

Valley ^{ITCHEN} News

Issue 77 May 2020

For Avington, Easton, Itchen Abbas and Martyr Worthy



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WELCOME to the Valley News



As I write this we have just heard that lockdown will last into May, so, unlike last month's editors who did such a good job preparing for the unknown, by now we are in familiar territory. We know what we miss the most and how well our community is coping.

Although we none of us know what lies in store for us personally, most of us appreciate that we are much better off than many, with walks in the fresh air on our doorsteps and, in many cases, gardens to look after and clutter to 'de' - as in de-clutter.

I had too much material for the News, a welcome problem, but apologies to those whose contributions are held over for another edition. It was heartening to read about the efforts being made in the Valley and elsewhere to help with the situation and we are so glad that some of our younger readers have come up with creative suggestions for using this time at home to advantage.

We have a pictorial quiz for you - take the centre pages of the magazine out and search for the homes of the colourful rainbows as you walk round the valley. And on the back of the rainbow pictures is the map showing which of the narrow paths are one way, and in which direction, so that people do not have to get too close to each other when passing.

Our elected representatives have been and still are working very hard on our behalf; you will find their reports full of useful information if you need help.

My Local Group is being very supportive - I feel almost guilty that I have had so much help (I have not been

in a shop since lockdown) but it does make sense for us to minimise on shopping trips by combining our shopping lists - and I think that for the sake of the planet some of these cooperative habits would be worth keeping up when the 'new normal' emerges. Short trips cause more CO₂ emissions per mile than long ones.

There are several sources of help advertised in the magazine this month, too many for me to list the page numbers, and also opportunities for you to help others, with money and/or your time and skills. Do send us your thoughts and suggestions.

Next month's editor is Tony Gaster.

Charlotte Appleby

Itchen Valley News

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Please send all contributions for June 2020 by Friday 15 May. 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 Rolls Coleman, other photos from various contributors.

What will be on

Agatha Christie in Suspense

I managed to get the announcement of the Southwood Players production of *The Hollow*, planned for 1 to 3 July, spectacularly wrong but it will happen. It has been cast and rehearsals are due to start before you read this – distanced of course by Zoom to beyond gunshot range. We have a lot of old friends returning to the cast, but again have found some new faces to add to Anna McGowan's practised directing. We will rise from our lockdown in a way that Agatha could not have imagined as soon as we can and have rehearsed.

Nick Owen

Martyr Worthy Village Hall

In the light of the Coronavirus situation, the Annual General Meeting for 2020 has been postponed from Wednesday 13 May 2020, as originally announced, to a date to be fixed. Notice of the new date for the meeting will be confirmed in due course.

Guy Green

Chairman Management Committee

Easton VH and Recreation Ground

As many of you will know, due to the Coronavirus outbreak and as directed by the Government, Easton Village Hall and Recreation Ground is closed completely until further notice. Accordingly it is most unlikely that the Annual General Meeting will take place in May this year, but arrangements will be made for this to be re-scheduled in due course, and until that time the present Trustees and committee will remain in post.

Harry Smith

Secretary EVH & RG

The Building Ball

You may well have seen notification of the Building Ball to be held at the David Roth Memorial Ground in Easton on Saturday 19 September 2020 in recent editions of the Valley News. The ball was planned to raise money to pay for the completion of the badly needed storage room attached to the village hall.

Because of Covid 19 we have decided to postpone the ball. Even if socialising is allowed we think that the economic climate will not be conducive to such an occasion (albeit a very good one). Plans had been going very well and if the feeling is that The Building Ball could be a success next year we have pencilled in Saturday 18 September 2021.

I think that we will have a much better idea of the economic climate and general atmosphere in the New Year and we will keep you posted.

Meanwhile, stay safe and keep well.

Joanna Smith

The Economist's Year Ahead

I came across a special edition of the Economist entitled *The World in 2020*, sent to us with our weekly reading some time in January, which I had not thrown away - de cluttering has not yet happened in our house. As soothsayers they score very low! The Calendar 'Our selection of events around the world' does however contain some events which will still happen. Although the anniversaries they mention - 50 years since the death of Jimi Hendriks and 250 since the birth of Beethoven - will occur it is doubtful whether they will be celebrated as anticipated.

However there **will** be a total eclipse of the sun in December, visible from the South Pacific, Chile, Argentina and the South Atlantic. Nice to know!

Ed

Valley Happenings

Staff College Drag Hunt at Avington Park

On Sunday 1 March, the Staff College Drag met at Avington Park for their popular annual hunt in this stunning stretch of the Itchen valley.

Joint Master, Caroline Bullen, led a field of 25 riders behind huntsman Stephen Hall, who brought a small pack of nine couple of hounds (or eighteen hounds to those not familiar with hound terminology). A fabulous route was planned on the by-ways around Itchen Down and Abbotstone, returning to Avington Park Farm via Itchen Stoke and Ovington.

Due to the unprecedented wet ground conditions, no trails were laid for the hounds - instead everyone enjoyed a lovely ride out in beautiful countryside.



Grateful thanks to Sarah and Charlie Bullen for a fabulous meet at Avington Park, as ever, and to Dick Burge and Robert Stent for allowing us onto their farms.

With luck we'll see you all again next year!

Caroline Bullen



Cricket

Dear Villagers & Cricket Lovers

This is a very difficult time for everyone, and sport naturally should take a back seat in the thinking and planning of many, given the significance of the issues being currently faced, some of which are matters of life and death.

Some of you may be aware that on the 18 March the ECB recommended that all recreational cricket – both practice and games – be suspended until the end of May. It is looking increasingly unlikely that this will be lifted in June. But the good news is that Hampshire





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Cricket does want remaining 2020 fixtures to be fulfilled, post the lifting of the lock down - even if they are only friendlies. Notwithstanding the lock down, we are required to continue to work to maintain the cricket club. We need to continue to pay for our fixed costs (such as the insurance for all our equipment) and to maintain the grounds and square that will allow us possibly to play some cricket at the end of the usual season. These activities will continue to incur costs, as will repairs & maintenance for the equipment that we use.

If any cricket lover or villager would like to make a donation towards the costs of the running of the club in the meantime, then this would be gratefully received. You can make a donation online via our website:

www.emwcc.com/payments

We are still hoping to proceed with the Easton Sixes on 24 July and the Easton Fete on 30 August to raise funds as normal for the club; so please keep these dates in your diary for the end of the Summer!

As our politicians keep telling us, this unprecedented lock down will end. EMWCC needs to be ready to be a part of that return to normality, if we are to secure the future of the sport for our families, ourselves and our future participants.

Please all stay safe in the meantime.

Adrian Lee (Club Chairman)



Lonely cricket ground. By Henry Labram

More Sports News

Many congratulations to Itchen Abbas resident Araminta Stubbs who has been chosen to represent Great Britain at the British Shooting Target Sprint World Tour competition to be held in Italy and Hungary. Due to the current situation the competition has been postponed but we look forward to hearing more about Araminta's sporting career in the future.



Winchester Churches Nightshelter



The Nightshelter has now become a place for our residents to remain 24 hours a day, allowing them to comply with the government instructions. In this changeable environment we will continue to monitor and operate in line with government advice. We are committed to ensuring that our residents, who are already at a

vulnerable and challenging time in their lives, have our support during these uncertain times. As people across the country retreat to the safety of their homes, the Nightshelter now more than ever needs to be that vital home to those experiencing homelessness. In addition, our Support Workers have been picking up the telephone to check in with former residents who are now living independently. This is an unsettling time for many of them as they face isolation and uncertainty about employment. With your help, our experienced staff can support our current and former residents ensuring that they know they have someone to turn to if they struggle. As well as counselling and emotional support, your donation will help cover the cost of essential resources such as food, cleaning products and toiletries.

Please donate via text by messaging the word NIGHTSHELTER and any amount up to £20 to 70085 or via the Website <https://wcns.org.uk/ways-you-can-give/donate-money/>

Thank you to our amazing volunteers who, despite facing challenging and uncertain times themselves, have continued to come in for their shifts and even take on additional hours. We have also been moved by the constant stream of donations from the local community. We feel fortunate to have the love and support of so many.

Michèle Price, Chief Executive

Citizens Advice

Citizens Advice Winchester District is still here for you during this time of crisis. The impact of Covid-19 on everyone's lives means Citizens Advice is experiencing even more advice queries than usual but we're still here. We can provide expert advice on issues such as accessing the latest Government support packages for Covid-19, benefits, employment advice, housing, debt and much more. Whilst we've had temporarily to suspend all face-to-face advice in the community, we've been working really hard to set up our advisers to continue to deliver a full advice service from their homes. Given the challenging circumstances and the fact that many of our advisers are deemed within the vulnerable group themselves, please do bear with us as we continue to adapt to this unprecedented situation.

How to get help from Citizens Advice during lockdown

- Local Call Back Service: 01489 890940 or 01962 848003 Leave a message and an adviser will call you back (Mon-Fri)

- Email: advice@winchesterdistrictcab.org.uk

- Visit www.citizensadvice.org.uk

- Call the regional Adviceline: 03444 111306 (Mon-Fri 9.30am-5pm, and Sat 10am-12pm) *Liv Thomlinson*

Experienced Counsellor Required to Offer Group Supervision

Winchester Bereavement Support requires a volunteer counsellor with 3 years post qualification experience together with an experience of bereavement counselling to supervise a small group of trained Bereavement Visitors on a monthly basis.

As a volunteer role, this is unpaid but reasonable expenses are reimbursed. We would require a commitment of approximately three hours pcm, for a minimum period of 24 months. For further information please visit our Join Us page on our website www.winchesterbereavementsupport.org.uk

To anyone who is facing hard times financially at the moment due to the current crisis.

The local charity Winchester Villages Trust has been given donations by local Christians to benefit those in the Itchen Valley Parish who are in financial need at the moment and the Trust would like to invite residents to apply to receive funds.

The money is available to be used either as a temporary stopgap (perhaps because of a cash flow crisis until the self-employed or other grants start in June) or as a permanent gift for those who won't be receiving aid from other sources. For instance, you might need it to pay for a grocery delivery or pay a bill. The Trust is only empowered to help individuals or families, but if, for example, you need help for your business to survive during this crisis, help may still be available from local Christians.

It is available immediately and is not conditional on your income, size of house or any other measure.

If you are in need at the moment for any reason please contact the WVT Trustee Penny Russell at penny@flemons.co.uk

or

Rev. Alex Pease (01962 791010) rev@ampease.co.uk
for more details.

All discussions will be kept in strict confidence.



Winchester Villages Trust

Registered as Winchester Rural District Welfare Trust
Charity number 246512

Keeping up....with the Kids!



Lockdown is affecting us all, in all sorts of different ways. While we are so lucky to be living in the countryside and spending time with

our immediate families, there is still plenty of time to fill (and make the most of!). It prompted me to get some input from my friends in the Valley and create some pages to give you some ideas.

A great way to start the day (and set you up for your school lessons!) is a healthy breakfast. Here, Scarlet Milles shares one of her favourite smoothie recipes to boost your energy.

Scarlet's breakfast fruit smoothie



Pineapple (fresh or frozen)
- Raspberries (fresh or frozen)
- Mango (fresh or frozen)
- 1 banana
- Fresh mint
- Milk or water

We use frozen fruit always ready in freezer and you can alternate fruit of choice.

Blend in nutribullet or blender. There you have a delicious fruity drink....YUM!

Scarlet Milles (aged 10 years)

After a nutritious breakfast and before school starts how about a bit of exercise to wake you up? There are plenty of ideas online like Joe Wicks' PE sessions or head outside for a run, walk or cycle (making sure you keep your distance from others!).



My friends, Eddie and Jess, get lots of exercise by building dens indoors and outside. Here are their top tips for building the perfect indoor hideout.

Indoor Den Building

You will need:



- Some big double bed sheets or lightweight blankets
- Sofa or chairs
- Clothes pegs
- Heavy books

Instructions

1. Move the furniture (chairs, sofa, bed or tables) into position to provide a framework for your den.
2. Stretch your sheets and blankets across the furniture to provide a tent-like roof.
3. Secure the sheets in place with heavy



books, or hold together with clothes pegs.

You can decorate your den with fairy lights. Put comfy cushions and bedding in there. Drape extra blankets over the sides to create privacy and make it cosy.

IT'S OKAY TO ASK FOR HELP

Even if you normally look after yourself perfectly well, the COVID-19 outbreak has made life harder for everyone.

If you need help to get food, medicine or you are finding it hard to manage without anyone to assist you **please call**

0333 370 4000

9am - 5pm
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Your local councils and local volunteers are here to help

Advice and guidance can also be found on
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winchester.gov.uk

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If you are managing the wild flowers on your verge or are taking care of a verge near you, the Wild Valley Verges team now have these signs available. We want to encourage mowing to be left until the autumn. If you would like one or more please contact wildvalleyverges@gmail.com so that we can work out collection or delivery within the rules.



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Don't forget to take your favourite toys too. You can play inside it, have 'picnic' lunches in there and even sleep in it. Good luck den building campers!

Eddie (aged 9 years) and Jess Gloyn (aged 7 years)

Now you have your fantastic den, how about settling down in there to do some light reading? George and Lulu share their latest page turners.



Slime by David Walliams

This book is about a blob of Slime, who can change into anything! I liked this book because there were at least three jokes on every page, so I highly recommend it to anyone who likes David Walliams and a good fun read. I

couldn't stop reading this book and I felt the Slime in the book had hold of my hands and I couldn't put the book down!

I rate this book 9.5/10 and a must read. The only negative points about this book is that it was a little predictable in parts and I wish it was a little bit longer!

George Sanders (aged 9 years)

Delphie and the Masked Ball by Darcey Bussell (Magic Ballerina Series)

This book is about a ballerina named Delphie who has to try to save the people of Enchantia from the Evil King Rat. The people of Enchantia were turned into animals by the Evil Rat and Delphie has to save



them. On her adventure, Delphie meets a princess and they ride swans together to the masked ball. I love these books, because they are exciting and interesting. People that like dancing or ballet will love these stories. I rate this book 9/10. A really great book and collection to read.

Lulu Sanders, (aged 6 years)

With all that reading, you may have worked up an appetite, so time to head to the kitchen and meet one of the Valley's most promising chefs, Henry Goodall, who has a super tasty recipe for us.



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Gingerbread men

Ingredients

350g plain white flour

1 tsp bicarbonate soda

2 tsp ground ginger

110g butter or block margarine

175g soft brown sugar

1 egg, beaten

4 tbsp golden syrup

Smarties to decorate

1 tsp of water mix with a bit of icing sugar

Method

Sift the flour and add the bicarb of soda and ginger. Rub the butter until it resembles fine breadcrumbs. Stir the sugar in, then make a well in the centre. Next, beat the egg with golden syrup. Pour into the well. Mix to a firm dough. Roll out. Cut out the gingerbread men. Bake in oven for 13 minutes at 190C. Take out and allow to cool.

Dot the sugar paste on, then stick the Smarties on top.

Henry Goodall (aged 9 years)

While those scrummy biscuits are cooling, you could turn your attention to some creative crafts and my friend Esme has come up with a great way to get crafty and make your very own paper pets to keep you company during lockdown.

Roly Poly Paper Pets

You will need:

Loo roll tube (if you've been panic buying, you should have plenty of these!)

Some pens

Piece of paper (plain or coloured)

Glue or sellotape



1. Start off with a piece of paper (either plain or coloured). Make sure it is the same height as your tube and long enough to wrap around it (see Esme's below).

2. Cut along the top of your paper making two ear shapes.



The shape will depend on the roly poly pet you have chosen to make.

3. Take your pen and draw the eyes, nose and mouth in the centre of the paper underneath the ear shapes. Add paws and other features you like.

4. Wrap the paper around the tube and tape or glue down securely.

5. Then go wild with any decorations e.g. tail, ribbon collars, flags, etc

Why not make a family of pets or make one for someone you love.

Esme Knockles (aged 8 Years)

Time now to get outside and get moving. Even if you don't have much outside space, there are still lots of games to play. For those of you missing ball sports and cricket in particular, you might like to try this challenge from Alexander and Patrick Milles.

Backyard bowling practice 30 point challenge.

1. Set up a target with a wicket and a tree.

2. Choose a distance to bowl from



(each person in the family can set their own distance).

3. Choose a ball to bowl with.

4. Have 5 minutes warm up practice.

5. 10 bowls each - hit wicket 3 points, hit tree 1 point. Miss 0 points. Aim for max 30 points!

6. Remember your score and aim for higher the next day.....

This game can be a competitive activity within the family or just aim to beat your own score each day.





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It also works for fielding practice too someone rolls the ball, fielder fields the ball and throws it at the wicket with the same scoring. Aim for 30 points.

Alexander (aged 11 years) and Patrick (aged 6 years)

Just because we can't travel anywhere, doesn't mean you can't go and explore. How about going on Safari from your sofa? WildEarth's safari LIVE takes you



Photo Kyle Abbott

on real time Game Drives in the African wilderness. Join an expert game ranger searching for all kinds of different animals. You can even ask

them questions. You can find out more on the WildEarth website at <https://wildearth.tv/safarilive/> It's completely unscripted and unpredictable and really makes you feel like you're there!

Thank you to everyone who has contributed to these pages. Some great boredom busters and activities that the whole family can enjoy. That's all from me for now, Keep safe and stay well!

Charlie Wolfe (aged 10 years)

Tiddler Joke of the month



Q. What did the tomato say to the other tomato during a race?

A. I will ketchup!

Emelia Briggs, aged 6 years

Bird of the Month



Photo Henry Labram

Kestrels are an easily identifiable falcon as they hover for long periods. This is an amazing feat - they beat their wings to remain perfectly still at a height of 10-20m so that they can pinpoint prey with their laser-like sight.

(This photo was taken on a very windy day when the kestrel was sheltering on the hedge.)

Elaine Labram

Wildflower of the Month

At this spring moment with such a burst of energy, there are so many choices of flowers! So, for this month only, here is a selection.

Butterbur flowers push up through damp earth well before the enormous leaves, providing early nectar for pollinators. Stitchwort – Greater and Lesser - has a much prettier common name, Star of Bethlehem. Whilst our native bluebells need no introduction, they are a precious asset with up to half the world's population in the UK –



not to be confused with the Spanish bluebells in gardens. The native flowers are deeper blue with a drooping head and a delicate scent, but unfortunately they will hybridise with the imports. Finally, we may hate the dandelions in our gardens, but they are very beautiful in the countryside in clear spring sunshine!

Verity Coleman

Winchester City Councillors Report



Thank you for all you are doing to support your neighbours, your community, and the population at large. We have networks for help with shopping, prescriptions, technical advice and just a chat in all parishes in

Alresford and Itchen Valley. All those structures are different, but they all rely on many volunteers doing what they can.

They can all be seen at <https://www.winchester.gov.uk/get-help/parish-town-village-support>

The setting up of these groups has involved a tremendous amount of work behind the scenes in making sure both residents and volunteers are kept safe and supported. The lead organisations have been the Parish and Town Councils so please thank your Councillors, albeit at a distance of at least 2m.

As we write this the needs are limited, and some volunteers have not been called upon. A recent letter from the Chief Constable plans for six months in varying levels of shut down, and six months of recovery. That seems admirably prosaic and a sound basis for planning support. Some of us will become ill in the next year, and you will be needed.

For needs outside the remit of local volunteers the Hampshire Helpline is there to make sure everybody is safe. Call 0333 370 4000 between 9am and 5pm, seven days a week

Many businesses have fallen through the cracks of support from the Government and are at risk, as are the owners and staff. At present we have no choice but to refer those people to your MP; you are not alone, but HM Government is in charge of the money on this.

The most cohesive guide to what financial support there is can be found at <https://www.winchester.gov.uk/get-help/financial-support/covid-19-support> Winchester City Council has all services up and running, including bin collections and responding to fly tipping incidents. The closure of the tips when

so many of us have the opportunity to clear sheds and lofts is unfortunate but please hold onto your waste materials that will not fit into your black bin.

Bin collections are starting earlier now, so please have your bins and bags out by 0615 on the normal collection day, clean the handles before putting them out and as you bring them in, and do not leave any material outside of the bins, they cannot be collected, to keep our bin men safe.

Social Distancing: Although it has been said over and over again, social distancing is critical for your health and for others. Nobody is immune to the Corvid 19 virus, people of all ages have died, young, old and middle aged alike, although some are more vulnerable than others. In shops keep 2.0m apart, this requires care and consideration particularly in supermarkets. Wearing gloves is a good idea as the virus can survive on hard surfaces a long time. Take care and avoid endangering yourself and others. Wash your hands! mpower@winchester.gov.uk

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01962 733219

From the Parish Council.

At the time of writing the Parish Council report for the April edition we had just joined forces with the Itchen Valley Churches and produced the leaflet which reached most households in the Valley. A big thank you to all those who helped produce it and especially to those who delivered it. That has been followed up by a letter, but in an effort to keep to the principles of "lock-down" it has been



circulated on the Parish and Church websites as well as the Itchen List, thanks to the help of Alex Pease and Jackie Porter. As a result a number of small neighbourhood groups have been formed. This has taken time and some villages are further ahead than others. If you have formed a group and not let our Parish Clerk know clerk@itchenvalleyparishcouncil.org.uk then please do, as this will help us identify where there may be people isolated and in need of help. All that is required is a list of properties in the group. A list of names of the occupants is not wanted.

Some lines of help that could be useful: First; If you need it help is available from Winchester City Council Tel: 0333 370 4000.

Second; the Winchester Villages Trust has emergency funding for those who are in need of financial help. To enquire contact Penny Russell (penny@flemons.co.uk)

Third; for emergency supplies of food for those in need who cannot afford to buy it there is the Winchester Basics Bank. This uses a system of Vouchers which can be obtained from the Parish Council by contacting our Clerk (see above).

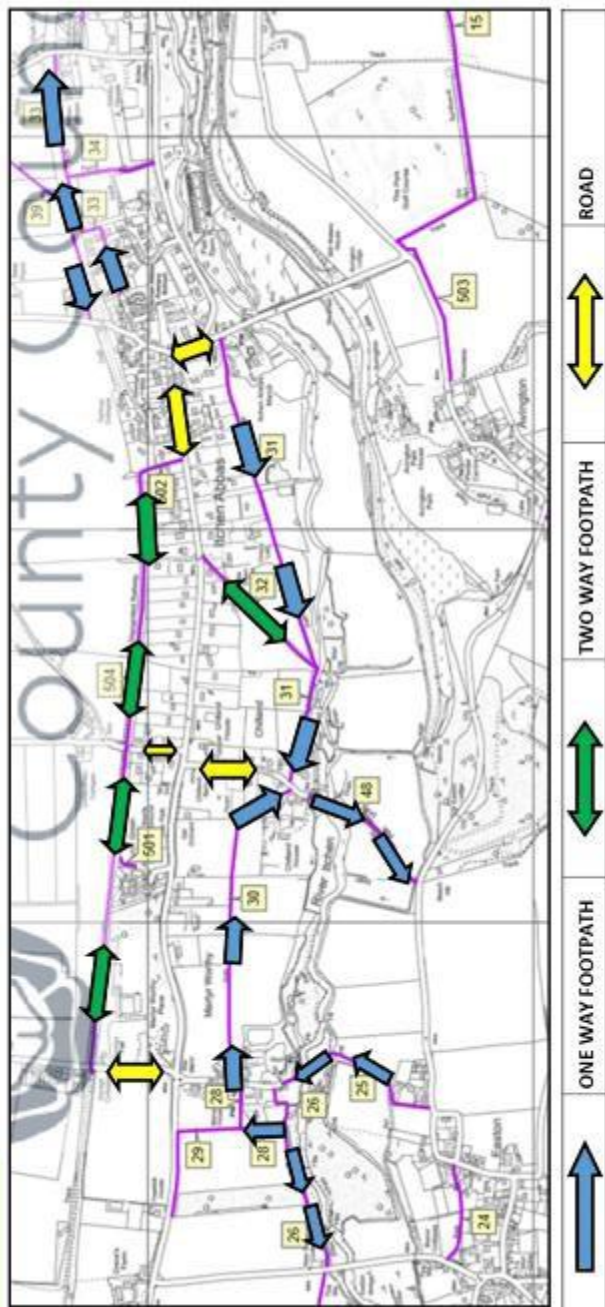
For those not in need of the Basics Bank but wishing to help, this can be done in three ways. First is if you have time to spare you can volunteer to help at one of their distribution centres. Second is to donate such items as tinned or dried food, pasta or rice for example. These can be left at some of our local supermarkets. Third is to donate to them on line. For more information see the Winchester Basics Bank website.

Outside our homes many of us, as advised, are taking a daily walk or cycle ride. Wonderful as it is to have these



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outings we need to respect each other and our environment. Most people are, but sadly there are some who for whatever reason are not. To assist, a number of notices have been put up at strategic points round the Valley. They are advisory but if you wish to ignore them then remember you may well be doing a disservice to others. There are two sorts of notice. One is just a reminder to keep your distance. The other is suggesting a one way route to help people keep their distance on the narrower sections of path. Please look at the map on page 21.

Walkers please be careful when on narrow lanes, keep to the sides. There may be fewer cars but there are still some and plenty of cyclists. Cyclists please keep to a safe speed on narrow lanes, remember there are likely to be pedestrians and please avoid narrow footpaths altogether.

Finally please respect the countryside, keep to the paths, keep your dogs under close control, do not stray into open fields, do not climb fences into private property and keep away from the riverbanks. At this time of year there are likely to be birds nesting there. Sadly all these breaches of common sense in the countryside have been witnessed in the Valley in the past few weeks.

As well as all the above, other Parish Council work continues. We are still looking at planning applications and giving our opinion when deemed appropriate and dealing with financial matters including our year end accounts. The Government has recently produced emergency legislation and consequently the Annual Parish Meeting and the Annual General Meeting will not be taking place at the end of April and the beginning of May as originally planned. The application

process for Boom Town Grants has been postponed to a later date. We are holding our Full Council Meetings and our two committee meetings each month using Zoom. If you wish to attend please contact our Clerk. In the meantime, keep safe, keep your distance, help where you can and ask for help if you need it.

Patrick Appleby.

The Itchen Valley Virtual Easter Lunch!

The Valley celebrated Easter this year with its first EVER Virtual Valley Lunch. This took place after Revd Alex Pease's Easter Sunday Virtual Church Service and families from the valley supported the endeavour by enjoying lunch in their gardens in the company of friends via Zoom, whatsapp, houseparty or any other virtual method, and raising a glass to those unbelievably hard working and courageous front line workers in the battle against Covid 19.

The idea was the brainchild of Easton residents Frits Janssen and Glynn Williams and donations were made to the Hampshire Medical Fund's Dig Deep Campaign, which has been running for the last few weeks to buy much needed equipment and provide support for the staff of Winchester, Andover and Basingstoke Hospitals.

Those taking part were asked to send photos of their lunches (NHS rainbows present) so that we can make a positive record of these extraordinary and difficult times. A collage has been made and ordered and will be displayed in one of the Valley Village Halls in due course.

Henrietta Mason

Trustee of the Hampshire Medical Fund



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From our MP

This month's column comes with a health warning owing to the fact anything can be out of date these days before you've finished a sentence but whatever the world looks like by the time you read this, we know things will never be quite the same again.

Three years ago, when I was first appointed UK Public Health Minister, I was taken to Porton Down; the Defence Science and Technology Laboratory for which I had Ministerial responsibility. There are lots of myths about the Public Health England facility but it's true some of the most important work you've never heard of takes place there. Part of my visit was a briefing, deep

underground, where some of the most dangerous viruses known to man are kept securely and where plans are nurtured should the UK be subject to an infectious disease outbreak or hostile

attack. It was, as you might imagine, fascinating but it all seemed rather 'cold war' and while I was reassured at the expertise, I remember hoping my hosts were wrong when they said it was only a matter of time before those plans were needed. Now of course, thanks to what is believed to be practices at a seafood market in China (and the world must return to that), their prediction has come true.

We are at this time, rightly, focused on saving lives and livelihoods. I have been working with Ministers to ensure a radical public health strategy was matched by the equally radical interventionalist economic response. The Coronavirus Job Retention

Scheme is as unique as it is vast but there are gaps and people left behind. I am fighting that on many fronts.

The Self-Employed Support Scheme is welcome and generous but there are many, not wealthy, left behind including those new to self-employment. The Government failed to recognise the difference between 'sole traders' and those who run small limited companies and, consequently, earn in a different way. I am fighting that corner and encouraging fast, albeit inelegant, solutions to the Chancellor.

I have been handling an unprecedented level of correspondence as you might expect so thank you for your patience and restraint in not contacting me at this time about all the other things that

still matter (like early years funding or the climate crisis) to us locally.

Finally, when this whole nightmare began to unfold I spoke in the House of Commons about the big society response we needed to

see from local communities and that has happened including, I know, here in the Valley. You'll have had things through the door or online but my own website contains a dedicated page at www.stevebrine.com/covid19 listing the community response for those who need help or want to help. Find my Page at [www.fb.com/SteveBrineMP](https://www.facebook.com/SteveBrineMP) for continuous updates including details of the excellent Plants for People initiative (pictured) I have been involved with in recent weeks including in Easton. For me, and many of you, our gardens are truly havens right now.

Stay safe and well everyone.

Steve Brine

MP for Winchester & Itchen Valley



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New neighbours

Back in February BV (Before Virus) there was quite a kerfuffle as a siege of herons circled the tall trees across the road. Quiet followed, and all we could see was two twig nests in a tall beech tree, which waved and dipped in the violent winds that accompanied Storm Dennis. As the weeks passed it became clear not only were these unstable looking nests occupied, but there are further nests in the pine trees alongside. So it looks as if a new heronry is being established and we can hear the clattering of beaks and barking cries while we enjoy an evening drink in the garden.

Verity Coleman.

Photo and cover photo by Rolls Coleman



Letter from the Rectory

Nicky and Sila Lee, the founders of The Marriage Course say that it takes eight weeks to change a habit. It is for this reason that their course lasts eight weeks. By the time that you read this article, we may well be approaching the end of six weeks of coronavirus lockdown. It makes me wonder what

habits that we have adopted during this time will remain and what will be forgotten. Many news commentators (faced



with a blank screen and a deadline) start to speculate on whether the world will be a changed place after this crisis. Will we be less likely to rush to hospital or to the GP surgery for some minor complaint or be happy to be triaged on NHS 111 or by a doctor on line? Will we cut out flying abroad for holidays and cancel our intended cruise? But what intrigues me is what habits will change at home.

I think that many of us will have had an opportunity to think carefully through what we want to do with the rest of our lives. Do we really want to go on commuting? Does the pleasure of interaction with our colleagues face to face trump being able to stay in bed that precious hour longer? Who knows there may even be a new baby boom – the Corona Kids perhaps, those born around the new year 2021. But whether these major issues have been addressed during this time, it will, for so many, have been a wonderful opportunity to sort out a few relationship niggles that have been bugging us for years.

Harry Benson, who runs the Marriage Foundation, identifies four behaviours that are particularly challenging in marriages. He summarises them with the mnemonic 'STOP': Scoring Points, Thinking the Worst, Opting Out and Put Downs. It strikes me that at least one of these unhelpful actions is really quite difficult in lock down – Opting Out. There really is no choice but to confront issues if one of the couple wants to face them. There is no escape! No running off to work or to the pub! For most of us, no West

While all activities in the village halls are suspended, booking information is given in case you wish to make a reservation.

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Rainbows are the in thing at the moment, with their new symbolism of thanking the workers in the NHS and other essential services (sewage, electricity, dustbins, etc.). The last photo in this IVN (p40) shows one of the Local Groups turning out in force last Thursday at 8pm, but this one shows a live rainbow.

I hope the colours show up! *Charlotte Appleby*



Itchen Valley Churches

At this time we will be broadcasting our services online at 10am each Sunday, the post with the link 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 the service will also be sent to all followers of the church website - 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.

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

LLM

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

Parish Administrator

Beccy Clark - admin@itchenvalleychurches.org - 01962 779845

www.itchenvalleychurches.org

Wing of the house to run off to! Issues will need to be discussed. We will need to learn to listen, feed-back what we have heard and try to resolve it. But for many of us, we won't be facing such big issues to root out, but really things that go with both working from home at the same time. Lucy and I have been living and working from home for some years now, but even we have had to make some adjustments because of the lockdown. One of the big questions for us is what we call the 'landscape' issue! This means one or other of us (often me) imposing our agenda on the space and energy of our day together. This can start at breakfast by a 'what we really have got to achieve today is.....'. In a normal week Lucy will be out busy half the time and I will be out busy often as well. This enables the other of us to get on with our own priorities at home. During lockdown we have found that we need to discuss how the day gets used - there is no exclusively private time or exclusively private space! So, it's all about negotiation and what I have found is that it is best not to assume the outcome of that negotiation before you have started! Making that assumption tends to suggest that what you are doing is more important than what the other is engaged in...which may not necessarily be the case!

At the end of the day I think that Jesus' perceptive injunction to 'love your neighbour as yourself' at the very least extends to our spouses, and this lockdown is a good time to work out what that means in practice and provides the opportunity to change habits so that we all emerge from this strange situation stronger and wiser together.

Alex Pease

For the love of - fly fishing



When did you first start fly fishing and what prompted you to start?

I came to fly fishing later in life. It was not until some years after we moved to the Itchen Valley that it dawned on me that I was living a few yards from one of the iconic chalk streams, and I should give it a try. People come from all over the world to fish on our doorstep – for instance we have bumped into George Bush Snr more than once: he came regularly to fish on our neighbouring chalk stream, the Test.

My late neighbour Dennis Pearce offered me fishing, and I still fish twice a month through the season (April to September) on the beautiful Fulling Mill beats downstream from Easton. I also seize the chance to try for salmon in Scotland.

How difficult is it?

It's quite easy to get started, but much more difficult to be skilled! The aim is to drop an interesting artificial fly over a fish in such a way and at such a time that the fish wants to eat it. The combination of which fly to use, where to target it and how to get it there is



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completely absorbing. Understanding the fly life is key, with different fly appearing at different times of day and different times of year: that is a whole study in itself. It is not all about how far you can cast: as a ghillie once said to me drily 'the fish aren't all on the other side of the river'!

Most memorable catch?

I was invited to join a very experienced team on the Spey, an iconic salmon river in Scotland, and caught my first fish in 45 minutes. Pressure off!

Best places in Hampshire to fly fish?

How can it be anywhere else but the Upper Itchen north of Winchester? We truly have a world class landscape on our doorstep, and Hampshire in general is famous for its chalk streams.

Do you have any recommendations on how to start?

I was lucky to be shown the basics by Philip Windsor Aubrey with his constructive criticisms whilst I attempted to cast over a large lawn! There are good commercial classes available too. If you have the chance to accompany a fisherman that is a great way to start. And fly fishing is gender neutral – many women enjoy it just as much as men.

What's the appeal?

The appeal is being totally absorbed in a complicated process which takes all other concerns out of one's mind. I watch the landscape evolving through the season and often catch a glimpse of wildlife such as otters and kingfishers, but sadly now no water voles. Fly fishing is not at all static, it is about being on the move all the time, casting whilst walking the bank or wading the river, and thinking about the best way to outwit wary wild fish.

What is your best moment

Fly fishing is so absorbing that an hour spent playing a fish can seem like a moment. Most of my fishing is catch and release, so I watch the fish slip back into the water and swim away.

In a nutshell?

Evolution of the fisherman: first: catch a fish, second: catch lots of fish, third: catch a huge fish, fourth: never mind the fish, it's wonderful to be in the countryside by a beautiful river.

Rolls Coleman

Itchen Entrepreneur

Itchen Valley resident Liz Kavanagh owns and edits Winchester Magazine

Tell us about your business

I launched the magazine in 2015 after writing freelance for over 20 years for national press. We have a print run of 10,000 copies each issue and a 6,000-strong Facebook following at www.facebook.com.winchestermag. That's the biggest Facebook following of any city publication – including the Hampshire Chronicle.

How have you adapted since the Coronavirus lock-down?

We realised very early on that we would have to change our focus from being a predominantly printed publication to an online news service. We decided to publish only positive community news, using our Facebook page and web site (www.winchestermag.com) to do that.

What sort of stories have you posted?

All kinds! We've shared wonderful stories of local people doing great things for others. They have included people sending local refuse collectors messages taped on their bin lids, children writing to older people in care



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homes, gardeners sharing fruit and vegetables from their allotments and others setting up community bookshelves.

In the Valley, we've written about Red Radish catering which is working all-hours cooking for local NHS workers, we've photographed rainbows in windows and shared posts for local businesses who are offering their services in a new way.

What is the church community in Winchester doing?

We post weekly for Winchester Cathedral which is offering prayer for anyone in the city. Winchester Churches' Nightshelter makes regular appeals through our page for food, clothing and practical help and we also posted for The Basics Bank which needs lots of extra donations as demand has risen for food. Many of the smaller community initiatives we've publicised have been set up by local churches too.

Why should Valley residents follow your Facebook page?

First of all, because they'll find only positive news there and because everything on our page is about Winchester and the villages just outside it. There are also lots of opportunities posted up each week for people wanting to make a difference locally to the lives of others. We also post for local businesses too – many of which are small independents. By supporting these businesses, we're not only helping them to weather the storm commercially, but are also helping support local people and local families

To share a good news story with Winchester or to post for your business, email Liz at liz@winchestermag.com
Liz Kavanagh

Lent lunches 2020

Sadly, the Lent lunches were an earlier casualty of the lock down, but it was good to see so many of you at the three events that took place. Emmaus Hampshire was delighted to be chosen as our charity, and much of the value for them was to raise awareness of what they do. But naturally the just over £1,000 we raised was most welcome, and in addition some people who planned to attend a lunch donated through the Emmaus website.

So many thanks to the hosts for the three lunches, and those who volunteered for the last three but were disappointed. And to all of you who attended.

Plans for 2021 will emerge in due course, and of course volunteers to host a lunch are always welcome!
Stephanie Gretton

The Practical Gardener

Family and friends in the town are very envious of the space we have in the country. And of course, now most of us have no excuses about not getting jobs done in the garden. I'd be willing to bet up and down the land gardens have never looked better. Yet we face some challenges. As I write, I'm hoping the last of the season's frosts has passed. It's always a difficult time guessing when to plant out and many of us get it wrong. However, the bigger challenge today is getting stuff. With garden centres, nurseries, DIY stores and all suppliers closed, it is quite difficult to find things. I've done a lot of online searches and most have been successful. I'll share some of these.

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D.T.Brown for seeds were excellent. They sent me a catalogue and I ordered a heat mat. After 10 days of silence, I discovered delivery was not the 5 days promised but late May – not very good. I needed seed and plant compost which usually comes in 50 litre bags. No chance, so I ordered a ton bag from *Dandys*, delivered as promised at a reasonable price. I've ordered plants from *Woolmans* and *Suttons*, the process being simple and everything confirmed. They are established on-line sellers but I have yet to get my order.

I decided to support a local nursery, *Mountfolly* but they can't cope. I've had one response and have little confidence that I will get any plants. In early March I needed some coco liners for hanging baskets. *Garden Selections* came up trumps and I found a particular liner not available in any local stores. I also needed oil for my chain saw. I could easily buy a new saw or a blade but oil was a problem. *Tools today* came up with a solution at a very reasonable price. All this came from careful searches on-line.

In the garden, my treated lawns have been growing apace and need cutting twice per week. But the colour and appearance of the grass is just superb. It's a job I leave to the experts. Growing tree fruit is always a gamble. The blossom on the early plum



appeared in mid-March and now every tree has blossom. Whether the frost has had any effect is too early to say. The asparagus harvest has just started. It's almost the only crop around now and just wonderful. Anyone new to this, I would advise buying crowns from a specialist supplier. It's a long-term project but worth it.

Mid-April is a good time to start sowing seeds outside and this continues to the end of June. For the first time in years, I have seen good germination of root crops. I've experimented starting these in the greenhouse but the results were not that good. You don't know what carrot really tastes like until you have grown your own.



The greenhouse has been in overdrive with about 50 different seeds sown. Some are so easy and produce good results and others are difficult or just do not germinate. I've never been able to explain this and it has nothing to do with the age of the seed, nor indeed the supplier. So, if you suffer the same experience, don't be deterred but try again. A heated propagator is well worthwhile for next season.

There's also a lot of weeding to do. Boring job but it's necessary. I also have a sieve close by where the stones go. Not much grows in stones! Happy Gardening!

Tony Gaster.



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Please Contact:
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EASTON
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email:chapelfieldstudio@gmail.co.uk

Itchen Scrubs

It was the Shetland Islands fault. An article about making scrubs for the NHS !

I've worked in healthcare all my life in various guises but self-isolation on top of closure of my practice was quite literally driving me out of my mind and I needed a distraction. I like making things but my goodness, be careful what you wish for!!

After some research (actually quite a lot) I realised making scrubs is *not* just "being able to sew in a straight line" (although it helps), it needs some real dressmaking skills. My research also suggested you needed an 'overlocker' (huh?) although I now know there are ways around this. Clearly making scrubs myself was not going to happen (I can't even sew a skirt) but I've got an eclectic work/business background and decided to

see if I could start something, using "The Hampshire Scrubbers" as a model. First port of call was The Itchen List. Then "All About Alresford". Then the phone started to ring, emails arrived and off we went. That was last Wednesday! Today is Tuesday.

The "Itchen Scrubs" (10 so far) are getting organised. Scrub sets will go to RHCH or Basingstoke (and other facilities). Patterns have been supplied to everyone (thanks to Southampton Airport). Scrubs sets have also been donated by Bedales School. But obtaining suitable fabric has not been easy and is slowing things down. It is also a significant cost that is being self-funded. 80 metres of polycotton 80/20 is on order. It must be suitable for an industrial 60 degree wash, ideally blue, but other plain (dark) colours are accepted. Seams need to be overlocked or double stitched. Unfortunately sheets tend to be a bit thin – but not all.

In the past few days another group, quickly nominated as "Itchen Hats" have started making scrub hats. These can be cotton or polycotton and washable at 60, but can be any colour/pattern.

If anyone wants to get involved please contact me.

For Scrubs: you need dressmaking experience and a good sewing machine. An overlocker machine is useful but not essential.

For Hats: you need fabric and a sewing machine.

If anyone has spare fabric, or can source it please let me know.

As we are completely self-funding, any offers of financial assistance with future orders would be VERY gratefully received.

Caroline Coleman

Email: chapelfieldstudio@gmail.co.uk

A picture is worth a
thousand words



Local monthly information

Itchen Valley area waste collections in May

Black bins and green bags on Saturday 9 and Friday 22 May. Green bins on Fridays 1, 15 and Saturday 30 May. Glass boxes on Friday 1 and Saturday 30 May.

Cameo

Now cancelled.

Farmers Market in Winchester

Now cancelled.

Parish Council Full Meeting

Thursday 5 May. Virtual meeting accessible via Zoom.

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