Grainger is delighted to announce that planning permission has been granted to Hampshire County Council for their primary school at Berewood.

The school, which is yet to be named, is part of Grainger’s contribution to the area in accordance with the planning consent and will cater for 420 pupils following Hampshire County Council’s recognition of the need for a school of this size within the area. The school will be located near phase one of the development, on what will be known as Grainger Street.

Catering from ages four to eleven, the school will have a number of brand new facilities which will be available for extended access across the community. These will include a Main Hall, a Music and Drama studio, a ‘Discovery Point’ comprising a Library and ICT rich Learning Resource Centre, a Food Technology Room, and Parents rooms.

Chris Fletcher, Development Project Manager at Grainger, said, “We are really excited that planning permission has been granted for the school at Berewood as it will be a significant addition to the community that we are creating. We cannot wait for the construction to get underway in the next few months, and to see the school operating within this exciting project.” Construction will begin this summer and is expected to take 12 months. The school will welcome its first pupils in September 2014.
BEREWOOD SHOW HOME TO OPEN TO THE PUBLIC SOON

As we reported a few months ago and as local residents will have seen, the first phase of construction at Berewood is well underway. Following months of work on-site, Bloor Homes, the company that is building these houses, has announced that the first Show Home is due to open shortly. Expected to be open to the public mid-June, the Show Home will enable potential purchasers to have a look round a house typical of those in Berewood and try it out for size.

Not that everyone has needed to see the show home though – since opening at the start of March, the Sales Office has shown over 300 people round the development, and three properties have already been reserved off-plan! The 194 homes which are on the market are a mix of 1, 2, 3, 4, and 5 bedroom properties, and have been designed in order to fit in seamlessly with vision of the Berewood master-plan.

Bloor Homes’ superior building standards mean that the houses have been constructed to the highest standards, and new occupiers will move straight in the dream home of their choice. With many properties offering options such as ensuite bathrooms, open countryside views, garages, and gardens, there is a home for everyone’s needs. Surrounded by open spaces and greenery, the homes will be a pleasant area to live in for all generations.

Martyn Crick, Sales Director at Bloor Homes, commented, “We are expecting a lot of interest in these houses once the Show Home is open. Interest has been strong over the past two months, and we are expecting to see much more traffic once people can see for themselves the quality and finish of these new homes. It is very exciting to have created the first homes at Berewood, and we are looking forward to seeing happy tenants in them for years to come.”

Contact Berewood@bloorhomes.com for more details, or call the sales office on 033 0123 9320.

ENRICHMENT AT COWPLAIN COMMUNITY SCHOOL

By Nicki Craven

Students at Cowplain Community School in Waterlooville were taken off timetable to take part in a variety of different learning opportunities.

Students from Years 7 and 8 focused on the Arts and had the opportunity to take part in a range of workshops run by guest technicians, singers, musicians and dancers. These workshops included live sound recording, mixing and editing, a musical performance and a street dance session. Students really enjoyed listening to the music and learning new moves and dance routines.

Year 9 students took part in a variety of Crime Scene Investigation (CSI) themed activities. Forensic experts from the University of Portsmouth visited the school to run interactive sessions about forensic science and entomology. The students learned how maggots can be used to establish the time of death, how fibres can be collected and analysed, how fingerprints are formed and ways of collecting samples. Police officers explained about their role at crime scenes, gathering evidence and how this helps them to identify suspects. The students’ favourite activity was dissecting the maggots, understanding the life cycle and different stages of development. Year 10s experienced workshops led by the team from national educational charity The No Way Trust. These sessions raised awareness about the causes, consequences, penalties and impact of crime with the aim for young people to stay safe, aspire to and become law abiding citizens. Students heard a prison inmate speak about his life experiences, how and why he became a criminal and the negative impact his actions have had throughout his life, on himself, his entire family and the community.

Tom Read, a Year 10 student said “It was really interesting to listen to the prisoner and what has happened to him since he committed his crime.”

It was a beautiful sunny day as the Year 11 students took part in a relaxing walk and BBQ prior to the start of their final exams this summer.

IET Faraday Engineering Competition

By Kelly Webb

A group of 6, Year 8 students from Cowplain Community School, accompanied by their Learning Manager, Mr Fardy, recently took on the IET (Institution of Engineering and Technology) Faraday Challenge at Portsmouth University. This is a nationwide challenge encompassing the skills of Science, Technology, Engineering and Mathematics. Cowplain School were up against 6 other local schools. The task involved setting up a prototype for a communication system between 2 towns several kilometres apart.

Any doubts as to the competitiveness of the students were quickly out of the window with the boys declaring from the start ‘We are going to win!’

The students assigned themselves various team roles and set about the task in a determined way, setting up the prototype, costing it carefully and working out the codes to be used. As the students are also talented musicians, they used their knowledge to design their code, a very unique idea. After presenting their work to the judges, the group were ready to test their prototype, which proved a success.

After careful deliberation, Cowplain Community School were declared the winners of the competition. They were awarded a gold trophy for the school and £20 Amazon vouchers per student.

The students concerned were: Kieran Daniel, Cameron Edmiston, Joseph Furby, Harry Hobbs, Matt King and Stephen Smith.
Contact Centres under pressure

Since 1 April 2013, there have been drastic cuts to legal aid. This has led to a rise of people representing themselves. In some circumstances, where parties are amicable, that is fine, however, when tensions are running high at the end of a relationship, things can get tough.

The saddest thing we see at Swain & Co is parents’ anger towards one another impacting on their children. We can see why it happens and both parents often have their own valid reasons for making the decisions that they do, but sometimes what is best for the child is overlooked. All too often it leads to the child missing out on time with one of their parents.

Within our local community, volunteers are working hard to keep child contact centres open. The Havant and Waterlooville Contact Centre, for example, facilitates contact on Saturdays, for free. This is a brilliant thing for our community and provides a safe environment for children to see their parents when disputes are unresolved.

At Swain & Co Solicitors we can help you with when your relationships break down. We offer a range of services and will speak with you about what service could suit you best. We also offer a no obligation first free interview.

Call us today to speak to a Solicitor or to book an appointment – 023 9249 2967

Q&A with Swain & Co Solicitors

Help! My ex won’t let me see my child – what can I do?

It is always tragic when children get mixed up in parents’ disputes. The first thing to consider is whether you can sit down with the other parent and work out your arrangements together. As parents, you love your child and only want the best for them, therefore it should be you making decisions about your child, first and foremost.

In some circumstances, parents cannot speak alone. You could consider mediation. Qualified mediators will meet with both parents at a mutually convenient time and discuss the issues and help you come to an arrangement together.

If there are wider issues that cannot be resolved through mediation, you can obtain legal advice about your next options. We can write to the other parent to propose arrangements and try to reach an agreement that way. As a last resort, we can provide tailored advice for your circumstances. We will always give you all of your options to consider and discuss what is best for you and your family.

We also offer a no obligation first free interview.

Call us today to speak to a Solicitor or to book an appointment – 023 9249 2967

Building Work Begins

The Mayor of Havant performed the ceremonial first dig to mark the start of building at the site of a new short-break centre in Waterlooville for disabled children.

Cllr Gerald Shimbart, then Mayor of Havant, was thrilled to be part of this historic occasion: “I’ve been a supporter of this project from the start, and didn’t hesitate to nominate Smile Support & Care as one of my charities this year. I’m only too pleased to have been able to help in some way. The centre will be an asset to the area and will benefit countless disabled youngsters.”

Ground-breaking Ceremony for Smile Short Break Centre

Thanks to a recent substantial donation made by a charitable foundation, the charity now has the £3.4m target for the project in its sights, and Steve Clarke, Smile Support & Care’s Chairman was delighted to see the centre finally get off the ground: “It is often impossible for disabled children and young adults to enjoy a break away and we wanted to give individuals the unique opportunity to get away and relax in a purpose-built facility to suit their needs. The centre has been a dream of ours for so long, and it’s very exciting to see our dream finally becoming a reality.”

The short-break centre, which will be located close to Eagle Avenue in Cowplain, will offer comfortable and safe accommodation in a hotel-style setting for disabled children and young adults. Features include eight en-suite bedrooms, two family apartments, a restaurant-style dining room, sensory room, games room and specially planted gardens. The centre will be open to young people across Hampshire and Sussex and is anticipated that hundreds of children will benefit from its facilities each year.

Smile Support & Care’s Chief Executive, Stuart Baldwin, said: “We are very grateful to everyone who has supported our appeal to help make this day possible. We aim to complete the build and have the state-of-the-art centre open in 2014.”

Attendees at the ceremony included Brymor construction, George Hollingbery MP, Cllr David Keast, representatives of the St James Place Foundation, Smile service users, local Asda Community Champions, Smile Vice Patrons, trustees, supporters and staff.

Smile is still fundraising to meet its target for the appeal, and if you would like to support Smile Support & Care and their short-break centre appeal, please call: 023 8061 3084 or email appeals@smilesupport.org.uk.
A career in construction

Local schoolgirl carves out plans for exciting new career in construction

Fifteen year old Katherine Colley has her career all mapped out in construction, after landing a place on Barratt Homes’ prestigious academy programme.

The Purbrook Park schoolgirl impressed during a two week work experience stint with the leading housebuilder in 2012. And now her efforts are being rewarded as she prepares to embark on her new career as a carpenter.

“Katherine has worked tremendously hard in her quest to work within what is a highly competitive industry,” said Barratt Homes’ community liaison manager Anthony Dimmick. “She was so determined that she completed her Construction Skills Tests, the entry requirement for an apprenticeship, at just fourteen years old.

“Now, even before leaving school, she has a fantastic career to look forward to.”

Starting a Business - while still at School

In 2011, I started my first business called Benjamin Phillips Enterprises (BPE) while still at school in year 9. I am now in year 11 and am about to leave to go onto college. Over these years I have sourced, branded, purchased and retailed my own brand of computer screen cleaner.

Prior to this venture I had no experience in setting up or running a business but knew people who have. I got the idea after seeing a similar product at the Ideal Home Exhibition being sold at a high price and decided to have a go myself. I wanted to have a product that was of high quality which I could offer at a reasonable price. With the help of people around me I created a logo and packaging designs with feedback from teachers and students, financial documents, a website and much more. I also wrote to 10 Downing Street and received a reply. My letter was sent shortly after the London Riots and detailed what I had been doing in terms of BPE. It was great to receive a reply and their response can be seen on my website.

The biggest challenge with this venture is the initial ordering. A lot of time goes into choosing and developing the correct product and sorting out all the paper work associated with it. The best part of this process for me has been pitching to trade and the public. It is good to see people choosing to purchase and knowing all the hard work leading up to this point has paid off.

My next big show is the Stansted Garden Show in June and as usual I will have a range of deals to ensure people get the best value for money. I am hoping to develop the business and extend my customer base with the help of my college course and I welcome any members of the public or the trade who would like to show their support through purchases.

To find out more about me and my venture please visit: www.bpenterprises.co.uk

What's Your Goal? Portsmouth Football Club Work Experience

During the Easter holiday I had the chance to take part in a four day Work Experience programme at Portsmouth Football Club Study Centre. Kyle Ward and I were lucky enough to be selected from Horndean Technology College for the programme after winning a CV writing competition run by the Club and our Careers Department.

We each applied for different roles, Community Coach and Guest Liaison and were allowed to shadow people working in each job. We also worked with three other students from different schools who had also won the competition.

Whilst we were at the Club we had a tour of Fratton Park, watched the players in training and attended a football match against Stevenage. We gained a great insight into the running of the Club and how much work is required to keep it working in harmony.

A group of five local business women who have all recently set up online businesses have collaborated to create an exciting and unique shopping experience called The Hidden High Street.

The women who met at local networking events discovered that they all wanted to showcase and sell their premium products in an environment where they could meet their customers in person and where their customers would have the opportunity to see their products at first hand.

The first Hidden High Street event is being held at The Greenhouse Café, Emsworth on Monday 17th June from 10am – 4pm. Businesses already confirmed to attend include The Hare and the Broom (Toys), Luxe Look Accessories (Handbags and Accessories), Stella & Dot (Jewellery) and Eliza Mabel (Children’s Accessories). Other businesses are being invited over the next few weeks. The Greenhouse Café will also be selling their locally produced condiment range on the day.

Over these years I am now in year 11 and am about to leave college. I wanted to have a product that was of high price and decided to have a go myself. I wanted to have a product that was of high quality which I could offer at a reasonable price. With the help of people around me I created a logo and packaging designs with feedback from teachers and students, financial documents, a website and much more. I also wrote to 10 Downing Street and received a reply. My letter was sent shortly after the London Riots and detailed what I had been doing in terms of BPE. It was great to receive a reply and their response can be seen on my website.

The Greenhouse Café will also be selling their locally produced condiment range on the day.

The Hidden High Street
By Hilary Channing

The Big Question
MAC or PC?

“Should I buy an Apple Macintosh (MAC) or Personal Computer (PC)” is probably one of the most common asked questions that we’re asked and, to be honest, there is no sure fire winner! Some are better for particular tasks than others...

The Apple O.S. (Operating System) is very stable, so this is really good for graphic design, CAD (Computer Aided Design) and generally tasks that are heavy on graphics.

PC’s are the market leader, over 90% market share, most applications and third party add-ons are designed for Microsoft products.

‘The big oversight’ though when people say “MACS are better than PCs” often comes when they are comparing a £400 PC with a £1500 MAC. If you spent £1500 on a PC, it would certainly be a much better specification than a MAC.

So I’m afraid that there is no right or wrong answer, instead it depends on a number of different factors specific to you, your budget and the way you plan to use your computer.

If there is a question you’d like to ask or a topic you’d like us to cover in the next edition of PO7&PO8, please email me at giles@syn-star.co.uk.

By Benjamin Phillips

What’s Your Goal? Portsmouth Football Club Work Experience

By Eleanor Doyle

The BIG Question
MAC or PC?

By Giles Cleverley, Syn-Star
Havant Federation Careers Fair 2013

Over 900 students from schools in the Havant Federation attended the Havant Federation Careers Fair, hosted at South Downs College.

The Havant Federation consists of nine schools in the Havant area, including Cowplain Community School, Hayling College, Park Community School, Purbrook Park School, Havant Academy, Oaklands Catholic School and Sixth Form College, Horndean Technology College, Prospect School and Warblington School.

All exhibitors provided hands-on activities for the students to take part in, giving them ideas and inspiration for their future career paths. Local colleges and universities provided subject information including South Downs College, Havant Sixth Form College, Chichester College, Highbury College, Fareham College, the University of Portsmouth and the University of Chichester.

Practical activities included steering Xyratex speedboat around a virtual harbour, mini makeovers performed by South Downs College Hair and Beauty students and Havant College’s exciting science experiment that sent plastic cups shooting up to the ceiling from a water bottle. Hilton Hotels encouraged students to consider what characteristics are required for different members of the team at the hotel while Churchers Solicitors had a range of case studies for the students to consider and decide on the appropriate verdict.

Chloe Giles, Schools Liaison Coordinator at South Downs College, supported the Federation by arranging the event. She said, “The event this year was a great success. We had five colleges at the event and, between us all, we represented the extensive range of subject areas that are on offer to these students when they progress to further education. We also had a number of local employers and training providers in attendance who all commented on how successful the event had been. We were able to build on the success of last year’s event at Havant Sixth Form College and provide an even wider range of opportunities for the students to explore.”

The Fair provides a fantastic opportunity for the students to discover the wide ranging career paths that are open to them when they complete their studies at school.

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More tasty titbits at HFP Business Contacts Club

Over 20 businesses gathered at Northney Farm Tea Rooms & Heritage Barn on 16 May 2013 to share information on local grants, business events and local opportunities as part of the HFP (Havant Fareham & Portsmouth) Business Contacts Club. There was much to discuss about funding through Havant Borough Council and East Hants District Council for start-up businesses and more from Bridging the Gap funds for SME (Small & Medium Enterprises) businesses. There was news of local business events like the Portsmouth Business Expo and the exchanging of useful contacts to help businesses in the room make sales, recruit staff or build alliances, it was another relaxed HFP meeting with a packed agenda!

All that plus…the most delicious locally-made ice cream! We were all lucky enough to sample some of the interesting new Northney Farm ice-cream flavours including Chilli & Chocolate, Raspberry & White Chocolate and Maple Syrup (my personal favourite). Thank you to Tim and all at Northney Farm Tea Rooms & Heritage Barn for hosting our meeting at your amazing venue.

If you’d like to host our next meeting at your venue or would like to join us (all businesses welcome), please email Sally Johnson at: s.johnson@postcodepublications.com

HFP meets every couple of months, providing a forum for local businesses to help each other.

The Plaza show-case community day

Havant Borough Council is holding a Community Open Day on Tuesday 16th July from 11am - 6pm.

Local residents and businesses are invited to drop-in and check out the facilities on offer at the Public Service Plaza, Civic Centre Road, Havant.

The Plaza will be open for business as usual for those wishing to access council services at the reception desk in the Atrium. In addition to this visitors are invited to take the opportunity to look around the Plaza Conference Centre and browse the exhibition stands on display.

Entrepreneurs who have benefited from the council’s business start-up grants will be there with exhibition stands. They will be on hand to explain how the Council has helped them and to give information about their businesses. Since 2010 the Council has helped more than 190 local people start-up their own businesses.

Council services and partner organisations now based at the Plaza will also be there including Hampshire County Council (HCC) Children’s and Adult Services and the Citizens Advice Bureau (CAB). A representative from the HCC Registration Service will be there to promote the new wedding service and will also have displays, along with other voluntary and community organisations.

Councillor Cheshire, portfolio holder for Marketing and Development at Havant Borough Council, said “This is a great opportunity for our residents and businesses in the area to look around the Plaza facilities and see what it has to offer our community.”

“Whether you are looking for professional space to hold a meeting or seminar or want to find out more about organisations operating in our communities and how you can get involved, come to this event.”

Yvonne Weeks, portfolio holder for Economy and Communities at Havant Borough Council, continued: “We are proud to show-case the Plaza and demonstrate to the community that this building is for them to use and we want them to get the maximum out of it. Whether it’s just a meeting place to have a coffee in the Atrium or to hold your clubs’ AGM it’s worth taking a look.”

Plans are still being finalised for the full day’s programme. There will be something for everyone.

www.postcodepublications.com
The Hawks Academy team won the Hampshire Floodlit Cup, beating Aldershot Town in the final at Westleigh Park on Monday 29 April. That was the start of a busy and successful week for the youngsters. Two more games, on Wednesday 1 May at AFC Sudbury, and on Friday 3 May with a 1-0 victory over the leagues top side, Dartford Whites, at the South Downs College sports ground. This retained their place in the Conference Youth Alliance League Premier Division for the 2013/14 season. It is the highest league the Academy can play in and their place in the league is highly cherished by all those involved in the Academy.

Our sports correspondent Tim Randall visited the Academy and met Stuart Page, Academy Director, and Hawks Website and Marketing Manager Ian Radford, to take a look at the set-up that has proved so successful since its inception in 2005/6.

The Academy was established by South Downs College and focussed initially on the ladies game.

The present South Downs Hawks Academy is a partnership between the College and the football club and is sponsored by local travel company Vision Travel. The College enrols talented and enthusiastic local young players to the scheme annually. There are some 100 students at the Academy with 4 men’s teams and one ladies’ team. The 16 – 19 year old men’s and ladies’ football scholars combine higher education studies for BTEC sports qualifications with playing football on a professional basis. The Academy’s 12 lecturers are qualified coaches and the players complete the course with BTEC qualifications that give them career options of which football is but one. Academy Director, Stuart Page, said “We focus on the character development of the players and their there transition from a person joining the course - to qualification - to footballer.” Underlining the words of Lee Bradbury, Hawks Manager; in the previous edition of ‘PO9 & PO1’ Stuart added “There are currently three Academy players in the Hawks first team squad – Casey Bartlett-Scott, Joe Noakes and Charlie Searle.”

Speaking of the ladies’ team footballers, Stuart Page said that after a couple of difficult years the Academy's ladies enjoyed their season playing in the BCS Regional (South East) League.

After such a successful year for the Academy it is sad to learn of the serious illness of Paul Barton, the Academy first-team Manager. We wish him a speedy recovery and an early return to his post.

Congratulations to Xcel Trampoline Squad

Xcel Gymnastics entered their very first Trampoline Competition, The Southern Region Grading Competition held in Abingdon, Oxfordshire with great results including 1st place for Nuala Smith in the Over 15 Ladies and Elias Daiche in U13Boys.

Established more than twenty years ago, we are a valuable local community facility offering social and competition bowling to our members.

We are always ready to welcome new members into our club but because bowls is seen as an old persons sport, finding new members is a struggle. The message we would wish to get across is that bowls is a sport that can be enjoyed by both ladies and men of all ages and more importantly it is a lifelong sport.

Our Club is in use throughout the year with Lawn Bowls being played from April to September and Short Mat Bowls from September to April. Because we are affiliated to Bowls England, Bowls Hampshire and the Portsmouth & District Bowling Association we are able to play at the highest level but we do recognise that not everybody wishes to play at a high level so social bowling is encouraged and enjoyed by all our members. We also have an active social calendar with events going on throughout the year and on Thursday afternoons (during the winter) we have a very enthusiastic Craft club.

If there is anybody reading this who has thought they’d like to “have a go”, we would be very happy to arrange for you to do just that. Please contact our Membership Secretary on 9225 4036 or telephone the clubhouse on 9226 3028, or e-mail us at horndehawksfc.co.uk. Please feel free to come along and take a look at us, we are located in King George V Playing Field, Ashling Park Road, in the hedged-in area behind the large car park, you will be made most welcome.

Season Round-Up from Horndean Hawks – Winners of the Treble!

By Gary Drew

Horndean Hawks Football Club have 17 teams within our club, ranging from our Academy (reception age) to our adult teams. We recruit locally and have over 300 members. The weather has, as with many clubs caused a major disruption and fixture backlog, made even more difficult, by the fact most playing areas have now been passed over to cricket clubs for the start of their season, before the football season has finished.

We have experienced numerous trials, testing our patience and determination, but many of our teams have seen success in hotly fought league and cup competitions, culminating with our men’s A team winning the treble: Division 1 Champions 2012-13 and winners of The Len Dey Cup and Purcell Cups. This follows the fantastic efforts in winning the Hampshire Cup last season. Dave Noyce the teams player manager, promised continued seasons of cup success and the team have delivered over the last three seasons. Many of our teams have performed well, with our U16 side finishing runners up in their league and our two U15s sides neck and neck in the same division vying for the top spot.

This year sees Horndean Hawks 3rd 6 and 7 a side football tournament being held at Horndean Technology College on the 8th and 9th of June. We anticipate over a hundred local teams to compete in what has now become an eagerly anticipated date in the local calendar.

Waterlooville Golf Club (Ladies section)

The Ladies Captain, Sue Kilner, presenting cheque from Chaos Support

Thank you to the Ladies at Waterlooville Golf Club - from Chaos supporter

The Waterlooville Golf Club Ladies section raised £550.00 for the Young People at Chaos Support for Communication Aids. Chaos Support is a new and innovative Day Opportunity Service in Havant, supporting Young Adults with a learning disability to fulfilling lives.

This donation has completely changed lives for some of our Young People.

As a thank you, our Young People made a delicious tea for several of the ladies from the golf club, and they thoroughly enjoyed a tour of our facility and see how their donation had been used.
Creating a Legacy Plan for your loved ones could be perfect!

Many regular readers will know that I have a passion for Estate Planning, which covers a large range of services including Wills, Trusts, Inheritance Tax and Lasting Powers of Attorney. In essence, it is about making sure that

“The Right Money goes to the Right People at the Right Time”

You can set up a really beneficial Legacy Plan for your children, grandchildren or even great-grandchildren with as little as £30,000 put into it, which could provide for them for life. We would expect the Plan to provide some income now and also capital growth as well in the future. We would then use this income to provide additional benefits on death between £50,000 and £75,000, which means that on your passing a legacy could be created of £75,000 or more depending on the growth within the Legacy Plan. All you have to do is put aside the first £30,000. However, you could also have back part or all of the money if you needed it in the future and you can also change who was to receive the gift/legacy at any time you choose.

A Legacy Plan is not something brand new, in fact it has been around and available for many years. But like many of the solutions out there, often they are completely unknown by most clients and indeed by many advisors too. It is also a great way to reduce your inheritance tax burden for your beneficiaries and when used in conjunction with other aspects of your Estate Planning, you can make a real difference to your loved ones’ lives.

This Legacy Plan can be used to help your children, grandchildren and even great-grandchildren in a whole host of ways; you could use this legacy to give them a helping hand with their first house deposit, school fees, driving lessons or their first car. £50,000 alone probably wouldn’t go very far and would not last very long when shared between all of your children and grandchildren, but the Legacy Plan is a solution which can help grow your wealth, part of which you may choose to enjoy now and spend yourself with the remaining capital growing for the future generations, so what is passed down to them is more than the original £30,000 you started with.

You can start the Legacy Plan with more or less than £30,000 depicted here, this is just to give an example of how the Legacy Plan can work. The figures will obviously change depending on how much you start your own Legacy Plan with. But either way, this is a perfect solution for clients who want to leave something behind for their loved ones and which can make a real difference to their family’s future.

If you have a question you would like to pose to Steve then please email, fax or write to Steve using the details below and if your question is printed in the next issue, SBA will send you a £50 Marks & Spencer gift card!

Important Announcement - Limited Spaces!

Details for our next public workshop on the subject of Wills, Trusts and Estate Planning are as follows.

Wills, Trusts & Estate Planning - Thursday 30th May 2013 at Wickham Community Centre, Wickham at 3.30pm and 7pm.

Wills, Trusts & Estate Planning - Tuesday 25th June 2013 at Cams Hall, Fareham at 3.30pm and 7pm.

Wills, Trusts & Estate Planning - Sunday 30th July 2013 at Denmead Community Centre, Denmead at 3.30pm and 7pm.

Places are limited so they are offered on a first come, first served basis. To find out full details and to reserve your place(s) visit the SBA website: www.sba-financial.co.uk or call their offices on 01489 878220.

Olympic sailors at Hayling Island Sailing Club

Hayling Island Sailing Club was delighted to be joined by the Volvo Sailing Academy, and by courtesy of the Academy, two GBR Olympic sailors from the 2012 London Olympics.

On Sunday 5 May a large contingent of the Club’s youth sailing section were joined by Olympic sailors at Hayling Island Sailing Club

Kate McGregor, who as well as an Olympian was World Match Racing Champion in 2010. More than 40 Youth sailors between the ages of 8–15 years, some of whom have already competed in World and National Youth Championships, took part in the special days racing and coaching with Kate on the water off the Club inside of Chichester Harbour. Olympic silver medallist Saskia Clark opened the event and was kept busy throughout the day with a stream of young enthusiasts wanting to get first hand sailing tips and asking questions about the Olympic sailing.

By Tim Randall
South Downs College Students Take Over The Langstone Hotel

On the weekend of 17–19 May, students from South Downs College took control of the Langstone Hotel, working in key roles including front of house, catering and housekeeping. Across the weekend, the students prepared and served nearly 1,750 covers, welcomed 520 guests and made over £38k revenue.

Clint Marsh, the General Manager, said, “The students did so well. They were extremely professional and it was very difficult to tell them apart from the hotel staff. The guests didn’t realise that the takeover had taken place.”

The positions were advertised to the students who then had to complete an application and interview process organised by the College and Hotel management. In previous years staff have been on hand to support the students – this year the number of staff was dramatically reduced, leaving the students in control. The four-star Hotel is also home to an award winning 2 AA rossete restaurant, conference facilities, fitness centre and Innerspirit Spa.

The students received high praise from a member of the public who enjoyed a meal in the Brasserie restaurant at The Langstone and was let in to the secret when she offered her praise to the Head Chef.

Lorraine High said, “I would like to congratulate the students at South Downs College for their incredible contribution to our weekend away. I was totally amazed at the standard of food that we were served. Every aspect of the meal was first class. The presentation, content and the service were of the highest level expected of fine dining. I had no idea that it was students who were responsible for such exceptionally high quality food and service. I would like to take this opportunity to thank each and every one of them for their contribution to a memorable meal and I wish them all the very best of luck for the future.”

South Downs College and The Langstone Hotel have developed a close working partnership over a number of years and this was recognised and praised when the Takeover project won the CATEY ‘Extra Mile’ award.

Not only does the takeover give students hands-on industry experience, a boost to the CV of any young person trying to make their way in the working world, but it has also led to employment opportunities for some of the top students. Some of the students in key roles: Georgia Atkins - General Manager, Zoe Lancaster - Housekeeping Manager; Sophie Lee - Food and Beverage Manager, Saskia Malham-Anderson - Reception Manager

FREE PHOTO SHOOT FOR A LOCAL HOTEL OR GUEST HOUSE...

Do you own a local hotel or guest house! As part of our campaign to shout loud and proud about all our area has to offer, Japics Photographic has kicked off a “Hotel and Guest House” competition with the winner receiving a free photo shoot at their hotel or guest house to show it off at its best! These photos will be published in PO7&PO8 and will be available for you to use on your website, in your leaflets, advertising and marketing…helping you attract more visitors to your venue… and, for the benefit of everyone, the local area.

If you own or run an independent hotel or guest house within a 30 minutes drive from Horndean, all you have to do is email photos of your venue (that you are currently using in your marketing), to Penny Plimmer at Japics Photographic at clicks@japics.co.uk. Include your name, address and telephone number and your web address (if you have a website). The winner of the photo shoot will be the Hotel or Guest House with potential to shine with the benefit of professional photography.

Closing date for entries is 1 July 2013. Exact details of the prize on offer are available from Japics Photographic (email clicks@japics.co.uk). Images must be in JPEG format and less than 4MB in size. The competition will be judged by Japics and judges’ decision will be final. Please note the judges will not enter into correspondence with entrants regarding the competition.

Eagles up for a Fundraising Challenge!

Horndean Hawks Under 9 Eagles raised £800 completing a gruelling sit up, press up and 2 mile run at Thorney Island Barracks. Coaches Paul Newman and Chris Norris were very proud of the team’s energy and enthusiasm.

Do you love History?
Are you passionate about the past?
Do you believe in preserving local Heritage?

We have 2 fantastic projects for Students, Post-grads and history lovers alike to experience working in a Museum environment…

Project 1: Cataloguing and researching the Museum handling collection. This project is ideal for students or post grads that have studied/ have a keen interest in History/Material Culture and/or Museum/ Gallery studies. You will assist The Spring in cataloguing and researching the current Museum handling collection.

Project 2: Research into local area’s past for Heritage Trail. This project will allow the chance to develop/ strengthen professional research skills in a Museum/Gallery environment. You will be researching buildings of notable historical interest and interesting periods in local history, your work will be collated with the existing Havant Heritage Trail, working towards the an Aural Trail. Both projects are un-paid experience positions and will last 6 weeks, working at The Spring for 1 day a week during this time; dates to be agreed between chosen applicant and the Education and Heritage Officer.

Please send your CV, with a letter of interest stating which project you would like to apply for and why to: Josephine Payter, The Spring Arts and Heritage Centre, 56 East Street, Havant, PO9 1BS. For more information about the projects please email: josephinep@thespring.co.uk

Pompey in the Community - National Citizenship Service

Year 11 & 12 students are invited to take part in 4 unforgettable weeks, 1 life changing experience and a summer with their mates. For more information please visit www.pompeyitc.org.uk or call James Shannon, NCS Co-ordinator on 023 9272 8899 james.shannon@pompeyitc.org.uk

Clanfield Facebook Page

Visit Clanfield Hampshire Facebook page. The main objective behind this page is to upload historical photos of interest. https://www.facebook.com/ClanfieldHampshire
Hampshire and Isle of Wight Air Ambulance on the lookout for new textile bank locations

Hampshire and Isle of Wight Air Ambulance are trying to increase the amount of clothing donations they receive by putting new textile banks around the county.

There is always a need for new locations for the yellow textile banks that provide Hampshire and Isle of Wight Air Ambulance with such a great way of raising money through people’s unwanted textiles. It could be a pub or Supermarket car park, or another place where it would be easily accessible for members of the public to put their unwanted items. If you have or know of a suitable site for one of these banks, please get in touch with our charity office.

The charity works with recycling partner ‘Bag It Up’ to collect unwanted shoes and textiles and then converts them into money for Your Air Ambulance. They can even make use of old worn-out shoes and garments which are damaged. Simply bag them up and then put them in the charity’s yellow textile banks across the county.

John Perry, Chief Executive of Hampshire and Isle of Wight Air Ambulance said ‘Having more of the textile banks in the area means we will inevitably be able to raise more money for the Air Ambulance through this brilliant scheme. Our banks get filled up quite quickly so more of them through this brilliant scheme. Our banks get filled up quite quickly so more of them around the county means we will ensure that we receive a larger quantity of textiles.

Hampshire and Isle of Wight Air Ambulance relies solely on the generosity of the public to maintain its service. The Air Ambulance requires a massive £125,000 each month which is why the kindness of people’s donations really makes a big difference and helps to keep the Air Ambulance flying and saving lives.

- HIOWAA provides Air Ambulance services across Hampshire and the Isle of Wight in response to emergency calls.
- Since the Air Ambulance became operational on 1st July 2007 it has undertaken over 4294 missions, many of which have saved lives, and is flying seven days per week, being called to missions on average 2-3 times per day.
- HIOWAA receives no Government funding, and relies on the generosity of individuals and organisations to help save lives across Hampshire and the Isle of Wight.
- In fact as a charity we only receive help through secondment of paramedics from the NHS. To keep the Air Ambulance flying we need to raise over £4000 per day.
- This is only possible through the generous support we receive from the people of Hampshire and the Isle of Wight.
- Further information is available at www.hiow-airambulance.org.uk
- To find out where the yellow bins are located please visit: www.bagitup.org.uk

Your Local Chernobyl Link needs Host Families

The Havant and Waterlooville Link of Chernobyl Children Life Line has recently reformed with a new committee.

CCLL now has more than 165 links across the UK. Each link brings groups of children to the UK for a respite holiday. Havant and Waterlooville plan to bring 12 children this summer.

Belarus, where most of the work is focused, received over 70% of the radioactive fallout from the Chernobyl nuclear explosion on April 26th 1986. As a result thousands are born every year who go on to develop thyroid cancer, bone cancer and Leukaemia.

Medical experts expect as many as 40% of the children exposed to Chernobyl’s radiation to develop thyroid cancer over the next 30 years. There are 800,000 children that desperately require a respite holiday.

During the month they are here, we take the children on many trips. These can be as simple as a trip to feed the ducks, Lego land or the not so favourite, dentist! The children very rarely have ever received dental treatment before.

We do not want to give the children a false impression of life in Britain, this is why we try to do lots of activities at minimal cost while still giving new experiences that they may never otherwise have.

The children are in the UK for four weeks as this is most beneficial for their health. They travel between the ages of 9-13 as this is when they are going through puberty and their thyroid gland is developing. Just by the children being in fresh clean air, unpolluted food and drink can add two years to their life expectancy and will greatly reduce their chances of getting Thyroid cancer.

We have twelve children booked to come over during the summer. However we still desperately need host families for some of these children. If you are interested please contact us. We will meet up with you for an informal chat and answer any questions you may have.

All children are put with another child of the same sex to avoid them feeling so isolated in a foreign country where they speak no English.

Host families welcome children into their homes as part of their own family. A hosting family gets no financial reward - the reward comes in seeing children blossom during their time in the UK.

Over the year we hold many different fundraising events; such as Quizzes, clothes sale and dances. Please look at our Facebook page to keep up to date with upcoming events.

We currently are in urgent need of good quality clothes both for the children (ages 10-13) and for us to sell. We collect bric-a-brac to help us raise funds, along with items for the children to take home with them. We are always updated our ‘Wish List’ but are currently looking for seeds to send home with the children so they can grow food in their gardens.

If you have any questions on who we are or what we do please call Natalie Lunn the chair person on either 023 9266 2888 or 075 9879 2021. Or e-mail Natalie on nataliedotlunn@sky.com. Our website is www.CCLL.org

Adult Learning at HTC

Hampshire County Council’s Adult Learning, provide high quality learning experience in a supportive environment. We have a small programme of leisure courses including special small groups for learning IT and computing at very competitive fees. A range of other courses include pottery and ceramics, ballroom dancing, floristry and cake decoration. Ring on 023 9259 9753 for a brochure or visit: www.htc-communitydimension.com

Adult Learning at HTC

Horndean Technology College, as part of Hampshire County Council’s Adult Learning, provide high quality learning experience in a supportive environment. We have a small programme of leisure courses including special small groups for learning IT and computing at very competitive fees. A range of other courses include pottery and ceramics, ballroom dancing, floristry and cake decoration. Ring on 023 9259 9753 for a brochure or visit: www.htc-communitydimension.com

Mike Birch’s Almost Big Band playing at The Chichester Inn, West Street, Chichester PO19 1RP Thursdays June 6th and 24th at 8pm Free Entry and Sunday June 26th 6 – 9 p.m – Tickets £3. (Part of Festival of Chichester).

Adult Learning at HTC

Thursdays July 18th and August 1st, 15th and 29th, from 8 p.m – Free Entry. A 6 to 9 piece Jazz band performing Standards with vocals from 30’s, 40’s and 50’s era. Mike Birch’s Almost Big Band playing at The Chichester Inn, West Street, Chichester PO19 1RP Thursdays June 6th and 24th at 8pm Free Entry and Sunday June 26th 6 – 9 p.m – Tickets £3. (Part of Festival of Chichester).

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**HEALTH & WELL-BEING**

Did you know that one in every 1,000 are affected by a DVT every year?

**Get Happy with Hypnotherapy!**

When the summer sun begins to shine, like butterflies we emerge from our cocoons, eager to enjoy its revitalising energy. For some of us though there are periods in our life when something holds us back, perhaps our mood or emotions, confidence, our health or unwanted habits. Summer is a season of transformation, so there’s no better time than now to make those positive changes you’ve been considering.

Hypnotherapy can help you achieve those goals, build motivation and guide you through the process of change. All you need to do is make a decision, commit to it and take action for the first step towards living the life you want to live.

Can hypnotherapy help you? Take a look at the benefits below and you decide.

### Benefits of Hypnotherapy:

1. Relieves stress and tension.
2. Relaxes muscles, body, lowers blood pressure.
3. Calms a ‘racing’ mind.
4. Promotes peace of mind and contentment.
5. Emotional and psychological healing.
6. Replaces negative habits with positive contentment.
7. Motivates change, e.g. weight loss.
8. Builds confidence.
9. Improves performance, e.g. sports, stage, tests.

**Travellers thrombosis**

- Travellers’ thrombosis was formally called ‘economy class syndrome’ and is when prolonged period of immobility, such as a long flight or train journey, can cause DVT. If you are in good health the risk is probably less than 1 in 10,000 long hauls flights, however; there are some things you can do to prevent it:
  - Drink plenty of (non-alcoholic) fluids during flights
  - Regularly mobilise the ankles and massage the calves
  - Wear loose, non-restrictive clothing
  - Avoid excessive movement around the cabin if flying, as the risk of injury from turbulence may outweigh the benefit of exercise
  - Be vigilant for the symptoms of DVT, in particular pain in the calves, during and for up to a month after long flights. If symptoms occur, seek medical advice without delay
  - A healthy and active lifestyle to help prevent clots forming
  - Exercise regularly
  - Eating a healthy, balanced diet
  - Avoiding becoming overweight or obese
  - Avoiding long periods of immobility during illness or when travelling

**Stronger, More Flexible, Pain-Free People in PO7 & PO8**

*...tips and exercises from our Olympic Physio*

**Side Stretch**

The Side Stretch is a good exercise for mobilising through the back.

Stand with your hands against the sides of your thighs. Slide one hand down one thigh, bending to that side. Hold for thirty seconds and repeat twice three times a day. Do one side first then repeat on the other side.

**Knee Hugs**

This exercise helps to open up the joints and stretch the muscles which is good for general back pain.

Lie on your back, bend your knees to your chest and hold for 30 seconds and repeat twice three times a day. NB Be careful with this exercise if you have had a recent disc problem. If in doubt, get advice.

Go as far as you easily can and you will see improvement steadily with time.

**Back Extension**

This is an exercise I used with the Olympic sailing teams and is particularly useful for people who spend long periods sitting down, bending over computers, gardening and have a history of disc problems etc.

Lie on your front. Position your hands under your shoulders. Push up straightening your arms, keep your hips down.

Hold for 30 seconds and repeat twice three times a day.

For more information about Natalie and Physio-logical, visit www.physio-logical.net

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**Orthotics**

Mark Southwick can assess, design, supply and fit external devices to treat a range of conditions including sports injuries, neurological problems, muscle and joint pain.

Examples of Orthotics provided: insoles, knee, hip, back supports and head protection.

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**Serenity Hypnotherapy**

For the life you want to live...

- Depression
- Anxiety
- Confidence
- Weight Loss
- Fears, Phobias
- Sleep, Stress

Whatever your issue, hypnotherapy can help to produce positive, lasting change.

Tel: 023 9226 4464
Mob: 07899 976291

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Being Natural is Beautiful

By Natalie Rowsell

Pictures of visitors to the Diabetes Research & Wellness Foundation to hold weekend of events

A national diabetes charity based in Portsmouth is to stage a special weekend of events to mark its 15th anniversary on its own doorstep.

The Diabetes Research & Wellness Foundation (DRWF) is to celebrate 15 years of supporting people with both Type 1 and Type 2 diabetes with a special weekend of events at the end of August on Hayling Island where its UK headquarters are based and in Portsmouth’s Historic Dockyard.

DRWF’s mission is to fund research to find a cure for diabetes and help make sure that the three million people in the UK with the condition are ‘Staying well until a cure is found’.

“The charity’s 15th anniversary celebrations provide an opportunity for everyone with an interest in diabetes to come together to share our vision for the future – a cure for diabetes,” said DRWF Chief Executive Sarah Bone.

“We thought it would be fitting to hold a special Wellness Weekend and 15th Anniversary fundraising ball in the Portsmouth area to not only mark this important milestone for the charity but also to help people cope with Diabetes and to raise awareness of how to stay well when living with the condition which currently affects more than three million Britons and is on the increase.”

DRWF has funded more than £8m of vital diabetes research since it was established in the UK. The charity is currently funding 23 researchers across the country and the DRWF Islet Isolation Facility at the Oxford Centre for Diabetes Endocrinology & Metabolism (OCDEM) at the Churchill Hospital, Oxford.

“Good self-management is central to reducing the risk of associated diabetes complications. Through our support network we are able to inform, empower and inspire people with diabetes to take action to improve their quality of life,” added Sarah Bone.

“We provide a unique platform through our annual programme of educational events to help those with Diabetes to improve their understanding of the condition, ask questions and meet like-minded people sharing similar health experiences.”

The 15th anniversary celebrations feature a residential Wellness Weekend for people living with the condition, their families, friends and carers at The Langstone Hotel on Hayling Island, from Friday, 30th August to Sunday, 1st September and will include a sparkling charity ‘Crystal Ball’ at Boathouse No. 7 in the Historic Dockyard, Portsmouth on Saturday, 31st August.

Supporters can attend the fund-raising ball independent of the Wellness Weekend, which caters for both residential and day-delegates. More details regarding the weekend and the ball are available by calling 023 9263 7808.

Press contact: Claire Levy – 023 9263 6138 mobile - 07813 948 373

Current Title holder for The UK’s Dazzling Beauty Teen, Olivia Kimber, has embarked on a new challenge by encouraging younger girls to realise that being natural, is beautiful.

Beauty pageants have been a large part of Olivia’s life for over 2 years. Having entered many and reached numerous finals, she was crowned The UK’s Dazzling Beauty Teen in September last year.

“I have such a great time competing in them. I wanted to give others the opportunities that I have been fortunate enough to have. They help build confidence and allow the girls to make new friends.”

Olivia, 17, from Purbrook wanted to change the misconception that circulates beauty pageants.

“The reason I’m doing a Natural Pageant is because many people think that they are very fake and exploit girls, due to the American shows and how they ‘glitz’ it up. However, over here in the UK it is very different and toned down. There are no flashy routines or over the top costumes.

As well as looking for outside beauty, the judges look for it inside too.”

Using her recognition to help others is another special part of Olivia’s life, having organised and completed multiple fundraisers including a Charity walk and a car boot sale, she has raised about £400 which has been split between The Alzheimer’s Society, Anxiety UK, Sodje Sports Foundation and another outstanding charity that Olivia holds close to her heart.

“The Rowans Hospice is my main charity. They do such a great job there, looking after not only the patients, but also the families of those affected.”

The Rowans Hospice is completely run by donations, which is what makes Olivia’s vast contributions so special.

“Recently they have been able to expand and create more rooms. I love raising money for them and that is why 10% of the proceeds from Little Miss Natural Summer will also be going to them.”

The cleverly named ‘Little Miss Natural Summer Beauty Pageant’ allows girls to enter as young as 2 years old, with categories running up to the age of 13.

Already, this one-off pageant has sparked up a lot of interest which has resulted in the 2-4 age category almost reaching its entrants limit.

The Titles that the girls will be competing for include; Teeny Miss Natural Summer, Tiny Miss Natural Summer, Mini Miss Natural Summer and Little Miss Natural Summer, as well as a first and second runner up in each of these competition rounds.

As well as offering all of the girls a truly unique experience there are plenty of prizes to be won, including; a cash prize, New Look clothes vouchers, bouquet of flowers a beautiful crown and a sash.

Olivia is excited to get this underway and has a very positive, encouraging outlook towards it all.

“The girls do not need to be dolled up at such a young age with fake tan, eye lashes, hair and make-up. We want them to be happy with how they look naturally. So that is why I have stated that it is a natural pageant.”

Being fully aware on how pageants are that is why I have stated that it is a natural pageant.”

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Being fully aware on how pageants are.
**ARE YOU AN ASPIRING WRITER WHO WOULD LIKE TO BE PUBLISHED HERE? THEN SEND YOUR ARTICLES AND PICTURES TO THE EDITOR AT: s.johnson@postcodepublications.com**

**RUNNERS-UP IN SOUTH DOWNS COLLEGE LITERACY COMPETITION**

In our last edition, we announced the winner of South Downs College Literacy Competition, Carol Smith, with her beautiful short story, Bert and Vera. Now we're delighted to share with you the stories of our Runners Up, Peter Birch and Colin Bentley. Congratulations to you all and thank you to everyone who entered, the competition was stiff! Enjoy reading...

**THE CASE OF LITTLE RED RIDING HOOD**

She was about to leave the dock after giving her evidence when a member of the prosecution gestured for her to stay. Mr Badger, a well-respected barrister, moved slowly towards the jury. “Ladies and gentlemen,” he began after pausing for a moment to catch the jury’s eye, “what you have just heard was a lie. O’YES, she did meet with Mr Wolf on her way to grandma but it was to proposition him to kill and eat her, and to make sure she could get out of paying him; she made a second deal with the woodman. You see, with grandma out of the way, Red Riding Hood inherits everything.”

The jury all turned their heads and looked at her. “But the Wolf was not stupid,” he continued, “he knew he’d be the fall guy so he told us and we put grandma in protective custody. As for the woodman, I understand for immunity from prosecution he is willing to change his statement.”

Red Riding Hood looked at the jury but did not say a word. She didn’t have to, she was giving them the full treatment; a combination of little girl lost and puppy dog eyes. “So,” continued the badger, as he walked back to the dock and looked at her; “what you have told us is fiction, it’s nothing more than a fairytale.”

**IT’S NOW OR NEVER**

He felt the force rising up inside him. The decision was made. He was going in. He grasped the door handle with both hands, planted his feet firmly. He could feel the muscles in his arms, shoulders, back, buttocks, thighs and calves swell as he steeled himself for the effort he was going to need. He knew there would be tremendous resistance, a huge suction holding the door closed that had to be overcome, but on the other side of that door was life.

He drew in several deep breaths, driving more oxygen into his lungs, knowing that the coming effort would cause the oxygen in his blood to burn away in an instant. Beads of perspiration stood out on his brow. As he was about to commit to the colossal heave, a moment’s indecision flashed through his mind, causing his muscles to relax involuntarily. Was he already too late? Would he find death and putrefaction behind the door? He shook his head to clear it of negative thoughts. There was only one way to find out.

Once again he set himself and drew in a final breath. Grasping the handle firmly he stepped back and pulled with all his strength. Nothing gave. He continued heaving, he was not going to be beaten. The muscles in his back and arms cracked with the effort, screaming to relax, but he forced himself to go through the pain barrier, and, yes, there was a loud sucking noise as the great seal broke. He had done it. Now he must continue heaving back the great, heavy door. The crack widened and light came pouring out. It was easier now. He put his shoulder behind the edge of the door and forced it wider. Now he would know: Was he in time?

With trembling hand he reached out, trying to focus, brushing away the sweat that poured down into his eyes. Yes, there was; the writing swam before his eyes, but he blinked furiously until the writing steadied. He tried to smile, but realised that his facial muscles were still taut with the effort he had gone through and the terrified uncertainty. But now he could relax, the date on the cellophane packet told him that the pork pie was still within its sell-by date, a full day still to go – a day that would never be needed.
We run active fun sessions for the over 50’s

COWPLAIN - At the Borrow Centre

Blendworth Brass Band Concert
Sat 22 June 2013 7.30pm
The Borrow Centre, London Road, Cowplain
£7.50 All tickets, to include interval drinks
Book early to avoid disappointment

Telephone or email ageconcerncowplain@tiscali.co.uk

Tel: 023 9226 6423

Age Concern, Cowplain recently won a grant of £1000 from the Comic Relief Fund to help cover the costs of the Befriending Service for lonely and isolated people who live in their catchment.

If you know anyone who might need this sort of help: perhaps a neighbour, a relative, or a friend of long standing, please make contact with Liz Wood, the ever friendly befriending co-ordinator at the Borrow Centre (023 9226 6423) who will arrange an initial call and assessment, and subsequent visits by one of her highly trained volunteers.

Experience shows that people can easily become detached from their community as a result of bereavement, illness, far flung family, or just depression or even dementia. The Befrienders help to resolve that isolation by gently helping each client to reconnect with others at the Borrow Centre where the lunch clubs, family history clubs, whist, memory café, new age curling, table tennis, and bowls enable them to get involved and have plenty of laughs in the process.

Many of those who have experienced this service have found it a lifeline away from isolation and now live very full lives again. So if you know of anyone who might need this help do not hesitate to get in touch.

As with all services of this kind, it is run by a team of about 10 caring and dedicated volunteers, all drawn from the local community.

Each one is trained to identify what sort of help is needed, and help each client access those services (for example medical or dietary needs).

This is a very rewarding area of community work and because of growing demand there is an urgent need for more volunteers to deliver this service.

If you are a good listener, live locally, and have 2/3 hours a week available Age Concern needs you! Just contact Liz and she will explain what is involved. Every volunteer has to be screened under the dbs system, but this costs the volunteer nothing.

NEW LOCAL HISTORY GROUP FOR COWPLAIN

A number of people have expressed interest in setting up a local history society for Cowplain, and capturing the memories of some of our very elderly clients who have lived in the area all their lives. If you would like to know more about this and perhaps join in please leave your name and contact details on 023 9226 6423 or email ageconcerncowplain@tiscali.co.uk and you will be contacted with details of the proposed inaugural meeting at the Borrow Centre later in the year.

PCSO Rob Earl had an idea a couple of years ago to work with local people to build a special garden, to take pride in the area in which they live. Something similar had been done before in First Avenue. He thought the small triangular piece of land in Jodrell Close was perfect for this. Whilst it wasn’t possible to pursue at the time, in August 2012 PCSO Veal and PCSO Rob EARL suggested the idea again at a Radian “Walkabout” in Jodrell Close and it was all systems go.

Local residents came forward with designs for the garden and a young resident headed up representation to the local people including a questionnaire about what the garden should include…a bench, low maintenance flowers…

The outcome was a wild flower garden with giant plant boxes, staggered in height to allow people of all ages and abilities to see, reach and enjoy the flowers. If possible, lady bird boxes and other structures would be included to help attract wildlife. The design is two L-shaped planter boxes with a bench at the 90 degree angle. The area will be tidied up with the adjoining fences painted and stepping stones placed around the area. The money is being provided by grants through Radian and materials are being supplied locally.

Multiple agencies are working on this project including South of Butser Policing team, Horndean Parish Council, Horndean Biodiversity group and Radian Housing Association…plus the local residents themselves.

The garden will be a pleasant place for people to meet, sit and rest. Having been involved from the very beginning, the residents will be maintaining the area and will ensure it is used correctly.

At the time of printing, work has already begun in Jodrell Close…a great community effort!
The legendary red wine that is Pinot Noir may indeed be made from the most noble and ancient black grape ever to come out of Burgundy, in France, and from which the name Pinot Noir is derived; a grape considered to be one of the finest and most respected in the world. But, in its many and various incarnations, Pinot Noir can be one of the most infuriating red wines imaginable! Price-wise ranging, as it does, from £45 to £6.5 per bottle, and higher, at the luxury end; to £10 and cheaper, at the bottom - the price paid depends largely on how the wine is made, its characteristics, and where it comes from in terms of the tricky growing conditions needed for the grapes to thrive. Yet why is this, you might argue, when all these varieties of Pinot Noir have been produced from exactly the same grape? But, what really baffles so many people, is that in no way, it seems, can you be guided by price when it comes to deciding what is going to be the nicest wine for you. Why? Well, because the wine can differ so widely, in taste and flavour, with each individual variety. And it certainly doesn’t make things easier when the descriptions on the bottles are not much help either, if in fact they exist at all!

Or as one person put it to me: “It’s Pinot Noir; it’s got to be good, hasn’t it? At least, so I thought.” He went on, “Until I tried three different bottles of the stuff, with friends, the other evening; one bottle costing £6, another £10.99 and the other £28.99. Whereupon, we all voted the cheaper wine, from Chile, to be the nicer by far; the middle one being relatively bland and tasteless; and the more expensive one of the three, pleasant enough, but on the dry side, to our taste anyway! So, other than trial and error, how do you go about choosing?” he asked.

Well now, that’s a difficult one. Partly because this type of wine is, on the whole, an acquired taste, it must be said. In any event, can I suggest you try this, my third wine of the month: Marlborough Pinot Noir 2010 from New Zealand, as pictured! Asda price, at the time of printing: £8.98 per bottle. For I promise, you will not be disappointed. Because when I first tasted this wine, how can I put it? I was immediately transported back to when I was a young lad, running through the woods on a rainy day; or on my bike splashing through puddles and getting soaked in the process. Memories, ay? But then, the first sense you have of this really lovely wine is of a damp, woody, wild mushroom flavour with hints of cherries and raspberries. Yes, a typical Pinot Noir? But, having said that, one that is very different from so many others! Why? Because it contains slightly less alcohol; which is the reason, I’m convinced, it is not so overpowering as other Pinot Noirs, or as they can be, especially when it comes to food. And I am thinking here of a delicious home-made chicken pie or sirloin steak with fresh salad and home cut chips…. Just to mention, that why the wine appears to complement pastries and pies, so well, is that it brings out any creamy buttery flavours. …And, finally, for dessert, you must try it with a typical summer fruit pudding. So catapulting this Pinot Noir from just an ‘alright’ red wine, to an out-and-out WOW!

Oh, by the way, I so enjoyed Kathy Fitchett’s adjoining article, in Edition 3, entitled ‘Food Fiend Experience’ featuring her ‘light’ Chocolate Cake Recipe. I asked Kathy if she would like me to recommend a wine to go with the fantastic dish she has prepared opposite: Fattoush Salad. And, what do I suggest: InVino Garganega Pinot Grigio white wine from Asda. Price: £4.00 per bottle, reduced from Asda price, at the time of printing: £8.98 for money! Anyway, have fun and enjoy.

So, let the adventure continue.

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**Recipe column - by Kathy Fitchett**

**Fattoush Salad - a healthy salad and dressing to get you in shape for the summer**

Did you know that the item that is the most calorific in a salad is the salad dressing and this is the oil component of the dressing?

In my version of this Arabic salad I actually omit the olive oil, although if you prefer, you can include it, I find that the combination of lemon juice (the bottled kind works perfectly well) with pepper, salt and garlic along with the finely chopped mint and parsley makes this salad dressing tasty enough that the olive oil is not needed.

This salad is so simple but has a freshness and lightness about it that makes it suitable for eating with grilled meat or barbecued meat. If you wanted to eat the salad on its own as a light lunch meal, just add some tinned chick peas.

**Ingredients for 6 people:**

- 4 toasted pita bread
- 4-6 tomatoes, diced
- 1 cucumber, diced
- 5 spring onions, sliced (optional)
- 1/2 cup lemon juice
- 1/4 cup parsley, chopped
- 3 cloves garlic, crushed
- 1/2 cup lemon juice
- 1/4 cup olive oil (optional)
- 1/4 cup fresh mint, chopped
- salt and pepper to taste

To a bowl, add:

- 1/4 cup olive oil (optional)
- 1/4 cup lemon juice
- 1/4 cup parsley, chopped
- 3 cloves garlic, crushed
- 1/2 cup lemon juice
- 1/4 cup olive oil (optional)
- 1/4 cup fresh mint, chopped
- salt and pepper to taste

Mix all prepared ingredients in a bowl and omit the pita bread if you want them to retain their crispiness. Make sure not to add the lemon juice for more than 30 minutes before you are due to eat. Toss well and leave to stand. Add the pita bread to the top just before you are ready to eat.
Discover Horndean Arts & Culture Trail
1-7 July 2013

SEE CENTRE PAGES FOR GUIDE

Winners of our Japics Fun Photo competition!
Thank you to all those who entered our competition, you made us smile! Penny Plimmer from Japics enjoyed them so much she has decided that, instead of just giving one prize, Japics are awarding three so we can share these photos too…
So the winner of the Family Photo Shoot at Japics Photographic’s studio in Horndean is Caroline Anderson and her horse.
Our two lucky snappers winning a framed 5x7 print are Jenny Lee and Tina Brown.
Well done to all who took part. For more information on family and pet portraits visit www.japics.co.uk.

Jenny Lee ‘No Drips’ 2nd
Caroline Anderson Laughing Horse 1st
Tina Brown Cat Relaxing 3rd

CAPTION COMPETITION
If you think that you can come up with amusing captions for any of the winning photographs then please send them into us at:
s.johnson@postcodepublications.com
We will review entries received and award prizes for the three most catchy captions, and print them in the next edition of PO7 & PO8 due to be on the streets by 1st August 2013.
Get those thinking caps on and have a go. We are looking forward to hearing from you.
Postcode Publications

“How to make” with Joy to Create

This edition, Joy shows us how to make a “Pride & Peg Bag”. A peg bag, designed by you.
You will need:
• 1 wire coat hanger/or plastic (these are not as strong)
• fabric pieces:
  - 1 - 16” square for the back
  - 1 - 15” x 8.5” for the bottom front
  - 1 - 15” x 8.5” for the top front
  - 2 - strips 15” x 2” for the front edge opening (or bias binding)
• scraps of material and a vanishing pen if you are planning an applique design on the front.
• thread, bonds web, a button, a small elastic hair tie

Step 1
Bend the wire coat hanger into shape. Draw around one half of the top of coat hanger and draw a straight line about 12” long to form the bag sides and then a line across the bottom marking the centre point in line with the hook of the coat hanger. Add a 1/2” seam allowance. Fold the pattern in half and cut out. You now should have the perfect shape to use for the back of the peg bag.

Step 2
Using the back pattern piece as a template you can now make the front top and bottom pieces. Measure up 8” from the bottom of the pattern on both sides and draw a line straight across. This can then be used to cut out the front bottom piece. You can use the top piece to cut out the top front but you will need to add 1/2” to the bottom edge to form the overlap.

Step 3
Pin the paper pattern to the material and cut out all three pieces. At this point you can choose to add a design on the front or just keep it simple with some pattern fabric. If you have chosen to do applique: Cut out your shapes and bonda web them to the front of the peg bag. Draw on your design using a vanishing pen. Using a stabiliser underneath, free motion your design.

Step 4
Cut 2 strips 15” long x 2” wide to edge the top and bottom opening. This is a good place to also use ready made bias tape if you wish. Attach the edging strip by adding a small elastic hair tie.

Step 5
Press the attached strip flat from the right side on both pieces. Turn over to the wrong side and press under 1/2”. The strip should be even on both sides. Run a line of straight stitching close to the bottom edge. Repeat the above with the top edge of the bottom front piece.

Step 6
Place together the top and bottom front pieces overlapping the top edge over the bottom edge. With right sides together place the back and front pieces together and pin in place making sure you pin the overlaps securely. Mark a small gap at the top to allow the coat hanger hook to go through. Stitch together the front and back with a 1/2” seam. Trim the seams and clip the corners. Neaten edges with zig zag stitch to prevent fraying. Turn right side out, pushing out corners and press. Push the hook through the small hole you left at the top.

Step 7
Add the finishing touches by sewing on a button and adding a small elastic hair tie.
For more information and other ideas, visit Joy’s blog on www.joytocreate.com

www.postcodepublications.com
Discover Horndean Arts
& Culture Trail Map
1 – 7 July 2013

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We are an award-winning organisation, employing over 1000 staff, providing affordable housing to around 18,000 households and specialist care & support to individuals across the South East.
Event Venue and Organisers’ websites... When... What’s On...

1. Blendworth Church Centre, Blendworth Lane, PO8 4AA
   Showstoppers Stage School
   www.showstoppersstageschool.co.uk
   023 9236 2690 on 2 July to 6 July
   Drop in...Ballet, Tap, Modern, Musical Theatre. Visit the website for days and times and drop in to see a class in action.

2. Horndean Music Society
   www.horndeanmusicsociety.org
   023 9259 4172 on 4 July at 7.30pm
   Concert: Anemos Wind Ensemble... Tickets £7 available on the door.

3. Japics Photographic, Richford Studios, 95 Catherine Lane, PO8 9PD
   Japics Photographic
   www.japics.co.uk
   023 9259 5222
   1 July to 5 July - 10am – 4pm
   6 July - 10am – 3pm
   Open Studios...Photographic Studios and Art on display. Fine art photography, commercial photography, wedding photography and portraiture.

4. Catherine Village Hall, Catherine Lane, PO8 0TD
   Claire Louise School of Dance
   www.clairelouisedance.co.uk
   023 9259 8972 on 1, 2, 4 & 6 July
   Drop in...Tap, Modern, Ballet, Jazz, Disco/Freestyle, Rock’n’Roll.
   See website for days andtimes of classes and pop in to see us in action.

5. Oaklea House, 165 Frogmore Lane, Catherine Lane, PO8 9RD
   Dillycrafts
   www.dillycrafts.co.uk
   07954 584090 on 5 & 6 July 10am – 5pm
   Open Studio...Fused Glass & Ceramic Exhibition

6. Horndean Technology College, Barton Cross, PO8 9PD
   Ceroc Fever
   www.cerocfever.com
   07917 830000 on 4 July - 8pm – 11pm
   Join in for free... If you're new to Ceroc. Ceroc dance class

7. Horndean Furniture Workshops, 69 London Road, PO8 8BW
   Horndean Furniture Workshops
   www.horndeanfurnitureworkshops.co.uk
   023 9259 2898 on 1 to 5 July - 10am – 4pm
   Open Workshop... Wood Craft, restoration and furniture making.

8. The Old Stable, 79 North Road, PO8 0ED
   Hampshire Jewellery Design Studio
   www.hampshirejewellerydesignstudio.co.uk
   07717 454222 on 5 July - 10am – 2pm
   Open Studio... Find out about silver-smithing, silver jewellery making & silver clay courses. Special Offer: 10% discount if course booked at the Open Studio Day.

9. 74 North Road, PO8 0ED
   Joy to Create
   www.joytocreate.com
   023 9257 0890 on 1 to 5 July - 10am – 4pm
   Open Studio... Sewing Courses and Textile Art Workshops

10. Horndean Precinct, PO8 9LA
    All for Dance
    www.allfordance.net
    023 9259 2844
    1, 2, 4 & 5 July - 10am – 5pm
    3 July - 12pm – 7pm
    6 July - 9am – 4pm
    Dancewear Retailers offering Discount... Special Offer for Trail week: 10% discount On everything in store (see store for Terms & Conditions).

11. Location TBA
    Horndean History Exhibition
    www.horndean.net/arts-trail
    Drop in...Horndean History exhibition. Please see website for details.

12. Merchistoun Hall, 106 Portsmouth Road, PO8 9LJ
    Jo Balston Interior Design
    www.jobalston.co.uk
    07977 593543 on 7 July from 2pm
    Free Interior Design Display... See plans for transformations in homes, schools and public buildings.

Now That's Jive
07957 495570 on 1 July - 8pm
Join in free for first time tryers... Authentic 1940/1950s Jive.

Sing Sign Children's Choir
023 9559 7114 on 4 July - 4.30pm start
Free admission to Special Concert... From the Sing Sign Children's Choir

Summer Tango
023 9559 7114 on 4 July - 2pm – 4pm
Tea Dance Summer Special... Tea, cake and raffle. First timers entry free.

HATS: Horndean Amateur Theatrical Society
www.horndeanamdragram.com
023 9559 7114 on 5 July - 7.30pm – 10pm
Meet the AmDrang Group... Adults (16+) and children. Come along, spend time with HATS.

Merchistoun Youth Arts
023 9559 7114 on 7 July
4pm – 6pm for Footsteps
6pm – 9pm for Footlights
Meet the Groups... Footsteps (5-13 years) and Footlights (14+) Open House. Come along and spend some time with Footsteps and Footlights.

Make a Mark
07547 672015 on 5 July - 10am – 12noon
Free entry to Arts, Crafts and Produce Market. All reasonably priced.

Minnows Pre-School Environment Art workshop
07585 286591 on 5 July - 1pm – 3pm
Join in... With the Minnows team as they explore the environment through art.

Meet local Author Dee Williams
www.deewilliams.co.uk
023 9559 7114 on 3 July - 11am
Book signing... Meet Dee Williams, local author of 20 novels including “The Flower Girls”.

Discover Horndean Arts & Culture Trail Finale!
Merchistoun Music Picnic
023 9559 7114 on 7 July - from 2pm
Picnic in the park... Free entry!
Live music and activities for all the family. Bring a picnic and celebrate the Horndean community.

More activities and venues are being added all the time, please visit www.horndean.net/arts-trail for the latest information. Please phone ahead if you need information regarding accessibility to venues.
An exhibition of paintings by local artist, Richard Pegg

By Gill Falconer

It was a great pleasure to have a second exhibition of Richard Pegg's work in St. Nicholas Chapel, Langstone after the great success of his first exhibition last year.

Richard has been painting and drawing since his teenage years and recently his paintings have focussed on Chichester and Langstone Harbours and he comments: “Every day, people living in and around the area are rewarded with spectacular glimpses of the ever changing mood and light that never fails to lift the spirit.”

His second group of paintings maintained the spirit and sensitivity to the changing nature of sea and sky, including this time more scenes to the west of this area, with some very atmospheric evening seascapes. A reference to the commemoration of 50 years since the closure of the “Hayling Billy” line is depicted in one of the paintings, the remains of the concrete piles reflected in the water and tracing the old route to Hayling Island.

Richard’s paintings are on display as part of the Discover Horndean Arts & Culture Trail. See centre pages for details.

Horndean Parish Twinning Association

By Susan Langham

Horndean Parish Twinning Association celebrated fifteen years of twinning with Aubergenville over the weekend of 17th – 20th May. The weekend is the ‘Fetes d’ Aubergenville’ when all the towns twinned with Aubergenville are invited to join in the festivities which include a carnival, gala evening and celebration dinner. The other associations attending are from Germany, Poland and Portugal, we all gather to celebrate ‘Twinning’ to renew friendships and to make new ones.

The Sunday evening is the traditional dinner attended by all the Associations twinned with Aubergenville. We exchanged gifts and votes of thanks for a very entertaining and extremely friendly weekend. After an excellent dinner and entertainment by a trio who sang and played traditional French musical instruments including a barrel organ, complete with monkey, thankfully a toy one, we all joined in singing, albeit hesitantly, French songs old and new, a perfect end to a most enjoyable and very sociable weekend. We took our leave on Monday morning bidding ‘bon voyage’ to our many friends and looking forward to their visit to Horndean in September.

If you would like to know more about Twinning please visit our website: www.horndean.net/twinning.

Our next fund raising event is the ‘Proms Night’ on July 19th when the ‘Proms Ensemble’ will perform various pieces including the proms night favourites Land of Hope and Glory and Jerusalem, plus the ‘Pompey Puckers’ back by popular demand.

FROM SIMPLE TO STUNNING…

Their knowledge and experience covers cabinet-making, gentle cleaning and wax polishing, through to full French polishing as required. Leathering and tooling on writing boxes, Davenport’s, desks and tables is also done on site.

From restoring antique furniture and clocks to designing bespoke hand-crafted furniture in modern or traditional materials, Horndean Furniture Workshops clearly have the skills to turn ideas into dream furniture. Some of their restored pieces, newly made furniture; candlesticks, clocks, mirrors etc… are available to buy in their shop at the front of the workshop.

Visit their “Open Workshop” during the Discover Horndean Arts & Culture Trail week, where graphic and textile artists are also displaying their work.

www.horndeanfurnitureworkshops.co.uk

Lovedean Village Hall - A Challenge for YOU!

By A.B.King

Situated in Lovedean Lane between Tesco’s and the Bird in Hand, Lovedean Village Hall was opened to the public in 1957, the end result of years of dedicated hard work and continuous fund-raising by local residents. From that date onwards it has been a success, the preferred venue for parties, celebrations and social activities of every description. Over the years successive committees of selfless volunteers have shaped and developed the hall into the highly successful unit that serves the local community today. Equipped with kitchens, car park, toilet facilities and a curtained stage it is suitable for both social gatherings and private meetings.

Regular activities include badminton classes, toddler groups, whist clubs, yoga classes, writers circles and martial arts. The hall is self-funding, and many people have declared it to be the best run facility of its kind in the area. Hiring fees are amongst the lowest available, and this is due to the dedication of the committee who organise fund-raising activities to support these low fees.

But all is not well; the existing committee, who have done sterling service for many years, (twenty five to thirty is not uncommon, but one member has achieved thirty six years of selfless service!) have now been re-elected for yet another year.

At least three committee members will be reaching eighty years of age in the near future, and the time is approaching when they will be forced to lay down the gage. The sad fact is that there is nobody prepared to take up where they will leave off.

The Management Committee urgently need some community minded people to come forward and help secure the future of the hall for the benefit of all.

This is the challenge for YOU! To find out more without any obligation, please telephone the hall Manager, Mrs Cynthia Harris on 023 9259 3904

THANK YOU

…from The Horndean Older Persons Enabling forum (HOPE)

The Horndean Older Persons Enabling forum (HOPE) would like to extend a HUGE THANK YOU to everyone who supported their very first exhibition of services for older people held at Merchistoun Hall.

The event has inspired the forum to think of new ways that HOPE can really be a focal point for informing people within their community (2,400 are over the age of 65) of the vast range of invaluable services that organisations offer.

HOPE has 4 over arching aims:

1. identify their social & community needs;
2. promote or provide missing services & facilities;
3. communicate information to older people;
4. represent older people’s views to other agencies.

To find out more about HOPE email HOPE@merchistounhall.co.uk telephone Horndean Community Association on 023 9259 7114 or John on 023 9259 2048
Windmill View
Green Lane, Clanfield, Hampshire PO8 0LG

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BARCLAYS TEAM DAY IN THE COMMUNITY WITH HAVANT FIRE SERVICE FOR CHAOS

The Barclays Team from Emsworth came to CHAOS to help us tidy up and plant in our very large garden. It was a cold and blustery day, so part of the Barclays Team assisted in painting projects indoors.

In addition, we welcomed Havant Fire Service (and engine) to attend and our Young People were thrilled to meet the team and explore how the engine works.

We were really both very grateful and excited to have all this community spirit come and help our new and innovative project.

The Chaos ‘Chill out Club’ and ‘Club 19-40’ made everyone a lovely breakfast and coffee and cake.

A huge thank you to Michelle Davis from Barclays for organising the day and to all the Emsworth Barclays team for all their hard work, as well as the great support from the Havant Fire Service.

A great Community Day...enjoyed by all!

SQUIRRELING

Squirrels Day Care are very excited to present to you their new outside permanent fencing. This was erected just after the Easter Holidays and the children, parents and staff love it.

Why not come and see it for yourself at our Grand Fun Day on Saturday 22nd June.

Squirrels Fun Day
Saturday 22nd June
At The Acorn Centre
12 noon to 3pm
The Theme is Story Book Characters

Bouncy Castle
Raffle
Cake Stall

Giant Skittles
Nails & Tatoos
Face Painting
Tombola

Barbeque
Cream Teas

Squirrels Daycare & Pre School
The Acorn Centre, Eagle Avenue, Hants PO8 9UB
Open throughout the year
Monday - Friday 07:00 - 18:00
Saturday - 08:00 - 16:00
www.squirrelsdaycare.co.uk
Email: squirrelsdaycare@yahoo.co.uk
Tel: 023 9225 0070 or 023 9226 3270

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Solution on page 31

No 2 By Michael Curtis

ACROSS
1 Letting quietly at first - happy (8)
2 Laughs about cereal aboard ship (6)
3 Place of learning (7)
4 Unfurls flowers (7)
5 Faulty policeman no longer loud, but has time instead (9)
6 Hold last flower (6)
7 Villa fit for a chemist (5)
8 Freeing economy (6)
9 Changed in a drinking spree - energy’s gone - and withdrawing (9)
10 A job to be dictated to (12)
11 Bend in road - a tasty dish (7)
12 Faulty policeman no longer loud, but has time instead (9)
13 Sounds like the place to go to be swallowed up? (5)
14 Caught without a shilling, and complained (6)
15 Mankind has drawback, and falls to terra firma (9)
16 Argues against things (7)
17 Woodsmen, these men (7)
18 Squirrels Day Care are very excited to present to you their new outside permanent fencing. This was erected just after the Easter Holidays and the children, parents and staff love it. Why not come and see it for yourself at our Grand Fun Day on Saturday 22nd June.

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Squirrels Day Care are very excited to present to you their new outside permanent fencing. This was erected just after the Easter Holidays and the children, parents and staff love it. Why not come and see it for yourself at our Grand Fun Day on Saturday 22nd June.
The Waterlooville Community Forum which was set up last year to bring together all local groups interested in developing a Community Plan and revitalising the area, has two main active groups.

The Community Planning team under the leadership of John Briggs is currently collecting complete copies of a survey designed to find out what local residents would like to see and happen in the area. Over 600 responses have been received so far and the survey is available on-line to anyone interested in taking part at www.havantsurveys.info/hbc/community/waterlooville.htm.

The Events Team, led by Cllr Ray Bastin and Richard Shaw, is working on a series of events leading up to the Waterloo 200 celebrations in 2015. The list of events was included in the last edition of PO7&PO8 by Cllr Bastin and there are teams of volunteers working on each. The Team meets regularly at the Living Waters Fellowship Church at Wecock, to whom we are indebted for their help, and welcomes any resident who would like to assist with existing projects or suggest new ones. All our events will be listed in the MyWaterlooville website set up by the Waterlooville Business Association and now extended as a community hub where residents and other interested parties can find out about anything and everything happening in Waterlooville. The Summer Fete, organised by Vicky Brinkley, Annette Kemp, Sarah Flamson & Richard Shaw, is now on Sunday 18th August. Ray Bastin is organising additional Xmas lights and this year’s Xmas Grotto is being planned by Val Hartridge and Annette Kemp. The Waterlooville part of the Havant Arts Trail is being run by Lyn Unsworth and Richard and Lyn have started planning for Waterlooville 200. Sarah is organising a series of Bandstand events in the new Waterlooville Bandstand.

Anyone who wants to help with these activities or learn more about the Forum should contact either myself at davidsrichton@compuserve.com or Laura Bevis at laura.bevis@havant.gov.uk.

Ickle Pickles Children’s Charity

I became involved with Ickle Pickles Children’s Charity after my husband and I began fundraising for our local Neonatal Unit in Cosham after our son Owen was born 13 and a half weeks premature. Sadly, Owen passed away aged just 12 weeks but though our time with Owen was short, had it not been for the love and care provided by the special units in both Portsmouth and Southampton, we might not have had the wonderful 3 months we did have with our beautiful little boy.

We set ourselves a goal of raising £1,000 to say thank you for the care that the hospital gave to our son and thank you for giving us those 12 precious weeks with Owen. In the last three years my husband and I have raised £80,000. As Owen’s parents, we are committed to ensuring that these units receive our continued support so that others are able to benefit from the same high standard of care our son received.

On Easter Sunday, we joined forces with Lee Steel to organise a Family Fun Day at The Colonial Bar in Horndean. Together we raised funds for Ickle Pickles, to help buy neo-natal equipment for the QA Neonatal unit and Lee’s charity, the Portsmouth Sports and Education Foundation Kenyan charity, to help fund a 10 day visit to Nakuru Kenya, to help build/decorate schools and help teach the children of this area. The day was freezing which made it even more heroic that Lee and Mike Willis subjected themselves to the Dunk Tank and the Stocks to help us raise money! Thank you to everyone that joined us!

For more information on Ickle Pickles, please visit the website: icklepickles.org and look out for our fundraising events in the What’s On pages of PO7&PO8.
Register to switch and save money on your energy bills

Residents in East Hampshire and the Borough of Havant are being urged to register for Switch Hampshire, the collective energy switching service that could mean lower household bills for gas and electricity.

Hampshire County Council is working with other local authorities across Hampshire on the ‘Switch Hampshire’ scheme that will enable gas and electricity consumers to use their combined purchasing power to seek a better deal on their bills. The scheme offers people the potential to get their gas and/or electricity at cheaper rates than if they buy either service as an individual customer.

As an example, customers could save in the region of £60 to £200 per year on their energy bills by joining the scheme. Running a collective switching scheme three times a year could lead to potential savings of up to £25 million for Hampshire residents.

The first opportunity for residents to register is open now until 3 June. People can register online at www.hants.gov.uk/switch or by calling 019 6284 6828 (lines open Monday – Friday 9am – 5pm). After the registration closing date, Switch Hampshire will begin negotiations with energy providers to secure the best deals on the strength of this collective buying power.

Switching is free and does not commit anyone to switching energy supplier. Switch Hampshire will notify all those who have registered about the best energy tariffs available to them and will manage everything for them, if they do make the decision to switch supplier.

With approximately 760,000 households in Hampshire, if just two per cent signed up to switch energy supplier through Hampshire’s collective energy switching service, this would give a combined purchasing power of just over 15,000 customers – enabling greater discounts to be negotiated on their behalf.

The more people who sign up, the more negotiating power Switch Hampshire will have.

Access to cheaper energy has the potential to bring significant benefits to those on low incomes, the elderly and families in fuel poverty, including making a positive impact on their health and well-being. It can also offer an opportunity for greater savings for those who rely on electricity for heating and cooking because they are not connected to a mains gas supply.

Nationally, collective energy switching is supported by the Department of Energy and Climate Change, the Local Government Association and consumer groups including Consumer Focus.

Give a little TLC - or tell us if you need some

TLC (Hospice Services at Home TLC) – is a small local Charity with a big heart, caring for people in the community. TLC stands for Tending, Listening and Comforting providing volunteers to support and befriend and help adults, their carers and families in Hampshire, Surrey and West Sussex.

TLC also provides free complementary therapies for clients and carers.

Volunteers are given full training and they give up to three hours a week to provide emotional and practical support, giving ‘time out’ for carers who are looking after people with Cancer, Alzheimer’s disease, Dementia, Parkinson’s disease, Multiple Sclerosis, Stroke and other life-limiting conditions such as neurological problems and the frail and elderly. TLC also supports and befriends those who have life-limiting conditions and are house bound.

Volunteers and clients are matched up according to their needs and suitability. At present TLC Volunteers cover areas such as Havant, Petersfield, Alton, Liphook, Farnham, Hindhead, Haslemere, Bordon, and environs. We would like to help people in your area but to do so, TLC is always looking for more volunteers to join the Training Programme. It can be taking team of qualified therapists, to help both clients and carers.

For information on the Charity and the services it offers – visit our website: www.hospiceservices.org.uk, or if you want to become a volunteer, or if you know of anyone who might need TLC’s help, or indeed like to help raise funds; contact volunteer@hospiceservices.org.uk or telephone 01420 477231 and speak to the TLC Team.
We received the following letter, and response from Grainger the developer of Berewood

"I winced a bit when I read recently that the new Berewood Housing Development at Waterlooville is being likened to the Garden Cities of Letchworth and Welwyn. That’s exactly what I was told about the Stakes Lodge Estate.

Waterlooville when it was nearing completion. I had visited Welwyn Garden City and felt a bit cynical, said as much but was referred to as “trouble”. Thirty years on and every wooded area at Stakes abounds with litter, every hedgerow is used as a litter bin - somewhere to stuff your half-empty cans of alcohol, snack packaging and bags of dog mess. Fly-tipping is common practice and the whole area has a look of neglect!

Since I retired from work five years ago, I’ve spent a lot of time and effort clearing litter from my immediate area and beyond; dragging from the woodlands bin bags of domestic waste, garden waste, bottles and yes, even those bags of dog mess hanging from the branches. Rank smelling cans containing stale alcohol, used condoms and even soiled underwear! This in addition to a council operative employed daily to clear litter from the play areas, open spaces and empty the litter bins (some people use them). Havant Borough Council would collect the proceeds and deal with anything that I couldn’t manage. For my efforts I received much criticism from local people - told I was wasting my time, “you shouldn’t be doing that - that’s why you pay Council Tax!” There seems to be no recognition the residents themselves should be more responsible - it’s this community’s rubbish - the local council didn’t put it there! I’ve been mocked, laughed at by parents in front of their children for “picking up their rubbish”, looked on with what seems like contempt and treated as if I’m suffering from mental health problems. Over the years some attitudes have improved...I’ve made friends with a few of the local dog walkers - I receive moral support from them and on occasions that is backed up with practical support. Three group litter-picks have been organised with support from the Housing Association - but only five of the volunteers were local residents and they were the people I had already befriended. Nevertheless, many bags of rubbish were collected and taken away from the area.

With the local Tesco Express due to “rise from the ashes” this year and my own health problems, I have to accept the need to throw the towel in - I struggle to cope now; I know the extra litter generated by Tesco’s customers will be too much for me to cope with!

“Garden Cities” need responsible residents - residents who will take pride in where they live and not be frightened to show it! Not everyone is a litter-lout or fly-tippers, but so many choose to accept it and turn a blind eye, effectively supporting the culprits. Unfortunately, those prepared to be pro-active and do something about it are in the minority. The Stakes Lodge Garden City concept has failed miserably - I wasn’t out of order to have my doubts. What does the future hold: Local landfill site?

Perhaps the Berewood Housing Development will be more successful although I still feel cynical. Yes, the Stakes Lodge Estate was initially built purely for "social housing" - but with the "Right to Buy" many of the properties are now privately owned - but even that doesn’t seem to have generated any pride in where you Live!"

Response

Thank you for taking the time to write this letter. It is heartening to read about your genuine concerns and efforts in cleaning your community, and we are saddened to hear that your work went unnoticed. You are right, residents do need to be more responsible in disposing of their litter appropriately and this notion is supported more when residents take pride in their communities. This is what Grainger aims to do with Berewood; create a proud and sustainable community.

Berewood does not aim to exactly replicate the Garden Cities of Letchworth and Welwyn, merely apply the principles that Ebenezer Howard championed; the provision of a good environment, large open spaces, excellent transport links and sustainability. It is these elements that will make Berewood a desirable place to live where residents will be proud to live, and Grainger will do the utmost to ensure this happens.

Furthermore, Grainger does not intend to develop houses and then leave. Last year, Grainger became a registered provider, of Social Housing and the affordable homes at Berewood will be the first that this subsidiary, Grainger Trust, will manage. By maintaining control of these homes, Grainger’s presence will still be felt on site, and a code of conduct will be produced to ensure that the new environment is respected by residents. A manager will be appointed at Berewood whose responsibilities will include the care and management of the finished development to ensure that high standards are maintained.

Again, we are sorry that all your efforts have been ignored, although it is encouraging to hear how residents such as yourself care about the community. We hope to ensure that these values are at the heart of Berewood for years to come.

John Beresford, Director, Grainger
Horndean Pre-School had a great time when Show Me a Farm came for a visit. On the cow we felt the tongue, it was rough, the tail was made of real cow hair and the udders were squidgy. We dressed up as farmers before we took turns to milk the cow. Water squirted out from the udders when we squeezed them. Clare told us that the milk was used to make lots of things, like butter, cream, cheese and ice cream, we were able to taste some of the dairy products. We had a look at some real cow’s teeth and the food they eat, the food ponged. After a light snack of ice cream and milk, we played some games. We sang Old MacDonald had a Farm using flash cards. We played a game which we had to decide if the food came from the milk of a cow. Best of all we loved being farmers.

SHOW ME A FARM

The Rainbow Centre hosts a Happy’s Circus and Rainbow Fun Day on Wednesday 24th July at Cams Alders Recreation Ground, Fareham. This bright event is the perfect way to kick start the summer holidays. Opening at 12pm until 6pm our free entry fun day with bouncy castles, face painters and more plays host to a headline act The Happy’s Circus Show taking place in a big top with Magic Clowns, Magical Illusions, Daring Aerialists, Speciality Acts, and International Artists. The Circus Show starts at 2pm and ticket prices are as follows: Adults £10, Children £7 each, or a Family Ticket (2 Adults 2 Children) will be £25. Tickets should be purchased in advance by calling the fundraising team at The Rainbow Centre: 01329 289500 or emailing fundraising@rainbowcentre.org evening. Must be a good sign!

With the help of Naz; who looked after us brilliantly, we tried something on the menu for vegetarians, fish lovers and carnivores! We started with Paupiette of Lemon Sole (steamed paupiette of lemon sole filled with a salmon mousse served with brown shrimps, peas and a lemon butter sauce) which was really tasty and Phod Aur Aloo Tikka (marinated broccoli with cumin scented potato cakes). The latter is not a dish I would have chosen normally, but it was lovely, a hint of spice but not overpowering, with a delicious tamarind sauce.

Starters on the menu ranged from £4 to £7 and main courses from £8 to £18, with Steaks and traditional Indian dishes for those who prefer them. There was a range of beers on tap and, as a wine bar, an extensive choice of wine and champagne.

Pure also offers a Sunday Carvery, a Bar Menu and, on Thursday, Friday and Saturday lunchtimes, a Lunchtime Menu with sandwiches, Panini’s, baguettes, burgers, steak or cod. Try it out!

The TOP TABLE

A regular feature on local restaurants for your enjoyment - By Sally Johnson

Pure Wine Bar in Clanfield

We were invited to eat at Pure Wine Bar in Clanfield, a restaurant with an interesting menu combining Indian and English cuisine. The style of the restaurant is bright and contemporary, with a wall of water separating the bar from the restaurant area. The atmosphere was welcoming and seemed to attract lots of different people: young business people drinking at the bar, families with children, a large group celebrating and couples like us having a quiet meal…and this was a mid-week evening. Must be a good sign!

With the help of Naz; who looked after us brilliantly, we tried something on the menu for vegetarians, fish lovers and carnivores! We started with Paupiette of Lemon Sole (steamed paupiette of lemon sole filled with a salmon mousse served with brown shrimps, peas and a lemon butter sauce) which was really tasty and Phod Aur Aloo Tikka (marinated broccoli with cumin scented potato cakes). The latter is not a dish I would have chosen normally, but it was lovely, a hint of spice but not overpowering, with a delicious tamarind sauce.

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Being the Mayor 2012 – 2013

My year as the Mayor of the Borough of Havant has just come to an end, so I thought that I would write about some of the memories which I will cherish for many years to come.

Havant is the first of the local councils to hold its Mayor Making ceremony. For my Mayoral year it was held on May 9th, 2012. Over the next few days I attended, with my wife Elaine as Mayoress, the Mayor Making ceremonies and the annual Civic Service at St. George’s Church in Waterlooville. 2012 was the year of the Queen’s Diamond Jubilee and the Olympics and Paralympics and we were invited to several events commemorating these occasions. We went to the Working Boat Parade in Chichester Harbour, started the Havant Rotary Club’s Summer games and, later in the year, attended a celebratory dinner at the Olympic and Paralympic sailing teams.

During November we attended the very moving funeral of Royal Marine Corporal David O’Connor at St. Faiths Church and, straight from the church, we went to a 100th Birthday celebration. This was an afternoon of contrasting emotions.

On December 19th we attended Prime Minister’s Question Time at the House of Commons when the award of the Arctic Medal and Bomber Command Clasp was announced, followed, in the evening, by one of several visits to Cowplain Community School, this time for Dr. Who - The Panto. We’ve visited other schools too including Padnell Juniors, Hart Plain Infants and Juniors and Woodcroft Primary.

The end of January saw the Positive for Youth Awards at the Spring Arts and Heritage Centre followed two days later by the Holocaust Memorial Service in Havant Cemetery. St. Valentine’s Day saw us at Havant Academy for a celebratory 3-course dinner marking the end of the refurbishment of the school, then on the 21st, the unveiling of two of the sets of Nursery Rhyme tiles taken from the Havant War Memorial Hospital when it closed. On the 28th I was asked to present awards at the Havant Borough Sports Award’s evening, where the very inspirational speaker was Paralympian Peter Hull, MBE. March engagements included watching flower arranging at a meeting of the Emsworth Flower Society, the unveiling of the Havant Heritage Trail, judging cakes for Children in Need and the Hampshire WI Spring meeting at Portsmouth Guildhall.

On the 22nd we were at Purbrook Park School where I presented certificates to participants in the Duke of Edinburgh’s Award Scheme. Dynamo Youth Theatre gave a Charity concert for me on the 23rd and the following day saw another of my Charity events, this time a very muddy walk at Staunton Country Park.

On the 27th we went to a farewell concert at Cowplain Community School, where the Headteacher of 16 years, David Rowlinson, was retiring.

During April we went to the ground-breaking ceremony for the new respite centre alongside Rachel Maddocks Special Needs School on the 10th, the Havant Rugby Club annual lunch and the Havant Lions Club Charter Night Dinner, both on the 13th, and the Mayor’s Classic Vehicle Run on the 14th before attending the installation of the new Archdeacon of Portsdown the same evening at the Anglican Cathedral.

My own Civic Day was held on the 16th, with visits to PETA in New Lane, Havant, Basepoint at Broadmarsh and the Langstone Technology Park. Followed in the evening by the presentation of certificates to new start-up businesses in the Borough. On the 21st we were at Hayling Island for the Hayling for St. George event and on the 23rd I took the salute at the St. George’s Day Parade in Emsworth, followed, in the evening, by a reception for veterans at the Plaza. The oldest veteran was 100 years old! The 26th saw a visit to the first Primary Academy in Hampshire, Freeth, on Hayling Island and the 29th saw us, once again, at the Anglican Cathedral, this time for the annual Legal Service with senior members of the legal profession.

Coming to the end of my term as Mayor, the first seven days of May brought nine engagements. These included tree planting followed by a visit to Hayling College on the 2nd, the opening of a new store and a visit to the Bedhampton bowling alley and a twinning dinner, all on the 3rd and, finally, the AGM of the Havant & Waterlooville Lions Club Charter Night Dinner, both on the 27th. These are only a few of the events which the Mayor attends and, by the 8th May, when I finished my year, Elaine & I had been to over 350 events.

A What a year!
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How Green is your Wood?

Reclaimed timber is now popular for many reasons; the wood’s unique appearance, its contribution to green building, the history of the wood’s origins and its physical characteristics such as appearance, strength, stability and durability. Reclaimed seasoned wood has also already been exposed to changes in humidity and is therefore more stable, allowing it to be used with central heating systems, for example, without having to wait for it to acclimatise.

But not all reclaimed wood is old! Huge amounts of wood are used once and then thrown away - despite the fact that it is still perfectly re-usable. This ‘new’ wood is mainly reclaimed from the construction industry, and would otherwise have gone to landfill, thus contributing to greenhouse gas production.

Britain’s waste wood amounts to approximately 2% of the total waste, and the UK currently consumes about 3% of the world’s wood production - quite a bit considering our Island’s tiny size.

Reclaimed wood is often in excellent condition, and can be reused in many different areas, such as all manner of garden projects, building and flooring, rather than simply being binned. However, most important of all, reclaimed wood is cheaper than buying new!

Are you planning a project for when the weather is finally kinder to us? Think about your materials; are you planning a garden project for when the weather is finally kinder to the planet.

Following Scams Awareness Month

By Havant & District Citizens Advice Bureau

Citizens Advice Bureaux and Trading Standards across England and Wales are reminding people that scams come in all shapes and sizes including adverts, people knocking on your door, emails, letters, phone calls, texts and over the internet. Scams are crimes so it is vital they are reported.

CABs and Trading Standards Officers are warning people to look out for key signs that something is a scam like being contacted out of the blue, requests for money in advance or telling you to keep it a secret and have released some tips on how to spot a scam and protect yourself from rogues.

What to do if you have been scammed
- Report it to Action Fraud on 0300 123 2040 to help stop it happening to others.
- Often you can’t always get your money back if you’ve been scammed, especially if you’ve handed over cash.
- If you’ve paid for goods or services by credit card you have more protection and if you used a debit card you may be able to ask your bank for a charge-back.
- Get advice and report it to Trading Standards through the Citizens Advice consumer service on 084 5404 0506 or find online advice at www.adviceguide.org.uk
- If you’re worried and have a trader present or returning for money call the Hants Trading Standards Quick Response team on 01962 833666 (Monday – Friday 0900hrs to 1700hrs) where specially trained officers are on hand to provide advice. Out of these hours if worried use the police 101 number.

Signs of a scam
- The call, letter, e-mail or text has come out of the blue.
- You’ve never heard of the lottery or competition they are talking about.
- You didn’t buy a ticket – so can’t win.
- They are asking you to send money in advance.
- They are saying you have to respond quickly, so you don’t get time to think about it or ask family and friends before you decide.
- They are telling you to keep it a secret.
- They seem to be offering you something for nothing.
- It seems too good to be true – it probably is.
- How to protect yourself better.
- Never give out contact details or financial information to strangers or to people who should have this information already.
- Shred anything with your personal or bank details on – don’t just throw it away.
- If in doubt, don’t reply. Bin it, delete it, say: “No Thank You.” or hang up. Never send money to someone you don’t know or job adverts that ask for money in advance.

For more information visit the website: havantcab.org.uk

Are you Wasting Space?

Is your garage full of clutter? Well you’re not alone, most garages are just too narrow to park a car comfortably and so gradually fill up with unwanted items from the house, hence the term, a ‘garage sale’.

Next question: Would you like an extra room in your house? Perhaps you’d like an office, playroom, dining area, extra bedroom or even a gym or home cinema.

A garage conversion is the simple solution to providing extra space without the high cost investment of an extension, or as in most cases, without the need for planning permission.

You can choose between a full or partial conversion; a full conversion transforms the whole space, replacing garage doors with windows, whilst a partial conversion provides your extra room however allows you to retain some storage space, along with the garage door.

For more information visit the website: 1stgarageconversions.com
Upcoming Fundraising Events for Hannah’s Holiday Home Charity...

15 June - Hilton Around the World in a Day Family Fun day – 12pm-4pm
Hilton Hotel Farlington are holding their ‘Around the World in a Day’ family fun day. There will be Peppa Pig & Mr Blobby, Cake stall, Tombola Stall, Treasure Hunt Stall, Sweets in the Jar, Name the Teddy, Face Painting, Beat the Goalie and much, much more!

27 July - Denmead Cycle Ride, Harvest Home, Denmead starts 9am
The Harvest Home are holding their annual Cycle ride. Jump on a bike or just come along and enjoy all the fun happening all day at the pub too

13 August - Golf Day at Hayling Golf Club
Its £240 for a team of four, includes 18 holes, a meal, auction and a raffle.

12 October – Hannah’s Holiday Home Charity Ball- Hilton Hotel - 7pm-1am
Tickets are £40 include a 3 course meal, entertainment, disco, raffle and auction. Why not come along and enjoy the party (tables of 8-14 people) over 18s only

For more information about these events and Hannah’s Appeal, contact Pam through their website: www.hannahappeal.org

Upcoming Fundraising Events for Ickle Pickles Children’s Charity...
Saturday 6 July - Annual ‘Incubator Ball’ at the Hilton Hotel in Farlington - Tickets are £35 per person.
Saturday 27 July - Tandem Parachute Jump - So far we have a team of 10 confirmed but have a few more spaces available.
Saturday 17 August - 3rd Annual Summer Party on Southsea Common - we have lots happening including kiddies rides, inflatables, face painting etc.
Saturday 24 and Sunday 25 August - Abseil the Spinnaker Tower.
For more information or to get involved, please visit the website: icklepickles.org

Visit Butser Ancient Farm
Adult Workshops:
Throughout June and July we have a range of adult workshops with topics such as making a Bronze age axe, Roman cooking & feast, First Knapping and making a silver wrist torque. These courses make a great birthday gift with a difference!
Special Family Events:
Archery Weekend 1st and 2nd June
The Broomsquire 21st June
Fairy Festival 23rd June
Dig It – family archaeology day 26th July
Further information can be found on our website www.butserancientfarm.co.uk or by calling 023 9259 8838.

The Garden Show at Stansted
Friday 7 - Sunday 9 June
This great gardening event returns to Stansted
More information can be found at:
www.thegardenshowonline.com

Super Pet Dog Show
Queen Elizabeth Country Park, Waterlooville, Hampshire PO8 0QE
On Sunday 23 June 2013 Homestead Dog Training Club will be running the sixth Super Pet Dog competition. All your dogs are SUPER PETS so come along and join in. Super Pet Competition involves 20 challenges for you and your dog to attempt (nothing too difficult and all good fun). There will be a Companion Show with obedience. There will also be an agility competition (mostly pre-booked), stalls and refreshments.
Entry prices:
Super Pet £4 for one hour’s activity
Companion Show £2 first entry, £1 subsequent
Agility classes will vary
All proceeds go to Canine Partners.
Come and have a lovely doggy day out.
Contact: Super Pet:
Brenda.mizen@sky.com (023 9259 7160)
Companion: rebhayter@aol.com
Agility: michelle.lucky@ntlworld.com

The Sweet Stop
The Sweet Stop is based in Churchill House, Jubilee Road, Waterlooville (Tel: 07816 189274) and travels all over Hampshire and its near neighbours.

Elfit Beat
FitBeat 2013 at Emsworth Park on Saturday 1 June at 11am-4.30pm.
Fun activities for all the family plus Team GB Gymnast, Harry Owen and Roebuck Drums, the troupe behind the Olympic Opening Ceremony drumming soundtrack.
Free admission.

Get your event noticed by having it publicised here. Send your information to: s.johnson@postcodepublications.com

Here Come The Girls - An Invitation to the All Woman Show
The successful Boots UK sponsored South Coast ladies lifestyle show, organised by The Brown Sugar Events Team from Denmead, is returning The Portsmouth Mountbatten Leisure Centre on Sunday 23rd June 2013.
With up to 80 exhibitors, including cosmetic brands No7, Lancôme, Dior, Clarins, Clinique & Max Factor; visitors can be pampered with a makeover, create a new look with the latest fashion accessories, speak with wellbeing experts, receive recipe ideas and enjoy demonstrations on stage throughout the day. There is also the opportunity to win a brand new Mini-Cooper. The show is perfect for shopping too!
There are plenty of free parking, an outdoor play area and indoor swimming pool to keep dads and toddlers entertained. The café and function areas provide attractive areas to relax and to enjoy a wide range of refreshments, from snacks to main course meals.
Tickets are available on the door for £3.50, or can be purchased in advance at £3.00 from reception at The Mountbatten, telephone 023 9262 6500, or from www.allwomanshow.com, (concessions for over 60s and under 16s). Advance ticket holders will receive a Boots ‘Goody Bag’ on arrival while stocks last.
Waterloo\textsuperscript{e} Music Festival 2013

Waterloo Music Festival in its eighth year takes place from Saturday June 8th- 15th.

This year the Festival has taken the exciting step of commissioning a new work. The composer is Roderick Starr: The Festival is keeping within their brief of encouraging local musicians as Rod lives in Emsworth with his organist and accompanist wife Stella Starr: His new piece is called Scherzo Grandioso. It will have its premiere at The Last Night of the Proms on Saturday June 15th.

Next year there will be a competition for composers to submit a piece to the festival and the winner will have their piece performed. More information on this will be available soon.

Tickets for the Festival week are £6 for the evening concerts (£5 in advance) and £7 for the Last Night of the Proms. There is a passport ticket costing £25 which will get you into all the concerts bar the Last Night of the Proms.

Our on-line booking office is at www.waterloovillemusicfestival.org.uk

Diabetes Research & Wellness Foundation Events 2013
Annual Diabetes Wellness Day – South
Novatel Hotel, Central Southampton, Hampshire - Saturday, June 22nd 2013 8.30 to 4pm
• Cost £5 which includes full day’s educational programme, workshops and exercise session.
• The exhibition area and health zone
• Registration tea, coffee and refreshments
• A second tea break with hot and cold refreshments and a selection of reduced sugar biscuits
• Lunch – hot baked potato with a choice of healthy filling and refreshments
• Free all-day parking for any one attending the event.

Comedy All Stars – Barton Hall, Horndean – Friday 14 June: Food from 7pm, Doors 7.30pm, Show starts at 8.30pm. More faces off the telly grace the stage at Barton Hall, Horndean.
www.comedy-allstars.co.uk

Hampshire & Isle of Wight Wildlife Trust Events

Horndean Amateur Theatrical Society Production
Royal Flush, a comedy by Anne Knight
Set in a charity shop with a grumpy manager and 3 loyal lady helpers plus an assortment of customers. A bottle of vodka gets left in the shop and accidentally is used to make tea, leaving everyone feeling rather merry.
This will be performed as a rehearsed reading with some live sound effects.
Dates: Thurs & Fri 18th and 19th July 2013 Start: 7.30pm at the Merchiston Hall, Horndean
Tickets cost £5 and will be available from Horndean Post Office or at the door.

What’s on

15th Anniversary Diabetes Wellness Weekend and Crystal Ball
The Langstone Hotel Hayling Island Friday 30th August - Sunday 1st September 2013:
Full programme of speakers plus exhibition
• Speed research update’
• Saturday night celebratory Crystal Ball at Boathouse No. 7 in Portsmouth Historic Dockyard.
• All residential delegates at Wellness Weekend have inclusive tickets for the Crystal Ball.
• Wellness day delegate tickets available.
More information www.drwf.org.uk email events@drwf.org.uk

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www.comedy-allstars.co.uk

Denmead Charity Cycle Ride
Saturday 27 July 2013 from 10am
By Jason Alexander
This event has now become a regular fixture in the village and continues to grow each year. 2013 will be no exception, with lots of various events taking place on the day apart from the actual cycle rides. One event for special mention is that we have again booked one of the best bands in this area – “FAY WRAY”.

This year, we are raising money for “Hannah’s Holiday Home Appeal”. This charity was set up in memory of a fun and wonderful little girl and offers breaks to families and children with life threatening illnesses. Whether undergoing treatment, recovering from or sadly coping with Bereavement, Hannah’s Holiday Home Appeal offers a FREE break: Monday to Friday or Friday to Monday, which is for all the family.

The event will start from the Harvest Home Public House in Denmead at approx. 10.00am. There are 3 routes available:
• The shortest is 10 miles long towards Clanfield, the Bat & Ball Public House, then south back to Denmead.
• The 2nd route is 20 miles and follows the 10 mile route to the Bat & Ball pub, where it then heads into Hambledon village, turns right towards Hoe Cross and Newtown, and wends its way back to Denmead via the Chairmakers Arms.
• The 3rd route of 35 miles, is really quite challenging, and primarily for the fitter ones amongst us. This basically follows the 20 miler with an extra loop that takes in Winchester Hill and Brockbridge, and then a second loop that sweeps through Soberton. These extra loops will take the riders past some spectacular scenery and countryside.

The event is open to anybody of any age and ability, and is definitely not a race. The idea is to primarily have fun and to raise money for a good and deserving cause. Individuals can do this through sponsorship forms, but just turning up and/or taking part will help boost finances.

Back at the Harvest Home, after the cycling, will be several other activities, namely a BBQ, raffle, tombola and auction and several entertainers (including FAY WRAY) performing throughout the afternoon and early evening. There will also be some ‘fun and games’ organised in the field opposite the pub.

Registration / Sponsorship forms will be available from Dawn and Darren at the Harvest Home (02392 255086). If you would like more information, please contact them at the pub or contact Karen Forster on her email: karen@denmeadycycleride.org.uk
Alternatively, you could visit our website, which will give you lots more info on the history of the event and what goes on during the day: www.denmeadycycleride.org.uk. Happy Cycling

Wednesday 5th June 8.30pm - Nightjars and Woodcocks
Join us for a walk through Havant Thicket to hear and perhaps see Nightjars and Woodcocks. Meet at the car park entrance in Manor Lodge Road, Rowlands Castle (Map ref. SU 723 102). For further details, please contact John Goodspeed on 07811 435252. The car park may not be available. Dogs on leads welcome.
Sat. 15th June 10am-1pm - Catherington Nature Trail
A circular walk to see the natural and historical features of Catherington Down and Catherington Litt. See the flora and a panoramic view of the Solent. Meet at Catherington car park, opposite the school along Catherington Lane (Map ref. SU 695 144). For further details, please contact John Vigay on 023 9259 2647

Wednesday 19th June 7pm - Portsdown Peregrines
Join us for a walk on Portsdown Hill which may include seeing the peregrine nesting site, if they are back this year. Meet and park in the lay-bys off James Callaghan Drive. Portsdown (Map ref. SU 631 067). For further details, please contact John Goodspeed on 023 9222 1361 or 07811 435252. Dogs on leads welcome.

Wednesday 10th July 7pm - Blendworth and Chalton Windmill
Climb from Blendworth up to Chalton Windmill looking mainly for wild flowers and enjoying the views. Meet and park by Blendworth Church (Map ref. SU 710 134). For further details, please contact John Goodspeed on 023 9222 1361 or 7811 435252. There are some stiles to climb. Dogs on leads welcome.

Saturday 13th July 9.30am - 1pm, afternoon walk option. - Wildlife at Pagham Harbour RSPB Nature Reserve
A walk along the “Pools” and ditches to St Wilfrid’s Chapel and the harbour entrance. See birds, flowers and hopefully dragonflies, led by Lawrence Holloway. If the weather is fine an afternoon visit to the Medmerry reserve is possible.
Meet at the Visitor Centre 1 mile south of Sidlesham on the B2145 from Chichester PO20 7NF (Map ref. SU 856 965). For further details, please contact John Vigay on 023 9259 2647. Please bring a picnic lunch.

By Peter Leversha

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FLEAS AND TICKS ARE BACK!

Waterlooville Library celebrates 40 years in its current location in June this year, but the history of the library service in Waterlooville begins in 1935 when a library centre opened in the school in Stakes Hill Road. The library opened one evening a week with a handful of boxes of books exchanged from Winchester three times a year.

In 1957 a Local Library Committee was formed under the Chairmanship of Mr. Kille and in March of that year a part time library was opened in St. George’s Hall. It opened for three sessions a week with books in lockable shuttered shelving around the walls, between heaters and below windows.

After three successful years of operation in St. George’s Hall, in which book circulation increased from 8,000 in 1957 to 70,000 in 1960, the need for a larger book-stock, more staff and more space at Waterlooville, became apparent. By 1962 a scheme of Regional Administration took place and one of the South-East Regional Committee’s first priorities was for a purpose built library for Waterlooville. It was proposed to build the library on the end of what would become the Precinct and a schedule of accommodation was prepared for a building of 6,000 sq. ft, half the size of the present library building.

By 1968 the library was temporarily on the move again, this time to the elderly, long vacated Post Office huts at 210, London Road, close to the Waterlooville Telephone Exchange. The library had long outgrown the facilities available at the church hall and with the surrounding libraries at Horndean, Cowplain and Purbrook experiencing considerable growth in business over the years due to the rapid population increases and improvements in premises which in its self permitted larger book-stocks and more extensive opening hours. Records, stock, and requests for these libraries were all channelled through Waterlooville.

In 1970/71 the go ahead was given for a four-storey building of about 17,000 sq. ft, with the meetings/exhibition Room being abandoned in favour of a top floor used for County offices. This left the library with three floors totalling 11,000 sq. ft. On the 5th April, 1971, the contractors J.G. Snelling of Chichester entered on the site and commenced work.

The Finance Committee approved expenditure of a sum not to exceed £125,880.

At the time of building, this was by far the largest in the South East Region of Hampshire. The official opening of the new library was on the 11th June 1973. It opened quietly with no ceremony, but with a crowd of people waiting outside ready to enter. Mrs Pat Tranter, area Librarian at Waterlooville, reported on the opening day that “I can hardly believe we have moved in at last, I never thought they would get started on it, and when they did I never thought they would get finished, and now suddenly we are in, with 120 new people joining in the first full day.” The new library got off to a good start with 10,062 books being issued in the first week. The total for the first year being 192,762 books issued.

The new library appeared to be a great success with the public, even if the outside appearance did not appeal to everyone, with letters in the local press praising the new library and staff. One such from Mrs Joan Moules of Waterlooville on the 13th June 1976 recorded:

I would like to record the wonderful services of our public libraries, especially the Waterlooville Library. Every member of the staff is consistently helpful and friendly... the warmth of the happy librarians in Waterlooville compensates a lot for bleakness of the outward appearance of the building they work in.

In June 1994 the library celebrated its 21st birthday with a week of varied events for both children and adults culminating on the 11th June with a day of activities for children followed by a party in the evening for staff. Displays prepared for the birthday included one based on the year 1973, local history containing photographs from the Charles Marshall collection and 1,200 birthday cards made by children and displayed in the children’s library.

In February 2010, following a successful bid for National Lottery funding, the library closed for 9 months for a refurbishment to create learning spaces in which to provide IT and leisure learning courses and family learning activities. It reopened on October 15, 2010 as Waterlooville Library and Learning Centre, offering an array of learning opportunities, ranging from basic computing to playing the guitar, in modern attractive spaces, along with a self service system for the issue and return of books and a beautiful children’s library based on designs by children from Mill Hill Primary School (then Waite End School).

During this time, the library has kept up with the technological changes; providing the People’s Network (PN) public computer system in 2002, enabling visitors to access computers, scanners and printers and more recently the introduction of Wi-Fi.

Readers can now even download books onto e-readers, and other forms of computers, from the comfort of their own home which is available via the Hampshire Libraries website.

Waterlooville Library today is an attractive and vibrant amenity for the people of Waterlooville and the surrounding district with a wide range of activities to be enjoyed by all. Popular among them is baby and toddler rhyme time which is enjoyed by children and parents and grandparents twice a week in the children's library. Other groups who meet regularly in the library include a needle craft group, reading groups, and family history support group. With books, both fiction and non fiction still being very popular, added attractions for the readers include audio books, music CD’s, DVD’s and the introduction of magazines which can now be borrowed.

To celebrate its 40th birthday there will be a day of activities on Saturday June 8 and various events throughout the year including a talk on the local history of Waterlooville in June and a visit from author Isabel Ashdown in July.
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