

ITCHEN Valley News

Issue 76 April 2020

For Avington, Easton, Itchen Abbas and Martyr Worthy



COVID-19: We are still here to help



Emotional First Aid

Effective, immediate professional support by video call

In these difficult times you may need help to manage anxiety, stress, loneliness, sadness, relationship issues...

Call or text 07507 995 498

Book an appointment: www.littlerose.uk

Tunde Hordas - Wellbeing Therapist

BA Complementary Therapy

Mark Purvis - Life Coach, Psychotherapist

MSc Human Development, Clinical Psychology



ITCHEN
MOTOR Co.

LONDON ROAD, KINGSWORTHY
WINCHESTER, SO23 7QN

MOT
SERVICING
REPAIRS
TYRES & TRACKING
EXHAUSTS
BATTERIES
AIR CONDITIONING
DIAGNOSTICS



Telephone
01962 884 664



ALL TYPES OF FENCE & GATES

Michael & Anthony

07780 446 870

07714 644 004

02381 226 551

mandafencing@gmail.com

www.mandafencing.com

Men do yoga too!

Stiff? Stressed? Exhausted?
In need of change?



Discover Yoga for improved
flexibility, health and well being.



New terms of classes starting in Hatha,
Vinyasa and Anahata Yoga. Classes suitable
for Beginners and Improvers.

Men only and new mixed classes.

All at Easton Village Hall.

Call to book a place:

Alex Mitchell 07814 678155

mendoyogatoos.co.uk



WELCOME to the **Valley News**

As we sit down to write this, there are some immediate obstacles. Firstly we are not even in the same house as one of us is isolating and secondly, given the situation, we have the added pressure that more people than usual may actually pick up and read the magazine this month. How fortunate then, that our regular proof reader (Lucy's 86 year old father) has popped over from Dorset ahead of his imminent pensioner isolation, to cast his meticulous eye (the one that's not glass!) over our terrible punctuation, grammar and spelling.

Uncertain times may lock us down but nothing can suppress the community spirit that is evident in all corners of our Valley. The inbox has been inundated with offers of help and support. The Eds are loving Sarah Freethy's Easter craft idea (P25) to brighten our front doors.

If anything, the virus has merely strengthened the resolve of many to 'keep calm and carry on', albeit in a very different way. On that note, while the What's On section is up to date as we go to press, we cannot guarantee that these events will go ahead. There are many going to great lengths, whether it's food and drink delivery services from your local pubs and shops, online yoga classes or just ideas of how we can support each other. Only this morning, Lucy's ten year old daughter, Charlie, suggested that she could set up a 'Charlie chat-line' for those wanting a bit of company on the telephone. It's debatable whether such an initiative would brighten your day or make you

appreciate the ensuing peace and quiet.

Hopefully our April issue provides pages of escapism and some ideas of what you can do in the confines of your home and garden. From books to read and exercises to do at home, we also note that fresh air is vital too. So how about flexing those green fingers and getting a head start preparing for the Itchen Valley Flower and Produce Festival. Also, let's try and look forward to the other side and those regular valley activities enjoyed by so many. See news on the Itchen Valley Boules league (P39) and our Save the Date column (P10).

In the meantime, Keep safe all. Next month's editor is Charlotte Appleby *Lucy and Fi*

Itchen Valley News

Chief Editor	Vernon Tottle
Editors	Charlotte Appleby, Verity Coleman, Tony Gaster, Fiona McIntosh, Lucy Wolfe
Advertising	Jenny Sloan
Distribution	Lyn Jones IA&A 07899 922221 Gilly Greenwood E&MW 779540
Treasurer	Henry Labram

For editorial enquiries, articles, letters or comments, please email:
itchenvalleynews@gmail.com.

For advertising enquiries, please email:
itchenvalleyadvertising@gmail.com

Postal address: Itchen Valley News, Hazeldene, Northington Road, Itchen Abbas, SO21 1BE

Please send all contributions for May 2020 by Wednesday 15 April. 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 Helena Martin, other photos from various contributors.

What's On

Martyr Worthy Plant Sale STOP PRESS – alternative arrangements

It is obvious that the Sale planned for 18 April cannot go forward in the usual way. We realise that even our newly formulated "Plan B" may not be possible (see advert on page 42), so we ask everybody to refer to www.martyrworthplantsale.org for absolutely up to date information. We will also be posting information on the Itchen List.

The situation and government restrictions are constantly changing and therefore we cannot say exactly what, if anything, will happen to enable our wonderful plants to find new garden homes but we are ever optimistic.

Pauline Tovell

Sunday 26 April 2 - 5pm Worthy Park Tennis Club Open Afternoon



Enjoy playing Tennis?
Always wanted to learn?
Used to play and would
love to return to it?

Our new season sparks into life on Sunday 26 April at 1pm with our Open Day BBQ lunch (weather and virus permitting!).

From 2pm - 5pm we will be holding FREE sessions with a variety of options.

Choices range from children's tennis, cardio tennis, adult sessions and free play.

No experience or rackets required. Our coach and members are available to just chat if you prefer.

Visit www.worthyparktennis.com for more details on current sessions,

members benefits and a link to book onto our Open Day. We are also on Facebook!

We are a friendly club and we look forward to meeting you all on Sunday 26 April.

*WPTC Committee, Rachel Magory,
07501 016217*

www.worthyparktennis.com

Thursday 7 May 2020 Winchester GoLD Garden and Crafts Fair,

10am to 4pm Upper Farm, Down Farm Lane, Headbourne Worthy SO23 7LA
Entrance £5. Hillier Gardening expert Bob McQueen, experienced with over 30 gold award winning Chelsea Flower Shows, answering all your gardening queries. Creative Flora expert florist Louise Bradshaw offering two seasonal flower workshop demonstrations at 11am and 2pm. Workshop tickets at £20 available in advance, numbers are limited. Tickets include one workshop, entrance and lunch in the GoLD Café Marquee.

Stalls for 2020 include plants, garden products, local crafts, homeware, produce and gifts

Contact Ros Francis on 07868 132250 or ros.francis@hotmail.co.uk

Valley Happenings

Martyr Worthy Coffee and Cake

Friends and neighbours gathered



together for tea and cake to thank the St Swithun's Church flower and cleaning volunteers.

Walkies in the Sunshine

More than 40 keen walkers, with and without dogs, took part in Home-Start's annual Dog Walk to raise funds for the family support charity. Two walks departed - one long and one short - striding through the glorious countryside around Itchen Abbas and walkers were welcomed back to Itchen Abbas Village Hall to mugs of hot soup, a plentiful ploughman's lunch and chocolate fudge brownies.

The walk began immediately after a downpour. And a hail storm followed at lunchtime but in between the sun shone and the countryside looked at its best. Charity Chairman Liz Cooper thanked the soup makers and helpers, paying special thanks to walk sponsors Gay Dog Boarding Kennels for their continued support. "This is always



such a fun day and we've never had to cancel a walk yet because of the weather - you're such a healthy bunch and you are never phased by the conditions."

Walk sponsors Mel and Paul Bliss, son Daniel and their Labrador Nina enjoyed the walk too, said Mel. "We feel rather honoured to support such a community based and meaningful initiative and are very happy to be sponsoring Home-Start again." Gay



Happy "Home-Start" Walkers and their canine companions



AVINGTON PARK FARM COTTAGES



5* Self Catering

www.avingtonholidays.co.uk



AVINGTON PARK GOLF COURSE



Your Local 9 Holes

www.avingtongolf.co.uk

01962 77 99 55



Open
Afternoon
FEBRUARY 7TH 2020


 PRINCE'S MEAD

Admissions 2020-2021

Proud to be part of the Itchen Valley Community

AN INDEPENDENT CO-EDUCATIONAL SCHOOL FOR CHILDREN AGED 3-11 YEARS

Prince's Mead School, Worthy Park House, Kings Worthy, Winchester, Hampshire, SO21 1AN

01962 888000 registrar@princesmeadschool.org.uk @princesmeadschool

WINCHESTER WOOD FLOORS



**BEAUTIFUL NEW WOOD FLOORS ~ EXPERT FLOOR SANDING AND RESTORATION
BESPOKE CABINETRY**

w: winchesterwoodfloors.co.uk t: 01962 733016 e: info@winchesterwoodfloors.co.uk

Winchester Wood Floors Ltd, 3 Vernal Cottages, Spring Gardens, Alresford, SO24 9QB



Dog Boarding Kennels based at Bradley near Alresford is about to embark on a huge construction project to replace the kennels and cattery that opened in 1961.

Home-Start is a community network of trained volunteers helping families with young children through challenging times. The Winchester group is one of over 200 schemes within a national network.

Sue Gentry

Easton WI

Jill Daniels gave us a magical mystery tour around Winchester at our March meeting, highlighting interesting facts of our beautiful city. She suggested that when visiting new towns, we should look up – as in the High Street above Lloyds Bank, the black clock was presented to the city after a royal visit in 1713. Originally fired by gas, the curfew bell still rings at 8pm every night. Just behind the clock is a niche with a statue of Queen Anne. Looking up at the corner of Southgate Street, there is a replica of the Black Swan carving which was situated on the original Black Swan Hotel and is where Arthur Conan Doyle stayed while researching his book 'The Adventure of the Copper Beeches' in 1892.

The Westgate, built in the 12th century, is one of the two surviving fortified gateways into Winchester and was still

in use until 1959. The statue of Alfred the Great, King of Wessex, welcomes visitors to the town. He made sure England had enough ships to fight the Vikings and gave peace at the time. The statue was sculpted by Hamo Thorneycroft, cast in bronze, and it was erected in 1899. The Cathedral was built under the instruction of William the Conqueror, the font being imported from Belgium in the 12th century depicting the story of St Nicholas.

Dating back to the 15th century the Buttercross was where locals came to sell their produce and in the 17th century a small riot was organized to prevent its removal. It was then preserved for the City and is now a listed building.

John Keats enjoyed walking over the water meadows, which inspired his poem, Ode to Autumn, in 1819, and of course, Jane Austen is buried in the Cathedral.

Jill suggested joining the Heritage weekend trail to see inside many of the historical buildings not normally open to the public.

Our next meeting on Thursday 2 April is a group meeting when we welcome members from the four other institutes in the Alresford area.

Sallie Peake

New Premises Northington Stables At The Grange

The other week we went to have a look round the new premises of Francesca Baring's riding school, newly named Northington Stables At The Grange. It has relocated from the Grange Estate to Itchen Stoke, behind the auction house.

Our first impression





was what an incredible space, well planned, well equipped and well laid out. The main features of the new premises are the large outdoor arena (40m x 60m) and the fantastic, state of the art indoor arena (48 x 25m). We were bowled over by this fabulous space. Light, airy and equipped with a large viewing gallery. No more riding or spectating in the wind, rain and mud. Those familiar with the old premises will know what we mean! Instead, we'll be treated to Moonroast coffee, cake and comfy chairs in a warm and welcoming reception area.

A large portion of the site is given over



to the accommodation for the horses and ponies. Quite right too. Their every need and whim will be catered for, including a warm heated well deserved dryer to treat them after a rainy day. Not to mention the spacious stables themselves which are beautifully designed with generous amounts of room and space for up to five liveryes. Our horse Misty has never had it so good.

When the riding school opens for business in a week or two, Fran will be offering memberships with discounts on events and lessons. There will also be clinics, ticketed lectures and demos. She caters for all ages of children and adults and is Pony Club affiliated. There are also job opportunities for qualified instructors. This is a wonderful facility to have on our doorstep and a thriving local business. Huge congratulations to Fran for getting this off the ground after five long years. It has taken tremendous amounts of effort on her part, but the results are spectacular.

Alice and Georgie Krone

The Dig Deep Campaign –

The Hampshire Medical Fund - Charity Number 282094

The Hampshire Medical Fund (HMF) raises money to buy equipment for the Hospitals of the Hampshire Hospitals Foundation Trust (Winchester, Basingstoke and Andover).

Given the current crisis, there has never been a more appropriate moment for us to do something to make a difference to the staff and patients at our hospitals and to our communities as a whole.

As our doctors, nurses and health care workers are about to **dig deep** more than they ever have before to keep our community safe, the HMF is

asking you to **dig deep** in order to help them with this massive task. The Dig Deep campaign launched on the evening of Wednesday 18 March, to purchase equipment critically needed to cope with the coronavirus pandemic. Some of this equipment is on lead times of several weeks; it must be ordered and paid for right now. At the time of writing, 72 hours after launch, the Dig Deep Campaign has raised over £419,000. Through this outpouring of generosity, a number of intensive care unit hospital beds and other equipment for the Emergency Department have already been ordered.

If you feel able to help please go to <https://www.hampshiremedicalfund.org/the-dig-deep-campaign/> to donate.

Peter G. Walsh, Head of Fundraising

The Staff College Drag Hunt at Avington Park



A fantastic day for horses, hounds and riders. Full report in the next issue. *Eds*

The fate of Easton Fete.....

....rests in your well washed hands! Adrian Lee, E&MWCC chairman, and Theo Mezger are looking for villagers to both manage and assist with the organisation of the 2020 Easton Fete.

Adrian: alee@bigyellow.co.uk

Theo: Theo@judes.co.uk

W10 Indoor Season comes to an End

E&MWCC W10 team tried their luck in the Indoor W10 League. over the winter months. Limited success but lots of fun and runners up in the plate final. Roll on the Summer season and many thanks again to our patient families and sponsors, rural property specialists, BCM.

Lucy Wolfe



Agatha Christie Plays Again in Itchen Abbas

Southwood Players will put on Christie's early play *The Hollow* from 1 to 3 July in the Southwood House garden. We return to Christie eight years after our inaugural production *Blithe Spirit*. No séances this time but a superb murder mystery. Christie adapted the play from her book herself, being dissatisfied with the Poirot character whom she omitted. The text therefore follows her own period characterisation, unlike some of the recent television adaptations of her works.

"An unhappy game of romantic follow-my-leader explodes into murder, one unhappy weekend at *The Hollow*". "Curtain" will go up at 8pm, but the



Maddie Woosnam beside the Agatha Christie Memorial in London

garden will be open for picnics from 6.30pm. Tickets will shortly be available on line from

www.southwoodplayers.org.uk. Chairs and warm/wet weather clothing are recommended.

Further information from Nick Owen - 01962 779162

Nick Owen

Letters to the Editor

The Itchen Valley News has received the following responses to David Wolfe's article printed in the March edition about The Cart and Horse junction.

The article tells us the readers who has right of way but it is the general public that needs instruction as well by good signage.

As is said, the police information is misleading as any accident that occurs could be fatal and not all accidents are reported to the police.

If all the people on the list report any accidents they see, surely the clerk should see them and keep a record. But there will be accidents that are not seen by a member of the list therefore

will not be counted by "us".

Hope my observations are of some help.

Peter Sly

Editor's note - The parish council is legally unable to take note of any postings to the ItchenList. Any reports that readers wish to make must be made direct to the council.

Save the Dates At the time of going to press, these events are scheduled to go ahead. However, please be aware that, given the current situation, that may change.

6 June 2020 EastonFest at Graces Farm 7.30-midnight

18 June 2020 Sparkling Preview at St Mary's Easton

19-21 June 2020 A Festival Of Gardens & Flowers in Easton and St Mary's

23 June 2020 Valley Boules Triples; four villages knock-out competition at Easton

1-4 July 2020 Southwood Players open air play at Southwood House.

3-5 July 2020 Hat Fair in Winchester

Open air theatre at Avington Park:

19 July 2020 Sherlock Holmes

16 August 2020 Twelfth Night

30 August 2020 Easton Fete

12 September 2020 Itchen Valley Flower and Produce Festival

19 September 2020 The Building Ball 7pm, at the David Roth Memorial Cricket Ground, Easton. Village Hall fundraiser.

Tuesday 24 November 2020, Saturday 30 January and Friday 26 February 2021 Martyr Worthy lecture series.

5 December 2020 Children's Christmas party Martyr Worthy Village Hall



Itchen Valley Flower & Produce Festival

Saturday 12th September 2020
12 noon to 4.00pm
Itchen Abbas & Avington Village Hall

Local people showing their flowers, vegetables,
fruit and craft for fun!

Children's classes and family projects for all to enter

Local produce to eat, drink and buy

Workshops and talks celebrating Itchen Valley life

Please come and be part of
this community event
and bring your family and friends!

AVINGTON PARK



Stunning Home available for
Weddings, Parties, Meetings
and Corporate Events.
House, Grounds and Tea Bar
open to the public 2.30 pm to 5.30 pm
May - September on
Sundays, Bank Holiday Mondays
and Mondays in September
01962 779260
www.avingtonpark.co.uk

DO YOU ENJOY A GAME OF TENNIS?

10% OFF IF YOU QUOTE IVN IN YOUR ENQUIRY!

BECOME A MEMBER!

7 Membership packages from
Adult £35 to Family with
child/children over 11 £70

SEE
YOU ON
COURT!

Contact: Sheila Wooding on
wptc.membership@gmail.com
www.worthyparktennis.com



YOU COULD ADVERTISE HERE!

Contact Jenny at

itchenvalleyadvertising@gmail.com

Experts in Domestic & Commercial Turf Machinery

KINGSWORTHY GARDEN MACHINERY LTD

www.kgmltd.co.uk

01962 870254



W Westwood
ARIENS

ECHO

Winnall Manor Road
Winchester SO23 0LF



HAYTER **Kawasaki**
MAKERS OF THE FINEST MOTORS

Letters to the Editor continued

Dear Sir or Madam

I am replying as requested my thoughts after the excellent post from Mr Wolfe in the March edition of the Itchen Valley News.

Firstly our local Councillor requested our views in about 2014 with regards ways of improving the Cart and Horse Junction. I immediately replied with a motorist's view and simply said reduce the speed and put lighting in place. Thankfully four years later these improvements were put in place and it is my belief that the junction is now a lot safer.

I would like to highlight my belief that reducing the speed helped but the main improvement I believe is the lighting as this was a very dark double junction and I don't have the stats but I believe there were more accidents or incidents in the dark.

So, as has been previously stated, the council then changed layouts off the two junctions where nobody really knows who has right of way, as we know the general highway code states give way to traffic from the right but of course this can't work on these junctions. So a simple solution would be to put two mini roundabouts in place so giving way to right can certainly be adhered to.

These are my views and I understand not everyone will agree.

Kind Regards, *Martin Parker, Easton*

Tiddler Joke of the month



Q. What wobbles and flies?

A. A jellycopter !

Harry, year 1, Itchen Abbas Primary School

Flower of the Month

Common dog violet
(*Viola riviniana*).

Found in woods and hedge banks and an indicator of ancient woodland. .

Verity Coleman



The Itchen Valley Flower and Produce Festival

This is a flower and produce show with a difference and the difference is you!

At the Festival, there will be not only a chance to show off what you grow and create but more importantly an opportunity to be a judge for a day.

Yes, nearly all the classes will be awarded prizes by a public vote, so everyone has their say. Voting papers will be handed out on entry to the Festival so come and join the fun. £2 admission, children under 16 go free.

There will be flowers, vegetables, craft items, children's and family classes and much more – so keep your eyes peeled for the Show Schedules which will be available soon so you can plan your entries.

No strict rules to worry about, just a great afternoon out.

Refreshments will be available, stalls and talks to entertain. It is, above all, a community event so a chance to socialise with other Valley residents. Come and make new friends!

Please save the date: Saturday 12 September 2020 from 12 noon to 4.00 pm. We hope to see you there.

Supported by The Valley Gardeners

Gillian Taylor

The Valley Gardeners

OCEAN ROOFING



OCEAN GUTTERING SERVICES AND ROOFING

- Gutter Maintenance and Repair
- Roofing Repair
- New Flat Roofing
- Lead Roofing

80 High Street, Winchester,
Hampshire, SO23 9AT

Tel. 01962 779690

www.ocean-roofing.co.uk

PETER G FISHER

GAS SAFE registered 219242

Plumbing, Heating and Gas Engineer

33 Victena Road, Fair Oak, SO50 7FY

Phone 02380 600834

Mobile 07860 401304

Credit and debit cards accepted



The difference starts with the detail...

**Exquisite food.
Beautiful marquees.**

Whatever the occasion

Private Dining • Parties • Weddings
Corporate event catering



**creative catering
& marquee hire**

Call 01962 849396

email office@creativecateringandmarquees.co.uk
or visit creativecateringandmarquees.co.uk



ALRESFORD PILATES

Small group classes or
private sessions

Close supervision and
individual support

**Further details -
www.alresfordpilates.co.uk**

Call/text Sally Hogg - 07771 522665

Email: sallyhogg@btinternet.com

Hampshire Rural Management Ltd

hantsrmltd@gmail.com 07730 099611

Estate Maintenance Stump Grinding

Hedge cutting Woodland Maintenance

Gate Posts and Gates Paddock Topping

Hedge & Tree Planting Groundworks

Agricultural, Equestrian & Garden Fencing

Find us on yell.com

Obituary Alan Jordan 1931 - 2020



Alan qualified as a doctor in 1956 from St Georges before spending 2 years National Service at War Office and then entering general practice in Finchley, where the senior partner was the aptly named

Doctor Nurse. It was only when Alan got this stable job that his father would allow him to get married, although he and Florence had met when he was 15 and they were both having maths tuition with consecutive lessons. He took to lingering after his lesson so that he could see her home. They celebrated their 60th wedding anniversary in May 2019.

As a GP for 37 years, he had the largest practice in Finchley and was absolutely loved by his patients. His children remember his dedication to duty, being on call every Monday and Thursday night, going out to calls with his gardening clothes on over his pyjamas. He rarely seemed to have an uninterrupted night but would always go straight to work the following morning.

For many years, Alan was chairman of Local Medical Committee and as such had meetings with his local MP, Margaret Thatcher and at times was invited to No. 10 to discuss views on the impact of changes on general practice. Apparently Margaret Thatcher was rather taken aback at how pleasant

he was (perhaps expecting some left leaning medical activist!). But in his inimitable and gentle way he once floored the PM referring the matter back to Secretary of State at the Department of Health. This was the inception of Trust status and Alan cautioned that GP health delivery would never be the same again if this model was used.

On his retirement in 1994, Alan and Florence moved to Little Hayes in Itchen Abbas. They were so happy and really appreciated the welcome they got. They threw themselves into village life in its many forms, Alan serving as a wise and much valued Churchwarden of St Johns and running the British Legion Poppy collections for many years. He took up golf and loved and was rightfully proud of his garden. In 2014 Alan and Florence moved to a newly built house in Goodman's Court in Alresford, it could not have been a more appropriate address.

Taken from the tribute given by his children at the Thanksgiving Service at St John's Itchen Abbas.

Bird of the Month - The Rook



Rooks are one of the earliest birds to start nesting and we are often aware of their calls waking us up at the very beginning of Spring. These

are long lived and very intelligent birds who derive protection from their communal nesting habit.

Elaine Labram

Eds In these times of isolation, never imagined we'd be jealous of a Rook!

This month at Itchen Abbas Primary School

Orchestra Unwrapped

Otters class performed with other schools and the live Philharmonia Orchestra in a show called 'Orchestra Unwrapped' at the Anvil in Basingstoke. We had to learn a song along with actions and take part in the performance in February. We had a brilliant time - especially learning the actions!

Recorded for the Radio



Itchen Abbas Primary School will soon be coming to you on the airwaves, as we take part in BBC Radio Solent's 'Quiz the Kids' segment. Five children from Otters and Foxes class were chosen to answer five questions such as 'What object do you think represents England?' If you are sat there wondering what you would say, then just wait for the children's answers - you won't guess those (and neither did Mr Bogan!) Keep listening to the breakfast show on BBC Radio Solent later on this month for our turn!

Tidied our school on 'TLC' day

We welcomed an incredible team of staff, parents and governors who so generously volunteered their Saturday to support us with our TLC project; to tidy and repair our outside area. We

were overwhelmed by the energy brought by everyone and an amazing amount of work was completed. This

has paved the way for a number of projects around school which can now be put in place.

Visited Finkley Down Farm & Butser Ancient Farm



The children had fun days learning about animals and farming, as well as supporting their Stone and Iron Age history topic with an archeological dig.

Started looking forward to Spring

At our Wild Kids Dig lunchtime garden club, led by Mrs Rogers, we have been looking at new leaf buds of hawthorn and hazel flowers as signs of Spring coming. Transplanting small flower seedlings was interesting but they had very long roots so we hope they will grow on in pots. We are preparing one of our veggie patches for potatoes and some children worked out what were Forget Me Knot seedlings and what were Petty Spurge seedlings - we will know our weeds!



CALOR
Autogas

FREE COLLECTION
COURTESY CARS

**NEW FARM MOTOR
SERVICES LTD**
New Farm Road, Alresford SO24 9QE
01962 732338

M.O.T. Testing Centre
Class 7 Vans from 3000 to 3500 kg
Class 4 Cars and vans up to 3000 kg
All makes cars & vans serviced and repaired
Horseboxes, lorries and campers up to 7500 kg
serviced and prepared for plating tests



L.P.G.A. Approved
Autogas conversions
www.amsautogas.com

**CERTIFICATED ENGINEERS
RECOVERY AVAILABLE**



**CHIMNEY
SWEEP**

☎ **01962 734029**

☎ **07721 458067**

- Professional and comprehensive service
- Stringent dust control methods observed
- No mess guarantee
- Bird guards and weather cowls fitted
- Wood stoves and multifuel stoves serviced
- Flue inspection and airflow testing
- Calls taken seven days a week



**PRESTIGE
CARS
of
ALRESFORD**

Private Hire Available For Airports,
Cruise Terminals and Train Stations
Longer Journeys undertaken as well

01962 865602

07752 570787

www.prestigecarsalresford.co.uk
kevin.mitchell202@btinternet.com

Mulberry Tree Services

Problem Trees?

Fully Qualified Certified Tree
Surgeon with 25 years experience

**Fully Insured
Very Competitive Prices**

- Removal of Dangerous Trees
- Pruning • Shaping • Thinning
- Stump Removal • Hedge Cutting
- Fencing Specialist

Tel: 01962 88 68 66

Mob: 07974 761183

www.mulberrytreeservices.co.uk



D. Barker & Son
TRADITIONAL FAMILY JEWELLERS

Antique Jewellery a Speciality

**Contemporary Jewellery
Silver & Watches**

**Full Repair and Restoration Service
to Jewellery, Watches and Clocks
Hand & Heraldic Engraving
Valuations Undertaken**

40a West Street, Alresford

Tel: 01962 732200

www.dbarkerandson.co.uk

Dressed up as our favourite book characters



On Thursday 5 March, children throughout the school enjoyed writing and performing their own poetry in celebration of World Book Day! Staff and children all dressed up in their favourite book character costumes and the children were even treated to a poetry performance by the staff of 'I saw my Teacher on a Saturday' by Dave Crawley.

Jo Smith, Itchen Abbas Primary School

Carving in memory of Elsie

When we discovered that the large ash tree in our garden had Ash Dieback, we didn't simply want it felled and forgotten about. It was a beautiful tree and our daughter had enjoyed a few precious weeks sitting under the shade of its branches shortly before she died in August 2019.

We decided it would be a fitting tribute to commission a memorial chair for her, where we could sit and look out towards St. Mary's churchyard, where she's buried.

As soon as we saw the work of Matthew Crabb, Chainsaw Artist (matthewcrabb.com), we knew he was the person we wanted to design and create Elsie's whimsical, woodland scene.

With very little to go on apart from pictures of the tree stump and some measurements, Matt sketched an idea which we loved!

However, when it came to carving, the tree stump revealed knots, rotten patches and crevices which meant the design evolved over time.

Matt was amazingly adaptive and it was wonderful to see his creative mind ticking away as he faced new challenges.

He worked over a week through heavy rain and bitter frost and we were astounded by what he achieved.

Friendly creatures, such as the little owl peering out of its hole, a sleeping fox and mischievous squirrel play their way around the three dimensional sculpture. Although we didn't initially intend there to be an eagle at the very top, it now gives us comfort seeing this strong figure keeping a watchful eye over our precious Elsie Lark.

We still need to protect the carving with danish oil, when the weather improves and the rain holds for long enough. This will mellow the colour of the wood and ensure it lasts for many years to come.

We have been overwhelmed by the number of supportive comments from neighbours and passers-by. We didn't think you'd be able to see it above our mature hedge, so when we realised you could, we were relieved that it didn't offend!

Thank you to the Valley News for sharing our story behind the carving. Now when you see it on your wanderings, you'll know what it means to us and maybe you'll share a little smiling thought for Elsie.

Helena & Phil

The Old School House, Easton



Itchen Valley Churches

In view of the current emergency, the Archbishops of Canterbury and York have issued a statement under which public worship is now suspended until further notice. This will mean that we will not be holding any services with congregation in our churches for the foreseeable future. We will instead be broadcasting our service and emailing you a link to be able to follow it at 10am on each Sunday, knowing that others will be doing the same in their homes. It will be left on our website each week, so if you are not able to tune in on Sunday, you can do this at any time afterwards.

The link for this service will be sent to all followers of the church website www.itchenvalleychurches.org - to become a follower please add your email details in the box in the bottom right hand side of our home page so that you can be kept up to date on what the church is doing to respond to the Corona crisis.

Although our services are suspended you are still welcome to come into the Churches for private prayer or contemplation. We may not be able to gather as we normally do, but we're still here if you need prayerful or practical support.

Rector

Revd Alex Pease
rector@itchenvalleychurches.org
01962 779845

Days: Sun, Mon, Tues & Weds.

LLM

Mr Gerry Stacey
gstacey@easynet.co.uk
07554 438973

Parish Administrator

Beccy Clark
admin@itchenvalleychurches.org
01962 779845
Mon-Fri, 9am - 1pm (term time)

Churchwardens

Robin Greenwood 779540
Sara Mason 779169
Theo Mezger 779277
Tony Gaster 779110

www.itchenvalleychurches.org

EASTONFEST

Saturday 6th June 2020

ALES.
WINE.

SOFT DRINKS.

LIVE MUSIC

HOG
ROAST

We Are Robot
The Dogends
DJ. Jamie G.

7.30pm - Midnight
Graces Farm, SO21 1DX

Tickets £15
eastonfest@gmail.com

in aid of:
Easton Village
Hall &
St. Mary's Church

Standing together....apart!



Whilst we should perhaps see this challenging period as an opportunity to hunker down and spring clean our homes, some

residents of the valley are also taking the opportunity to declutter and tackle other chores eg renewing family passports, sorting out photographs, analysing utility providers and generally getting on top of all things admin. Personally, the Eds are looking for something more fun and enriching. For instance learning how to make gin, teaching ourselves how to do the cryptic crossword, and reading the new Hilary Mantel novel – ‘The Mirror and the Light’ is of door-stopping proportions. And as for the children in our households, time to learn some key life skills such as learning to change a plug, make a family meal, tidy bedrooms and hang up clothes (although the latter is probably a bridge too far!). All of the above will be done wearing colourful clothes and sporting a glossy splodge of bright red lipstick....after all history tells us that during the war, red lipstick was commonly used as a tool to boost morale. We have also tapped into the bright sparks in our midst to discover their top tips on how to nurture both mind, body and spirit.

Take a breath

According to Dionne Sanders, one of Easton's yoga teachers, *Nadhi sodhana* also known as alternative nostril breathing, is something that can benefit everyone. By increasing the amount of oxygen taken into the body, it's believed that this breath can purify the blood, calm the mind and nervous

system and aid a restful night's sleep.

How to do it: Nadhi sodhana can be done seated or lying down. To start, empty all the air from your lungs. Using the thumb of your dominant hand, block your right nostril and inhale through your left nostril only. Be sure to inhale into your belly, not your chest. Once you are full of breath, seal your left nostril with the ring finger of the same hand, keeping your right nostril closed, and hold the breath for a moment. Then release your thumb



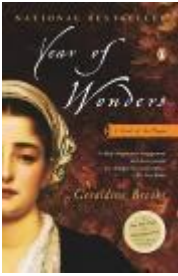
and exhale through your right nostril only. Be sure to exhale all the breath out of the right side and pause before inhaling again through the same side. Seal both nostrils once you've inhaled on the right side and exhaled through the left side. A complete cycle of breath includes an inhalation and exhalation through both nostrils. If you're just starting out, you can do a four-count inhale, holding your breath for four to eight counts, then exhale for four counts. Perform up to ten cycles and notice how your body responds. You may feel more relaxed and calm in both your mind and body.

Passing time with some page turners

Reading provides perfect escapism for many. Easton's book club members suggest the following:

The Year of Wonders

I absolutely loved *The Year of Wonders* by Pulitzer Prize winner

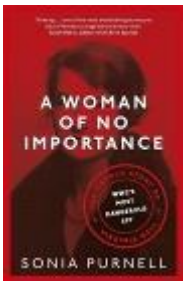


Geraldine Brooks about a Derbyshire village isolating itself during an outbreak of the Black Death in the 17th century. It is meticulously researched and beautifully written, the use of the English

language and dialects is wonderful and all the more astonishing once you realise that the author is American. Brooks has taken a true event and woven an exciting narrative around it. There can be no more apposite book to read at this moment, a time when we are facing many of the same issues, as the villagers choose to quarantine themselves in response to an event that is unknown, feared and unprecedented.

Phoebe Culshaw

"A Woman of No Importance"



This book by Sonia Purnell is described by the NY Times, "As riveting as any spy thriller and as hard to put down". It is a thoroughly researched biography of Virginia Hall, a young

American socialite. At the beginning of WW2, she talked her way into the British Special Operations Executive and was the first female agent to be parachuted into France behind enemy lines. Virginia established and ran a large Resistance network throughout France. She did all this with an ill-fitting and often painful prosthetic leg which restricted not only her mobility but made her much more easily identifiable to the Gestapo. Refusing orders from London to evacuate and with her cover blown,

she finally escaped over the Pyrenees to Spain. I found Virginia's heroism and bravery both sobering and uplifting, a reminder in these difficult times of the best of our human qualities.

Sophie Goodall

"Becoming" by Michelle Obama



Having heard snippets of this book read on Radio 4 by Michelle Obama herself, I was not convinced I'd find it a good read. Also, I thought it was probably linked to some self-promotion as I'd heard rumours about her

running for President. As it turned out, the book debunks those rumours and I found it an engaging, uplifting read. The book is split into three parts. Broadly speaking, the first covers Michelle's childhood and the years leading to the White House, the second covers their first term in office and the last their second term. I definitely enjoyed the first part of the book the most. If it had not been written by Michelle Obama it would have been just as moving, funny and interesting in terms of its account of a young black girl growing up in a down-at-heel part of Chicago in the late 1960s/70s, who manages somehow to reach Harvard Law School, a job with a top Chicago law firm and marry the first "black" President of the United States (even though Barack Obama is technically half white and half black, Michelle refers to him as black in the book). Just how this young lady does this is alone worth the read. I left the book full of admiration for Michelle and Barak Obama and hoping that the trail they blazed would shine on for black people as well as people of all colours who are endowed with a less

auspicious start in life to the privileged few. It is with some dismay that the end of the book covers the hand over to Donald Trump – quite a different sort of individual.

Natalie Paterson

Keep calm and get active

We all know that exercise is good for us but left to our own devices, where do we start? Valley Personal Trainer Juliette Green from Green Apple Fitness has some top tips.

Below is a great 10 minute workout for all the family to do inside or outside - using household items for equipment: Complete all exercises 3/4 times

Cardio

- 10 star jumps + 10 high knees
- 4 burpees + 20 high knees
- 4 squat jumps + 10

mountain climbers

4 side shuffle touchdowns + 10 step ups

Strength Work

- 10 squats + 10 press ups
- 10 lunges on each leg + 10 tricep dips on a step/bench/table

10 single leg squats on each leg + 10 shoulder presses with cans of beans or squash bottles

10 side lunges + 10 bicep curls with cans of beans

1 minute wall sit - back against the wall, knees at 90 degrees.

Core Work

- 10 crunches + 10 bicycle crunches
- 10 sit ups + 10 leg extensions
- 1 minute plank

5 Easy Tips to Keep Active when at home

1. Get up and move around the house/garden every hour - set a timer to remind you
2. Run up and down the stairs 10 times twice a day
3. Walk around when making phone calls
4. Do household chores

standing up as much as you can

5. Use a skipping rope/shuttle runs in the garden or blast up the music and dance every day for 10 minutes.

Juliette 07799 890860

greenapplefitnesspt@gmail.com

Cooking up a storm

If all that makes you hungry and as we write this, there are some wonderful initiatives that have been set up by local businesses to deliver to your door and fill your freezer. You will also be giving them much needed support.

The Plough at Itchen Abbas is offering a home delivery or takeaway service of traditional pub grub, draught beer and wine. Call Ashley on 01962 779191

Creative Catering is offering collection or delivery in the local vicinity. Please call them or see

www.creativecateringandmarquees.co.uk for more details or tel 01962 849396

The Little Kitchen Company is offering to deliver classics from fish pie to vegetable lasagne. You can contact them on 01962 885600 or email them on info@thelittlekitchencompany.com.

And bearing in mind that 'a little of what you fancy does you good', the IVN's resident cookery writer, Sue Sheph, recommends making your larder work harder with this simple (and rather aptly named) sweet treat.

Rocky Road Biscuits from Miranda Gore Brown's book "Biscuit"



Ingredients

350g chocolate
(200g dark and
150g milk works
well)
150g unsalted
butter
4 tbsp golden syrup

175g rich tea biscuits

350g dried mixed fruit (any mix of fruit, raisins, papaya, apricots, cherries, whatever you've got. Chop them up to sultana sized pieces.)

2 handfuls of mini marshmallows

Melt the chocolate, butter and golden syrup gently in a large pan.

Put the biscuits into a bag, seal and then bash with a rolling pin to get a mix of small and large bits. Pour the biscuits into the pan along with the dried fruit.

Line a shallow tin with cling film to make it easy to remove. Sprinkle half the marshmallows into the tin and then spread the warm mixture on top. The other marshmallows go on top of the mixture and then push the whole lot firmly into the tin with a palette knife. Chill overnight in the fridge.

Turn out on to a chopping board and cut into slices.

Sue Sheph

Crafty Kids...and adults too



Sarah Freethy has come up with the most wonderful idea to add some brightness to our lives.

Anyone who wants to join in could make a lovely Spring wreath to decorate the front doors of the Valley. If you have a Christmas wreath that you can

repurpose, then do so – simply add some blossoming twigs from the garden, fresh or paper flowers, or just cut out simple egg shapes from tissue paper or card. If you don't have a wreath at home, then cut a handful of bendy twigs and tie them into a loose circle, then decorate.

In the Nordic nations they cut spring branches and hang little eggs from them – why not try the same if you have any budding branches in your garden? If you're planning on scrambled eggs for supper then simply make two small holes at either end of the egg and blow through one end to get the egg white and yolk out into a bowl. Wash the egg then paint or draw on them with sharpies. You could make one for every member of the family and hang them from the spring branches in a window, so that your friends and neighbours can see them...
Carrot & Bunny Baskets:



Take a piece of paper, coloured if you have it (orange or purple for a carrot, pink, grey or white for a bunny). Draw round a small plate,

mark a dot in the centre and draw a straight line to it from one edge. Cut out around the circle and along the line you've made to the middle, put a line of glue or double sided tape along one side of the cut, straight line. Then overlap the paper to form a nice, tight cone, the size and shape of a very chunky carrot and glue or stick it in place. Cut out a straight strip of paper about 3 cm wide and 20 cm long and glue or tape the two ends inside the top of your cone – this forms the handle. Then you can either draw on your own face or cut out the images

BLB Private Car Hire

Airport, Docks &
long distance transfers
in safety & luxury



E.Mail

blbcarhire@gmail.com

07775 893146

Web: blbprivatecarhire.co.uk

PETER BRAY

DOMESTIC APPLIANCE ENGINEER

Repairs to Washing Machines, Dryers,
Electric Cookers, and Waste Disposal
Units

Service Agents for In-Sink-Erator,
Tweeny, Maxmatic, Waste King and
Waste Maid.

Tel 01962 714224

Mob 07885 490786

11 Hill Rise, Twyford,
Winchester SO21 1QH

IVC

Cars Chosen With Care

Excellent prices on both new and
second hand cars.

For further details telephone
01962 733097 or visit us at www.ivcuk.com

Belmont House
The Dean
Alresford
Hampshire SO24 9BQ
Telephone: 01962 733097
www.ivcuk.com

Selling new and used cars in Hampshire and beyond since 1987



RIDS YOU OF RATS

As well as moles, mice, rabbits, squirrels,
pigeons, wasps, bees, fleas, ants,
cluster flies and cockroaches.

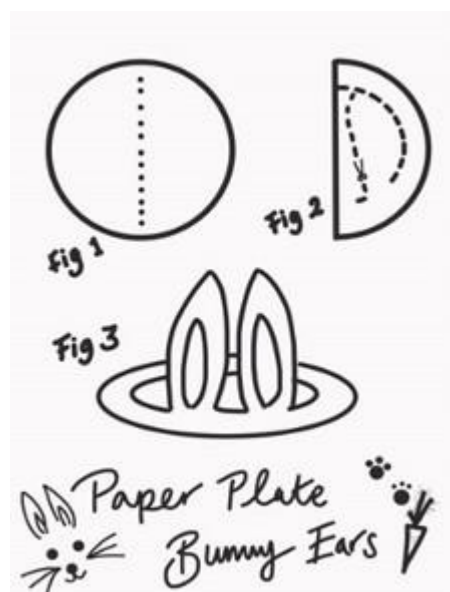
For a fast, friendly, efficient local service
call Dave on 01962 435000 or 07989 582117



supplied. Colour in the carrot leaves and the inner bunny ears, if you like, and then cut out and glue just inside the cone, so they stick out the top. The cones can then be filled with mini eggs and given away as gifts. If you don't fancy this but have some paper cups to hand, then you could cut out the bunny, carrot and chick faces and feet to stick to them instead.

Paper Plate Bunny Crowns:

Take a paper plate (or a circle of strong paper) and fold it in half (see Fig 1). Draw a smaller circle, the inside rim of the paper plate and sketch out one bunny ear shape in the space inside the smaller circle (see Fig 2) and then cut through these lines on the folded paper plate so that, when it is unfolded, you have two bunny ears popping up out of a paper crown (see Fig 3).



Decorate as you like, then get hopping!

Eds: Thank you to all our contributors for helping us put this article together at such short notice.

Upper Itchen Valley Society

As many of you will know we planned to hold a summer party to celebrate 50 years since the Society was founded. Along with others holding events this year we have decided that it would be better to postpone this until the corona virus has died down so it will not take place on 14 May.

It is definitely a postponement and not a cancellation so we will come up with a new date when the current problems have subsided even if turns out to be 51 years!

Alison Matthews, for the UIVS Committee

The non Gardener



I've never understood all this fetish about gardens. They are just a lot of trouble and far too much work.

Plus, you can spend an awful lot of money to achieve - what? It's all a nonsense and don't let folk convince you otherwise. So the first thing I would recommend for any garden is having a decent path. Tarmac is the thing. It lasts well, totally impervious and no weed or animal is going to get through that. All this nonsense with stones that fly everywhere or slabs that rock or even more crazy is some sort of wooden leafy stuff.

Then there are hedges. Never liked them. Always need some sort of attention, cutting, trimming, tidying and the rest. Best to take them out and I know plenty of chaps who can do just that. Nothing worse than a whole lot of green spoiling the view. Think of how much you can save, having no hedges in your grounds. They are also a source of pesky animals and birds who s—t

Spanish Tuition

Building skills and confidence for
GCSE and conversation

07900 128960 (Alresford)

Cherry Anderson



Sole Butchers of Alresford

01962 735221

Butchers of Distinction
Home Made Pies. Ready Meals
A Variety of Seasonal Game

*The Itchen
Gardens*



*And
Landscapes*

Garden design and construction
Planting Designs
Turfing
Fencing
Decking Patios and Terraces
Pressure Washing Cleaning
Gutter Clearance
Lawn mowing and care
Garden clearance and preparation
Bed and border maintenance
Plant care and weeding
Soil conditioning
Small tree felling and shrub maintenance
Hedge cutting

theitchengardens@gmail.com
07849204972
01962 779640

YOU COULD
ADVERTISE HERE!

Contact Jenny at
[itchenvalleyadvertising@
gmail.com](mailto:itchenvalleyadvertising@gmail.com)

Arrange to see our stock in Wield



M 07783538389 www.polarexchange.co.uk
skiwear@polarexchange.co.uk

SHAUN BARNEY

**Professional
Painter & Decorator**
Local Tradesman with
20 years experience
Quality Work
Competitive Rates
Fully Insured
01962 864033
07928 027618

everywhere. Nah, get 'em out. I used to like a lawn. Good for kicking a ball about. But what hard work. They always need cutting, weeding, feeding and all that stuff. I've discovered a new solution. False grass! Just the job and



no maintenance. Once it's down, it's down, permanent and all that. Plus it's always green. Last month that old

geezer was ranting on 'bout moss. No moss in my lawn mate, get yerself some proper stuff. Also this false grass can go anywhere. No roots, no watering, just lovely green. Best thing I ever did and there's stacks of folk who can come and do this for you in a trice. So now you can begin to see having a garden isn't the struggle that some folks make out. And if you want to see a flower or whatever then Valley Gardeners do visits to posh folk who have all that sort of stuff.

If I want a bunch of daffs, easy, go down Tesco plus you get all that nice clean fruit and veg almost any time of the year. No point in trying to do yer own stuff.

A word about trees. More nuisance. Got myself a chain saw this Xmas and boy does it do a good job. I mean just



look at the photo. Cleared the lot in a few hours. None of them leaves to clear up next autumn. Good job well done.

So if you need good advice for the



garden you know where to go. Put me feet up now!

Loof lirpa

From the Rectory



Three weeks ago I was travelling in the Milan area when Coronavirus struck. The Italian response was dramatic.

We went from

rumours to all public buildings, schools and universities closed in 48 hours. So I got out, came home and went into self-isolation for two weeks. No problem, I thought, I live on my own and often work from home. This will be pretty straight forward.

Well of course it wasn't. It's a bit like when people say they soon get bored of daytime TV when home sick. Well I soon got bored, fed up and frustrated by the inability to leave the house, talk to other people and carry out the sort of socialising most of us take for granted. But worse than that after two weeks I realised it was affecting me both physically and mentally. It surprised me how quickly I started to get more out of breath from lack of exercise but even more so the enforced isolation starting giving me feelings of anxiety and depression. I started overthinking, getting emotional

Easton Village Hall Ina Williams 779465 or evh.booking@googlemail.com

Authentic Pilates	Mon	1830	Fri 0830	Judy	07774 899909
Ems Bray Pilates	Tue & Thu	0845		Emily	07876 033893

Sally Stanyard School of Dance	Tue	1615	Thu 1830	Sally	01962 776562
	Fri	1530	Sat 0900		

Brew with a View	Wed	1500 - 1700		Ina	01962 779465
------------------	-----	-------------	--	-----	--------------

Dionne Yoga	Tue 2000	Fri 1000	Mon 0900	Dionne	07961 888676
-------------	----------	----------	----------	--------	--------------

Mahjong / U3A	Tue	1400 - 1700		Stella	07732 082079
---------------	-----	-------------	--	--------	--------------

Yoga for men	Mon 2000	Wed 0845	Sun 1900	Alex	07814 678155
--------------	----------	----------	----------	------	--------------

NCT Yoga	Wed	1030 & 1800		Janet	07973 855107
----------	-----	-------------	--	-------	--------------

Older Adult Exercise	Thu	1130 - 1230		Caroline	01962 779796
----------------------	-----	-------------	--	----------	--------------

Martyr Worthy Village Hall

Lucinda Ffennell 779701 or si-

Bookings may get cancelled; check with the organiser of your activity

Riverbank	Mon Wed Thur	8.30am to 3pm	Maria	07900 437685
-----------	--------------	---------------	-------	--------------

Kindergarten	Tues & Fri	8.30am to 1pm		
--------------	------------	---------------	--	--

Itchen Abbas and Avington Village Hall

Details of bookings and real time availability are now available on our website.

www.iaavillagehall.co.uk Hall Manager Alex Bellisario

manager@iaavillagehall.co.uk 07947 191229 Village hall callbox 01962 791021

Regular Bookings

Montessori	Mon to Fri	08.30	Caroline	01730 829377
------------	------------	-------	----------	--------------

Tumble Tots	Mon	0930	Clio	07378 346740
-------------	-----	------	------	--------------

Zumba	Fri	10.00	Sue	07947 410394
-------	-----	-------	-----	--------------

Pure Circuits	Mon	19.30	Juliette	07799 890860
---------------	-----	-------	----------	--------------

Rugby Tots	Tue 10.00, Wed 10.15	Phil	03453 133258	
	Thur 15.50			

Ladies Short Tennis	Wed	14.30	Arminel	01962 779611
---------------------	-----	-------	---------	--------------

Pilates	Wed 09.15 & 18.00	Aimee	07546 941489	
---------	-------------------	-------	--------------	--

Choir	Wed	19.30	Gary	01962 732350
-------	-----	-------	------	--------------

Badminton	Thur	19.30	Mike	07887 503345
-----------	------	-------	------	--------------

Swing It Dancing	Thur	21.30	Neil	07825 709691
------------------	------	-------	------	--------------

Qi Gong Tai Chi	Tue	19.00	Emma	07863 203630
-----------------	-----	-------	------	--------------

and not sleeping so well. I began to realise what it is to be house bound and isolated and what loneliness many in our communities feel everyday.

This virus situation is going to lead to many more elderly and frail people self-isolating and suffering great loneliness. Jesus says that the greatest thing we can do for each other is to love our neighbour as we love ourselves. Never has this been more important for our community. If you are healthy, please pray for help in guiding you to help others. If you are isolated, work out a routine of activities and exercise to keep healthy and above all set yourself time each day to pray.

Psalm 18 says *"In my distress I called upon the Lord, and cried out to God; He heard my voice from His temple, and my cry came before Him, even to His ears"* Call out to the lord and he will hear you because as it says in Matthew *"I am with you always, even to the end of the age"*.

And if you are not sure how to pray just find that well know psalm 23, The Lord is my shepherd, which has given so much comfort to many over the years. If you need more help or just to talk please leave me a message on 01962 620263.

Gerry Stacey

From our MP

The period since half-term has been rather full-on as the true scale of the Covid-19 outbreak reveals itself. Clearly this is a fast-moving situation but you can expect to see/hear your MP, as the former Public Health Minister, on the media a fair bit and I will be supporting Ministers so long as they maintain a staged, cool-headed response to whatever the virus brings next.



Alongside fellow MPs from the area, I have also been dealing with the lead up to – and fall out since – the collapse of FlyBe.

The failure of the airline is awful news for Hampshire and, especially of course, for those who face an uncertain future with their jobs as a result. Other airlines picking up some of the routes are welcome. It's worth noting FlyBe are responsible for 95% of flights from Southampton.

Speaking in the House of Commons as the news became known I said it was obvious there is not a queue of airlines wanting to pick up the FlyBe routes but warned the company against blaming its failures solely on the coronavirus which has plunged the industry into even further uncertainty.

The basic truth is, if FlyBe hadn't ever existed, someone would have had to invent it because these routes cannot disappear entirely. Some of my constituents may not be ruing the quieter skies above but we've come to rely on the convenience of a local airport and local businesses were quick to tell me of their concerns.

So I am challenging Ministers to truly understand the FlyBe failure and to look at other parts of the world for help in protecting key short-haul regional travel. The model works brilliantly in the United States where regional airlines, often flying as franchises of the larger carriers, are large successful businesses but FlyBe



Fully qualified and insured specialists in tree care, hedge trimming, stump grinding and garden reclamation

01962 861891 / 07725 835715
www.fishertreecare.co.uk

Hampshire Acupuncture

Specialising in you

Traditional Chinese Medicine

Cosmetic Acupuncture

SHARON BRADBEAR

BSc (Hons) Lic Ac MBAC

07951 501594

www.hantsacu.co.uk



Alresford . Southampton

Maid Marian

PROFESSIONAL DOMESTIC SERVICES



High quality domestic services **Guaranteed**



One less thing to think about.

We can help.

- Regular cleaning and end of tenancy cleaning
- One off spring cleans
- Washing and Ironing
- Carpet cleaning
- Building maintenance including painting and decorating
- Shopping
- Man with a van

telephone: 01962 736713

email: enquiries@maidmariancleaners.co.uk

web: www.maidmariancleaners.co.uk



Daren George - your local pest controller from Alresford

Wasps • Rats • Mice • Squirrels
• Moles • Rabbits • Crawling
& Flying Insects



Fully insured • Discreet service assured at all time

Now also offering

WHEELIE BIN CLEANING



Wheelie bins are a known harbourage for a variety of pest species, from flies and maggots, to wasps and rats!

Bins can also attract a range of bacteria including *Listeria*, *Salmonella* and *E.coli*.

Contact us today for a competitive quote

T: 07778 141505

E: traditionalpestcontrol@gmail.com
www.traditionalpestcontrol.co.uk

Checkatrade.com
Where reputation matters

clearly couldn't make it work this side of the pond.

The Government needs to consider why this is the case and consider, realistically, what this Government is prepared to do - what this Government can do - to change that given the importance we rightly place on regional connectivity.

The DFT's promised review into regional air connectivity has just become more important than ever and you can rest-assured I will be closely involved and be working closely with Southampton Airport as a major employer – directly and via the supply chain - in this area. I am also very mindful of the environmental aspects here and passionately believe it is for the industry, especially the short-haul regional players, to show the public the work they are doing on sustainable fuels and electric aircraft.

If you're interested in this, and want to learn more as I did recently, I would recommend the

www.sustainableaviation.co.uk

More via my website but find my Page at [www.fb.com/SteveBrineMP](https://www.facebook.com/SteveBrineMP) for more instant updates.

Steve Brine MP for Winchester & Itchen Valley

From the Parish Council



In troubled times it is pleasing to start with some good news. We now have a full Parish Council of ten members. Denise Rosewell from Easton has

joined us. Denise is already known to many not only as an actor in several Pantomimes but also as a director as well. Like all members of the Parish

Council she will have a specific Parish Councillor email address which can be found on our website.

Please be sure to use it when emailing on Parish Council matters.

We are now receiving advice regarding the Corona virus COVID19. There are two aspects we have to consider. First is to see what can be done at a local level to help those who are in need, isolated or vulnerable and how that can be coordinated. An information leaflet is being prepared which we hope to get distributed to all residents and also posted on our website. It is pleasing to see that a good number of residents have put offers of help on the Itchen List. This has led us to consider how we can help. To turn these offers into an official organisation is likely to be slow in setting up and would necessitate all the legalities such as DBS and insurance. The Civil Parish covers a large area but has a relatively small population. It is therefore thought best to encourage those offering help to form small groups to cover those in need in their immediate neighbourhoods. This has the advantage that those offering help will be known to those in need which in turn provides a level of security. If you are forming or have formed a group please let us know via our Clerk and also what houses your group is intending to cover. We will then be able to see if there are any gaps where help is needed.

The second aspect is what to do regarding meetings and events. Sadly



Denise Rosewell

after discussing the pros and cons it was decided to postpone the Annual Parish Litter Pick. Depending upon how the situation develops a new date will be set, possibly in the autumn but at present it is too early to make a decision. With regard to our Full Council Meetings and our two Committee Meetings each month we may be holding these electronically. You can observe these electronically as well. Please see our website for details of how to do this. At the end of April we are due to hold our Annual Parish Meeting which is a legal requirement unless the government under emergency powers allows it to be postponed. Unless advertised otherwise this meeting will take place as scheduled but will cover the minimum requirement and unlike in recent years past there will be no guest speaker.

Other Parish Council matters are still ongoing. We continue to try to get various road drains cleared but in the wet weather experienced this winter it is a question of where gets priority and as we have been told before Highways resources are limited. The problem of climate change has been discussed, what we in the Valley might do to help reduce our carbon footprint and also how we might create a wilder environment. A working group of five Parish Councillors has been set up and will be producing an action plan. Please let us know your ideas and if you can help.

Cllr Patrick Appleby.

www.itchenvalleyparishcouncil.org.uk

Jackie's County Corner

The County Council declared a cross party Climate Change emergency earlier this year. This month a Council



Climate strategy has been published, consisting of a series of measures to tackle the reduction of the Council's

own carbon footprint, ways to help the public make their own changes, a number of projects to mitigate the possible effects of a possible 4 deg C rise in temperatures and the associated climate changes we would endure (eg a better drainage plan). Controversially, though the strategy has many useful actions, it does not have a deadline date. However it is clear that we must all play our part and I asked specifically how this can be dovetailed with Winchester and other District strategies that have recently been published: all are working towards similar outcomes. We really mustn't duplicate our efforts.

Projects include the forestation of a Country Park, more Electric Vehicle charging points on roadside parking places to add to those being installed by WCC in the city car parks and market towns, providing more plant based meals for school lunches and the relaxation of the ban on wind power on HCC land.

The County and City Councils are looking at ways we can increase Public Transport options, even if for only part of the journey (eg: by providing more Park and Ride). Both the County and City district realise they are each responsible for less than 1% of the County emissions, so it is up to us to think how we can

Worthy Heating & Plumbing Services Ltd

- Free Boiler Estimates
- Power Flushing
- Landlord Gas Safety Checks
- Gas / Oil / LPG
- Boiler Servicing / Installations / Repairs
- Hot Water Cylinders
- Central Heating Systems
- Plumbing work undertaken
- Forth Generation Family Business

Tel: 01962 776321

enquiries@worthyheatingservices.co.uk



Itchen Valley Montessori



Itchen Abbas

9.00 am - 2.45 pm
Monday

9.00 am - 1.00 pm
Tuesday to Friday

The Montessori Method in a
prepared classroom

Activities include Art & Craft,
Music & Movement, Cooking,
French and Drama

Call 01730 829377

carolinembutcher@btinternet.com

nosh catering

Sensibly priced, bespoke catering using local produce.

For all enquiries contact Jude Ower:

Mobile: 07729 473795

Home: 01420 568179

www.noshcafebar.com

noshcafebar@gmail.com

nosh café | bar

Lymington Bottom Road
Next to Reads Butchers
Open 8-5 Mon/Sat
ALSO AVAILABLE FOR PRIVATE HIRE

ANDREW SMITH & SON

1793

FINE ART AUCTIONEERS & VALUERS

Hampshire's Leading International Fine Art & Antiques Auctioneers

- monthly antiques & jewellery sales
 - six weekly fine art, antiques & collectables auctions
 - achieving World record prices
 - global exposure via 'live' internet bidding
 - regular contributors to BBC's 'Flag It!' and 'The Antiques Road Trip'
 - Contact us for details of our:
 - complete property & contents valuation services for
Sale • Insurance • Probate • Family divisions
 - free valuation advice for auction sale
 - complete house clearance
- www.andrewsmithandson.com



THE AUCTION ROOMS, MANOR FARM, ITCHEN STONE,
WINCHESTER SO24 8QT

Tel: 01962 73 5935 email: enquiries@andrewsmithandson.com

reduce the other 98%!

The Local Plan is one of the levers to do this. Authors of websites like NewLeafAlresford.org and established groups like WinACC, Extinction Rebellion and Wilder Villages are being consulted about the Local plan. I hope you will get involved, perhaps even becoming a local ambassador for this area of the Council's work? Please contact me for more details.

The Library Consultation has now closed but you may be interested in the Library Service Book Club which is online; e-readers 'meet up' through Facebook with a different book each month. If you'd like more details contact me or the Library Service. If you prefer real books, but you cannot get to a library, these can also be delivered to your door. Why not give it a try?

The Consultation for Short Breaks for Disabled Children is now open at www.hants.gov.uk

I hope to meet up with groups that this will affect, but if you'd like to comment to me as well as responding to the consultation, please do so. I urge all grandparents and siblings to join in too! I know how many of you take on caring responsibilities. Thank you - we all appreciate you greatly.

County Councillor Jackie Porter, Tel/text 07973 696 085 email

jackie.porter@hants.gov.uk Twitter @JackieLibDem

From Two of Our City Councillors

I am very aware of the many local groups helping their neighbours. My main concern is that some of those volunteers may feel the need to isolate themselves or may become ill. All



parishes are at varying degrees of developing what are hopefully long-term resilient systems, I am currently acting as a clearing house for good practice, but fully expect that official guidance will be sent out in due course. Meantime, contact me if you think I may have a solution.

River Quality. Thanks to action by the Salmon & Trout Conservation (S&TC), Bakkavor has established a method to prevent their contamination of the upper Itchen. However, there is as yet no commitment to implement this method.

'S&TC has seen the results of trials using ozone which appear to have removed pesticides, herbicides and insecticides to levels below the current limits of detection. This process not only appears to remove problem pesticides washed off imported salad leaves but will also remove toxic chemicals that have leached into the groundwater over previous years. If treatment is implemented, this could mean the discharge would return water to the river in a cleaner state than it came out of Bakkavor's borehole.'

More information is available from the S&TC website at www.salmon-trout.org and I would encourage residents to sign up to their excellent, free newsletter.

The **Winchester Strategic Plan** for the next 5 years has been agreed, and the budget to deliver those priorities was adopted on 26 February.



Pure circuits classes

**Mondays 7.30 - 8.30pm
at Itchen Abbas Village Hall**

Are you up for a new challenge? Suitable for all levels of fitness. No equipment or fancy gear needed, just a good sense of humour!

Run by local Personal Trainer Juliette Green.

Book a FREE trial - Drop in classes only £6.

Email purecircuits@gmail.com



or phone/text 07799 890860 to book your **FREE** place.



**Can't get the hang of
your computer?**

**One-to-one tuition in your own home
by qualified trainer - DBS checked**

Gift tokens available

Call Christine for details on

01962 735359

hair by **Louise**

MOBILE HAIRDRESSER

Previous experience in top
West End and Winchester salons
01264 712037 07788 248378

Alresford Motor Services

New Farm Road

All makes serviced and repaired

MOT test station

Volkswagen, Audi, Saab

and Volvo specialist

01962 733 888

MH GARDEN WORKS

Grass and Astro Turf

Fencing + Decking + Patios

Digger and Dumper hire with driver

free quotes and advice

07818 800706 or 01962 469489

Memorials

Building Stonework Restoration

BLACKWELL & MOODY Ltd

Stone Masons for five generations

Magdalen Masonry Works

Alresford Road Winchester SO21 1HE

Tel 01962 852476

blackwellandmoody@gmail.com

Lawn Care

**Feed, Weed and Moss
Control**

200 Sq. Metres - £100

5 visits per year

Tel. Brian 07710 729839

Dave Giles of Giles Tiles

Floor and wall tiling

Kitchen & bathroom refits

Friendly service & free quotes

dave@gilestiles.co.uk

07513 941962 01962 854184

FULFLOOD GALLERY & FRAMING

Keith Butcher

keith@fulfloodgalleryandframing.co.uk

3 Stockbridge Road, Winchester, SO22 6RN
01962 877992

www.fulfloodgalleryandframing.co.uk



A H SERVICES

Domestic gas engineer - certificated
plumbers

Boilers/Cookers/Gas fires - Installs/Service/Repairs

Electrical - Gas safety checks - Landlord's safety
certificates

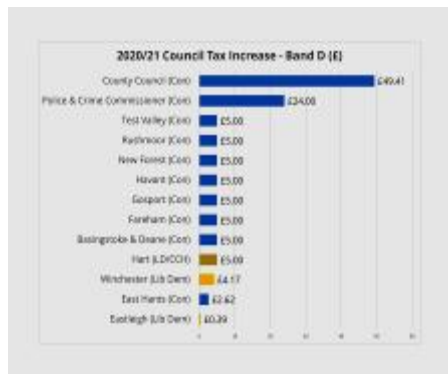
Bathrooms Property maintenance

Fully insured.

Telephone 07533 776406 or 07847144092



Essentially, we are delivering against our manifesto, Greener District, Housing, Healthier Lives, looking after the Local Economy, and better engagement with residents, all for an increase of £4.17 p.a. For Council tax band D increases across Hampshire are:-



More parochially we will see the recruitment of another 3 Civil Enforcement Officers, or parking officers to most of us; Electric vehicle charging points in Pay & Display car parks; a survey of trees on council owned land; many of us are aware of the risk to traffic from windblown green bags, and the green waste service is subsidised by those without a garden – we are looking to move to a bin based service from Feb 2021 which will be chargeable, surprisingly those districts which charge for green waste have a higher green waste recycling rate than others, perhaps we are all passionate about getting our money's worth. There is £750k for investment in the Carbon Neutrality action plan see <https://www.winchester.gov.uk/> Our next Councillor Surgery is 0930-1045 Friday 3 April, at Alresford Community Centre, by kind permission of the Trustees.

mpower@winchester.gov.uk 01962 734167

rgordon-smith@winchester.gov.uk 01962 733219

Itchen Valley Boules

The boules season is almost here. Throughout the summer (and subject to coronavirus) all four villages hold weekly boules social evenings and also there are four inter-village matches. "The social evenings normally start over the next month (Easton on Mondays and the other three villages on Tuesdays). Local organisers will be issuing details of the dates and venues and inviting villagers to attend, enjoy the camaraderie and hone their skills. In addition there are two inter-village competitions and two cups to play for. One is a league, played over three rounds, won by Martyr Worthy last year. The other is a knock-out between all four villages on a long summer evening ("The Triples"), for which Itchen Abbas are the cup holders. The dates for the inter-village matches are:

Triples (knock-out) – Tuesday 23 June at Easton

League (home team first) -

Round 1 Tues 2 June - Avington v Martyr Worthy & Itchen Abbas v Easton

Round 2 Tues 14 July - Easton v Martyr Worthy & Itchen Abbas v Avington

Round 3 Tues 4 August – Avington v Easton & Martyr Worthy v Itchen Abbas

May the best teams win.

Ralph Matthews



Valley News versus Virus



The entire team here at magazine headquarters will be doing its best to get the Itchen Valley News to our readers in the accustomed

timescale. However, with the corona virus threat hanging over all our heads, there may be occasions when the magazine doesn't get pushed through your letterbox when expected.

The editors may fall ill, the printer may have sickness problems or our deliverers may succumb to the disease. We will do our best but please bear with us if it arrives late.

Those of you with internet access can see the magazine online. The Itchen Valley Parish Council website hosts every issue (go to the community pages) and the magazine also has its own Facebook page. That is of course assuming that I remain well enough to do all that electronic wizardry.

Thank you for your patience and understanding.

Vernon Tottle
Chief Editor

Bus pass news

Stagecoach has announced that all time restrictions have been lifted on the use of concessionary bus passes during the current difficult period. So the 0753 and the 0820 services can be used by older readers without charge if they wish to take advantage of some of the early opening hours for pensioners being offered by certain shops.

However, do consider the infection risk if travelling by public transport.

Vernon Tottle

Local monthly information

Itchen Valley area waste collections in April

Black bins and green bags on Fridays 10 and 24 April. Green bins on Friday 3 and Saturday 18 April. Glass boxes on Friday 3 April.

Cameo

Was Tuesday 21 April but now cancelled.

Farmers Market in Winchester

Sunday 12 and 26 April.

Parish Council Full Meeting

Thursday 2 April. IA. APM 30 April.

67 Bus operated by Stagecoach.

Temporary timetable for the foreseeable future:

Monday to Saturday

To Winchester 12:23, 14:23, 17:23

To Alresford 10:19, 12:19, 15:19

No Sunday or bank holiday service

All times shown are at Itchen Abbas.

Times are 5 minutes later (or earlier) at Easton.



IMPORTANT NEWS

The 14th Martyr Worthy **PLANT SALE**

may still happen in April but
in a significant new format.

For details please visit
www.martyrworthyplantsale.org



which will tell you how you
can keep within the critical
government health instructions
BUT STILL BUY YOUR PLANTS!

Proceeds to the Itchen Valley Parish and St Swithun's Church

STORAGE made easy

- 24/7 access
- Sizes to suit your needs
- Short or long term
- Easy to find, easy to use
- On your doorstep

01962 771993

www.barn-store.co.uk



Holden Farm Cheriton SO24 0NX

Keylink SAS Ltd



Mercedes, BMW and VAG servicing and repairs specialist. (All other makes too.)

Competitive rates, full diagnostics, MOTs arranged.

Air conditioning service and repair.
Free collection, delivery or courtesy car.

www.kelinksas.co.uk

info@keylinksas.co.uk

01256 397150

Unit 15/16 Calvert Centre,
Woodmancott, Winchester SO21 3BN



BESPOKE CURTAINS,
BLINDS & CUSHIONS
INDEPENDENT BRITISH
DESIGNER FABRICS
TRACKS & POLES

COUDRE
INTERIOR FURNISHINGS
WORKROOM

2 WALES STREET
WINCHESTER SO23 0ET

MON-FRI, 9AM-3PM

07411 711 168

www.coudre.co.uk

Computer Problems?



- PC, Mac, iPads, Phones
- Systems & Software Setups
- Virus cleaning & Security
- Tune ups & Health Checks
- Broadband, WiFi & Network
- Upgrades & Hardware
- Data Recovery
- Cracked screens replaced



Independent and Impartial Advice
Home Visits (some evenings available)

10% labour discount over 1 1/2 Hour with
Parish Magazine

Laptops, Macs, Phones,
Data recovery

PC's, Laptops, Home
setups, Viruses

Colin: 01962 713890

Gerry: 01962 712674

Mob: 07727 481220

Mob: 07900 845814

Qualified engineer

Microsoft Certified



massage therapy
WINCHESTER

Jemma Giles your local

Advanced Clinical Massage Therapist.

Treating clients who suffer from:-

***Back and neck issues * Headaches**

***Frozen shoulder *Tight muscles**

***Low energy *Tennis elbow**

Call Jemma to arrange your treatment on

07752 623234 or 01962 854184

jemma@massagetherapywinchester.co.uk

www.massagetherapywinchester.co.uk

Showroom

Workshop

GARDEN
GEORGE CANN
MACHINERY

TEL 01962 771800

TEL 01962 771800

LACEYS FARM, BRAMDEAN, ALRESFORD SO24 0JT

www.georgecanngardenmachinery.co.uk



02392 632 275

countryhousecompany.co.uk



BLINDS AWNINGS SHUTTERS

We offer an expert measuring, manufacturing and installation service with a
FULL 5 YEAR GUARANTEE

Our other services include awning
and canopy restoration,
including re-covering,
and blind servicing and repair.

Call us for a
FREE
no obligation
quote


WINCHESTER
BLINDS & SHUTTERS

Tel: 01962 736 836 or 07711 007 079

info@winchesterblinds.com www.winchesterblinds.com

Experienced lawyers
providing a **quality**
reliable &
friendly service



Business | Litigation | Property | Conveyancing | Matrimonial and Family Law
Employment | Wills & Estate Administration | Lasting Powers of Attorney



www.taylorfordyce.co.uk

1 & 2 City Business Centre, Hyde Street, Winchester SO23 7TA
enquiries@taylorfordyce.co.uk Tel. 01962 841041

61 Chobham Road
SUNNINGDALE
T. 01344 637960

One Mayfair Place
LONDON
T. 0207 268 4894

11 Broad Street
ALRESFORD
T. 01962 735705