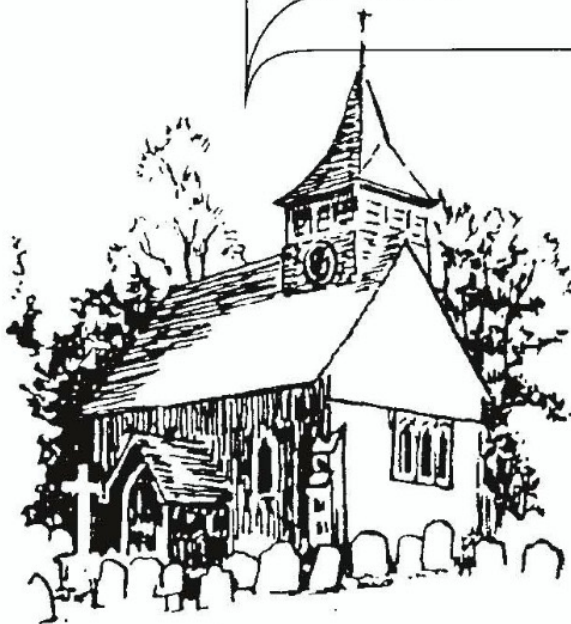




*St. Mary's,  
Herriard*

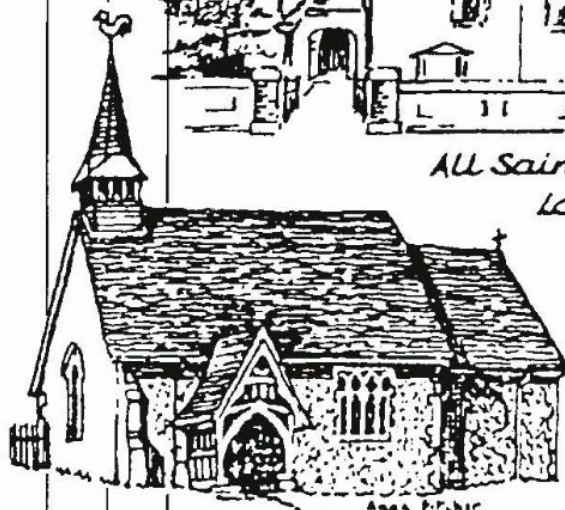
# PARISH MAGAZINE



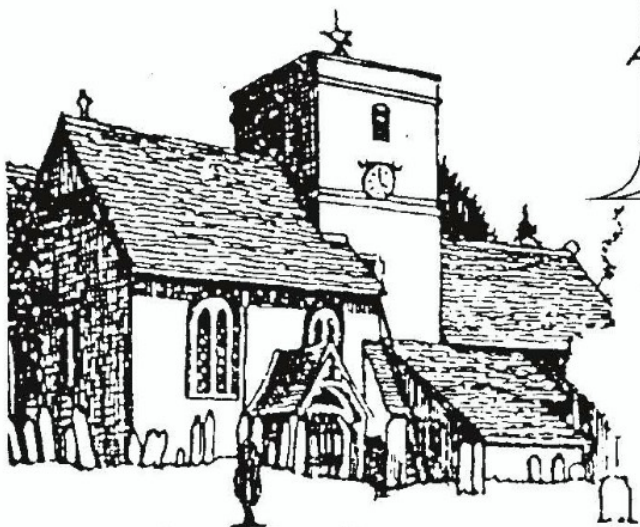
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South Warnborough*



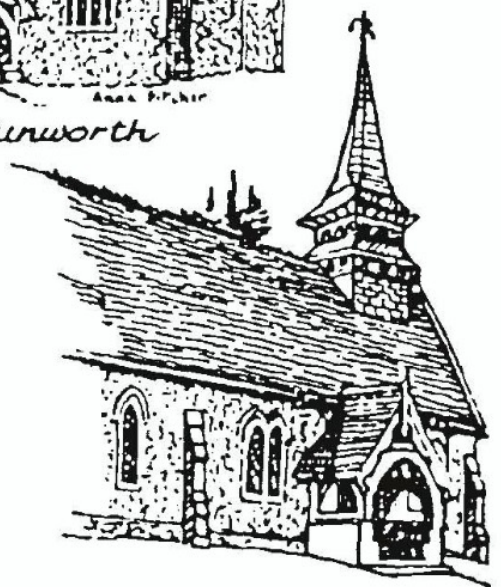
*All Saints',  
Long Sutton*



*All Saint's, Tunworth*



*St. Mary's, Upton Grey*



*St. Lawrence, Weston Patrick*

## USEFUL CONTACT DETAILS

Benefice Rector		
Parishes' email address		nhdboffice@gmail.com
Licensed Lay Ministers	Jill Lestrille	01256 862131
	Alan Hoar	01256 395077
Church Wardens		
Herriard/Winslade	John Jervoise	01256 381723
	Fiona Ives	07867 973266
Tunworth	Mark Ruffell	01256 346148
	Edwina Spicer	01256 471271
Upton Grey	Sarah Barnes	01256 861164
	Geoffrey Yeowart	01256 861218
Weston Patrick	Felicity George	01256 862594
	Mem FitzPatrick	01256 862359
Borough Councillor	Mark Ruffell	01256 346148
		cllr.m.ruffell@basingstoke.gov.uk
County Councillor	Anna McNair Scott	01256 476422
Member of Parliament	Ranil Jayawardena	0207 219 3000
<i>Phone for your MP Surgery Appointments</i>		ranil.jayawardena.mp@parliament.uk
Parish Chairmen		
Herriard	Michael Branigan	01256 381260
Tunworth	Neil Taylor	01256 356267
Upton Grey	Paul Gray	01256 862440
Weston Patrick	Ian Turner	01256 862162
Winslade	John Raymond	01256 381203
PC Andy Reid	Main local	01256 389050
	Mobile	07768 776844
Neighbourhood Watch		
Herriard	Rebecca Wills	01256 381275
Upton Grey	George Hillier	01256 862368
Powntley Copse	Julie Trice	01256 861136
Tunworth	Sarah Whitcombe	01256 862495
Weston Patrick/Corbett	David Don	01256 862464
Magazine		
Editors	Tess Chevallier	01256 862636
	David Shearer	01256 320538
	Alison Barker	01256 861745
	Ian Lansley-Neale	01256 381380
Kidszone	Katie Goddard	01256 331989
All editors email:		<a href="mailto:parishmagazine@uptongreychurch.co.uk">parishmagazine@uptongreychurch.co.uk</a>
Treasurer	Anne Appelboam	01256 862383
Advertising & Production	Susie Vereker	01256 862365
		susie@vereker.fsnet.co.uk
Distribution	Janey Hanbury	01256 862681

**BENEFICE MAGAZINE – July 2016**  
**Edition for the parishes of Herriard with Winslade, Tunworth,**  
**Upton Grey and Weston Patrick**

We are delighted to announce, formally, the appointment of The Reverend Simon Butler as Vicar of our four parishes and as Rector of all the twelve churches of the North Hampshire Downs Benefice. Simon, his wife Hannah and three very young daughters will be moving into the Vicarage in Upton Grey early in August and it is planned that his licensing as our Vicar will take place at Herriard church on 21st August.

In our village communities, the Vicar is central to and involved in so many activities and not just around on Sunday mornings! It is a huge task for any one man to get to know the thousand people in our parishes, let alone several thousand more in the extended Benefice. We know he will intend to meet everyone and certainly has the youth and energy to be involved.

The Church is here for all, not just for those who wish to attend Sunday services; there are regular calls on the Vicar to take baptisms, weddings, funerals and many other things concerning the Benefice, but the functions of the church do come at a price: our four churches have to raise around £100,000 a year to keep them going, pay for the clergy and support the Diocese. We receive no outside financial support from the State, the Local Authority or the Church of England and are dependent on substantial donations from the village community for our income, whether or not they are regular churchgoers. If you feel that it is important to keep our/your churches open and maintain a vicar, please contact your PCC treasurer to offer your help. It would be much appreciated and your support is very much needed.

In closing, we want to thank The Reverend Linda Scard for her wonderful support following Peter's departure in January. She now moves on to care for the five churches of the United Parish (Greywell, Mapledurwell, Nately Scures, Newnham and Up Nately), in preparation to help out there once Jane Leese retires in mid July, but will be around to help see Simon into his post and be part of the ongoing Benefice clergy team.

**The Churchwardens of Herriard/Winslade, Tunworth, Upton Grey  
and Weston Patrick.**

### **Message from Reverend Linda Scard**

The time has now come for me to return to the United Parish and I would like to thank you for your tremendously warm welcome and for all the help and encouragement you have given me in the time that I've been with you. The months have just flown by!

I would also like to thank the various teams who have worked together to plan for and deliver some absolutely amazing family and other services, and who are willingly continuing to do so until Simon Butler, our new Team Rector - and your Vicar - arrives. Unfortunately for me, I have always been in other churches at the time of these very creative acts of worship, which I know have been very well received indeed.

And finally, may I thank the churchwardens for all their support during this time, and to thank them also for all they have done and will continue to do to "keep the show" on the road until Simon is with us. It is amazing just how much there is to take care of during an interregnum, the responsibility for which falls to the churchwardens. I know they would wish to say that others have helped them too, and between you all, you have done a great job in keeping the life of our churches flourishing.

What a great bunch of folk you are!

In Christ's peace. Linda.

**Reverend Linda Scard**

### **FROM THE REGISTERS**

#### **Funeral**

16 <sup>th</sup> June	Millicent Wright, at St Lawrence, Weston Patrick
24 <sup>th</sup> June	Peggy Ives, at St Mary's, Herriard



# Kids' Zone



## July Birthdays

2 <sup>nd</sup>	James Boland	20 <sup>th</sup>	Amy Campbell
5 <sup>th</sup>	Harrison Goddard	22 <sup>nd</sup>	William Bellamy
8 <sup>th</sup>	Hugo & Rory Acheson-Gray	23 <sup>rd</sup>	Katherine Harvey
14 <sup>th</sup>	Phoebe Spruce	24 <sup>th</sup>	Natasha Lewington
16 <sup>th</sup>	Edward Bellamy	25 <sup>th</sup>	Grace Ruffell
17 <sup>th</sup>	Matthew Ruffell	25 <sup>th</sup>	Amber Williams-Smith
19 <sup>th</sup>	Charlie Horne		

*If you would like a child's birthday put in the magazine and they are not already on the list, please would you send name and birthday to Kate at [kate.goddard1@virgin.net](mailto:kate.goddard1@virgin.net).*



## How To Be Safe In The Sun

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

**The Sun** - it keeps us warm, it makes flowers and plants grow and gives us strong bones.

It does all these things by sending down light, which includes invisible **ultraviolet, or UV, rays**. Some ultraviolet rays pass through air and clouds and penetrate the skin. When your skin has been exposed to too many of these rays, you get what's known as a sunburn.

Some people get a sunburn faster than others because of their colouring. If you have blond or red hair, light-coloured skin, and light-coloured eyes, you'll tend to get a sunburn more quickly than someone with dark eyes and skin.

Sunburns look bad and feel worse. They can cause blisters on your skin. They can keep you inside feeling sore when everyone else is outside having fun.

You don't need to hide from the sun completely or wrap up like a mummy to protect yourself. But you should take these two steps:

1. Always wear sunscreen.
2. Take frequent breaks from the sun by going indoors or moving into the shade.

These steps are especially important between **10:00 in the morning and 4:00 in the afternoon**, when the sun's rays are strongest.

Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned.

Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.

Drinking water is an important part of staying healthy, especially when it's hot outside. When you're hot, you lose water that your body needs to work properly. And if you're playing a sport or running around in the sun, you lose even more water, because you sweat that much more.

The good news is that the sun doesn't have to be your enemy if you wear your sunscreen, drink your water, and take breaks when you start to feel too hot. And don't forget your sunglasses. Not only do they protect your eyes from the sun, they make you look so cool!



## NEWS FROM THE VILLAGES

### Local Police Report

Dear Residents

Reported crime appears to have returned to a more normal pace after the recent several shed and outbuilding burglaries across the whole area.

We have however been experiencing an increase in 'suspicious vehicle' reports for which I do thank residents and ask that this continues. On May 27<sup>th</sup> a Ford Transit tipper lorry with a ladder in the rear was seen calling at homes asking if anyone wanted any 'tree work' done, as a result I am aware that the people involved are active criminals and would have been 'scouting' the area on the lookout for things to steal. On June 7<sup>th</sup> a white Renault Trafic van HK56 TUU was seen with



a man looking around stables asking about a horse box for sale but looking around as he did so. There is no current owner or insured person for this vehicle but from research that I have made I am aware that a person linked to this incident has links with others involved in theft of equine equipment. Sadly, they may well come back, but at least, thanks to residents, I have knowledge of their visit in case they do. Please continue to report any vehicle / person that you feel is suspicious, I will never be annoyed at anyone for passing me information of their concerns – suspicions.

You may recall some years back I was able to offer ‘Smart Water’ to local residents and the Constabulary provided it free to victims of crime. Basingstoke was one of the area’s that took up the offer and in this area I provided as much as I was able to get hold of. Sadly, we no longer do this which was a partnership deal with the Smart Water Company. However, may I make residents aware of a company that allow FREE recording of valuables, the company states:

“By registering their valuables on [www.immobilise.com](http://www.immobilise.com) owners can put details of their prized possessions on a national database that police can access and compare against items that have been found or recovered from suspected criminals.”

“The online service is totally free and is quick and easy to use. Items marked as being registered with Immobilise are less likely to be stolen, and households displaying Immobilise stickers are less likely to be targeted by burglars.”

The company website address is <https://www.immobilise.com/> and is supported by forty-six UK Police Forces including the Hampshire Constabulary. Please just have a look to see what is on offer if you wish to sign up.

Many thanks

**Andrew Reid, Tel: 01256 389050, Mob: 07768:776844 HQ: 101.  
Email: [andrew.reid@hampshire.pnn.police.uk](mailto:andrew.reid@hampshire.pnn.police.uk)  
New PCC for Hampshire, Election 2016 Results**

## UPTON GREY NEWS

[www.uptongreychurch.co.uk](http://www.uptongreychurch.co.uk)

[www.uptongreyparishcouncil.co.uk](http://www.uptongreyparishcouncil.co.uk)

### **New Website for St Mary's Church, Upton Grey**

The new St Mary's Church Upton Grey website is up and running at: [www.uptongreychurch.co.uk](http://www.uptongreychurch.co.uk). As well as information about the church there is lots about the village, groups, organisations, local information, photos and much more. There are 'Contact us' details on the website if you want anything added to a page or the Calendar. Do send your news, or news about your event, to the Parish Magazine editors as well as to the new website, as some people prefer to look at websites, while others prefer to look at the printed magazine.

### **TEA@3**

We will be holding our next tea on **Thurs 21<sup>st</sup> July at Barn Cottage**, Weston Road, by kind invitation of Jill and Terry. If you would like to join us, please contact Barbara on 862627 or Jill on 862131 so that we have some idea of numbers. We are happy to organise a lift for anyone needing one. Look forward to seeing you and let's hope it is a lovely day so that we can enjoy the garden!

**Barbara 862627**

**Jill 862131**

**Viv 862455**

### **Harvest Supper – 1<sup>st</sup> October**

This year's Harvest Supper will take place on Saturday 1<sup>st</sup> October, the event is in aid of St Mary's Church, Upton Grey. Further details to follow, but please make a note of the date in your diaries.

### **Hog the Limelight at UG Village Hall on Saturday October 15<sup>th</sup>**

Our next Hog the Limelight performance will be of a highly original duo called Victor and Albert with a comedy-come-musical routine, and have been called **the Morecambe and Wise of our times!** High praise! See you there on Saturday October 15<sup>th</sup>! Tickets £10.



## **Open Air Theatre "Midsummer Night's Dream" Sunday 14<sup>th</sup> August at 4pm**

Tickets for Rain or Shine Theatre Company's production of "Midsummer Night's Dream" are £6 each for adults and children (from 5 years old). The Open Air Theatre takes place on **Sunday 14<sup>th</sup> August in Church Meadow**, Church Street, Upton Grey. **Gates open for picnics at 3pm the performance starts at 4pm.** Please bring your own seating but the Flower Show marquee will be there if it is wet! Tickets are available from: Sarah Gray tel: 01256 862440 or email: [sajgray59@yahoo.co.uk](mailto:sajgray59@yahoo.co.uk)

## **Summer Flower Show, Upton Grey -Saturday 13<sup>th</sup> August**

The flower show has hit the Daily Mail with **Monty Don** at the Chelsea Flower Show saying in his speech that he was "...not sure Chelsea can compare in magnificence with the Upton Grey Flower Show of his Hampshire childhood, where winning a prize of half a crown was a big deal" So please enter and encourage your children to enter and attend as you never know they may one day be a gardening presenter on television! As in previous years this is a village event and entry to the show ground is FREE. We have side stalls selling **lovely meat pies, Mash beer, wood carving, bee products, hot food and, of course, an ice cream van and more.** The **dog show arena** will be at the centre together with **vintage cars** and by popular demand **alpacas** and an excellent **falconry** display. For children and adults there will be during the afternoon two **Punch and Judy** shows, the **tea tent** and some **live music**. Show starts at 1.00pm and ends at 5.00pm. Schedules of entry classes will be delivered by our friendly postman.

**Please** bring along family and friends and don't forget there is also an evening dance in the main marquee with tickets at only £10! For more details or tickets contact Roger Clark tel 01256-862776.

## **Summer Flower Show Tombola Collection August 2016**

The Tombola team will be collecting around the village on **Tuesday 2<sup>nd</sup>, Wednesday 3<sup>rd</sup> and Thursday 4<sup>th</sup> August between 7pm and 9pm.**

Bottles and cans are always welcome, please can you check that they are unopen and within the use by date.

If you will be away please contact Mike Mendoza (861998) to arrange another collection time. Thank you for your donations.

### **What – Dancing In A Field?!**

**Yes** – it's our annual Summer Disco Party or poor man's Glyndebourne. In a large marquee in **Church Meadow at 7.30pm on Saturday, 13<sup>th</sup> August**. It's not free but it's only £10 to help defray the costs of the marquee for the Upton Grey Summer Flower Show.

For all age groups, with Disco Solutions playing music from the 60's to current. Bring your own food and drink or use the **real ale pay bar** or pre order "fish & chips" (or veggie burgers, sausages or chicken) to be delivered by Oliver's.

You can reserve your own tables and tickets are available from the Village Shop, Peter Haynes (862 433) or Roger Clark (862 776).

So invite your friends and family along for the village's second great outside event of the Summer.

### **Defibrillator By The Village Shop**

The defibrillator by the village shop is now up and running. The instructions are in the cupboard and it is easy to use. Below is some useful advice. The chance of survival decreases by 10% every minute! You need to act quick. Here is a link to using the defibrillator <http://www.ipad-aed.com/training/>. Please take a moment to watch it.

### **Steps:**

Learn how to recognize sudden cardiac arrest (SCA). When someone is in SCA, he or she suddenly loses consciousness, normal breathing stops, and there are no signs of life.

1. Decide to help. Victims of SCA can only be saved if bystanders intervene immediately. There may not be enough time to wait for professional rescuers to arrive at the scene. The chances for survival decrease 10% with each passing minute after collapse. You may be the victim's only hope for survival.

2. Call 999 or better yet have someone else nearby to call 999 to get professional help on the way so you can start treatment. Be sure to communicate with a specific person, such as "Bob, call 999," otherwise bystanders in a crowd may hesitate and wait for someone else to help.

3. If an automated external defibrillator (AED) is immediately available, grab it or send someone to retrieve it and bring it to you. Apply the AED electrode pads to the person's chest as shown on diagrams that accompany the AED. Follow the voice and visual

prompts. If a person is in a heart rhythm that needs to be shocked, the AED will automatically shock the heart. This electrical therapy can restore a normal heart rhythm if it is used quickly enough. Do not be concerned about harming the victim. AEDs are safe and effective and can only help. AEDs will not shock someone who does not need to be shocked. 999 medical dispatchers can provide additional guidance.

4. If an AED is *not* immediately available and you are trained in cardiopulmonary resuscitation (CPR), push down hard and fast in center of chest (2" depth, 100 pumps/minute) 30 times. Give two breaths. Repeat.

5. If an AED is *not* immediately available, and you are not trained in CPR, push down hard and fast in the center of the chest (2" depth, 100 pumps/minute.) Continue. Think "Stayin' Alive" by the Bee Gees

6. Remember saving victims from sudden death due to SCA depends on immediate bystander intervention.

### **Tips:**

It's important for laypersons to undergo training in CPR and AED use because emergency personnel cannot always get to the victim's side quickly enough. If you haven't taken a CPR-AED course it's a good idea to spend some time learning these fundamental lifesaving skills.

### **Warnings:**

One of the most common reasons SCA victims do not survive is that bystanders hesitate to call 999, start CPR and use AEDs right away. If you want to save a life, get involved. Your actions can only help. Doing nothing is the worst option.

**Helen Jarratt**

### **Village Hall 100 Club June Draw**

First prize £100 No 22 Mrs R.Dulai

Second prize No 99 Mrs. M. Fitpatrick

The 100 club is YOUR village halls main fundraiser.

If you wish to support this valuable facility please contact Caroline James 01256 862480.

Annual subs are £24 or £2 per month. (Annual preferred)

This is the time to renew your annual subscription or to take one out and support this facility

which is central to our community.

## **HERRIARD AND WINSLADE NEWS**

**[www.herriard-pc.gov.uk](http://www.herriard-pc.gov.uk)**

**<https://www.facebook.com/Herriardexservicesclub>**

**Join 'HerriardVillage' Group on <http://www.facebook.com>**

### **The Herriard Open Gardens Event – Sunday 12<sup>th</sup> June to Celebrate The Queen's 90<sup>th</sup> birthday!**

Organising started about 2 months ago, all members contributed their skills, we soon had 9 beautiful gardens that were willing to join in the celebrations. I hope they won't mind me mentioning their names, we are so grateful to them all! All the gardens were amazing! Thank you so much to Gemma Hounsell, Pat Pegg, Gill Hill, Debbie and Andy McGowan, Judy Sly, Janet and Andrew Ritchie, John and Sara Jervoise and Fran at the Fur and Feathers for taking the plunge and opening their gardens to the public.

The day started with rain, but that didn't deter avid gardeners visiting, we had over 60 visitors! Jenny, from The Royal British Legion, provided tea, coffee and cakes, with help from Di Southam and Tracy Crawford. Fiona Ives, Sandra Casey and Chris Davis also dished up gorgeous cream teas and cakes in St Marys Church. We had a plant stall and a 'have a selfie with The Queen' too! We had such fun and raised over £500.00 for St Marys church! What a successful day! I was overwhelmed by the whole event. Thank you, let's do it again! Gill.

Next on the agenda, our annual Garden Competition. Gardens that have entered are being judged and winners will be announced at our Fete on Sunday 26<sup>th</sup> June. For more information about Herriard Gardening Club Meetings, please contact me, Gill Venning on 01256 381053. New members will always be made very welcome.

### **Herriard with Winslade Summer Fete & Fun Dog Show – Sunday 26<sup>th</sup> June 2.30-5.00pm**

The Herriard Fete was held on Herriard Green and included the fun dog show, delicious cream teas, produce, plants, bric-a-brac, toys books, bottle stall and plenty of games and other stalls for all the family. New this year was our Exhibition Tent with 3 adult classes and a children's class.

For further information please e-mail: [fiona@herriard.demon.co.uk](mailto:fiona@herriard.demon.co.uk).

## **Smile with Herriard Cheese! Winning Gold, Silver and Bronze Prizes!**

Many congratulations to Charlotte and her team! As Charlotte says “We won a Gold, Silver & Bronze at the British Cheese Awards last night for Tunworth & Winslade Cheeses! Feeling very proud of all the team at Hampshire Cheeses.....well done everyone” To quote Raymond Blanc “The best Camembert in the world!”. “The cheese discovery for me was the lovely, vaguely Camembert-like Tunworth from Hampshire which was seriously good”. Jancis Robinson, wine writer The Times. See <http://www.hampshirecheeses.co.uk>.

## **Herriard Gardening Club News**

Our Gardening Club has been meeting every 3 weeks for just over a year now, time flies when you have 'like-minded' members! We have shared knowledge, seeds, cuttings and viewed some beautiful gardens. Oh, some good suppers and wine, features too! We have developed a strong bond between us; this showed, when we decided to take up the challenge to organise an event to celebrate our Queen's Birthday on Sunday 12<sup>th</sup> June!

## **Herriard Barn Dance & Barbecue: Saturday 2<sup>nd</sup> July**

The Herriard Barn Dance & Barbecue will take place on Saturday 2<sup>nd</sup> July this year at the Barn, Herriard Park. We have the fantastic Woodsider's Ceilidh and Barn dance band again this year, sure to get your hands clappin' and your feet tappin'.

We will be having a tombola stall, all proceeds will be going to St. Mary's Church in Herriard. Let's hope the sun shines for us and we have another brilliant evening of fun. Tickets are available from Tim and Di, 1 Nashes Green, 01256 381965, or [diane.tim1@uwclub.net](mailto:diane.tim1@uwclub.net). Prices, which include food, will be £11.00 for adults, £5.00 for children, under 3 years free entry. if you would like to donate a prize for the tombola you can also use these contact details, all contributions gratefully received. Thank you for the amazing support you have given this village event since its inception 4 years ago and we hope to see you all again this year!

### **Fur and Feathers – Village Suppers in the Summer!**

The monthly Village Supper is a very popular regular community event with between 12 and 20 usually attending. The next two are scheduled are Thurs June 30<sup>th</sup>, Thurs July 28<sup>th</sup> and please note a change - the August one is on Thurs 1<sup>st</sup> Sept then its Thurs 29<sup>th</sup> Sept. All start approx. 7.30pm. Please book tables or for Village Suppers on 01256 384170.

### **Alton Food Bank – Please Donate!**

We are collecting for the Alton food bank, with a very Generous gaggle of ladies from Old Arlesford that lucky gives regularly. The Food Bank not only takes food but good condition school uniforms, We have two collection points one in the St Mary's Church Herriard and one in the porch of 2 Benbow cottages, Herriard. We thank you for your continued support! Tracy C.

### **Brick Kiln Cottage Wildlife Garden**

Thank you so much to everyone who helped us to raise an amazing amount for charity and visited the garden over 2 weekends in May. We very much appreciate John Jervoise and the Herriard Estate for kindly allowing us to park visitors' cars in the wood behind the cottage.

**We raised a total of £3,050** and included in that sum was a marvellous £834 raised in the tea tent alone. A cheque for £700 went to the Hampshire and Isle of Wight Wildlife Trust who also recruited six new members during their weekend with us.

We sent a cheque to the National Garden Scheme for £2,350 (net of expenses) which is a record for us. This will go to helping the work of Macmillan Cancer Support, Marie Curie Cancer Care, Help the Hospices, Carers Trust, The Queen's Nursing Institute, Perennial (Gardeners Royal Benevolent Society), and Parkinson's UK.

Visitors to the garden came from London, Wiltshire, Surrey, Kent, Cornwall, Berkshire as well as 3 ladies from Alencon. As we waved goodbye to the 24 walkers from an internet walking group they thought they would return next year and some of our 'regulars' have taken to ordering their sandwiches and cake for lunch before they arrive.

We would especially like to thank Mark and Sarah, Gemma, Sue and Michelle, Bob, Fiona, Andy and Sandy, Tref, Cherie and Clive, Sonia, Steve, Ann and Paul, Camille, Elise and John and our wonderful cake makers Diana, Elizabeth and Sarah. We couldn't do it without you!

**Barbara and Kay**

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[info@blackandwhiteaccounting.co.uk](mailto:info@blackandwhiteaccounting.co.uk)

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### **WEBSITES**

WEB DIRECTIONS Websites for all budgets from £55.00 Never Despair Studios, Unit 2, Alton Road, South Warnborough, Hampshire RG29 1RT Tel 01256 863050 [info@webdirections.co.uk](mailto:info@webdirections.co.uk)  
[www.webdirections.co.uk](http://www.webdirections.co.uk)



## **Lasham Gliding – Summer 2016**

The Lasham Regionals in June were disrupted by poor weather and so our pilots are now looking forward to ‘Lasham Glide’, which is the Pre-European Gliding Championship being held at Lasham from 30<sup>th</sup> July – 7<sup>th</sup> August. This championship will consist of the UK 15metre and Open Class Nationals, plus a special 18metre Class Regionals. Overseas pilots are welcome to enter and so we hope for high standards of flying and keen competition. Why are these competitions so important? In the same way that Olympic athletes and others compete in various regional and national competitions to qualify for world class events, so do our glider pilots. Without these Regional and National competitions to hone their skills, our pilots would be at a serious disadvantage when going on to compete in European and World Championships, and with British pilots being some of the best in the world, constant practice is essential! If the weather is kind come along and watch the grid take off, have lunch, and then see the finishers racing in later in the afternoon.

In June, we also welcomed a new General Manager at Lasham, Gavin Spinks. He joins us from the Army Air Corps so is already very much at home with all things aviation and we are sure he will settle in quickly. His predecessor, Werner Stroud, remains with us as a ‘mere’ member and will now have some time to enjoy flying! Keep in touch with Lasham news via the website, or come and visit the Vintage Glider Museum where an enthusiastic guide will be happy to show you round. Remember, visitors and spectators are always welcome in the restaurant, bar and viewing area, you never know, you might even be tempted to an Air Experience flight too!

**Lasham Gliding <http://www.lashamgliding.com>**

## **Herriard & Lasham with Bentworth W I - “The Benedictine Way of Life”**

Report of June Meeting 2016 “The Benedictine Way of Life” - Speaker Mr Fletcher. Mr Fletcher introduced himself dressed in the black robes of a Benedictine monk. He started his talk by explaining that the monastic tradition actually originated with Buddhism, many centuries before Christianity. He showed us slides of very grand rulers from the Asian continent and explained the spread and the age of all the major religions. Then we were side-tracked by a dispute between Ambrose (later a saint) but then a Bishop in somewhere in Asia Minor and the

Pope (Gregory) in the early middle ages. Quite how this topic came up escaped me, but it was interesting and quite entertaining. Apparently Ambrose decided to 'jazz' up plainchant by introducing a convoluted Alleluia – which Mr Fletcher sang for us in his rather imposing baritone voice. It spanned several octaves and cadences and seemed to go on for several minutes! Pope Gregory was having none of this and insisted Ambrose reverted to a plain Alleluia as always used in plainchant and that was that! We dutifully sang this much simpler version at Mr Fletcher's instigation (I thought we did reasonably well considering).

We then digressed to Egypt – where Mr Fletcher had travelled to a Coptic Monastery, This was a vast ancient walled set of buildings with an imposing fairly recent bell/water tower. When constructing the water/bell tower, the monks who had been living in a small adjacent building , uncovered the whole site, which had been hidden for centuries under layers of sand. Then we were back in Europe, viewing slides of the re-built Monte Cassino monastery in Italy and a fine Benedictine monastery in France before we were then shown slides of very obscure and antique scripts that seemed to consist of vague scratch marks. Mr Fletcher explained to us (and sang) with the aid of his electronic pointer, that each scratch was in fact a musical note! Fortunately we were not encouraged to join in this impromptu rendition. We were shown one last slide showing St Benedict seated on an imposing throne surrounded by adoring nuns – one of whom , the Abbess, knelt before him (she had a halo too, so was obviously also a saint) – well it turns out she was his long lost sister!! But that is another story and time had run out .....and the tea was getting cold! What had all of this to do with the Benedictine way of life you may be thinking and so were many of us – but we had enjoyed an interesting and entertaining evening that included all sorts of odd snippets of information quite new to us.

Our meeting on Thursday, 7<sup>th</sup> July at 2.30pm will be a Tea Party to be held at Brick Kiln Cottage, Lasham by kind invitation of our Vice-President, Barbara Jeremiah. A lovely sylvan setting for a very relaxed afternoon.

## ...AND OTHER IMPORTANT THINGS

### **RAF Odiham's Families' Day - 21st July**

Another reminder that RAF Odiham is holding its annual Families' Day on Thursday 21st July. On this day there will be a significant upsurge in aircraft activity, with Chinooks flying all morning and aircraft displaying in the afternoon. They particularly ask those with horses and livestock to note there will be fast jet activity.

### **Odiham & Old Basing Health Centres - Travelling Abroad**

The holiday season is almost upon us and many of you will be travelling overseas. We could take many pages of this publication writing about the health issues involved but briefly, we suggest you give some thought to the following which is by no means a comprehensive list.

Do start preparing for your trip, especially long trips, four to six weeks before you go. Read the latest health and safety advice for the countries you will be travelling. (Useful websites are [gov.org.uk](http://gov.org.uk) and [travelhealthpro.org.uk](http://travelhealthpro.org.uk) ) Find out if you need travel vaccines and make sure your vaccinations are up to date. If you normally have these done at the Surgery they will have a record.

There are still a number of holiday destinations which are at risk of malaria. If you are travelling to or through one of these you may need to start treatment some time before you travel. Prepare a travel kit of health essentials including sunscreen, painkillers and antiseptic

When using sunscreen the bottle's label should have the letter "UVA" in a circle logo and at least four-star UVA protection. Also you need at least SPF15 protection.

Whether you are going on a six month trek to the Himalayas or a family holiday in Spain it is vital to have the right travel insurance. Make sure your policy covers all the countries you are visiting or passing through as well as any specific activities you might do. When travelling in Europe make sure you have a valid European Health Insurance Card. ([ehic.org.uk](http://ehic.org.uk)). This will entitle you to free or reduced cost medical care. However, it won't cover you for everything that travel insurance can such as emergency travel back to the UK.

If you think you are at risk from deep vein thrombosis (DVT) seek advice from your GP. On long haul flights, get up from your seat to walk around and stretch your legs whenever you can. Drink regularly but

avoid alcohol and wear loose clothes. Similarly on long car journeys make sure you have plenty of breaks and walk around when you can.

Jet lag can be worse when you move from West to East because the body finds it harder to adapt to a shorter day than a longer one. If you take medication according to a strict timetable, such as insulin or oral contraceptives, you should seek advice from a health professional before travelling.

We hope you have found this helpful and it hasn't put you off travelling. Enjoy your holiday.

### **Alton Cardiac Rehab has been nominated for Sainsbury's Local Charity of the Year!**

Please vote for them either in the Sainsbury's Alton store or online:

In store - there is a box at the customer service desk with 3 slots. They are slot A. Above the box is a receptacle with orange tokens. Please place these tokens in our slot. You don't have to buy anything!

Online - [www.sainsburyslocalcharity.co.uk/](http://www.sainsburyslocalcharity.co.uk/) Please click on this link and enter Alton in the search box. Then select Cardiac Rehab, place your vote and submit.

Thank you for helping us to help people with, or at risk of, heart disease!

**Denise**

### **St. Michael's Hospice needs volunteer befrienders**

The Odiham Cottage Hospital Befriending Service operates in the Odiham, Hook, Hartley Wintney, and Old Basing areas.

Our volunteer befrienders provide social companionship to patients who have become isolated and are living with a long term and or life limiting illness. By building a trusting relationship we aim to restore the patient's emotional well-being, confidence and feelings of self-worth.

If I want to become a Befriender what is expected? For just 2 hours a week, you can make a real difference to a patient living in your local community. Relevant training, as well as regular and ongoing support will be held locally at Odiham Cottage Hospital. The next training course takes place in August 2016

If you would like to join this enthusiastic and vital team please contact: Maria Bryant, Befriending Coordinator on: 01256 393609 or Email: [och.befriending@stmichaelshospice.org.uk](mailto:och.befriending@stmichaelshospice.org.uk)

### **North Warnborough & District Garden Club**

Our next meeting will be held on Thursday 28<sup>th</sup> July in the North Warnborough Village Hall at 2.10 pm for a 2.30 pm start. Our speaker Geoff Hawkins will be talking about “Wild Flowers”.

The competitions for July are:

1. A Posy of Carnations/Pinks.
2. Three Stems of Mixed Roses.
3. Any Vegetable.

We are a friendly Club whose members share an enthusiasm for gardens and gardening, and visitors are welcome to join us. During the growing season, we always have a plant stall starting at 2:10pm. For further information, please telephone 01252 843848.

### **“Let Us Garlands Bring”**

Come and hear The Jubilee Choir perform settings of songs from Shakespeare's plays by Finzi, Vaughan Williams and others, on Sunday 3<sup>rd</sup> July at All Saints' Church, Odiham. The concert will be directed by Oliver Tarney with tenor and baritone soloists and Malcolm Archer playing the organ. Tickets (£10.00) are available from Katharine Jane, High St, Odiham or call 01256 702249.

### **News from Odiham Cottage Hospital**

Our summer 2016 newsletter is just going to print and gives the reader a full overview of the range of health and social care services supported by the hospital charity both at OCH and in the community.

With increasing financial pressure on the NHS and Adult Services it is fortunate that, as a voluntary care service, we are able to fill some of the gaps for local people. We know from anecdotal evidence, how much this is valued by the clients and patients we serve.

Our newsletter also gives details of our financial results to the end of 31<sup>st</sup> March 2016. Over £128,000 has been spent supporting services in the year (more if the benefit of free/subsidised accommodation is included for services hosted at OCH). This has increased from £95,000 in the previous year as the range of services expands. Most of this money comes from our investment portfolio income but even so the Trustees have taken a very positive decision to use some of the charity's capital reserves to support services needed by our community today.

Retail activities make an increasingly important contribution towards our total commitment and we are delighted that both Odiham

and Hartley Wintney shops have increased profits for the year and over £5,000 has been raised from our “Give and Grow” scheme (gift aid reclaim). Our new shop in Old Basing has got off to a flying start and we are now reaping the rewards of ebay sales. Thank you to all those who support our shops.

**AGM Tuesday 19<sup>th</sup> July, 7.30pm at OCH**

If you are interested in the work of the hospital and would like to find out more, or show your support, please do join us – all are welcome. Mr David Monkman from St Michael’s Hospice will give a brief overview of the partnership between our two organisations and the benefit it brings to our community. Wine and canapes will be served.

**Ginny East, Email: [och1@btinternet.com](mailto:och1@btinternet.com), Tel 01256 393600**

**North Hampshire Downs Mother’s Union**

Angela Bushell came to speak to us in May about the origins of the Mothers’ Union and some of the changes over the past 140 years. In June we had a social evening for Revd Jane Leese before she leaves the Benefice and our branch. We are sad to see her go, but she will still be active in the MU as she and Revd Linda Scard are the joint chaplains for the Mothers’ Union in this diocese. Later in June we had an opportunity to go to the Diocesan Information Evening in Hartley Wintney.

For the 7<sup>th</sup> year we are supplying tea and home-made cakes for Families Day at RAF Odiham on Thursday 21<sup>st</sup> July. The families are positively bowled over by the scrumptious cakes you make, and the support and love we show.

We are told to expect even more families this year, so catering for 3-4,000, and we don’t want to run out of cake! So yes, we shall need lots of your wonderful goodies please. We welcome biscuits, cakes, buns, tray bakes, chocolate, lemon, carrot or fairy cakes, and it would be nice to have a few items suitable for Diabetics and Coeliacs (i.e. sugar free, wheat free, dairy free etc). Please don’t include any nuts, even as decoration (because of possible allergies) and no fresh cream.

Please contact Carol Kirkpatrick on 01256 702609 or Valerie Bartlett on 01256 703501 to arrange to deliver your cake or to have it collected. Thank you so much for your support.

Our Leader, Sue Murphy, can tell you more about our activities and can be contacted on 01252 845011.

### **News from Long Sutton School**

The children at Long Sutton School have been celebrating the Queen's 90th birthday with a week of activities. The final event was a party held on the playground which all the children of the school attended and parents and members of the church community were invited too. The children spent the week cooking in their classes to prepare food to share at the tea party. All the children produced a piece of art work of the Queen and this was displayed in an art exhibition in the school hall. A competition called 'Design a miniature garden for the Queen' attracted some high quality entrants. The tea party began with games outside on the school field and ended in the hall with the children singing the National Anthem and 'Happy Birthday' to the Queen with great enthusiasm.

Some of the children attended celebrations for the Queen's birthday at All Saints, Long Sutton and St Andrews, South Warnborough. At this service it was announced that there is a schools/church liaison post which will be carried out by Suzanne Newcombe from Long Sutton School. It is hoped this will continue to build on the links between the church and the school.

### **Alton Abbey's Hymns & Pimm's - Friday 29th July at 19.30pm**

The Benedictine Abbey of our Lady & St John invites you to an evening of Hymns & Pimm's. Sing your favourite Hymns, accompanied, as in past years, by the splendid voices of St Lawrence Church Choir. Followed by Pimm's & Nibbles in the Abbey Cloisters. Tickets £5.

To buy tickets, please send a cheque and SAE to "Tickets for Friday 31<sup>st</sup> July", Alton Abbey, Abbey Road, Beech, Alton, GU34 4AP, giving a phone number &/or email Address. Cheques made payable to "Alton Abbey". For more information or to choose a hymn please contact Br John OSB: [guestmaster@altonabbey.com](mailto:guestmaster@altonabbey.com). Tel: 01420 562145

### **Alton Abbey presents: "The 'real' A A Milne, 1882-1956" on Saturday 17th Sept at 7.30pm.**

The interesting thing about Alan Alexander Milne is that he has become remembered for the 'wrong' thing. By the 1920s he was very well known as a prolific, talented and successful author of plays, novels, short stories and essays, but what then made him truly famous was a funny, family, silly thing that 'took off'. Eventually it rather plagued him, and



indeed plagued his son Christopher even more. This talk by Sue Morris and Alfred Bradley will focus on some of the very enjoyable and diverting (but mostly not ‘Pooh’) things written by Milne, which display his wider strengths.

This entertaining evening will be held in the Abbey Church with wine, soft drinks and light refreshments served in the garden afterwards.

Tickets £15 are available from “Tickets”, Friends of Alton Abbey, Alton Abbey, Abbey Road, Alton, GU34 4AP. Cheques should be made payable to “Friends of Alton Abbey”. Please include a SAE, and a telephone number, or an email address.

### **July events at the Basingstoke Discovery Centre**

**Discover Board Games** – Sat 2 and Sat 16, Sat 30<sup>th</sup> July - 10am – 1pm. FREE. Ages 3+

**How to Get Published** - Saturday 2 July / 2pm / £5

Alysoun Owen, editor of the Writers’ & Artists’ Yearbook, the best-selling guide to publishing, offers practical advice on how to get published.

**Board Games for Grown-Ups** - Sat 2 July, 2pm – 4pm; Weds 13 July; Weds 27<sup>th</sup> July 4pm – 5pm; / FREE

Develop your skills of cooperation and strategy in this friendly group for ages 14+. Meet in the Coffee Shop area. Some games provided or bring your own.

### **Learning How to Look**

Saturday 2 July: 10am – 4pm, Saturday 9 & 23: July – 10am – 3pm/ £55  
A 3-week course.

This workshop is perfect for those with basic artistic experience who want to learn how to look again. During this 3-day course, you will be taken on a guided tour around Basingstoke. Art materials provided or bring your own favourites to use.

**Creative Writing for Young Adults** Wednesday 6 July / 4pm – 5pm / FREE / Ages 11-15. Gain confidence in your writing and meet like-minded people in this friendly group

**Battle of the Somme 1916** - Tuesday 19 July / 2pm / £3

Battle of the Somme is a pioneering battlefield documentary and one of the most successful British films ever made. It was released in August 1916, barely a month after the events it depicted and it is estimated that over 20 million tickets were sold in Great Britain in the first two months of release.

**Creative Writing for Young Adults**

Wednesday 20 July / 4pm – 5pm / FREE / Ages 11-15

Gain confidence in your writing and meet like-minded people in this friendly group

**Graphic Art Workshop**

Saturday 23 & 30 July / 12noon - 3pm / £30

A 2-week course with Liam Kelleher

Join professional comic book artist Liam Kelleher (Xeno, American Zombie). All materials provided - including your very own comic artist starter kit.

**Children's Crafts**

Saturday 23 July and Fri 29 July / from 10am / FREE / Ages 3+

**World Cup Football – then and now**

Tuesday 26 July / 2pm / £5 With Brian Scovell

The Daily Mail's Brian Scovell covered the 1966 World Cup and his book, his 27th, will contrast what happened then, with today's football. Join Brian for a lively discussion on the state of football then and now.

**CHaOS Roadshow**

Wednesday 27 July / 10am – 5pm / Drop-In / Ages 7+ / FREE

Join the CHaOS team, a group of students from Cambridge University! Try out a range of different experiments covering all areas of science from extracting the DNA from kiwi fruit to getting messy in gooey cornflour and building your own bridge.

Advance booking is strongly recommended. To book a place, you can visit Basingstoke Discovery Centre in Festival Place, or call 01256 478670. order online from <https://www.hants.gov.uk/shop/home.php>, To find out more about Basingstoke Discovery Centre and Hampshire Libraries visit [www.hants.gov.uk/bsdc](http://www.hants.gov.uk/bsdc)

## HALLS AND MARQUEES FOR HIRE

**Upton Grey Village Hall** for hire from £7 per hour. Functions, meetings, parties, private and commercial. Full kitchen facilities, central heating and sound system, chairs, tables, crockery and cutlery available. Contact Brian and Pam Dixey for further information, 01256 862577.

**The Royal British Legion Hall, Herriard** Available for hire: wedding receptions, functions, parties, meetings, events. Fully licensed bar, full kitchen facilities, garden, tables and chairs, sound system, disabled access, central heating, pool table and darts. Key holder 01256 381403 or email hall bookings to [herriardrbllhall@aol.co.uk](mailto:herriardrbllhall@aol.co.uk).

## SMALL ADS

**Pick Your Own. West Green Fruits**, West Green Road, Hartley Wintney RG27 8LP. Open June to September for a wide selection of PYO & Ready Picked Summer Fruits and Vegetables, Honey, Jams and Free Range Eggs; and Christmas Trees etc from end November. For information please call 01252 845772 or visit [www.westgreenfruits.com](http://www.westgreenfruits.com)

**LAVENDER FIELDS** Open Days: 2<sup>nd</sup> & 3<sup>rd</sup>, 9<sup>th</sup> & 10<sup>th</sup> July, 11am-4pm  
Hartley Park Farm, Selborne Road, Alton, Hants GU34 3HP

- Mini tours and talks, tractor & trailer rides. Bee-keepers with an observational hive.
- Aromatherapists. Pre-book a massage  
[www.petersfieldmassage.co.uk](http://www.petersfieldmassage.co.uk)
- Tour of our new Grain store & Biomass boiler plant. Craft stalls.
- Photography workshops, pre-book with Tina Bolton  
[www.camerasandcake.co.uk](http://www.camerasandcake.co.uk) 07976 302937. Jenkyn Place  
Vineyard selling English Sparkling Wine.
- Refreshments, Ploughmans & Cream Teas available. Entry £4, under 12s free.

No dogs please. [www.thelavenderfields.co.uk](http://www.thelavenderfields.co.uk)

**HOLIDAY HOMES to rent in unique locations:**

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**LOCAL AUTHOR** Susie Vereker's fifth novel **TROPICAL SHADOWS** is now a Kindle ebook, paperback to follow.

*'Julia's teenage sister Emily has been thrown in jail on a South-East Asian island for alleged drug smuggling. What's more, Emily's baby daughter is missing.'* A story of sibling love and loyalty, with several unexpected twists.

*Katie Forde said: 'Exciting and well written with a wonderful setting. A jolly good read'.*

**<http://susieverekeker.blogspot.co.uk/>**

*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.*

**CHURCH SERVICES** (please also see the weekday services under “Regular Events”)**3 July – The 6<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	8:15am	Weston Patrick
Holy Communion (1662 sung)	9:00am	Tunworth
Family Service (sung)	10:00am	Upton Grey
Family Communion (sung)	11:00am	Herriard

**10 July – The 7<sup>th</sup> Sunday after Trinity**

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

**17 July – The 8<sup>th</sup> Sunday after Trinity**

Family Service (sung)	9:00am	Tunworth
Family Communion (sung)	10:00am	Upton Grey
Matins (sung)	10:00am	Herriard
Matins (said)	11:00am	Weston Patrick

**24 July – The 9<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	9:00 am	Tunworth
Rose Sunday – service in the cemetery	10:00am	Upton Grey
Family Service (sung)	10:00am	Herriard
Holy Communion (CW sung)	11:00am	Weston Patrick

**31 July – The 10<sup>th</sup> Sunday after Trinity**

Holy Communion (CW sung)	11:00am	Weston Patrick
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**7 August – 11<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	8:15am	Weston Patrick
Holy Communion (1662 sung)	9:00am	Tunworth
Family Service (sung)	10:00am	Upton Grey
Family Communion (sung)	11:00am	Herriard

**14 August – 12<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	9:00am	Herriard
Tent Service	10:00am	Upton Grey
Family Service Patronal (sung)	11:00am	Weston Patrick
Evensong (sung)	6:00pm	Tunworth

**21 August – 13<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	8:15am	Upton Grey
Licensing Service for Reverend Simon Butler (sung)	3:00pm	Herriard

**28 August – 14<sup>th</sup> Sunday after Trinity**

Holy Communion (1662 said)	9:00 am	Tunworth
Matins (sung)	10:00am	Upton Grey
Family Service (sung)	10:00am	Herriard
Holy Communion (CW sung)	11:00am	Weston Patrick

## DATES FOR YOUR DIARY – July 2016

2 <sup>nd</sup> July	Sat	Herriard Barn Dance and BBQ, Herriard Park	
3 <sup>rd</sup> July	Sun	Jubilee Choir at All Saints', Odiham	
19 <sup>th</sup> July	Tues	Odiham Cottage Hospital AGM	7.30pm
21 <sup>st</sup> July	Thurs	RAF Families Day at RAF Odiham	
21 <sup>st</sup> July	Thurs	Tea@3 at Barn Cottage	3.00pm
29 <sup>th</sup> July	Fri	Alton Abbey Hymns and Pimm's evening	7.30pm

### 2016 Advance Dates

13 <sup>th</sup> Aug	Sat	Summer Flower Show, Church Meadow, Upton Grey	1.00pm
13 <sup>th</sup> Aug	Sat	Summer Dinner & Disco, Church Meadow, Upton Grey	7.30pm
14 <sup>th</sup> Aug	Sun	Midsummer Night's Dream, Upton Grey	4.00pm
17 <sup>th</sup> Sept	Sat	Alton Abbey, AA Milne talk	7.30pm
1 <sup>st</sup> Oct	Sat	Upton Grey Harvest Supper	
15 <sup>th</sup> Oct	Sat	Victor and Albert, Hog the Limelight, UG village hall	
29 <sup>th</sup> Oct	Sat	<a href="http://www.uptongreyautumnfestival.co.uk">www.uptongreyautumnfestival.co.uk</a>	2.00pm & 6.00pm

### Regular Events

Each Monday	Prayer Group, 4 Little Hoddington	9.45am
Each Wednesday	Upton Grey Toddler Group	10.00am
Each Wednesday	Zumba Class, RBLH, Herriard	6.00pm
1st Thursday	Herriard WI	7.30pm
1st Sunday	Junior Choir Practice	9.15am
3rd Thursday	Holy Communion, Herriard Church	10.00am
3rd Thursday	Herriard Village Supper at Fur and Feathers	7.30pm
2nd and 4th Monday	Upton Grey Bridge Club at The Hodd	7.30pm
Every 4 weeks	Mobile Library visits UG, Saturday morning	11.00am

Copy deadline: The deadline for articles and items is 15th July for the August issue. Email [parishmagazine@uptongreychurch.co.uk](mailto:parishmagazine@uptongreychurch.co.uk) and [editors@uptongreychurch.info](mailto:editors@uptongreychurch.info). If your item is time-critical, please also email next month's editor, Ian Lansley-Neale, at [ian@chalkdell.com](mailto:ian@chalkdell.com).

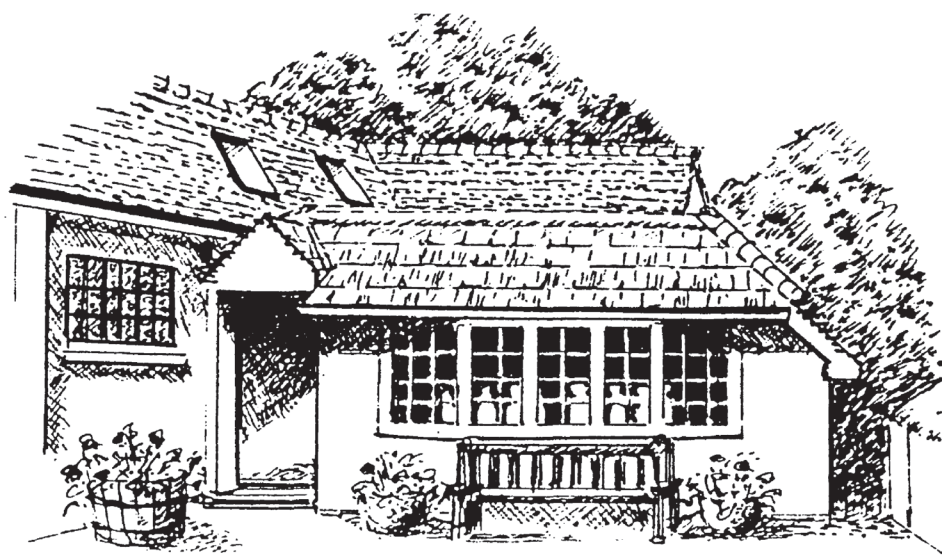
# **UPTON GREY VILLAGE SHOP and POST OFFICE**

**Tel: 01256 862326 (Shop), 01256 862826 (Post Office)**

**shopuptongrey@btconnect.com**

*"Serving the Community"*

*"Supported by all who care for Village Life"*



## **THE VILLAGE SHOP**

### **OPENING TIMES**

Monday - Friday: 7am - 7pm

Saturday: 7am - 6pm

Sunday: 8am - 1pm

### **RANGE OF GOODS**

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

## **THE POST OFFICE**

### **OPENING TIMES**

Monday - Friday: 9am - 12.30pm

Saturday: 10am - 12pm

### **SPECIAL SERVICES**

Personal Banking  
Foreign Currency  
Travel Insurance  
Pensions and Benefits Payments  
Special Deliveries  
Home, Car & Pet Insurance  
Savings Products  
Telephone Bill Payments  
National Savings Bank Products