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WELCOME to the Valley News





As the Autumn Equinox approached, the Eds, fuelled by Beechams and a small amount of

fizz, were pleasantly surprised to find such a healthy, overflowing inbox. Positively a harvest festival full of new features, regular contributors and interesting snippets. It is thanks to all of you that we have something of merit to report and we really appreciate you taking the time to contribute. For example all those wonderful photographers who took up the challenge to supply us with blackberry picking snaps. Well done and thank you to Olivia Tan whose charming snap graces our front cover. At the same time we issue an upfront apology if we have not been able to include as much as we would like. Continuing on the subject of health and well-being, and with sniffles in abundance, in both our houses, the Rosehip syrup recipe from Jane Molton (p25) will be tried imminently. Also inside, Alex Pease considers our emotional health in his latest Family File (p20) focusing on work and the effect it can have on relationships. 'Who cares?' features heavily in this issue as we consider what really upsets people and how we can be better citizens.

Upset were many of the valley residents who felt ill-feted with the lack of the Easton fete this year. However, when you take a peek at the Valley Happenings (p9) clearly

there's been a lot of action throughout our community. We also have a record number of What's Ons (p4) this month, covering about four pages. Nightmare for Ed number 2's typing skills (that's Fi) and Lucy's patience. We look forward to Halloween and the Chestnut Horse has some ideas to keep your little ones occupied but if ghostly ventures are not your thing take a look at Food Spy's review of the fabulous new Dispensary Kitchen in Winchester (p16); it gets the thumbs up from our mystery reviewer. Next month's editor is Verity Coleman. Fi & Lucy

Itchen Valley News

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Postal address: Itchen Valley News, Hazeldene, Northington Road, Itchen Abbas, SO21 IBE Please send all contributions for November 2017 by I5th October. All material is published in good faith and the Valley News cannot be held responsible for any information given or views expressed; neither can it be liable for any loss arising from the use of any information or advertisements contained herein. The Editorial Team reserves the right to refuse or amend articles or advertisements submitted for publication. Printed by Greenhouse Graphics of Basingstoke. Cover photo by Olivia Tan other photos from various contributors.

What's On

Tuesday 3rd October, 6pm, Short Mat Bowls



The weekly season starts again in Itchen Abbas & Avington Village Hall at 6pm on Tuesday 3rd October. Why

not join us? You will be made most welcome whether or not you have played before. Woods are available for those without, all you need to bring with you is a pair of flat soled shoes. For further information please contact Peter Bell 01962 779285 or thebells42@gmail.com

Sunday 8th October, 10am "Finding hope when I feel blue"

Part of the "Who Cares?" series of talks resulting from the recent survey carried out within the Itchen Valley Parish. The talks are designed to address the main areas of concern highlighted in the survey. This first talk takes place at 10am at St John's Church, Itchen Abbas. See page 29. Alex Pease

Thursday 12th October, 7.45pm "Abbotsworthy - How the other half lived", a talk by Worthys Local History Group

Members and visitors welcome to the Tubbs Hall in Springvale to listen to speaker Barry Sherlock. For further information please contact Derek Brockway 01962 881 749 or derekbrockway@btinternet.com. It may be of interest that the last two

editions of the Group's magazine "Worthy History" feature an early trout farm, fishing at Chilland and Chilland Mill.

Derek Brockway

Friday 13th October, 7.30 pm, Home Start Champagne Quiz Night

At Itchen Abbas & Avington Village Hall in aid of Home Start Winchester. Bring a table of



eight or join a team on the night. Champagne prize for the winning team. Tickets are £12.50 and include a delicious two course supper. For tickets call Sue Barham 01962 851177 or info@home-startwinchester.org.uk Sue Gentry

Sunday 15th October, 10am, Valley Worship

See opposite page for details. Please join, all welcome.

Alex Pease

Friday 27th October, 7pm Multimedia Quiz to support CPRE's campaign for a Green Belt in South Hampshire.

Bring a picnic supper to Itchen Abbas & Avington Village Hall. Wine available and a raffle. Bring your own picnic meal. Tickets £15 or put together a table of

six. To book your place or for further information, please contact Robert Jamieson 01256 381388 or rhjamieson@btinternet.com.

VALLEY WORSHIP



A new service for Itchen Valley Parish!

Sunday 15th October 10am St Mary's Easton (6)

Informal and relaxed,
with very good coffee
Kids from 3 to 10
welcome at the Ark
Young people from
Ilto 17 welcome at UTX

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Tuesday 31st October 4.30 pm, Chestnut Horse Halloween Activities



Spooky activities and tea for children at the Chestnut Horse with an on-the-door charge of £5. Test your skills on popping pumpkins, ghost bowling, apple bobbing and much more. For further information contact Ben Stanbrough on 01962 779257 or at benstanbrough@gmail.com

Ben Stanbrough

Saturday 4th November, Save the Date - Easton Fireworks

More details in the November issue. In a Williams

Monday 6th November, 7pm The Bereavement Journey

The Itchen Valley Parish is running a course to help those suffering from bereavement. Led by Elaine Labram with Sally Clarke, it will take place on Mondays starting on 6th November at 7 - 9pm in St John's Church.

The course consists of five sessions looking at practical ideas with an optional sixth session exploring faith questions surrounding grief. Places are limited. The course ran last year and participants felt it had been very helpful - we had lots of positive feedback. If you a would like to join the course or like further details, please talk to Amanda Denniss 01962 779832 or Alex Pease 01962 791010 or Elaine on 07702 173001, emlabram@gmail.com Elaine Labram

Monday 6th November 7.30 pm Upper Itchen Valley Society AGM

All members are welcome to come at 7.00pm (wine) for 7.30pm (speaker) on Monday, 6th November in Martyr Worthy Village Hall.

Jeremy Legge, the Director of the Test and Itchen Association, will talk about what makes the River Itchen such an iconic chalk stream and the work done by the Test and Itchen Association and like-minded organisations to keep it that way. The Association has been safeguarding the Hampshire chalk streams for over 100 years.



Jeremy became Director of the Association a little over one year ago after thirty years with the Foreign Office. He has been visiting the Itchen Valley for over thirty years, typically with a fly-fishing rod in hand. He lives near Winchester.

We look forward to seeing you. UIVS Committee

Sunday 12th November - Annual Remembrance Sunday Parade

The Royal British Legion, Itchen Valley Branch, is holding its Annual Sunday Remembrance Parade for 2017 in front of the Lychgate at St Mary's Church, Easton on Sunday 12th November at 10.50 am. All Members of the Royal British Legion, and anyone else who has served in the Armed services, in whatever way, are invited to attend.



We plan to form up at 10.45 am. Please wear medals if you have them. The RBL badge should be worn below the poppy. The wearing of hats and

carrying of umbrellas is at the discretion of individuals. In the event of (very) wet weather there will be no parade, but Members will be invited to gather at the War Memorial for the two-minute silence and wreath-laying. The Remembrance Service will be held in St. Mary's Church Easton, shortly after the two-minute silence. The service will be ecumenical: it is designed for everybody. More information from Richard Seymour - Hon. Sec. 01962 779401.

Members should also note the Royal British Legion AGM to be held on Monday 13th of November at 7,00pm at Martyr Worthy village hall. All members are encouraged to attend. *Richard Seymour*

Tuesday 14th November, Talk with award winning garden designer and journalist James Alexander Sinclair, 3.00pm

You will probably know him as the garden designer/journalist with the hat! He is also an award winning writer, a compelling speaker, frequent broadcaster and an elected member of the Council of the Royal Horticultural Society.

The Valley Gardeners are absolutely delighted to welcome James (for the second time!) to address our members, and their guests, after our A.G.M. on Tuesday 14th November. His talk title is *Dancing through borders* which is a mysterious and enigmatic moniker for a gardening lecture. But one thing is



certain: James's presentations are fast, furious, fascinating, full of information and lots of fun so we are opening our meeting and inviting anyone in the valley to come along and enjoy the talk with us.

If you would like to attend the talk, please be at the Itchen Abbas & Avington Village Hall at 3.00 pm on Tuesday I4th November. We are charging £5 per head and we hope you will stay after the talk for tea and cake and a chance to chat to James and our Valley Gardeners' members. If you have any questions, please contact me on catherinehahn I@gmail.com. Catherine Hahn

Saturday 18th November Auction in Easton Village Hall

See page 21 for further details. Vanessa Rosewell

13th to 16th December Pantomime time in Easton Village Hall



It's getting close to that time of year again with rehearsals already underway. Come and see **Dick Whittington** and share his journey from rags to riches thanks to his superb rat catching cat. The box office, with the help of Sally

and Iris opens Monday I 3th November. Please request tickets by email to eastontickets I 23@gmail.com Sarah Claridge

Valley Happenings

Moo Music Fun

We had two exciting afternoons of Moo Music fun at our Summer Specials in Easton. Over 20 children and their grown-ups came to each event and sang, danced and played along to the fabulous Moo Music songs. We met all the animals at the 'Moo Music Farm', played our instruments with the 'Moo Music band', bounced balloons on the giant parachute, took a train to the seaside, joined the pirates, and got creative by making farm animal masks and seaside shakers!



Of course lots of us stayed afterwards to enjoy lovely tea and cake at 'Brew with a View' – thank you Ina! For more information on Moo Music sessions contact. Denise Rosewell on 01962 779182. www.moo-music.co.uk/ alresford

Denise Rosewell

Mansfield Park debuts at The Grange

Having just come back from The Grange after seeing the first full-scale production of Mansfield Park, an opera



written by Jonathan Dove, I am puzzled as to why there does not appear to have been any other recent attempt to put one of Jane Austen's novels on the opera stage. Apparently, Benjamin Britten toyed with the idea, but never developed it. Dove has a reputation for creating extremely accessible operas, and Mansfield Park can clearly be counted as one more success. His first Glyndebourne opera production, Flight (1998), won wide acclaim and is one of a very few contemporary operas to make it into the standard repertoire. The Mansfield Park librettist (Alasdair Middleton) cleverly captures the social irony for which lane Austen is justly famous. Sir Thomas Bertram talks in a series of nouns that reflect a character accustomed to barking out his thoughts. Much of the small talk dialogue early in the opera characterises local figures in terms of their income or assets -"Elizabeth is marrying £12,000 a year...(or a 1,000 acre estate)". Dove creates a musical style that is clearly his own; earlier on, one is reminded of Stravinsky's Rake's Progress, and later in the opera there are touches of minimalism, but it would be quite wrong to think of the style as in anyway derivative. A young cast sings very clearly, key to an opera in which the dialogue is unceasingly witty - as a result, the surtitles are almost superfluous. They all sing with great



style, not least Shelley Jackson as Mary Crawford, whose part often borders on coloratura in contrast to the prevailing simpler line. The set is cleverly constructed using two concentric revolves, making it possible to change scenes smoothly at 10 second intervals at times. The accompanying photo illustrates this, I hope. This should make the production easy to take on tour, which I hope will be possible in the near future. I was delighted to discover that both performances were sold out something not easy to achieve with a new opera production, but a tribute to the strong reputation which the new Grange Festival company has already created.

Peter McManus

Easton WI Update - Balls, Baking and Beauty

We enjoyed meeting up again for our September meeting after the summer break when we heard that our cakes went down well at the Alresford Show WI Tea Tent and our skittles team enjoyed competing in the Group competition at the Northbrook Arms. Next year will be Hampshire's Centenary with lots of local events planned; our members have completed a stunning pennant for the county's celebration bunting. Members are encouraged to join our Choral Speaking group to compete in the county's competition next year. There is a chance of winning tickets for the recording of Gardener's Question Time at Sparsholt College in January. Our speaker for the evening, based in Owslebury, was Julie Raines from Charlie Lock's Skincare who demonstrated her products on one of our members, whilst explaining the importance of caring for our skin daily and which ingredients to look for and those to avoid. No parabens or microbeads are used in her products and there was an opportunity to sample them; they are all packaged in recyclable pouches - another reason to buy local.

Our October meeting will be a trip to Hilliers Arboretum for afternoon tea on Thursday 12th October.

Sallie Peake

EMWCC News

Usually at this time of year when I write a roundup of how Easton and Martyr Worthy CC has fared during the recent season, it describes a series of titanic battles and rear guard actions to ward off relegation. Not this year. Well, not completely. This year we had two of our three senior sides promoted and our juniors won an array of trophies and awards. This Summer the IstXI put together a brilliant eleven games winning streak to gain promotion back up to County Division I. This feat was achieved by the introduction of some new players



and the astute coaching of our Aussie overseas player, Matt Chamberlain. His talent definitely rubbed off on them. You know that players are enjoying being in a winning team when they are prepared to travel from London and Sussex to play every week. Last year's success story, the 2ndXI, struggled with player consistency this year but true to our spirit they have stayed up by a combination of experience, grit and the introduction of some very promising young talents. The same ingredients proved very successful for our 3rdXI, who gained promotion for the first time this year. As a proving ground and introduction to senior cricket for our young players,

this team is key to our future and now that looks very promising. A standing ovation should be given to Andrew Wickham who was team manager and organiser for this team. Consistency was always going to be a problem in the 3rdXI too, but Andrew never

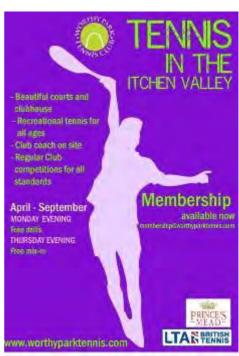
buckled in the face of the challenge. Our Juniors are always something to be proud of, if only the numbers and boundless enthusiasm. This year we also had two girls teams which is definitely something good for the future. The UI3A's team this year won their League, UII's won the Oliver Cup and came runners up in their League. Several UII's played for Hampshire too. Congratulations to all those involved.

Away from the teams the Club has had a successful season too, albeit with some sad losses and the odd hiccup around our new nets. The latter was promptly resolved by the engagement of all sides and the help of some villagers. Visiting teams have been very complimentary about our facilities and many of the community are now seem to be taking full advantage of the resources available to all. Thank you to everyone involved and long may we continue to work and play together. On the subject of play the club hosted our annual Tug of War event again this year prior to The Sixes and both were a great success. It is always wonderful to see so many from the villages attending these events. Sadly, the weather let us down at the very end of The Sixes, so the Final was the cricket





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equivalent of a penalty shoot out. It was won again by last year's winners Fenwicks, despite a brilliant performance by a Ladies team representing the valleys own Alresford Beauty. Thank you to all who took part and worked behind the scenes to make these events enjoyable. See you all next year to do it all again.

I mentioned losses and none were felt more than that of our talismanic former Captain Steve "Badger" Green. He died during the indoor cricket season but his team went on to win that League and so it was great to see his players continue that winning vein outdoors too.

In July many of his friends did a fund raising walk to provide for a bursary that the club will now run in Steve's name in conjunction with the local primary schools. The intention is to give local children the opportunity to play cricket that they might otherwise not have been able to realise. We also celebrated Badger with an end of season game that remembered him and acknowledged the successes that all our teams have achieved over the Summer.

Well done to all who have played, took part or just come and watched. See you all in 2018.

However, if you find that you can't wait that long and are missing us, please come to our annual Bingo extravaganza on 7th December at the Easton village hall. Starts 7pm.

If having read this you feel inspired to pick up a bat then please contact us at emwcc.co.uk.

Adam Murch, EMWCC

The Valley Gardeners: an Autumn foray to The Forest
A group of 40 Valley Gardeners and their guests made its way down to The

New Forest on September 12th on the last garden visit of this year. However, our first stop was to a nursery which specialises in heucheras, heucherellas and tiarellas. These colourful, attractive



plants, which are native to North America, were given their botanical name, Heuchera, by Linnaeus after his friend, a German physician, Johann Heinrich von Heucher, in the 1600s. This plant has two common names, Coral Bells and Alumroot. Coral Bells is a reference to the small, bell-shaped flowers that are often present in shades of white, pink and red. Alumroot refers to the root. which is used in medicine and has an astringent taste. In true Valley Gardeners style, we bought armfuls of these gorgeous plants and thank goodness we had a rapacious coach storage area in which to store and transport them home.

After a splendid lunch locally, our afternoon was spent at Willows, a garden owned by Elizabeth and Martin

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Walker. It was the perfect place to see a bit of late summer sizzle as vibrant exotics with a jungly mix of bananas, bamboos, gunnera and ferns feature around the tranquil pond and bog garden. Bold brilliant borders frame the front lawn. Rich red crocosmias, dahlias, zinnias, cannas and heleniums star in succession. Sunny hot upper borders of coleus, salvia, bedding dahlias with a backdrop of billowing grasses.

The garden is on two levels, the higher one behind the house rising on a very steep incline. There the colours are softer and the planting less exotic but it includes Elizabeth's collection of dahlias which are just beautiful. After our home-made tea, Elizabeth gave us a talk about dahlia care, demonstrated how to take cuttings, plant and separate mature tubers and advised us how to over winter plant dahlia tubers in the ground, or dig them up and store if ground is unsuitable. I learnt more about dahlias in that half hour than I have ever known before! Catherine Hahn

Tiddler Joke of the month

Q. What do you call an alligator in a vest?

A. An investigator

Harry Molton Age 7



Itchen Insight

This month we shine the spotlight on Rev Jan Brookshaw, the associate priest for the Upper Itchen Valley benefice and who takes the occasional service in our own Parish.



Name: Jan Brookshaw

Age: Given up counting but it's a big

one next year

Occupation: Priest

How many years you've lived in the Valley: I moved to Easton in 1985 and have had a house here ever since. However, being a priest meant I served elsewhere for 18 years. I returned to Easton in 2014

Your life in 180 characters: Sister, aunt, born Hants, Army "brat" = 9 schools, left school with only O levels. A levels, undergraduate degree & MA done part-time, nurse, business woman, Priest, Easton my home

Champagne moment: Being selected to be a priest

Surprising snippet: Am an Australian citizen (as well as British)

Passion: Jesus

Favourite place in Hampshire:
Bridge over the Itchen between Easton
& Martyr Worthy

Best thing about the Valley:

The people

Worst thing about the Valley: Selfish cyclists

Favourite Book or Film:

Lord of the Rings (book rather than the films)

Best one-liner or favourite quote: Preach the gospel at all times, if necessary using words (Francis of Assisi)

Jan Brookshaw

Food Spy - The Dispensary Kitchen

Fed up with the usual stodgy eating-out offerings? This place is a welcome breath of fresh air to Winchester's dining repertoire. Whether you are after breakfast, brunch, lunch, a cracking evening dining experience or even just a perfectly simple yet beautifully made coffee with a naughty side-helping of homemade cake - you must visit The Dispensary Kitchen. Located just a few doors along from Dinghams and opposite The Stable and Eclectic Hound, The Dispensary Kitchen is nestled in the most perfect central location with views overlooking the Cathedral. The vibe is buzzy and modern. The decor is contemporary monochrome clean and yet cosy and intimate. Far more importantly, the food is delicious. Australian Chef-Patron Vanity Glover has 18 years of experience cooking in New Zealand and London restaurants before opening the Dispensary Kitchen on 20th May. Breakfast is available all day - from healthy options like Bircher muesli with apple, cranberry and poppy seed (£5) and Fruit plate with lavender infused honey and passion fruit yoghurt (£7) along with more indulgent favourites

with a less conventional twist: Full breakfast (£8.50), Sausage or bacon sandwich with avocado and chilli jam (£8), Chorizo benedict with paprika hollandaise (£7.50) or plain old: Eggs on toast (£5) and far from plain: Boiled duck eggs with parmesan soldiers and truffle salt seasoning.

Food Spy skipped through the door with two friends, eager to enjoy a tasty lunch. The staff were friendly and efficient throughout and we kicked off with a round of robust coffees with a punch while we perused the menu. Along with the breakfast options above, there was a short but perfectly formed lunchtime menu: Corn fritters, poached eggs with chilli jam (£9), Asian pork fillet, mango & peanut noodle salad (£13), Miso glazed salmon, beetroot bulgar wheat, pomegranate, grapefruit salad (£14) and Coconut poached chicken thigh burger, coriander mayo and sweet potato fries (£12). After agonising over the delicious options we went for different dishes to get the full effect. Food Spy's delicately flavoured coconut poached





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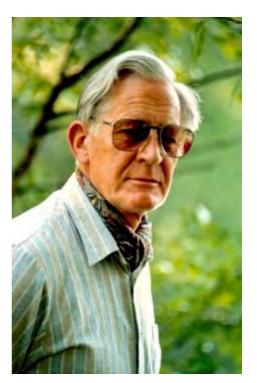
chicken burger was delicious. Fighting off the onslaught of fellow diner's cheeky advances on the sweet potato fries proved impossible. Too good. Another side portion had to be ordered. The Asian pork noodles and the Miso salmon were both beautifully presented and tasted as good and freshly flavoured as they looked - Food Spy should know as there have been several visits to the Dispensary Kitchen ever since that initial lunch visit to work through the menu!

The Evening Menu is billed as "fine dining small plates to share". The entire ethos of supper at The Dispensary Kitchen is one where you take a table for the whole night (no rushed second table sittings here) and graze your way through the evening sipping and chatting as you go. The evening menu is extensive with six meat, six fish and six veggie options that are ever changing with what is fresh and best in season. Think 'Braised lamb, chickpeas, tahini yoghurt, sumac and pomegranate (£11), 'Pan fried hake, bacon, pea purée, pickled shallots, watercress hollandaise' (£11) and 'Grilled halloumi, beetroot hummus, watercress, pickled chilli and preserved lemon' (£7) just by way of small example. No stodge. Tons of flavour. Great atmosphere. Lovely setting.

Food Spy at The Dispensary Kitchen, 5 The Square, Winchester Tel 01962 842565

Obituary: David Ince, 1921 – 2017

David, who died in August, served both his country and our community. He lived in Easton for many years



contributing much to village life particularly with his involvement in the church.

David was born in 1921. In the 2nd World War, he flew the Hawker Typhoon fighter-bomber aircraft from D day onwards completing about 150 sorties and being awarded the Distinguished Flying Cross. That involvement with the Normandy campaign resulted in David being awarded the Legion d'honneur a few years ago. Chronic sinusitis put paid to flying as such so instead he took up gliding, based nearby at Lasham, setting records and he represented Britain in international competitions.

Eventually in his mid 70s David knew he had to give up gliding. Instead he took up trout fishing on the Test and water colour painting, both of which he did very well. He was a welcome

dinner party guest around the Itchen Valley, not just for his great conversation, but also because he would bring a trout he had caught and had smoked at Stockbridge's smokery. David and Anne moved to Church Cottage in Easton in the early 1980s. They loved village life, especially the social side of things. Safari suppers were one of the highlights of the year and they put on excellent Burns' night dinners. When they were both diagnosed with cancer they moved to sheltered accommodation in Flowerdown. Unexpectedly it was Anne to succumbed to the disease and she died in 1993. David moved back to Easton in 1997.



Both whilst living in Flowerdown and when he returned to Easton, David became heavily involved in the work of the church in the Itchen Valley. He wanted to become an official Licensed Lay Minister but was told that he was, at the young age of 70, "too old". That did not stop him from working with the church, doing pastoral work, leading intercessions, giving talks in services (not sermons because he was not authorised!) and regularly singing in the choir. He was much involved with the PCC and in the establishment of the Itchen Valley parish.

After a bad fall, David left Easton in 2015 to live with his daughter Ros in

Somerset. However we were blessed when he moved back to this area, living at Abbotts Barton's nursing home. That was a deliberate choice by David. He could have been in a nursing home in Somerset but he wanted still to be part of the Valley. Until very recently he worshipped with us every Sunday and attended CAMEO thanks to a team who provided him with lifts to and from the churches.

At his funeral service in Easton, Anthony Knight concluded his eulogy with these very appropriate words: 'I can imagine David, in some super sailplane, far above us, banking steeply into the powerful thermal of love and prayer rising from Easton. The altimeter is spinning, the variometer singing as he climbs up... and up... and up'.

Rev Jan Brookshaw

Flower Show Thanks

Thank you again to everyone who supported our village show in July in particular to our independent judges who spend around 6 hours in total selecting the prize winners and writing inspiring comments. Most judges like to remain anonymous but I would like to thank Steve Green for coming all the way from Kent to judge the vegetable section and our flower arrangement judge Sarah from Wildbunch Florists at Headbourne Worthy for giving up their time. It was a memorable occasion and we are looking forward to planning our next show which will take place on Sunday 8th July 2018. Enjoy the fruits of the season and see

you at next year's show.

Sara Mason

Flower Show Committee

Family File 6 - Work



'If your idea of success leads you to sacrifice what you most value, surely it is not true success' Robert Holden Success Intelligence. I used to commute to

London every day. For years and years. Many of you will know that I was very fortunate to have a job in what I still regard as the world's best law firm. I had interesting work, a huge level of responsibility, a great deal of recognition amongst my clients and in the partnership and fantastic friends with whom I worked. I was fortunate to work all my professional life in one firm, but in their London, Dubai and Tokyo offices and latterly in and out of India. It was truly an amazing privilege. I think I have always been very driven: goal focused. The law firm concerned used to prize lawyers who had the attitude of the rugby player - the determination to get the ball over the line, come what may. It may be a male thing, but I used to be so focused on my client work, getting the ball across the line, that I did not allow myself to have much...well any really....mental capacity for thinking about Lucy, my children or my home life when I was at the office, focused on the deal. Life can easily unravel if we live in this way. We can easily find ourselves facing what looks like the binary choice: 'your work or me!' But when faced with such a choice, if we start to negotiate with our spouses on how we might live our lives in a different way, when we are willing to put anything on the table, the changes required turn out not to be all that onerous. When Lucy and I

ran up against some challenges while living in Tokyo, we found that listening to each other and negotiating with each other how we were going to live going forward really worked. Ever since this time (now over 20 years ago) we have been able to negotiate our way out of our difficulties.

It is possible to be committed at home and at work, but it takes some managing. We have to be deliberate about it. We mustn't let it just drift, otherwise we do risk (in Robert Holden's expression) 'sacrificing what we most value'. In the last couple of years as a partner in the law firm, I gathered material from friends and colleagues at various law firms on their experiences of managing personal relationships. Some spoke sadly or angrily about their relationship collapsing and estranged children. Others about how they had managed to keep it all together. For five or six years, Lucy and I gave a presentation to new partners on their induction weekend on how to keep their committed personal relationships intact.

I appreciate that not all work is the same as working for a law firm, but there may be some common threads which others will find useful. The killer with a law firm is not just the long hours (sometimes 36 hour meetings – no break for sleep in the middle) but the total unpredictability of those hours. Of course, it is well remunerated, but there comes a stage when that isn't enough compensation for the spouse at home.

I am very happy to pass to anyone who is interested the detailed paper that Lucy and I wrote on the subject and gave to the new partners of the law firm (just drop me an email at rev@ampease.co.uk), but some of the



conclusions were:

It's not just about more time at home — to imagine that there is a 'balance' which can be achieved between home life and work life may be an illusion. But we need to get better at integrating work with home life.

Lack of energy is a key problem when we get home from the office. 'You give everything to your work and nothing to me' is a common complaint! Hitting the booze heavily and eating badly doesn't help. Take exercise, eat well and cut the alcohol consumption!

Take your work head off on the way home. Don't spend the whole of the journey home just finishing off the last work emails. Otherwise you will start to treat your other half like a colleague, rather than a beloved. Spend time relaxing on the way home. De-stress. Think about your spouse and the family so you can come up with some good family focused ideas when you return

home. If you are working at home, make clear boundaries between work and home space and go for a walk to de-stress between working hours and home hours.

Both spouses need to recognize that there are going to be times when work absolutely has to take top priority. For commercial lawyers this will be when you are working towards a closing. But it is very very important that your other half is (and feels) a priority some of the time you can do it! If you can manage more than one project, one client at work at a time, you can also manage to give your other half top priority (over work) some of the time. Don't be driven by fear to imagine that you have to fill every available hour with client work.

So it is essential, particularly when you are working flat out to:

Take your spouse on a date regularly

Itchen valley church services



Sunday 1st October

8am BCP Holy Communion Avington
10am All Age Harvest Service Easton
11am Harvest Matins Avington

Sunday 8th October

8am BCP Holy Communion Easton

10amHarvest CommunionItchen Abbas6pmHarvest EvensongMartyr Worthy

Sunday 15th October

8am BCP Holy Communion Martyr Worthy

10amInformal ServiceEaston6pmEvensongAvington

Sunday 22nd October

8am BCP Holy Communion Itchen Abbas 10am Parish Communion Martyr Worthy

6pm Festive Evensong Easton

Sunday 29th October

8am BCP Holy Communion Itchen Abbas 10am Parish Communion Avington

Rector

Rev Amanda Denniss 779832 amandadenniss@gmail.com

Assistant Priest

Rev Alex Pease 791010 rev@ampease.co.uk

Licensed Lay Minister

Mr Gerry Stacey 620263 gstacey@easynet.co.uk

Parish website: http://itchenvalleychurches.org.uk/

Itchen Valley Churchwardens

Robin Greenwood 779540; Andrew Impey 779645;

Theo Mezger 07775 908014; Vanessa Rosewell 841182;

Tony Gaster 779110;

(weekly/fortnightly/monthly). Book it in the diary and protect it. If you have to cancel it then give them confidence that when you say 'I will make it up' that you actually do. When you take the spouse out, go without the kids (get a baby sitter) and go out to do something that the two of you enjoy together and which enables you to be able to reconnect and talk about where you both are in your relationship. Take a once yearly annual break away, just the two of you. Even a long weekend is a good idea. Studies in the US show that what the children really want (more than anything else) is that the two of you love each other - this is more important to them than anything else. More important to them than being at the soccer game, than seeing the ballet performance (but best if you can do that as well!). And if you can do all this, when you get to the end of your top flight career and the children have moved on to have their own families, you will have a spouse who actually still enjoys your company.... Alex Pease

From Our MP



First of all this month, Summer 2017 may have often seemed like four seasons in one day but one

thing you can always rely on is my Summer Tour. It took place as usual during Parliament's recess (across August and September) and this year included some work door to door in the constituency as well as a street surgery outside the Kings Worthy Post Office and even a supermarket 'surgery' at Sainsbury's Badger Farm.

Summer Tour is simple and it's one of the best things I do as our local MP; a statement borne out by the response from constituents again this year. You can check out full details via www.stevebrine.com/summertour My work in Parliament continues via the Department of Health where I am a new Minister and, as I mentioned last time, hold the Cancer brief which I am really getting stuck into. That means driving down smoking rates even further but also taking forward our work to challenge the obesity crisis - and alcohol harm - that presents so many health dangers including of course an increased risk of developing cancer.

I have also been busy working through the Government's COBRA committee to bring public health advice and the life-saving services of the NHS to British nationals in Overseas Territories affected by last month's devastating hurricanes in the Caribbean and United States. It's hard work but hugely rewarding and a real privilege to be involved in.

There is so much else going on, it's hard to be selective but we are also working on plans that will eventually see us reform mental health legislation whilst continuing to invest in better services. It's early days but we want to look at why detention rates are increasing, to understand why there is a disproportionate number of black people detained under the existing Act and to review

the use of Community Treatment Orders and to see if they remain fit for purpose in helping people leave hospital to receive better care and support in the community.

We also want to consider how the rights of family members to get information about the mental health and treatment of their loved ones can be improved and ensure those with mental ill health are treated fairly, protected from discrimination, and employers fulfil their responsibilities effectively.

It's a major task but I am determined we will make mental health a priority in the NHS to see further improvements in early intervention and better recognise the worth of talking therapies as two very obvious examples.

One thing no column here would be complete without is the Cart & Horses junction! Cllr Porter and I met with Cllr Humby at HCC last month and the bottom line is, progress IS being made but it's not the fundamental change we know residents want to see. Either way, it's good to be working cross-party again on this important issue once again. More on this following Rob Humby's next Decision Day which I will post to www.stevebrine.com/A33. Finally, new dates have been released for my popular PMQ ticket draw. If you would like to attend on Wednesday 10th January 2018, you are welcome to enter the ballot by calling my office or visiting www.stevebrine.com/PMQs You can find more about my work, locally and in Westminster, via my website www.stevebrine.com. Steve Brine MP for Winchester & Itchen Valley

Itchen Valley News team shuffle

It's time to say goodbye and a great many thanks to the Itchen Valley News advertising team of Sue Hitchen and Sophie Parry who are standing down after years of service to the magazine. Together they have managed to fill our pages with willing customers who appreciate the value of advertising in our publication.

Taking over from Sophie and Sue is Jenny Sloan, perhaps best known in the valley as captain of the Itchen Abbas boules team and



a former manager of Itchen Abbas & Avington village hall. If you have any advertising enquiries she's now your first port of call at itchenvalleyadvertising@gmail.com Vernon Tottle Editor, Itchen Valley News

Jackie's County Corner



Hampshire
County Council
has recently
improved its
website. I like it and I hope you do
too. The front
page is simple and
the names of the
sections reflect
their purpose. You

can see this in the activities page, based on venues across Hampshire that are managed by Hampshire County Council. They have been putting significant investment to improve 'the

brew, the view and the loo'! You can see opening times and full details at www.hants.gov.uk/thingstodo Even though Hampshire is on target with their 'Wave 2 Broadband' programme to put 97% homes onto superfast broadband by 2019, a fibre to cabinet system is still elusive for many of us, and so I was pleased to hear that Hampshire has set up the £1 million Community Match Funding Scheme. This scheme is designed to offer support to communities in the last 2.6% of properties in Hampshire that are not currently expected to be covered by the Hampshire Superfast Broadband Programme.

For more information please go to www.hants.gov.uk/broadband, and complete the enquiry form, and let me know how you get on.

As you read this, there will have been a decision to go forward with a reduction to 40mph at the Cart and Horses junction on the A33, adding CCTV and proposed street lighting. I know many of you are hoping to see bigger changes here, but it is heartening to know that our lobbying (through the change.org petition) for a lower speed has had some effect. Our MP and I met with the Exec Member at HCC to discuss this again earlier in September: he and I agreed that we will continue to work for the same outcome on this matter, which is a safe junction for all road users.

I recently attended an excellent Hampshire Chamber of Commerce seminar on GDPR- the new General Data Protection Regulations which come into force in April 2018. There have been several high-profile cases against charities and companies as they try to sort out their databases in preparation for the deadline, so it's important to get this right. The aim of

the legislation is threefold: to reduce nuisance contacts, only to collect data (stored carefully) if it is needed to do the job and to dispose of it (very carefully) when you no longer need it. This seminar is one of many being offered at the moment and I advise Charity Trustees to take advantage of one of the many courses being offered.

Last but not least - please 'shop local' We all value our local high street, the social contacts we make there and the colour it brings to our daily lives. Local shops report that purchases online put real pressure on the high street every year but business rates remain high. If we are to support our local shops, especially in the run up to Christmas, we need to spend our money right here in the district! Thank you!

text 07973 696 085, tel: 01962 791054, email: Jackie@jackieporter.co.uk, website: www.jackieporter.co.uk Jackie Porter

Rose Hip Syrup

Cllr Jackie Porter,



This is an old recipe – start collecting your rosehips now – the

darker the hip the more the vitamin C content. Super for sore throats, delicious poured onto porridge, pancakes or ice cream.

. Ingredients

Ikg Rose hips About 500g granulated sugar (see method)

Method

Sterilize a few bottles and their tops by washing in soapy water, rinsing well and then placing in a low oven (120°C) to dry and warm up. Place the rosehips into a food processor and chop roughly. You may need to do this in batches. Place the chopped rosehips into a large saucepan and add 1.25lt of water. Bring to the boil and then simmer for 15 minutes. Strain through a double layer of muslin (a clean tea towel will also do the job). Let it sit for about 30 minutes to drain - do not squeeze or your clear syrup will go cloudy! Wash the muslin and pass the liquid through the cloth again. Measure your liquid and place back into the clean saucepan – for every 500ml of liquid you will need 325g of sugar. Heat slowly, stirring until the sugar has dissolved then boil for 5 minutes, removing any scum that may form. Decant into the sterilised bottles and seal. This will keep for 4 months or more and refrigerate once opened. Jane Molton

Our Wild Valley

Whilst we have struggled with a dry spring, over zealous mowers and a lot of weeds this year on the verges at the Cart and Horses Junction, the annuals on the western verge gradually came good and have lasted well. The corn marigolds (yellow), the corn chamomile (white) with the blue cornflowers and red poppies really did us proud, even getting a second at the flower show when popped in a vase! All these may return next year, but we will sow again with perennials, as we did on the post office side of the junction. Here we had less success with the perennial seed; lots of corn marigold come up (sown the year before) with a few odd bits of bird's-foot- trefoil and some rather

large weeds. Weeding is paramount to our success and we got out there in June and then again in September, with others weeding on their local walks. The verge in Itchen Abbas also improved after weeding and has a lot of wild basil come up (from the seed mix).



We are going to get clearing and sowing again in early October so please look out for notices in the Itchen List if you can help us; having four of us weeding together the other day made such a huge difference, not only to the work load but to morale: a few more hands makes the work much lighter! Bug life has a campaign to create 'B' lines across the UK, not only for insects, but birds, small mammals and also for humans to walk through and enjoy. Meanwhile, although we have had great support from the Parish Councils, Hampshire Country Council made us pay for a verge maintenance licence - and then a confused contractor mowed through the flowers!

Once we get our verges up and going we can log them into the B-line network and forge links to others. Currently there are none on the map for Hampshire, but the Lovedon Lane development includes a wildflower meadow so that is a great start for the western end of the Valley.

Monty Don showed another method



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for growing wildflowers: putting down a membrane, then a layer of rubble before sowing a seed mix for flowers to grow up easily without weeds and with very low fertility so they can really give a good display. If anyone would like to try that out it would be great to have a few experimental plots in the Valley!

Many thanks to all the helpers so far, a little help creates a lot! Sophie Rogers

From the Rectory



What hurts you the most? Most of us like to think we are people who care. We like to think we care about our families, our friends,

our neighbours and our colleagues at work. Sometimes we know what is going on in another person's life and sometimes we don't. Many of us put on a brave face and don't let on what is really going on beneath the surface. It's much the same for us as a church. We want to care for people in our communities and we want to show that God cares, but do we really know what is going on under the surface of people's lives? In order to find out the things that people in our local community are really finding difficult in life, we joined with 59 churches across Hampshire in stepping outside of our church buildings to find out what really hurts the people around us.

The first stage has been to listen to what people say is going on in their lives. We asked people one question in an anonymous survey. The question was, 'What hurts you the most?' The question was asked by taking question cards into our community and asking people to fill in their answers. Some churches took the cards to shops and

cafes and local events. We decided to go door to door. A group of people from our village churches walked around our four villages. I'm so grateful to everyone who took part in this and I want to say a big thank you both to everybody who took the cards around and to everybody who answered the question. The reception we got as we went around was almost always one of great warmth and interest. The most unexpected thing was how long it took to do the survey because so many people wanted to have a chat and find out more about what we were doing. We think we received replies from about half of the households in our four villages. Once we had gathered in all the cards, the next stage was to enter the response into a computer programme. The responses were allocated categories and sub-categories so they could be analysed. The main categories were: 'Death', 'Relationships', 'Family', 'Physical Suffering', 'Money', 'Negative emotions', 'Loneliness', 'Injustice' and 'Other'.

The whole survey of Hampshire had 11,798 responses and here in Itchen Valley we had 283 responses. These responses were then categorised into one of the 8 main categories.

Death included hurts such as death of family and friends, fear of death, abortion and death of people around the world.

Relationships included friendships, romantic relationships, lies and betrayal, arguments, rejection, bullying, selfishness, unkindness and seeing loved ones in pain.

Family included hurts such as family death, family illness, parenting, money related problems, time and work-life balance, marriage, absence of family, broken relationships and family

members hurting.

Physical Suffering included illness, physical injury, fear of illness, being a carer, additional needs such as disability or learning difficulties, NHS, addiction, pain and suffering, ageing and tiredness.

Money included family, housing, powerty, bills and living costs, work and

poverty, bills and living costs, work and income, debt, food and retirement.

Negative Emotions included mental health, fear and anxiety, stress, age, work and time, addiction, lack of support, family, sadness, anger, pressure and love and hate.

Loneliness included loneliness caused by death, illness, family, age, friendship, living alone and lack of a partner.

Injustice included suffering, war, terrorism, homelessness, poverty, crime, politics, local issues, inequality, natural disasters.

Other included responses which didn't fit into any of the above categories.

Where there was crossover between the categories in the responses, the responses were allocated more than one category. In total there were 15,123 categorisations in the Hampshire wide survey. The largest areas of hurt in Itchen Valley were Negative Emotions, Family and Relationships. The same results were found across Hampshire with slightly different percentages. Locally 15.93% of the overall number of categorisations were Negative Emotions, 18.88% were Family and 22.12% were Relationships. The smallest areas of hurt in Itchen Valley were Loneliness at 5.01% and Money at 3.38%. Again this was similar to the findings across Hampshire. It's important to note that the survey did not record the level of pain or the level of urgency. Although Loneliness and Money seem to affect the fewest people, it will often be these areas



During June and July more than half the families in Itchen Valley Parish took part in the Who Cares anonymous survey on what hurts the most? Thank you

We are starting our response to two of the major areas of concern raised with two talks before Christmas.

You are very welcome whether you would call yourself a Christian or not; Whether you have never darkened the coor of a church before ...

And, if you would call yourself a

Christian, of whatever flavour, please do come! Nothing is expected of you. Sit at the back, sit at the front – if either of these topics appeal to you in any way – please do come...

'Finding hope – when I feel blue' Sunday 8th October 10am at St John's, Itchen Abbas

'Finding hope – when relationships are difficult'

Sunday 26th November 10am at 5t Swithun's Martyr Worthy.

Authentic Pilates	Mon	n 9 am, 6:30 pm Fri 9am		Judy	07774 899909	
Ems Bray Pilates	Tue	8:45 & 10 am Thu 9am		Emily	07876 033893	
Sally Stanyard School of Dance	Tue Thu Sat	4.15 pm - 7.45 pm 6.45 pm and Fri 4 pm 9 am - 2.30 pm		Sally	01962 776562	
Moo Music	Wed	9:15 am		Denise	01962 779182	
Brew with a View	Wed	3 - 5 pm		Ina	01962 779465	
Muriele Zumba	Thu	10.30 am		Muriele	07821 545403	
David Michel Yoga	Fri	I - 2 pm		David	07790 899890	
Dionne Yoga	Tue 8.15 pm;		Dionne	07961 888676		
	Fri 10.30 and 11.45 am					
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393	
Easton Panto	Wed 7	Ved 7—10 pm			01962 779453	
rehearsals	Sunday 4.30 pm					
Martyr Worthy V	illage H	all				
Riverbank	Mon -	- Wed 8.30a	m to 3pm	Babs	01962 621757	
Kindergarten	Thu -	Thu - Fri 8.30am to Ipm				
Whist Drive	Thu	7pm	•			
Itchen Abbas and	Avingto	on Village Hall				
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Montessori	Mon to	Fri 08.30	Caroline	017	730 829377	
Zumba	Mon 18	3.30 & Fri 10.00	Sue	079	07947 410394	
Pure Circuits	Mon	20.00	Juliette	077	799 890860	
Rugby Tots	Tues 09.15 & Wed 10.20 Phil		03453 133258			
Ladies Short Tennis	Wed	14.30	Arminel	019	962 779611	
Pilates	Wed 9.	15 & 18.00	Aimee	07546 941489		
Choral	Wed	19.30	Geoff	01962 735536		
Badminton	Thur	19.30	Mike	07887 503345		

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It is also important to consider what the most prevalent hurts are within each of these categories, as they are quite broad. These results are reflected across Hampshire. I'm going to quote below some responses from the Hampshire survey, together with an exploration of what came up under each category, but we had very similar responses locally.

Relationship

Relationships was the most common category in Itchen valley. Across the survey, a quarter of the responses that linked to Relationships were of Unkindness. These responses ranged from people being unkind to the individual or to their friends and family as well as them witnessing others being unkind to each other. Examples of responses linked to unkindness included; 'How thoughtless and nasty people can be to each other', 'and 'It hurts when people are unkind to my friends.'

The second largest thread within Relationships was Friendships. Lastly another big issue within Relationships was lies and betrayal which highlighted issues of trust, cheating, betrayal and effects of lying. Examples of responses within lies and betrayal include 'People being untruthful and not trustworthy when I was relying on them' and 'People are telling lies about me at work.' Other areas of relationship which were highlighted within the survey were arguments, selfishness, concern for other people's relationships, bullying, rejection and people treating each other with inequality.

Family

The second most common category in Itchen Valley was Family, of which

Family Illness was the most common hurt. Family Illness included responses such as 'My mum has dementia and there is nothing I can do to help' and 'I am worried about how my children are coping because I have cancer'. After Family Illness, the next most common sub-category was parenting. These responses were either from people who were currently experiencing problems with their parenting such as 'I worry about how to keep my children safe' or from people who have or are experiencing issues with their parent's parenting like 'My Mummy and Daddy shout at me when I am naughty. It makes me feel scared' or 'My parents didn't show me love when I was growing up.' There were also hurts within Family linked to money, time, death, family members hurting, absence of family, marriage, concerns over their family's future and broken relationships within families.

Negative Emotions

Within the category of Negative Emotions we can see that Negative Emotions Linked to Family were the most common hurt. There were responses such as, 'Worrying about my Elderly Parents', 'I'm finding it hard to cope with the worries that come with being a parent' and 'Watching my children suffer from anxiety due to the pressures from school and society'. This was followed by Feelings about Work and Time such as 'I find worklife balance difficult to manage' and 'Work is too stressful.' Other issues that were raised in the category of Negative Emotions were fear and anxiety, mental health, stress, addiction, feelings about age, lack of support, sadness, anger and aggression, pressure and feelings of love and hate.

What's next?

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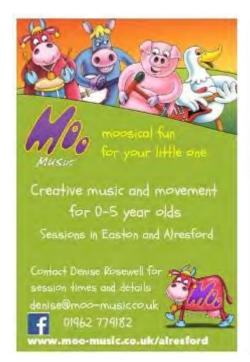
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reflect on how to respond to the answers we received in the survey. The survey shows that the main area that people are finding hardest to cope with are relationships. We are going to have two talks in the autumn in our church services directly linked to this.

Talk on Negative Emotions 'Finding hope - when I feel blue' Sunday 8th October I 0am at St John's Itchen Abbas

Talk on Relationships Finding hope - when relationships are difficult - Sunday 26th November 10am at Martyr Worthy Please do come along. You are very welcome whether you normally come to church or not.

Rev Amanda Deniss

The Practical Gardener

I have realised over recent weeks that my garden is becoming an obsession. Yet we are told often today that gardening is good for health and long life. I wonder if there is a conflict? Well I have been told more information is needed about making compost. No garden is complete without it because the organic value from compost gives life to the soil. Compost making is in many respects just recycling, both green and brown material. In a small garden the plastic tubs which are popular may be all that is needed. But if space is available, my experience using a three-section wooden compost bin has proven its worth. Wood is not only a barrier to most rodents but it acts as an insulator. It's quite important in the early stages of composting that heat is generated - mine gets too hot to touch – as this will help kill weeds seeds and other diseases.



Grass is a great material to help composting but on its own, it just becomes a green slime. So a mixture of materials is needed: vegetable waste from the kitchen, cuttings and prunings, discarded and old plants including their soil and paper (I have an office shredder) are all welcome. The experts advise against diseased material like tomato plants with blight and rose leaves with black spot; these should be burnt. I have another new toy! My shredder which has worked overtime this year finally cracked a weld so it needed to be replaced. I selected Bosch AXT 2200 bought on-line and I must say so far it has worked very well. It does block if the material is wet, like recent hedge cuttings, but it's very easy to open up and clear any blockage. Shredding dramatically reduces the time for material to compost and this year 3 months is the turn round time. I avoid materials like egg shells, avocado skins, fruit stones, thick vegetable stems and cut down perennial stems which have not be shredded. There you go, easy. I can report I have used the new rotavator twice for 10 minutes and the results were just as expected. No time spent trying to start the old petrol version. I see a rotavator as a



tool to be used only when needed as it can disrupt soil structure. Why did I say last month that black spot has been absent from my roses.? Sadly my beautiful climbers have been badly attacked. Well even Monty Don reported this so I am in good company. But it's too late to start spraying. Memo for next year not to forget.

Much is said about dead-heading and at a recent Valley Gardeners visit this was emphasized as a daily activity. I must say I do see the results. New blooms do appear so it definitely worthwhile.

Happy gardening. Tony Gaster

From the Parish Council



Good news, we have a new member of the Parish Council. Chris Jeffes has joined us. He has lived in the Valley for quite some

time and has been involved in village activities so is well known. He is a member of St. John the Baptist District Church Council, on the Committee of Itchen Abbas and Avington Village Hall as well as running a business based in Alresford. Keen to take on a task, he is already looking into where gates on footpaths

need repair and where stiles can be replaced by gates.

We are back at that time of year when trees need cutting back and hedges need trimming. If your hedge boarders a road or a public right of way it is your responsibility to see that it does not cause an obstruction. The same applies to trees. In the case of a right of way, as long as people can walk underneath without having to duck or bend, that's no problem. However when it comes to a road it becomes a little more complicated. The question is how high above road level do branches need to be cut back to allow free passage of vehicles. Needless to say there does not seem to be a hard and fast rule. Having made various enquiries the advice on offer would seem to be as follows. For A and B roads, Hampshire County Council Highways Department work to a height of 5.3 metres. That leaves other roads where there does not appear to be any fixed guide line. It is suggested that on small minor roads, that are not A or B category and that are not likely to be used by full sized heavy goods vehicles, then a clearance height above the road surface of at least 4 metres might be considered sufficient. Please remember that if a low hanging branch from a tree causes damage to a vehicle the owner of the land on which the tree stands might be held responsible and asked to pay the cost of repair to the vehicle.

Unfortunately land owners responsibilities do not just stop with trees and hedges. Similar criteria apply when it comes to ditches. If a piece of land borders a road with a ditch alongside then it is the land owner's responsibility to keep the



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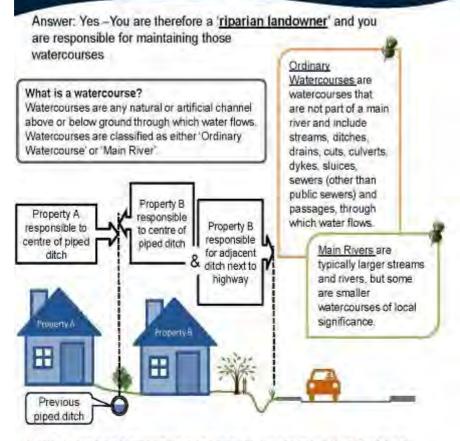
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Do you own land that has a watercourse or drainage ditch on or adjacent to it?



What can land and properties owners do to reduce the risk of flooding?

- Identify your ordinary watercourses/ditches/piped watercourses check deeds if required
- Check whether they are clear from debris and vegetation and if not clear them

As a landowner you have a right to protect your property from flooding – consider how you might do this and prepare a plan.



More information:

https://www.hants.gov.uk/landplanningandenvironment/environment/floodling. National Flood Forum provides information on preparing for a flood: https://nationalfloodforum.org.uk/ ditch clear. The County Council has produced an excellent leaflet explaining this. Our County Councillor Jackie Porter supplied me with one and I recommend all concerned obtain one and read it. Also see the ditch maintenance poster on page 39 in this edition of the Valley News.

While on the subject of ditches you may have seen a certain amount of activity on the verge opposite Itchen Abbas and Avington Village Hall. This was a result of a burst water main almost flooding a house. Investigation showed that the drains that should have taken the water away were unable to do so as the ditch into which the water should have flowed was totally silted up; hence the flooding. With help from Jackie Porter, as a one off, the Highways Department has arranged for a contractor to cut back the vegetation and clear out the ditch.

One final point; the rules governing how Parish Councils operate are fairly stringent and becoming more so. The word transparency has already been mentioned on several previous occasions. Tiresome as it may be, the aim is to keep the system as democratic as possible. One area where this applies is to the posting of our agenda and the items we can discuss at the meeting to which it refers. The agenda has to be posted on our notice board in practical terms a week before the meeting. We are not permitted to discuss in detail or make a decision on an item which is not on the agenda. So if you come up with something which you would like the Parish Council to consider then please note that if you miss the deadline and the agenda is up, it is likely that it will have to wait to the next meeting in a month's time or sometimes longer. Patrick Appleby, Parish Council Chairman

Local monthly information

Waste collections in October

Black bins and green bags on Fridays 13th and 27th. Green bins on Fridays 6th and 20th.

Cameo

On Tuesday 17th October.

Farmers' Markets in Winchester Sundays 8th & 29th October.

Parish Council Full Meeting

Thursday 5th October Itchen Abbas VH

67 Bus operated by Stagecoach.

School term timetable operates from 1st - 20th and 30th - 31st October.

Weekdays to Winchester:

07:53 09:23 11:23 13:23 16:23 17:23

Weekdays to Alresford:

09:19 11:19 13:19 15:19 17:11 18:09

School holiday timetable operates

on 23rd - 27th October.

Weekdays to Winchester:

07:53 09:23 11:23 13:23 15:23 17:23

Weekdays to Alresford:

09:19 11:19 13:19 15:19 17:09 18:09

Saturday service (same for the whole month)

Towards Winchester:

08:23 11:23 14:23 17:23

Towards Alresford:

09:19 12:19 15:19 18:09

No Sunday or bank holiday service

All times shown are at Itchen Abbas. Times are 5 minutes later (or earlier) at Easton.



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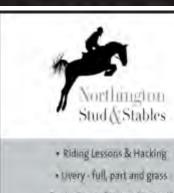
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