basingstoke Centre within the next couple of months. That will be a real blessing to some of our families who are unable to get to Popley and have not met face-to-face for over a year. We would welcome more volunteers, so if anyone is interested in helping with this project please let me know.

Closer to home, we are making plans to start a monthly 'Hub' in All Saints Church, Odiham on Saturday mornings, where people can drop in with donations for those in need – for example food for the foodbank, clothes for the homeless or refugees, toiletries for women's refuges. I hope to have more details of that for the July magazine.

If you want to find out more about Mothers' Union or our branch, contact me on sue@the-murphys.me.uk or 01252 845011. **Sue Murphy**

Sport England grant to Cardiac Rehab to help get Centre back open

The Basingstoke and Alton Cardiac Rehabilitation Charity Ltd (Cardiac Rehab) has received a grant of £8,133 from Sport England, who invest up to £300 million National Lottery and government money each year in projects and programmes that help people get active and play sport.

The award will help to fund the Covid-safe Exercise Project to encourage people with heart problems back to the Cardiac Rehab Centre. Cardiac Rehab is a charity that provides specialised exercise programmes and education to improve the health, fitness and well-being of people with, or at risk of developing, heart disease. Their services are also of benefit to those suffering with pulmonary diseases, such as Covid-19. Heart and circulatory diseases cause more than one in four of all deaths in the UK. Being more physically active lowers the risk of developing these diseases, and aids in recovery process after a heart incident.

During the pandemic, the Cardiac Rehab team have been delivering their fitness sessions via video, Zoom link or in person outdoors as the regulations allowed. Now, with the lockdown easing, the centre will be opening for socially-distanced, Covid-safe independent exercise.

The Sport England grant has helped fund the gym reopening. Making the Centre Covid-safe has necessitated increased instructor ratios, reduced capacity and increased sanitisation costs, all of which have impacted on the Charity's finances. The grant will help offset these costs, ultimately helping get more people back to exercise and improving their heart health.

'This grant from Sport England will help us to open again in a Covid-safe way and we are very grateful for their support during these difficult times,' commented Sarah Quarterman, CEO at Cardiac Rehab. 'We are looking forward to reopening our centre for our current Exercisers but also welcome anyone who has had heart problems over the past year and has had no face-to-face rehabilitation due to Covid. We strongly advise anyone in this position to get in touch with us about the various programmes we offer because being more physically active aids recovery after a heart incident and we want to help as many people as possible.'

To find out more about exercising with at the Cardiac Rehab Centre please email staywell@cardiac-rehab.co.uk or visit the website www.cardiac-rehab.co.uk/exercise-at-cardiac-rehab

Blended Trails – Popped up on the running scene

Appearing on the running scene in March 2020, Blended Trails is a running community specialising in pop up trail routes in the countryside. Founder Ollie Steele-Perkins is no stranger to trail running and competition, and has seen the community grow from strength to strength.

Ollie explains, ‘I set up Blended Trails during the first lockdown in 2020 as a way of helping people discover public access trails in our local area and to encourage them to explore with confidence by marking them up using a segment marker on Strava. We offered various distances from 5k to 20k and added signposts and waymarkers for nine days at a time before removing them as a part of our ‘leave no trace’ ethos. The Pop-ups, as they are known, became popular not just with runners, but walkers and families looking to add interest to their daily exercise and they are now a regular feature of the Blended Trails activity with, on average, one a month taking place.’

With the gradual loosening of restrictions (at the time of writing!), many runners are now looking forward to a summer of racing once again. Many are anticipating the first official Blended Trails event, the Hattingley Half, on 24th July. Open to all runners, the Hattingley Half is a 13.1-mile undulating trail race starting and finishing on Medstead village green. The green will provide the perfect spot for an event village, with registration, chip timing pods, event assistance, toilets and local stalls including vegan-friendly catering and a bar. Wave start times will allow a smooth flow of runners rather than a mass gathering (and a long queue for the toilets!). From the village green the route promptly descends into open fields and farmland taking runners through the beautiful Hampshire countryside. Winding its way along some of The Oxdrove Way, the race takes in Bugmore Hill and Godsfield Copse, as well as single-track trails through Wield Wood into the village of Upper Wield. The last 3k of the route leads participants through the stunning Hattingley Valley Vineyards and then back to the race village finish line.

Philip Scrase will be looking after things on the day and as the Chair of Alton Runners, he is no stranger to race directing: ‘I am really happy to take on this role. Having been a race director many times before, I wanted to help with the smooth running of this new event and also help to establish it as a race that will be around for many years.’

With over a third of the 250 tickets selling in the first weekend of going on sale in March, Ollie has a lot to be pleased about: ‘It’s been fantastic to see people enjoy the Pop-ups throughout lockdown and to see a community grow. I’ve loved setting up new routes and it’s really rewarding to see people embracing Blended Trails. I’m excited to be

organising our first official event, bring on the summer and some sun-baked trails... oh, and a celebratory beer!’

All details for the Hattingley Half event and free Pop-ups can be found on the Blended Trails website where you can join the community for free: www.blendedtrails.co.uk

Adult Cycle Training and Bike maintenance advice in Alton! Cycle Alton are pleased to announce that, due to interest shown last year, they are putting on an afternoon of cycle training for adults on Saturday 12th June from 2.00–4.00pm at Amery Hill School, Alton, GU34 2BE. The sessions will be grouped by ability and are £20.00 for two hours. They are run by Pedal Power, who have kindly reduced the price from £40.00.

Free and half-price places are available, generously subsidised by our local council. If one of these would be helpful to you, please contact cyclealton@gmail.com.

There are three groups (see details below). All groups will take place in the rear car park, with Group B continuing on local roads. Please discuss your abilities and book direct, with Darren from Pedal Power. Please email pedalpowertraining@gmail.com or call 02392 290474.

Group Details:

A: *“I haven’t ridden my bike for years – I’d be a danger to any traffic and will wobble like mad”*. Small groups of up to five ‘wobbly’ cyclists in traffic-free and flat car parks.

B: *“I’m OK riding my bike on quiet roads but I hate cycling through Alton when it’s busy”*. Small groups of up to five ‘unconfident’ cyclists through the town, outside peak hours.

C: *“I’ve always wanted to ride a bicycle. I’ve got one in the shed – it glares at me!”* Individuals who want to learn to ride a bike from scratch.

Bike Maintenance

For one-to-one hands-on advice on owner’s bike, weekdays only, contact Hilary Hill at hilaryhillrepairs@gmail.com or tel 07769 500270.

“I dread having a puncture or trying to fix anything that goes wrong when I’m out for a ride.” A simple bicycle maintenance course including a pre-ride check.

Free practice rides post-training with a Cycle Alton volunteer on request. All courses have Covid policies in place.

Pedal Power Training is a family-run company with instructors picked for being the best trainers in their field of cycling expertise. In May 2012 they formed the Hampshire Schools Cycling Partnership with The Mountbatten School in Romsey and British Cycling.

National Garden Scheme – Hampshire



Now we are into May, dare we hope that those early morning frosts are a thing of the past. I certainly can't remember an April with such a prolonged period of frosts. It amazes me how tolerant some of the plants are – apart from my 'Alstroemeria Indian Summer' – but now that it's had a bit of a trim, it is certainly looking a lot happier.

After 17th May, pre-booked tickets are not necessary for the majority of gardens, but available for those who wish to book ahead.

June brings forth a plethora of open gardens, far too many for me to mention in a short article. I have selected a few which are within 15 miles of Upton Grey, which you might like to visit.

Froyle Gardens, Lower Froyle, Froyle, GU34 4LG

Open: Saturday 5th and Sunday 6th June 2.00pm to 6.00pm

Admission: £7.50 children free, refreshments: in the Village Hall

<https://ngs.org.uk/view-garden/17570>

One price – visit five very diverse gardens, all with their own special character and charm. If you would like a sneak preview of some of them, why not watch the Virtual Tour - charmingly narrated by the local vicar - Reverend Yann Dubreuil, <https://ngs.org.uk/froyle-gardens-hampshire-a-smorgasbord-of-delicious-gardens/>

Old Thatch and Millennium Barn, Winchfield, Hook RG27 8DD

Open: Sunday 13th June 2.00pm to 6.00pm

Admission: £4.00 Children Free, refreshments: home-made Teas + Pimms (if hot – mulled wine if cold).

Five-acre garden along the Basingstoke Canal (unfenced), with a profusion of wild-flowers, perennials, annuals, roses and clematis. Donkeys watch over the proceedings – not always quietly!!

<https://ngs.org.uk/view-garden/20927>

Walden, Common Hill, Medstead, Alton, GU34 5LZ

Open: Friday 18th and Sunday 20th June 1.00pm to 5.00pm

Admission: £3.50 children free, refreshments: available

Two acres sloping garden with panoramic views towards Winchester. Many perennials, peonies, roses shrubs and fruit trees, all complemented by sculptures and recycled objects, <https://ngs.org.uk/view-garden/25749>

Maybe there is something here that takes your fancy, if not you could visit the website: ngs.org.uk where all the gardens are listed.

Pat Beagley (Publicity), pat.beagley@ngs.org.uk

National Garden Scheme – Hook

Swallows, swifts and martins – Hampshire & I of W Wildlife Trust

Swallows, swifts and martins are true summertime species here in Britain. Arriving a little later than most of the warblers and departing as summer begins to fade (or earlier in the case of swifts), they are with us for just a few short months. But with their fast, swooping flight and often only a fleeting glimpse of the birds, they can be tricky to tell apart. Here are some tips to get you started.

Swallows and martins are closely related, making up a group of birds called the hirundines. Swifts are far removed from the hirundines, although they have evolved to look and behave similarly. All the birds feed on insects, so they are often found in similar habitats, although they tend to fly at different heights. They skim the water of ponds and rivers where midges gather and are also commonly seen around farmland.

Swallows

The long, deeply forked tail of a swallow is one of the first keys to identification. They have a red bib but, if the light is behind them, this may not be visible. Swallows are very social and are often spotted in large groups, chattering to each other, especially before migration in autumn. Look for them perched in rows on telephone wires or houses and outbuildings.

Martins

We get both house and sand martins, although the house martin is the more common of the two. Both species have a much shorter forked tail than the swallow. The house martin has completely white undersides and a white rump, visible as they fly. The rest of their back is a glossy black.

Sand martins are noticeably brown, with a brown collar breaking up their white belly. They nest in large colonies in sandy banks, so they are less likely to be seen around our urban areas.

Swifts

Swifts are the high-fliers of this group. Their screaming calls from way up in the sky are sadly becoming less and less common as swifts lose their breeding habitats in the eaves of old buildings. Unlike the other birds, swifts have no easily identifiable light patches, appearing completely black. Their longer wings look like a scythe in the sky. Swifts never perch or land on the ground – the only time they are not in flight is when they nest. The Swift Conservation website can also provide you with advice on who to contact if you find a grounded swift.

If you would like to help swifts locally, you can install a swift box within or under the eaves of your house if it is over two stories high.

Claire Thorpe, Communications Officer, Hampshire & Isle of Wight Wildlife Trust.

Morland Choristers' Camp, 25th July–1st August 2021

A residential course for young singers aged 9 to 17 years. The adventure starts here!

After all the restrictions of the past year, and following the success of the vaccination programme, plans are progressing for Morland Choristers' Camp to go ahead this year: a unique blend of music-making and 'summer camp' activities in the stunning countryside of the Eden Valley, near the Lake District. We are extremely fortunate that most of the activities take place outside in the grounds of Morland House and that the rehearsals can take place in the beautiful village church or school. Our all-inclusive residential camp offers children bags of fun, new friends and freedom to express themselves in a safe, supportive, Christian environment with first-class care. The course is open to all singers aged from nine upwards, who may be members of church choirs, or school choirs, or other choirs – or who may just enjoy singing! There are no auditions. The children benefit from first-class choral training in the highest traditions of the Church of England but in the atmosphere of an adventure holiday.

The Odiham Music Foundation was so impressed with the experience of some of the children from All Saints, that it has very generously offered to fund two bursaries for children from the Benefice who otherwise would not be able to attend. The fee is £360.

If your child would like to take part, then please visit <https://morland.org.uk/> where it is also possible to sign up. There is an accompanied train from London – Penrith (3 hours).

If you would like to discuss any of the above, including the bursary, please contact Frances Yeowart (trustee) at: francesyeowart@outlook.com or 07774163217. I would be delighted to hear from you.

BDDF -Why volunteer?

Do you have a couple of hours to spare a month? Maybe you have more free time than usual as you are commuting less, or want a new challenge, or a way to make new friends, whilst giving back to your local community? The Basingstoke and District Disability Forum (BDDF) are actively seeking volunteers to support our services, such as the buddy scheme, and to help on the Scarecrow event.

BDDF would also like to expand the Trustee Board. As a Trustee you can help set the strategy for the charity. We have two positions available: one focusing on Diversity and Inclusion and the second a Treasurer/Financial position.

Why volunteer? Volunteering offers vital help to people in need, but there are many benefits for you, the volunteer. Aside from the obvious feel-good factor from giving your time to a worthy cause, volunteering has several key benefits which make it well worth considering:

- *Gain confidence* by giving you the opportunity to try something new and build a real sense of achievement.
- *Make a difference*. Your actions will have a real and valuable positive affect on people, communities and society in general.
- *Meet people* from across the community, make new friends.
- *Be part of a community*. Be part of a cause wider than your current network.
- *Learn new skills*. Gain practical experience, help your CV stand out and learn skills which make you more desirable for prospective employers.
- *Challenge yourself to try something different*. Achieve personal goals, practice using your skills and discover hidden talents.
- *Have fun!* Most volunteers have a great time, regardless of why they do it.

Food for thought? Want to know more about volunteering with Basingstoke & District Disability Forum (BDDF), your local disability charity, please contact sarah@bddf.org.uk or telephone 01256 423869. or by visiting our website: www.bddf.org.uk.

Scarecrow trial – Chineham & Sherfield Park, 24th–25th July

Come and join BDDF for this fantastic annual community event. ‘The Rolls Royce of Scarecrow Trails’ returns; local residents are busily constructing their entries which follow this year’s theme ‘Heroes and Villains’. Last year, we surpassed all expectations and the hundreds of families that attended enjoyed the 96 amazing entries over two trails which covered a total of six miles. This year all scarecrows will remain on display until 30th July, so everyone has a chance to complete the trail. Saturday’s family activities will be based at Chineham Christ Church, then moving to Sherfield Park Community Centre on Sunday. These will include local craft stalls, refreshments, raffle and the fantastic team from Pop Up and Play will be providing entertainment for the kids. For those coming from further afield, parking will be available at Four Lanes Community School.

As your local disability charity, it is important to us that the route is completely accessible and has been carefully considered to include drop curbs to be inclusive to all mobility levels.

If you want to get involved there are loads of ways that you can support us, as well as taking part in the event to follow the trail. We are a small charity and rely on the help of our volunteers. You could support disabled people taking part with a guided walk, assist at the main sites with maps and refreshments, or help the organization of the event. If you would like to get involved, please contact info@bddf.org.uk

Last year we raised £5,077. These are vital funds for the charity to continue our work – all services are free to access, from seated yoga to IT courses and our signposting services, and will support our mission to facilitate increased awareness, active involvement, and healthy promotion of disability and those who live it. For more information, please visit our website: www.bddf.org.uk, telephone 01256 423869 or follow us on social media to keep up to date with our services.

SMALL ADS JUNE

Pick Your Own.

West Green Fruits, West Green Road, Hartley Wintney RG27 8LP. Open June to September for a wide selection of PYO and ready-picked summer fruits and vegetables, honey, jams and free-range eggs – and Christmas trees etc from the end of November. For information please call 01252 845772 or visit www.westgreenfruits.com

Keen history student hoping for help

My A-level son has a keen interest in History. To support his interest, he has taken up metal detecting. He and I are hoping to find a little land locally to search, anything from a few acres upwards. We are happy to help out in return with small chores or simple tasks such as helping to remove ragwort from paddocks or trips to the shops. Alternatively, we are willing to make a small payment or donate money to a charity of your choice. If you are interested to find out what history may lie beneath your feet and would be happy for us to spend the day trying to find out, please get in contact: John Lynes, jlynes1971@gmail.com, 07414 891222

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.

BOOKING FORM**UPTON GREY SAFARI SUPPER - SATURDAY 26th June 2021***Please detach and return (we use this form to plan the Safari) to***Julia Harker, Highfield House, Cleves Lane, Upton Grey. RG25 2RG Or email all these details to Julia_harker@btinternet.com**

We would like to participate in the Safari Supper on 26th June and will pay £15 per person taking part by electronic transfer to

Upton Grey PCC Sort code: 20-05-00 Account number: 40918261**Names:**

.....

House.....

.....

Phone No:**Email:**

.....

GIFT AID DECLARATION

If you are a UK taxpayer, please would you indicate your willingness for this donation to be treated as a Gift Aid donation. In this way it is possible to reclaim the tax paid by you for the benefit of the Church.

Name:**Post Code:..... Date:.....****Signature:**

.....

Church Services are listed under CHURCH NEWS near the front of the magazine

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.

3rd Jun	Thu	Tunworth Coffee and Cake event, churchyard	10.30
6th Jun	Sun	Brick Kiln Cottage, Herriard, Open Day	
26th Jun	Sat	Car boot sale, Church Meadow, UG	9.00am
26th Jun	Sat	Upton Grey Safari Supper	7.15pm
4th Jul	Sun	<i>Promenade</i> , The Old Vicarage, UG	timed tickets
24th–25th Jul		BBDF Scarecrow Trail, Chineham / Sherfield	
29th Jul	Thu	T@3, Barn Cottage, UG	3.00pm
2nd–6th Aug		Children's holiday club, Church Meadow, UG	
8th Aug	Sun	<i>She Stoops to Conquer</i> , Church Meadow, UG	4.00pm
9th–13th Aug		Upton Grey Junior Tennis Coaching	
25th Sep	Sat	Upton Grey Harvest Supper	
30th Oct	Sat	Autumn Festival Bonfire & Fireworks	6.00pm

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.

PARISH MAGAZINE COPY DEADLINE

The copy deadline for the July issue is 15th June. Please send news and contributions to uptongreymagazine@gmail.com. July's editor is Ian Lansley-Neale. Your editor this month was Tess Chevallier.

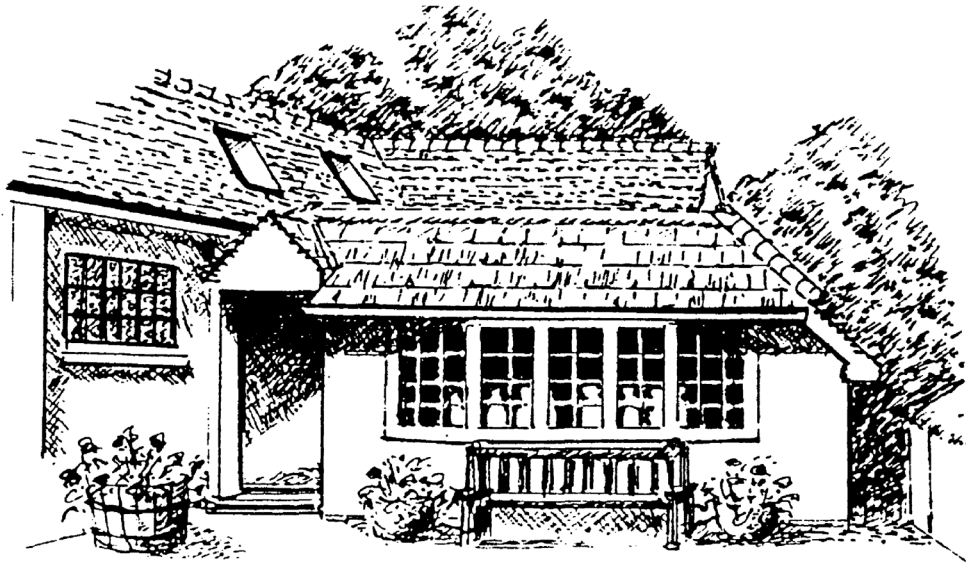
UPTON GREY VILLAGE SHOP

Tel: 01256 862326 (Shop)

shopuptongrey@btconnect.com

"Serving the Community"

"Supported by all who care for Village Life"



THE VILLAGE SHOP

RANGE OF GOODS

Special range of Cheeses
Fresh Bread & Vegetables daily
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Home Cooked Food
and Delicatessen
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The Post Office has
permanently closed

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8 am – 1pm Sun