

PARISH MAGAZINE



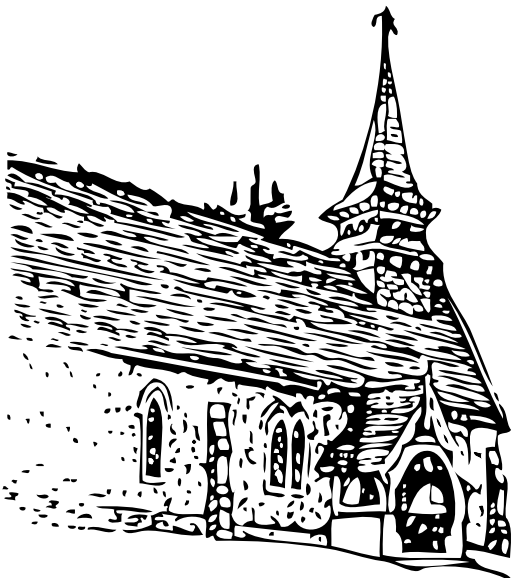
St. Mary's, Herriard



All Saints', Turworth



St. Mary's, Upton Grey



St. Lawrence, Westonzoyland

July
2022

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	Fiona Ives	07867 973266
	Adrian Spruce	07976 967059
Tunworth	Mark Ruffell	01256 346148
	Edwina Spicer	01256 471271
Upton Grey	Sarah Barnes	01256 861164
Weston Patrick	Clare Davies	01256 862762

Elected Representatives

Borough Councillors:		
Onnalee Cubitt (cllr.onnalee.cubitt@basingstoke.gov.uk)		07762 067411
Sven Godesen (cllr.sven.godesen@basingstoke.gov.uk)		07938 981686
Kate Tuck (Cllr.Kate.Tuck@basingstoke.gov.uk)		07747 000534
County Councillor: Juliet Henderson (juliet.henderson@hants.gov.uk)		01256 862413
Member of Parliament: Ranil Jayawardena		0207 219 3000
(Phone for your MP Surgery Appointments)	ranil.jayawardena.mp@parliament.uk	

Parish Chairperson

Herriard	Gill Hill	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

PCSO Andy Jones (andrew.jones.13301@hampshire.pnn.police.uk) Telephone 101

Neighbourhood Watch

Herriard	Rebecca Wills	herriardnhw@btinternet.com
Upton Grey	George Hillier	georgeandray@uptongrey.uk
Powntley 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
	Ian Lansley-Neale	01256 381380
	Sheila Stranks	01256 862465
Church Editor	Nick Willmer	07860 300888
All editors' email:		uptongreymagazine@gmail.com
KidsZone	Helen Chatfield	07540 140228
Treasurer	Simon Clough	simon.clough@hotmail.co.uk
Advertising & Production	Susie Vereker	01256 862365
		uptongreymagazine@gmail.com
Distribution	Jane Hanbury	01256 862681

BENEFICE MAGAZINE – July 2022
Edition for the Parishes of Herriard with Winslade, Tunworth,
Upton Grey and Weston Patrick

From the Benefice Ministry Team

Letter from an ancient Reader

The principal function of our churches is to help us to worship God. It is the people in the churches who do the worshipping. To be a member of a congregation does not simply involve passively sitting back. Worship is at its best when everybody is personally involved. And there is no rule that worship is restricted to an hour in church every Sunday.



Worship is, or should be, fun. “Joy” is one of the great Bible words. It crops up again and again. “Joy” appears 326 times in the New Testament alone. “Rejoice in the Lord!” cried Paul - from prison (Philippians 3:1). The Old Testament prophets Nehemiah and Ezra both told the people “The joy of the Lord is your strength” (Nehemiah 8:10): it was what kept people going when times were hard, as they so often were. God’s great gift of joy is felt when all is under control, when all the problems have been dealt with or are being sorted out. Joy is one of the gifts of the Spirit (along with love, peace, patience, kindness, goodness, faithfulness, gentleness and self-control: Galatians 5:22). Joy needs to be expressed in our work and in our play, in our lives and in our worship.

Worship is a great communal activity. It is at its best when everybody joins in, but we can also worship on our own, and a great way of worshipping on our own is by having our noses in our Bibles. The Bible is chock full of sound common sense, breathed on joyfully by the Holy Spirit. It is as relevant today as when the books of the Bible were written long ago, for the Bible is about people, and people don’t change. The language of the older Bible translations can be a bit of a barrier, but there is nothing old-fashioned or irrelevant about what the Bible says. The problems we have are the problems people have always had - problems over possessions, over work, and particularly over relationships, and the Bible helps with all of them, if you can find the place (a concordance can help with this). A Bible which sits on the shelf gathering dust is useless. A joyful Bible is one which is getting a bit tattered and battered, as many of us are. Enjoy it!

Peter Moore

Licensed Lay Minister (formerly “Lay Reader”)

FROM THE REGISTERS

Interment of ashes

Marion and Philip Wickham at St Mary's Upton Grey on June 17th

CHURCH SERVICES

Please note that the regular timings of some Upton Grey and Weston Patrick services have changed from June.

Sunday 3rd July

9.00am Tunworth – Morning Service

10.00am Upton Grey – Morning Service with Baptism

Sunday 10th July

9.00am Herriard – CW Holy Communion

10.00am Upton Grey – Morning Service

10.00am Weston Patrick – Morning Service

6.00pm Tunworth – Evensong

Thursday 14th July

10.00am Upton Grey – BCP Holy Communion (said)

Sunday 17th July

9.00am Tunworth – 1662 Morning Prayer

9.00am Herriard – BCP Holy Communion (said)

10.00am Upton Grey – CW Holy Communion

Thursday 21st July

10.00am Herriard – BCP Holy Communion (said)

Sunday 24th July

9.00am Tunworth – Family Service

10.00am Upton Grey – Rose Service in the Cemetery

11.00am Herriard – Family Service

5.00pm Weston Patrick – Evensong

Sunday 31st July

9.30am Odiham – Benefice CW Holy Communion

11.00am Odiham – Benefice Informal Service

‘Thank you’ from the Rector

May I offer my profound thanks to everyone who helped to run the recent fetes in Upton Grey and Herriard.

To the organising teams - thank you for all your hard work in bringing people together to make the fetes such a success.

To the stall holders and helpers - thank you for giving of your time and energies and making the stalls such fun.

To everyone who attended - thank you for supporting the fetes and I hope you had a thoroughly good time.

It is a huge joy to be able to get together as a community again, and the fetes make such a huge contribution towards the running of our wonderful churches.

Rev Simon Butler

Please also see the reports about the Fetes in the Upton Grey News and Herriard & Winslade News sections of this magazine.

Rose Service in the Cemetery

The annual Rose Service in Upton Grey cemetery will take place at 10.00am on July 24th, led by Jill Lestrille, to remember those we have loved and see no more. Please see Jill's article in the Upton Grey News section for more information.

Online services

Most services from All Saints, Odiham, are live-streamed (and then available online afterwards) – see www.moretolife.church for details.



KidsZone

Hi everyone!

Is it possible that God is a bird-watcher? Picture it – a dazzling kingfisher suddenly appears; you think about the little fellow's beautiful colours. Do you remember to thank God? How does God feel when you do? Isn't it incredible to think that this colourful creature has been made for us by God.



It is so easy for us to divide life into two different sections. On the one hand there is God and the church and on the other there is football, school, friends, making hot chocolate and watching robins and owls. Is it possible that they are connected?

A couple called Peter and Miranda Harris were both passionate bird watchers and ecologists (that means they look after nature!). In 1983 they set up a charity called A Rocha, which is a Christian conservation organisation. Over the years, A Rocha has helped many birds to nest safely and helped the environment in places such as the Aammiq wetland in Lebanon, the forests of Kenya and even a city park in Southall, London. If you'd like to find out more, or join in some of their fun activities, just go to their website at arocha.org.uk.



Some people get confused about why the environment is so important to Christians. We probably all know the story of Adam and Eve in the Bible, but do you know about the bit where God speaks to Adam and tells him that he must take care of all the creatures and plants on the Earth? This is why Christians believe it is so important to look

after creation – because God gave it to us and he asked us to look after it!
I wonder what you do to take care of creation?

This summer we will have Holiday Club again – but this year it is all about science! But what does that have to do with God, I hear you say! EVERYTHING! Not just about creation and the climate, but so much more! Join us from 8th–11th August in Upton Grey to find out about God and science with Experiments, games, drama and crafts. If you want to find out more, please scan this QR code to book on!



In the meantime, take some time to enjoy nature around you – and remember just how lucky we are that God gave it to us!

God Bless and see you next time!



Helen Chatfield
Youth Pastor

youth@moretolife.church
07540 140228



NEWS FROM THE VILLAGES

Police Report from PCSO Andy Jones

Upton Grey suffered a Burglary in a business premises where a lock box was forced open and the key within was used to access a locked unit. This incident has been linked to two similar incidents the same evening in the Hook & Old Basing areas.

A couple of mini diggers have been stolen from residential premises in the local area. CCTV has captured numerous images of the offenders and a vehicle used - a Honda CRV possibly in silver with a trailer already attached. All three suspects were wearing items on their face to obscure their identities.

An address that is being renovated just off the A339 in Herriard has reported that a CCTV camera has been removed by persons unknown. Whilst nothing has been reported stolen other than the camera itself, there are obvious concerns in relation to this and Police suggest that members of the public remain vigilant as always and report any suspicious activity through the proper channels to the Police.

Some general information:

- Police figures suggest an average of 244 vehicles are being stolen every day in the UK.
- A surge in vehicle thefts in some parts of the UK had been linked by police to a shortage of car parts.
- Thieves across the country are stripping cars “in a matter of hours” so they can sell the parts for “high prices”, according to a senior officer.
- Superintendent Jim Munro of West Midlands Police advised motorists not to assume vehicles left in car parks for only a few minutes are safe.
- Some 88,915 thefts of a vehicle during the 12 months to March 7 were recorded by the 34 police forces that provided full figures in response to Freedom of Information requests from the PA news agency.

**PCSO 13301 Andy Jones, Basingstoke Rural South,
Neighbourhood Policing Team, Tel. 101, Mobile 07775542021**

Superfast Fibre Broadband Update

“I despair with Openreach”. The lady who was told by Openreach that she could now order her fibre package did so. However, BT came to install her system and found that a connection further back on the line had not been made. Openreach then carried out a “desk survey” of the complete network and she was told that all would be sorted in June. An appointment was then made to connect it all up – but no one turned up!

Their latest advice to me is that they now expect to have all done by end June – so every month they slip a month! They appear to be a complete shambles with no reliable plan. I think all we can do is just wait for it to happen when it happens – all commitments seem valueless.

However, since I wrote this article initially, I have just heard that another resident has been informed by Openreach that they are fully connected to the fibre network and can now go ahead and order a broadband package from their Broadband supplier. So, bit by bit, we seem to progress?

Roger Clark

Farming News

We took our boys to the superb ‘The World of Stonehenge’ exhibition at the British Museum during half term. What I found fascinating about the exhibition was that it didn’t focus on the actual building of the henge, which took place over a staggering 1,500-year period between 3,000 and 1,500 BC, but more on the immense human transformation that was occurring throughout Britain and Europe between 4,000 and 1,000 BC. It was approximately 6,000 years ago that the old ways of hunting and gathering were changed for ever by the transition to a farming lifestyle. There were crops to protect, livestock to tend, ideas of ownership, labour and time were all altered. Central to this new way of life were the social get togethers and communal eating and feasting. From what I gleaned from the artefacts and reconstructions of these feasts, I should imagine they weren’t too different from a particularly lively and shambolic Home Counties Sunday lunch! How much has changed, but when it comes to human nature how little.

Farming, socialising and the sharing of food have been central to our history for millennia and will continue to be so. We can readily recall numerous food and farming encounters in the Old and New Testaments, mostly featuring feasting or the sharing of food but unfortunately sometimes famine too. The central themes and problems facing us farmers haven’t really changed over the last 6,000 years; how do we feed a growing population whilst respecting nature and our environment?

I recently had a ‘significant’ birthday and, as someone kindly highlighted, the world population when I was born was a paltry 3.125 billion people (it was a long time ago after all!). World population is now about 8.0 billion. By 2050 we could have to feed an extra 1.8 billion people. Most of this population growth will be occurring in the poorer regions of the world where food production is difficult or nigh on impossible. So, we farmers in the more fertile areas have a huge challenge to increase production economically and environmentally responsibly.

Here in a nutshell are just some of the ways in which we are trying to achieve this at Park Farm:

- higher milk yields from our cows which reduces the carbon footprint of a litre of milk;
- longer life, healthy cows that require less or no antibiotic intervention;
- produce more milk from home grown grass, maize and wheat;
- use more home-produced fertiliser in the form of our cows’ slurry and farmyard manure;
- keep food miles of all inputs and milk sold to a minimum; our milk is processed by ARLA in Aylesbury which I believe is the world’s largest fresh milk processing plant and the first net zero carbon dairy;
- we grow 17 acres of nectar mixes on marginal land to produce a rich food source for all pollinators;
- we grow 11 acres of winter bird food to feed farmland birds during the months when food for them is scarce.

We planted our nectar mixes last summer and they’ve really flourished this year. With its mix of clovers, Ox-eye Daisy, Sainfoin, Lucerne and more, it will flower and produce a food source for pollinators from spring to autumn. It’s a really striking mix that is bursting with colour, so not only is it doing good but it looks fantastic too. We’ve planted this on land that is poorer, sheltered by trees or is awkward to get to. The land didn’t grow good crops of wheat or maize and there is a small government grant for growing this, so we must weigh up the profitability of the crops we could grow against the obvious benefit for wildlife. Like all farming, and life in general really, it’s about getting the balance right.

Joe Ives

News from Long Sutton C of E Primary School

We ended half term with a wonderful celebration for Queen Elizabeth II's Platinum Jubilee. We invited our families to join us for an afternoon of celebration, and the whole school sang the National Anthem plus two specially written songs: 'Rise Up & Serve' and 'Now is the Time to Jubilate'. Both songs centred around gratitude for the service of our Queen over 70 years and provided an opportunity for the children to reflect on how they can follow her example and serve others in their own lives. We also invited our families to view our art exhibition; every child in the school produced a portrait in the style of various artists and I know many residents of Long Sutton may also have enjoyed seeing these exhibited in the Village Hall as part of the Street Party celebrations. We are still hoping and planning to get the portraits on display in South Warnborough and Upton Grey before long. The children were thrilled to receive a Platinum Jubilee commemorative badge; we are so grateful to the Long Sutton Parish Council for providing this souvenir for every child.

We enter our final half term of the year - always a busy one - and have already started welcoming our new Reception children for their weekly 'Pre-School' sessions. If you have children of Primary School age and would like to arrange a tour, please contact our school office on 01256 862238 or adminoffice@longsutton.hants.sch.uk.

Hannah Inglis, Headteacher

Community Thanks to:

- Geoffrey Yeowart for all his work as Church Warden. He is stepping down.
- William Maughan (former Parish mag Treasurer) and Bev Bridgman (former UG Parish Clerk). Sadly William and Bev are moving away from the village. But Simon Clough has kindly agreed to take over as mag Treasurer, and we are grateful to have Su Turner as Bev's successor as Parish Clerk.

UPTON GREY NEWS
www.uptongreychurch.co.uk
www.uptongreyparishcouncil.co.uk
facebook.com/uptongreyvillagecommunity/

Rose Sunday

On Sunday 24th July there will be a service in the Cemetery at 10.00am to remember those we have loved and see no more. As in previous years we will lay roses on all the graves and memorials. Do please bring your own flowers if you prefer, but there will be plenty of roses for distribution round the cemetery. It will be a short service, but stay if you choose afterwards. There are only a few seats in the cemetery, so please feel free to bring your own, especially if standing for any length of time is difficult. Please be aware that the ground is very uneven and there are many rabbit holes, so care is needed when walking around. I look forward to seeing you and do not hesitate to ring me if you need a lift or have any queries: Tel 862131.

Jill Lestrille

Upton Grey Jubilee Celebrations

The Upton Grey Helping Hands Committee are so pleased you all enjoyed the Jubilee Barn Dance and Picnic.

Once again thanks to Upton Grey Parish Council, David Janaway, L Hunts & Sons and The Stitching Room for all their help to make both the events such a success.

...And more about the Jubilee Weekend

Wow! What a fabulous weekend of celebration! The village enjoyed a fun Barn Dance, a Big Jubilee Picnic, a Fancy Dress competition, a Best Dressed House competition and more - all thanks to Kate, Sarah, Viv, Bradley, Adele and Millie from "Helping Hands". With Viv's banner adorning the church tower and the wonderful bunting and decorations around the village, it felt that the whole of Upton Grey and beyond was celebrating with Her Majesty. Congratulations to June and Gordon Hunt who won the "Best Decorated House".

So, it is a very big "Thank You" to Helping Hands for the work and inspirational ideas to make the Platinum Jubilee so much fun for us all.



Comments about the Upton Grey Fete held on the 11th of June

“Thank you again to everybody for all the huge amount of work put into making the fete such a success” *Frances and Sarah*

“Considering the sponsorship and other donations, the Fete Grand Total income was about £7,000” *Paul Birkbeck* (who counted out all the takings)

“This is the most amazing result! Thank you so much Frances and Sarah for re-kindling our much-loved Church Fete and thank you so much all for such a wonderful afternoon. David and I so enjoyed being ‘back out there’ as it were (post Covid) and would love to be part of next year’s efforts! So.... same time next year....!? I do hope so. A huge amount of work for many but so very well worth it.” *Tessa*

“The best day of my life” *according to a 10-year-old Fete visitor*

Open Gardens Upton Grey – held on the 12th of June

Many thanks to all the participants in Open Gardens in Upton Grey on 12th June. It was a lovely day and the gardens all looked fantastic. Also, thank you to everyone who came along and supported us. It was lovely to see you all.

At time of writing the total raised was £1565, which is amazing. However, the Juvenile Diabetes Research Foundation, whom we are supporting, have a commitment from a sponsor who is doubling anything raised until 24th June. Therefore, the total raised will be £3130. This will help a lot with the research being undertaken to try and find the cause of type 1 diabetes and a cure. They have already made considerable progress, so let's hope this continues. Once again, many thanks to you all.

Margaret Haynes

Summer Junior Tennis Coaching Week:

Monday 8th - Friday 12th August

Sessions start from 9.00am and are about 45 minutes long. The coach will be Andrew Ridgers, who has been leading the tennis coaching for some years. He is very highly regarded and makes the sessions fun for all. He also coaches at Odiham tennis club. The youngest children have the first session, which is 45 minutes, and then there are usually several more groups, largely grouped together by age.

The cost is £16 per child, whether your child attends all five days or not. We can keep this low due to the continued and much appreciated support from the Upton Grey Educational Trust.

In the event of bad weather, the sessions will be cancelled. Please email Susannah Livingston Booth on slivingstonbooth@gmail.com with your child/children's name(s), age(s), and your contact details.

Payment should be made by the 1st August 2022 by Bank Transfer to Upton Grey Village Tennis Court. Bank Details are Sort Code 30-93-32, Account No 02410908, or alternatively you can pay by cash to Susannah Livingston Booth at Redwing House, Cemetery Lane, Upton Grey, RG25 2RD.

Upton Grey Horticultural Society Summer Show, Sat 13th August

Just to let you know that we're all set and rearing to go with this lovely summer community event taking place in Church Meadow, Upton Grey. However, we do need your exhibits to make it a success.

Brochures listing all the classes you can enter will be available very soon (may already be out by the time you read this article) in Upton Grey and South Warnborough shops. We hope as many of you as possible will enter giving a good display of exhibits for visitors to see in the afternoon. There will be a closing date for you to tell us what you are going to enter to make sure we have plenty of room in the marquee to display your exhibits.

You'll need to be a resident of Upton Grey, Greywell, Herriard, Long Sutton, Nately Scures, North Warnborough, South Warnborough, Tunworth, Up Nately, Weston Corbett, Weston Patrick, or Winslade, to enter. If you've grandchildren living outside your village, then they can enter too.

Please remember this is an amateur show for adults and children, and all exhibits will be judged on that basis.

In the afternoon we've a raffle for some fabulous prizes, birds of prey, artisan stalls, dog show, and an ice cream seller. And of course, you can see the exhibits in the marquee. Even if you're not exhibiting, we'd love to welcome villagers and their families and friends to the afternoon. If anyone has any questions, then please contact me on 01256 862719.

June Hunt

***The Recruiting Officer*, Sunday 14th August at 4.00pm in Church Meadow, Upton Grey**

Rain or Shine Theatre Company return to Upton Grey on Sunday 14th August with their summer open-air production of *The Recruiting Officer* by George Farquhar. Gates open for picnics at 3.00pm – please bring your own food and seating. The performance starts at 4.00pm and will be in the marquee if wet.

Tickets are £10.00 for adults and children over 11yrs available via this link: <https://www.ticketsource.co.uk/rain-or-shine-theatre-co/t-kvkvgm> Or if you would prefer email UptonGreyDrama@gmail.com - and we can arrange the tickets for you.

This production is being produced in association with Upton Grey Drama Group.

Upton Grey Village Hall 100 Club

First prize every month will be £100. Second Prize £40. Winners in the April draw were first prize S. Hunt, second prize S. Barker. In the May draw first prize P. Symington, second prize L. Thompson.

Shoeboxes

I still do the Xmas shoebox appeal but can never get enough empty shoeboxes. If you have any please don't throw them away – I am quite happy to pick them up, just let me know.

Debbie Bridle (862705) debbie@debbie-bridle.co

Upton Grey Harvest Supper – Save the Date

Saturday 1st October. Further details to follow.

HERRIARD AND WINSLADE NEWS

www.herriard-pc.gov.uk

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

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

The Village Fete

On Sunday 22nd May we were blessed with the most beautiful weather, plus with renewed vigour after “the Covid years” and some new fete committee team members, we had so many more exciting things for visitors to see and do. Even PCSO Andy Jones had his squad car in pride of place, allowing the kids to sound the police siren which made their day! It was great to have the children from Bentworth Primary School with us again – entertaining us with their fantastic singing. It was a truly fabulous day and also one of our most successful! Thank you to everyone who helped on the day and to everyone who came along to support us – we hope you enjoyed our fete as much as we did!



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The Queen's Platinum Jubilee

With lots of bunting and flags out the village looked fantastic! On the Friday morning the Service of Thanksgiving at St Paul's was screened at the Royal British Legion hall – with plenty of coffee and cake it was really special to watch the service as a group. One lady had been in The Mall at the Queen's Coronation, and someone else had watched it in the private cinema at Hackwood Place (Lord and Lady Camrose had asked everyone on the Estate to join them).



On the Sunday – with marquees in place (rain expected...) and tables and chairs arranged – about 150 people from the village came with their picnics and Jubilee decorations to share in one big Platinum Jubilee celebration! Each table had a beautiful decoration made especially for the event by the children at Little Meadows Nursery. After much deliberation the Judge (thank you Michelle) awarded the prize for the best Jubilee decorated table to the De Campos table. Banjo Bounce entertained us with a fantastic set of songs, and Fran at The Fur and Feathers had made the most fantastic Jubilee Cake with layers of red, white and blue sponge. It was absolutely delicious! As the cake came out so did 30-odd bottles of Prosecco for everyone! The organisers – Herriard Parish Council, The Royal British Legion Club Herriard, The Fur and Feathers and St Mary's Herriard with Winslade PCC – are very grateful for the support from Basingstoke and Deane which made the event possible. Thank you to everyone who came along and made it such a fun afternoon!



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Things are changing at Herriard Village Hall

As we hopefully emerge from Covid the team running the Hall in Herriard are looking to reorganise and re-launch what we do and widen the appeal of our facilities.

We are aiming to put the Hall at the heart of Herriard, making it a hub for various activities and events, and so a focal point for the village. We have had lots of great suggestions that we are thinking about, including coffee mornings and a supper club. And it might include a part time pop up shop selling local produce – did you know that Herriard produces lots of eggs, flour, herbs and vegetables, honey, pheasants, venison, lamb pork and beef! Plus we have some great cooks and a very talented gardening club – so lots of interesting produce.

We are looking to refurbish and modernise the buildings internally and to relaunch our website and Facebook page to keep everyone better informed too. A new group has been formed to lead this and is working on the next steps with more news to follow soon.

In the meantime the Hall is available for hire at any time for private parties, running sales and courses, and our sprung wooden floor is good for Pilates and activities too. The Hall is free for Herriard village events, and the bar is open for anyone on Saturday nights and Sundays 1-3pm.

Everyone is welcome and if you have ideas or want to be involved, please do get in touch via Jenny Falconer the Club Secretary herriardrblhall@gmail.com

Herriard Gardening Club

Before I write about how to extend the flowering period in our garden for as long as possible, I would like to just mention our hedgerows.

Hedges are Britain's greatest nature reserve and almost certainly our ancestors' major contribution to wildlife in this country. Some of our hedges are more than 1,000 years old.

Hedgerows are filled with all manner of plants which provide a safe habitat for wildlife to breed, nest, hibernate and travel (dispersal corridors) and offers a crucial food source in months of scarcity.

80% of woodland birds, 50% of our mammals and 30% of our butterflies - not to mention a huge number of insects - rely on this haven. Examples found in hedges include Harvest Mice, Dormice, Hedgehogs and foraging Bats, whilst the ditches and banks associated with hedges are home to Frogs, Newts, Toads and Reptiles.

As it is currently the nesting season, usually March to end August (depending on the weather, some birds will nest outside that period) any type of bird nesting in a tree or hedge is legally protected under the

Wildlife & Countryside Act of 1981. Regardless of ownership, no-one can trim or cut a hedge if the action damages active birds' nests. It is illegal to disturb these birds whilst they are building a nest, destroying a nest, intentionally kill, injure, remove chicks or adults, or take and destroy any eggs. So please leave the cutting of your hedges until after August so you do not disturb the next generation of wild birds that are so precious. They have it tough enough with other predators without us being one of them.

As we would all love to have gardens full of flowers for as long as possible here are some things you can do to extend the flowering time of some plants: dead head roses if they are the repeat flowering type. This method is also used on Carnations, Pinks, Dahlias, Scabiosa, Sweet peas, Wallflowers and Lupins. With Nepeta (cat mint), you can either dead head individual flowering spikes as they fade or cut back after flowering. Once Salvia stems have finished flowering, cut each one down to regenerate more stems. Delphiniums, Geraniums, Centaurea and Ox-eye daisies can be cut to near ground level after the first flush of flowers are nearly over as this will produce new foliage and second late summer flowering.

Some plants need pruning in July if they are established, these include plants such as Philadelphus, Spirea, Weigela. After they have flowered, cut flowered wood back to a new shoot and remove some of the oldest, less productive wood right down to the base. Prompt pruning allows maximum time for the new growth to develop and produce flowers for next year. Remember to keep your pots well-watered and regularly fed.

Pat Pegg

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OTHER NEWS AND EVENTS

New Charity to Help People Living with Dementia in Hampshire & IOW

Dementia Support – Hampshire & IOW is a new charity that has been set up by local people with lived experience, to respond to the needs of local people living with dementia and their family carers. The charity provides free emotional support, information, and signposting for anyone and everyone living with dementia in Hampshire and the Isle of Wight.

Charity Director Helen Hamblen says “We know from first-hand experience the emotional impact a dementia diagnosis has on patients, families, and caregivers. Common feelings during this life-changing experience can include anxiety, distress, and depression, not just for the person that has dementia but for the whole family. Families and friends provide most of the care for people with dementia and it is vital that everyone living with dementia receives the help and support they need to maximise their health and wellbeing.”

According to the Department of Health there are now 850,000 people living with dementia in the UK, costing the economy around £26.3bn a year. 52% of people in the UK know someone who has dementia. By 2025, one million people in the UK will have dementia, and this will increase to two million by 2050. 1 in 3 people born this year will develop dementia in their lifetime.

Hampshire is one of the top five UK areas with the highest incidence of dementia, with over 24,000 people in the county being diagnosed with dementia in 2020. (Alzheimer's Research UK)

Hampshire & IOW Dementia Support provides a helpline which is available 8am-6pm Monday to Friday (excluding Public Holidays). Anyone struggling with their emotions due to a new diagnosis or because they are feeling overwhelmed with their caring responsibilities is invited to call and chat with a member of staff or volunteer that will be on hand with a listening ear. People can also phone if they are struggling to find information about dementia, and pathways for diagnosis, treatment, or care, and a website full of information is being launched this week. The website will include information about dementia, dementia pathways, finance and benefits, memory and living aids, as well as details about support groups and social events across Hampshire and the Isle of Wight.

Helen Hamblen says “Support for people living with dementia is hard to find, and at a time when your whole world is upside down and you are dealing with the emotional impact that dementia brings, the last

thing you need is to have to search tirelessly for support near to where you live. The national charities are great, but face-to-face support and local knowledge is what you need at times like this. We know how exhausting living with dementia can be, that's why we've created this charity, to help make things just that little bit easier."

"We host our own support and social groups and also work with other voluntary organisations across the region so that we can provide information about all the support and social events available in our local communities."

For more information visit www.mydementiasupport.org
Helpline: 0344 324 6589



ODIHAM & OLD BASING
HEALTH CENTRES

Odiham and Old Basing Health Centres Update

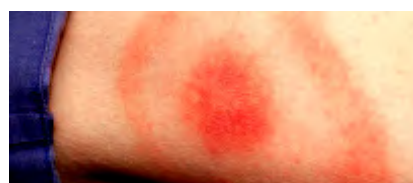
It's been a busy quarter as you can see from our April practice figures below. We're delighted to welcome Dr Holly Poppe, Dr Toyin Bode-Abass, Dr Sarah Sierens, Paramedic Jason Rausch, Sister Sara Hand and Physicians Associate Sitara Khan to the clinician team and we're pleased to confirm we've increased our reception team.

What is Lyme Disease? Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early. Not all ticks in England carry the bacteria that causes Lyme disease. But it's still important to be aware of ticks and to safely remove them as soon as possible, just in case.

To remove a tick safely:

- Use fine-tipped tweezers or a tick-removal tool. You can buy these from some pharmacies, vets and pet shops.
- Grasp the tick as close to the skin as possible.
- Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you have removed it.
- Clean the bite with antiseptic or soap and water.

The chance of getting ill is low. You do not need to do anything else unless you notice a circular or oval-shape rash around a tick bite or become unwell. The rash can appear up to 3



months after being bitten by an infected tick, but usually appears within 1 to 4 weeks. It can last for several weeks. *Information taken from www.nhs.uk*

Update from the Patient Group (PPG). Our patient Group aims to improve communication between patients and the surgery and supports the well-being of our community. We are therefore delighted to be able to share the recent data from the surgery showing that they have seen/spoken to and e-consulted with an amazing 5,330 patients during April. Well done to the whole team! We are hoping soon to be involved in testing the new surgery website which will be launched over the coming months.

If you would like to join our patient group network, then please contact us at odihampatientgroup@gmail.com or join our Facebook group - Odiham & Old Basing Patient Group.

Practice Figures for April 2022. We are still seeing patients face to face as well as offering additional solutions online. We currently support 12,152 patients and completed a total of 5,330 consultations in April.

- Home Visits 74
- Face to Face Appointments with a GP or Nurse 1,826
- Econsults submitted 379
- Telephone Appointments 2,558
- Patients now using the app/online 6,549
- Patients who did not attend their appointment 81
- Additional Support Appointments 509

Gardens open to the public in aid of local charity Cardiac Rehab

This summer sees fabulous gardens opening to the public, in aid of local charity Cardiac Rehab. Opening together on Sunday 3rd July from midday to 6pm, Binsted Place (GU34 4PQ) and Wheatley House (GU35 9PA) are a showcase of stunning herbaceous borders and planting, and filled with the scents and sounds of the season. July is the perfect time to see these spectacular gardens at their very best, and support your local charity at the same time! There will be free parking at both gardens and there will be refreshments available at the barn at Wheatley House. Entrance ticket priced £7.50 in advance (£8.50 at the gate).

Cardiac Rehab helps local people with, or at risk of developing, heart problems to improve their health, fitness and wellbeing. Events such as these open gardens help to keep the Centre running and local people living longer.

For further details please visit www.cardiac-rehab.co.uk/events

Looking back – looking forward

What a difference a year makes! We kicked off in September 2021 with our groups slowly returning to face-to-face meetings after months on Zoom and then Omicron came along! However, we simply went back to Zoom and by March 2022 we again ventured forth, although Eunice swept in to keep us on our toes!

July is a particularly sociable time for our members, as groups inevitably turn their last meeting of the year into a celebration with lots of coffee and cake at the very least. Undoubtedly our four wine groups enjoy something stronger!

However, we do have our most important event in August – our **Open Day on August 17th**. All our Activity Groups will be there with stalls displaying their wares. This gives everybody, whether existing members or visitors, a chance to socialise or browse and wonder if they can fit just one more interest into their busy week! With over 50 groups, there's plenty to choose from; all providing opportunities to enjoy being active with friends. For example:

- Physical exercise; Ballet, Bowls, Tennis and Walking
- Mental stimulation; Mahjong, Current Affairs, History and Philosophy
- Culture; Books, Poetry, Theatre and Painting

In addition, we have a monthly talk open to all members covering a wide range of topics. Next year's topics include Henry VIII, Mammals, Literary Paris and Women Novelists. No need to be bored!

For a full list of our activities visit our website or, even better, why not come and have a look? So, if you are no longer working full time or getting close to retirement and you'd like to see for yourself how we enjoy learning, laughing and living to the full, then please do come to **Open Day, August 17th 10 - 12 noon, Robert Mays School, Odiham**. There is absolutely no need to book. Just put the date in your diary and we will look forward to welcoming you!



<https://u3asites.org.uk/odiham/home>

Odiham Book Exchange Wishes Harry Potter a Very Happy 25th Birthday!

To celebrate the 25th anniversary of the launch of '*Harry Potter and the Philosopher's Stone*', join us for a magical trail around enchanted Odiham this summer. Trail forms available from Odiham Book Exchange from Monday 18th July.

We are open Monday and Thursday 2.00–4.30pm and Saturday 10.00am – 12.30pm in the Bridewell, the Bury, Odiham.



North Hampshire Downs Mothers' Union

In June we celebrated the Queen's Jubilee with a Festival Service in Winchester Cathedral. It was a lovely occasion, and an opportunity to reflect on the Queen's life of service and the ways in which Mothers' Union seeks to serve its communities.

As well as practical action to support families, Mothers' Union also campaigns on issues that impact the lives of women and girls. During July the UK government is planning to ratify the Istanbul Convention, a treaty of the Council of Europe against gender-based violence. However, the Home Secretary says that they have reservations on a key article that would grant residence to those survivors of violence whose immigration status relies on their partners. This decision has been heavily criticised as it excludes migrant women from protection. We can help by writing to our MPs and demanding that the government ratifies this treaty without reservations.

Mothers' Union will be running their usual stall at RAF Families Day on Friday 19th August, and we would love to receive your home-made cakes for this event. We need a huge number of cakes for this event, so your support for this event is greatly appreciated.

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

National Garden Scheme, Hampshire



The NGS is pleased to announce Danny Clarke as our new Ambassador. Danny is a professional gardener and designer, who shot to fame in *'The Instant Gardener'* and is also known as *'The Black Gardener'*. One project that he will help support is our expanding 'Community Gardens' and we will be announcing our 2022 'Community Gardens Grants' in a few weeks' time. To read more about Danny and his appointment click visit the NGS website ngs.org.uk. It was good to see Danny and his colleague with their Silver Gilt Medal at Chelsea this year.

A first for Hampshire: Hook Cross Allotments, Reading Road, Hook RG27 9DB. Opening Saturday & Sunday 16th & 17th July 1pm to 5pm. Admission £4.00, children free, light refreshments available. Established on arable farmland in 2010, this pretty edge of village community-run allotment site is now one of the largest allotments in Hampshire. With more than 100 plot-holders you can see a wonderful variety of approaches to growing edible produce and flowers including raised beds, no-dig, novel crops, traditional lay-outs and polytunnels. Be inspired to try growing your own, and talk to plot-holders who will be on hand to discuss their experiences and what's involved. Vegetables, soft fruit, top fruit, flowers, unusual produce, and herbs. The allotments incorporate several wildlife-friendly features such as beetle banks to help beneficial invertebrates, insect hotels, nest-boxes, wildflower meadow and a community orchard. Wildlife on the site includes birds, butterflies, and small mammals. It is usually easy to watch red kites, buzzards, kestrels and skylarks above the plots. Light refreshments include cold drinks, snacks and cakes. Parking, picnic area, compost toilet, vegetable and wildlife 'treasure hunt', well-behaved dogs welcome. Grass paths and uneven ground, not suitable for wheelchair users. A great afternoon out for the whole family - maybe bring your own picnic?

To find more information on all the NGS gardens, visit the website ngs.org.uk

Pat Beagley (Publicity)

East Hampshire District Council rejects calls to help protect the future of Alton's cinema

Alton's Save the Cinema campaign is determined to keep fighting after the district council rejected its application to list the 110-year-old Palace Cinema as an asset of community value. "Essentially, the application was rejected on the basis that not enough people use the cinema," says one of the campaign's founders, Kat Guenioui. "It's frustrating because it feels like there is no vision from EHDC as to what the cinema *could be* for our community. We're stuck in this Catch-22 where people don't currently use the cinema because it has been allowed to become run-down, and the council won't protect it because people don't use it."

"Our research clearly shows that Altonians would use the cinema more regularly if it were renovated," agrees co-founder Annie Lancaster. Sadly, it is widely anticipated that the current or a future owner will apply for permission to convert the cinema for residential use. But with so many houses being built in the town, the Save the Cinema campaign believes that this would be a missed opportunity.

There is some protection for leisure facilities in planning guidelines. The National Planning Policy Framework includes stipulation for the protection of heritage assets and guards against the loss of valued facilities. However, it is by no means guaranteed that this will be enough to prevent change of use – particularly considering the failed ACV application. The Save the Cinema campaign is therefore encouraging people to continue to sign its petition to demonstrate local support for the Palace Cinema, as well as to write to their town and district councillors to express their desire to maintain this historic building in the town.

The Save the Cinema petition can be found at <https://www.change.org/p/people-of-alton-save-alton-s-palace-cinema>. Anyone interested in supporting the campaign should contact savealtoncinema@gmail.com

North Warnborough & District Garden Club

We plan that our next Meeting will be held in the North Warnborough Village Hall on Thursday 28th July at 2:30pm. Our speaker will be Paul Patton, who will speak to us about "Wonderful Healthy Herbs".

Our Competitions this month will be: 3 Stems of Mixed Roses from your Garden and A Display from the Herbaceous Border.

Visitors are very welcome to join us. For further information about our Club, please visit our website at <https://www.nwdgc.org.uk>

Wonderful Water Voles - Hampshire & IoW Wildlife Trust

Water voles are Britain's largest voles, with fully grown adults reaching lengths of 20cm (plus a 12cm tail) and weighing up to 350g. They are charismatic little creatures with a round face, blunt nose, short furry tail and glossy dark brown or black fur.

Despite their name, water voles are not particularly well-adapted to aquatic life. They've evolved to live alongside water and their characteristic 'plop' is the sound of them diving into water to escape predators and access the underwater entrance to their burrow. But they are clumsy swimmers and lack rudder-like tails or webbed feet that other water-loving creatures have evolved.

Burrowing and breeding. Water voles live in burrows, which they build by biting into the banks with very strong, enamel-coated orange teeth. These burrows can be complex and consist of nesting and nursing chambers, with two entrances, one on the bank and one underwater. A water vole burrow is roughly the width of a balled-up fist or a tennis ball. During winter, water voles live in family groups in their burrows; but become very territorial during the breeding season between April and October.

Water voles are extremely successful breeders with a gestation of just 23 days! Pups leave the nest after three weeks and can breed at just 15 weeks old. One female water vole can have up to 30 babies in a single breeding season. Water voles have a very short lifecycle and don't usually live for more than one winter.

Always eating. Water voles eat up to 80% of their own body weight every day. Their diet consists mainly of grasses and waterside plants, plus twigs, bulbs, roots and fallen fruit. They aren't too picky and have been recorded feeding on up to 220 different plants.

Water voles in decline. Sadly, water voles are one of the UK's fastest declining mammals with up to 90% of the population lost since the 1970s due to habitat loss and fragmentation and the introduction of American mink. Water voles are preyed on by native animals like otters, buzzards, owls, and foxes, but can cope by breeding rapidly and escaping into their burrows. A female mink, however, is slim enough to follow water voles into their burrows and kill entire populations.

Fortunately, it's not too late for water voles. Hampshire & Isle of Wight Wildlife Trust is helping water vole populations recover in our two counties through reintroductions, coordinating national projects and managing our nature reserves with water voles in mind. Winnall Moors in Winchester boasts good water vole numbers as the banks are protected

and no dogs are allowed in the nature reserve to disturb them. Find out more at hiwwt.org.uk.

Jake Kendall-Ashton
Hampshire & Isle of Wight Wildlife Trust
jake.kendall-ashton@hiwwt.org.uk
07469 85583



A water vole amongst reeds © Terry Whittaker_2020VISION

SMALL ADS JULY

Harry's Cocktail Bar at the Gorilla Spirits Distillery

Gorilla Spirits cordially invite you to join us for some 'end of the week' cocktails to unwind with your friends and family. Opening times vary, please see our website for more information. Booking is essential.

harry@gorillaspirits.co.uk gorillaspirits.co.uk/shop/harrys-bar/

Game Meat (Venison): Leg Joint 2-3kg £18. Fillet Steak £20 per kilo. Diced £8 per kilo. A few frozen packs left of Pheasant, Partridge and Pigeon Breasts £5 a pack. Contact Robert 07557 054844.

HALLS FOR HIRE

Upton Grey Village Hall can be hired at a basic rate of £10 per hour. It is also possible to hire it for a morning/afternoon/evening at a cost of £25 per session (Sunday afternoon to Friday afternoon inclusive) or £35 per session (Friday evening to Sunday morning inclusive). There may also be additional discounts for regular hirers. The hall can be used for functions, meetings and parties. There are kitchen facilities, including crockery and cutlery. Central heating and sound system. Tables and chairs can be hired but must not be removed without permission of a member of the committee. To book, contact Jane Hanbury (01256 862681, email: ajhanbury@btinternet.com).

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

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

DATES FOR YOUR DIARY – July 2022

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

JULY'S DATES

24th Jul	Sun	Rose Service, Upton Grey Cemetery	10.00am
30th Jul	Sat	Repair café, Garden Room, Sh. on Loddon VH	10.00am
30th Jul	Sat	Quintessential Brass Concert, St Lawrence, WP	6.30pm

ADVANCE DATES

8th–11th August		Children's Holiday Club, Church Meadow, Upton Grey	
8th–12th August		UG Junior Tennis Coaching	9.00am
13th Aug	Sat	UG Horticultural Soc. Summer Show, Church Meadow	
14th Aug	Sun	<i>The Recruiting Officer</i> , Church Meadow, UG	4.00pm
17th Aug	Wed	u3a Open Day, Robert Mays School, Odiham	10-12.00
1st Oct	Sat	Upton Grey Harvest Supper	
3rd Oct	Mon	Upton Grey Bridge Club recommences	
29th Oct	Sat	UG Autumn Festival, Bonfire, Fireworks	6.00pm

REGULAR EVENTS

2nd & 4th Mon	Upton Grey Bridge Club (Not summer)	7.30pm
Each Mon/Thur	Odiham book exchange, Bridewell, Odiham	2.00pm
Each Sat	Odiham book exchange, Bridewell, Odiham	10.00am
Each Mon	Prayer group, 4 Little Hoddington	10.00am
Each Tues	Prayer group, 4 Little Hoddington	5.00pm

PARISH MAGAZINE COPY DEADLINE

Please note that the copy deadline for the August issue is the 15th July.

Please send news and contributions to **uptongreymagazine@gmail.com**.

Your editors for July were Sheila Stranks and Nick Willmer. Your editor for August is Tess Chevallier.

UPTON GREY VILLAGE SHOP

Tel: 01256 862326 (Shop)

shopuptongrey@btconnect.com

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"Supported by all who care for Village Life"



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