# Valley Levington, Esston, Itchen Abbas and Martyr Worthy



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#### WELCOME to the Valley News





It's been an 'Eggscellent' month! The Editor's inbox was bursting with cracking

contributions to entertain, inform and educate. It's an absolute pleasure to pull together an issue when there are so many wonderful things to talk about. One of the wonders of our valley is, of course, The River Itchen. Learn more about it with either a free guided walk from Simon Ffennell or from your sofa, reading George Mann's epic book observing ten years on the Itchen. Not surprisingly, the river is a very busy and active place reflecting the community that lives alongside. It was lovely to see such a good turnout at the recent 'Brew with a View' fund raising for Winchester Hospice and again at the Itchen Valley Clean Up. Taking care of our environment continues to gather momentum as this month's Itchen Entrepreneurs piece demonstrates and as our councillors highlight with news on improvements to our current recycling services.

The Eds have just returned from an inspirational thanksgiving Service for a former treasurer of the Easton News, namely Gerald 'Bunny' Symes. It was a timely reminder of the importance of community. The words "Not, what did he gain, but what did he give" struck a chord. We all benefit from the contributions of others. Just take a look at our What's On section to see the vast amount on offer.

There seems to be endless energy for fundraising, be it on foot or by car.

Easton resident Mark 'the tank' Spencer has an interesting journey ahead of him (!) and Northington Grange will be opening up to horse riders, cyclists and dog walkers on Easter Monday. That's one way to work off the 'choc-fest' - quite a challenge as mini eggs have been available since January! Time to get us lazy cows moo-ving which brings us to our Jersey girl on the front cover. Many congratulations to Tracey Bunney for her prestigious bovine accolade. Find out more inside and look out for some April amusement and an interesting Allegory from the Rectory. Next month's editor is Verity Coleman. Happy Easter! Lucy Wolfe and Fi McIntosh

Itchen Valley News

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#### What's On

# Friday 5 April and 12 April Itchen Valley Lent Lunches 12 - 2.00pm



Come and enjoy a mug of soup and some bread and cheese, raising money for the new Hospice at the Royal Winchester

County Hospital. On 5 April, it will be at the home of Fritz and Sara Janssen, Dymoke House, Easton, SO21 IEH Tel 779337 and on 12 April at the home of Peter and Brigid McManus, 23 Little Hayes Lane, Itchen Abbas SO21 IXA Tel 779886

Stephanie Gretton

#### Thursday I I April Easton WI



Meeting
'Couture
Aesthetics' with
Sharron
Gordon 7.15pm

Visitors are very welcome to our meetings, which are held in Easton Village Hall 7.15pm on the second Thursday of each month with speakers talking on a variety of subjects.

Sallie Peake

#### Saturday 13 April Martyr Worthy



River
Walks
If anybody
would like to
join me for a
guided walk
around the

river in Martyr Worthy on Saturday 13 April, I will be taking one tour at 10.30am and one at 2.30pm. I can only accommodate 25 at a time. So please email me at simon@ffennell.plus.com if

you wish to come along. Regrettably I cannot accommodate dogs.

Simon Ffennell

## Monday 22 April Easter Monday 'Ride and Stride'



A unique Family Event at Northington Grange where you can ride your horse,

ride your bike or stride with or without your dog. All events have completely different routes. There'll be a BBQ, Family Dog Show and Fun Dog Races.

To reserve a place and view a map of the routes either contact Nicola Rowsell 07732 539192 or visit www.hhevents.uk

# Thursday 25 April, Winchester GoLD Arts & Crafts Garden Fair from 10am – 4pm

Taking place at Upper Farm, Headbourne Worthy, SO23 7LA. Pippa Greenwood will be answering all your gardening queries. There will be indoor flower arranging demos. There'll also be food and drink stalls, Admission: £5 on entry, plus free parking. Advanced £15 booking fee includes entrance, one flower arranging demo and lunch. Contact Ros Francis for tickets or more information. Tel. 01962 711220 or Email: ros.francis@hotmail.co.uk

# Thursday 25 April Annual Parish Meeting 7pm

This will take place at Martyr Worthy Village Hall beginning with a talk from Charles Winchester, South Downs National Park Ranger, who'll be giving a talk about Dark Skies.

Patrick Appleby

# Sunday 28 April The Watercress Way Dawn To Dusk Day 2019



Events will be held at a variety of locations around the 27 mile route (a slight increase in

mileage following exciting developments in the route at Sutton Scotney and Kings Worthy).

The earliest one that needs booking is the Dawn Chorus walk held at 4.45am at Sutton Scotney. Other events include history and ecology guided walks and a treasure trail for children. Come and find out what is behind the shuttering at Sutton Scotney! Well controlled dogs are welcome (although best not to bring on the dawn chorus walk). Have a look at our webpage and Facebook pages for details and how to book. Or contact us at

info@thewatercressway.org.uk https://www.thewatercressway.org.uk/ Kim Adams

#### Sunday 28 April Open Day at The Grange 12.30 - 5pm



There will be wonderful performances inside the theatre at Northington throughout the afternoon.

Featuring Kate Dimbleby, Wessex Company, Hampshire Youth Dance, Hampshire Youth Ensembles Combo Band and Perins School. There is also a falconry display, petting farm, face painting and Art@TheGrange along with a number of stalls with various items for sale inside the house and outside. Admission £5 per car. The Grange Festival

#### Thursday 9 May Charity Tennis



Tournament in aid of Home-Start. Play as an individual, group or court of eight players.

Sponsored by IVC Cars of

Alresford with lunch kindly hosted by Sue & David Elton at Lane End Farm House, Longwood SO21 IJU. Shopping opportunities available. Donation £25 per player includes two course picnic lunch (Bring chairs or rugs, non-players welcome for lunch) Book today with Sue Gentry on 01962 773185 or email sue.gentry@gentrypublicity.co.uk Sue Gentry

Wednesday 22 May Helpers and Bakers required for Fundraiser Coffee Morning 9am - 12pm



Please come to St John's Church, Itchen Abbas. If anyone could bake a cake or provide home produce, help on the day or provide a prize, I would be most grateful. Contact me at Claire I 23 weston@hotmail.com or call 0 1962 779238

Claire Hunt

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# Saturday 25 May Recital for two clarinets and piano 7pm

Helen Paskins and Tony Lamb (both of Itchen Abbas) will be performing with Roy Stratford at St John's Church in Alresford. Tickets are £10 on the door. More information next month.

Helen Paskins

# Saturday 29 June Save the date for Easton Summer Barn Dance

in aid of Easton Village Hall and IV Churches - The band is booked and the hog is ordered!

Ina Williams

#### Sunday 14 July Save the Date Avington Car Boot Sale 10am - 2pm



Following on from its success in 2018, Avington will again be holding a Car Boot Sale on Lake Field by kind permission of Charlie and Sarah Bullen. If you require further details please visit www.avingtonpark.co.uk/event/car-boot-sale/

# Older Adult Exercise classes starting on Thursdays in Easton 11.30am - 12.15pm.

Physiotherapy lead gentle exercise classes at Easton Village Hall, tailored to your individual needs. For more

information and prices of classes and initial physiotherapy assessment, please contact me on 01962 779796 or 07957 428064 or email carolinetaverner@hobbsrehabilitation. co.uk.

Caroline Taverner

# National Garden Scheme gets set for Spring

Hampshire National Garden Scheme is off to a fantastic start for 2019. We had record numbers of visitors to our Snowdrop Gardens.



If you are a member of a gardening club or even a group of friends why not visit one of our 'By Arrangement" gardens, details available on the website www.ngs.org.uk.

We are now taking bookings for 2020 for one of our experienced speakers to visit Groups such as Wls, Garden Clubs, Horticultural Societies or U3A's. Please contact pat.beagley@ngs.org.uk, Pat Beagley

#### Valley Happenings

# Fundraising for The Winchester Hospice

On Wednesday 27 February we turned our weekly Brew with a View at Easton Village Hall into a fundraiser for Winchester Hospice. Serving sweet and savoury titbits, teas & coffees and selling Jill's jams and chutneys attracted a considerable crowd. For once the weather obliged and we were utterly bowled over to find £677.20 in the collection bucket! Well done to all of us!

The following Friday (8 March) I hosted the first of the Lent lunch series... and again many of you came to The Old Post Office to support this



year's charity...Winchester Hospice. Unfortunately I was too busy serving soups and I forgot to take photos... but honestly it is a lovely opportunity to spend a couple of hours eating some delicious soups and having a chat whilst supporting a good course.

Here is the recipe for my German Pea soup as it seemed very popular.

Fry 200 g smoked bacon lardons in 40g butter until transparent. Add 200g each of finely chopped celeriac and carrots (I used a food processor) and cook for I minute. Add 2 litres of hot vegetable stock and 750g dried green split peas (available in some shops or online). Simmer over medium heat for 60 minutes. Slice I small leek and add with 4 – 6 sprigs of summer savory\* (or Itsp dried) and continue to cook for a further 5 minutes. You can add frankfurters (I fry them sliced in a bit of butter) or bread cubes fried in butter and garlic. When cooled the soup gets very thick... just add a little more water or stock when reheating.

\*Summer savory is a Mediterranean herb very popular in Germany especially in bean and pea dishes. It is part of the herb mix Herbes de Provence and can be substituted by thyme, sage or marjoram. Or you could buy it online...the German name is Bohnenkraut.

Guten Appetit! Ina Williams

### Pancake Party - a Flippin' good time!

The Ark held its pancake party at St John's, Itchen Abbas on Tuesday 5 March. Over 30 children attended from the local area and were entertained with a variety of craft activities organised by James and Verity Greig such as making felt pancakes and paper frying pans. Many of the craft pancakes were highly decorated and looked fabulous.



This was followed by numerous games including an attempt at the world record for the number of pancakes you can flip in one minute!

Unfortunately we came up short so will have to try again next year.

After this fun the children (and adults) tucked into an abundance of pancakes and toppings made by Lavinia, Katherine, Julia, Sally and myself, followed by scoops of wonderful Jude's ice cream.

Julia Wright then gave a talk to the children on the significance of Lent and why we have a pancake day. It was great to see the church so alive and full of fun with happy children and I wish to express my thanks to all who helped make this possible. We really hope to do more of these events in the future. Tim Clapp

## Coffee and cake to thank St Swithun's volunteers

We held a coffee and cake party last month, hosted by Liz Platt, to thank everyone who helps at St Swithun's



Martyr
Worthy – that
is members of
the District
Church
Council,
flower
arrangers,
church
cleaners, bell
ringers, brass

polishers and the like – it was an enormous number of people! There was a wall of sound as everyone caught up with each other and met those they didn't already know, and we all had a very happy time, as I think the photo shows!

Verity Coleman

# Easton WI Meeting - The role of women working on the railways



Our March speaker, Dr Becky Peacock, who runs the engineering project at the Watercress Line, talked about the role of women working on the railways since

1850. The 1851 census shows 54 women working for the railway increasing in 1901 to 1,633. Work for women was very limited and they earned half the pay rate of a man, with no uniform or any of the perks that men received. Women impersonating men in order to get work were prosecuted and even imprisoned.

During WWI women were the only available workforce to replace the men who had left to join the forces. These women proved they could perform

'men's work' and learnt skills in the machine shop very quickly, but they were expected to give up these jobs when the war ended for the returning men to continue in their work. During WWII women were again employed to replace men, their working conditions had improved but railway companies were very slow to change attitudes until as late as 1988 when they were forced to allow women to apply for the same jobs as men.

Sallie Peake

## Martyr Worthy Lecture Series Review

With another season of the Martyr Worthy Lecture Series complete, it is timely to write a short review. John Lang opened the series with 'Eastern Encounters, A Passage to India', a description of the maritime traffic between Britain and India, covering the period from the East India Company foundation up to the present day. It is a very large subject and John stuck admirably to his brief; as you might guess, many of the audience had family connections with India.

Michael Chance, Artistic Director at The Grange Festival, came next, with an illustrated talk about the art of the opera singer. Michael entertained us with many insights into what it takes to become an accomplished performer like himself. It was fun to try and guess the origin of the musical extracts he chose!

To round off the series, Dr Andrew Monaghan talked about how power is wielded in modern Russia. He introduced us to a number of the powerful figures who surround Vladimir Putin, but who merit hardly a mention in our media coverage of Russian affairs; without them, Putin

would find it difficult to survive. Dr Monaghan challenged many of our preconceptions about Russia and provided a perspective that was new to most of us.

Peter McManus

# Jeep for Heroes Charity Event



Local resident Mark "The Tank"
Spencer of Easton Manor Farm will be embarking on a unique journey in aid of Help for Heroes from Sunday 9 to Friday 14 June. You may well have seen Mark driving around Easton in his vintage Willys Jeep, an iconic vehicle used extensively in WW2. His plan is to drive his Willys Jeep from Berwick upon Tweed, Northumberland to Winchester, a journey of approximately 545 miles.

In itself this may not seem much of a challenge but much of the journey will be "off road", along green lanes. These are legal rights of way that are unsurfaced and range from mud and grass to rock and compacted stones which, for most vehicles, are very

difficult to negotiate. Due to this difficulty and the associated risks of driving in these remote areas, another local, Chris Rattew, will be providing support in his 4 wheel drive vehicle. In addition a friend of Mark, Phil Deller, will be acting as co-driver and map reader. Assistance has also been provided by GLASS, the UK Green lane association, who promote responsible use of our stunning Byways.

Mark's strong interest in military history and military vehicles stems from a childhood visit to Bovington Tank Museum. Later, after a visit to a Russian supplier in 2000, Mark started his business of building and supplying large scale remote controlled tanks to customers all over the world. This fascination for all things military coupled with his passion for his vintage Willys Jeep was the drive behind his desire to support the Help for Heroes charity.

Please support this unique event by donating at www.justgiving.com/ fundraising/JeepforHeroes. If you would like to provide financial support for the cost of the trip / sponsorship please contact Mark directly on markonetank@gmail.com Helen Backshell

# Gerald Symes (Bunny) 1924 - 2019

Gerald John Symes (known as Bunny) was born in London on 9 November 1924, the youngest of three children of Graham and Margaret Symes. He lived in London until he moved to Hampshire with his mother in the late 1950s, first moving to Chandlers Ford. His brother Douglas moved with his wife Polly and three children to

Dymoke House in 1952. In the early 60s Douglas sold the field opposite Dymoke House next to the churchyard to his mother so that she and Gerald could build a house, Willowmead. After moving in, they concentrated on making a lovely garden. All his life

Gerald enjoyed gardening and being outdoors, whether walking his dogs or tending his garden. Indeed when he no longer had his own dog he used to help others in the village by walking theirs.

After his mother died, Gerald sold Willowmead and moved to Hope Cottage, Easton where he lived for more than forty years. He was an active member of the

community, an example of village living. He played bridge, gardened, was Treasurer of the Easton News until he left Easton in 2013 and writer, with Polly, of the local pantomimes (which are still on occasion being used). He also was a key member of the stage management team as lighting guru. He never married but he was central to Symes family life, always around at family meals making quick and funny remarks, enjoying every occasion however large or small. He also enjoyed many happy holidays, including visiting his sister and husband in Akron, Ohio where he got to know his American nephews and nieces. He really enjoyed the company of young people, particularly his great nephews and nieces and the children of other local families. He was excellent at engaging with the young and in his own

inimitable way was a help and guide to them, from doing maths homework to just being Uncle Bunny.

In 2013 Gerald was finding Hope Cottage a little too much and wanted to move, even though he did not really want to leave his friends. After a family

discussion with him, he moved to sheltered accommodation in Wadhurst, East Sussex near one of his nephews. Eventually he had to move from his sheltered housing to a nursing home, where in typical fashion, even with deteriorating health, he joined in all activities.

Loving a good party, his parties to celebrate big birthdays were great local events. He even insisted on a party for

his 90<sup>th</sup> in Wadhurst, attended by many of his friends from Easton and kept the list for his 100<sup>th</sup>.

He died peacefully on 21 February 2019.

Mary Symes

#### From The Parish Council



It seems a long time ago that the walnut tree in Itchen Abbas fell down and partially blocked the road. It had been planted to commemorate the

Queen's Silver Jubilee and had grown to a good size. Despite thoughts of trying to save it, the County Highways Department said it had to go. All that was left were some roots and a stump.

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There was a hope that it would regrow and in some ways it did; into a scruffy bush. It was therefore decided to replace it. After consideration and consultation as to what species of tree to plant, the choice was made to keep with tradition and the intentions of the planters of the first tree. After having as much as possible of the old roots ground away, an "English Walnut" tree has been planted complete with substantial stakes and the original plaque.

By the time this is read, events will no doubt have moved on but at present there has been a fair degree of comment regarding the preparation work and use of the A31 as a Lorry Holding Area for vehicles heading for the docks, should this become necessary. Facilities are being provided for the drivers being held there with their vehicles. In some ways it is good to know that contingency plans are taking place. However, it is a pity that until the last moment there was very little information as to what, where and why this was happening. For all concerned it is helpful to have accurate information as early as possible. As Parish Councillors, we are often in the front line when situations such as this occur and residents quite rightly wish to know what is going on and how it will or may affect them. A letter has been sent to the County Council making this point and also requesting that if these arrangements are active at the time of the Boom Town Festival, all concerned have plans in place to minimise the potential disruption that might occur. It is pleasing to write that a reply has been received, basically agreeing with the points made. As to what will happen, we shall see. Fly tipping is on the increase and has

become a serious problem in the Valley. See the photograph of what was left in Bridget's Lane recently and note this was the second time in the last few months that fly tipping has happened here.



Two things that can be done to help. First if you witness an incident please report it. Either use the fly tipping website or dial III. Take what details you can. If there is a vehicle involved try to record the number discretely. However please be careful and do not put yourself in any danger. Those who commit this sort of crime could be violent. However it is only by such perpetrators getting caught and prosecuted that this sort of crime can be stopped. Secondly, if you are having building work done and waste material taken away, ask the contractor for his waste disposal licence number. This can be checked for authenticity. Also, keep a record of the kind of material being taken away.

Finally on a happier note, a reminder that the Annual Parish Meeting will take place on Thursday 25 April at 7pm in Martyr Worthy Village Hall. Like last year, we will be starting with a talk of interest to the Valley. This year we welcome Charles Winchester who is a South Downs National Park Ranger

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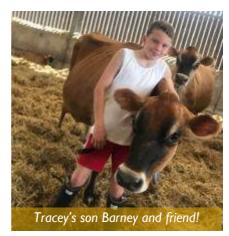
and he will be giving a talk about Dark Skies. Having heard a similar talk on this subject, it is an interesting topic and more relevant to many of us than one might imagine. The official business of the meeting will then follow, which we will try to keep as short as the rules allow and afterwards there will be wine and nibbles, when there is an opportunity to talk more informally with members of your Parish Council. *Patrick Appleby*.

#### **Udderley Brilliant**



The fabulous Jersey herd 'Lakedale' of Avington Manor Farm has just been named Best Jersey Herd in the UK. This local cow collective has also won the national Milk Record 2017/18, highest Jersey herd milk production, and on top of that highest producer of combined kilos of fat and protein – bit of a mouthful.

Sounds dreamy, creamy and what's the secret of its success? Tracey Bunney, owner and breeder says "It's a home grown herd dating back to 1954. A family affair with a small team. All our cows have names and we talk to them every day. It is about how we look after our animals, they are treated as part of our family. Our dedicated team including Mark, Karen, lan and David look after them with love and as a way



of life.

Of particular interest, I thought, in this age of genetically modified crops, is that all the herd's food is grown by Tracey and her team in Avington including grass, lucerne, maize, straw, hay and silage bales.

Tracey is not resting on her laurels and has big plans including breeding to Wagyu and increasing the international presence. There are already 14 Lakedale Avingtontonian Jerseys in Dubai, given as a gift by a Sheikh to his first wife.

Having spent the morning with these



delightful, friendly and extremely pretty creatures I think I would like one for a present as well! All that remains is a taste test but sadly the milk goes off to Arla at the moment. Hey

Tracey, save some for us next time please when you are in the moooooood.

Fi McIntosh

#### Comings and Goings

Sadly we say farewell to the Pinder family from Martyr Worthy Manor who have so generously thrown open their doors to the village on a number of memorable occasions over the past decade. Many will remember the tented lawn for the Queen's Jubilee and the Royal Wedding celebrations, and many in the valley who play boules will have particularly enjoyed matches played on the Manor's immaculate gravel driveway in such a quintessentially English setting. Above all. St Swithun's Church owes Charles and Isobel a great deal of thanks for their steadfast support in so many ways over the years. We wish them all the best in their new life.

Lucinda Ffennell

In Easton, we welcome Helen and Nigel Sykes to Honeywell Cottage. They have moved here from Lincolnshire. Judith Mezger

#### Ten Years on the Itchen



The one kilometre River Itchen at Martyr Worthy is a very special place. It is a wildlife haven for many species of flora and

fauna and I was privileged to be given access by Simon Ffennell to film the wild brown trout spawning in January and February 2008. My two month project lasted ten years.

Water, whether river, lake or sea, has



the power to capture one's interest and imagination. It is a totally different ecosystem to

the land around with its own unique wildlife.

History surrounds us in the form of old water meadows that, until the 1920s or so, were still in operation. A thin layer of river water was used to provide nutrients and warmth for the grass allowing sheep to graze earlier in the year. It also provided extra crops of hay. Sadly,

there are no contemporary accounts as to when the water meadows came into existence at



Martyr Worthy, nor of their construction, management or the skilled workers involved.

In 2008, I never set out to spend every day on the river, it just happened. Since then I have observed and recorded everything that caught my attention or that was of interest. It was easy to look out of the window and assume that one day was just like the day before, yet in the natural world it is never the case. There is always something new or different. It was also important to go out in driving, 'stair-rod' rain to



experience what the wildlife experienced. It was in those conditions that I filmed



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an otter for the first time.

Otters are resident these days. I filmed a family with two cubs for a year. People often say, 'I have never seen an otter, where can I see one?' My answer is simple, 'Go and stand on Martyr Worthy bridge at 6.30-7a.m. and watch for half an hour. Repeat until successful.'

Over 70 species of bird frequent this part of the river, including a visiting black swan. A wide variety of insects and plants populates the banks. The majority of plants have herbal qualities; the riverbank is a veritable medicine chest. The horsetail inspired a mathematician in the 1500s to create logarithms. As a schoolboy, I wish he had stayed at home.



Tracking Simon's relentless day -by-day riverkeeping and river engineering activities

throughout the year gave me a detailed insight into what it takes to conserve this Site of Special Scientific Interest, a truly wild and special place. It is easy to look at the river but harder to observe it. Observation

takes time. There is a rhythm and routine to nature that needs to be experienced. Animals and insects have their routines and cycles that cannot be appreciated in a single glance.

There are surprising associations and links to the past. The skeletons of planktonic algae laid down 142 to 65 million years ago, now as chalk provide calcium rich water, required by snails to form their shells. Glowworms only prey on snails.

Inspiration also comes in landscapes, patterns, shapes and reflections that provide rich material for the artist, poet and storyteller. It is through art and imagination that young people can be introduced to, and learn about, the natural world with a sense of fun.

Ten years in the life of a river is no more than a 'glimpse', even thirty years is a short space of time in its history. As Alfred Lord Tennyson wrote in his poem *The Brook*, 'For men may come and men may go, but I go on for ever'. *George Mann* 

Note from Editors: George's record of the river is available in a Hardback full colour book with over 1500 illustrations. It costs £35 plus postage and can be purchased by emailing georgemann@gmp.co.uk or calling 01962 779944. More photographs and a synopsis can be seen at www.riveritchen.co.uk.

#### Tiddler Joke of the Month



Q: What do you call a skeleton who can't get out of bed in the morning?

A. "Lazy Bones"! Ellie Beresford, aged 5 years

#### From Our MP



When I look back, one of my achievements as our country's Public Health Minister will I hope be a significant increase in the

number of women attending their cervical screening appointments.

You may think this is a minor issue – especially given other events taking place – but it matters to us all. Around 2,600 women are diagnosed with cervical cancer in England each year, and almost 700 will die from the disease. We estimate

that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented so that's my aim.

New research from Public Health England (PHE) shows that screening rates are at a 20 year low, with 1 in 4

eligible women (those aged 25 to 64) in the UK not attending their test. So, working with my team at PHE, I am spearheading the effort that will encourage women to respond to their invitation and if they missed their last screening, to book an appointment at their GP practice or at the very least discuss it with them.

The new campaign provides practical information about how to make the test more comfortable, and gives reassurance to women, who may be fearful of finding out they have cancer, that cervical screening is not a test for cancer but for abnormal cells or the HPV virus allowing for preventative

action to be taken.

I believe it is a tragedy that women are needlessly dying of cancer when a simple test can identify any risks early on. We hope this new campaign - the first of its kind in this country - will save lives and I am very proud to be leading this on behalf of the Government. Regular screening, which only takes a few minutes, can help stop cervical cancer before it starts. Improving the detection and diagnosis of cancer is a core part of our Long Term Plan for the NHS and will be a cornerstone of the major Prevention Green Paper 'Prevention is Better Than Cure' I am currently writing. It is all backed by record increases in NHS

funding.

My hope is to see a future generation free of cervical cancer but we will only achieve our vision if women take up their screening invitations. This is a simple test which takes just five

minutes and could save your life. It's just not worth ignoring.

The campaign is also being supported by charities, including Jo's Cervical Cancer Trust. Activity includes new advertising on TV and other channels, together with the cascade of information through GP surgeries and pharmacies.

Finally, you can find more of my work, including my reaction to the latest Brexit developments, via my website at www.stevebrine.com but please 'like' my Page at www.fb.com/SteveBrineMP for instant updates.

Steve Brine

Steve Brine talking to Rob Music of

lo's Trust.

MP for Winchester & Itchen Valley



#### **Itchen Valley Churches**

Sunday 7th April

8am BCP Holy Communion St Swithun's, Martyr Worthy

10am All Age Worship St Mary's, Easton

Sunday 14th April

10am Palm Sunday Communion St John's, Itchen Abbas 6pm Evensong St Swithun's, Martyr Worthy

Monday 15th, Tuesday 16th & Wednesday 17th April

7pm Compline St Swithun's Martyr Worthy

Thursday 18th April

7pm Maundy Thursday St Mary's Avington

Friday 19th April

10am Way of the Cross St Swithun's Martyr Worthy
2pm Last Hour St John's Itchen Abbas

Sunday 21st April

10am Easter Family Communion St John's Itchen Abbas 6pm Evensong St Mary's Avington

Sunday 28th April

10am Parish Communion St Swithun's Martyr Worthy

6pm Evensong St Mary's Avington

Rector

Revd Alex Pease rector@itchenvalleychurches.org

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Days: Sun, Mon, Tues & Weds.

LLM

Mr Gerry Stacey gstacey@easynet.co.uk 07554 438973 Churchwardens
Robin Greenwood 779540
Andrew Impey 779645
Vanessa Rosewell 841182
Tony Gaster 779110

Parish Administrator

admin@itchenvalleychurches.org

Mon-Fri, 9am - 1pm (term time)

Beccy Clark

01962 779845

Nick Owen 779162

www.itchenvalleychurches.org

# Coffee Morning & much, much more

Wednesday 22nd May 9am - 12pm

#### St John's Church, Itchen Abbas

All money going to Children with Cancer
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&4 includes a cup of coffee and a piece of cake
Amazing prizes to be won!
Plus..Cake stalls, home produce

More information please contact: Claire123weston@hotmail.com



#### Reflections

Thank you so much to Camilla Mortimer in Martyr Worthy for sharing this photograph with us. It was taken in the middle of February as Camilla walked across the field at Cowdown following heavy rain and rainbows.



We always love receiving contributions from our readers. Please email us at itchenvalleynews@gmail.com. The Itchen Valley News Editorial Team

#### From our City Councillors



If you have any comments or questions on the content of this report, please do not hesitate to get in touch. And of course, on any matter relating to WCC

responsibilities where I will help. An update on running 5k. I've done it and am also doing Winchester Parkrun on Saturdays with 400+ other runners! By mid-March I've been running 8k a couple of times a week. Believe me, running continuously for 90 seconds in Week I of Couch to 5k was difficult but the encouraging words through the downloadable App means I've kept going. Some days it's really tough, and others I still have energy to further. Why don't you amaze yourself? Alresford & Itchen Valley have a wealth of opportunities for exercise and activity, whatever your age. There are also GP referral classes for those with long term heart and lung conditions, and stroke recovery, held at River Park. You can ask your GP to refer you if you find one which suits your condition. Any activity can provide great opportunities to build friendships and make the time pass quickly (and healthily).

#### **Waste Collection**

Winchester City Council collects household waste and Hampshire County Council disposes of it. You can put clean plastic bottles (all types), empty aerosols, paper, cardboard (sadly no greasy pizza boxes), aluminium cans and tins loosely into your green recycling bin.

Currently the recycling of plastics in Hampshire is limited to plastic bottles. At present complex plastic packaging such as pots, tubs, trays go into the residual (grey) waste bin to produce electricity. Everything in your grey bin goes to creating electricity - any metals and glass are recovered from the process are then recycled. None of the Hampshire recyclables are sent to China and Hampshire has one of the lowest UK landfill rates. Hampshire County Council invested in its recycling plant in the early 1990s. Although considered advanced in their day, these facilities are now limited by the quantity and range of materials they can process. Hampshire County Council is now planning to build a "super" recycling plant able to sort and process a much wider range of plastics including the complex Tetra-Pak range. Winchester City Council will be introducing a doorstep glass collection service this year at no extra cost to residents. Every household will receive its own glass collection box and details of the collection calendar over the coming months. The Council will also be costing options to collect and recycle food waste, textiles and small electrical items as part of their new collection contract commencing in

Further information visit https://www.hants.gov.uk/wasteandrecycling/recycleforhampshire

October 2020.

New Leisure Centre: Wilmott Dixon, our construction company, will start to be on the site from I March 2019. Due to open early 2021. To take a look around the new centre, go to http://bit.ly/WinchSportCentre

Station Approach: outline planning application due for submission March 2019.

**Taxi licensing:** we are working closely with taxi companies to improve the service, safety, environmental impact and security for all passengers in the Winchester District.

Changes to bus timetables and **services:** See page 40 of the Itchen Valley News.

is not collected please leave it out. If

Cllr Lisa Griffiths



Cllr Margot Power

You will be aware that there has been trouble with bin and garden waste collections recently because the trucks have been breaking down. If your bin

after three working days it has still not been collected, report it to customerservice@winchester.gov.uk or 0300 300 0013. Due to a combination of breakdowns and snow, some of us had no green waste collection for 6 weeks. For those of us doing a last-minute hedge cut before the nesting season started, that was tiresome. Officers are working with Biffa to improve reliability. River quality continues to be a concern. Those of you on private drainage are no doubt on environmentally friendly products. I am working to persuade the Co-op to carry a larger range of low/no phosphate cleaners so as to ensure that those of us further upstream have the choice of buying these locally, and without putting yet more delivery vehicles on the road.

Feedback on the doorstep is that although you're pleased to see us, surely, it's too soon? Local elections come around every year; three years running they are for Winchester

Council, and every fourth year for Hampshire County Council. In one way this is good, we walk the streets of our ward, which stretches from Bishops Sutton to Martyr Worthy, and from Swarraton to Orrs Meadow, each year and there is nothing quite so good as walking for seeing what is not working. In another way of course it costs a lot of money, about £110,000 for each Winchester election. My next Councillor Surgery is 5 April, 9.30 - 10.45am at Alresford Community Centre, by kind permission of the Trustees. Cllr Margot Power

#### Jackie's County Corner



Thank you if you took part in the Village Clean Up in March. It is very satisfying to clear an area of litter - but so depressing to see the number of cans and sweet wrappers collected. If you'd like to do more, there are some good ideas for local campaigns on www.KeepBritainTidy.org

Many of you want to see more items recycled, less contamination and less items going into your black bins. There is a Government Consultation on how this might be done, and how the process could be standardised across the country. It's quite a long questionnaire - but easy to access, taking you through 20 points for discussion with many open boxes. Can I ask you to comment please? Deadline 13 May

https://consult.defra.gov.uk/ environmental-quality/consultation-on-consistency-in-household-and-busin/ consultation/

You will have seen the press regarding the A31 management to allow 300 HGV's to park there in case of BREXIT issues at Portsmouth. Showers, toilets and crossing facilities have been put in place; all this may still be there as you read this - or the whole matter might have been resolved. Either way, it is being funded from HCC Council tax as part of the national resilience works. They say that 'every cloud has a silver lining': I hope that the changes will allow A31 resurfacing work to be done in the future without overnight closures. For concerned nature lovers, the topsoil rich in cowslips is safely stored for use elsewhere. You can see more on my website

Primary schools places are allocated and sent to parents this month. Can I give a reminder that children under statutory school age living more than two miles from any school will not be automatically eligible for transport this year for the first time? If you have any problems with either issue, please let me know.

www.jackieporter.co.uk (search A31).

Road closures to install electricity etc. Please be aware that applications to 'open the road' (i.e. dig it open - and thereby close it to vehicles) are dealt with via a Government portal now so there is very little time leeway. Applications usually have to be made 3 months in advance of need, so if you need this

service (for developments etc), please think ahead! https://
www.nidirect.gov.uk/publications/
application-consent-carry-outexcavations-or-break-surface-road
I am pleased to report that

Hampshire County Council has given a second grant of £450,000 to Winchester Hospice, so the works can be put out to tender. I'm sure you'll agree this is a good use of public money. The Hospice will include "Hospice at Home" services.

Returning to waste: there is a proposal to build an incinerator/ energy from waste plant for industrial waste at Barton Stacey.

As a National Infrastructure Project, it will be managed by the Government Planning Inspectorate, but HCC will be a consultee. I understand the application will be made late 2019/early 2020. Four county divisions are affected and I am hoping that we will be able to work cross party on a response.

See more at https://
infrastructure.planninginspectorate.gov.
uk/projects/south-east/wheelabratorharewood-waste-to-energy-facility/
Cllr Jackie Porter, 01962 791054, 07973
696 085, Jackie.porter@hants.gov.uk,
www.jackieporter.co.uk

#### Itchen Insight

Name: Jonathan Chapman

**Age:** 35

Occupation: Artist & Illustrator Years lived in Valley: 3, in Martyr

Worthy

Your life in 180 characters: Studied Fine Art at Newcastle Uni before completing an MA at WSA. I now work as a freelance illustrator from my garden studio painting images of busy

cities and rolling landscapes.

Champagne Moment: Being given my first solo



exhibition by a small gallery in London when I was only 23.

**Surprising Snippet:** I'm a trained mixologist (you'll always find me in the kitchen at parties).

**Passion:** Animation and graphic novels, I love discovering how images can be brought to life and tell stories in surprising new ways.

**Favourite place in Hampshire:** The viewpoint on St Giles Hill in Winchester, a wonderful perspective of the city and a view I've painted many times.

**Best thing about the Valley:** The relative peace and tranquility, without being cut off from the world.

Worst thing about the Valley: Still having to explain to overseas clients where Winchester is on the map!

Favourite Book: Ways of Seeing by

**Favourite Book:** Ways of Seeing by John Berger

**Favourite quote:** "If you could say it in words there would be no reason to paint" - Edward Hopper

#### The Practical Gardener

So I wonder, are you sowing and planting or just going to Tesco? Now there is a comparison. There was a wine from my younger days called Blue Nun, bet nobody would drink that today, it tasted awful. So get those taste buds working for your own real vegetables!

Peas and broad beans are in, onion sets planted and the first seed potatoes. You have to laugh about chitting. I broke my own rules and planted main crop on I March because they had self-chitted in the bag still in the box. There's a town

in Bangladesh named after this process. Whatever, everything is under fleece and will be fine for some



weeks, even if there is frost. And nothing to do for 2 months – big bonus!

Beans and peas all need support so I hope my photos shows what can be done. It's really simple. I also grow bamboo and have now a constant supply of new canes, another saving.



Growing annuals can

be a pain as the little plants need to be "potted on" or rather put into larger trays. Pictured in



the greenhouse are my antirrhinums (can't spell that without looking it up). They are a fiddle and quite delicate. I sift all the compost before using because of all the bits.

The pruning season is really over, except for plum trees (so I am told).

However I find April is a good time when frost free to inspect roses and ensure the winter pruning was done well. Experience seems to suggest you can really cut hard back if a particular shape is required.

I've heard a lot about lawns recently. I have also talked to people (the "experts") who seem to know their stuff. The dreaded chafer bugs have been a real problem. There are no chemical treatments, only nematodes. But the advice is to keep the lawn heathy by killing the weeds and fertilising. I've had some of my lawn scarified and had 40 bags of material removed to put somewhere. There's a challenge I wasn't expecting. But this material must be recycled and not taken away.



Now spring is really here, we can enjoy all the many plants and shrubs in flower. My most prolific clematis (Armandii) is pictured. Being evergreen, it provides interest all year and grows really well. The other joy is Anemone Blanda, which is a tiny plant with purple flowers that open in the sun. It spreads well and needs no care at all.

By the way, I am no expert, I only share experiences. Happy Gardening! *Tony Gaster* 

# Itchen Valley Entrepreneurs - Waxing Lyrical



This month we talk to Caroline Kirkman and Leigh McQueen, founders of 'Carolleigh', an Itchen Abbas based company offering environmentally friendly products including an alternative to clingfilm.

### What prompted you to start the business?

Did you know that in Britain more than 1.2 billion metres of cling film is used every year?

That is enough to go around the circumference of the world 30 times!! Cling film is completely non degradable and leaches its chemicals into the environment for years affecting wildlife and soil, in many cases entering the



food chain.
Some
believe that
some plastic
wrap is
toxic when
in contact
with food
due to
industrial
chemicals
(BPAs).
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is calling for a ban on all BPAs but in some cases BPAs are being replaced with other, unresearched chemicals . It was statistics like that made us want to change our everyday household habits. We got together and made some waxed cloths for our own use and several friends asked us to make cloths for them and offered to pay!

We are very much in our infancy and a "cottage industry" but so many locals

were interested that we decided to set up a folksy (a UK equivalent of Etsy)



shop. We are keen to sell locally produced products to local people. Our website will be up and running this month where you'll also be able to purchase washable make up wipes and soaps.

## How effective are wax cloths compared to clingfilm?



We've experimented with food in the fridge and the life of cut produce (for example cucumbers, lemons,

cabbage, lettuce, peppers etc) has been extended significantly in our experience as compared to wrapping in cling film. Beeswax naturally has antibacterial and antifungal properties and is non toxic if ingested.

Leigh has discovered that using a waxed cloth to cover proving bread has really good results! The feedback we've had has all been positive.

They take a bit of getting used to as it's a different technique to stretching plastic over food. You need to use the warmth of your hands to shape the cloth to the bowl or around the food. Rinsing them with warm soapy water makes them easy to clean and reuse again and again. They can also be revitalised with a few minutes in a warm oven or by being ironed between sheets of grease proof paper, and at the end of their lives they can go on the compost heap.

#### How is the Business going so far?



We have deliberately taken it slowly to fit in with our busy lives, so are happy with the gradual

increase in sales. We both enjoy the process of making cloths together (although Leigh won't let me, Caroline, have a tipple while we are doing it!) We want the cloths to be attractive and fun so we enjoy choosing fabrics that reflect this. Our current range includes cactus, London, and fox themed packs along with tractors, Marvel and apple sandwich wraps. We hope to continue having fun changing the range every so often.

The size of the cloths was an interesting challenge - we wanted to produce cloths that reflected what people wanted to wrap and cover. Our packs include a large (35x35cm), medium (25x25cm) and 2 small (15x15cm) cloths which is perfect for covering a bowl, wrapping food (cheese, cabbage) or covering a plate and wrapping cucumber or lemons etc. But we both use large platters for food so we have produced extra large (45x45cm) wraps and platter

(35x55cm) sized wraps. The sandwich wraps are 45x45cm which easily wraps 2 standard sandwiches or rolls.

One of the main challenges currently is the legislation surrounding soaps - it's important to make sure products are safe!

#### How can people buy your cloths?

You can either message us on Caroline@carolleigh.co.uk, via our folksy shop at https://folksy.com/shops/Carolleigh through Facebook and Instagram - just search for Carolleigh. Or call Caroline on 01962 779121 Caroline Kirkman was talking to Lucy Wolfe

# Local Government Reorganisation

It has probably escaped the notice of most people, with all the Brexit news, that government decided last year to have a whole new organisation. "Give power back to the people" was the slogan used by the minister. It does directly affect us as the power and authority of Parish Councils is set to change in May. Sweeping new powers will be given, which should at least help to keep our villages clean.

My understanding is that the new budget for the Itchen Valley is likely to be between £10 and £20 million. The council is already looking for premises and under new compulsory purchase powers have eyes on a large new property in Itchen Abbas. "Just the



right quality of building" one councillor was heard to say. And of course, in keeping with the new council, there will be a mayor of the Valley, something that past chairmen have joked about, not dreaming it might soon be reality.

Then the mayor will need a car in keeping with the elevated status. So a councillor was delegated to go to the Geneva motor show and was seen looking at new models, one such is pictured.



The new powers, which are being devolved, will not affect education or policing but certainly planning and environmental issues will be part of the new remit. It is understood the council doesn't like the sight of bins everywhere, so householders will be made to find suitable means to cover these so they are kept out of view. There will be a series of new recycling bins in addition to the glass recycling mentioned by the City Council. All metals will have to be separated into ferrous and non-ferrous, likewise plastics into different polymers. A simple 40 page booklet has been prepared to help householders. It's been a bit delayed because as we are still in the EU, it has to be translated into 20 languages.

The local river is of particular interest for environmental reasons, so a raft of new measures has been floated.

Councillors will. of course, have special rights for fishing. The height of weed has come under close scrutiny. Rather

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Brew with a View	Wed	3 - 5 pm		Ina	01962 779465
Dionne Yoga	Tue 8.1.	5 pm; Fri	10.15,11.30 am	n Dionne	07961 888676
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393
Yoga for men	Wed	8 - 10 pm	1	Alex	07814 678155
NCT Yoga	Wed Wed	10.30 am 6 pm Pr	Mother Baby egnancy	/ Janet	07973 855107
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than go with the flow, regulations will cover the depth of water at strategic points and is

seen in the picture being measured. Traffic management will come in a later phase. Rather than freeze out visitors, a new more fluid system will, it is hoped, stop drivers getting steamed-up.



Yellow lines will be introduced to stop parking in silly places and permits will be issued. Forms will be available soon on the new web site.

Speed is also a matter of direct concern, though over time some councillors have distanced themselves from some of these controls.

These changes will come at a cost, and the expected new rate will be somewhere between £200 and £700 for each property. A vice-chairman was reported to have said this was "damn good value for money". Times are certainly changing.

Loof Lirpa

#### For the Love of..... Feet!

In our popular strand focusing on people and their passions, Easton resident, Emma Mitchell talks about her fondness of feet! Leonardo da Vinci described the feet as "masterpieces of engineering" and indeed they are. Each foot has 26 bones, 30 joints and many muscles, tendons and ligaments making it



flexible, elastic and resilient, able to support our weight, keep us balanced and propel us along. The joints in the foot are constantly making micro adjustments as we walk or

stand. There are three arches, which provide spring and suspension and lift for the frame of the whole body. The plantar fascia is a web of muscles and tendons, which spans the sole, attaching the roots of all five toes to the Achilles tendon makes a robust sling holding the body upright and stable.

Wearing unsupportive shoes or not stretching and properly exercising our feet causes the bones of the feet and surrounding tissues to collapse or stiffen up. It is like driving a vehicle with broken suspension and flat tyres, giving no shock absorption. I would hazard a guess that many people give more regular attention and love to their car than to their precious feet!

Our feet are our connection with the ground and thereby enable us to draw energy and negative ions up from the earth boosting biochemical activity in the body, amplifying levels of serotonin, increasing happiness and reducing stress.



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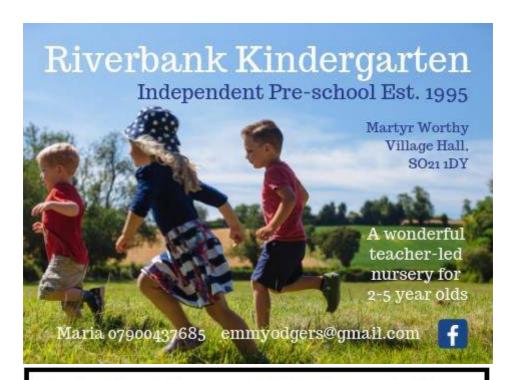
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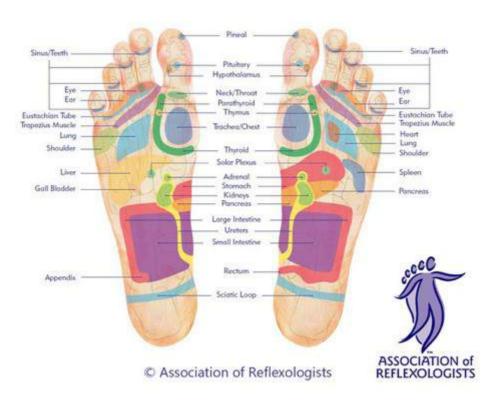
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grounding ourselves, regulating the nervous system, increasing circulation and improving respiration.

There are many rituals involving the feet. At South Indian weddings the mother of the bride welcomes every guest by washing their feet, ritually cleansing the relationship between the two families. In Biblical times Christians would wash the feet of visitors and lesus showed his modesty and servitude by washing the feet of his disciples. Yoga devotees who touch their guru's feet are symbolically connecting with the lineage of wisdom, which has passed down from teacher to teacher. The Reclining Buddha's feet are embellished with 108 symbols. Pictures found on the walls of Egyptian tombs show foot massage being given

and feet annotated with hieroglyphics. The ancient eastern art of foot massage and modern Reflexology both work on the principle that there are about 70.000 nerve endings in the feet and these can be stimulated to balance our health and vitality. Maps of the feet are constantly evolving to show more and more links between Reflex points on the feet and our organs, nerves, muscles and glands. Now with modern scientific testing parts of the brain can be shown to 'light up' as relevant foot Reflexes are stimulated by a Reflexologist. I always start a Reflexology treatment with a thorough foot massage to tone the muscles, stretch the ligaments and tendons, increase circulation, shift



stagnation and oil the joints. You will feel stress melt away as your parasympathetic nervous system takes over, enabling all your body cells to relax, respire and regenerate. I then methodically stimulate all your reflex

points, which is thought to activate homeostasis, your body's own healing mechanism, and balance your vital energy. Reflexology will help you relax, aid sleep and reduce discomfort while improving your sense of wellbeing and enjoyment of life.

Emma Mitchell

Eds - You can find more about Emma and the Reflexology she offers at www.emmamitchellreflexology.co. uk

#### From the Rectory



A Lenten Allegory

Boxer J (I won't give his name for legal reasons) will step into the spotlight today to confront his

greatest opponent yet, an accusation that he has received a potentially positive test for the HIV virus that causes AIDS.

The heavyweight is expected to have received the results of an HIV test\*, demanded by the authorities following media speculation surrounding his lifestyle being incompatible with 'The Noble Art'. Boxer J has himself scheduled today's news conference, in order to counter this claim and share his story.

The account his long-time trainer tells

is one of temptation and indulgence. Despite an Olympic bronze, Boxer J's early professional career was fraught with difficulty. His promoter constantly set him in the wrong match, and although he won most of his early bouts, the poor standard of opponents meant his reputation failed to grow and his purses remained small. His future was considered so unlikely that he was only offered bouts against better men so long as he threw the fight. Although almost destitute, J refused, insisting "a man's reputation is more important than bread".

Refusing to give in to temptation, his career slowly advanced and his reputation grew. He became national champion easily, but as he progressed further he encountered better opposition and found each bout more and more difficult. This was when he was approached with drugs. 'Everyone takes them', he was told, 'You aren't good enough to get further without them', even 'You need them for people to really see your power'. Again, despite the temptation, he refused to allow them to put him to the test and yet eventually became world champion. Suddenly he finds himself in the limelight and with star status, surrounded by celebrity, fast cars, women, drugs and all manner of temptations. He also encounters the power of social media. Although he tried to search out remote locations to keep away from the nightlife while training for bouts, he found himself engulfed in 'fake news'.

While he continued to be successful in his boxing and eventually built up a considerable fan base, especially amongst the poor and disadvantaged, he was persistently hounded by the media with accusations of drinking and womanising. Eventually, following his



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refusal to take an HIV test, he was suspended from boxing and threatened with arrest and trial for the frequent drug use social media claimed he indulged in.

At the news conference he will declare he is innocent of all accusations.

When he will fight again we don't know, but we can say that his followers will continue to adore him for his steadfast determination to resist all temptation, to display his love for all and to forgive those who have persecuted him.

\*In any fight sanctioned by the WBF a boxer must provide an acceptable negative HIV test and an acceptable negative HBC test dated within THIRTY (30) days of the fight. (extract of WBF website March 2019).

Gerry Stacey

# Out of the mouths of Babes..

During a visit to the Gurkha Museum in Winchester, a grandmother



was overheard trying to explain to her young grandson, exactly why the soldiers positioned in a trench, were trying to stop the soldiers on the other side of the river, from crossing the river, after the bridge had been burnt down.

Her young grandson listened intently and responded "But Granny, why couldn't they have just sorted it out with a game of Rock, Paper Scissors?". Verity Coleman

Editors: If you have any other 'gems' from old or young — do let us know!





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#### Local monthly information

#### Waste collections in April

Black bins and green bags on Friday 12, and Saturday 27 April. Green bins on Friday 5 and 19 April.

#### Cameo

On Tuesday 23 April.

Farmers Market in Winchester

Sunday 14 and 28 April.

Parish Council Full Meeting

Thursday 4 April IA&A village hall

**67 Bus** operated by Stagecoach.

School term timetable operates 1 - 5 and 23 - 30 April.

Mondays and Thursdays to Winchester: 07:53 09:23 13:53 16:23 17:23

Tuesdays, Wednesdays and Fridays to Winchester:

07:53 09:23 11:53 13:53 16:23 17:23 Mondays and Thursdays to Alresford: 11:49 15:19 17:11 18:09 Tuesdays, Wednesdays and Fridays to Alresford:

09:49 11:49 13:19 15:19 17:11 18:09

**School holiday timetable** operates 8 - 19 April

Mondays and Thursdays to Winchester: 07:53 09:23 13:53 17:23

Tuesdays, Wednesdays and Fridays to Winchester:

07:53 09:23 11:53 13:53 15:23 17:23 Mondays and Thursdays to Alresford: 11:49 15:19 17:11 18:09

Tuesdays, Wednesdays and Fridays to Alresford:

09:49 11:49 13:19 15:19 17:11 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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